



Arts in Health Action Plan 2019 - 2021

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.

| | Aims | Immediately | Within 1 year | Within 3 years | Evidence |
|---|---|--|--|--|--|
| PEOPLE - PATIENT EXPERIENCES | | | | | |
| Patient Engagement | <ul style="list-style-type: none"> • Create a user-led programme • Supporting people with chronic conditions • Diversify engagement opportunities • Create a sense of community | Align with the Patient & Public Engagement Strategy ensuring all projects are patients-led by involving stakeholders in the decision-making process | Co-design guide created for rb&hArts projects | Conference for young people, co-designed with young patients (RB&H Trailblazers + Youth Ambassadors) | Increased participation and engagement demonstrated through service user registers, ArtsObs, Youth Music Scales, 3 Point UCLA Loneliness Scales, and musician journal entries |
| Craft & making | <ul style="list-style-type: none"> • Increase access to arts • Upskill people • Improve wellbeing | 2020 Programme developed and published | Crafternoons publication for patients, volunteers and staff | Patients-led suggestions that can be delivered in hospital | Increased participation from staff, patients and the local community, collected through feedback forms and referral records |
| Craft kits & tailored | <ul style="list-style-type: none"> • Enhance the patient experience • Provide a distraction • Diversify engagement opportunities | Patients referral pathway clarified with matrons & ward managers Referral cards distributed on wards | Sponsorship obtained for materials and craft activities for patients | Befriending programme for long-term volunteers, engaging patients by the bed-side, in day-rooms and public areas | Increased engagement though registration records and occurrences of participation |
| Volunteering | <ul style="list-style-type: none"> • Increase social connectedness • Reduce isolation • Create a sense of community | Training and support for volunteers in delivering activities | Harefield volunteers programme launched | Volunteer-led programme of craft activities, group or 1-2-1 | |
| Therapeutic role of arts in health | <ul style="list-style-type: none"> • Explore opportunities to identify therapeutic impacts of creativity on patient experience and wellbeing | Strengthen relationships with clinicians across Rehabilitation & Therapies Directorate, with a focus on Physiotherapy and Occupational Health Increased understanding of role of arts in health at the Trust and its impact on health | Therapeutic outcomes for each arts programme identified with an evaluation methodology in place Increased collaboration between rb&hArts and clinicians | Develop a clinical research pilot project to measure the impact of arts on therapeutic outcomes Increased working across creative and clinical teams Develop a business case for an Arts Therapy Role at RBHT | Clinical Research undertaken on pilot project with evidence in place Joint programme of work established between rb&hArts Arts Therapy role established at RBHT |

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|---------------------------------|---|--|---|--|--|
| PEOPLE - HEALTH OUTCOMES | | | | | |
| Musicians-in-Residence | <ul style="list-style-type: none"> Supporting people with chronic conditions Diversify engagement opportunities Increase access to arts Increase musical skills Improve health and wellbeing Create a sense of community Reduce loneliness and isolation Boosting confidence & self-esteem Develop new skills Increase social connectedness Upskill professional musicians looking to work in clinical settings Increase awareness of benefits of music in healthcare amongst NHS staff | Weekly residence at both hospitals Musicians' Passport for musicians and mentees to work/learn across sites | Creation of audio podcasts about musicians in residence New music programme devised, in partnership with patients, including live music | Patient-led programme | |
| Singing for Breathing | | Publication of The Singing Hospital documentary & report | Randomised Controlled Trials with respiratory researchers | New groups launched in new areas of local community. rb&hArts participating in debates and activity around social prescribing | Increased participation ; data collected through RCTs plus distance travelled surveys and testimonials |
| Vocal Beats | | Train new beatboxers and Music in Healthcare mentors/mentees Vocal Beats online channel Successful delivery across 2 Trusts , Royal Brompton & Harefield NHS Foundation Trust and Royal Marsden NHS Foundation Trust External Evaluation to be published with public launch event | Vocal Beats to be established at Royal Marsden NHS Foundation Trust with evidence from patients, family and clinical staff Second cohort of mentees complete training programme with essays published on the Youth Music Network. Third cohort to be recruited in collaboration with musicians and Sound Connections | Vocal Beats – increased number of young people who take part in music activities and improvement in participant outcomes Data from service evaluation published in academic paper Musicians in Healthcare Mentoring Programme established as a sector-leading training and education programme with opportunities to learn at different sites through implementation of musicians' passport | Increased participation and engagement demonstrated through service user registers, ArtsObs, Youth Music Scales, 3 Point UCLA Loneliness Scales, and musician journal entries Develop partnership with third specialist Trust to further increase access to music in healthcare by young people Baseline surveys, published essays and testimonials from participating musicians. Mentees report going onto find further work across the Music in Healthcare sector |
| Publications | | Publish reports for Singing Hospital, Singing for Breathing and Vocal Beats on the Trust website | Publications for The Singing Hospital / Singing for Breathing Advocacy at Arts & Health events | Publications of PhD research and Vocal Beats end of project report | Increased awareness from staff, patients and the local community, collected through feedback forms, surveys and comments |

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|--|--|--|--|---|--|
| PLACES - THE HEALTH CARE ESTATE, ENVIRONMENT & SUSTAINABILITY | | | | | |
| Art Collection | <ul style="list-style-type: none"> • Increase access to arts • Improve the value & visibility of the arts • Improve wellbeing • Enhance the patient experience • Improve the healthcare estate & environment • Enable dialogue between artists, clinical staff & patients • Create a sense of identity • Increase social connectedness | Volunteer-led audit of the arts collection at all sites completed | <p>Art interpretation for the Trust's collection in all public spaces</p> <p>Meaningful opportunities for viewers to engage with the work, its history and relevance to the Trust (and archive)</p> <p>Art map created in collaboration with physio to get patients moving</p> | <p>Online gallery – showing high quality photographs of the pieces in the art collection</p> <p>Curated online shows thematic presentation by guest curators/ volunteers to match the arts programme and key dates</p> <p>Sculpture walk at Harefield, linking with Physiotherapy Dept</p> | <p>Increased engagement, online and offline, collected through surveys, feedback forms and donations</p> <p>Increased participation from staff, patients and the local community, collected through feedback forms</p> |
| Commissions | <ul style="list-style-type: none"> • Reduce isolation • Create a sense of community | Art Strategy published for the Imaging Centre | Harefield art and nature Peace Garden commission completed, including an artwork, Woodland Trust trees, and planting | <p>Imaging Centre art commissions completed</p> <p>Harefield lake refurbished for patients and the local community</p> | |
| Exhibitions | | Full programme published for 2020 – 2021 | Partnership developed with external organisation for a 2021 exhibition | Outdoor exhibition and sculpture walk & art tour at Harefield | |
| Sustainability | <ul style="list-style-type: none"> • Create a sense of community • Create a user-led programme • Contribute to national conversations | Monthly newsletter and a sustainability forum | <p>Raise awareness of Trust's sustainability aims & objectives through arts, craft and design activities</p> <p>Training Plant the trees donated to us</p> | Declare a climate emergency | Increased awareness from staff, patients and the local community, collected through feedback forms, surveys and comments |