

# #CHWA2021 General Noticeboard

VICTORIA HUME MAR 16, 2021 07:41AM

## Padlets and full Programme

VICTORIA HUME APR 20, 2021 06:04AM

### Full programme

**A CULTURE OF CARE: CULTURE, HEALTH & WELLBEING ALLIANCE NATIONAL CONFERENCE 21-23 APRIL 2021**

The conference will be held in Airmet: Tables and booths will be open for you to meet colleagues and discuss the panels throughout the event. We will be using Padlets to document your thoughts and as a home for resources

**WEDNESDAY 21 APRIL**

**0930-1130** Join us for a slow start... set up your profile, test and explore the platform, and meet other delegates.

**1130-1200** Introduction to [Airmet](#)

**1200-1230 Welcome**  
Esmé Ward (Chair of Culture, Health & Wellbeing Alliance; Director of Manchester Museum)

**1230-1330 Lunch**

**EAST MIDLANDS SPOTLIGHT**  
**1330-1400 Baby People:** Performance by Roma Hip Hop artists supported by Derby City Council

**CULTURE & HEALTH INEQUALITIES**  
*We have two problems in culture, health and wellbeing. One is culture, and the other is health. How can bringing these two historically unequal spaces together possibly foster greater equality?*  
Chair: Prof Helen Chatterjee (UCL/ National Centre for Creative Health)

**1400-1440 PART 1**  
Sandra Griffiths (Red Earth Collective), Kiz Bangerh (Hip Hops Heals/ The LENS), John McMahon (Arts Council England)  
*[Cuppa and a creative burst]*

**1450-1530 PART 2**  
Olatunde Spence (Akoma Healing V'Arts), Esther Fox (Accentuate), Baby.J (Baby People)

**1530-1600 Table discussion**

**1600-1615 Plenary Roundup**

**THURSDAY 22 APRIL**

**EAST MIDLANDS SPOTLIGHT**  
**0930-1000 Derby Museums**  
Laura Phillips (Head of Interpretation & Display) and Tony Butler (Executive Director)

**CLIMATE**  
*There is a lot of work happening in culture and creativity around climate, around inequalities, and around health. These are interconnected crises - are we connecting our responses?* Chair: Hilary Jennings (Happy Museums)

**1000-1040 PART 1: Alistair Gentry** (Artist), Farhana Yamin and Kelly Hill (Think & Do Camden), Frances Northrop (Associate Fellow at NEF)

*[Cuppa and a creative burst]*

**1050-1130 PART 2:** Farah Ahmed (Julie's Bicycle), Jennifer Farmer & Zoë Palmer (A Dream (ing) Field Lab, Season for Change)

**1130-1200 Table discussion**

**EAST MIDLANDS SPOTLIGHT**  
**1200-1230 Hubbub Theatre Company** & the Agents of Kindness

**1230- 1400 Lunch**

**WELLBEING ECONOMIES**  
*Austerity has impacted us for over a decade. Financial models have been further challenged by covid. How does new practice that considers redistributed economies – community cooperatives, devolution, localism – relate to our work with culture and health?*  
Chair: Trishna Nath (Nesta / CHWA)

**1400-1440 PART 1**  
Claire Sharples (Voluntary Arts), Ian Solomon Kawaii (co-founder of May Project Gardens)

*[Cuppa and a creative burst]*

**1450-1530 PART 2**  
Anzir Boodoo & Rachel Rea (Immortal Bloom), layla-roxanne hill (artist)

**1530-1600 Table discussion**

**1600-1615 Plenary Roundup**

**FRIDAY 23 APRIL**

**EAST MIDLANDS SPOTLIGHT**  
**0930-1000 Air Arts, Derby & Burton Hospitals**  
Laura Waters, Head of Arts, with guest artist, Tony Fisher

**MUTUAL SUPPORT**  
*How can we build a culture of care in this work that supports health and care workers, creative and cultural practitioners, and other participants?*

**1000-1030 PART 1**  
Chair: Deborah Munt (Arts Derbyshire, Freelance developer, CHWA Board member)  
Kate Genever (artist), Debbie Rushworth (Link worker, Derbyshire Dales CVS) and Rebecca Edwards (Link worker, Community Action Derby)

*[Cuppa and a creative burst]*

**1045-1145 PART 2**  
Chair: Nicola Naismith (Artist/researcher)  
Daniel Regan (Freespace / Arts & Health Hub), Kirsty Stansfield (Tracing Autonomy), Suzy Willson (Clod Ensemble/Performing Medicine), Roshmi Lovatt (Integrative Arts Psychotherapist, Bodhispace)

**1145-1215 Table discussion**

**1215-1245 Conference Roundup**

**1245-1430 Lunch**

**1430 Airmet closes; zoom opens for Awards**

**1430-1530 CHWA Awards!**  
Celebrate the projects, organisations and people who have led the way through lockdown or are learning from this challenging time to build a better future.

**This programme is subject to minor changes and confirmation of further panellists before the event**

**Programme (plain background)-20 April**

PDF document

PADLET DRIVE


VICTORIA HUME APR 20, 2021 05:01PM

### Padlet for Culture & Health Inequalities

**#CHWA2021 CULTURE & HEALTH INEQUALITIES**

by Victoria Hume

PADLET




VICTORIA HUME APR 19, 2021 05:17PM

### Padlet for Climate

**#CHWA2021 CLIMATE**

by Victoria Hume

PADLET



VICTORIA HUME APR 19, 2021 05:17PM

### Padlet for Wellbeing Economies

VICTORIA HUME APR 19, 2021 05:17PM

### Padlet for Mutual Support

## Please add anything you'd like to share with the conference here

VICTORIA RYVES APR 23, 2021 10:36AM

### Museum and Wellbeing Practitioners- a call out

A group of museum wellbeing practitioners in Yorkshire are in the early stages of setting up a space/network for museum wellbeing practitioners. The network will offer peer support, reflection and the chance to reclaim some museum joy for ourselves! If you are interested in finding out more email [Victoria.Ryves@doncaster.gov.uk](mailto:Victoria.Ryves@doncaster.gov.uk).


DOUGLASNOBLE APR 23, 2021 10:08AM

### Live Music Now LMNOnline free live music concerts, including more from Josh Doughtey on Kora, that featured on morning of day 3 at <https://www.livemusicnow.org.uk/lmnonlinecare>

**Live Music Now Online - Care Sector | Live Music Now**

Live Music Now provides music sessions for thousands of older people every year, including those living with dementia, and their carers. During the Covid19 lockdown, LMN's musicians and staff have worked quickly to produce a new online service, which is being accessed by care homes all around the UK.

LIVEMUSICNOW



ANONYMOUS APR 23, 2021 09:31AM

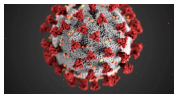
### A COVID-19 timeline in art

Hosted on my website of arts resources to help maintain the art of medicine  
Nicola @theartofgp

### A timeline of art inspired by COVID 19 - theartofmedicine

COVID 19 Virus. Image in Public Domain (CDC/ Alissa Eckert, MSMI; Dan Higgins, MAMS)Pre-Covid Olafur Eliasson Exhibition, Tate Modern, September 2019 Eliasson's piece was created by the gallery-goers themselves, who cast overlapping coloured shadows as they mingle together. This kind of community-based art is not currently possible.

THEARTOFMEDICINE



ANONYMOUS APR 22, 2021 04:05PM

### Haisolation.

A facebook group i set up with Haiku master Paul Conneally last spring. The group is made up of Wellbeing Cafe members and friends who have expressed their thoughts through out lockdown by writing and sharing Haiku and pictures. Please request to join the group and i will ok it. I am in the process of curating a book of the project and we will be using some of the Haiku as inspiration for our next window display for Mental Health Awareness week. ( at The Emporium in Loughborough the shop that raises funds for the Wellbeing cafe project) I am also presenting this work on the theme of Nature at the Stitching Together study day on the 13th May.

<https://www.facebook.com/groups/531068241154253>

<https://www.facebook.com/Loughboroughwellbeing>

Thank you  
Jemma Bagley  
[createto\\_jemma@outlook.com](mailto:createto_jemma@outlook.com)

ANONYMOUS APR 22, 2021 03:55PM

### Into The Outwoods. Link to the Facebook group. ArtSpace Loughborough sculpture trail project led by Nita Rao. Environmental artist and activist. Post by Jemma Bagley

<https://www.facebook.com/Into-the-Outwoods-Sculpture-Trail-771037373086309/>

ROBYN DOWLEN APR 22, 2021 01:00PM

### Help shape research at the Centre for Cultural Value

We are currently in a period of consultation about our *Older people: culture, community and connection* theme. We would love to hear what your priorities are in this area so that we can develop a research digests which outlines where the evidence is.

There are two ways you can contribute:

1. Fill in our short survey <https://leeds.onlinesurveys.ac.uk/older-people-culture-community-and-connection-2>
2. Join us for our research shaping event on the 13th May <https://t.co/jRfp96ZmRY?amp=1>

ROBYN DOWLEN APR 22, 2021 12:31PM

### Arts Health Early Career Research Network - Blog

Anyone interested in writing a blog post with their reflections on the conference for the Arts Health Early Career Research Network blog?

Please get in touch if you are interested - [r.dowlen@leeds.ac.uk](mailto:r.dowlen@leeds.ac.uk)

#### Blog | Arts Health Early Career Research Network

contact Robyn, our Blog Editor.

ARTS HEALTH EARLY CA



### Open Stage Drama Group | Dudley Drama Group | West Midlands Drama Group

Open Stage Drama Group | Dudley Drama Group | West Midlands Drama Group We are Dudley's premier 'open access' drama group made up of people with learning disabilities, their families, carers, volunteers and friends from the local community. We are open to all residents of Dudley and the surrounding area, in the West Midlands, UK.

OPENSTAGEDRAMA



VICTORIA HUME APR 22, 2021 11:10AM

### #WSNBR's consultation for members to help plan a more inclusive and accessible future for disabled artists and arts workers- fill in the survey here!

#### #WeShallNotBeRemoved

WeShallNotBeRemoved is a UK disability arts alliance formed as an emergency response to the pandemic. #WeShallNotBeRemoved is a forum to advocate, to campaign and support D/deaf, neurodivergent and disabled creative practitioners and organisations through and after Covid19.

WESHALLNOTBEREMOVED



ANONYMOUS APR 22, 2021 10:26AM

### ANTHONY FISHER

Links to some of Tony's work:

<https://www.airarts.uk/projects/virtual-exhibition/>

<https://outsidein.org.uk/news/lockdown-success-for-tony-fisher/>

<https://inisolationtogether.artcoreuk.com/artist/tony-fisher/>

<https://www.facebook.com/lonelytony54/>

<https://www.flickr.com/photos/photony/albums/72157716344327127>

<https://medium.com/@EUFAMI/photography-helped-me-stay-alive-says-british-artist-anthony-fisher-308c73ad5f01>

<https://www.bbc.com/news/uk-england-derbyshire-53765560>

<https://www.culturehealthandwellbeing.org.uk/news/70-stories/70-stories-art-sustains>

<https://thecareruk.com/guinness-resident-explores-loneliness-and-isolation-through-photography/>

He has also just been asked to contribute to

<https://britishculturearchive.co.uk/>

VICTORIA HUME APR 22, 2021 11:12AM

# Tony Fisher

**T**ony Fisher is a local photographer who lives in Riddings near Alfreton.

Since April 2019 Mr Fisher has been working on a Loneliness and Isolation Project with funding from the Arts Council National Lottery Project Grants. Tony wanted to explore and research the areas of loneliness, isolation and well being through the medium of photography. The photography taken for this project would then be displayed at a series of exhibitions entitled 'Only the Lonely?'

Although the project started before the Coronavirus pandemic the subjects of loneliness, isolation and well being have become even more prevalent this year with the national lockdowns and shielding.

Before the pandemic, Tony was working all over the Country and early on in the project, in September 2019, he visited Burnham-On-Sea where he was able to interview and photograph the founders of the 'Happy to Chat Bench'. The idea being that you can sit on the bench and chat to a stranger, giving those who might be feeling lonely the chance for some social interaction.

On a more local level, Tony has been to Belper taking photographs of the Belper Moo. During the first lockdown back in April the residents of Belper took part in an evening mooing to make lockdown a little more bearable. The Moo lasted for a total of 83 days and helped to combat feelings of stress, anxiety and loneliness. The Belper Moo started up again with the new lockdown. Being able to get out and take photos of this local event has been an enjoyable part of 2020 for Tony.

Tony's images of the Belper Moo show people joining in the silliness and finding a sense of community during a period of enforced isolation.

There are two local exhibitions of Tony's work from the Loneliness and Isolation Project. One is at the Derby London Road Community Hospital which will be available online until March 2021. The other is from 5th November through to Christmas at the Erewash Museum in Ilkeston. Whilst the museum will be closed through the 4 week lockdown it is hoped visitors will be able to book a slot to visit from 3rd December.

Another positive for Tony from 2020 is having a poem he's written in a Lockdown Poetry book, Lockdown Poetry – An Anthology of International Poetry compiled and edited by Seema Gill.



ANONYMOUS APR 22, 2021 10:12AM

## Ground breaking legislation in Wales : embedding Black History into and across the school curriculum

From Shaun Featherstone:

In Wales the welsh government have made it compulsory for black history to be taught and featured across the whole curriculum, for all ages. Here is an article about it and also here a link to the [Wales Anti racist Action Plan for wales \(welsh government consultation\)](https://www.bbc.co.uk/news/uk-wales-56447682#:~:text=All%20children%20will%20be%20taught,communities%2C%20the%20education%20minister%20said.&text=Under%20changes%20to%20the%20new,be%20mandatory%2C%20Kirsty%20Williams%20said).

<https://www.bbc.co.uk/news/uk-wales-56447682#:~:text=All%20children%20will%20be%20taught,communities%2C%20the%20education%20minister%20said.&text=Under%20changes%20to%20the%20new,be%20mandatory%2C%20Kirsty%20Williams%20said>.

ANONYMOUS APR 22, 2021 08:47AM

## Coproduction, agency and risk-taking in arts in mental health

Following lots of conversations around these topics yesterday in the Inequalities session, I thought it might be useful to share some of my work on this. There's a chapter exploring the importance of ethical co-research approaches and in my thesis you can find chapters on agency and risk-taking.

I hope they're useful.

[Capturing the Intangible](#)

[Taking Risks: Making Art...](#)

El Stannage

thank you! — VICTORIA HUME

Thanks El. Only been able to have a quick skim read so far (of your PhD Thesis) but really looking forward to diving in when I have more time. We're working on a programme of Co-Production of Music-Making/Music Resource Building with young people within CAMHS, and I'm sure your insights will be really helpful. — NICK CUTTS

RICHARDMCMANN35 APR 22, 2021 06:54AM

## Live, creative and interactive artistic sessions for older adults

Choose from art, music, creative writing, history, photography and performing arts. Join our therapeutic sessions twice per week with or without your loved one. It's that simple!

Receive Technical Support

We find out what technology help you might need and match you with our Digital Activity Buddy to help you each week.

### Home | Unforgettable Experiences

Choose from art, music, creative writing, history, photography and performing arts. Join our therapeutic sessions twice per week with or without your loved one. It's that simple!

UNFORGETTABLE





Creative Expressive Arts health and wellbeing course at Derby University

**Creative Expressive Arts, Health and Wellbeing BA (Hons) - Therapeutic Arts - University of Derby**

Study options Full-time: 3 years, Part-time: Up to 6 years UK fee £9,250 per year (2021/22) International/EU fee £14,045 per year (2021/22) UCAS points 112 (September 2021 entry) Course level Undergraduate Location Kedleston Road and Britannia Mill, Derby Campus Course description Learn how to use the arts as a tool to work with others in a positive and therapeutic way on this innovative course.



DERBY

*I graduated from this fantastic program with my BA Honours last summer in the midst of the pandemic and have been able to apply my learning to develop a new NHS role to support hospital staff wellbeing through creative arts engagement. The degree supported me to formalise my thinking around arts in health and develop my expressive arts facilitation, planning and evaluation of projects with a broad range of participant groups from children with ASD to adults in an end of life hospice. Highly recommend! Happy to discuss, polly.barnes@addenbrookes.nhs.uk — POLLY BARNES*

ANONYMOUS   APR 21, 2021 03:48PM

**Arts for Health Austria**

The NEW **association** AfHA is dedicated to promote art interventions in the context of health and wellness. As a **platform for artistic activities** in the Austrian public health segment it also identifies as an **interface between artists, researchers and health institutions**, as well as an **international network** and **information desk** for everyone who is interested in this field.

**ARTS for HEALTH AUSTRIA - [www.artsforhealthaustria.eu](http://www.artsforhealthaustria.eu)**

Kunst und Kultur leisten einen wesentlichen Beitrag zu unserer Gesundheit und unserem Wohlergehen. Arts for Health Austria (AfHA) schafft daher eine Verbindung zwischen Kunst und dem Gesundheitsbereich in Österreich.

ARTSFORHEALTHAUSTRIA



Hi there, I'd love to hear more about AfHA. Do you have an e-mail address to contact you on? — ANONYMOUS

ANONYMOUS   APR 21, 2021 03:43PM

**Torbay Culture recently published this evaluation of its latest arts and health work with young people. Creative Transitions was one of a number of arts and wellbeing projects delivered and evaluated during Torbay's Great Place Scheme.**



**Creative+Transitions+External+Evaluation+Report+V7+HIGH+RES+SPREADS.pdf**

PDF document

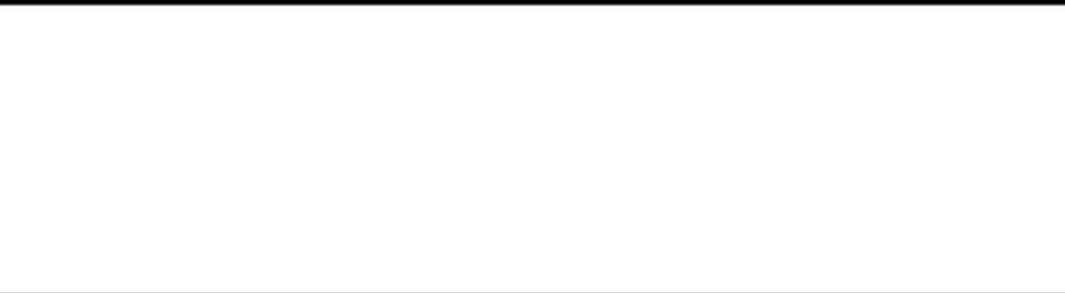
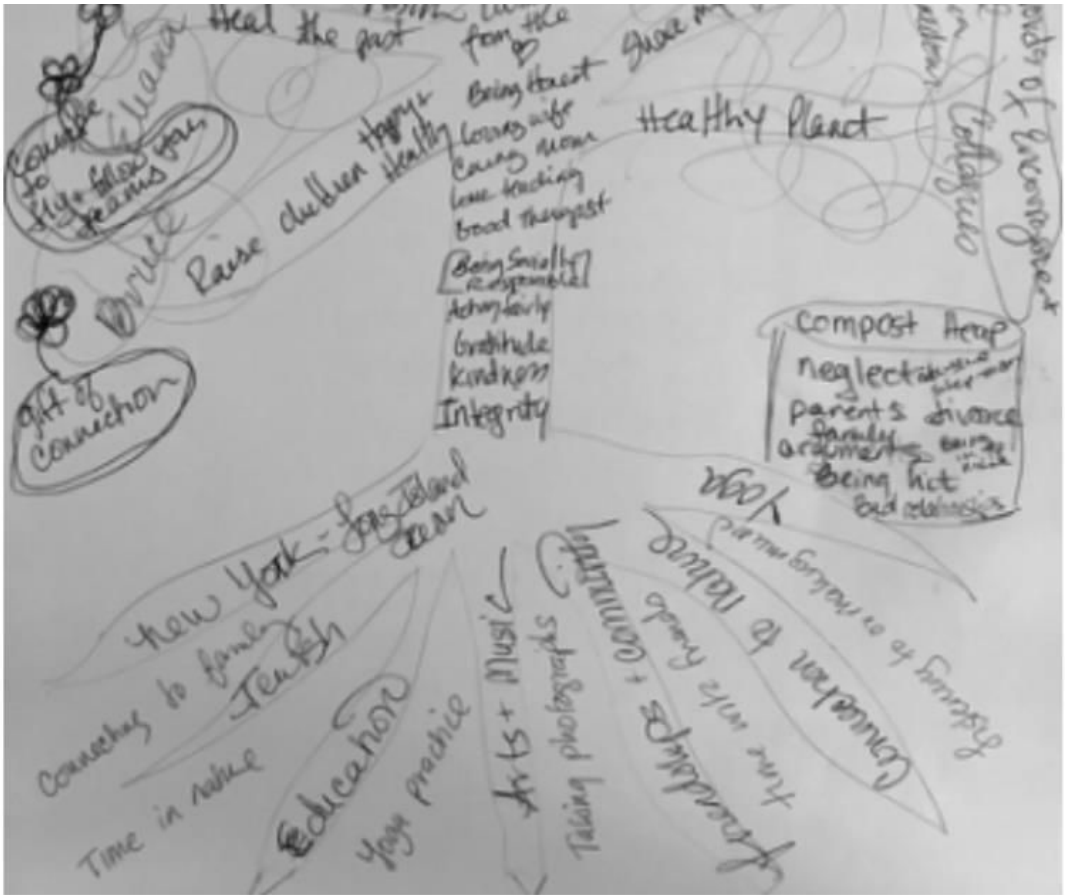
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ALISON MCINTYRE   APR 21, 2021 01:31PM

**Tree of Life exercise descriptions**







**ANONYMOUS** APR 21, 2021 12:24PM

**Sigmund Swede is hoping to gain lots of insight & connect with people over the next few days (along with Mme Zucchini at Vegetable Entertainment HQ)**



**ALISON374** APR 21, 2021 11:47AM

**NAPA Arts in Care Homes padlet**

Find out more info about NAPA Arts in Care Homes here!

**ALISON BOWRY** APR 21, 2021 11:07AM

**Call Out for Artists**

Hi. At High Peak Community Arts we are planning ahead with Project eARTH , our programme for adults experiencing mental distress. We are looking for new project ideas. Info:  
<https://www.highpeakarts.org/artists-call-out/>  
or email [alison@highpeakarts.org](mailto:alison@highpeakarts.org)

We have lots of ideas linked to our Creative Directions programme which we run in Doncaster, for adults experiencing MH issues. This page is best one to go to:<https://wearedarts.org.uk/creativedirections/> – **ANONYMOUS**

Thank you - lots of lovely ideas there! We also have quite a few projects on our 'Project eARTH at home' section of our website, if anyone wants to use them.. – **ALISON BOWRY**

didn't mean to finish there ..website page is <https://www.highpeakarts.org/project-earth-at-home/>. The Call Out above is for freelance artists to run new hybrid projects with face to face and home based sessions. Thank you! – **ALISON BOWRY**

**ANONYMOUS** APR 21, 2021 11:00AM

**Emotional Support for People working in culture and wellbeing**

Flourishing Lives Reflective Practice programme offers group and one-to-one reflective practice sessions, led by trained counsellors, providing arts and wellbeing practitioners with a vital structure for emotional support and in-depth reflection on working practice.

ANONYMOUS APR 21, 2021 10:56AM

## Micro Network

Arts Network have established an arts and wellbeing micro network of small scale arts and mental health charities. If you would like to know more please email: [matthew@artsnetwork.org.uk](mailto:matthew@artsnetwork.org.uk)

ANONYMOUS APR 21, 2021 10:53AM

## Artist Call Out

ROBYN DOWLEN APR 21, 2021 10:29AM

## Reflecting Value - A Podcast from the Centre for Cultural Value

Reflecting Value is a new podcast where we bring together a range of guests to ask the big questions relating to cultural value. The first series focuses on culture, health and wellbeing.

### Reflecting value - Centre for Cultural Value

Hosted by Dr Robyn Dowlen, it shares the successes and challenges of communicating cultural value, bringing together a range of thought-provoking contributors for discussion and reflection. Our first series launches with four episodes that focus on themes emerging from our research into culture, health and wellbeing.

CENTRE FOR CULTURAL VALUE



HELEN DEARNLEY APR 21, 2021 10:28AM

## Ms Blackbird's Self Care Arts Workshops - online

I am seeking participants for Ms Blackbird's Self Care Arts Workshops: [https://www.facebook.com/events/4001117336574968?notif\\_id=1618838275382645&notif\\_t=page\\_share&ref=notif](https://www.facebook.com/events/4001117336574968?notif_id=1618838275382645&notif_t=page_share&ref=notif) If you have arts funding, these can be provided free for participants :-)



## MS BLACKBIRD'S SELF CARE ARTS WORKSHOPS

WITH ILLUSTRATOR HELEN DEARNLEY BA ~HONS~

MONTHLY WELLBEING AND SOCIAL PRESCRIBING ARTS WORKSHOPS  
LED BY A PROFESSIONAL ARTIST WITH EXPERIENCE AND TRAINING AS A CARER,  
THEY OFFER THE CHANCE TO COMBINE OBSERVATION AND EXPERIENCE  
WORKING WITH A WIDE VARIETY OF MATERIALS AND TECHNIQUES.  
NO EXPERIENCE NECESSARY

1 HOUR OF BIRDWATCHING ACTIVITY AND 1 HOUR OF CREATIVITY

AVAILABLE ONLINE ONLY £20 PER PERSON  
THE LAST WEDNESDAY OF THE MONTH  
13.00 - 15.00



[WWW.HELENDEARNLEY.CO.UK](http://WWW.HELENDEARNLEY.CO.UK)





NAPA will be launching The National Day of Arts in Care Homes 2021 next week. Please look out for info on Social Media and our website:

[www.artsincarehomes.org.uk](http://www.artsincarehomes.org.uk).

Take part by organising a care setting event, big or small on 24 September and/or sharing relevant best practice w/c 20 September.

Contact Alison Teader, Arts in Care Homes Programme Director: [alison@artsincarehomes.org.uk](mailto:alison@artsincarehomes.org.uk)

Arts in Care Homes

The National Day of Arts in Care Homes took place on Thurs 24 September. This year's theme was #CreativeCommunities. Thanks very much to everyone that took part. We will be sharing our evaluation soon. This website has many resources to help busy care staff.

ARTSINCAREHOMES



How creativity and culture are supporting people in institutions during covid-19

Report & recommendations:

- 1. Celebrate, acknowledge, and learn from this work
- 2. Support creative freelancers through the pandemic and its aftermath
- 3. Invest in culture, health and wellbeing programmes and the partnerships that underpin them
- 4. Support training and research that will help the cultural sector to address health inequalities
- 5. Support training and research to help practitioners develop successful digital or blended approaches
- 6. Increase flexibility, trust and accessibility in funding systems

How creativity and culture are supporting people in institutions during covid-19

A new report, recommendations and collection of case studies of work reaching people resident in hospitals, care homes, hospices, prisons and other institutions during the pandemic, led by the Culture, Health & Wellbeing Alliance in partnership with Live Music Now, Music for Dementia, Music in Hospitals and Care, the National Criminal Justice Arts Alliance, the National Performance Advisory Group (NPAG) for Arts, Design and Heritage in Healthcare, Paintings in Hospitals and Performing Medicine.

CULTUREHEALTHANDWELLBEING



NB If it fits with the themes, please add to the themed padlets to the left of this column...

Boredom Buster 2

"An innovative, tabloid style newspaper 'Boredom Buster Two' is providing creative respite for thousands of people across the UK, as health and cultural sectors join forces to bolster the mental health of hospital patients and care home residents during this challenging period."

Pioneering Newspaper for NHS Supports Wellbeing

An innovative, tabloid style newspaper 'Boredom Buster Two' is providing creative respite for thousands of people across the UK, as health and cultural sectors join forces to bolster the mental health of hospital patients and care home residents during this challenging period.

CULTURE WESTON



National Centre for Creative Health

National Centre for Creative Health

The National Centre for Creative Health will advance good practice and research, inform policy and promote collaboration, helping foster the conditions for creative health to be integral to health and social care and wider systems. Who The National Centre for Creative Health is a registered Charity with a board of trustees and a small staff team.

NCCH



Wellbeing Practitioner Support Programme

Supporting artists to nature their own wellbeing and creativity, and deliver high quality, accessible participatory sessions with a wellbeing element.

Venue: Derby QUAD, DE1 3AS

Proposed dates : September/October/November 2021

This programme has been developed in response to the concerns of artist who tell us they often feel unsupported, isolated, overwhelmed, stressed, unprepared or in need of inspiration.

Taking place over 5 days, the initial course will build on your skills, offering an opportunity to reflect on your practice, identify your strengths and achievements but also any changes you might want to make.

We will look at the process of creativity and how to support this within ourselves and others. Each day of the course will include a creative workshop, an opportunity to relax and enjoy a session delivered by an exemplary practitioner, then reflect on the experience from the perspective of a participant but consider the practitioner delivery.

The course will also address the foundations of delivering participation sessions – health and safety, contracts, boundaries, expectations etc. We will explore wellbeing, mental health, neurodiversity, accessibly and LGBTQ+.

By the end of the course, you will have a personal plan for your continued practice in which we hope you will feel more supported and have an improved sense of wellbeing. There will be an option to continue to monthly half-day peer-support sessions.

To express an interest in the course and/or receive further information please email:

[creativewellbeing@derbyquad.co.uk](mailto:creativewellbeing@derbyquad.co.uk)



Art at Ashgate

For more information about this partnership project between Junction Arts and Ashgate Hospicecare in Chesterfield, see the report attached. If you would like to speak to the project curator contact [jane@junctionarts.org](mailto:jane@junctionarts.org)

there could be no face-to-face activity. This was a steep learning curve for everyone involved, staff, clients and patients.

Delivery

Both residencies began with a day of workshops for staff and volunteers which were held either in house at Ashgate or remotely over zoom. It was important for us to receive feedback on the appropriateness of the activities and for those taking part to experience what was on offer so they could advocate and promote the opportunity to their patients and clients. Taking part was also an opportunity for participants to learn some new skills themselves and acquire new ideas they could use in the future with their clients.



The sessions were well attended and very well received and everyone agreed the activities were suitable, accessible and stimulating.

Alongside the personal promotion, a marketing campaign was developed to market the project to the widest possible range of service users ensuring that as many people as

Art\_at\_Ashgate\_for\_CHWA.pdf

PDF document

PADLET DRIVE

ANONYMOUS APR 16, 2021 04:16PM

MINDSCAPES

Find out what's happening in Mcr for #MINDSCAPES from @SICKFestival this Spring. FREE art, apps, poetry, film & talks examining the spaces we inhabit & their impact on our wellbeing and mental health. <http://bit.ly/minprog>

Our Environment.  
Our Mental Health.  
Our Collaboration.

Manchester &  
The Netherlands.

19TH APRIL - 16TH MAY 2021

A graphic featuring a hand-drawn street map of Manchester. A large orange speech bubble with the word 'MINDSCAPES' in white capital letters is positioned in the upper right. Various handwritten notes are scattered around the map, including 'WESTERN UNION KNEE SOLICITORS ARE OPEN DESPITE THE FIRE AND THE CORONAVIRUS', 'THE GARDEN PEACE', 'NEGLECTED VICTORIAN HOUSES (BRADEN RINDEN)', 'THIS PUB IS CLOSED SINCE 2011 THE PREY JOURNALIST BEN BRIERLEY LIVED HERE, NOW IT HOUSES A NURSERY', 'NHS MEDICAL PRACTICE', 'HERE STANDS A BIG CHURCH', 'FUNERAL HOME OFFERS HORSE DRAINING FUNERALS', 'BONNIE THINKS THAT IS', 'NARMELEAVE FROM ROBERTSONS AND LOOSE TEA', and 'THE O'. The map also shows buildings, cars, and a bus.

JANE530 APR 16, 2021 02:32PM

Derbyshire Creative Heritage Conference 2021

Activism for Social Change

This half day online conference is for anyone working in the arts and heritage sector. For more information

Derbyshire Creative Heritage Conference: Activism for Social Change

Eventbrite - Junction Arts presents Derbyshire Creative Heritage Conference: Activism for Social Change - Thursday, 27 May 2021 - Find event and ticket information.

EVENTBRITE



ANONYMOUS APR 16, 2021 02:18PM

Only The Lonely Exhibition - Peak District Mining Museum, Matlock: 17 May- 27 June, 2021



## EXHIBITION OF PHOTOGRAPHY BY TONY FISHER

Peak District Mining Museum Matlock Bath

11am-4pm Everyday FREE ADMISSION



VICTORIA HUME APR 13, 2021 08:31AM

### Social Prescribing Myth Buster from London Arts and Health and the Mayor of London

#### Home - Social Prescribing Myth Busters

This guide is designed to dispel some of the myths surrounding social prescribing in the arts and cultural sector. We recognise the importance of hyperlocal grassroots organisations in leading the London recovery and we aim to ensure a level playing field for all who offer culture and arts for health and wellbeing.

SOCIAL PRESCRIBING MYTH BUSTERS



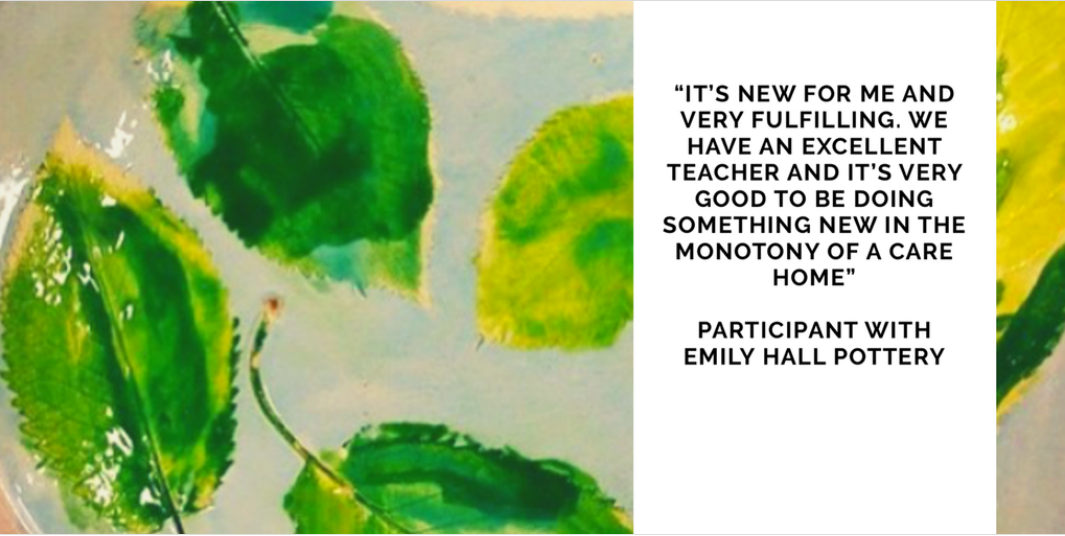
### Lunchtimes - who is in the booths?

HAYLEY YOEUELL APR 20, 2021 01:28PM

#### Age of Creativity Booth



Connect with **Farrell Renowden**,  
Head of Cultural Partnerships/ Age of Creativity Director on Thursday and Friday lunch times in the Age of Creativity Booth



HAYLEY YUELL APR 20, 2021 01:26PM

**Air Arts Booth**

Meet Director, Laura Waters following their East Midlands Spotlight from **12.45pm on Friday**.



HAYLEY YUELL APR 21, 2021 11:29AM

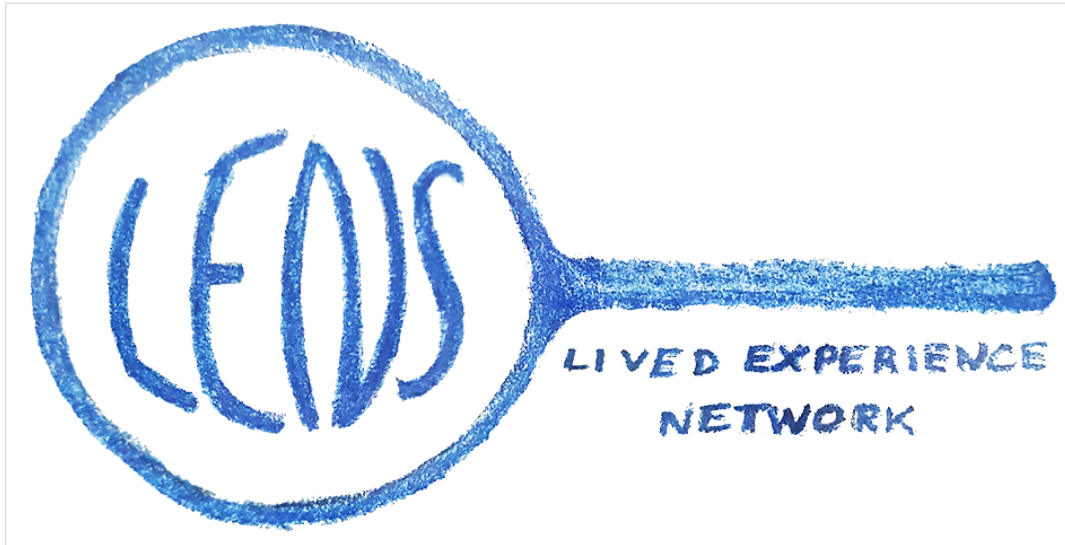
**The LENs (Lived Experience Network ) Booth**

Meet members of The LENs network from across the country. Find out more about their plans and vision to grow lived experience at the heart of the culture, health and wellbeing sector.

**Wednesday 21 April, 12.30-1:30pm**  
*Arthur MacTaggart and Gavin Blench*

**Thursday 22 April, 12.30-2pm**  
*Richard McMann and Kiz Bangerh*

**Friday 23 April, 12.45- 2.30pm**  
*Gavin Blench and Kelly McCormack*



HAYLEY YUELL APR 19, 2021 10:11AM

## The Derby QUAD Booth

Meet members of the QUAD team in their booth to learn more about their Creative Wellbeing Programme...

Wednesday 21- 11-3:30

Thursday 22 - 11:30-2pm

Friday 23 9:30-12:45



## Creative Bursts!! films, photographs and short creative exercises for when you need a break...

NICK CUTTS APR 23, 2021 09:18AM

### #takeoneaday

Daily creative, musical offerings (Oct-Dec '20) in response to the pandemic from OPUS Musicians in Healthcare. These 80 daily offerings reached out to the many care givers, patients and families with whom we couldn't connect in person during the pandemic. Please use them for your own daily fix!

#### #takeoneaday - OPUS Music CIC

takeoneaday (for 10 weeks) From Saturday 10 October 2020, and every day for ten weeks, Musicians in Healthcare from OPUS created specially recorded, short video performances. These were shared across our Social Media channels, as well as on our dedicated page here. The benefits of these were felt by many, especially our colleagues working hard ...

OPUS MUSIC CIC



HAYLEY YUELL APR 23, 2021 09:08AM

### A Grateful Heart- Air Arts



**A Grateful Heart- Air Arts**  
by Air Arts  
YOUTUBE

Beautiful! — ANONYMOUS

**NATALIE HUNT** APR 22, 2021 11:35AM

Greta Iceberg recommends you spend a minute mindfully holding a vegetable of your choice. With Veglove from her and Mme Zucchini x



Definitely the best thing to do with slimy Okra! — ANONYMOUS

**VICTORIA RYVES** APR 21, 2021 01:05PM

**Five Minute Histories**

Need a break? Why not transport yourself back in to the past through dialogue, sound effects and music. Experience what Yorkshire in the past may have been like. Best enjoyed with a cuppa!  
(Via History, Health and Happiness at Heritage Doncaster)

**Doncaster's Five Minute Histories - Heritage Doncaster**

Make yourself a cuppa, put your feet up, and travel back in time with Doncaster's Five Minute Histories. These audio recordings provide immersive experiences and recreate true events through storytelling, and sound effects. Doncaster's Five Minute Histories are written by Heritage Doncaster staff, and produced by Rob Pearson.

HERITAGE DONCASTER



These are well worth listening to! — ANONYMOUS



ANONYMOUS APR 21, 2021 10:57AM

## Making art is where it's at

Our musicians created this short piece at the very start of lockdown to keep our participants connected and creative! Enjoy

### darts

Our team of musicians and poet who work on Creative Directions in the Community have created an original song to inspire you! Janet, Greg, Ian, Luke, Gary, Dyzzelle and Mick hope that this song can inspire you to keep making art in order to put Doncaster on the map!

WEAREDARTS

darts

Love this :) — LUCY COOKE

ANONYMOUS APR 21, 2021 10:31AM

## Mindful Art Guides from Beverley Art Gallery, East Yorkshire

Engage with artworks from the @BevArtGallery collections at @ERMuseums in these short videos, which guide you through mindful looking. There's also a bonus bit of info about the artwork to finish, by our very own @HelenaCurator (Please follow us on Twitter too :))

### Mindfulness at Beverley Art Gallery

A Series of Mindfulness videos produced at Beverley Art Gallery in association with Kindmind <http://www.kindmind.co.uk/>

YOUTUBE



This was posted by me, before I realised I had to set up an account to be named! — LUCY COOKE

I'm also on Twitter @Lucy\_R\_Cooke - give me a shout :) — LUCY COOKE

ALISON MCINTYRE APR 21, 2021 09:24AM

## Art Doctor's Activity films

Made on Zoom (mostly) during the first lockdown. Silly and playful creative activities to make you smile...

### Lockdown Specials

During the COVID-19 lockdown from March 2020 the Art Doctors came together once a week to make a short film together over Zoom. Alison and Liz needed to see ...

YOUTUBE



NICK CUTTS APR 21, 2021 08:22AM

## OPUS Music CIC

We are OPUS Music, a UK leader in **making music with people in health and social care settings**. We're experts in playing high quality live music to connect, share culture, express emotion and enhance wellness in the people we meet.

We make music with people of all ages, from birth to end of life, giving **the gift of music** at a time when people can be most vulnerable, isolated and feeling low. We play music on hospital wards and at the bedside, for patients, visitors and staff to listen to or join in.

We offer a broad range of **training and mentoring** for musicians and care staff wishing to develop their skills in making music in health and care settings, or wanting to bring music into their environment.

We **advocate** for the positive social, psychological and physiological impacts of music on people, sharing knowledge across the sector and connecting people internationally in this field.



### Musicians in Healthcare short for website v3

by OPUS Music CIC

YOUTUBE

ANONYMOUS APR 16, 2021 04:29PM

## Fleet Arts

Fleet Arts (Derbyshire) have a strong music programme and started their online open mics the very first weekend of Lockdown No.1 and called them 'The Staying Inn'.

They have run them throughout the past year. They also headed out with musicians and entertained care home residents outside their windows at Christmas when they could no longer go indoors as usual.

Watch the film below...

Find out more about Fleet Arts here

<http://www.fleet-arts.org/>



### 'The Staying Inn' (Fleet Arts Presentation Video)

by Front Row Films

VIMEO

ANONYMOUS APR 16, 2021 02:19PM

## Only The Lonely, a project exploring the themes of loneliness and isolation by Derbyshire based artist Tony Fisher

Explore the photographs and the stories behind them here, captured by Tony Fisher as he explored people's experiences of isolation and loneliness throughout the pandemic

### Moments of hope amidst the loneliness of lockdown captured in moving photographs

A professional photographer has beautifully captured moments of hope amidst the loneliness and isolation felt by many during the coronavirus lockdowns. Tony Fisher, 66, from Riddings, Derbyshire, came up with the idea for a photography exhibition on loneliness before lockdown, and was given the go-ahead from the Arts Council to take a series of portraits and nature photographs exploring the theme of isolation.

YAHOO



JANE530 APR 16, 2021 10:14AM

## Art at Ashgate

The Art at Ashgate project was delivered in 2020 and consisted of 2 artists residencies at Ashgate Hospicecare in Chesterfield. The 1st residency with artist Fi Burke took place pre covid, the 2nd with Miriam Robinson, during lockdown. You can watch the film about the first residency here and read more about the project on the pallets pages



### Fi Burke's Artist Residency at Ashgate Hospice Care, part Junction Art's Art at Ashgate project.

by Junction ArtsUK

YOUTUBE

RACHEL HOWFIELD MASSEY APR 13, 2021 01:18PM

## Three Good Things in Nature: evidence based technique to boost wellbeing

This five minute introduction to Three Good Things in Nature demonstrates a simple, quick technique for boosting wellbeing through nature connection.

More videos about nature connection [here](#) and other resources [here](#)



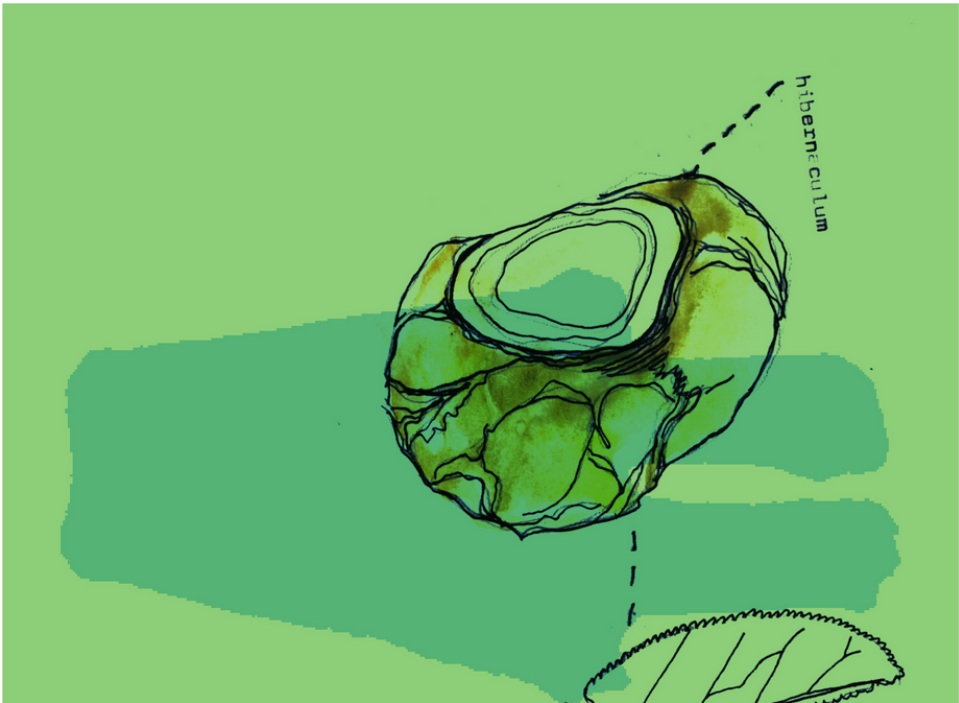
**Three Good Things in Nature**  
by rachelhowfield  
YOUTUBE

RACHEL HOWFIELD MASSEY APR 13, 2021 01:19PM

**Something to Hold**

Take a moment for yourself. You can do this nature connection activity outside or indoors. Find a natural object that feels good in your hand and hold it for a moment while you enjoy a nice view from the window (or a picture). Then follow the instructions on the image below.

More ideas for nature connection from Other Ways to Walk [here](#) and other resources [here](#)



**Something to hold**  
PDF document  
PADLET DRIVE

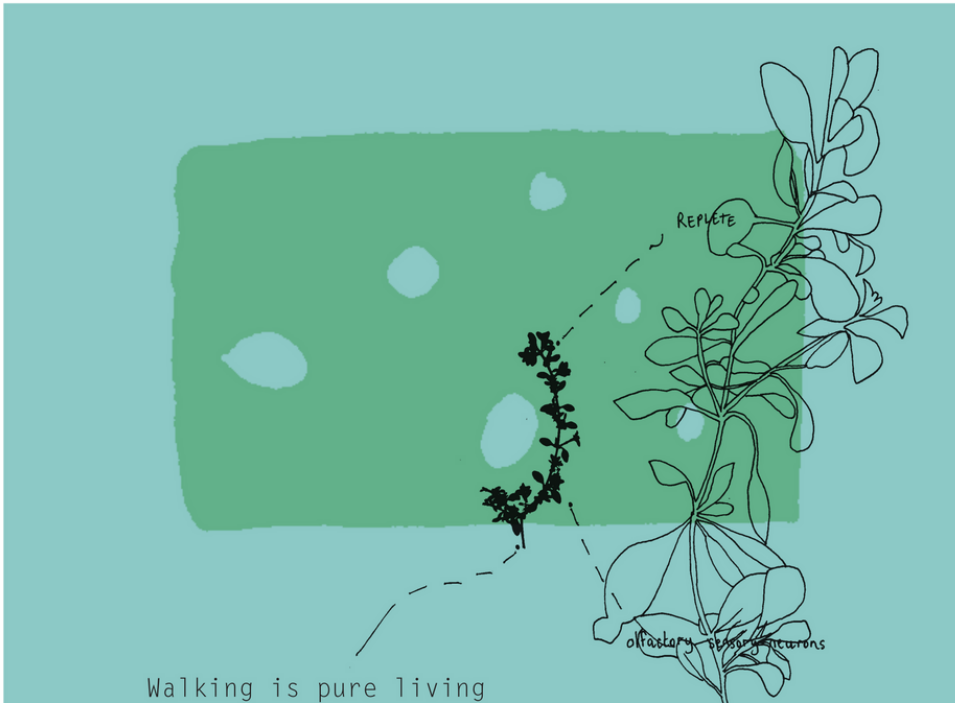
Simple, powerful, beautiful – ANONYMOUS

RACHEL HOWFIELD MASSEY APR 13, 2021 01:19PM

**Walking is Pure Living**

An invitation to take a break from the conference and connect with nature for a few moments.  
More ideas for nature connection from Other Ways to Walk [here](#) and other resources [here](#)





#### Walking is pure living

PDF document

PADLET DRIVE

VICTORIA HUME APR 13, 2021 08:31AM

### A tune from Beating Time

Composed by Jake. Arranged, performed and recorded by two of Beating Time's music directors, Pete Churchill and Gina Baker, and featuring Lucas. [A case study of Beating Time's work during covid can be found here.](#)

#### Not Again Not Ever

5:10 audio

PADLET DRIVE

## Access and inclusion

VICTORIA HUME APR 20, 2021 04:45PM

### Trigger warning

We will be discussing some difficult subjects during the three days. If at any point you are worried or need someone to talk to please contact the **Helpdesk** delegate and we will arrange to meet you for a chat. If you prefer to email us at [info@culturehealthandwellbeing.org.uk](mailto:info@culturehealthandwellbeing.org.uk) please do - we might take a little bit longer to respond.

ANONYMOUS APR 20, 2021 05:03PM

### Closed Captions

We are working with Claire Hill and her colleague Wendy Osmond to provide live captioning for all sessions.

Airmeet has its own automated service but we encourage you to use this link to access Claire's captions instead.

<https://www.streamtext.net/player?event=CHWACnf>

VICTORIA HUME APR 20, 2021 05:03PM

Access needs

If you have any access needs that we have not met, please contact the **Helpdesk** delegate or email us at [info@culturehealthandwellbeing.org.uk](mailto:info@culturehealthandwellbeing.org.uk) with 'access' in the email title.

VICTORIA HUME APR 21, 2021 11:37AM

#BAMEOver: A note on the use of the term 'BAME'

As an organisation we are moving away from the term 'BAME', following the research and guidance organised by ArtsInc in 2020. We'd like to direct panellists, performers and delegates to their [helpful guidance here](#) #BAMEOver

Thank you for this, the information here is so very useful. I appreciate the labour of this and will incorporate this into my life and work. — ANONYMOUS

VICTORIA HUME APR 20, 2021 05:03PM

IncArts Unlock

Home | incartsunlock

INCARTSUNLOCK

Tech tips

VICTORIA HUME APR 09, 2021 03:57PM

Getting help during the conference

We have a delegate called "helpdesk" that you can contact direct during the conference with queries. A few FAQs are below - we will add to these as the conference progresses.

VICTORIA HUME APR 13, 2021 08:34AM

MUTING

Hosts can mute speakers but hosts can't unmute speakers them - they will need to do this themselves.

VICTORIA HUME APR 20, 2021 10:10AM

CHAT TIPS

Next to the "Live Chat" tab is another one titled "Direct". If you are sending or receiving private messages, this is where they will appear.

To message someone privately, find them in the 'People' Tab and click on their name.

VICTORIA HUME APR 09, 2021 03:57PM

SCREEN SHARING TIPS

Airmeet is not as quick as Zoom or Teams when it comes to screen-sharing so be prepared for a delay before your screen is visible to delegates.

If you're screen-sharing a PowerPoint the best way is to select the "Entire screen" option; otherwise you won't be able to use slideshow mode.

To share your screen you might need to go into your computer's settings: Security and privacy > screen recording > pick your browser

CHWA Awards 2021

VICTORIA HUME APR 22, 2021 08:25PM

Meet us for the CHWA 2021 Awards Ceremony...

Friday 23 April 2.30–3.30pm **on Zoom!**

Join Zoom Meeting  
<https://us02web.zoom.us/j/81927911137?pwd=WDgwbFV0aUFya2E2UWxuc2ZxVXM2Zz09>

Meeting ID: 819 2791 1137  
Passcode: 523659

VICTORIA HUME APR 09, 2021 03:57PM

CHWA 2021 Awards

Thank you to everyone who applied and nominated projects for the CHWA 2021 Awards. Our awards team were positively overwhelmed by the quality and volume of applications this year. Each application told another story of the sector's tenacious creativity, care and collaborative spirit in response to the individual, local and global challenges we face.

CULTUREHEALTHANDWELLBEING

Catch up!

HAYLEY YUELL APR 20, 2021 10:13AM

Head to the Booths

We will be uploading recordings from the main sessions into a thematic booth with the same name, as soon as we can after the live session. You can also find links to the padlets in the booths, too.

HAYLEY YUELL APR 20, 2021 10:13AM

After the event closes...

We will be sending all delegates private links to recordings and the padlet resources post event.

So please do not fret, if you miss some of the live action.

Thank yous

VICTORIA HUME APR 20, 2021 11:49AM

Our conference working group

Mike Brown, Sally Cassella, Heloise Davies, Jane Hardstaff, Rachel Howfield Massey, Tony Fisher, Susan Hogan, Clive Holmwood, Owen Hurcombe, Kelly McCormack, Helena Reynolds and Laura Waters.

VICTORIA HUME APR 20, 2021 11:49AM

Our partners

Air Arts, Antony Fisher Photography, Arts Derbyshire, Baby People, Derby Museums and Gallery, Digital Media Centre (Barnsley), Hubbub, the LENs, Quad, the RSPH Special Interest Group for Arts and Health, University of Derby.

Our funders

Arts Council England  
Derby City Council  
Duke of Devonshire Charitable Trust

And...

Tobore S. Dafiaga  
Derby Museums & Gallery  
Our Board: Rosie Dow, Ben Pearce, Deborah Munt, Thanh Sinden, Trishna Nath and Esmé Ward.

Evaluation

For evaluation at the end of each day...

Go to [www.menti.com](https://www.menti.com) and use the code 7082 0550

Evaluation live results

**Interactive presentation software**  
Interact with your audience using real-time voting. No installations or downloads required - and it's free!  
  
MENTIMETER



Upcoming events

Creativity & Wellbeing Week! (17-24 May)

**Creativity and Wellbeing Week - 18-24 May 2020: Positive Futures**  
Across spring and summer 2021, the Culture, Health & Wellbeing Alliance, Arts & Health South West, and London Arts in Health are coming together with many other partners to stage a series of events celebrating the power of creativity and culture to transform our health and wellbeing:

CREATIVITYANDWELLBEING



CHW21: Culture, Health and Wellbeing International Digital Conference, 21-23 June

INEQUALITY \* POWER \* SUSTAINABILITY  
Find out more and buy tickets here...  
<https://www.chw21.org.uk/>



CHW21 Volunteer Digital Assistant Opportunity

Join Arts and Health South West as a Volunteer Digital Assistant for the Culture Health & Wellbeing International Conference & enjoy free access to the whole conference.

Commitment: 4 hrs per day between 22-23 June.  
Deadline for applications is this Sunday, 25 April.



# Culture Health & Wellbeing International Conference 2021

## Volunteer Digital Assistants Call-Out



### Introduction

The Culture Health and Wellbeing International conference is taking place online on **Monday 21<sup>st</sup>, Tuesday 22<sup>nd</sup> and Wednesday 23<sup>rd</sup> June 2021**.

The conference programme has over 100 live sessions which will be a mixture of oral presentations, workshops, panel discussions, films and performances. **You can view the full programme here:** <https://bit.ly/3m3eQ8D>

As a Volunteer Digital Assistant, you will receive **free access to the whole event**, in return for 'hosting' 4 live sessions per day, across the three days. Each session is approximately 50 minutes long, plus 10 minutes for backstage preparation time, so the approximate commitment is **4 hours per day, for 3 days**.

### Person Specification

**Volunteer-Digital-Assistant-advert-Culture-Health-and-Wellbeing-International-Conference-2021.pdf**

PDF document

[WWW.AHSW.ORG.UK](http://WWW.AHSW.ORG.UK)

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