



*'Art helps my troubled mind and I love it.
It's even better than talking or taking medication
because art has no side effects.'*

The benefits of Arts to Health across Northern Ireland



'Painting with Arts Care has opened up a whole new world to me. It instilled a confidence in me that I never thought I had.'

'Art helps me focus my mind, it helps me concentrate.'

'Arts Care gave me a sense of achievement, which I guess I hadn't had in a long time. Arts Care has given me a bit of hope.'

'Arts Care activities are keeping and maintaining myself to live independently and I have had a lot less hospital admissions and shorter hospital stays.'



'Art is important in the hospice setting for patients, their loved ones and for staff. I can't imagine Hospice without the Arts being represented.'

'I loved doing all this art and the music and dance. It reminds me that I still have so much to give and how much life I have in me. It's been great to have fun and to learn about each other.'

'I enjoyed every minute of it! I'm in my nineties and I'm still learning new things. If I'm passing when this is hung on the wall I'll be able to say "I was part of that."

'I can only liken her enthusiasm for participating in the art workshops to a child on Christmas morning. Her sparkle returned! It was one of the last times I saw her and it is a very precious memory.'



'Our patients have stated that looking at the artwork on their journey through the surgical unit helped them to de-stress.'

'The video and animation helps to reduce anxiety, worry and disturbance.'

'The artwork in the symbols created for signage aids understanding for our learning disability patients.'

'The whole project brought the staff together and provided fun and learning.'



'Art provides colour and creativity into one's day as well as structure.'

'The Arts Care group provides a valuable opportunity for self expression and relaxation which patients find very therapeutic in managing their mental health problems.'

'Art has been amazing for staff and patients. An enjoyable experience and valuable to the recovery process.'

'When I was making my art it took my mind away from my problem for hours. When you have an addiction problem every minute your mind is not thinking about it is achieving a huge milestone in your mental battle with addictions.'



'The ClownDoctors provide our service users with opportunities to improve their co-ordination, communication skills, and builds on their confidence and self esteem.'

'5 minutes of support from the ClownDoctors to me is like an hour to someone else, it allows me some time to take a wee break away.'

'ClownDoctors not only have a very beneficial impact upon the Children but also raise morale amongst staff.'

'I was in hospital when I was 7. I have diabetes. I was worried about the injections. Then one day the ClownDoctors were in. They were good fun and made me laugh and cheered me up.'



'Arts can be particularly helpful to people who find it difficult to express their thoughts and feelings verbally. The benefits to people with learning disabilities are endless.'

'Dancing keeps me fit and I have made so many new friends.'

'In the dance performance I was able to see my son again for the first time since his brain injury.'

'When I dance on the stage with all my friends I feel amazing. The physicality of the dance workshop has really improved my relationship with my patients.'



'I would have loved to have studied art, but was laughed at. So now years later I'm getting the chance, through illness, to partially fulfil my dreams.'

'The art class provides space for interaction and relaxation, helps to build confidence, self esteem and in general, improve social skills and decrease feelings of social isolation.'

'The arts activity has helped me to feel more confident and feel more mature. It has helped me to stand up for myself more.'

'The arts help with creativity and physical dexterity.'



'The Arts Care Workshop is an essential part of the client's journey through their illness.'

'The expertise of the artist in residence enhances the overall service provided to the Clients of Windsor House and Acute Day Treatment.'

'Taking part in the Arts Care workshop always proved to be quality time and a welcome breath of fresh air away from the hospital day.'

'The provision of an art making facility here in the hospital contributes to a client centred, holistic approach to healthcare.'



'When things seem black art adds colour, when we go through Hell, Art is like a kind of Heaven. It takes away physical pain, mental pain, and spiritual pain.'

'The Arts Care classes help us to get out of our house, to mingle, and it gives us all our social life. Without the centre we will all sit and vegetate.'

'The benefits are such that it makes life worth living and funding is required to ensure this work can continue.'

'Having suffered from depression for many years I needed something in my life to give me energy and belief in myself. When I was asked to join the arts workshop at the hospital I never thought that it would play such an important part in my rehabilitation.'



'The story book is a beautiful example of how hospital can actually provide a positive experience for children.'

'Before taking part in the creative writing workshops with Arts Care, I thought my brain had stopped working, but I now know that I do have a good brain. This is the most important thing I have ever done'

'I am of the opinion that projects like Arts Care really make a difference.'

'Looking forward to Arts Care on a Friday really did help me through my week of treatment.'



'The music was good it made me happy I liked the dancing - it helped me a lot with the exercising.'

'The patients seem to find the arts activity engaging, therapeutic, a method of expression for those whose verbal capacity is limited or who have difficulty in day to day activities.'

'Makes me feel good inside myself.'

'It is important that children who are admitted to hospital are provided with an opportunity to engage in diversional and enjoyable activities to help normalise the hospital experience.'



'I had previously been a Fine Art student, before the accident, but the injury to my hand left me demotivated. With the help of Arts Care, I learnt new ways of adapting and gained dexterity in my hand, it helped me build my confidence and desire to go back to university.'

'Without the resources of Arts Care groups I wouldn't be making the positive progress I am making.'

'Artwork brings a warm welcome into hospital surroundings and also assists clients to feel at ease.'

'I can't thank you enough for introducing me to painting. You gave me something else to think about and for a short time all the stress about my son's situation took second place.'



'I would never have imagined we would have so much fun this morning. It took us out of the ward and we have had such a laugh.'

'Art gives the opportunity to express thought/feelings on to paper and make sense of feelings.'

'I really appreciated the opportunity to do something interactive and creative which allowed me to detach myself from hospital routine.'

'I believe Arts Care made a dramatic difference to the quality of my life in hospital.'

ac arts care

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*"It is a curious paradox that people can 'find themselves'
by 'losing themselves' in art."*
Dr Fred Brown, Consultant Forensic Psychiatrist

