

The **ARTS** in York Hospital

The aim of the Arts in York Hospital is to provide a varied, ongoing programme of artistic enhancements to improve the environment of York Hospital for patients, staff and visitors.

Why is the use of the arts in hospitals important?

Artwork and carefully designed spaces create a calming atmosphere, decrease anxiety and contribute to the healing process. Involvement in the arts is an important part of health and well being¹. Research has shown that the use of the arts in hospitals can reduce stress and depression, increase staff morale, decrease a patient's length of stay and even contribute to the reduction of the use of some medications².



The waiting area in the Bereavement Suite, a Kings Fund project and a winner of the Best Interior Design Award at the Building Better Healthcare Awards 2011



“Art has an important role to play in providing a welcoming hospital environment. Care is taken at every level to make patients feel at ease when they come to York Hospital and we receive excellent feedback about the positive effect our art exhibitions and projects have on patients and visitors alike” Patrick Crowley, Chief Executive of York Teaching Hospital NHS Foundation Trust

¹ ‘A Prospectus for Arts and Health’ Department of Health and Arts Council England publication, 2007

² ‘A Study of the Effects of Visual and Performing Arts in Healthcare for Chelsea and Westminster Hospital’ Dr Rosalia Staricoff, 2004

How do we use the arts in the Hospital?

Artwork

A wide range of local and national artists, creative groups, colleges and schools all contribute to the artwork on the corridors and in departments in the hospital. Much of the artwork is generously donated or on loan and a lot of the work is for sale with a percentage of all sales going back into providing more art for the hospital.



Artist Patrick Smith with an exhibition of his work displayed on the main corridor of York Hospital

“The wonderful array of artwork on the main corridor walls was very calming and relaxing on my way to the day ward” Patient

Improving the Design of the Hospital Environment

The design and refurbishment of spaces is the important task of many departments in the hospital, including the capital planning team, facilities, estates, purchasing and infection prevention, as well as the staff and users. The arts are an important part of the projects contributing art work, new design ideas and colour schemes.



Glass art work by Dan Savage in the new patient lifts

Prayer Tree Sculpture by Helen Whittaker and window vinyls by Rebecca Stoner in the Chapel, York Hospital



Workshops and Residencies

Since 2005 an artist has been working with the patients in the renal unit. An evaluation of the work found that:

“Engagement in art work while on dialysis gives patients a sense of purpose, promotes social interaction and creative engagement and is enriched by interactions with the art worker³.”

An artist has been working with patients in the enhanced recovery room of ward 16 (a surgery ward) since 2010 producing work which has made a huge difference to patients, visitors and staff.

Other projects have included animators and sound artists working with children who have diabetes, childhood arthritis and Asperger's Syndrome.

A variety of techniques and materials are used by the artists and patients such as mosaic, pen and ink, wire sculpture, animation, collage and painting. Many of the finished pieces of work are displayed around the hospital.



A renal patient with paintings she worked on while on dialysis

Music and Performance

At least once a week we welcome musicians into the hospital to play live music in the public areas (such as the coffee shop) as well as performing for the patients and staff on the wards.



The jazz band, 'Bejazzled' playing in the Nightingale Courtyard

A wide range of musicians perform in the hospital - jazz, classical ensembles, choirs, folk, pop and even some rock and roll! Other performances in the hospital have included dancers, theatrical performances in the children's wards and poetry readings.

“Doing the artwork you completely forget sometimes that you're on the machine. You get quite engrossed”

Renal patient



³ 'Journal of Applied Arts & Health' Nick Rowe, 2011

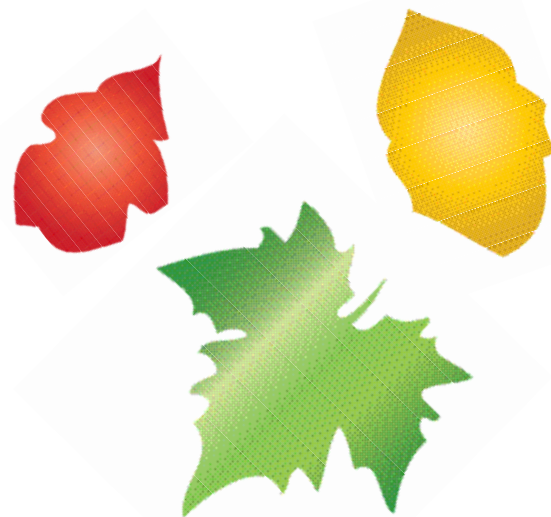
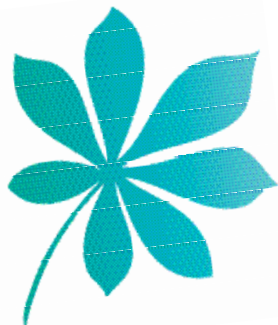
Who is responsible for the Arts in York Hospital?

A small professional arts team co-ordinate and implement the four key areas. The Art and Design Officer (part time) and the Art and Design Project Coordinator (full time) work on the art and design projects. Two artists (part time) work directly with patients in the wards and departments. Other artists and designers are involved on specific commissions and many volunteers help provide a rich and varied programme of work. The work is under the guidance of the Arts Strategy Board which includes representatives of the Board of Directors, the Governors, and trust wide departmental leads.

“[We have] some lovely exhibits of work done by the patients, which are now proudly displayed on our walls. These make the space feel less clinical and provide positive evidence to new patients that there is life after surgery” Sister, Surgery ward

“I have been complaining about pain all the time and I’ve just realised I haven’t felt any pain for two hours”

Patient taking part in art projects, Surgery ward



How you can get Involved:

Donate

The Arts programme is entirely funded through charitable sources. Any gift is gratefully received.

www.justgiving.com/artsinyorkhospital

Music Volunteer

Become part of the talented and generous team of musicians who generously donate their time and talents to the Hospital.

Arts Volunteer

Assist with projects and exhibitions, or help our artists in residence as they work with patients around the hospital.

Buy Art

We hold regular selling exhibitions and a percentage of all sales go back into providing more art for the hospital.

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