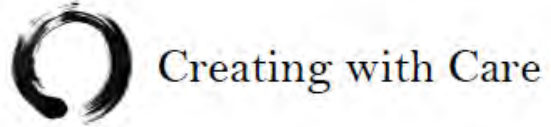




Creating with Care



## Life in the hospital before Creating with Care

- Stroke OT and Physiotherapy team
- Generic OT and Physiotherapy team
- Goal and discharge focused, time limited
- Limited activities



WEST OXFORDSHIRE  
DISTRICT COUNCIL



**Oxford Health**  
NHS Foundation Trust

# Why use arts in health care?

"It's scientifically proven. Access to the arts improves people's mental and physical health. It makes us happier and healthier. So that's what I want to talk about today: how we can harness the incredible power of the arts to improve the nation's health and wellbeing."

"How the arts can help us move to more person-centred care and a focus on prevention as much as cure. And how social prescribing can shape our health and social care system in the future."

The Rt Hon Matt Hancock MP Secretary of State for Health and Social Care

Speaking at the second national annual conference on social prescription – 'Social prescribing: coming of age' – at the King's Fund, Tuesday 6 November 2018

# Creative Health

Creative Health, which was published in July 2017, presents the findings of two years of evidence gathering, roundtables and discussions with service users, expert patients, health and social care professionals, artists and arts organisations, academics, policy makers and parliamentarians from all parties and both houses.

It shows that GPs and other health professionals are referring people to programmes including painting, pottery, music, drama and museum activities.

Arts and culture have helped to alleviate the symptoms of Parkinson's using dance, improve lung function for COPD patients taking part in group singing and decrease depression for participants in arts workshops.



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Creating with Care





## Creating with Care

Over the first two years Creating with Care has had

- 1800 patient attendances
- 564 staff attendances
- 9 outreach workshops in the community
- 3 fundraising events





Creating with Care

## Year 1 Evaluation Report

Scores for happiness were high for all the guest artist sessions, as they were for engagement, participants felt safe and secure during the sessions generally 'very often' or 'all of the time'.

The scores related to the social interaction during the session were also very positively rated

Scores for the impact of the sessions on the patients' relaxation and their ability to distract them from the hospital environment were all very positive and participants often reflected that the opportunity to leave their beds and 'do something different' was well received.



Creating with Care

## Case Study 1 - Norman



*People can become so isolated in hospital, especially if the focus is constantly on ill-health. Talking about things that matter, things that make us who we are, our histories, our loves, our losses, even if we cry sometimes, is life-affirming.*

*Pat Winslow - Poet*







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## Case Study 2 - Sally

*I really see the benefits for people recovering from their illness, it's a gentle activity and something that's easy to pick up.*  
*Claire Goodall – Visual Artist*

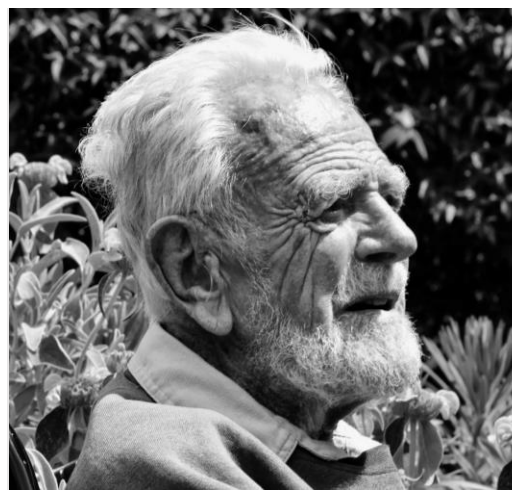




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Art can have a powerful effect in easing grief, helping those who have lost their loved ones to find solace in their bereavement.

*Creative Health Report 2017*





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*Music Therapy reduces agitation and the need for medication in 67% of people with dementia.*

*Creative Health Report 2017*



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*Visual and performing arts in healthcare environments help to reduce sickness, anxiety and stress*

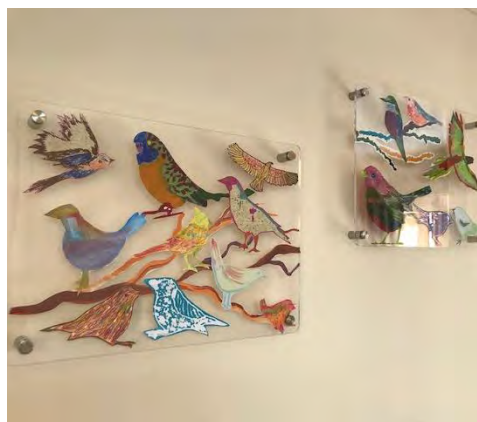
Creative Health Report 2017



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*85% of people in England agree that the quality of the built environment influences the way they feel.*

Creative Health Report 2017





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Thanks to funding from Oxford Health Charity Creating with Care has been able to roll out its programme of participatory arts to 5 other community hospitals in Oxfordshire.

- Intergenerational projects
- Museum Visits
- Knit-A-Thon
- Art classes at Witney
- Drama at City
- Mosaics at Abingdon and Wallingford
- Dance at Didcot and Bicester



## Groundbreaking new research has shown that taking part in even a small amount of creative activity can improve your wellbeing

- A distraction tool - using creativity to avoid stress.
- A contemplation tool – using creativity to give us the mind space to reassess problems in our lives and make plans.
- A means of self-development to face challenges by building up self-esteem and confidence.

The findings also revealed that we get emotional benefits from even a single session of creativity and there are cumulative benefits from regular engagement. And when we're facing hardships in our lives, creative activities are particularly beneficial for our emotions.

<https://www.bbc.co.uk/programmes/articles/h0Wf2JL3GnG52jLp7j1ydk/take-the-feel-good-test-to-improve-your-wellbeing>



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<https://www.youtube.com/watch?v=B3kbbLFASb0&feature=youtu.be>



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*“I like that dance always makes you feel better. It frees up all your muscles, it brings some lightness to your existence. Both the physical movement and the music”*





Now its over to you.... To experience what our patients do...