

CREATING WITH CARE

# ANNUAL REPORT 2019





# OVERVIEW

2019 has been a really exciting year for Creating with Care, Following the success of the project in Witney supported by West Oxfordshire District Council, the reach of Creating with Care was expanded in January 2019 with funding from Oxford Health Charity to five additional community hospitals. (Didcot, City, Abingdon, Wallingford and Bicester), new partnerships within the trust and in the community have been developed, as well as a team of 12 new volunteers and 30 freelance artists.

More than 1,400 patients have been touched by the new extended CWC programme this year, boosting morale and making stays in our community hospitals more comfortable, less stressful, more relaxing and sometimes fun.

With sessions on photography, art, mosaics, dance, music, vintage cabaret, drama, poetry, and even a bit of Shakespeare – there has been a variety of stimulating work all allowing patients, many of whom have enduring and complex conditions, to get involved. Some of our projects are now beginning to be adopted by other hospitals and health trusts in the region.

All this has been delivered by Arts Co-ordinator Angela Conlan as part of a 25 hour a week contract – though many more hours are spent developing zero cost relationships with local authorities, businesses, education, third sector and arts organisations.

## CREATING WITH CARE - AIMS

To enhance the wellbeing of (a) patients, (b) staff and (c) carers in the hospital through participatory arts interventions

To enhance the hospital environment through arts interventions.

To raise awareness of the benefits of arts interventions in healthcare settings

## 2019 HIGHLIGHTS

Creating with Care has delivered 232 arts sessions across community hospitals since January. These sessions have had a total of 1456 attendances.

Creating with Care has delivered 14 outreach sessions (including presenting at national conferences) reaching 849 people.

Creating with Care projects have had 38,000 impressions across OHFT's social media platforms since January.

Raised £12,000 in outside support for artists fees and a further £1,500 in-kind support.

In 110 feedback sessions response forms overwhelmingly indicate an increase in mood score from patients taking part, that the activity has distracted from the hospital setting as well as helping patients to feel more relaxed.

We hope the following pages give you an insight into the range and quality of the programme and how this meets with Oxford Health Foundation Trusts current priorities.



## TO IMPROVE THE QUALITY, SAFETY AND EFFICIENCY OF CARE

There is a growing body of evidence demonstrating the benefits for patients and health-workers engaging with arts and how access to a range of arts opportunities can dramatically improve health outcomes and increase wellbeing.

A therapeutic creative environment extends beyond the elimination of boredom. Arts programmes have been shown to have a positive effect on patients. The measured improvements evidenced include:

- inducing positive physiological and psychological changes in clinical outcomes
- reducing drug consumption
- shortening length of hospital stay
- promoting better doctor-patient relationships
- improving mental healthcare

Creating with Care has worked individually with each community hospital ward to develop a programme that helps the ward to deliver improvement in care for patients by offering a weekly participatory arts session run by professional artists with experience of working in complex hospital settings.

Sessions help to elevate 'PJ Paralysis' by offering arts sessions that help patients to feel like themselves again, the sessions offer a time to focus on something unrelated to diagnosis or ability. Patients comments about the arts programme include:-

***Would recommend it!  
Enjoyed it immensely – its better than sitting  
in your room all day  
Kept my mind busy whilst making something  
beautiful***



## TO MAKE CARE A JOINT ENDEAVOUR BETWEEN STAFF, PATIENTS, FAMILIES AND CARERS

Staff and Patient participation is key to the successful delivery of the Creating with Care programme. Over the year, Creating with Care has worked with staff, patients, families and carers on a number of projects including:-

Art workshops at Abingdon Community Hospital on both Abbey and OSRU wards looking at ways we could improve the ward environment with art, plans are now in place for 2020 for both wards (Subject to funding) with joint user/staff led design ideas.

On Sandford ward we created a large mosaic which spans the length of one corridor, designed and made by patients and staff from the ward. A celebration event was also built into this project so participants could share what they had achieved with other staff, wards and family members.

In collaboration with Artscape we created a large mosaic for the garden at Wallingford Hospital designed and made by patients and staff from the hospital.

Inclusive group dance sessions have taken place at each Community Hospital and have included patients, staff, relatives and carers, each session is delivered by a qualified specialist dance artist. Outreach dance sessions have also taken place the learning disabilities 'Have a Go sports day' and at Witney Day Centre.

Creating with Care has also Supported the Community Development team in the delivery of Heathfest and Community Healthfest.



## **TO SUPPORT OUR LEADERS AND DEVELOP OUR CULTURE OF CONTINUOUS INNOVATION AND IMPROVEMENT**

Creating with Care works to keep informed of local, national and international developments in arts and health, feeding in to trust strategies for our community hospitals and ensuring best practice. The work we are doing has been shared at the following events:-

**Health Matters event at the Whiteleaf Centre in Aylesbury (Feb 19)**

**Healthy Abingdon (Mar19)**

**Dancin' Oxford Festival (Mar19)**

**Innovation in Person Centered Approaches conference (May19)**

**Community Hospitals Celebration (May19)**

**Oxford Youth Arts Partnership (June19)**

**Creative Dementia Arts Network Annual Conference (Sep19)**

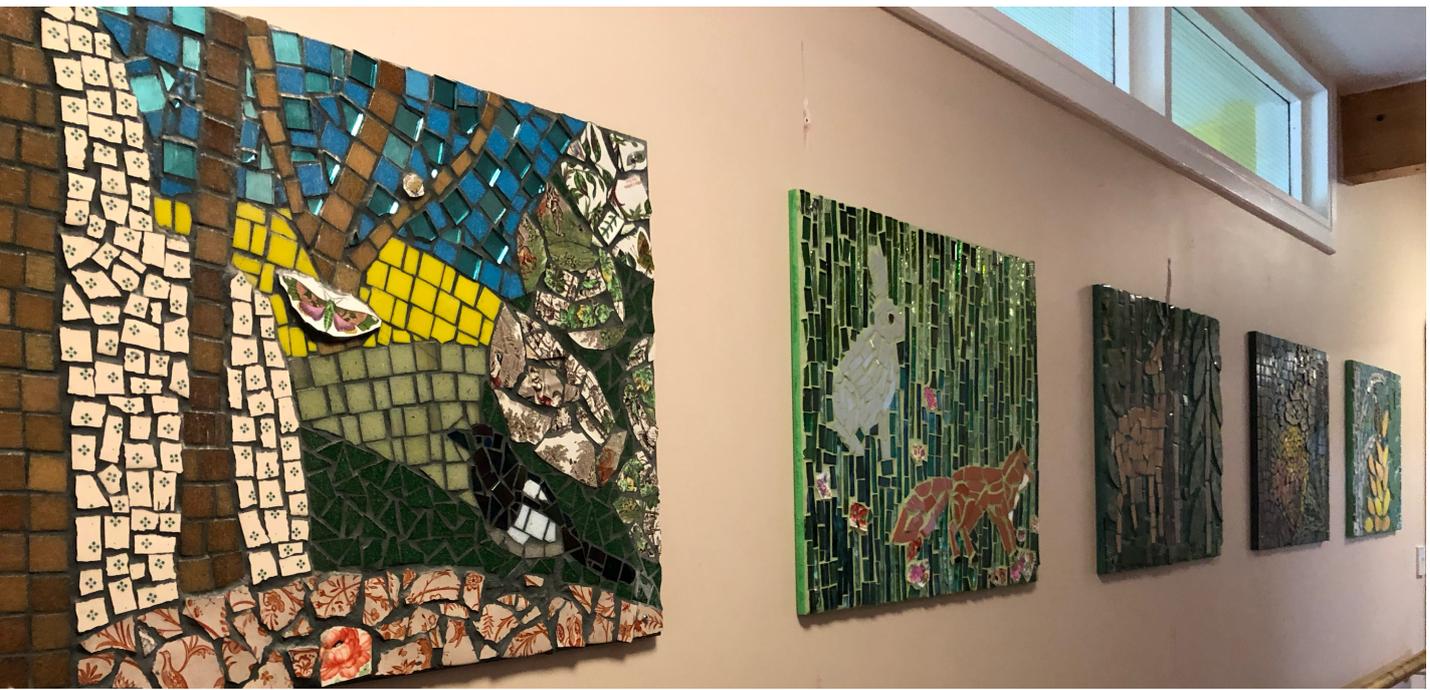
**Age UK/ Bicester Festival (Sep 19)**

In May we also delivered Dementia Friends training followed by a performance of Connie's Colander by Human Story Theatre as part of Dementia Action week for all our volunteers and artists.

Looking forward to 2020 Creating with Care has been asked to input into the trusts new MA programme in Dementia Care.

Creating with Care has also produced a monthly newsletter which has circulated across the trust copies can be found here:-

<https://www.oxfordhealth.charity/news/creating-with-care-what-a-difference-one-programmecan-make>



## TO ENSURE OXFORD HEALTH NHS FT IS A GREAT PLACE TO WORK

Wellbeing has been enhanced through a programme of arts for staff, patients and their families. The programme has included dance, mime, film, music, visual arts, crafts, cabaret, photography, exhibitions, museum and heritage visits. Projects have included both group and 1-2-1 sessions at the bedside. Over the year we have provided 250 hours of group arts sessions.

680 staff and volunteers, 1456 patients and 366 visitors have engaged in concerts, museum visits and arts workshops providing 250 hours of activity. Staff have commented that having arts sessions increase staff well being as well as patient.

Staff have also commented about wanting to work when an arts project is taking place.

In March we launched a community hospitals Knit-a-thon which all hospitals engaged with, as well as staff from other departments and community groups, this resulted in the installation of temporary knitted artworks in the gardens of the community hospitals for dementia awareness week in May and for the rest of the summer

Staff wellbeing sessions (dance) have taken place for staff at:-  
Abingdon EMU ward  
Bicester Diabetes service  
Oxford Health Visitors



## TO LEAD RESEARCH AND ADOPT EVIDENCE THAT IMPROVES THE QUALITY AND OUTCOMES FOR PATIENTS

In 2019 we developed an evaluation model for arts sessions, collating evidence including patient experience, mood before and after sessions, does the art have a positive effect on the ward, does it relax patients.

Staff, volunteers and artists used the ArtsObs on a sample of 8% (n=110) of patient attendees and filled the pre-printed score sheet immediately after each session to measure mood. It also included demographic data and scored the impact of their own work with the patient.

An increase in the patient's happiness was measured and the patient was given a score out of 1-7. Happiness score at start of the sessions was 441 points overall - i.e. 4.32 points on average per patient

Happiness score at end of the sessions was 530 points overall i.e. 5.19 points on average per patient There was an increase of 89 points i.e. 0.87 per patient.

An increase in the patient's relaxation and distraction was measured at end of each session and the patient was given a score out of 1-3.

The majority of sessions showed patients scored 3 in both areas, i.e. the maximum increase. Relaxation: 73% of patients scored 3 Distraction: 71% of patients scored 3

In 2020 we are looking to develop this with a research proposal looking at the benefits of dance sessions in addition to physiotherapy within Community Hospitals with OHFT research and development team.



## **TO MAXIMISE THE VALUE OF DIGITAL AND TECHNOLOGY THAT ENHANCE THE ELECTRONIC HEALTH RECORD AND IMPROVE OUR EFFICIENCY**

Creating with Care has embraced new technology at Community Hospitals included the introduction of the Tovatable at Didcot, where we have integrated the projections into dance classes.

Didcot Community Hospital have assigned a member of staff to observe each arts session and write detailed information about patients engagement in arts sessions into their care notes.

## **WHAT NEXT FOR CREATING WITH CARE?**

Over the next year we will be looking to grow the work highlighted in this report, by continuing to offer a regular programme of arts in Oxfordshires' Community Hospitals and developing our intergenerational work.

With AHP's we will be working on creating a research project looking at the benefits of dance in a community hospital setting and how patients can carry on dancing after discharge.

We will be deepening our partnership work with cultural partners including, Creative Dementia Arts Network, Artlink (OUHFT) and Age UK who we have been successful in gaining funding for a pilot acute/community hospital project, that will include training and development for artists and hospital staff.

Creating with Care will also continue to work with Artscape and Community Development on Healthfest and Community Healthfest as well as feeding into OHFT's strategy for Arts and Health.

# THANK YOU TO ALL OUR COLLABORATORS AND CULTURAL PARTNERS THIS YEAR

Abingdon and Witney College

Cornerstone Arts Centre, Didcot

The Mill Arts Centre

Vale of White Horse District Council

West Oxfordshire District Council

Oxford City Council

Cherwell District Council

South Oxfordshire District Council

Richmond Villages

Witney Dementia Action Alliance

The Mary Lou Revue

Serious Music

Paddocks Nursery Wallingford

Wallingford Hospital League of Friends

Witney Hospital League of Friends

Bicester League of Friends

Joint Effort

Cotswold Voices

Oxford Youth Arts Partnership

Oxford University Museums

Creative Dementia Arts Network

Witney Music Society

Music Health Service

Human Story Theatre

West Oxfordshire Health and Wellbeing Partnership

Age UK

Singing for Fun

All our Freelance Artists and volunteers

Thank you to all the patients, families and staff who have taken part and supported us this year.