



# Arts Care

## Unfolding the Arts in Health

**Contributing to Transforming Care through the Arts:  
How culture and the arts support health and wellbeing for everyone**

A photograph showing two people in a room with a large window. One person is seated in a wheelchair, and another person is standing on their lap. They are both silhouetted against the bright light coming from the window. The scene suggests a moment of connection or support.

**Arts Care supports the Development and Sustaining of a Culture of Arts in Health at the Heart of Health & Social Care Trusts**

# What Does Arts Care do?

## How does it support the Belfast Trust Arts Strategy?

- Since 1991 it Arts Care has delivered multiple weekly Arts Workshops into all frontline services throughout the Health and Social Care Trusts engaging creatively with service users, staff and visitors through a team of Artists-in-residence, numerous project artists and NIClownDoctors.



# The expert Arts Care Team delivers Visual Art, Painting, Dance, Music, Creative Writing, Film-making, Poetry, Photography, Clowndoctoring

- Cancer Care Services
- Children & Young People's Services
- Mental Health Services
- Neuro-rehabilitation Services
- Acute Healthcare Services
- Older People's Services
- Staff Training and Professional Development Services
- Student Education and Training Services (medical/arts/nurse students etc.)

- **Vibrant Programmes of Arts Activities: e.g. Arts Care/Belfast Trust 3 Dance Companies**
- Kompany Maine
- Orbit Dance Company
- Black Widows Dance Company
- Staff Choir
- Here & Now Older People's Arts Festival
- Twilight Zone Looked After Young People's Arts Project
- Regular Exhibitions
- Arts Care Galleries



# Arts Care NI ClownDoctors



# Why the Arts are Critical to Healthcare: The role of the Creative Voice -3 key Rights

- The right of the citizen to create meaningful art of a high standard that locates within a healthcare context drawing on personal creative expression to support healing and quality of care. The critical creative voice-subversive, political of staff, students, service users and artists and visitors
- The right to a “cared for” healthcare space
- The right of the artist to locate their practice within healthcare

# Benefits

- Enhances Clinical Environment
- Reduces stress/anxiety
- Contributes to enhancing care and the care relationship
- Enhances quality of healthcare experience
- Supports creative professional development
- Engages imagination and creative expression as part of the healing process and personal development
- Improves levels of motivation
- Enhances overall mental, spiritual, emotional well-being



# The Future: A Dedicated and Partnership Approach to further development of arts programmes/activities throughout the Trusts

- Sourcing and securing funding to support the development of high quality arts engagement
- Provision of partnership research projects securing a growing evidence base to support the arts in health
- Engaging politicians to support the role that the arts can make strategically to transforming care especially in the most vulnerable areas such as Children Services and Older People's Services
- Support creative training for staff and students developing a "creative care" workforce.

