

# Arts for Health

## SUMMER newsletter July 2022



### Colour & Crescendo

Our music and creative project that mostly took place last year has culminated in a short video illustrating the project and the outcomes. This can be seen here: <https://www.youtube.com/watch?v=HkhE9xAs-bo>



The video was created by Junction 15 studios in Stoke-on-Trent and we hope it will be a valuable insight into the work that took place.....there is definitely food for thought

here as regards a follow-up project maybe 2023/24. You can listen to the full recordings of the new compositions by visiting our website at: <https://artsforhealth.mpft.nhs.uk/our-work/events>



### A Choral Forest – Lichfield Cathedral, Saturday October 8<sup>th</sup> 2022

Colour & Crescendo is also being highlighted at an event at **Lichfield Cathedral on Saturday October 8<sup>th</sup> 2022....2pm-4pm.** Our musicians Richard Taylor and Sarah Whittingham will be playing our newly composed music from Colour & Crescendo project in front of a large audience of people being brought together by **Derby Air Arts.** They have staged this project entitled **Staff Voices - A Choral Forest**, a combination of powerful music and song from the UHDB's Wellbeing choir and the Cathedral choirs in a performance that celebrates the strength of the NHS. **There will be an exhibition of sculptural trees** made by artists E J Lance and Miles Halpin, inspired by the NHS.

**Anyone is invited to attend on the day to enjoy the music, singing and art in the wonderful setting of the Cathedral. Contact arts for health for more information at: [artsforhealth@mpft.nhs.uk](mailto:artsforhealth@mpft.nhs.uk)**

### Summer Celebration Redwoods!

We are holding a summer event at **Redwoods on Friday 19<sup>th</sup> August at 2pm-5pm....**there will be live music, refreshments, cake! arts activities, games and ice cream! It will be an opportunity for Arts for Health to showcase some of our wonderful musicians and artists who have helped us through the last few years and to have some fun and **to thank our incredible clinical and general staff across the Trust who have worked so valiantly.....**please come and enjoy the festival atmosphere!

Opening 2pm by Cathy Riley – Director of Mental Health – then 2.00 – Richard and Sarah, piano & violin, 2.30 – Steve Tams, piano, 3.00 – John Neilson (accordion) and Martin Hugill (mandolin), 3.30 – Colour & Crescendo new music (performed by Richard and Sarah), 4.00 – Daylevel (Sal Tonge and Brian Carrington, vocals and guitar), 4.30 – James Taylor – piano, 5.00 final collective sing-a-long.....close ☺



## Live music



We have our regular visits by local musicians taking place still on our acute wards at Redwoods and St George's and one to one sessions taking place on Ellesmere ward in St George's which are proving really positive and helpful to key inpatients.

We are going to be developing the live music gradually back to what it was pre-pandemic where at Redwoods we would have more social, public sessions in the bistro. As a way of moving towards this, our collaboration with Music in Hospitals started in April with musicians Dan Walsh and Bob Gessey.



Dan Walsh at Redwoods

They are playing at our two mental health facilities at St George's in Stafford and Redwoods in Shrewsbury on a monthly basis – bringing a huge range of styles, genre and well-known tunes to our people – some fabulous playing and singing...they are being received very well.

***"Wonderful range of thoughtful songs by Bob Gessey"***

***"Thank you so much for playing for us – truly amazing!"***

***"great guitar and voice, wonderful repertoire and great interaction with the audience. Happy chap!"***

***"It was very good to hear songs I haven't heard for a long time. Such a variety of songs too. I was singing along. You don't realise there is such talent around"***

## Kinver Ward



At St George's on our Kinver (Eating Disorder) ward, we have a very talented artist, **Maggie Hollinshead** delivering some creative mixed media sessions to people on the ward. Maggie has worked on this ward before and her style of approach and materials/techniques seem to work very well – a very gentle and considered approach.



## Redwoods Exhibition space

we have been showing artwork by inpatients and local artists. In May and June we highlighted work by **Arran McLachlan**...he was very keen to exhibit his work to inspire others and he talked at the private view of his own struggles with mental health and how the arts and making art continues to help him along. We had a great turnout for his exhibition and he is going on to show his work at a local gallery in Shrewsbury! Where he hopes to sell his work to raise funds for Arts for Health and Mens Sheds – a project that he is passionate about – helping other men with their mental health and recovery.





Currently showing at the Redwoods is an exhibition of photography by the guys from our **Clee Forensic ward**...they have been making some trips out, to walk the Shropshire hills and surrounding areas. On these walks they have taken the cameras from our Photobox kit in order to capture some of the beauty and interesting environment around them. Healthcare worker,

Chris Bennett, has helped the guys enlarge some of their photos and mounted them up for exhibition, including a large panorama of the Shropshire hills taken from Lyth Hill near Shrewsbury. It's definitely worth a visit to see this work!



***"I just wanted to say a big thank you for all your help and suggestions in getting the walking group exhibit up and running. It looks fantastic and I have received lots of positive feedback already"***

Coming up we have some colourful exhibitions planned by our **Wellbeing Art Group** plus a **local artist and also some poetry** from one of our inpatients....!

## Website improvement

Owen, our new digital comms worker and Diana our team administrator have both been working hard on the website over the last few months to try to improve this, keep it up to date and interesting! Good progress being made and we hope it will be simpler and more effective for people to journey through – check it out:

<https://artsforhealth.mpft.nhs.uk/>

## Norbury Ward, St George's



signage will be installed soon

Artist Mark Uttley has been working with patients on Norbury designing signage for the entrance to Norbury ward. Eight regular patients spent 15 sessions designing/ Mark then transposed their work onto wooden shapes, the 8ft length



Mark has also been working with patients on Baswich and Bromley to replace signage. The spirituality and Pastoral room and create new signage Spirituality Centre

## Holly ward at Redwoods

We are consulting on an enhancement project to bring some **colour and inspiration to the garden fence**. Artist/illustrator Charlotte Tisdale shared ideas with inpatients around themes of nature, botanicals and landscape. She will take their ideas and sketches to inform a concept and gather their responses before finalising the design. When complete, we can review this process and support improvements to the fences on the adult wards too.



**St Chad's exhibition space, St George's.** Thank you to Estates for refurbishing this waiting area where Arts for Health can have mini concerts and gatherings. We are preparing **an exhibition of the Colour & Crescendo postcards** to be displayed in this area within large frames. We hope to develop this space to be more of a changing exhibition space to show service user artwork along with the results of our project work.



The **creative activity packs** are still available providing resources and activities for those isolating. As Covid cases rise and wards are closing again, these might come in handy to support people on the wards. Contact us if you would like more packs for the wards: [diana.buckle@mpft.nhs.uk](mailto:diana.buckle@mpft.nhs.uk)

**Huge thanks to Smallwoods in Coalbrookdale Build a Bench project!** for their donation of a lovely rustic handmade bench to Redwoods this spring. Made by young local people in oak and cherry woods using traditional tools and methods – a great project and we are very grateful – our inpatients enjoy sitting on it to have some together time and soak up some fresh air!



## Artist Call Out

We are looking for freelance artists to work across a variety of our programmes, with the following skills:

- A proven track record of delivering workshops and producing participatory artwork
- Experience or an interest in delivering work on wards, or in healthcare settings
- Experience of delivering workshops online
- Experience of working with adults and young people with additional needs and/or adults with mental health difficulties or dementia
- A passion for creative wellbeing
- We would especially love to hear from people who are underrepresented in the arts sector.



Interested? Please visit our website for more information:

<https://artsforhealth.mpft.nhs.uk/latest-news/artist-call-out>

**Meanwhile if you want to access any of our information and activities, or contribute to our art gallery and word gallery, please see our webpages at: <https://artsforhealth.mpft.nhs.uk>**

*Thanks as usual to all our valuable artists, musicians and practitioners that work with us and who have been very flexible during this time – also thanks to all our AHP staff and ward staff who support the delivery of our work – we could not do all we do without them!!!*

If you want to get in touch with the team, **or if you have something you could offer as an online event/concert/short video**, please contact Jessica on **07814 752783 / [Jessica.kent@mpft.nhs.uk](mailto:Jessica.kent@mpft.nhs.uk)**, who can direct you as necessary.