



# Arts Care Gofal Celf

ARTS HEALTH & WELLBEING



# Development & Structure

- Founded in 1986
- Registered Charity
- Company Limited by Guarantee
- West Wales based
- Member of ACW Arts Portfolio Wales



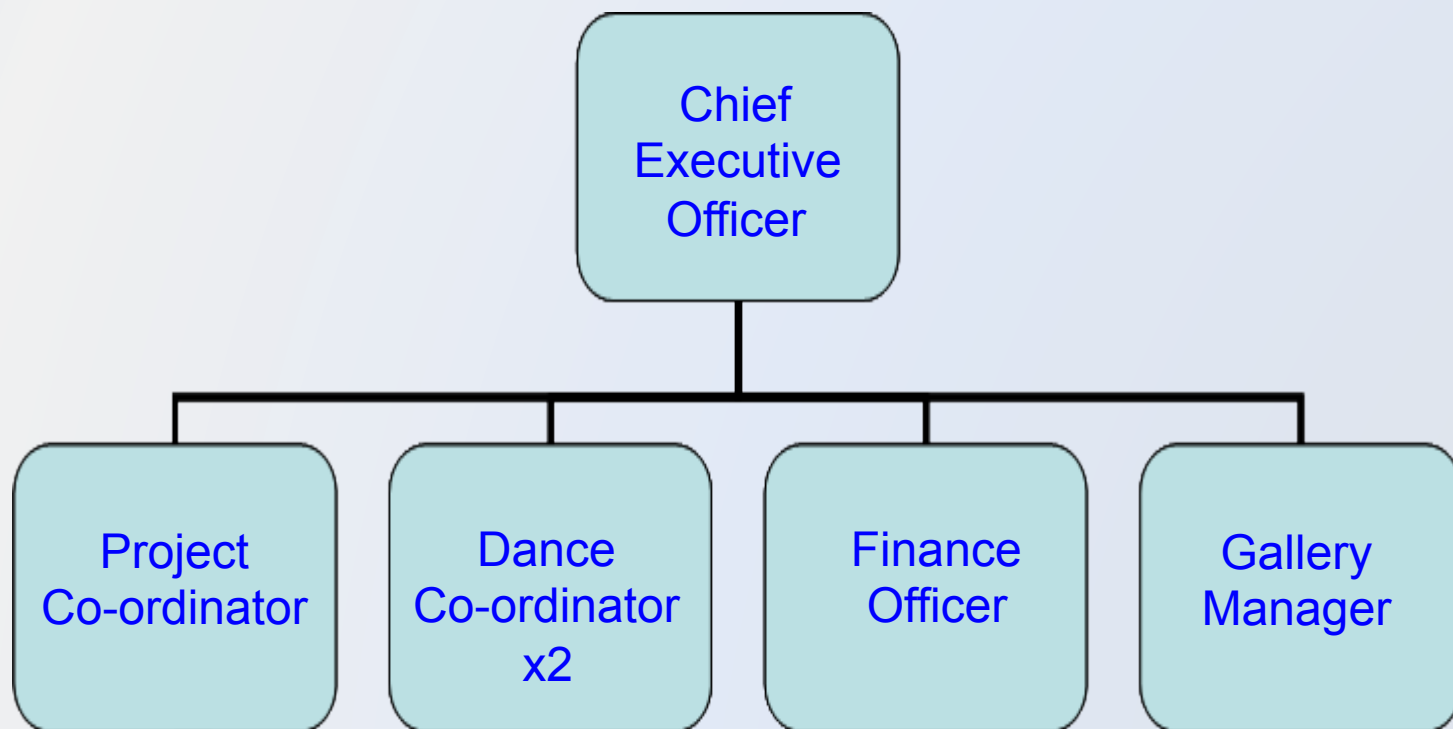
# Activities

ACGC's activities fall into 4 broad categories:

- Arts, Health & Wellbeing
- Arts in the Community
- The Professional Development of Artists
- Public Art, Events and Performances

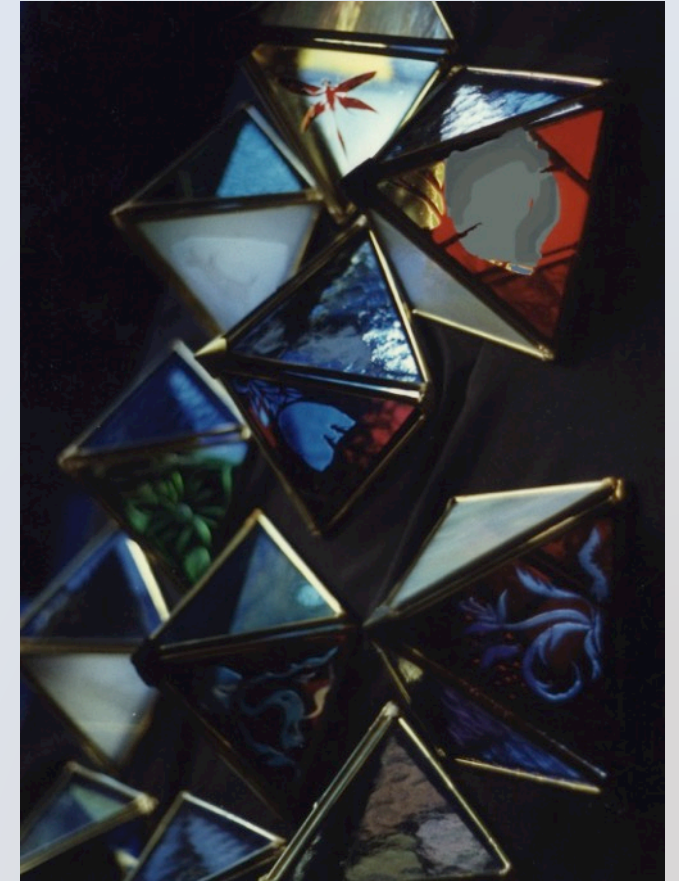


# Staff



# Artists

- Register of over 150 professional practitioners
- Visual arts, crafts,
- performing arts, writing, digital
- DBS Checks
- Public Liability Insurance
- Mentoring/Professional Development



# Creative Communities

- For adults with mental ill-health
- Joint SLA with Carmarthenshire County Council & Hywel Dda University Health Board
- Weekly multi art sessions at 3 locations
- Open referral
- Additional opportunities for projects/exhibitions

*“Sessions have been crucial to my recovery and have completely changed my life as it was previously”  
... Participant*

# Creative Options

## ART ON PRESCRIPTION

- Pilot Arts on Prescription programme
- Mild/Moderate anxiety/depression/stress
- 12 2-hour sessions
- 16 participants

*“The workshops were a great opportunity for me to meet local people with similar difficulties to myself. My confidence has increased and I have gotten used to being around more people. I had to get used to coming out of my house instead of hiding at home”*

# Dance For Parkinsons

- Weekly, 1-hour long sessions in Pembrokeshire & Carmarthenshire
- Average of 8 participants per session
- MA Research into participant experience (Liverpool John Moores University)

## Emerging Themes:

**POSITIVITY** “ It is the mental attitude to disability which changes. I don’t fall. I stagger. But it doesn’t bother me as much”

**CONFIDENCE** “ I used to say I can’t. Now I say I can”

**SOCIALISATION** ”I look forward to coming and interacting. I couldn’t walk into a room of people before”

**MOTIVATION** “Last week I tackled a walk that I wouldn’t have dreamed of before”

**POSTURE** ”People are commenting on how upright I am looking”



# Dance to Health

- Evidenced-based falls prevention programme (FAME & OTAGO)
- To commence Spring 2017
- Partnership with AESOP/National Dance Company Wales/ABMU Health Board
- Reduce falls by up to 55%
- 6 month programme
- High retention rate



# Oriel Bevan Jones

## Dr Huw Bevan Jones Award



Why Me?  
by Lindy Martin - Winner  
Dr Huw Bevan Jones Award 2017



# Yma a Nawr

## Here and Now

- Older people with dementia at new build Residential Care Home
- Funded by the Baring Foundation
- Establish creative practice in new facility
- Engage local community
- Enhance Environment



