



Arts in Health Strategy 2019 - 2029

Royal Brompton & Harefield NHS Foundation Trust

rb&hArts' 10-year strategy and 3-year action plan to deliver quality arts and culture to improve the health and wellbeing of patients, staff and the community surrounding our hospitals.



CARRIE REICHARDT, 2017
'NHS70: THANKS FOR EVERYTHING'
CERAMIC

Contents

3 Foreword

Royal Brompton & Harefield NHS Foundation Trust
Funding rb&hArts

4-5 Key Achievements and Activities from 2016 to 2019

6 Why Arts in health?

The need for creative practice at
Royal Brompton & Harefield
NHS Foundation Trust

The need for collaboration

7 Aims

Our Values:

People

8 Places

Wellbeing

9 How do rb&hArts define wellbeing?

10 Arts Consultation

11 rb&hArts Principles & Values



VOCAL BEATS

Foreword

Since 2002, rb&hArts has produced a successful arts programme for patients, staff and visitors at our Trust. I was delighted when the programme joined my Directorate in 2018, offering new opportunities to explore the role of arts in health improvement.

Access to creativity and culture has a useful role to play in healthcare, particularly for our patients. It complements clinical expertise, improves wellbeing, builds confidence and develops skills. I've seen for myself the positive impact that taking part in weekly singing workshops can have on older adults living with Chronic Obstructive Pulmonary Disease (COPD). The activity supports self-management and increases sociability. It also brings a sense of community and belonging for staff. The NHS70 celebrations, which included an exploration of our own rich heritage, was another excellent example of the arts in action.

Over the last 5 years, the arts programme had grown significantly in its staffing, the number of activities delivered and its reach. The support of the Hospital's Charity and the arts team's skills in fundraising has been central to achieving this. The new 10-year strategy, with its focus on people, places and the environment will ensure that rb&hArts and creativity continues to have a positive impact at the Trust.

Penny Agent, Director, Allied Clinical Sciences

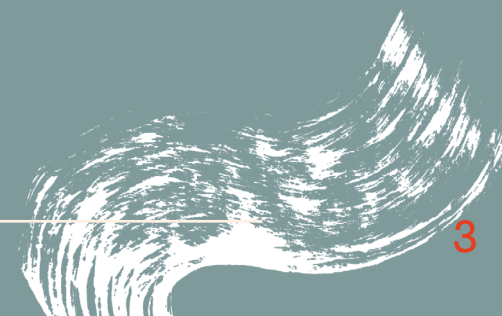
Royal Brompton & Harefield NHS Foundation Trust

Royal Brompton & Harefield NHS Foundation Trust is a partnership of two specialist heart and lung hospitals: Royal Brompton Hospital in Chelsea and Harefield Hospital near Uxbridge (both in London). It treats patients with the most complex diseases and conditions throughout their lifetime, from all over the UK. With an integrated approach to caring for people of all ages, the Trust has an international reputation as a leader in heart and lung diagnosis, treatment and research. In a typical year, it manages 210,000 outpatient appointments and 40,000 inpatient episodes.

Funding rb&hArts

rb&hArts was set up in 2002 thanks to financial support from Royal Brompton & Harefield Hospitals Charity, without which the arts programme would be much diminished. Additional funding has since been raised from individual donors, other charitable Trusts, and art sales, all of which has enabled the creative programme to flourish.

The Arts Programme sits within the Allied Clinical Sciences Directorate and is aligned to the delivery of directorate strategic objectives: Develop, Lead and Thrive.



Key Achievements and Activities from 2016 to 2019

- Expanding the Singing for Breathing programme from one to three groups (Royal Brompton, Harefield and Uxbridge), reaching additional older people in the community living with chronic conditions, including Chronic Obstructive Pulmonary Disease (COPD).
- Celebrating Singing for Breathing's 10th Anniversary with the premiere performance of The Singing Hospital at the Royal College of Physicians. This choral piece was written by former Head of Arts Victoria Hume to pay homage to the programme's legacy. The Singing Hospital featured on London Live with a full interview with Victoria Hume and Singing for Breathing participant Sharon Alexander.
- Transplant & Life; a sound and moving image exhibition at Royal College of Surgeons by art-ists Tim Wainwright and Dr John Wynn, gave voice to transplant patient experiences at Harefield and Royal Free Hospitals, to raise awareness of the importance of transplantation and the challenges surrounding it.
- Devising and delivering Crafternoons; a series of monthly craft workshops in public and patient areas as well as at the bedside at both hospitals. With a focus on conversation and skills development, it is a creative approach to distraction and relaxation for patients, their families and staff.
- Celebrating the Trust's heritage with new ceramic commissions by Carrie Reichardt as part of the NHS70 Anniversary, culminating in cross-site celebrations

SINGING FOR
BREATHING



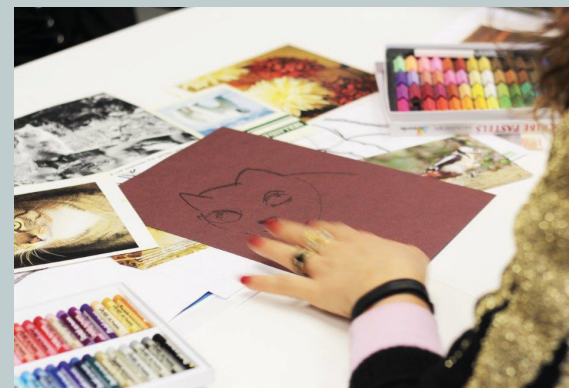
CRAFTERNOONS



- Implementation of new singing and beatboxing programme, Vocal Beats, on the Paediatric wards, engaging over 600 patients aged 0-16 years since 2016. The project has garnered interest across both arts and health sectors and was featured in an episode of Celebrity Bargain Hunt for BBC Children in Need in 2018.
- Expansion of Vocal Beats to adult wards, developing opportunities for hospitalised young adults to access singing and music-making, including a youth ambassador programme.
- Creating opportunities to capacity-build the music in healthcare workforce through the implementation of a mentoring programme for new musicians wanting to work in clinical set-tings.
- Establishment of a successful volunteering programme with 15 volunteers now regularly giving their time to ensure more patients access high quality arts provision.
- Working collaboratively with Akademi to run South Asian Dance workshops for inactive old-er adults in Harefield. A randomised control trial was undertaken in 2018 to demonstrate the efficacy of dance for adults with heart conditions



VOCAL BEATS



ARTS & CRAFTS

Why Arts in health?

“When I had my operation here, I got terrible anxiety that I was about to die. Preserving your health isn’t just about fixing your body, it’s about restoring you as a person too, and the arts have a huge role to play in that”

- PATIENT COMMENT

There is a significant body of research that demonstrates the impact and efficacy of arts on health. Our starting point is that the arts can help:

- Keep us well, aid our recovery and support longer lives better lived.
- Meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.
- Save money in the health service and in social care.

(Creative Health: The Arts for Health and Wellbeing, 2017)

Active participation in the arts, including music-making, dance, visual arts and crafts, can support positive distraction and interpersonal relationships, and improve overall sense of self-determination.

(Arts & Culture in health and wellbeing and in the criminal justice system: A summary of evidence, 2018).

The need for creative practice at Royal Brompton & Harefield NHS Foundation Trust

Patients and their families, living with chronic and/or life-limiting conditions, often face multiple challenges navigating complex healthcare systems. This can result in feelings of isolation, loss of control and low levels of wellbeing. By offering opportunities for creative choice, skills development, conversation and self-expression, rb&hArts’ programmes can provide comfort and empower people in what can otherwise be difficult circumstances.

“There is such a strong link between the arts and mental & physical wellbeing - both for the patients (first and foremost) and for the staff too! From the musicians on the wards to the Crafternoons, everything helps and makes a difference.”

- STAFF MEMBER COMMENT

The need for collaboration

rb&hArts often collaborates with Trust clinical teams, to tailor creative activities that encourage participation, capture audience’s imagination, encourage participation and meet more closely the needs of our participants.


Aims

Building on the success of the 2016 to 2019 plan, rb&hArts will:

- Improve the wellbeing of in and outpatients, staff and the local communities surrounding each hospital.
- Enhance the patient experience.
- Improve the healthcare estate and environments of each hospital.

Our Values


rb&hArts aims to improve the health and wellbeing of all our stakeholders through access to high quality participatory arts activities. To achieve this, creative delivery will focus on three key areas of work – **people**, **place** and **wellbeing** – that can improve the patient experience.



People

‘People’ means patients, their families, staff and the wider community, be it local or online.

There are significant personal health and wellbeing benefits associated with active participation in the arts. Any future offer must be co-produced with stakeholders, to be patient-centred and respond closely to individual needs. These needs can include improving how people feel about themselves, and boosting their self-esteem and confidence. Through cultural participation and bringing people together, our creative programme can:

- Reduce isolation and loneliness.
 - Increase opportunities for skills development, boosting confidence, and resilience.
 - Develop social interaction and networks, nurturing community spirit for patients, their families and also for staff.
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Places

‘Places’ relates to areas in which our stakeholders spend time, such as the hospitals’ estates, public spaces and areas of cultural participation, and clinical spaces where patients stay and/or are treated. Places can be tangible and intangible, for example, an online community is a sharing space.

Art and culture can improve the physical environment. A quality environment can influence personal and community wellbeing and how the care received therein may be perceived. At rb&hArts, we believe that:

- Places are best co-designed with the people for whom they are intended. In this, the arts have a key role to play in bringing our people into the decision-making process.
- The quality of spaces positively impacts on the experience of hospital life, and of the Trust in the community. By quality, we also mean that the environment for our patients, their families and staff should promote wellbeing as much as possible.
- The arts should be visible both offline and online to increase access and benefit.

Wellbeing

Across our programme, the arts have found ways to align with Trust values, and work in collaboration with clinical staff to support health outcomes, through the implementation of clinical research and evidence-based practice. This includes:

- Supporting people with chronic conditions to develop creative tools or activities to better manage conditions while in hospital and back in the community.
- Increased dialogue between arts and clinical staff, incorporating creative practice into patients’ rehabilitation programmes.
- Distraction throughout procedures and recovery from transplant, surgery, etc.
- Development of referral schemes to creative programmes so staff can recommend patients for activities, while noting additional benefits (Crafternoons supporting dexterity), etc.

How do rb&hArts define wellbeing?

rb&hArts follows the definition of wellbeing developed by the New Economics Foundation. It states that being well means feeling good and functioning well (New Economics Foundation, 2010), which in turn is influenced by one's quality of life, community belonging, physical health and mental health. This makes it easier for individuals and communities to understand which factors affect health and wellbeing, and how they can be improved. These are:

- **Connect** – with the people around you; at home work, school or local community.
- **Be active** – keep moving, dance, cycle, garden, walk, find an activity you enjoy.
- **Take notice** – be curious, appreciate the moment and notice unusual things around you.
- **Learn** – take up an old hobby or try something new to boost your confidence, have fun.
- **Give** – do something nice for a friend, colleague or stranger or volunteer in a community group.



SINGING FOR
BREATHING



MUSICIANS IN
RESIDENCE

Arts Consultation

Every three years, we canvas the opinions of our stakeholders. The most recent survey, in December 2008 received almost 300 responses from Trust staff, Trust patients and their visitors, and members of the local communities.

98% of respondents believe that arts and culture contribute positively to the hospital experience for patients, their visitors and staff. These respondents agreed that taking part in arts and creative activities played a positive role in the promotion of physical and mental wellbeing. 70% also reported the arts reduced boredom, isolation and anxiety.

“It gives patients something else to focus on, both individually and as part of a group of other people with the same experiences as them.

Arts within the hospitals; visual, performance or participatory, also changes the atmosphere and therefore affects people’s wellbeing”

- STAFF FEEDBACK

“Looking at the artwork is like going to an art gallery, something completely different which takes you away from work, or gives another perspective on work”.

- PATIENT FEEDBACK

rb&hArts Principles & Values

This feedback has been used to inform the strategy and values to support the delivery of the best possible arts programme at Royal Brompton & Harefield hospitals. A new set of principles and values have been developed (using those from 2016-2019 and the new feedback), which will inform all aspects of work going forward. The Arts programme, and all strands within it must meet the following conditions:

Accessible – Access to culture for all can support the reduction of inequalities. rb&hArts will continue to be needs-led and accessible, by engaging a wide diversity of patients. It will diversify the reach of its activities in hospital, to be active by the bedside, in public spaces and online.

Participatory – Active participation encourages control over one's life and learning which are paramount to health and wellbeing (Marmott, 2010). By promoting active participation rb&hArts will participants are involved in tailoring a programme to their needs.

Heritage – An awareness of our history and place is important to generate a sense of belonging. rb&hArts will continue to promote engagement and story-telling to bring people together to share and learn.

Sustainable – Creative thinking, innovation and resourcefulness will encourage a positive and long-term legacy to rb&hArts, ensuring it is sustainable in the current economic and environmental climate.



Accountable – A transparent, well-managed programme inspires confidence and trust.

Collaborative – Strategic partnerships offer better support, greater credibility and cost-effective opportunities. rb&hArts will foster healthy relationships and collaborative thinking.

Evidenced-based – Evaluation is key to measure the impact of our work, contributing to learning and sharing knowledge through research and publication. Our approach is evidence-based.

High-quality – Patients deserve the best quality possible, and the opportunity to work with highly skilled professional expert artists. This includes the provision of support to artists while working in difficult settings, building learning, reflection and supervision into current practice.

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