

**Arts and Health Cross Party Group Meeting 21 June 2022  
12.15 via Zoom Connection.**



**Present**

Jayne Bryant, Member of Senedd, Chair  
Sally Lewis, Arts Council of Wales  
Kate Newman, Social Care Wales  
Angela Rogers, WAHWN  
Nesta Lloyd-Jones, Welsh NHS Confed  
Sarah Goodey, Aneurin Bevan UHB  
Andrea Davies, Betsi Cadwaladr UHB  
Esyllt George, Cwm Taf Morgannwg UHB  
Lucy Bevan, Powys Teaching HB  
Katherine Lambert, Hywel Dda UHB  
Melanie Wotton, Cardiff & Vale UHB  
Timothy Jenkins, Welsh Government  
Charlene Stagon, PPR Team, Nesta  
Catherine Russell, PPR Team, Nesta  
Sofia Vougioulalou, Y Lab, Cardiff University  
Karin Diamond, Re-Live

Joe Moore  
Helen Williams, Arts Council of Wales (minuting)

**Apologies**

Phil George, Arts Council of Wales  
Diane Hebb, Arts Council of Wales  
Prue Thimbleby (ACW Council member)  
Johan Skre, Swansea Bay UHB  
Prof G Windle, Bangor University  
Simone Joslyn, Cardiff & Vale UHB  
Iori Haughan, Swansea Bay UHB  
El Davis, Aneurin Bevan UHB  
Rebecca Cicero, Social Care Wales

**Welcome and introductions from Jayne Bryant (JB) MS**

Jane Bryant MS welcomed all to the meeting and thanked everyone for attending.

**Minutes of the last meeting 7 December 2021**

The Group agreed that the minutes of the last meeting were an accurate record.

**What we're learning about Social Prescribing – HARP Programme**

Charlene Stagon and Catherine Russell from Nesta and Sofia Vougioulalou, Researcher on the HARP programme, talked us through the HARP projects, approach, recommendations and emerging research. HARP explored how arts innovations could support health and wellbeing and play a meaningful, sustainable role in the lives of the people of Wales, by addressing inequalities and supporting the health system with its biggest challenges. Strong partnerships between diverse health and arts teams were established to ensure the best ideas could survive and thrive. Learning, coaching, mentoring and research were key elements of HARP and a unique HARP approach has evolved covering four stages of an arts and health innovation process :- Groundwork, Test, Invest and Scale. Further information as well as the full bank of resources can be found [here](#)

Sofia Vougioulalou talked about the research aspect of the programme in particular within the context of social prescribing. All the findings, further information and recommendations, can be found [here](#) The Chair thanked the HARP team for their presentation, noting that the programme had clearly made a significant impact on participants as well as the wider Arts & Health sectors in Wales. It was suggested that the Senedd's policy makers be made aware of the programme with a view to help further and noted that she would share the findings and recommendations with the Minister, Dawn Bowden.

**Action Point: Jayne Bryant to share HARP programme findings and recommendations with Dawn Bowden.**

SL expressed congratulations and gratitude to Catherine, Charlene and Sofia (as well as Programme Lead, Rosie Dow, and Jessica Clark) for all their extraordinary work on HARP, adding that it had been a game-changing venture and that the sector looked forward to building on its legacy.

**Re-Live's Constellations Project**

Karin Diamond, Artistic Director, talked about Re-Live's Constellations project, a creative ageing, online theatre show - devised and performed by a diverse cast of older people living across Wales, aged between 72 and 95. The work is focussed on the exploration of the impact of loneliness and isolation on our elderly community and looks at the stigma of loneliness and how the arts can build resilience to cope and respond to this issue. Much of the elderly population live in hard to reach communities which can be incredibly isolating for them and the project has

proved to be a life-enhancing support to this group in an inspiring and inclusive way, and has helped a range of older adults feel involved and less lonely. Excerpts from Constellations (performances of which had recently attracted an international audience) were shown.

Karin Diamond noted that the work of arts and health in Wales is being recognised worldwide and thanked the Welsh Government and The Arts Council of Wales for their support.

The Chair noted how powerful and important the work of Constellations has proven to be and how encouraging it was to see the difference this is making to the ageing population of Wales.

**Action Point: The Constellations clip will be shared with the Group - HW**

### **Cultural Cwtch Creadigol**

Sally Lewis, Arts Council of Wales, updated the group on latest developments with the [Cultural Cwtsh](#) (the creative wellbeing resource for NHS and social care staff in Wales). Having recently been approved as a wellbeing resource by HEIW, the Cwtsh is now being signposted and cascaded via the NHS wellbeing / occupational health leads and is gradually making its way onto NHS and Social Care Intranet sites for staff to access and use. The Cwtsh includes content from 34 professional artists with a further 15 artists about to be commissioned. The emphasis over the coming months will be on publicising the Cwtsh to the Health and Social Care workforce and evaluating what content is proving to be most effective in supporting staff wellbeing. A short clip of indicative Cwtsh content was shared.

The Chair thanked Sally for the update on this very significant and successful programme.

### **Prioritising our Aims and Goals**

Nesta Lloyd Jones discussed how the group can further expand its engagement with members of the Senedd and Senedd Committees going forward. Nesta stated that it would be useful if arts and health was more widely recognised in the Senedd's Committee work and suggested that this group take steps to engage more with the Culture, Communications, Welsh Language, Sport, and International Relations Committee and the Health and Social Committees. The Chair was also keen for CPG meetings to result in actions being taken forward by the group. The wealth and strength of work deserved a wider profile and awareness. It was agreed that Jayne Bryant would prepare a letter to the Culture and Health Committees, outlining the potential for more engagement across arts and health before the next meeting. Jayne was also keen that a further discussion on the subject is on the agenda at the next CPG meeting.

**Action Point: Jayne Bryant to prepare a letter to send to both the Senedd's Culture and Health Committees.**

### **Partners Update**

Members noted the previously circulated updates.

### **AOB**

There was no further business to report. The Chair thanked everyone for attending the meeting and all the excellent work that is being done in terms of Arts and Health in Wales.