

## Arts in Health Annual Report 2019/20

The Arts in Health team and their work are funded by the Sheffield Hospitals Charity and we were thrilled to receive a grant in October 2019 from the Charity to continue to support the department until March 2022.

We worked closely with colleagues at the Charity this year to improve joint working and establish a system for better monitoring of our allocated budgets via a joint folder as well as clearer invoicing from the STH Finance team.

This year the team has been managed by Emma Scott who has been on secondment from Yorkshire Ambulance Service NHS Trust

This report is a summary of the activities of the Arts in Health team over the 12 month period from Apr 2019 to March 2020.

**COVID19 note:** *As we reached the end of 2019/20 of course the Coronavirus COVID19 pandemic meant that we had to pause the majority of our projects. At the time of writing (April 2020) it is as yet unclear when we will be able to resume and work on the developments we have planned.*

All photographs and quotes are used with express consent of those involved.

### Arts in Health

The Arts in Health Team exists to improve the patient, visitor and staff experience through a programme of creative activities, music concerts and environmental improvements. The team consists of a full time Arts Activities Officer and an Arts Coordinator role (1.1 WTE) which is shared between two post holders.

During the period of this report we welcomed new Arts Coordinator Shamse Hassan to the team following the departure of the previous post holder.

### Arts Activity sessions

Our popular Arts Activity sessions for patients were expanded to 9 sessions per week across 9 different wards (Brearley 5, Brearley 2, G2, Whirlow Ward Jessops, Vickers 4, Brearley 6, Huntsman 4, Brearley 7, Osborn unit). 14 volunteers have assisted the Arts Activities Officer with the delivery of these sessions.

In total **227** sessions were delivered, attended by **612** patients as well as **101** visitors and **107** staff members. Art packs are also available for patients to use by themselves and **40** were distributed from Sept 19-Mar 20.

A new session evaluation form was introduced in October 2019 which is completed by staff or volunteers for each session and the results are as follows (relating to 300 patients attending sessions Oct 19- Mar 20);

- 82% of patients attending experienced an improvement in their mood
- 91% of patients attending experienced improved socialisation
- 91% of patients attending experienced a decrease in boredom
- 77% of patients attending experiences a decrease in anxiety or stress

A wide variety of activities take place during the sessions including painting, card making, drawing and colouring, making bookmarks, shared reading, sing-a-long sessions, our popular mini-me activity and even “pimp my zimmer”! Many activities are also tailored to the time of year e.g. Christmas card making or making lanterns for Chinese New Year.

Feedback is very positive for these sessions from patients, visitors and staff;

Patient- Molly attended a session on G2 in November 2019;

*“If everybody knew how brilliant and happy they would feel coming to this...it is worth coming...I walked in alone and I walked out with two friends...I was feeling very low*

*but I went back to my ward feeling quite happy. I have been with two wonderful people.”*



*Vickers 4 Christmas card making*



*Brearley 6 Chinese Lantern making*



Brearley 5 “Mini-me” activity



G2 “Pimp my zimmer” activity



Visitor – Hazel came to see her friend June on Vickers 4 in November 2019  
*“Came into the ward to see June taking part in ‘making Christmas cards’. She looked so happy which was such a change after seeing her very down and depressed. Whoever organised this, ‘thank you very much!’”*

Staff – Andrea is a Therapist who attended a session on Brearley 7 in January 2020;  
*“Lovely activity for patients to engage in, brings back so many happy memories for them and brings patients together.”*

### *In and Out of Hospital*

2019 saw the conclusion of Phase 1 of the “In and Out of Hospital” project. This Arts Council England and Sheffield Hospitals Charity funded programme ran for 3 years and saw professional artists running creative workshops with four groups of patients

who have a long term relationship with the hospital: Spinal Injuries, Palliative Care, Stroke Rehabilitation and a group of patients with hearing impairment. In total 750 patients took part and 105,000 people saw work by spinal injuries and palliative care patients which was exhibited at the Millenium Galleries in Sheffield. The project included partnerships with University of Sheffield Department of Music, Museums Sheffield and Festival of the Mind.

Many patients with life changing conditions or injuries can benefit greatly from creative interventions in addition to the medical and therapeutic support they receive from the NHS. Feedback from the project was excellent and a number of permanent artworks also resulted. The relative of a participant on Palliative Care said;

*“My mum used to be a real crafter – we love the books she’s taken part in making, they are very special. It is so hard at the moment ..... this is such a*

*great thing to have on the ward, it's a break from just being at my mum's bedside."*

And Dr Harriet Crook, STH Lead Healthcare Scientist said of the music project for people with hearing loss;

*"I was so impressed at the level of confidence and such positive feedback. Listening to the recordings made me feel very emotional as I was just so impressed with what has been achieved in such a short time."*

A full evaluation report for Phase 1 is available.



*Participants and musicians from the Hearing Impairment project at the installation of a permanent artwork in ENT department in Dec 2019*



*Artwork inspired by patient workshops installed at SPARC in October 2019*

The success of Phase 1 led to a successful bid to both Arts Council England and Sheffield Hospitals Charity to fund Phase 2 of the project, planning for which began in late 2019 with a start date of April 2020.

The 2 year programme will see projects in three areas: Singing techniques with patients with Laryngeal Dystonia, a Creativity Café with young people transitioning from child to adult services and, for the first time, staff art workshops to improve mental and emotional wellbeing of staff. Phase 2 will involve a number of local partnerships; with Museums Sheffield, Yorkshire Artspace, University of Sheffield - Department for Music and ACCESS space.

### *Environmental Improvements*

The Arts Coordinator continues to provide advice and guidance to departments wishing to install artwork in their departments, ensuring that such work adheres to fire safety and infection control requirements. This year a relationship has been developed with the Dementia Practitioner team to ensure that artwork installed is

also Dementia friendly. Improved connections with the Estates team also ensure that both parties are kept abreast of any projects being undertaken.

Hospitals can be cold, unfriendly places to be and this work aims to improve the environment, making the hospital more welcoming and a more pleasant place to work and to be treated.

Funding for most artworks comes from Sheffield Hospitals Charity through Earmarked Funds or SHC Awards. Sometimes the work is part of Trust funded refurbishments and occasionally funding comes from a different source.

The Arts Coordinator manages the commissioning, procurement and installation of the artworks as well as organising unveiling events and publicity.

Artworks installed this year include;



*Organ Donation memorial – RHH - Artist Stella Corral*



*Surgical Outpatients  
 RHH Illustrations by Kate Morgan*



*Neonatal breastfeeding rooms  
 Jessops*

## Gallery Corridor

The hanging system for the Gallery Corridor on C Floor at NGH was installed in January 2020 and a committee including a Nurse, a Public Governor and a representative from Sheffield Hospitals Charity selected the first two artists who will exhibit in the gallery from a shortlist drawn up from over 60 submissions. Following the first two exhibits the intention is for the gallery to exhibit staff artwork resulting from the staff art workshops (part of In and Out of Hospital project Phase 2).

## Music Concerts

Our Charity grant allows us to run 16 professional music concerts every month across the hospitals.

**190** concerts have run this year across a varied selection of wards and departments;

Brearley 5, Brearley 6, Brearley 7, Osborn 4, Huntsman 7, ICU, Weston Park Outpatients, Vickers 4, Q2, Critical Care RHH, G2 RHH, Renal E&F, Firth 2, SPARC

Comments about the sessions include;

Paul was a patient on Firth 2 in October 2019;

*“It was great. It was nice. It cheered the ward up. Made a change. Would be nice to have more often. Anything that breaks that monotony is good.”*

Matron Shane Lawson commented;

*“It was evident that this 1 hour lifted the spirits of both patients and staff. Put an extra spring in their step. Just what we needed.”*

Partners such as Music in Hospitals and Lost Chord have provided the musicians until now however The Arts in Health Team plan to recruit musicians directly in future to improve coordination and governance arrangements.

## Feedback

A staff survey was conducted in June 2019 which showed that, of those responding departments which utilise services from Arts in Health;

- 91% felt that patients benefitted from arts in health
- 91% felt that staff benefitted from arts in health
- 100% would recommend the services of the Voluntary Services Team to other departments

Many positive comments were received including;

*“The Art work dramatically improved the physical environment for our long term patients and received very positive feedback from patients and relatives. The Music in Hospitals provides a welcome distraction for our patients in Critical Care and they absolutely love it.” -Duncan Tragheim, General Critical Care Departments*

The survey also led to a number of new opportunities including new locations for music concerts and activity sessions.

## In Summary

The work of the Arts in Health team continues to improve the hospital experience for patients, visitors and staff. We are grateful to Sheffield Hospitals Charity and its supporters for their continued support and to all the departments which engage with Arts in Health for the benefit of their patients, visitors and staff.

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