

**Yorkshire and Humber Tea &…Meeting Notes**

**Thursday 18th June 2020, 3.15-4.30pm via CHWA Zoom**

**Attendees:** Deborah Munt (Artist, consultant, Ministry of Others, CHWA Regional Champion and Board member), Sue Mackay (Thackray Medical Museum, CHWA Regional Champion), Debs Collett (Artworks Creative, Bradford), Angela Chedbury (Doncaster- Flourish Enterprise, trainee art therapist, volunteer ambassador for Outside In), El Stannage (darts/research), Hayley Youell (CHWA), Katharine Boardman (NHLF), Mir Jansen ( Sheffield Teaching Hospitals) Rachel Howfield Massey (freelance artist/practitioner & CHWA East Mids Champion), Ola Fagbohun ( Wellbeing practitioner) , Soo Boswell ( Sheffield Health and Social Care Trust), David Keighley (Go Paint/NHS background/artist), Geraldine Montgomerie (LAHWN)

**Summary**

The meeting was chaired by Deborah Munt and Sue Mackay.

The session was set up as an informal space for people to share what they have been up to, how they were feeling and challenges they were facing with practising differently, ensuring sustainability and considering future realities.

The notes have been made anonymous and collated into overarching themes.

### Emerging questions/issues/themes

* darts are starting a new programme delivering distanced creative conversations with 120 Creative Directions participants ( mental health/social isolated/shielding/ no digital access). How do we reconnect with participants we haven’t been in regular, or creative contact with for a while? How can we make this feel meaningful? How can we support practitioners in this transition back to ‘normality’? How do we manage expectations, boundaries and emotions?
* How do we and others value what we do when we have given it away for free in the digital world?
* How do we quantify the value for practice in person?
* What is the next phase? How do we position ourselves and the work?
* “ Let’s capitalise collectively…”- let’s document the response and key into everyone’s reconnection with creativity through lockdown- for survival, for distraction, for entertainment, for healing.
* Positioning the arts/creativity/culture as one of life’s essential. Art packs going out with food parcels.
* Opportunity for wider reach in hospital settings, as management have recognised the impact and benefits to staff as well as patients. Increased appetite and recognition of this work will help to embed practice
* How do we document what we have done? Call for evidence from CHWA was outlined

### Projects Documenting the Covid19/lockdown experience

* Artworks Creative working with refugee groups to create iphone films documenting experience.
* Soo Boswell (SHSC) working to document experiences and collecting stories of people on acute wards. New artwork and exhibition to be planned for October.
* Thackray- Sew your feelings sessions, exploring feelings through stitch. They are also documenting the experience of lockdown and the medical practitioner/patient interactions and medical objects and equipment (such as ventilators, etc)

### Key Themes from Previous Sessions

DM reflected the key themes back to the group and asked if people would like a curated sessions on these themes in the future. The themes were recognised as relevant, yet people didn’t feel the need to set agendas for meetings.

* How do we capture and articulate the value of this work- shift in attitude and investment
* Emotional labour and practitioner support
* Museum and gallery practice- going back rather going forward due to the social distancing restrictions
* Social Prescribing in socially distancing?

### Future Format/Themes to explore at Tea &…

* Many participants reflected that they benefitted from the space for peer support, and getting to know what others were doing, without too much of an agenda. They would like to continue with this function and see what evolves.
* Explore the idea of recovery and where do we fit as a sector? How do we want to position ourselves?
* How can we support everyone to work in a healthier way and change our relationship with productivity?
* We could use our understanding and expertise as practitioners to support each other to process- perhaps we could set up a collective, creative activity, to support and uplift each other?

### Thoughts on Training Offer

* Need for peer support, supervision and affective support was outlined.
* If the course is for a limited few, how do we share learning and create change?

### Links and Resources

* [NHLF Funding Update to include recovery and reopening costs](https://www.heritagefund.org.uk/responding-coronavirus-covid-19) including the [Heritage Emergency Fund](https://www.heritagefund.org.uk/news/heritage-emergency-fund-support-recovery-costs-sector) and [Digital Resources](https://www.heritagefund.org.uk/publications/digital-skills-heritage-digital-resources) now online
* Practitioner Wellbeing and support – shared by Geraldine (LAHWN): [BAPAM](https://www.bapam.org.uk/health-resources/),

Arts Well on 7th July: [Improving mental health and wellbeing - As well as exploring the benefits of creativity for mental wellbeing, this session includes mental health awareness, maintaining healthy boundaries, and safe and ethical practice.](https://www.eventbrite.co.uk/e/improving-mental-health-and-wellbeing-through-creativity-tickets-104323530488) 3 hours course healthcare workers are looking at on [psychological first aid (PFA) training to help people with different needs to cope with the emotional impact of COVID-19](https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1):