

**Arts and Health Cross Party Group Meeting 23 October 2023
11:00**



Present

Jayne Bryant (Chair), Member of Senedd
Sally Lewis, Arts Council of Wales
Angela Rogers, WAHWN
Johan Skre, Swansea Bay UHB
Lucy Bevan, Powys Teaching HB
Lucy Coles, Powys Teaching HB
Kathryn Lambert, Hywel Dda UHB
Sofia Vougioukalou, Cardiff University
Simone Joslyn, Cardiff & Vale UHB
Elinor Lloyd, Arts Council of Wales (minuting)
Charlotte Knight, Jayne Bryant's Office
Heather Ferguson, Age Cymru
Sharon Davies, Welsh Government
Sally Thelwell, Velindre NHS Trust
Andrea Davies, Betsi Cadwaladr UHB
Maggie Russell, Chair, Arts Council Wales
Kate Newman, Social Care Wales
Nesta Lloyd-Jones, Welsh NHS Confederation
Prue Thimbleby ACW Council member
Mario Krefft, Director of Pendine Park Care Homes
Sarah Edwards, Pendine Artist in Residence
Hannah Moscrop, RD&I Project Manager, Velindre Cancer Centre
Owen Thomas from John Griffiths MS office
Ryland Doyle from Mike Hedges MS office
Timothy Jenkins, Welsh Government

Apologies

Diane Hebb, Arts Council of Wales Eryllt
George, Cwm Taf Morgannwg UHB
John Day, Social Care Wales
Heledd Fychan, Member of Senedd
Teri Howson-Griffiths, Betsi Cadwaladr UHB
Peredur Owen Griffiths MS
Emily Van de Venter, Public Health Wales
Claire Turner, Aneurin Bevan UHB

Welcome and Introductions

Jayne Bryant, Chair, welcomed all to the meeting. The apologies were noted as above.

Minutes of the last meeting 11 July 2023

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

Annual General Meeting

Sally Lewis thanked Jayne for her steadfast commitment to Arts & Health and for her leadership as Chair over the past year. Sally proposed that Jayne Bryant be re-elected as Chair of the CPG on Arts and Health. This was seconded by Prue Thimbleby and unanimously agreed by those present. The Chair then asked the group if they agreed to re-elect Elinor Lloyd-Davies from the Arts Council of Wales as Secretary to the group. Prue Thimbleby and Angela Rogers seconded this proposal which was agreed by all present.

AGM formalities concluded, Jayne welcomed the guest speakers and introduced the theme for the meeting, '**Arts & Health in Care Home Settings.**'

Heather Ferguson, Head of Policy and Projects at **Age Cymru** outlined Age Cymru's proud history of creative work in care homes highlighting the [cARTrefu](#) programme (supported by The Baring Foundation and ACW over 6 years) which involved more than a third of all care homes in Wales. Bangor Uni's evaluation showed a Social return on Investment of £6.48 for every £1 invested. In February 2022, Age Cymru celebrated 6 years of cARTrefu with a [Virtual Exhibition](#). More recently, Age Cymru hosted a roundtable discussion and exchange of practice on creative ageing with colleagues from Finland and Wales.

Age Cymru launched [The Arts in Care Homes Policy Paper](#) in Sept 23 calling for arts and cultural activities to be made available in every care home. Key findings and recommendations include the need to recognise Activity coordinators as valued members of the care sector; to fund creative activities, professional artists and support networks; the central importance of meaningful conversations with residents (especially at the point when people transition into care homes) that include a focus on creative and cultural interests and needs; raising the visibility of care home residents so that they are not forgotten by providers of cultural activities and building better connections between care homes and their communities.

In 2023, Age Cymru published their research [Wellbeing and mental health in Care Homes](#) which detailed the experience of care home residents during the pandemic. The [Tell Me More](#) project provided a voice and insight into the impact on residents' mental health during Covid and the difficulties sometimes encountered in accessing mental health support for older adults in care homes.

The Chair thanked Heather for her richly informative presentation, commended Age Cymru for their work and the ongoing partnership with Finland. The Chair then opened the floor for questions.

Nesta Lloyd-Jones asked about staff training and the importance of being aware of what's out there and to innovate? HF agreed this was vital and highlighted the importance of supporting volunteers too and using networks to share good practice.

SL noted that the Finland model was inspiring as there is a shared budget between culture and social care that requires care homes to consider the cultural needs of residents alongside their medical needs.

HF underlined the importance of arts organisations not overlooking care homes (thinking their needs have been catered for). Local faith groups are an important aspect of many older people's lives but that connection is often lost when someone moves into a care home. Further training for arts organisations was needed to encourage them to engage with care homes.

Kate Newman from Social Care Wales pointed out that staff benefitted from creative activities too and would be interested to hear from people who are involving staff within cultural activities facilitated by Activity Coordinators and others.

Maggie Russell, Chair of the Arts Council thanked everyone for such a relevant and stimulating discussion. MR noted that she was due to meet with Sue Evans, CEO of Social Care Wales soon and would take the opportunity to explore a number of the points discussed in that meeting.

Angela Rogers reported that WAHWN is developing a 'Creative Ageing: Seeds of Change' programme to build strategic links between Ireland, Finland and Wales around creative ageing.

Mario Krefft, Director of Pendine Park Care homes and Chair of Care Forum Wales

Mario gave an overview of his pioneering work within the care home sector for over 38 years. Mario has built up a large care group across North Wales - Pendine Park Care Organisation - that now comprises six specialist care homes including homes dedicated to dementia care, nursing care and mental health. Pendine Park applies the principals of Mike Nolan's (1997) findings (The Senses Framework: improving care for older people through a relationship-centred approach) across the whole organisation. The 6 senses of care are: security, continuity, belonging, purpose, fulfilment and significance which apply equally to residents and staff. The approach invests in and values the training and development of staff as well as the relationships forged between staff and residents.

Pendine Arts and Community Trust has worked with Llangollen Eisteddfod and its work in championing and promoting the arts within Social Care has been recognised through various awards. Instead of activity coordinators, Pendine Park employs creative practitioners / musicians in residence. Mario stressed the need for 'buy-in from the top' in order to achieve a step-change and properly embed the arts in care homes. The drive for arts provision in care homes has to come from leadership. The funding model for care homes is challenging and varies across a sector that includes a mix of LA-funded and privately owned homes. Care Homes are still struggling since Covid. The provision of creativity in residents' daily lives is not necessarily factored into the cost of residents' fees which are individually costed by each local authority with a very small top up fee. In Wrexham, Pendine funds the artistic activities because they know it works and is 'the right thing to do' but not all care homes prioritise creativity and the arts because of competing funding pressures. At Pendine Park, the arts are at the heart of what they do, 'the golden thread that runs through the care'. Building the arts into the care offer also makes good business sense and Pendine has developed simple toolkits to demonstrate the difference that the arts can make.

Sarah Edwards, Pendine Artist in Residence

Reflecting on her experience as an artist in residence at Pendine Park since 1995, Sarah had witnessed considerable positive change in relation to the arts and creativity. Over time, the initial scepticism displayed has been overcome because of the positive impact the arts has had on residents' engagement and happiness. Pendine's approach centres on person-centred care, tailored to each person's needs. They involve and empower staff to share skills in their daily work, making their roles more interesting and less task-focused. Something as simple as putting on the right radio station can make all the difference to a resident. Pendine prioritises wellbeing and strives to create a better environment to work in. Links with cultural organisations are important - Pendine has a strong relationship with the Halle Orchestra who have visited the care home to create 'sound pictures'. The residents had a chance to conduct the musicians which was fun, empowering and purposeful. Multi-generational projects (eg with schools, colleges and the local community) have also been key. Pendine residents have taken part in the North Wales International music festival (where they created a canvas for display in the cathedral). In short, Sarah sees arts sessions within care homes as a vital component of social care.

Discussion, questions and actions arising

Prue Thimbleby thanked the speakers and applauded their work, acknowledging, from her own experience, the challenges of working in the sector.

Sally Lewis concurred, saying how inspiring the presentations had been and how this excellent practice needed to be shared more widely. She also asked Sarah to provide a sense of what an artist in residence role in a care home setting looked like.

Sarah explained that hers was a full-time role that allows her to engage with the residents for about half of the week. She has built up a range of community relationships with musicians and commissions art to enhance the interior design of the buildings. She coordinates activity with staff linking into relevant themes / events in the calendar. Sarah was involved with Pendine's specialist dementia facility. Pendine promotes the 'six senses of care' and places great importance on the quality of life residents experience as well as enriching staff's lives.

Sofia Vougioukalou notified the group that Cardiff University has a new research centre in adult social care and that they'd love to hear research suggestions <https://cascadewales.org/care/>

Kate Newman asked that the group spread the word about [Social Care accolades 2024](#) and encouraged nominations for any arts /creative work that could be put forward.

Sally Lewis also reminded the group that ACW's [Arts, Health and Wellbeing Lottery Fund](#) can support partnerships between arts organisations and care homes to deliver creative activity. The next deadline will be January 17th 2024.

It was suggested that the group write to the Deputy Minister to highlight the issues raised and invite her to a future meeting and for the good practice to be shared with her in advance.

Action point: Invite Deputy Minister to future CPG meeting.

Partner Updates

The Chair thanked everyone who had tabled partner update reports. Sally Lewis agreed, noting that the reports highlighted the amazing work underway across Wales (including award-winning programmes) and encouraged the group to take time to read them.

AOB

The Chair thanked everyone for attending the meeting. The next meeting will take place on Zoom on **24 April 2024**.