

OXFORD HEALTH ARTS PARTNERSHIP

# ANNUAL REPORT 2022



ARTIST IN RESIDENCE PROJECT (AIR) WITNEY COMMUNITY HOSPITAL

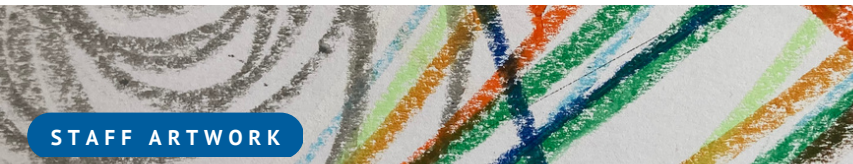


LITTLEMORE GARDEN & ARTWORK

## OVERVIEW

Oxford Health Arts Partnership (OHAP) delivers an award-winning arts programme for Oxford Health NHS Foundation Trust. This report highlights just some of the work the team has delivered during 2022 and builds on the expanding body of evidence for the use of arts interventions in healthcare settings.

The OHAP team has a wealth of experience delivering and evaluating creative approaches in a healthcare environment which not only offer alternative treatment models but also cost savings for the NHS.



STAFF ARTWORK



The number of ways creativity can affect our health is constantly expanding and the evidence for the impact of the arts in healthcare settings has grown significantly over the last few years. Nationally the NHS and social care are beginning to acknowledge the significant role that creativity can play in promoting our health and wellbeing

### The Team

The OHAP programme is delivered by two part time members of staff alongside a freelance team of artists and volunteers with no allocated trust budget for projects.

Tom Cox has been the Arts Project Manager at Oxford Health NHS Foundation Trust since 2012. He has worked in the NHS for nearly 20 years delivering arts projects at all the major hospitals in Oxfordshire. He is a visual artist but has experience working with all artforms.

Angela Conlan, Project lead/ Arts Co-ordinator has worked for the trust since 2017, initially delivering on the Creating with Care programme at Community Hospitals but has expanded her role as the partnership has strengthened. Angela is an expert in dance and movement and has a wealth of experience in community arts.

Ref: [https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017\\_-\\_Second\\_Edition.pdf](https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf)

# OXFORD HEALTH ARTS PARTNERSHIP

During 2021 OHAP developed an arts strategy and vision for the next 4 years, during 2022 we have started work on the delivery of this strategy with a focus on growth.

## Vision 2022 - 2026

Inspiring recovery, wellbeing and growth through creativity

## Key Objectives

- Grow - Develop OHAP through collaboration, co-production and partnerships
- Research - Actively engage and lead on research to demonstrate the impact of arts on health
- Understand - Raise awareness of the benefits of arts interventions in healthcare settings
- Production/ Contribute - To use arts practice to contribute to the recovery and experience of service users/ patients/clients and the health and wellbeing of those in contact with Trust services.
- Inspire - To innovate and inspire creativity within healthcare



# OHAP 2022 HIGHLIGHTS

**3209**

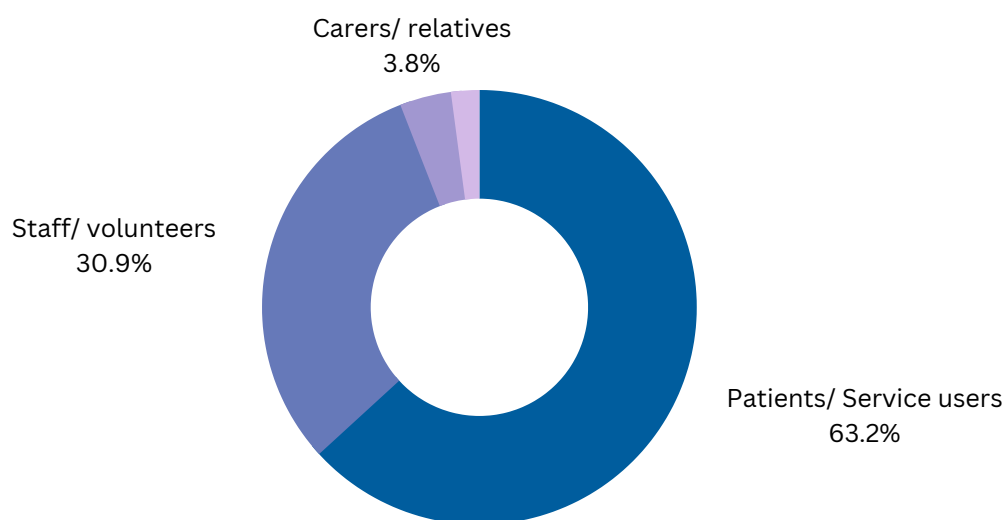
Attendances at participatory arts sessions

**373**

Arts Sessions delivered

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## PARTICIPANT BREAKDOWN



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## MOOD INCREASE

**48%**

patients report increase in mood after attending a session

## STAFF WELLBEING

**22**

Arts based staff wellbeing sessions for HealthFest

**£26,000**

External funding and in kind from partner organisations

**6**

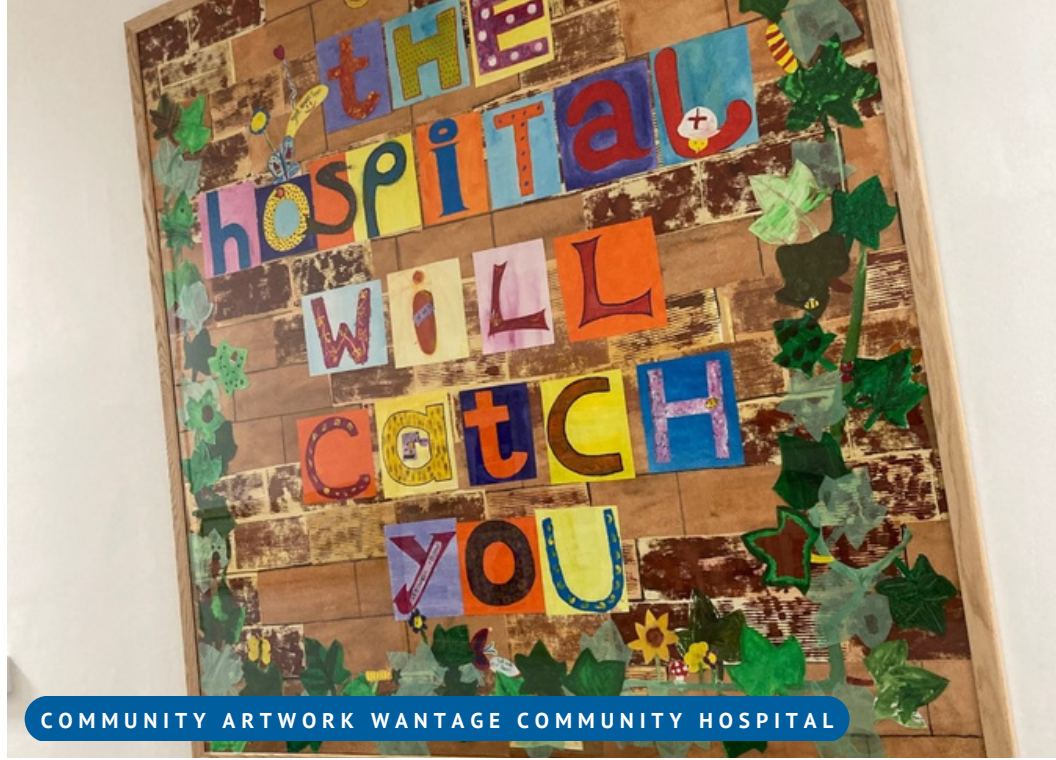
Environmental Projects (inc. murals/ green spaces)



OUTSIDE IN DIDCOT  
COMMUNITY HOSPITAL



YARN STORMING FOR THE  
JUBILEE



COMMUNITY ARTWORK WANTAGE COMMUNITY HOSPITAL



MOSAIC HIGHFIELD UNIT



MUSEUM VISITS  
COMMUNITY HOSPITALS



SERENADING  
ORCHESTRA OF ST JOHNS



ARTIST IN RESIDENCE(AIR) PROJECT WITNEY COMMUNITY HOSPITAL



HIGHFIELD MOSAIC AND ARTWORK AT SAFFRON HOUSE

## GROW

During 2022, as we started to recover from the pandemic, our aim was to develop and broaden our activities to deliver on the 2022–2026 arts strategy. Over the year the team has worked on various funding applications, to Oxford Health Charity and external funding bodies to increase our budget, resources, and capacity.

In December, we were delighted to be receive an Awards for All, National Lottery grant of £10,000 to deliver Creative Connections Didcot, a year long artist residency based at Didcot Community Hospital with a community reach, which will start in February 2023.

This year, we also received funding from South Oxfordshire District Council and Abingdon League of Friends for projects to improve the environment at Abingdon Community Hospital. Vale of White Horse District Council for community projects and artwork for Wantage Community Hospital. Goring Arts Society for an artist residency at Wallingford Community Hospital and from West Oxfordshire District Council for an extension of the AiR project at Witney Community Hospital.

We developed a resource pack and training for our new artist liaison volunteers, the role of the volunteers is to accompany visiting artists to the ward, liaise with staff and help with evaluation. This will enable us to run more projects simultaneously in several locations.

Partnership work with GLAM (The Gardens, Libraries and Museums of the University of Oxford) enabled over 20 object handling and reminiscence sessions to take place at our community hospitals.

We have also been planning with GLAM to start face to face workshop session at museums in 2023. Working first with the Early Intervention Service we also aim to increase the number of community-based arts sessions on offer for service users and staff.

# RESEARCH

In March we published the external evaluation report by Helen Le-Brocq from our AiR- 'Artists in Residence' project, funded by NHS Charities Together ([full report](#)) In addition, a short project review of the outcomes from the extension of the project (January – May 2022) were published towards the end of the year. The review, written by Claire Murrey, looked at the impact of having artist in residence on community hospital wards. Read the review [here](#)

OHAP held a patient focus group with 12 people in Didcot Community Hospital in July 2022. The group were asked about their creative needs and felt that they would like more activities to be available to them to stimulate their mind and bodies, reducing boredom and distract them from being in a clinical setting. Each participant came up with creative activities they would like to engage with during and beyond their hospital stay. The focus group informed the Awards for All application and plans for a service evaluation project.

Partnership work with the Nuffield Department of Primary Care Health Sciences and University of Oxford has enabled the OHAP team to plan a service evaluation project on two of our wards early 2023, funded by Oxford Health Charity. The evaluation will look at what effect the arts have on patients' mood and will inform the potential for a larger research project.

Working with the Community Research Team at Oxford Health and Oxford University we have recently worked on an application for the School for Primary Care Patient and Public Involvement and Public grant scheme. The project aims to understand the role the creative arts have for people with long-term conditions (LTCs) in community settings. The outcomes will help the team develop future research and evaluate the impact of the creative arts, with a future "Art Impact Measured" (AIM) research project. The results of the application will be shared mid-February 2023.



***It's marvellous, it opens your eyes to something new, its a stimulant, it's so positive!***

**patient feedback from arts session**

IMAGE FROM AIR PROJECT  
AT WALLINGFORD COMMUNITY HOSPITAL

# UNDERSTAND

OHAP is continually working to raise awareness of the benefits of arts interventions in healthcare settings, over the year we have worked to do this both internally with trust colleagues and externally through taking part in national conferences and webinars.

JANUARY

Delivery of online dance workshop at the BOB ICS Wellbeing Champions Launch event for over 100 NHS staff

OHAP Artist in Residence, Dionne Freeman worked alongside staff at Abingdon Community Hospital to make artwork inspired by healthy eating for nutrition and hydration week.

MARCH

MAY

OHAP delivered a special Health Matters event to mark Mental Health Awareness Week and the Age of Creativity Festival (led by Age UK Oxfordshire). The event demonstrated just how much cultural activities like art, dance, and music can enhance patient and staff wellbeing.

Creative workshop for the speech and language away day in Oxford. Photographs taken during the workshop have since been used in a recruitment drive for the service.

JUNE

OCTOBER

OHAP co-hosted an online webinar, Creative Arts in Oxfordshire Hospitals, what does best practice look like? With Creative Dementia Arts Network (CDAN) and artlink, the arts and music programme for Oxford University Hospitals NHS Foundation Trust.

OHAP delivered an online Bitesize training module and two creative workshops based on the five ways to wellbeing at the South Oxon Adult Mental Health Team Day.

NOVEMBER





AFRO HIP HOP DANCE SESSION AT CITY COMMUNITY HOSPITAL FOR HEALTHFEST

*The rhythm brought life and connected us all.*

Community Hospital Matron, Adetokunbo Adegboyega

Throughout the year OHAP has delivered bespoke arts workshops for staff teams at the hospital as well as carers and Service users including 22 HealthFest staff wellbeing workshops, from dance to origami to art for wellbeing.

We continue to co-lecture on the Oxford Health, Dementia Care MSC module and delivered online training for community hospital staff on creative ideas for non-pharmacological interventions.

During 2022 OHAP created a forum group for trust employed arts therapists.



OSJ CONCERT  
ABBEY WARD



MURAL OSRU



ROSETTA LIFE  
PROJECT OSRU



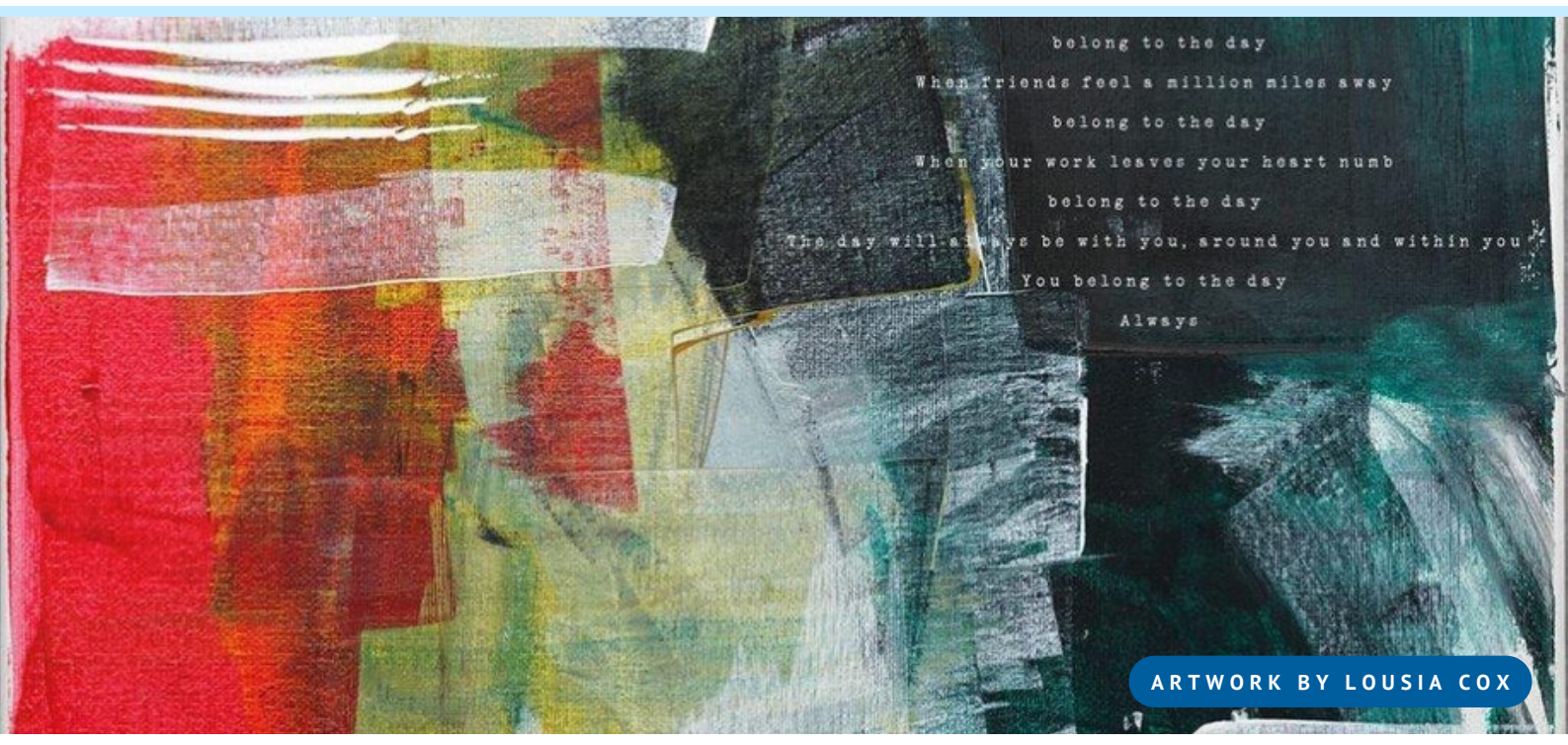
GARDEN PARTY FOR THE QUEENS JUBILEE  
WITNEY COMMUNITY HOSPITAL



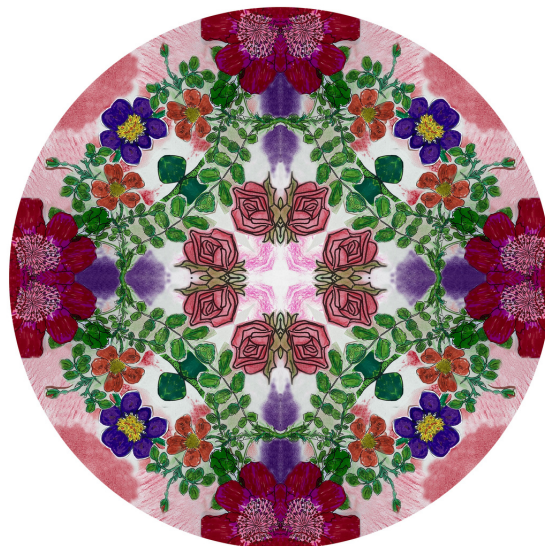
STAFF ARTWORK



MOSAIC  
SANDFORD WARD



ARTWORK BY LOUSIA COX



## PRODUCTION

ARTWORK AT LITTLEMORE & MANDALA MADE AT FULLBROOK CENTRE

OHAP uses a broad definition of the arts that includes the environment and activities that promote health and wellbeing such as walking, painting, making music and dance. It also covers all aspects that impact our senses within the environment including, nature, colour, sounds, smell, and texture.



**Every £1 spent on maintaining parks generates £34 in community benefits.**

ARTWORK THE RECOVERY COLLEGE

Throughout the year OHAP delivered a programme of participatory arts sessions across the trust. The patients and service users we work with often find a new or rediscovered interest in creativity activities through the programme that they go on to engage with after discharge.

We continued to deliver the AiR project across community hospitals. This project led to increased partnership work within the communities around each hospital, for example: - Over the Spring OHAP Artist in Residence, Dionne Freeman created new mural in the reception area of the Stroke Rehabilitation Unit OSRU, the therapy room on Abbey Ward and artwork for the bike shelter outside OSRU funded by Abingdon League of Friends, Oxford Health Charity and South Oxfordshire District Council.

OHAP helped Oxfordshire's community hospitals to celebrate the Platinum Jubilee over the summer with a host of activities for patients and staff with creative crochet/ yarn-bombing and garden parties with entertainment from Mary-Lou Revue, the Orchestra of St John and OHAP's musician in residence Dave Noble.

Throughout the year OHAP provided multi artform sessions for patients at OSRU funded by Oxford Health Charity. The programme delivered by Rosetta Life, through their national evidence-based performance arts model 'Stroke Odysseys' provided sessions in movement, music, song and spoken word to improve stroke rehabilitation.

Ref: [https://www.nhsconfed.org/system/files/media/Arts-health-and-wellbeing\\_0.pdf](https://www.nhsconfed.org/system/files/media/Arts-health-and-wellbeing_0.pdf)



RECOVERY COLLEGE ARTWORK AND LITTLEMORE GARDEN IMPROVEMENTS

OHAP hosted a series of mini concerts by the Orchestra of St Johns (OSJ) for patients at our Community Hospitals and mental health wards in Littlemore and the Fulbrook Centre – bringing joy and entertainment to wards. Oxford based charity, OSJ, aims to bring orchestral music of the highest quality to a wide range of different audiences, especially to those who don't have easy access to it.

OHAP Artist in Residence, Tom Cross, worked alongside staff to co-design a bespoke seaside scene, for the children's waiting area at Abingdon's Minor Injuries, the large mural which has transformed the space, comes with an activity booklet based on the design.

***“Children have been completely blown away and reluctant to come into the treatment area as they have been having so much fun in the waiting area! We have also had lots of lovely compliments surrounding the diversity depicted in the mural as well as spotting lots of local landmarks.***

Rachel Cairn, Clinical Lead Abingdon Minor Injuries Unit

Working with Buckinghamshire Recovery College OHAP delivered an arts and well-being course for service users each term. The courses are co – produced alongside a person with lived experience and explores how to begin and sustain an arts practice to aid your wellbeing.

OHAP have worked across the trust to improve green spaces for service users and staff in partnership with Chiltern Rangers. The conservation CIC funded by OHC have worked with teams of volunteers drawn from service users staff and local community to improve the outside space at Saffron House in High Wycombe and the forensic services at Littlemore. The team restores, revives and replants areas turning them in to usable meeting spaces and areas to grow plants and herbs. This is followed by volunteer teams helping to keep the areas tidy and healthy all year round. Bespoke artwork created with local artist and service users adds year-round colour and also provides information about wildlife in the gardens.



**ARTWORK - ABINGDON MIU**

## INSPIRE

To innovate and inspire creativity within healthcare.

In April we worked with Oxfordshire film-maker Emma Spellman (Oojamaflick Films) who helped us to create a beautiful film, which highlights some of the amazing work of our artists and brings to the screen the impact art has on personal health and wellbeing. View the film [here](#).

In May, artwork created by patients was exhibited at The Cornerstone Arts Centre in Didcot, this was part of the 'Outside - In', project, a pilot intergenerational arts project, with patients from Didcot community Hospital and young people from Didcot Girls' School supported by Oxford Health Arts Partnership, Oxford Health Charity, South Oxfordshire District Council and the Cornerstone Arts Centre.

OHAP has supported several students with their work placement projects over the year, including an OT student at City Community Hospital who looked at ways to increase creative activity on the ward and a nurse cadet at Witney Community Hospital to increase access to the arts on the ward.



**An arts-on-prescription project shows a 37% drop in GP consultation rates and a 27% reduction in hospital admissions, representing a saving of £216 per patient.**



**MANDALA CREATED BY HEALTH MINDS**

OHAP works with individual service users and artists providing opportunities to create and exhibit work in the trust. Louisa Cox who spent time on Allen ward has created a body of work about her recovery that has been exhibited at the Warneford hospital and will be given to Allen ward to inspire other Service Users.

Ref: <https://www.paintingsinhospitals.org.uk/65-arts-on-prescription-can-save-the-nhs-money#:~:text=According%20to%20the%20Creative%20Health,of%20%C2%A3216%20per%20patient.>

# THANK YOU TO ALL OUR COLLABORATORS, CULTURAL PARTNERS,

and the patients, families and staff who have taken part and supported us this year.

Vale of White Horse District Council

Rosetta Life

West Oxfordshire District Council

Vale and Dowland Musuem

South Oxfordshire District Council

Wantage CofE School

Cornerstone Arts Centre

Age of Creativity Network (Age UK)

Didcot Girls School

Wallingford League of Friends

Forget me not Network

Abingdon League of Friends

Emma Spellman (Oojamaflick Films)

UK Crafters network, Oxfordshire

Ajos Dance

Oxford Museum

Anne-Marie Cadman - Artist

Creative Dementia Arts Network

Miranda Bence-Jones - Artist

Chiltern Rangers

Rachael Barbaresi - Artist

Orchestra of St John's

Louisa Cox - Artist

My Life My Choice

The Mary Lou Revue

Fusion Community Arts

Oxford Contemporary Music

Walking for Wellbeing

Dan Wilson – Artist

GLAM

Kay O'Sullivan – Artist

Goring Arts Society

Becky Paton – Mosaicist

[Artists in Residence](#)

Anne Griffiths - Artist

Dr Roosa Leimu Brown

Witney League of Friends

Tom Cross

Pat Winslow

Mary Chamberlain

Dionne Freeman

Sarah Moncrief

Dave Noble