



Not to be forgotten stories



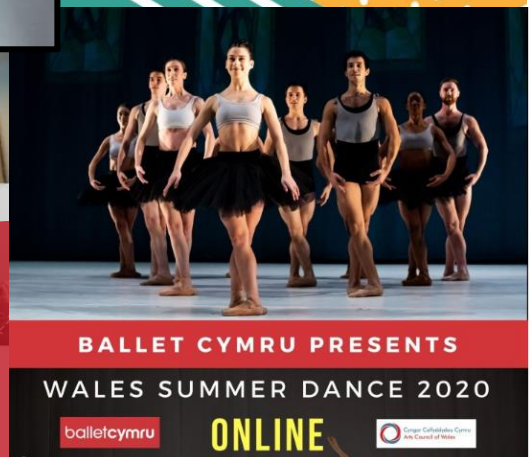
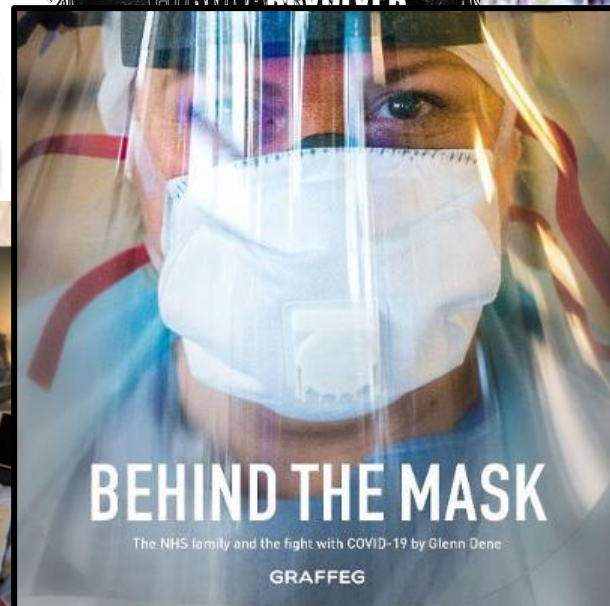
**OUR NEW PROJECT
IS FINALLY HERE!**

Take part in our
letter-writing challenge
#FioPen2PaperChallenge
and remember to tag us
@wearefio

Find out how below!



#FioPen2PaperChallenge



**How the arts are continuing to
support the Welsh health and
social care response to COVID-19**

July 2020



Foreword

The global outbreak of COVID-19 has completely changed our way of life and has left many sectors with a great deal of uncertainty. Public health measures such as social distancing have meant that public facilities and essential services that people rely on for creative outlets or for a sense of community to combat feelings of loneliness and social isolation can no longer function as they once did.

The annual turnover of the arts industry in Wales is around £2.2 billion a year. The sector employs 56,000 people, many of whom work as freelancers. As the sector is reliant on people coming together in close contact, it has faced some of the most hard-hitting structural challenges of any industry. Shutting services and closing doors to the public, coupled with the feeling of isolation, has meant that many artists have found themselves in financial limbo, despite interventions such as the Furlough Scheme, the Self Employment Income Support Scheme and the Arts Council of Wales' Arts Resilience Fund with its urgent response fund for individuals.

In the last [briefing](#), published in May 2020, we shared some of the many examples of how people in Wales were able to maintain their links with community-based arts initiatives, despite restrictions on our movement. Now I am thrilled to share even more examples of how the arts sector is supporting the health of the nation at a time when it too is at its most vulnerable. Art venues remain closed, but that doesn't mean that the services the sector provides are less important to some of our most vulnerable in society.

More people than ever are using the arts to feel at ease, engage in some form of community, better their mental and physical health, and show appreciation for the key workers which we are all reliant on. This surge in demand from more people having time to get creative has meant that the arts sector, and the artists it relies on, has had to find new ways of working. It is a sector that is being squeezed from all angles.

With lockdown restrictions slowly easing, I am hopeful that soon we will be able to come together once again and support the arts sector shoulder to shoulder. Until then, I am thankful for all those in the sector that have come together during these unprecedented times.



Jayne Bryant, MS, Chair of the Cross-Party Group on Arts and Health.

Cross cutting participation in the arts

Supporting mental health & wellbeing

In this [video](#), the Wales Arts Health & Well-being Network ([WAHWN](#)) highlights how the arts sector in Wales is supporting people's mental health and wellbeing during the pandemic. Many people, especially those with pre-existing mental health conditions and those under 30, have experienced higher levels of stress, anxiety or depression – effects which are anticipated to persist long after the lockdown ends. The WAHWN has been reaching out to the most vulnerable during this time, including patients and frontline workers.



Many organisations and their work are highlighted in this film. Among them is Live Music Now Wales, which has continued to support people's mental health by providing pre-recorded concerts for people living with dementia in care homes and families with children with special needs. Also included is the Forget-Me-Not-Chorus, which has been recording weekly singing sessions so those in community, care home, and hospital settings can continue to feel part of the community.

To get a sense of the range of programmes across Wales, please watch WAHWN's [video](#).

HARP Sprint

[HARP \(Health, Arts, Research, People\)](#), (a partnership programme led by Y Lab, Arts Council of Wales and the Welsh NHS Confederation) has launched a series of short, innovative 'sprints' in response to the pandemic. A team of artists, arts facilitators, and arts & health professionals will work together remotely to consider how arts interventions currently in place can be improved for people living in lockdown. Focusing specifically on the impacts of the pandemic, the overall question for the Sprint is: *How can pathways and access to arts interventions be improved to support different groups during this time and beyond?*

[Y Lab](#), supported by the [Nesta's People Powered Results](#) team, has identified four cohorts of people as the most in need to support or improved access to the arts. These groups include vulnerable older people who are isolated from younger relatives, deaf and/or disabled people, people living alone and experiencing loneliness, and adult male mental health service users.

While testing is still in the early phases, the group is already seeing some emerging learning, including the hypothesis that creative activities can improve the online communication space for people's existing relationships, such as families and support groups, in that they can help overcome the awkwardness of video calls in both family and therapeutic contexts.

Call Out

HARP COVID-19 Sprint Challenge

How can the arts support people living through lockdown? How can access to arts interventions be improved? Our sprint challenge will aim to build our knowledge to support more people in Wales.

Celf ar y Cyd

Amgueddfa Cymru and the Arts Council of Wales have worked together with the support of the Welsh Government to devise [Celf ar y Cyd](#), a series of ambitious visual art projects which challenge us to share [Amgueddfa Cymru](#) - the National Museum's Art Collection across Wales during the Coronavirus crisis. Working with partners in Health Boards, the project aimed to make people feel at home in the newly-created field hospitals environment. Starting in West Wales with Hywel Dda University Health Board (UHB), landscapes were selected of the West coast and rural life in the area, and the Exhibitions and Programmes team from the National Museum worked creatively to work out how to hang artwork safely in a clinical space. The reproduction prints were sealed in antimicrobial plastic and hung using industrial strength velcro which allow them to be removed for daily cleaning.

The first introduction to Ysbyty'r Seren, the Bridgend field hospital in Cwm Taf Morgannwg UHB, was an iPad tour of a huge industrial building in the process of conversion, led by the medical team. Designed as a recovery space, this is where patients emerging from treatment in intensive care units (ICUs) start their long journey back to health. Working with medics and the Arts in Health team, they have focused on how art and interpretation can be used as part of a physical recovery programme.



The images in the ward describe the extraordinary richness of ordinary life in the Valleys, from Kevin Sinnott's street scene, *Running Away with the Hairdresser*, to a winter landscape transformed by snow in Ernest Zobole's painting *Some Trees and Snow*. The paintings not only enrich the space but are also used to encourage the patients' mobility, by providing an incentive to walk between the paintings and encouraging them to make further discoveries and reconnect with the familiar people and places depicted in the paintings. In a dedicated rehabilitation space for those preparing to return home, an exhibition of David Hurn's photographs from the area, made between the 1960s-1980s, provide tools for staff to help more senior patients recall memories including the much-loved Monday Wash Day, Rhondda Valley, a celebration of the familiar routines of home.

As this project is developed further, the team looks forward to forging new relationships with Arts and Health networks and NHS staff across Wales to find innovative ways to ensure that the art collection is shared by NHS teams and patients in a way that works for them, both online and in the workplace, and contributes to the rich programme of arts and health activity across Wales.



Image: Transept of Ewenny Priory, Glamorganshire, Joseph Mallord William Turner © Amgueddfa Cymru - National Museum Wales

Music

Voices coming together for PPE

A group of Welsh musicians are among those who have re-imagined The Beatles' classic album Revolver to raise money for Personal Protective Equipment (PPE) supplies for health workers in Wales. The album, entitled Coronarevolver, was created in a two-week period and is available to download for free on [Bandcamp](#).



If people would like to donate, the artists are also encouraging donations to [Tarian Cymru](#), a group dedicated to raising money for PPE for Welsh NHS workers. 'Tarian' is Welsh for 'shield', and the group is using the funds to order PPE from global suppliers and specialists in Wales. As of 16 July, the group had raised over £85,000 of their £100,000 goal on their [GoFundMe](#) page.

Harmoni Cymru

[Harmoni Cymru](#) provides arts in health and music therapy services across hospitals within Cardiff and Vale University Health Board.

With no access to hospitals due to physical distancing and visiting restrictions, Harmoni Cymru has shifted their services to provide a musical residency programme through pre-recorded concerts that are being played on the University Hospital Wales radio station, Radio Glamorgan.

To find out more about Harmoni Cymru and learn how you can support their services, please visit their website [here](#).



"It feels really special to be able to provide music for people at a time that can be difficult."

🎵 @HarmoniCymru began as a team of volunteers bringing music to the wards of UHW and have since developed a musical residency programme across our sites.

#VolunteersWeek #cavvol



You can't go out but everyone **Cân Sing!** Singing through the coronavirus crisis

Since lockdown began, [Span Arts](#) have been running **Cân Sing** - their fortnightly singing group [online](#). Singers from across Pembrokeshire have been coming together online to share the uplifting benefits of singing.

The project has provided vital support and connection and helped to improve people's wellbeing at this most difficult time. Singers have found the experience *"Stimulating, connecting and heart-warming"* with *"just the right mix of warm up, chat and song."*

The singing workshops have also supported some of the most vulnerable individuals during the lockdown period, with many of the participants living alone.

One 31 year old female from Narberth, who lives with mental health issues, said: *"I sometimes find it hard to connect with people so I cherish my singing groups as they make me feel very welcome and connected. Singing online soothes all of the issues that I have been struggling with. Because it has been SPAN funded, I have been able to continue attending despite having lost work. Also, singing always eases my anxiety and being able to see and hear the group helps to lessen my feeling of loneliness and disconnect from the community."*

SPAN is very proud to have been able to provide this creative support service throughout the lockdown period and is pleased to announce that it will be able to sustain the online group with some Stabilisation funding from the Arts Council of Wales. They are asking people to help out and to donate where they can to ensure that SPAN survives the pandemic.

Span Arts has also been offering online Sing for Wellbeing Clinics led by Molaria throughout the lockdown. To find out more or book a place visit [here](#).



Dance

Movement and dance sessions for patients

[Rubicon Dance](#) are creating a video that will be used by physiotherapists and patients in Daffodil ward and E18 ward at University Hospital Llandough and St. David's Hospital to improve wellbeing. These departments have previously worked with Rubicon, and are supported by Cardiff & Vale Health Charity, to successfully deliver a programme of [Movement and Music sessions](#).

Rubicon are creating a basic 15-minute session, with familiar dance activities to familiar songs, facilitated by physiotherapists within the departments. The dancers also offer a video discussion prior to the sessions to introduce the session to staff and patients, and to provide guidance and information tailored to the individual needs of patients in the session. The recordings act as a visual aid for a team of physiotherapists who facilitate the sessions in day rooms where patients are seated, adhering to social distancing measures.

The Health Board's Arts and Health Team, along with Rubicon Dance and Cardiff & Vale Health Charity, have been [announced](#) as finalists for the 2020 Arts and Business Cymru Awards.

Ballet Cymru

Based in Newport, [Ballet Cymru](#) is offering an exciting menu of dance on their [social media channels](#) throughout lockdown. This includes morning tutorials each weekday at 10am where professional dancers coach a different exercise each day.

Ballet Cymru's online content also includes interviews, pointe classes, stretching and relaxation and strength exercises to work on core muscles through isolation as well as Creative Dance sessions with Ballet Cymru's Access and Outreach Officer.

As it will not be possible to deliver the annual summer courses at The Riverfront Theatre this year, Ballet Cymru are instead hosting an interactive [summer intensive](#) with the company dancers, directors, and guest teachers on Zoom.

The company will also be posting about their national Duets programme and featuring choreography that company dancers have created in their own homes.



Delivering dance via iPads in care homes

‘Dawns i Bawb’ - the community dance organisation for North West Wales - has run a successful dance programme for many years for people living with dementia in residential care. This work focuses on creative expression, health and wellbeing, tackling social isolation and promoting reminiscence and enjoyment.

The COVID-19 pandemic has meant that the programme had to come to a sudden stop. Dawns i Bawb began to devise new ways to engage people in dance when they could not be physically together. Following conversations with care homes it became clear that whilst there was an appetite for online sessions, most residents were shielding in their rooms and unable to mix or get together to dance.

In responding to the increasingly urgent challenge around social isolation, Dawns i Bawb secured a grant to purchase a number of electronic tablets to loan out to local care homes, as well as people living with dementia in the community. The plan is to fill the tablets with creative content, pre-recorded dance sessions from Dawns i Bawb as well as provide the equipment for future live 1:1 sessions to take place.

Teaming up with local partners to form ‘dance buddies,’ Dawns i Bawb will help facilitate opportunities for people to take part in live sessions and send messages to one another. Performing Arts students at the local college and creative colleagues locally will be invited to send performances and creative work to include on the tablets along with other useful information and newsletters from relevant charities.



Theatre and Drama

TEN

The Cardiff-based [Sherman Theatre](#), like all other arts venues, has been closed to the public for many months. In response to the situation brought about by COVID-19, *Interval* was created. This is an evolving series of projects designed to support the theatre's artistic and freelance community whilst the theatre is closed. Thanks to an anonymous donation, the Sherman is able to continue to invest in new writing.

One of the first developments in this programme was [TEN](#), a collection of short monologues written by Welsh and Wales-based writers. Each monologue will be performed and self-filmed by a different actor.



Alongside TEN, Gary Owen has donated his couplet of plays, [Mum & Dad](#) which is now available online.

Theatre in the comfort of your home

Many arts organisations have been working in partnership to bring theatre performances to people at home while in lockdown. For example, [Theatr Genedlaethol Cymru \(National Theatre Wales\)](#) has worked with Creu Ar-Lein / New Digital Commissions with BBC Cymru Wales to create a six-hour experimental epic *Er Cofid-19* alongside a pithy six minutes of Richard Nichols in *Enfys*. Another performance available online is [Cardiff 1919: Riots Redrawn for National Theatre Wales](#), a vivid day-by-day, hour-by-hour account of the Cardiff race riots, pieced together from reports in local newspapers, following the dynamic ebb and flow of the rioting.

Network _ Connect with us to create and experience live theatre in digital spaces

Bridging the digital divide

The connection between theatre and audience is being preserved not just by digital means. [Fio](#) is a Cardiff-based theatre company working across the UK and internationally to make interesting, political and provocative work that brings about social change. The [#FioPen2Paper Challenge](#) invites the public to write a letter on any subject to which Fio will respond.

There have been responses from across the world – from Nepal, India, Somaliland, Mauritius, New York, and Chile. Although much of the strength of theatre is in its live quality (being there in the moment), Pen2Paper has enabled Fio to continue conversations, engaging people and staying active.



Supporting the NHS, even in difficult circumstances

Since having to shut their doors at the start of lockdown, [The Torch's](#) technical team in Pembrokeshire have been putting their heads together and develop a way of [making visors](#) for NHS staff and community health workers. They made about 2,000 visors during the period when PPE was not readily available to many on the frontline. The Torch demonstrates just how important creativity and imaginative problem-solving is and makes theatre as relevant and important as it has ever been.

While the main building of the Torch remains closed to the public, they are now [back up and running behind the scenes to prepare to welcome their audiences back](#).

Visual Arts

Threads

[Wales Art International](#) (WAI), the international arm of Arts Council of Wales, has been conducting research and gathering learning from Wales and across the globe on the impacts of participation in the arts during lockdown.



[Threads](#), a recent project supported by WAI, Arts Council of Wales, the Wales Arts Health & Wellbeing Network (WAHWN) and Welsh Government, aims to connect Welsh artists with international networks in arts and health and to share best practice, particularly around building capacity and the resilience of the sector.

Threads commissioned [Made in Roath](#) (based in Cardiff) and the [Outlandish Theatre Platform](#) (based in Dublin) to facilitate a creative exchange of letters and crafts packs between two health settings (Coombe Women & Infants University Hospital in Dublin and the Links Mental Health Service in Cardiff).

Knitting nurses

A nurse at Powys Teaching Health Board has [knitted](#) a small gift for all members of staff at Ystradgynlais Community Hospital to celebrate and recognise their contribution to the COVID-19 effort. Each gift has been individually personalised and named.



Let's Make it Together

Initiated by Betsi Cadwaladr UHB's Arts in Health and Wellbeing Programme Manager, the Let's Make it Together project encourages people to create messages of support, stories, and blogs for the NHS in the form of bunting and [art works](#).

The project provides templates and art packs for vulnerable participants to decorate homes and streets with creative, unique, thoughtful, and fun bunting.

The project invites people to make bunting in any medium in a creative way: anything goes including knitting, crocheting, weaving, painting, collage, sewing, stitching, recycling, or gathering it. Let's Make it Together is helping people to create stories, record diary extracts, write letters or messages to loved ones, display homework, do self-portraits and mark important days during lockdown.

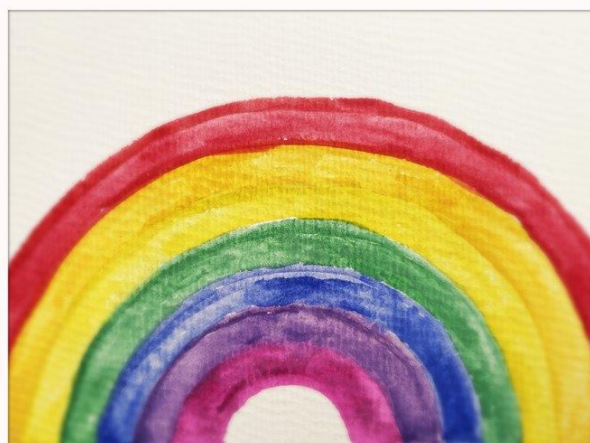


Digital rainbow quilt

While the project has found itself apart from others in lockdown, one thing that has united communities up and down the country is its deep admiration and gratitude for all that the NHS is doing to save lives and keep us safe. This groundswell of support has come to be symbolised by the rainbows that now fill our streets.

Pictures of rainbows made across Gwent are to be collated and 'digitally-knitted' together to make a large piece of artwork for the new Grange University Hospital. [Studio Response](#) is working in partnership with Aneurin Bevan University Health Board to curate the arts programme for the Grange University Hospital in Llanfrechfa.

This partnership aims to capture the spirit of hope encapsulated in the rainbow and want rainbow pictures by the community to be at its heart. Selected rainbows will be digitally knitted together to produce artworks that will be installed at the Hospital and will also feature in a booklet.



The Hearth Gallery – ‘With Thanks’ Exhibition and National Digital Archive NHS@70

A community exhibition showcasing positivity through art has been created to celebrate the hard working NHS staff and is going to be displayed for the [Hearth Gallery](#) at Cardiff and Vale UHB.



When the gallery reopens, the ‘With Thanks’ exhibition at University Hospital Llandough will showcase artworks made by both artists and the community. Currently, the Health Board has had several pieces donated and suggested for the exhibition. The Nurses Cap Paper template project, which was highlighted in our [previous briefing in May](#), will provide pictures and messages from the community for NHS staff to read and enjoy.

The gallery will also feature digital stories from patients and staff on life during lockdown. As part of the Health Board’s 70 year in 2018, the organisation worked with Manchester University to record stories and memories from their staff and volunteers at University Hospital Llandough to form part of the first National Digital Archive of NHS history. The organisations are working in partnership again and inviting staff members, volunteers and patients willing to [share their NHS story and experience of COVID-19](#) to be recorded and added to the National Archive as a permanent record of this extraordinary time. These will be available as part of the ‘With Thanks’ exhibition, which will invite the community to reflect on this difficult and challenging time.

Locals decorate field hospital in North Wales

In a display of community solidarity, local residents came together to place a collection of beautifully [painted stones](#) outside the temporary Rainbow Hospital in Betsi Cadwaladr University Health Board as a symbol of thanks to the NHS in Wales.

This community expression of thoughtfulness and thanks prompted calls from the community on social media that the stones be kept and displayed in a post-COVID world.



Patchwork of Postcards

Aneurin Bevan University Health Board is using art to support those with learning disabilities throughout the lockdown. To mark Loneliness Disability Awareness week, which took place from 15 – 21 June, the Health Board's Learning Disability team distributed blank postcards to all people they are working with, their carers, and their staff. People were encouraged to send in their 'art on a postcard' and draw something they would like to share, something about them, or what they have been doing while working or at home during lockdown.



People who live with learning disabilities experience a range of health and social inequalities and the COVID-19 crisis has severely impacted on this population.

There is still time to submit drawings for the final patchwork of postcards, which will be displayed in the Arts Therapies waiting room, to connect people even if we they're unable to be together in-person. To find out more and submit your postcard by 31 September 2020, please click [here](#).

For more information about how the team has been supporting those with learning disabilities throughout lockdown, such as adapting their services through online art therapy or remote music therapy, or their Easy Read activities to help people keep well, '[Arts to keep well](#)', please click [here](#).

War artist captures life on COVID frontline

The Principality Stadium in Cardiff has been transformed into the Dragon's Heart Hospital during the pandemic to help ease pressure on NHS services. Artist [Dan Peterson](#) has been documenting life at the Dragon's Heart Hospital.



Dan, who went to Helmand province in Afghanistan as the British Army's official war artist, was commissioned by Cardiff & Vale University Health Board to capture the "historic" moments of transformation. He appeared on [BBC Wales](#) to share more about the work he has been doing at the field hospital.

Half of the profit made from the sale of the illustrations will go to [Cardiff & Vale's Health Charity](#). Prints can be purchased on his website [here](#).

Frontline photographs from Nevill Hall

As both a photographer and as someone who works for the NHS at Nevill Hall Hospital, Glenn Dene has documented what it is really like to be on the frontline during the COVID-19 crisis. Glenn appeared on [BBC Radio Wales](#) to discuss his photos.



All photos will be included in a book “Behind the Mask”, which is available to purchase at retailers such as [Amazon](#) and [Waterstones](#). All royalties will go to NHS Charities.

Online art proves lockdown lifeline for Rhondda Cynon Taf wellbeing group

Members of an arts for wellbeing group are [supporting each other through lockdown](#) after taking their weekly sessions online. Members of Rhondda Cynon Taf (RCT)-based Breathing Space have been meeting via Zoom since the beginning of the COVID-19 pandemic to paint, sketch, write, dance and even hula hoop in unison from the comfort of their own homes.

[Breathing Space](#) is a creative group dedicated to enhancing wellbeing and reducing loneliness in Cwm Taf Morgannwg. While lockdown could have been a major setback for several members, the group moved online during the very first week of restrictions, proving a lifeline to those most at risk of social isolation. The online sessions are proving an unexpected bonus for those who sometimes struggle to leave home due to anxiety and depression.

Breathing Space is seen as a long-term solution in improving mental wellbeing and reducing social problems. Jointly funded by the Health Board, Arts Council of Wales and Welsh Government’s Integrated Care Fund through the Cwm Taf Morgannwg Regional Partnership Board, the group has become a lifeline for people managing anxiety, depression, and chronic pain.

Members have written poems based on the themes of ‘In the Middle of the Night’, ‘Through My Window’ and ‘My Street’, listening to music and dancing and hula-hooping. Participants paint and draw individually during the two-hour session, while chatting if they wish or otherwise just listening to everyone else.

The group, which was launched two years ago as a joint initiative between Taff Ely Primary Care Cluster and Tanio, the new name for Valley and Vale Community Arts, had been planning to stage an exhibition in September and now hopes to hold this online too.

Denbighshire Leisure Ltd Community Arts

[Denbighshire Leisure Ltd \(DLL\)](#) is a newly established arm's length company owned by Denbighshire County Council. Community Arts, a service within DLL, delivers an extensive programme of arts and health activities to support the wellbeing of residents in partnership with public, third sector, community, and voluntary groups.

Working with a pool of freelance artists, the community arts team has developed a remote way of working to continue supporting service users throughout the COVID-19 pandemic. In place of face to face workshops, artists have created tailor-made arts packs to do at home and tutorial films for different user groups. The team also works with partners to signpost services users to the organisation.

The arts team is also supporting service users with 'keeping in touch' phone calls and WhatsApp peer- support groups as well as through virtual galleries on Twitter and their [website](#). Some of their programmes of work include:

- **'Home' Project – community project in partnership with South Denbighshire Partnership.** Artist Ticky Lowe has been commissioned to develop 'Art At Home' packs for 'Canolfan Ni' service users (the frail elderly who are shielding). Participants have engaged by creating a textile version of their 'home' which has been their sanctuary during lockdown. The artists will now pull together all the service users' work and create a collaborative textile wall hanging for 'Canolfan Ni' to remember this period.
- **Arts Together – supporting hard to reach families.** Working with the Education Services, artist Jude Wood has been commissioned to create 14 films that are being sent out weekly by Family Link Workers to all families in Denbighshire with young children who will be starting school for the first time in September. The films highlight fun educational creative games that will prepare children for starting school.
- **Supporting Areas of Deprivation/those who have experienced Adverse Childhood Experiences.** The western part of Rhyl is home to the most deprived communities in Wales, according to The Welsh Index of Multiple Deprivation (WIMD). Two wards in the town are the most deprived, based on eight factors including income, health, education, and access to green space. Ysgol Christchurch is situated in one of these wards and artist Jude Wood has developed an Arts Together Activity Pack for families along with some materials that will be distributed to all Year 1 and Year 4 pupils before the end of term. The packs will be full of suggestions for fun and educational activities that families can do together over the summer holidays.
- **Supporting Mental Health and Wellbeing.** Countryside Services has been working in partnership with the 'Our Picturesque Landscape' project to create two community projects delivered in the Corwen and Llangollen area that will celebrate the landscape and creativity in the outdoors and its positive impact on mental health and wellbeing. Focused on engaging the frail elderly who have been shielding as well as members of local MIND groups and participants of Nature for Health, this builds on a social prescribing project that ran in Corwen and Llangollen prior to lockdown. Artists Ben Davis, Jude Wood and Rob Spaull have developed remote delivery methods, engaging via online Zoom sessions and complemented by work packs that are delivered to people's homes.

Written Word

Collecting COVID: Wales 2020

Amgueddfa Cymru – National Museum Wales has launched a new public appeal and a mass digital observation project that will collect the experiences of living in Wales during this extraordinary time of COVID-19.

Amgueddfa Cymru has an established history of recording the national memory of Wales, recognising that the life of every person matters. As part of this new collecting initiative, Amgueddfa Cymru will launch a new mass digital questionnaire inviting responses from a range of individuals, communities and organisations across Wales to record their experiences of lockdown.

Since 1937, the Museum has been using questionnaires to collect information on how people in Wales live their lives. The archive at [St Fagans National Museum of History](#) contains almost 800 completed questionnaires, ranging in date from the late 1930s to the early 1980s, with many of the original volunteers recording their lives over a period of several decades.

By responding to this [questionnaire](#), community members' stories will become part of the national memory at St Fagans National Museum of History. At the end of the questionnaire, respondents can also contribute up to 5 digital files (photographs, voice recordings or videos), or suggest an object they would like to donate. People are encouraged to share their experiences on the Amgueddfa Cymru website [here](#).

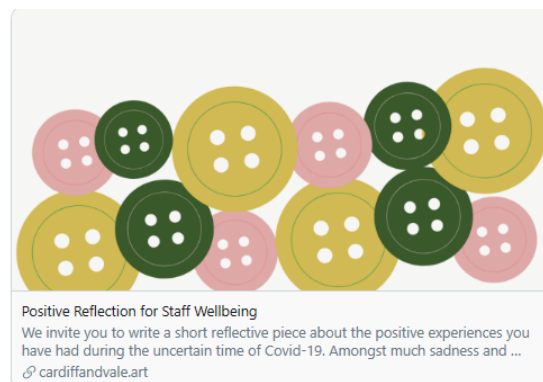
Positive reflections for staff wellbeing

Cardiff and Vale University Health Board has invited their staff to write a short reflective piece about the [positive experiences during COVID-19](#). Amongst much sadness and uncertainty, there are also extracts of everyday life that people have been able to enjoy and appreciate far more than before. Anything from a small act of kindness that lifted the spirits, to a walk in the sunshine, to having a video call with family or having a cup of tea whilst watching a favourite TV programme, these small experiences have provided some precious time and enjoyment.

The Health Board will be collecting responses from across all sites and encourage everyone to take part. In collaboration with Arts Activities Coordinator, Natalie McCulloch on Ward E8 of University Hospital Llandough, the Arts for Health and Wellbeing team will use responses within an ongoing installation display, based in the open plan Plaza Space at University Hospital Llandough.

The responses will be handwritten onto colourful, cut out paper 'buttons' and added to the walls, eventually creating a large-scale installation piece on the walls of the walkthrough space.

Visually pleasing and uplifting, the messages within the installation will be accessible to staff members at University Hospital Llandough, offering both a positive and creative opportunity for those who see it and want to take part.



Digital Stories capturing Staff and Patient Experience

Swansea Bay University Health Board has been documenting these unprecedented times by recording the challenges and learning through a series of 60 digital stories. The stories tell of how staff are coping and solutions to problems that have arisen. The stories will create an online resource to share memories of this time and the learning that is taking place. More detail about Swansea Bay's pioneering work in relation to Digital Storytelling can be found [here](#).

Literature Wales and Royal College of Psychiatrists partnership flourishing

[Literature Wales](#), in partnership with the [Royal College of Psychiatrists in Wales](#), has announced the names of the writers commissioned following the second call-out for engaging literary content and projects for audiences.

Due to the COVID-19 pandemic, Literature Wales' offices are closed, and much regular activity has had to be postponed. However, the commitment to inspiring communities, developing writers, and celebrating Wales' literary culture remains as strong as ever.

On 1 April, Literature Wales announced a round of funding for freelance writers to devise and create original [digital content and projects for audiences](#). The second round of funding for Writer Commissions, in partnership with the Royal College of Psychiatrists in Wales, was launched on 4 May. The focus for this round is [Health and Wellbeing](#). Literature is frequently used therapeutically, as preventative, palliative, and curative medicine for some illnesses and disabilities. Cumulatively, potential outcomes of literature and creative writing contribute to improved wellbeing for individuals, wider society, the economy, and culture and are crucial to the vibrancy of our national cultural narrative.

The commission for 10 artists includes digital workshops for patients with chronic illnesses; digital collections of older people's memories, a video about safe and effective therapeutic writing; webinars and exercises to build confidence and improve mental health; digital workshops for isolated Home Educated children and disabled groups; writing and yoga workshops; and online courses and resources for artists interested in working within the health and wellbeing sector in both English and Welsh.

More information about the projects can be found [here](#).



Creative Activities for Families and children

Youth Arts

Through Bangor University, [Pontio](#) provides daily workshops through [BLAS](#) - their youth art participatory programme run by Pontio Arts and Innovation Centre in Bangor. Pontio's mission is to create an artistic programme of the highest quality which is innovative, ambitious and relevant to communities. They believe in the power of the arts to impact positively on our lives and that every single one of us has a right to experience the arts.

Due to the outbreak of COVID-19, Pontio's arts programme has been suspended including all live performances, cinema screenings and participatory events. But this hasn't stopped Pontio from supporting their community through the arts. For example, they now have [online and digital activities for children](#).

Everyday BLAS release workshops of all kinds for people to do at home. From circus to dance, drama to art and videos from BLAS' archive, there's something for everyone so get involved and stay creative. They're available everyday at 1pm on BLAS' Facebook, [here](#).



Colouring sheets

Lockdown has been tough for children and families, so Powys Teaching Health Board has published updated certificates and colouring-in for children to thank them for staying local and keeping Powys Safe, and to celebrate the birthday of the NHS on 5 July.

Colouring sheets can be downloaded [here](#).



Powys Teaching Health Board #KeepPowysSafe
@PTHBhealth

The NHS celebrates its 72nd birthday on 5 July so we have made some colouring sheets to help you and your children to mark the day.

powysthb.wales.nhs.uk/news/52619

#HappyBirthdayNHS #PenblwyddHapusGIG



Paintings in Hospitals

Studies have shown that art can help us stay healthy, aid recovery from illness and injury, ease anxiety and stress, and help us to live longer, more fulfilled lives. The national charity, [Paintings in Hospitals](#), is working to support the NHS, GP practices and care homes in Wales. For 60 years, Paintings in Hospitals has been transforming the UK's health by using world-class art through art loans and art activities to inspire better health and wellbeing for patients, carers, and communities across health and social care settings.

One of their responses to COVID-19 has been to create art worksheets in the [Risca Surgery](#) in Aneurin Bevan University Health Board to support younger surgery users and their families. 16 paintings (chosen by staff and patients) are displayed in the surgery environment. Paintings in Hospitals has also put together a remote engagement activity to provide a creative outlet for children and their families, particularly those dealing with home-schooling. The [worksheets](#) are bilingual and feature representations of three artworks from the Risca Surgery display.



Family and community story-telling project

Cwm Taf Morgannwg University Health Board are inviting people in the Bridgend area to participate in a [story telling project](#).

Following the onset of COVID-19, the health and wellbeing of communities has never been so much in focus. The Systemic Family and Community Service and Arts in Health Programme at the Health Board are joining together to support this new storytelling project. Working alongside Bridgend's local council and voluntary services, they aim to open up space for telling stories that matter and working creatively together.

Stories might be of heroism, hope, resilience or a story of loss, challenge, or injustice. It might be a personal story, a family story or a story about your community that you do not want to be forgotten. The aim is for stories

Not to be forgotten stories



A Family and Community/ Arts in Health project
(Re)Building community through storytelling in Bridgend

to come together in a local green space facilitated by a participatory artist and storyteller to shape each story into a "wellbeing tree". Participants will also be invited to plant a tree for their community and for future generations to remember the stories. When it is safe for people to come together, there are plans to celebrate the project with a large-scale event.


How can the Welsh NHS Confederation help you?

The Welsh NHS Confederation is the only national membership body which represents all the organisations that make up the NHS in Wales: the seven Local Health Boards, the three NHS Trusts and Health Education and Improvement Wales (HEIW).

You can visit our website at www.welshconfed.org or follow us on Twitter  [@WelshConfed](https://twitter.com/WelshConfed)

If you would like more information on this briefing, please contact our Assistant Director, Nesta Lloyd-Jones, Nesta.Lloyd-Jones@welshconfed.org

Arts Council Wales (ACW) is the official body that funds and develops arts in Wales.

You can visit their website at arts.wales or follow them in Twitter  [@Arts_Wales_](https://twitter.com/Arts_Wales)

If you would like more information on this briefing, please contact Portfolio Manager, Sally Lewis, Sally.Lewis@arts.wales