



## Arts Care: Making a Difference in Health, Social and Community Care through the Arts

### Who are we?

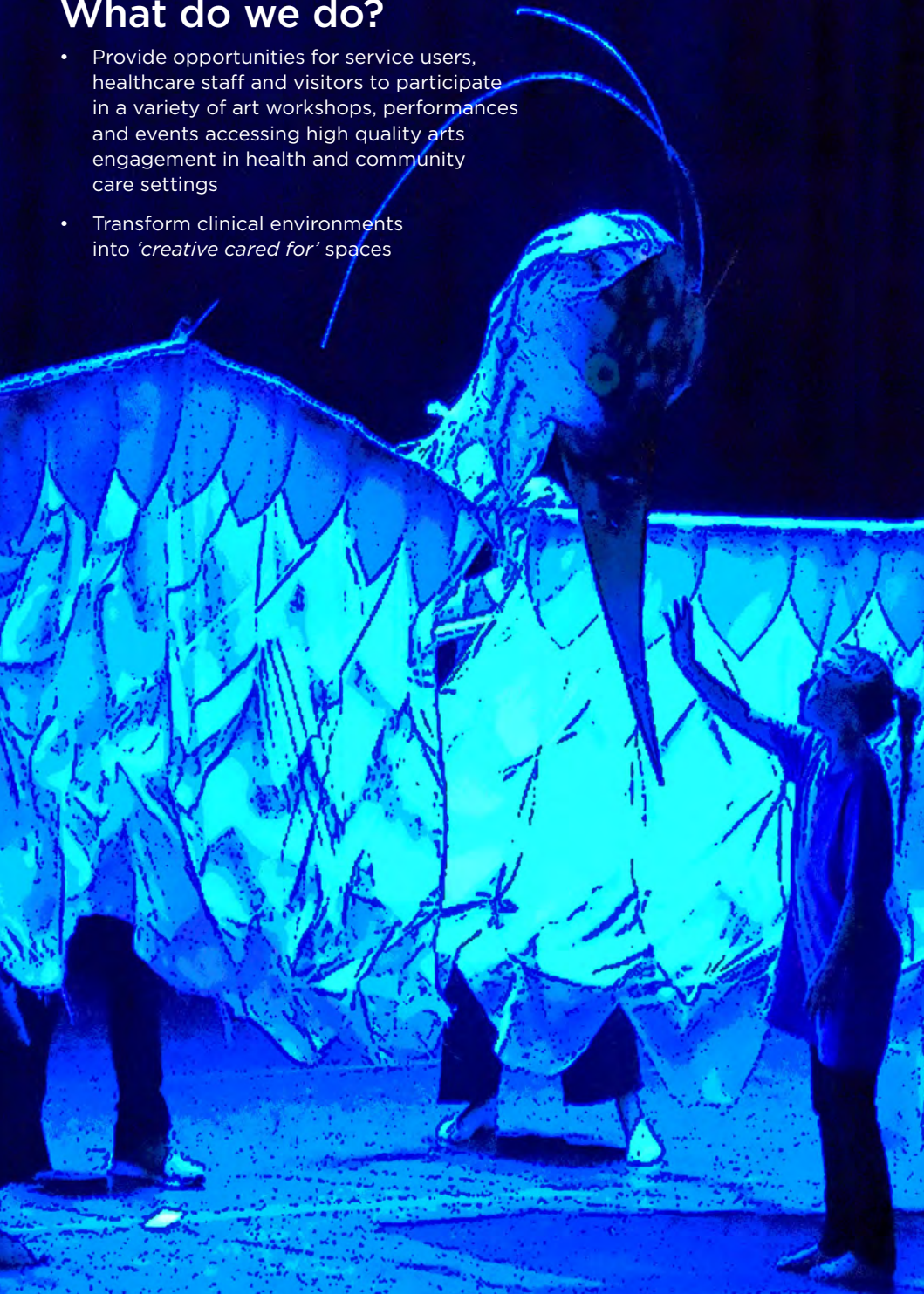
Arts Care is a leading regional Arts, Health and Well-being Organisation based in Northern Ireland. We deliver a wide range of innovative and impactful participatory arts projects and arts events into the heart of Health, Social and Community Care Services.

**Aim** - to enhance the quality of the service users, staff and community's experience of Healthcare

**Objective** - to provide quality arts engagement that supports Health and Well-being

### What do we do?

- Provide opportunities for service users, healthcare staff and visitors to participate in a variety of art workshops, performances and events accessing high quality arts engagement in health and community care settings
- Transform clinical environments into '*creative cared for*' spaces



## Where do we deliver our programmes?

On any one day you will encounter Arts Care artists, musicians, dancers, creative writers, actors, film-makers and clowndoctors on wards, units, hospices and a variety of other facilities delivering their services into:

- Hospital Services, Day Care Services, Residential Care Services, Children and Young People's Services, Older People's Services, Dementia Services, Mental Health Services, Cancer Care Services, Learning and Disability Services, Looked After Children and Young People's Services and Community-based Services.



*"Sometimes I dread coming into the unit to visit my mum who has dementia but on days when the musician is there and I see her actually singing along to the songs it makes our time together really enjoyable"*

**Daughter of service user with dementia**

*"My daughter comes to hospital regularly with her condition and she really looks forward to her hospital visits so that she can see the clowndoctors. It makes a real difference to her day."*

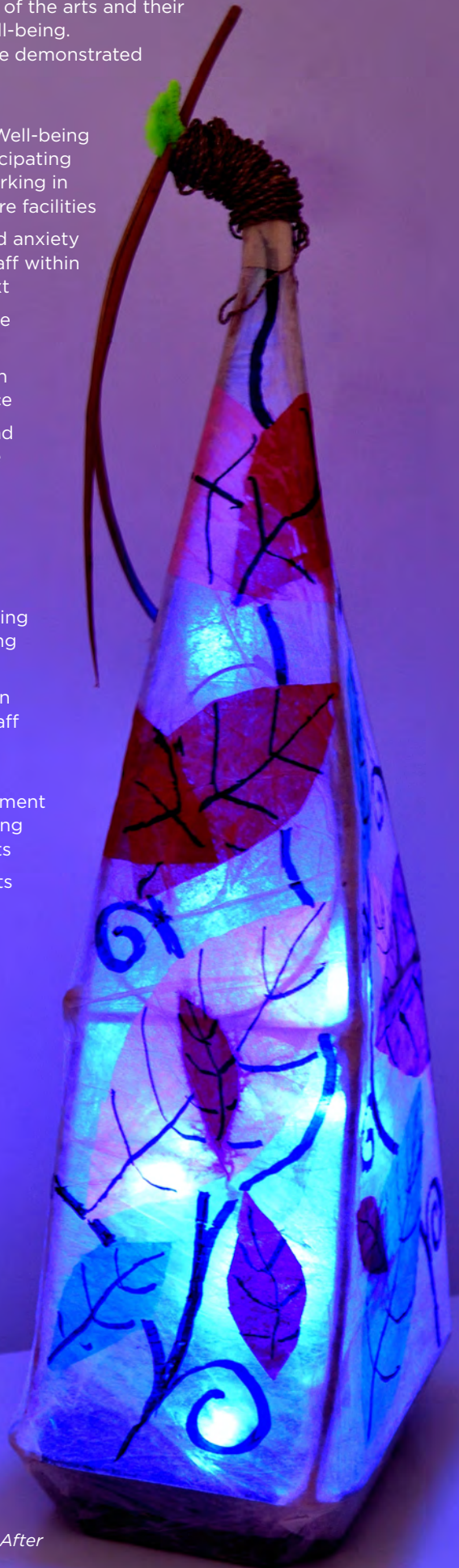
**Mother of young service user**



# Benefits of Arts Care Arts Projects in Healthcare

Arts Care advocates for the power of the arts and their benefits to enhance health and well-being. Evaluation of our programmes have demonstrated the following outcomes:

- Improved levels of Health and Well-being as a result of accessing or participating in the arts whilst availing of, working in or visiting Health and Social Care facilities
- Reduction in levels of stress and anxiety in service users, families and staff within a health and community context
- Reduction in levels of healthcare staff sick leave
- Increased levels of motivation in healthcare staff in the workplace
- Using imagination, creativity and self-expression can support the healing process as well as the end of life experiences
- Increase in physical and cognitive functioning
- Facilitates the right to a quality arts and cultural life whilst availing of healthcare services or working in healthcare environments
- Enhanced relationships between service users and healthcare staff who participate together in an arts activity
- Enhanced professional development through arts engagement training for healthcare staff and students
- Transforms clinical environments into 'cared for spaces'



*'The Lantern' - Twilight Zone Looked After  
Young People's Project*



## Arts Care Programmes

Arts Care offers the following range of Art and Well-being Programmes and Projects:

- **Artist-in-Residence Programme** - a regional weekly residency programme across all five Health and Social Care Trusts. This programme deploys a team of highly skilled and experienced professional Visual Artists, Musicians, Dancer, Creative Writer into a wide range of Health, Social and Community Care Services.
- **Project Artist Programme** - this programme delivers a wide range of large and small scale Arts and Health Projects including the following annual Here & Now Older People's Arts and Well-being Festival and the Twilight Zone Looked after Young People's Project
- **The Cartwheel 999 Children and Young People's Arts Programme** - this regional programme provides a range of arts, music, dance, clowndoctoring, creative writing etc workshops, art exhibitions and performances Children and Young People's Health and Social Care Services.
- **Arts Care 4U Arts, Health and Well-being Digital Services** - in response to the Covid-19 Global Pandemic, Arts Care transferred the majority of programme activity on to a new Digital Online Service, 'Arts Care 4U'. This online presence is now established into a programme of digital services including an Arts and Health Workshop Resource of over 400 videos/short films on the Arts Care 4U YouTube Channel. Arts Care continues to develop these services including facilitation of Artist workshops
- **The Arts Care Arts and Health Training, Education and Research Programme** for healthcare professionals, artists, arts students, healthcare students such as medical and nursing students. This programme links locally, nationally and internationally with universities, colleges offering training, education and research opportunities to further develop the Arts and Health Sector
- **Arts-based Professional Team Building Programme** - Arts Care provides an Arts-based professional team building service supporting the development of more cohesive and productive teams in Education, Healthcare and Business
- **Arts-based Strategy Development Service** using high quality and expert arts facilitation techniques to develop vision, generate creative ideas, innovation and future planning.



## How do we do it?

By engaging a highly skilled workforce of professional artists and clowndoctors from different art disciplines. These teams of arts professionals deliver arts projects, performances, art exhibitions into multiple Health, Social Care and Community settings across Northern Ireland.





*'Me in 14 Parts' -Young Service User*

## How to contact us

For more information or to support our work through donation, please visit our Arts Care website/facebook page or contact the Arts Care Central Office

# Arts Care

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