



# Welcome to our Arts Strategy

The aim of the of Arts in Hospitals is to provide a varied, ongoing programme of artistic enhancements to improve the environment and to improve the experience of being in the hospitals, buildings and community based centres for patients, staff and visitors.

## Why is the use of the arts in hospitals important?

*"...the arts are and should be recognised as integral to health and health services."*

- A Prospectus for Arts and Health Department of Health and Arts Council England, 2007

Artwork and carefully designed spaces create a calming atmosphere, decrease anxiety and contribute to the healing process. Involvement and participation in the arts is an important part of health and wellbeing. 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 medications.

# Four key areas of work

The programme of work is designed to involve patients, visitors and staff, it focuses on four key areas:

1. Exhibiting and commissioning art works for public spaces
2. Improving the Design of the Hospital Environment
3. Participation, Workshops and Residencies
4. Music and Performance



## 1. Exhibiting and commissioning art works for public spaces

A wide range of local and national artists, creative groups, colleges and schools all contribute to the artwork on the corridors, waiting rooms and departments. Installations of permanent art works has transformed many spaces. HAFNEY has been particularly successful in raising funds to work with artists to create important pieces of public art. Much of the temporary exhibitions are 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.

## 2. Improving the Design of the Hospital Environment

The Arts Team are an important part of the projects which improve the environment contributing art work, new design ideas. 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. By working alongside all departments the Arts team can make a real difference.

## 3. Participation, Workshops and Residencies

Since 2005 an artist has been working with the patients in the York 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 worker.”*

- Journal of Applied Arts & Health

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.

A series of successful artist residencies have created work across the Hospitals in the HAFNEY area. 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 hospitals.

#### 4. Music and Performance

Music has become an important part of the life of the Trust. Small funding bids have enabled York to work with 'Live Music Now' bringing in professional Musicians, and HAFNEY have had a long-standing relationship with 'Music In Hospitals' supporting excellent professional residencies. Musicians (mainly students and volunteer professionals) are welcomed into the York hospital at least once a week 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. Music residencies have been very successful e.g. with stroke rehab patients. A wide range of musicians perform in the hospitals - jazz, classical ensembles, choirs, folk, pop, contemporary and nostalgic. Other performances in the hospitals have included dancers, theatrical performances and poetry readings.



# History

There have been specialists working on the arts in the Trust's hospitals for more than 20 years. HAFNEY (Hospital Arts For North East Yorkshire) leading the way not just locally but nationally by formally establishing the initiative 17 years ago in 1999 at a time when art programmes in hospitals were rare outside London. The Arts in York Hospital formally began with the Kings Fund 'Enhancing the Healing Environment' Project Nightingale's Courtyard in 2003 and with a part time arts officer appointed in the same year.

Following the integration in 2011/12 the Arts programmes led by HAFNEY and The Arts in York Hospital have continued to provide arts programmes for the hospitals across the wider Trust. The work is carried out under the guidance of the Arts Strategy Board, which includes representatives from the HAFNEY board and the Trust Board of Directors, the Governors, and Trust wide departmental leads. The HAFNEY board continues to

run the charity which was set up in 2003.

A small professional Arts Team co-ordinate and implement the four key areas. The team works with freelance artists who 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. Partnerships and collaborations with key regional and national organisations enable the team to expand the programme with ambitions and innovative projects.

With such a long and successful history of arts projects and programmes the Trust has become an exemplar of excellence in understanding the role of the Arts in Hospitals. By building on that experience, being committed to high quality and continuing to be ambitious the Trust can confirm its role as a leader in the North.

# Priorities for the Arts Strategy across the Trust for the next 3 years

*The Arts will:*

- 1.** *Continue to play an important part in supporting and fulfilling the Trust's Ambitions Vision and Values. This is evidenced by all the priorities below but particularly by: improving the quality of the patient experience; involving patients and visitors; being ambitious and innovative; the creative use of funding opportunities; planning sustainable projects; creating a good environment to work in; using the arts to connect to communities.*
- 2.** *Continue and consolidate the role of collaborating with local, regional and national stakeholders, partners and networks. The arts are an invaluable vehicle for partnerships and collaborations not only with arts organisations (e.g. York Museums Trust, Scarborough Museums Trust, Aesthetica Short Film Festival) also with HE, schools and young peoples groups, community groups, artists, businesses, creative industries as well as strategic organisations like Make it York, York at Large, the Joseph Rowntree Association.*

3. *Support of the Trust wide Corporate Communications and Engagement strategy.* The Arts are an important way of championing the brand and in promoting high quality design in all projects and outcomes. The Arts can engage and communicate in new and creative ways supporting the aims of the Communication's strategy. The Arts are effective in supporting internal communications and can be used to explore new ways of communicating with diverse audiences. The Arts can support media activity by providing positive stories and excellent ways of engaging the media in projects.

4. *Support and promote The Patient Experience Strategy: Your Experiences Matter.* By improving the environment the Arts can directly improve the patient and visitor experience; participatory projects further engage patients and visitors. There are many ways the Arts can be used to innovate new ways of communicating and engaging and can help communicate issues that improve the care quality of the trust - for example infection prevention.

5. *Support Initiatives for Staff - Staff Benefits, Health and Well being, Staff Retention and Recruitment.* There is a lot of on-going research which proves the importance of the role of creativity in health and well being , this is important for staff and patients. The Arts also plays an important role in creating a good working environment, and of course a place people want to work.

**6.** *Link with and support the work of other teams - Communications, Membership, Fundraising, Volunteering, Events, Capital Planning, and Estates.* The Arts link with all departments and can support the projects ambitions and aspirations of all departments. Working effectively with Capital Planning and Estates is crucial. Volunteering is an important part of creating a sustainable arts strategy as is exploiting the full potential of fundraising. The role of the Arts in attracting membership is yet to be fully explored but could be used for exciting ways of reaching and engaging new people.

**7.** *Supporting the Trusts Equality and Diversity Objectives.* The Arts play an important role in promoting understanding of equality issues with patients and staff. Working with community groups, local and regional agencies and artists the Arts can support exhibitions and events that promote the understanding of diversity, celebrate diversity and faith and also encourage inclusivity for both artists and audiences. The Trust has the potential to lead locally and regionally on the Arts and diversity issues engaging with the broadest range of people.

**8.** *Support the Teaching Hospital - supporting the work of HYMS* The Medical Humanities has long been an important part of teaching medical education and practice. The Arts in Hospitals can link with artists from all fields to support medial humanities studies as well as offer valuable insights into the use of the arts and creativity in promoting health and wellbeing and supporting a greater understanding of the environment for patient experience.

# Implementation

To deliver this strategy an implementation plan will be written detailing the resources needed and the actions planned for the Arts team over the next 3 years.

The Board will receive reassurance on the delivery of the implementation plan via the Arts Strategy Board.

# Information

For further information on the Arts in York Hospital, please visit:  
<http://www.yorkhospitals.nhs.uk/arts/>

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