

## Case studies: How can the arts and creativity support people who are shielding or vulnerable during Covid-19?

Project: Tiny Revolutions of Connection

Organisation: Fun Palaces

Region: Highland region, Scotland

### Introduction

This project has been designed for NHS Highland's Mental Health Service to provide therapeutic activities already created and printed, to benefit patients in hospital and clients in the community, who have among them some of those most

vulnerable and those shielding during COVID. This project aims to support the staff treating them, by saving staff-time and staff-resources as well as financial resources in a service which

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Sharing skills, connecting communities, creating tiny revolutions  
WEEKEND RETURNS 3<sup>rd</sup> & 4<sup>th</sup> OCTOBER 2020

was already overstretched before the advent of COVID.

### Funders

The National Lottery  
Community Fund

### Who is it for?

NHS mental health service users (both those in the region's psychiatric hospital (New Craigs, Inverness) and those recovering

in the community) and the medical staff working to support them, particularly within an Occupational Therapy context.

### What outcomes were/are you aiming for?

Improved health and wellbeing; better faster recovery.

### Where is it happening?

Highland region, Scotland

### Are you working in partnership?

Yes, with NHS Highland, which is itself now a Partnership with the local authority (Highland Council) alongside Eden Court Theatre (Inverness) – host to our Fun Palaces project.

### How many people took/are taking part?

1000+ patients and clients and 100+ NHS staff

### For how long has it been happening?

Planning started May 2020; first implemented on 16 June.

**What were/are the main outputs?**

Therapeutic outputs (recovery being aided via this intervention), possibly resulting in an exhibition or Fun Palace event to celebrate and showcase the work of patients, clients and staff

**What have been the challenges and successes for you?**

So far I have heard from the NHS Highland Mental Health Service Manager for Occupational Therapy that the project has been more than just welcome; it has been essential. It has filled a gap – a need – during the COVID crisis. The activities provided have been especially valued as they can also be taken home by patients after their hospital stay, so that staff know they have therapeutic activity to continue with.

**Further information**

<https://funpalaces.co.uk/news/tiny-revolutions-of-connection/>

Fun Palaces supports local communities to co-create their own community cultural events, across the UK and beyond. Fun Palaces supports local communities to co-create their own community cultural events, across the UK and beyond. Fun Palaces is a not for profit group hosted by a charity, with 11 roles – all part-time (max 2 days/week) & freelance comms.