

Plant, Grow, Thrive

How to build a thriving
Arts in Health Programme

Prue Thimbleby
Arts in Health Co-ordinator
Abertawe Bro Morgannwg Health Board



Make a plan!

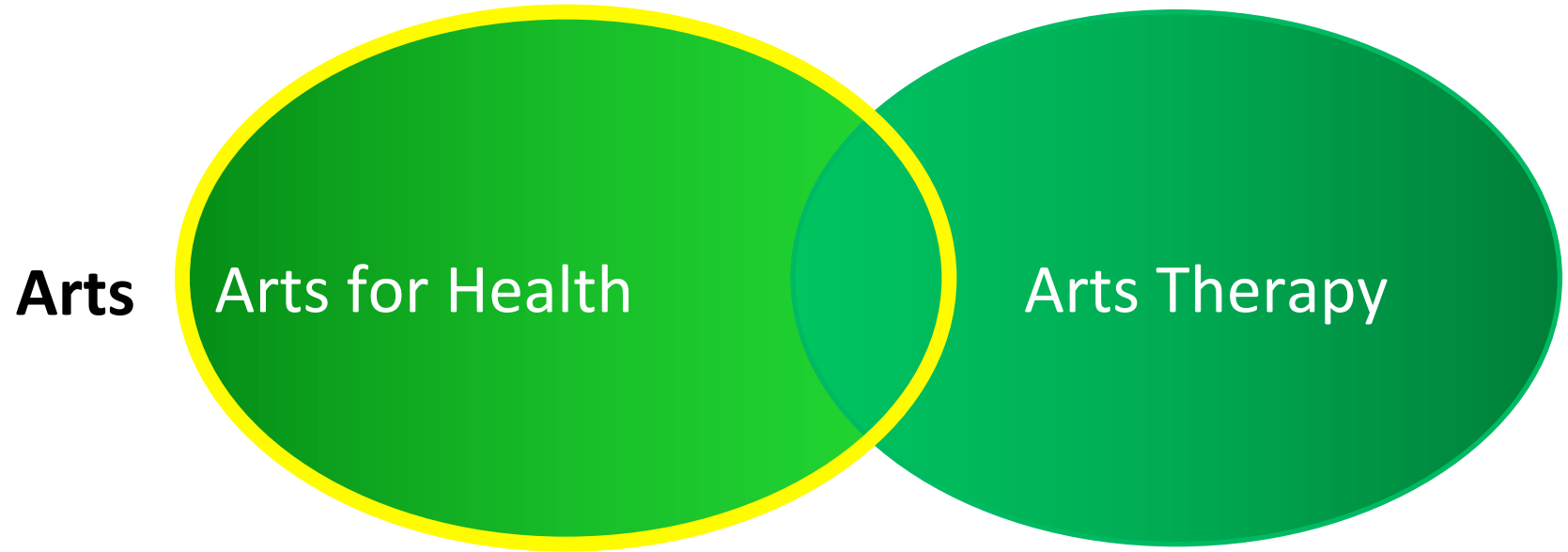
What sort of Art programme do you want?

Why?

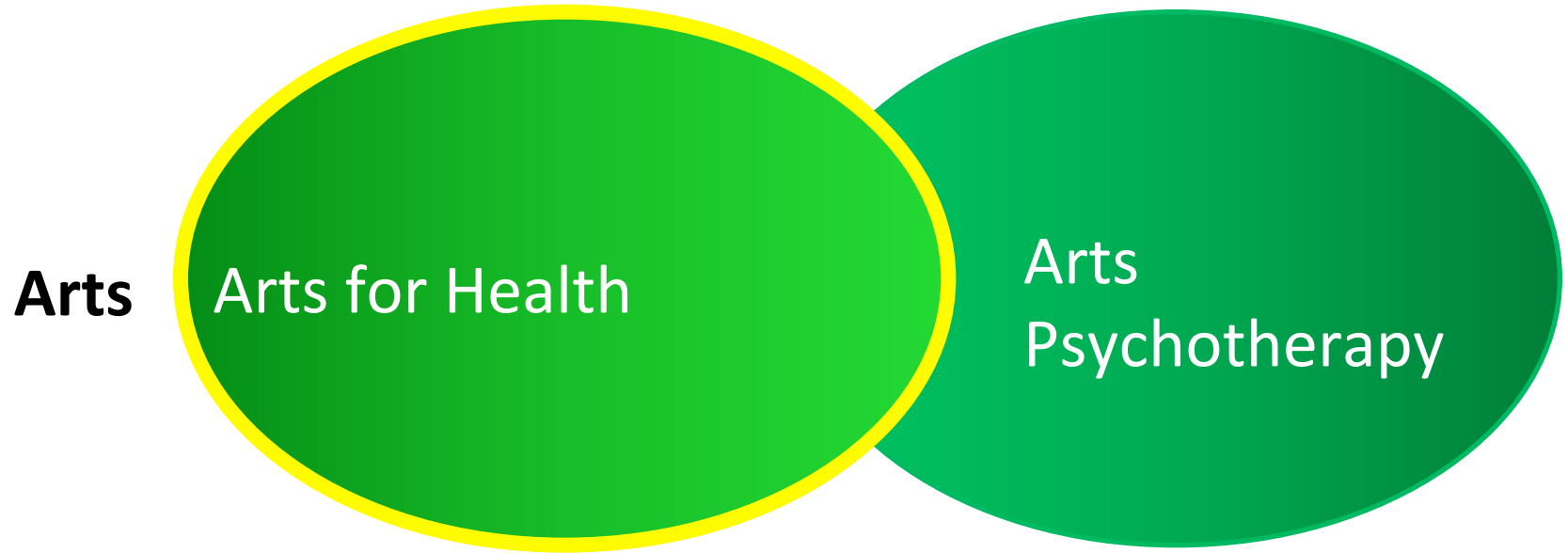
How?



An Arts Continuum?



An Arts Continuum?



What are the planned outcomes & methodology?

WHY?

What is the evidence it is beneficial?

<http://www.ahsw.org.uk/>

<http://www.lahf.org.uk/>

<http://www.artshealthandwellbeing.org.uk/resources/research>

<http://artworks.cymru/Artists-in-Hospitals-Toolkit>

<http://www.artsinhealth.wales/>

ABMU Arts in Health programme

@ABMhealth

@story4health

@pruethimbleby



The Facts & Figures

The Arts in Health work began in 2005 with an Arts steering committee and an active member of staff in capital planning running small Arts projects

In 2012 an Arts co-ordinator was appointed as a pilot project (15 hours a week for 18 months)

Now there is small team - all posts are part time or alongside other jobs

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Prue Thimbleby
Arts Co-ordinator



Heather Parnell
Capital Arts Manager



Fiona Edwards
Capital Arts Facilitator



Martin Thomas
Heritage Lead



Rebecca Kelly
Heritage Assistant



Joanna Humphreys
NR Music Therapist

The Facts & Figures

The money for the Co-ordinators post has been funded from the Health Boards Charitable Funds and will soon become mainstream funded

The Co-ordinator has raised over £350,000 of external funding to run the programme of activities over the last four years

The Capital Arts Manager has been in post since October and is funded from Capital Planning

Reconstructing Ourselves

Aim: To improve the patient's experience of the consultation with the specialist doctor



Rhian Solomon:
Artist in Residence



Sarah Wright:
Anthropologist
& qualitative researcher



Nipple reconstruction
textile workshop

OUTCOMES



Are you ready for your consultation today?

Prepare for your consultation today

- Why are you here today?** Do you have specific questions for your doctor? What information would you like today?
- Record what you want to say** Pre-record what's important to you, before you see your doctor.
- What matters most?** What really matters to you? What do you need to know about your test and your results?
- Play the recording with your doctor** Listening to you, understanding what's really important.
- Talking with your doctor** Answering your questions and managing your care, treatment and health.
- Co-professional consultation** Improved patient experience.

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BCA is a 501(c)(3) nonprofit organization. Our mission is to improve the lives of breast cancer patients and survivors through education, advocacy, and support. For more information, visit www.breastcanceraction.org.



Storytelling in Residence



Daniel Morden is doing a residency in cancer services

Jessica Wilson is teaching storytelling to patients and nurses in forensic mental health

Prue Thimbleby is teaching people to become storytellers in community mental health

Nicola Grove and **Steve Killick** are working with foster families to teach parents and professionals to tell stories



The Storytelling for Health International Conference June 2017

www.artsinhealth.wales/conference

Patient Stories

75 short video stories
over four years.
Including 15 complaint
stories all of which
have brought
resolution for the
complainant and some
of which have stopped
the complaint
escalating to court





Music week at
Morrison Hospital



What Next?



Hire a gardener....

Individual or organisation?
Artist or administrator?



Know your garden



- ❖ What are the Health Board priorities?
- ❖ Where are things already growing?
- ❖ Who can I work with?

Do the Digging



- ❖ Hard work & Passion
- ❖ Network
- ❖ Build partnerships
- ❖ Be inclusive

Choose your plants

The right plant in the right place!

- ❖ The right Arts medium
- ❖ Quality Artist
- ❖ Quality Process
- ❖ Quality Product



Helping plants grow

- ❖ Compost = resources
- ❖ Water = funding
- ❖ Pollinators = supporters
- ❖ Sunshine = policies



Pull up the weeds

Not everything in the garden is always rosy!

- ❖ Keep a check on quality
- ❖ Constantly reflect and evaluate
- ❖ Persevere when things go wrong



Celebrate the harvest

Tell the story





Questions
&
New Ideas



www.artsinhealth.wales

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