

WAHWN CAPTURING THE LEARNING MEETING 11AM TUESDAY 21ST JULY

100 delegates signed up. 68 participated.

Hosted and facilitated by Rhian Hutchings, Artworks Cymru in collaboration with WAHWN. 3 x presentations:-

Rosie Dow, Programme Manager, Y Lab, Nesta

Andrea Davies, Arts Coordinator, Betsi Cadwaladr UHB

Dr Tracy Breathnach Evans, Researcher Trauma and Arts

Links and resources

WAHWN film - How the arts in Wales are supporting mental health and wellbeing (launched at Cross Party Group on Arts and Health July 2020) <https://vimeo.com/430381462/3479b074d6>

July Welsh NHS Confederation briefing paper

<https://www.nhsconfed.org/resources/2020/07/arts-and-health-welsh> (Welsh)

<https://www.nhsconfed.org/resources/2020/07/how-the-arts-are-continuing-to-support-the-welsh-health-and-social-care-response-to-covid-19> (English)

Dr Daisy Fancourt's covid mental health study :- study <https://www.covidsocialstudy.org/>

WAHWN Wai/ACW funded collaborative work - Made in Roath collaboration with Outlandish Theatre Platform link to 'Threads' - exchange between maternity wards Wales and Ireland <https://madeinroath.com/projects-pg-threads/>

Rosie Dow : <https://otter.ai/login> (transferring Zoom recordings into text)

Lloyds Bank Digital Index 2020 <https://www.lloydsbank.com/banking-with-us/whats-happening/consumer-digital-index.html>

Digital Communities Wales <https://www.digitalcommunities.gov.wales/>

WAHWN Update

WAHWN is strategically funded by ACW. Angela Rogers, WAHWN Coordinator, info@wahwn.cymru

Recent work:-

- WAI/ACW funding to build links between Wales & Ireland including supporting a collaborative residency between Made in Roath and Outlandish Theatre Platform, Dublin working with women in maternity units in Wales and Ireland.
- Collaboration with other UK arts and health networks on 'Shining a Light on Creative Practices' webinar showcasing 5 artists from Wales
- Developing the WAHWN film launched at Cross Party Group on Arts and Health
- Commissioning a scoping report to explore future development of WAHWN
- Supporting colleagues to write case study evaluation

Presentations

Dr Tracy Breathnach Evans.

Tracy Breathnach Evans is a performance artist, researcher, educator and arts manager who works with communities. Originally from Ireland, now based in Bridgend, she has worked in a variety of community, educational and arts settings for 20 years. Previous roles include drama teacher and lecturer, project/programming manager and arts consultant. She was Manager of Inside Out Cymru, an arts and mental health charity in Gwent for 3 years. Alongside her industry experience, Tracy holds a PhD from Aberystwyth University and her research explores identity, narrative and trauma. She has trained in Authentic Movement with Joan Davis who pioneered contemporary dance in Ireland in the 80s.

Tracy Breathnach Evans : A version of recent research on Wales Arts International website , but I hope to put the work around trauma in particular out in the coming weeks <https://wai.org.uk/news-jobs-opportunities/participatory-arts-and-mental-well-being-times-rapid-change>

Andrea Davies

Andrea gave an update on the work she has delivering at BCUHB.
Presentation attached.

Rosie Dow

Rosie is a trustee of the Culture, Health & Wellbeing Alliance, a published author, choir leader and musician. Having worked in arts, health and wellbeing for around 9 years, she also has an MA in anthropology and community arts. Rosie is currently managing a partnership programme in Wales with the Arts Council of Wales and the Welsh NHS Confederation to investigate how to scale and sustain arts and health programmes within the health systems here. Today she is going to tell us about a small innovation challenge she's been running through the Covid-19 pandemic, and the emerging learning coming from it.

Rosie gave a presentation about the context of Sprint and the range of interventions they have developed with a number of health boards and freelance practitioners responding to needs which had been identified by the Arts Coordinators.

Dr Maria Hayes Wellbeing measure.

Sian Fitzgerald offered to get the wellbeing measure translated.

Planning to have a sharing event on the HARP Sprint at some point and will invite some of the team / participants to share their stories at that when we have more learning outcomes.

Breakout Sessions - Working in small breakout groups exploring the questions:- *What do you need to be able to adapt and what can WAHWN do to support you?*

Angela Rogers

- main challenges are adapting work to put on line; taking into account aesthetic challenges. Ray Hobbs has been doing Zoom training with Re-Live (Karin Diamond) which he highly recommends.
- Other needs - how to work with the 'gatekeepers' during this challenging time .

Heidi Wilson :

- National Strategy to support people to get online (access is such an issue) which would benefit more than the arts sector.
- Resources around making online sessions more accessible for D/deaf, visually impaired and disabled participants.

- Ideas around engaging offline. Funding and collaboration opportunities. How are we capturing feedback from artists? How are we capturing feedback from participants? Any golden examples? How can we make people feel comfortable to meet face-to-face again, when we can?

Beverley Gil-Cervantes :

- I think it would be useful to have a zoom meeting once a month for people to drop in and share practise.

Heidi Wilson :

- Music which we are allowed to play - performance rights issues
- Sharing how online delivery impacts on the quality and the nature of the practice.

Kelly Barr -

- NDCWales did a blog post about rights and licensing, may be useful!

Maria Hayes : We were a group of freelancers and all agreed we need a once a month session with each other to share practice, support each other and support good practice. We also want to explore the Doorstep Arts, Local face to face delivery and we wondered if we could produce the Wellbeing Measure as a literal Umbrella for doorstep contact in the rain (or the sun). We need to know we are valued and supported and have work (regular income!).

Steph Roberts :

- (1) Support in adapting policies and procedures - need new structures in place for post-covid ways of working (2) support in adapting evaluation models to support ways of working and collecting information / data digitally (3) support in accessing funds which allow projects to be redirected within health boards

Prue Thimbleby :

- we need guidelines for using the technology, how to work with different art forms and different client groups, how to join real world elements with online elements. From WAHWN most people wanted more opportunities to gather and share.

Helen Woods :

- Good to have these kind of sharing - support on tech. Good to hear about other projects to think creative and not get bogged down in just the logistics

Heloise Godfrey : I'd be interested in joining a monthly freelancers group!

Rosie Dow : (Paul Whittaker, Angela Fessi). GREAT Conversation. We are navigating a new world, and all the small and big logistical and creative details for planning this work have changed. So artists need support navigating that - sharing best practice - how to make work offline and safe - 2 metres vs 3 metres, artform-specific support (Dance v music etc). Understanding different settings - safeguarding, governance, etc. Mental health support for artists

Sian Walters : - How to use tech effectively

- How to find and support people who don't have access
- Case Studies / best practice share what works so others can adapt to their area
- Making connections - between health / arts / practitioners
- Taking questions and sharing with network to get response / feedback from others
- Blended provision - what others doing - what networks / infrastructure already exists or would need

-Don't lose the engagement online for those for whom it has meant more engagement - continue for those shielding / isolating etc.

Heidi Wilson :

- Time is a huge factor in preparation and understanding what online provision can be. Monetising online work for freelancers.

Catherine Young :

- would be useful to get advice on supporting those who cannot cope with online work - not because its not accessible but they can't cope with the change of not being in their usual group with others. Having to adapt to starting to work safely face to face but also keep the online working. Want our health partners to realize we can still deliver effectively. Our adaptations have added to what we can offer and we should not lose this coming out of lockdown. A dual provision is the way forward for many now.

Prue Thimbleby :

- People shared what Re-live are doing offering training and Take Apart have lots of ideas for what can still be done physically

Lucy Bevan : Idea: - buddy scheme whereby those of us who work in some form of professional isolation can identify a 'go to' person within the network to discuss all things arts in health specific e.g. engagement methodologies. Thanks - Lucy (Powys CC)

Andrea Davies : training developed to support creative practitioners to deal with and confidently support participants who may be experiencing mental health conditions. knowing the boundaries, signposting to people equipped to deal with specific issues. support for facilitators who may be experiencing anxieties.

Bill Taylor-Beale group...

1. More meetings like this...WAHWN as agents to gather/focus and nurture themes and ideas – Regular – minutely check ins – for practitioners and facilitators
2. How is zoom being used from an ethical standpoint – sharing information setting evaluations – best practice-
3. Working with those in shielding – digital exclusion – especially in the switch on to switch off scenario.
4. Evidence of positive digital interaction and how this can be harnessed – wahwn again being the agent and facilitator joining the dots.
5. Basically a plan to avoid us reinventing the wheel and a sharing platform for best practice that does not hinder any confidentiality etc.

Gwyneth : I'm Gwyneth from the National Library of Wales. We have a wealth of national collections - text, paintings, photos, films - more and more are becoming available online. I ran a project last year using our photos & films to facilitate reminiscence,. Download the resources - <https://www.library.wales/about-nlw/work-with-us/volunteer/living-memory>.

Get in touch if you'd like to explore ways of working together - gwyneth.davies@llgc.org.uk

Sian Fitzgerald : Can we also remember that a lot of the new way of working did not involve on line activity - we worked around creating and delivering Art At Home Packs - and checked in on service users via land line and on door steps. Many do not use on line platforms, many others suffer Digital Poverty or live in areas with very poor WiFi connections.

Maria Hayes : The cash is vital for our sustainability! Especially freelancers who have fallen off the financial cliff.