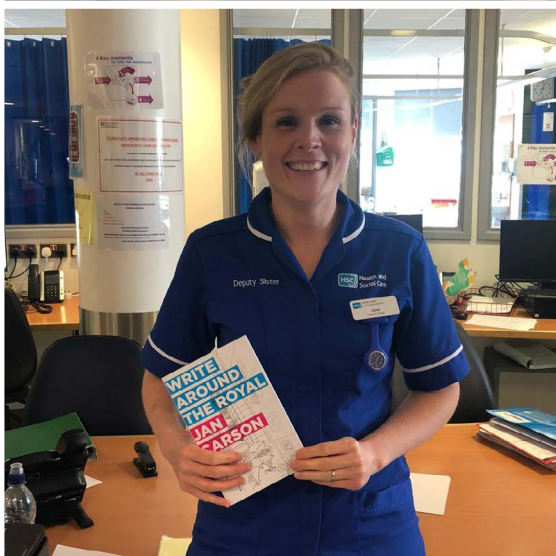


# Arts in Health



**ANNUAL REVIEW  
2019/20**

**BHSCT ARTS IN HEALTH:  
BETTER HEALTH AND WELLBEING  
THROUGH ACCESS TO THE ARTS**

# Foreword

The Arts in Health Annual Review 19/20 highlights just some of the activity that has taken place under the Arts in Health Programme during the year and aims to show the diversity of work taking place in a range of settings. You will be immersed in art, music and dance through Arts Care Artist in Residence Programme and see the positive impact on our patients, staff, families and healthcare environments. You can explore music and writing through a range of additional projects delivered by individual facilitators and partner organisations.

[Arts in Health: The Next Chapter 2019-24](#) the Trust's second ever Arts in Health Strategy was launched in May 19 providing Belfast Trust with the framework to develop our Arts in Health programme.

Our thanks to the artists, musicians, dancers, writers, and arts organisations for their caring, creativity and innovation but importantly to the staff and services throughout Belfast Trust and volunteers who share our vision for improved health and wellbeing through creative activity and help to make it all possible. We hope that you are inspired by what you read, listen to and view and that it will encourage you to learn more about arts in health, or consider how you might get involved.

**Charlene Stoops**  
Director of Performance Planning and Informatics & Chair, BHSCT Arts Steering Group

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Launch of Arts in Health: The Next Chapter 2019-24 at Shankill Sure Start, May 2019

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## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

Arts Care NI delivers a programme of participatory arts activity for patients, service users, families and staff across the Belfast Trust through the Arts Care Artist in Residence Programme supported by Belfast Trust and the Health and Social Care Board. There are five visual artists, a musician and a dancer based across City Hospital, Mater Hospital, Musgrave Park Hospital, Muckamore Abbey Hospital and Knockbracken Healthcare Park.

The part time residencies enable artists to work flexibly to suit the Trusts priorities while also delivering ongoing programmes of activity to a range of hospital and community services.

7

Artist in Residence  
Roles (pt)

1400

Sessions of  
Activity

7000

People Attended

Click on a project image below for further information



## ARTS IN HEALTH PROJECT ACTIVITY

In addition to the Arts Care Artists in Residence Programme, a range of additional BHSCT Arts in Health programmes run partnership with other organisations and individual facilitators.

Click on a project image below for further information

## ENHANCING THE HEALTHCARE ENVIRONMENT

### Tower Gallery

**Setting:** Foyer, Belfast City Hospital

A programme of up to six exhibitions per year feature at the Tower Gallery in the foyer of the City Hospital facilitated by Arts Care NI. The gallery engages the entire hospital community and offers moments of inspiration and quiet reflection 24 hours a day and 7 days a week.

#### 2019/20 Programme of Exhibitions:

- **Me In 14 Parts** by Katie Price, CAMHS service user, facilitated by Arts Care Artist Beth McComish, April 2019
- **Hidden Talents** - BHSCT Annual Staff Exhibition, May 2019
- **Imagine That!** Works by services users facilitated by Arts Care Artists Grainne Kielty and Anne Quail, June 2019
- **Cancer Centre Service Users** November 2019
- **Belfast Photo Imaging Club (BPIC)** January - March 2020
- **Your Tiny Little Welcome To The Great Big Whole Wide World** by Patrick Sanders – March 2020



Work from Imagine That!



The Calling by Steven Pratt, BPIC

### New Artwork Around the Trust

Click below for further images

## ADDITIONAL INFORMATION & CONTACTS

### Performance Groups

- Arts Care Orbit Dance Company (Adult Learning Disability)
- Equal Notes Choir (Adult Learning Disability)
- Arts Care Kompany Maine Dance (Men with Brain Injury)
- Mount Oriel and City Way Day Centre Choirs
- Live Music Now - Music for the Soul Choir (Knockbracken/Edgcumbe and Carlisle Day Centres)
- Trust Staff Orchestra

### Opportunities to Get Involved

- The Here4U Wellbeing Programme for Staff includes the Here4U Staff Choir, Photography Ceramics, and Guitar.
- Musgrave Park Hospital Arts Care Committee Annual Pantomime
- Belfast Community Arts Care Committee, Christmas Concert at Knockbracken Hall
- Belfast City Hospital Arts Care Committee Spring Festival including Belfast Trust Staff Art Exhibition

### Learning Disability Day Services and Arts for All

BHSCT Adult Learning Disability Day Services run an extensive programme of arts activity through partner organisation Arts for All. For further information contact Camilla Carson

[Camilla.carson@belfasttrust.hscni.net](mailto:Camilla.carson@belfasttrust.hscni.net)

### Additional Arts Care Programmes

Arts Care NI run additional regional programmes which involve Belfast Trust – Clown Doctors and Cartwheel for Children and Young People, Twilight Project for Looked After Children and Here and Now Older Peoples Festival. For further information see [www.artscare.co.uk](http://www.artscare.co.uk)



Equal Notes Choir



Staff Orchestra and Choir in Rehearsal May 2019



Arts Care Musgrave Park, Sinbad Panto Cast 2019



Arts Care Clowndoctor at the Children's Hospital

For further information on any of the activity covered in the Annual Review or to sign up to receive the new Arts in Health quarterly eNewsletter please contact Paula McHugh, Arts in Health Manager: [Paula.Mchugh@belfasttrust.hscni.net](mailto:Paula.Mchugh@belfasttrust.hscni.net)

## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** You Make Our Day! Intergenerational Dance with Ballyowen Day Centre and St John the Baptist Primary School  
**Artist:** Carmel Garvey, Arts Care Dancer In Residence  
**Participants:** Older People and Pupils from St John the Baptist Primary Belfast  
**Setting:** Ballyowen Day Centre

Our Ballyowen Dancers really enjoy the movement sessions. They take part with great enthusiasm and a very infectious thirst for fun. During the year we have been joined by pupils from St John the Baptist Primary School. When the schoolchildren arrived on the first day the older people gave them a big cheer and a big round of applause. It is very obvious that they enjoy the social aspect of the class. One older man in particular during our name game piece, who rarely speaks was so excited he shouted his name out at the top of his voice. This was a big revelation for him and noted by staff.

Fifteen Children from Primary 5 children took part over 3 months before Christmas culminating in a short performance "When You taught me how to dance". Subsequently, a Primary 7 class along with their class teacher and assistants have been involved.

Click below for video

The Primary 7 project finished with a short dance performance "Over the Rainbow" and a sing along. The performance also involved Queens University Medical Students completing an Arts Care Arts in Health module. The student's reflections sited their respect for the group and their increased understanding of the projects many benefits to our older service user's ie. social inclusion, mental health and improved levels of physical activity.  
*Carmel Garvey, Arts Care Dancer in Residence*

The benefits quickly became apparent to us. It created a love of dance for the children and helped motivate them to stay active. It increased their flexibility, range of motion, physical strength and stamina. ... Carmel's step-by-step instructions provided equal measures of fun and challenge for all members of the class. All participants felt that classes helped dispel any stresses they had and improved their emotional wellbeing.  
*Principal, St John the Baptist Primary School*

It teaches our children the ethos of growing old.  
*Staff Member St John the Baptist School*

I found that our service users looked forward to these sessions immensely and got great benefit from them as a source of stimulation, an exercise opportunity as well as the interaction with the children who were taking part. It was amazing to see the enjoyment they derived from each session and the willingness to take part was never in question. There were clearly very positive bonds being forged between both generations and even those that couldn't take part loved to see the children coming in.  
*Rory Kavanagh, Manager, Ballyowen Day Centre*

Thank you for coming, you made me feel young again  
 I love dancing with the children  
 It is just great having the children's company  
 It has made me feel so happy  
 I feel like I'm 7 again (said Joe the former boxer!)  
 Your parents would be so proud of you great children  
 You just make our day!  
*Ballyowen Service Users*

## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** Autism Family Workshops and Exhibition, April 19  
**Participants:** Children and Family Members  
**Setting:** Autism Intervention Service, Arches Wellbeing & Treatment Centre

To celebrate Autism Awareness month in April each year – the Autism Intervention Service holds an exhibition of artwork by children and young people at the Arches Wellbeing and Treatment Centre. As in previous years, children and their families, came to the Arches Wellbeing and Treatment Centre during half term, for a full day of art workshops. During that day, four art workshops took place involving twelve families and children with everyone being encouraged to create artwork from a wide variety of materials. The workshops proved to be uplifting and relaxing, with whole families enjoying a lovely positive experience together. Artwork produced included in the exhibition, although many lovely pieces would not be parted with! Further children and families submitted work which was also included. A lovely launch event took place during Autism Awareness week, with children and families joining us to have their photographs taken with their paintings. It was a relaxing and calm event, with children socialising together while making more beautiful artwork.

'I wish there was a class like this every week!'  
*Child*

'That's the most relaxed I've been in a long time.'  
*Parent*

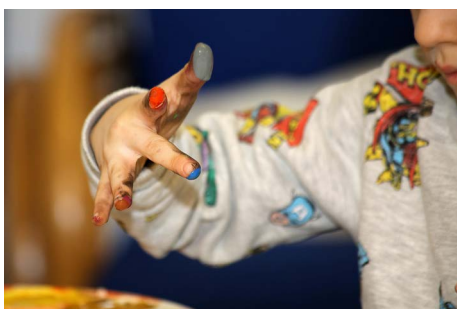
'She usually won't settle and I never get paintings home from school like other parents...but to look at her now...it's like a different person.'  
*Parent*

'Thank you Helen...it's been a great day. The children have really enjoyed the workshops and parents who didn't think they would join in just loved it!'  
*Staff member at workshop*

'What a fabulous launch event.... I could feel the excitement building in me as I walked down the stairs and the music wound its way up to me. It was great to show off the great artistic talent of so many children with ASD in the midst of Autism Awareness month.'



Exhibition at the Arches WTC



Handpainting



Proud artist at the Exhibition Launch



## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** Dementia Friendly Living Room Ward C Mater Hospital  
**Artist:** Beth McComish, Arts Care Artist In Residence at the Mater Hospital  
**Participants:** Ward C Staff and Patients  
**Staff:** Cathy Morgan, Ward Sister

### Aim:

To create a Dementia Friendly Living Room on the Ward in the existing family room. The brief set by the ward was to create privacy without prohibiting the light and view into the Atrium below and to ensure it was dementia friendly, bright and engaging.

### Outline:

My workshops took place on Ward C with Staff and as 1-2-1 sessions with patients at their bedside. The workshops included block printing, felting, mandala creation, silk painting and iPad drawing. The staff and patients work was then taken by me and amalgamated into the artwork and space created.



View from the Snug to the Atrium



Staff celebrate the launch of the Snug,  
Ward C, Mater Hospital

## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** Mount Oriel Choir Project for Older People  
**Musician:** Brendan Popplestone, Arts Care Musician in Residence  
**Participants:** Older People attending Day Care Services  
**Setting:** Mount Oriel Day Centre, Belfast

### Outline:

The project provided the opportunity for a group of older service users attending Day Care Services to develop a choir project. Weekly music sessions have been facilitated by Brendan Popplestone, the Arts Care Musician-in-Residence at Mount Oriel Day Centre involving service user participants some of whom are living with dementia. A series of singing workshops in preparation for developing the choir were held. The sessions have been very successful with a high level of participation and attendance from service users.

### Benefits:

The choir was started as a result of a special request from staff who were unsure how to develop a singing group effectively. The group, and has met weekly since late 2017 and performed at various events. There has been a noticeable skill development as an ensemble, this also included the staff (and the facilitator) – we have all learned together. There has also been a priceless quantity of laughter and fun while maintaining a drive to make music!

### Outcomes/Outputs:

It has been a challenge to produce quality recordings but the project was extended in 2019 to produce a CD of individual choir members singing their favourite song. An event for the whole centre was held to mark the launch of this album and participants were very pleased to have done this. Working individually like this can very much offer positive reinforcement to individuals who have lost confidence.

“We really want you to come back to pick up the choir when we are able to reopen. They enjoyed it so much and for many of them it was the highpoint of their week and the numbers who were regular attenders showed a special commitment, they get so much pleasure and benefit from each session”  
*Manager Gerry McKeaveney*

[Click here to listen to Marian from Mount Oriel Day Centre](#)

[Click here to view Mount Oriel and City Way Day Centres performing together](#)



Brendan working with Mount Oriel choir members

## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** You've Been Framed  
**Artist:** Frank Holmes Arts Care Artist In Residence at Muckamore Abbey Hospital  
**Participants:** Service users from Suffolk Day Centre and patients from Muckamore Abbey Hospital  
**Setting:** Suffolk Day Centre

The concept of 'You've Been Framed' was inspired on a trip to The Play Resource Warehouse, where I spotted frames that were printed onto A4 size card. The pack contained a variety of designs, and ranged in colours from black, silver, and gold. I could imagine these frames containing patients, service users, and staff art work, like those exhibited in Salon Carré at the Louvre Paris.

'You've Been Framed' brought together two groups, patients and staff from Muckamore Abbey Hospital and service users and staff from Suffolk Day Centre. The Project offered 6 workshops held on a Wednesday morning in Suffolk Day Centre. The aim was to integrate patients/service users and staff from both venues into one group. The group created art work of their own choosing inside the frames provided. During the project transitional issues were experienced, and group dynamics, but staff intervention helped patients feel reassured, calm and safe.

### Benefits:

The Project made an impact both on participants; taking part in a new art group, developing skills, and sharing creative time together, and on the environment, as both venues housed an original art work that combined art from both groups. The group from Muckamore Abbey gained experience working in a community setting, the groups made new friends, improved their communication skills, developed their confidence, through experiencing pride in their art work, and through sharing a creative space on a regular basis. Before the finished art work was installed over two venues the group entered the complete art work into Arts Care Arts Awards 2019 that was held in Therapeutic Day Service MAH. The Suffolk Group had staff and service users represented at the Awards, and they achieved Best Group Art Work. It was great honour for the Muckamore Abbey Group to play host to the Suffolk Group, in return for their great warmth and hospitality during the Project. This ended the Project on a positive experience.

"The arts awards was brilliant, we heard music, got to dance, and our artwork got an award for best group"  
*Service user*

"It is a great opportunity for our patients to work in the community"  
*Muckamore Staff member*

"I look forward to art session every week"  
*Service user*

"I love to draw"  
*Patient*



Salon Carré 'at the Louvre Paris (inspiration)



"You've Been Framed" (our interpretation)



Arts Care Arts Awards 2019

## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** Open Studio Sessions  
**Artist:** Arts Care Artist in Residence, Grainne Kielty  
**Participants:** Patients and Staff  
**Venue:** Arts Care Studio, Musgrave Park Hospital

A key factor in my role as Artist in Residence is my relationships with ward staff and especially the Activity Co-ordinating staff. I work closely with three Co-ordinators in the Regional Acquired Brain Injury Unit, Meadowlands Care of Older People and in Neurology. I have built good relationships with these wards and will often work independently with groups or individuals as the opportunities arise in the wards.

However, I always offer at least one afternoon per week as an "open studio" session. Service users from each of these wards can drop in accompanied by their co-ordinators to visit the studio, it's great for long term patients to get "off ward" and it really helps to have everything I might need at hand for each of the individual participants. The staff also appreciate the off ward sessions too as it allows staff from various wards to interact and for service users to see new faces, hear new tales and make new friends. It can shorten a long day and has proved to be really beneficial to some.

As a studio it is a very adaptable, creative space, a safe and user friendly environment. It is also an artist's haven with its printing press, kiln and potters wheel and an Estates team who make things happen as if by magic, shelving, ramps, sockets and much more.

The Here 4 U ceramics classes runs in the studio, these are amazing gatherings of staff from every corner of the Trust who embark on a 6 week programme of clay exploration. There is much achieved over the sessions and great friendships are formed. We had a Christmas gathering to bring all of 2019s attendees together in the studio which was a lovely way of keeping in touch with our fellow creatives. Other visitors for art programmes to the studio this year have included the Children's Psychology Team RBHSC, young people from the CAMHS Young Peoples Centre and HR staff from McKinney House.

Grainne Kielty, Arts Care Artist in Residence, Musgrave Park Hospital



Open Studio Session MPH

I was going through a very difficult time after the loss of my best friend which happened while I was in hospital. Being in hospital, I found lots of support, but I found it difficult to express my grief and loss. On visiting the Arts Care Studio, I was able, through the art of clay to find a place to express and release my pain. This may have been a very simple thing to most people but for me it was saying goodbye to a dear friend and a memory to her life.  
*Patient, Neurology Unit*

For me after a long period in hospital, the studio was my first outing from the ward. This was a great space to come and meet others and not to feel like a patient but as someone who was there to express themselves through art. Loved the pottery  
*Patient, Neurology Unit*

The Arts Care Studio for me is a great space to bring patients off the ward and to meet other patients and other staff members. It is a safe space where the patient can forget their condition and their medication, and feel free to express themselves through art or chat.  
*Wilnor Tennant, Activity coordinator, Neurology Unit*

# ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** OT4Me  
**Artist/Staff:** Beth McComish, Arts Care Artist in Residence in partnership with Laura Doherty Senior Occupational Therapist, Acute Mental Health Unit  
**Participants:** Inpatients and Staff  
**Setting:** Acute Mental Health Inpatient Unit, Belfast City Hospital

## Aims:

OT4Me aimed to create a brand and visual identity for Occupational Therapy within the Acute Mental Health Unit.

## Patient and Staff Consultations

Two separate visual consultations with patients and staff exploring the role of Occupational Therapy in the Unit and related imagery. Patients explored the question of who and what an OT was to them. Staff explored who they were as an OT and what they did. Using an outline of a person, patients were asked to write words and imagery, whether it was feelings or examples of interactions. Here are some quotes:

'They are tolerant and help me to learn tolerance'  
 'They wake me up'  
 'They motivate me'  
 'Calming presence'  
 'They offer me a splash of reality, real life'  
*Patients*

The language used was warm and grateful, the imagery used included a heart placed at the centre of the figure and their explorations.

'We look at how illness/ill health impacts on everyday function – the ability to do day to day activity – OT will support you to do these again or adapt new ways of doing them.'  
*Staff*

Staff agreed that OT4Me should use terminology that could be understood family and patients. The tone should convey warmth and care and be clear and purposeful.

Work then began, to create a brand/visual identity/logo that would conjures positive emotions, trigger recognition, understanding and respect, was quickly identifiable, and allowed stakeholders to attach meaning, expectations and understanding to their services. Through a series of facilitated workshops with staff and patients, artwork was created and a logo developed. These are now available for use across a range of communications including posters, postcards, badges and a pop up banner.



**OT4Me Original Artwork created by  
Staff and Patients**

## ARTS CARE ARTISTS IN RESIDENCE PROGRAMME IN BELFAST TRUST

**Project:** Belfast City Hospital Arts Care Spring Festival,  
**Participants:** Staff, patients, visitors and families  
**Artist:** Arts Care Artist In Residence Anne Quail  
**Setting:** Belfast City Hospital  
**Dates:** 13 – 17 May 2019

Belfast City Hospital Arts Care Spring Festival is in its 8th year and takes place onsite at the City Hospital. It involves staff, service users, relatives and the general public. It is multidisciplinary with a combination of music and dance performances, visual art, poetry, pop up workshops and an exhibition.

The aim of the project is to raise awareness of the arts in healthcare settings, stimulate an interest in creativity, and provide an overall sense of wellbeing and healing. In turn, this strengthens the many networks that form a successful and productive hospital community. There were a wide range of daily musical events. The lineup, included classical guitar recitals, R&B, hip hop, operatic, country, folk and many more. Orbit Dance Company entertained and there were poetry readings. The performers were all volunteers with connections to the Trust ie. staff members, service users and relatives. There were visual art activities such as, silk painting, origami, clay work, felting and mindful colouring sheets.

The festival was very successful evidenced by the verbal feedback that I received. There was a sense of happiness, joy and warmth at the unexpectedness of these activities in a healthcare setting making it less clinical and intimidating.

‘I love how this all makes the place so much brighter.’  
*Staff Member*

‘You would not believe what I have been through today and just for a minute when I walked by there and heard the music I forgot about it all’  
*Service user during an event*

‘My husband has been telling me all about what’s been going on each day, it’s given him a real lift and a sense of normality.’  
*Family reflection*



Arts Care Orbit Dance prepare for the Spring Festival



Art Trolley Activity, BCH Foyer

## ARTS IN HEALTH PROJECT ACTIVITY

**Project:** Singing for Health  
**Facilitator:** Julie Allen, Everyday Harmony  
**Staff:** Anne McKee, BHSCT Speech and Language Therapy  
**Participants:** BHSCT Speech Therapists, Sure Start Staff and families

**Aim:**

- To improve the communication environment for Sure Start children (0-4yrs) through building capacity amongst staff to deliver singing activity
- To offer parents and carers the physical and mental wellbeing benefits of singing.

In partnership with Speech and Language Therapy Service and Everyday Harmony, 18 Speech and Language Therapists and staff from across all nine Sure Start projects in the most deprived areas of Belfast were trained to facilitate singing activities for parents within their projects. Three half day training sessions took place throughout 2019, with ongoing support between sessions for the staff.

The 'Singing for Health' programme supported parental wellbeing and improved the communication environment for the children in their own homes. From this activity, a monthly Sure Start Choir for staff and parents developed, and a Singing for Santa event attracted a capacity audience of Sure Start families – approx. 1200 people and featured on BBC NI Newline. The Public Health Agency is now supporting the continued development of the programme.

'I bring singing into my home and family life now, we sing, clap and dance around the kitchen and my daughter loves it!'  
*Parent, Beechmount Sure Start*

'We were singing in the Breastfeeding support group and in the Staff meeting – we were singing in rounds.'  
*Smile Sure Start*

'I tried some songs with the dads' groups. They took over singing Oasis songs!'  
*Staff Member East Belfast Sure Start*



'I feel so mellow after the sessions!'  
*Parent Beechmount Sure Start*



Sing for Health Staff workshops, May 2019



Singing with Santa Event Dec 2019

## ARTS IN HEALTH PROJECT ACTIVITY

Project: Write Around The Royal  
 Participants: Staff and Patients at Royal Victoria Hospital site  
 Writer: Jan Carson  
 Dates: 7-11 October 2019

## Aim

- To highlight the wellbeing benefits of reading and creative writing for staff and patients
- To give an insight into the hospital community at the Royal through the creative lens of a writer

In October 2019 I spent an amazing week as Writer in Residence at the Royal Victoria Hospital, Belfast. I spent time reading and writing short stories with both patients and staff members, I was granted access to explore some of the behind the scenes parts of the Royal most people never get to see and I got to find out a little more about all the various teams and people who keep the hospital running from day to day. Each day I wrote short pieces of micro-fiction inspired by my conversations and observations and posted them on the notice board in the Royal's main foyer for staff and visitors to read. It was an incredibly inspiring week.

I was inspired by the tenacity and determination of the patients I met, the incredible kindness, generosity and what I'd like to call 'above-and-beyondness' of the staff and the sheer amount of incredibly complex and important work which takes place every day in a building most of us simply pass by. I hope the stories convey a little of the special people who make the Royal such a huge part of this country's past, present and future.

Workshops for patients took place in Antenatal Ward, RJMS, the Acute Stroke Unit and with older patients from Ward 7b Medical Ward.

The Imaging Centre, Organ Donation, Health Records, Medical Legal, ICU, Respiratory, Play Therapy RBHSC, Acute Stroke Unit, Pharmacy and Laboratories, hosted Jan for visits or activities.

A wonderful session, we think the world of the staff who look after us here and it helped me find the words to be able to say that!  
*Patient*

I love them – especially The Letter! What a beautiful piece for the Organ Donation Team to have!  
*Staff Member*

The stories are wonderful...the patients and staff thoroughly enjoyed participating in the session. Some of the stories really moved the staff and there were a few tears! I am hoping to get the stories framed and put up somewhere on the ward.  
*Occupational Therapist, Acute Stroke Unit*

60

Workshop  
Participants

750

Books  
Printed

27

Stories Written

12

Services  
Hosted Jan



# 02

## ARTS IN HEALTH PROJECT ACTIVITY

**Project:** Write Around The Royal  
**Participants:** Staff and Patients at Royal Victoria Hospital site  
**Writer:** Jan Carson  
**Dates:** 7-11 October 2019

(Continued from previous page)

[Click here to read: 'The Letter'](#)

[Click here to watch a video of Jan reading Cappuccino](#)



A screenshot of a tweet from Jan Carson (@JanCarson) dated 11/10/2019. The tweet text reads: "my last duty as Writer in Residence at the Royal was a wonderful storytelling session with patients living with Dementia. The staff were amazing. We laughed a lot and talked but the Brontes, Rabbe Burns and why breakfast should include pudding. #WriteAroundTheRoyal". Below the text is a small photo of three women smiling. The tweet is partially cut off at the bottom with the word "You" visible.



Books arrive at Ward 6D



Staff Workshop at RBHSC

Project: Write Around The Royal  
Participants: Staff and Patients at Royal Victoria Hospital site  
Writer: Jan Carson  
Dates: 7-11 October 2019

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### THE LETTER

They told me I should write to you. Now, the transplant's over and she's getting better. They said it might help to write things down. I'm not sure whether it's me or you they meant. Maybe this letter will help us both. I've begun to write it a dozen times, but I've not yet made it past the first line. You see, I don't know what to call you and how can I begin such an important letter if I don't know who I'm addressing it to?

The transplant team won't tell me your name or anything about your loved one. I say loved one, because I don't know if it's a child you've lost, a partner or sibling; whether they were a boy or a girl, a man or woman. I have my suspicions -a mother knows- but I can't say for sure. It's not my place to speculate. I don't know the shape of your loss; whether it was sudden, or slow and blunt like a pressing bruise. I can't speak into your sadness either. Every loss has its own sore song. Everyone copes in a different way. I choose to write this letter. You can choose to read it or not read it; to respond, or leave things be. Either way, I understand.

If I could get past the first line, I'd write, "I also know what it's like to watch someone you love disappear. How you'd do anything to hold them together but your arms aren't strong enough." And I'd try to say something like thank you, though thank you's far too small a word for what you've given us. I'd say, thank you, with a photograph if I could: my baby girl, eight years old now, riding a bike for the very first time. I'd say thank you with a list of all the things we thought she'd never do. Thank you, I'd say, and also sorry. But I don't know who I'm writing to.

Dear Stranger then. Dear Friend. Dear Saint/Angel/Superhero. Dear Brave Soul who gave my child a heart which did not belong to her. Dear Heart, which is what Aslan whispers to Lucy in the Voyage of the Dawn Treader when she's much afraid and failing. "Courage Dear Heart," Aslan says, and I'd also whisper this to you, hoping my dark days might speak to yours. If no one else has said this yet, let me be the one to remind you Friend, you are stronger than you think you are.

Jan Carson, Write Around the Royal, October 2019

# 02

## ARTS IN HEALTH PROJECT ACTIVITY

Project: Sculpture UK Project  
Setting: Royal & Belfast City Hospitals

You can now view many of the Trusts sculpture collection at the Royal Hospitals and Belfast City Hospital online following our involvement in Art UK's Sculpture UK project, which documents public art collections. This adds to the collection of Belfast Trust paintings already available on the Art UK site.

[Click here to explore artwork at the Royal Hospitals on the Art UK website](#)

[Click here to explore artwork at the City Hospital on the Art UK website](#)



**Art UK Staff photographing  
Janet Mullarney Sculpture in RVH**

Click on the artworks below for additional information and images on the Art UK website

**There Was an Old Lady who Swallowed a Fly  
at the Children's Hospital - John Kindness**

**Rosamunde Praeger's Mother and Child  
at Royal Jubilee Maternity**

**Ellis O'Connell's Under the Mountain,  
Postgrad Centre, City Hospital**

## 02

## ARTS IN HEALTH PROJECT ACTIVITY

**Project:** Music for the Soul Choir  
**Artists:** Hannah Murray and Will Brown, Live Music Now NI  
**Participants:** Older People Living with Dementia  
**Setting:** Knockbracken Hall  
**Dates:** Weekly From Feb 20

Following a number of pilot sessions with Arts Care Musician in Residence Brendan Poplestone, the Music for the Soul Choir was created. Involving 18 participants from Edgumbe, Knockbracken and Carlisle Day Centres, Live Music Now facilitated singing sessions tailored for those living with dementia. The sessions were funded jointly by the Arts Council of Northern Ireland and Belfast Trust.

The group had made a brilliant start in 2020 and members were enjoying meeting and singing together. The abrupt end to the sessions was alleviated somewhat by a beautiful card sent to all members from LMN facilitators Hannah and Will – encouraging participants to continue singing and providing information to family/carers as to the songs the group had requested and enjoyed.

'We'll meet again, don't know where,  
don't know when... But I know we'll  
meet again some sunny day. Keep  
smiling through, just like you always  
do... 'Till the blue skies drive the  
dark clouds far away!'  
*William Brown and Hannah Murray  
Live Music Now*



## ARTS IN HEALTH PROJECT ACTIVITY

**Project:** IMPACT CAMHS Songwriting  
**Artist:** Cormac Neeson singer/songwriter  
**Participants:** Ten Young People  
**Setting:** Young People's Centre/online  
**Date:** Fortnightly sessions from March 20

CAMHS Impact Group are a group of young people who are keen to promote the voice of young people within Child and Adolescent Mental Health Services (CAMHS) and improve mental health services for other young people. Supported by Senior social worker Shauneen O'Connor, the group have been working with local musician Cormac Neeson to write their own songs, initially for a couple of face to face sessions in March and then via digital platforms. Watch out for EP release in Autumn 20.



Hey! I'm Oli, and I'm an artist, musician and youth advisor in CAMHS. I attended CAMHS for 4 years, and for the past year or so I've been doing work with the IMPACT CAMHS group, creating art and music to spread a message of hope and recovery, and raise awareness for mental health in young people. Right now we're working on making music for a CD to promote an understanding of mental health, so a lot of my time in lockdown has been spent writing and recording guitar parts, which has definitely been keeping me occupied.



Impact CAMHS

## 02

## ARTS IN HEALTH PROJECT ACTIVITY

Project:	MIND BODY MUSIC - Music Therapist Led Music Activity
Artist:	Emma Hamer, Everyday Harmony
Participants	Inpatients
Setting:	Ward 7b Medical Ward & Acute Stroke Unit, Royal Victoria Hospital
Dates:	Weekly from Feb 20

A series of music therapist led sessions in the Royal engaged patients in music activity aimed at improving their wellbeing during their hospital stay. The sessions proved popular with patients and family members often joined in.

#### Benefits reported by patients

- Sense of wellbeing and enjoyment
- Enjoying meeting other patients
- Taking part in an activity with a family member
- Improved confidence and sense of achievement.

#### Benefits reported by staff

- Improved posture and breathing
- Opportunities to use affected limbs with support
- Wellbeing benefits of social interaction in group work structured activity setting.

I enjoyed the session. Felt more confident with speech and enjoyed seeing new people.

*Patient, Acute Stroke Unit*

As the session encouraged individual participation in parts, the patients felt valued and demonstrated a sense of achievement as they praised themselves and one another.

Patient sat upright, used deep breathing and abdominal muscles to project voice. They moved upper limb and trunk to engage.

*Staff, Acute Stroke Unit*



Mind Body Music at RVH

#### Case Study

A lady in her nineties attended the group 3 times with her son. The mother was normally quite confused but staff were amazed at how the lady sang, and how different her presentation was in the group compared with on the ward. These sessions seemed to be a special way for mother and son to connect. The son was very musical and he brought along his tin whistle and fiddle on different weeks, and together they shared in some very meaningful interactions together. This seemed to be something the son, in particular, looked forward to on a weekly basis.

## ENHANCING THE HEALTHCARE ENVIRONMENT

### New Artwork Around the Trust

#### TREE (2019)

Artists: Patients and staff, from Knockbracken and the Mater, facilitated by Arts Care Artists Helen Shields and Beth McComish

Setting: Acute Mental Health Unit, City Hospital



## ENHANCING THE HEALTHCARE ENVIRONMENT

### New Artwork Around the Trust

#### NATURE'S BOUNTY

The detail of the work is engraved into the perspex covering making it tactile for the visually impaired

Artists: Arts Care Artist in Residence Beth McComish & Staff Members

Setting: Artificial Eye Clinic, Shankill Wellbeing and Treatment Centre – Waiting Area (bright colours) Examination Room (muted colours)





## ENHANCING THE HEALTHCARE ENVIRONMENT

### New Artwork Around the Trust

#### FOREST LODGE EXTERNAL MURAL (Details of Mock up of Design)

Artists: Staff & patients facilitated by Arts Care Artist Grainne Kiely



## ENHANCING THE HEALTHCARE ENVIRONMENT

### New Artwork Around the Trust

#### EXTERNAL MURAL

Artists: Arts Care Artists in Residence Grainne Kielty and Anne Quail with staff members and patients  
Setting: Renal Unit, Belfast City Hospital

