
HE+ART

A Participatory Arts and Health Strategy for Sligo 2007–2012

Sligo Arts Service





Commissioned by Sligo Arts Service and developed in partnership with the Sligo Arts and Health Steering Group. This group included representatives from HSE West, (Mental Health Services, Health Promotion, Social Inclusion and Family Support Services), the arts sector (Blue Raincoat Theatre Company, Model Arts and Niland Gallery), and representatives from the Social Inclusion Measures Committee (Sligo County Development Board).

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Message from Dr Jimmy Devins, TD, Minister of State

I would like to congratulate Sligo County Council's Arts Service on their publication of the HE+ART Strategy, and I wish all involved well in its progression. This document and its formulation is the result of ongoing collaboration between organisations and individuals, primarily Sligo County Council, the HSE and the Sligo Arts and Health Steering Group. I would like to acknowledge and thank them for their contribution.

This plan aims to ensure experience derived from previous projects and developmental work is used to provide a more focussed and strategic approach to healthcare and promotion through the arts. Drawing from work that dates back to 1998 ensures a sound base of practical knowledge for future use.

The fact that the steering group brought together those with responsibility for many aspects of health care means a broad range of health needs are represented, and this is most welcome.

I am confident this plan will benefit the people of Sligo into the future, and I wish all involved every success.

Dr Jimmy Devins, TD
Minister of State with responsibility for Mental Health and Disabilities

Message from the Cathaoirleach of Sligo County Council

The background to the publication of the Sligo Art and Health Strategy is Sligo Arts Service's long term process to encourage a policy based strategic approach to arts and health in Sligo. The initial impetus for this initiative derived from the Maugherow Project, which was established in 1998 to examine the possibilities of developing a social model of health through the arts.

The Health Service Executive (HSE) have been committed and active partners in this process, and a key development was the formation of the Sligo Arts and Health Steering Group in 2003. This Group coalesced the efforts of the various health disciplines in the areas of health promotion, mental health services and social inclusion.

The strategy has two key aims: to increase levels of access and participation in high quality participative arts and health programmes, and to establish effective structures, supports and services that will promote the value of arts and health.

The delivery of the objectives identified in the plan will enhance best practice, inform planning and policy and meet existing and emerging needs in the arts and health sectors.

Councillor Seamus Kilgannon
Cathaoirleach, Sligo County Council

Message from HSE West

The HSE West welcomes the publication of the Sligo Art and Health Strategy. The strategy sets out to mainstream Art and Health in Sligo based on the established partnership of HSE, West with Sligo County Council and Sligo Borough Council.

The programme provides for cross sector co-operation and greatly enhanced access to Arts and Health projects for those in our Community who are older, unwell, vulnerable or marginalised.

Healing through Art is based on evidence that the creative process is healing and will improve life quality and enjoyment.

Many Health Services users discover they can create, and through this can express thoughts and cope better with illness, life's stresses and difficult experiences.

The HSE West is fully committed to the process now underway and will work to ensure the continued deployment of the necessary resources and supports to maintain and promote the value of Art and healing.

Ronan McNabb
Administrator, Mental Health (Sligo, Leitrim, and West Cavan)

Preface

“Children and older people sit together in a classroom watching scenes from a film they have written and directed, and in which they play all parts. Initially, they giggle to see themselves on screen but a focussed discussion soon develops as they exchange ideas for the final edit. They listen carefully to each suggestion and argue the pros and cons; friendship and respect is palpable between them despite an age gap of up to seventy years.”

“In an art room located in a mental health day centre, a group of men and women experiment with pencil and paint, conveying significant locations from their lives and sharing anecdotes as they work. One man stands back to contemplate his painting; a landscape from his childhood clearly emerges from the lines, shapes and colours in front of him. He is proud and astonished by his achievement.”

I observed these and other similar scenes while undertaking research into the practice of arts and health in Sligo¹. Each time I visited a selected project, I found participants engaging directly with skilled artists, creatively expressing diverse aspects of their lives in ways that validated their individuality and challenged stereotypes. The consistent focus on artistic quality and participative practice across the different projects revealed a strong degree of shared values among organisers and practitioners.

This commonality of vision, which I observed, was won from ten years of informal linkages and strategic networking. Before 1998, arts and health in Sligo tended to be ad hoc, short term and over-reliant on individual enthusiasm, as in the rest of the country. The appointment of the Arts Officer, the establishment of Sligo Arts Office in 1997 (now Sligo Arts Service) and the subsequent development of the Maugherow Intergenerational Project (1998) marked a significant shift; it provided a focal point for long-term, strategic approaches to arts and health, and facilitated an initial connection with HSE personnel from Services for Older People followed by Health Promotion, Mental Health and Social Inclusion. Connected by a commitment to person-centred approaches and inclusiveness, a loose network of like-minded professionals gradually evolved into the Sligo Arts and Health Steering Group. In 2006², following

1. The research was commissioned by the Sligo Arts Service and overseen by the Sligo Arts and Health Steering Group.

2. See [Towards an Arts and Health Partnership in Sligo](#).

a period of research, the Arts Officer proposed that the group consolidate their shared vision through the establishment of a more formal partnership and the development of a policy and strategy for Sligo town and county. HE+ART has been developed in response to this call.

Augmented by local, national and international research, HE+ART taps into ten years of participative arts and health experience and builds on the learning acquired by health-service users, older people, children, artists, arts administrators and health care staff. It presents a sustainable model for partnership and a flexible framework for action, balancing coherence with creativity. While it retains a focus on participative arts and health it emphasises the need to connect with other complementary forms of practice in the field. In this way it is hoped that HE+ART will consolidate local expertise, facilitate collaborative relationships, and provide a relevant vehicle for the further development of arts and health in Sligo over the next five years and beyond.

Introduction

“All artistic practice is empowering to the individual, returning to the maker the means of production of their life, its meanings, its importances and its innate value.” Sir Christopher Frayling



HE+ART provides a road map for the promotion, planning and practice of participative arts and health in Sligo over the next five years; it describes the terrain, indicates pathways and signposts potential obstacles. It provides a blueprint for action with concrete proposals for consolidating achievements to date and expanding

opportunities for access and participation. It is hoped that it will not only inform existing practice in a diversity of community and health settings throughout the city and county but that it will also inspire a whole new set of collaborative journeys in the direction of creativity and well-being.



Methodology



HE+ART was commissioned by Sligo Arts Service and developed in association with Sligo Arts and Health Steering Group³, an interim body with representatives from the Social Inclusion Measures Committee (Sligo County Development Board), Sligo County Council, the HSE, and the local arts sector. The group met a number of times between November 2006 and May 2007 and organised an open consultation meeting for the wider arts, health and community sectors in April 2007.

HE+ART was informed by the findings articulated in Towards an Arts and Health Partnership in Sligo (2004)⁴, a research report that explored the impact of arts and health practice in the city and county, and placed the findings in a national and international context. The report focused on three contrasting case studies including the Intergenerational Programme, the Working Creatively with Older People Programme and the Arts Initiative in Mental Health.

3. See Appendix One for full details of the membership of the Arts and Health Steering Group.

4. A copy of the report is included in the pack.

What is Meant by Arts and Health?



In broad terms, *Arts and Health* describes a point where the interests, resources and expertise of the arts and health sectors intersect. It encompasses a broad range of distinct practices including environmental enhancement, art therapy and medical humanities⁵.

The practice of arts and health in Sligo has been particular leading to the development of specific expertise in the area of participative arts and health. When used in this report, the term *Participative Arts and Health* refers to a person-centred artistic collabo-

ration between artists and groups of individuals in any health or community setting incorporating both artistic and health-related aims.

There is no single template for the effective practice of arts and health. The core values outlined in this document reflect local expertise in long-term participative arts and health practice and will be most relevant to policy makers, organisers and practitioners in that regard. However it is hoped that points of intersection with other areas of practice will emerge in time.

⁵ See Appendix Two for these (and other) definitions and descriptions of Arts and Health practices.

The Impact of Arts and Health in Sligo



Despite the diversity of aims, age groups and settings involved in the three case studies featured in Towards an Arts and Health Partnership in Sligo, participants experienced significant similarities in terms of positive health outcomes.

'It gives us new life!'

An older participant from the Intergenerational Programme

Participants of all ages felt a greater sense of inclusion and belonging, not just in their own group but within their communities. In Maugherow in particular, participants made creative connections with local history and landscape while at the same time affirming their unique individuality. Older participants felt liberated by the intergenerational arts process which enabled them to confound age-related stereotypes and express more diverse aspects of their personalities including their highly individualised sense of humour.

'It changed the way you'd see getting older'

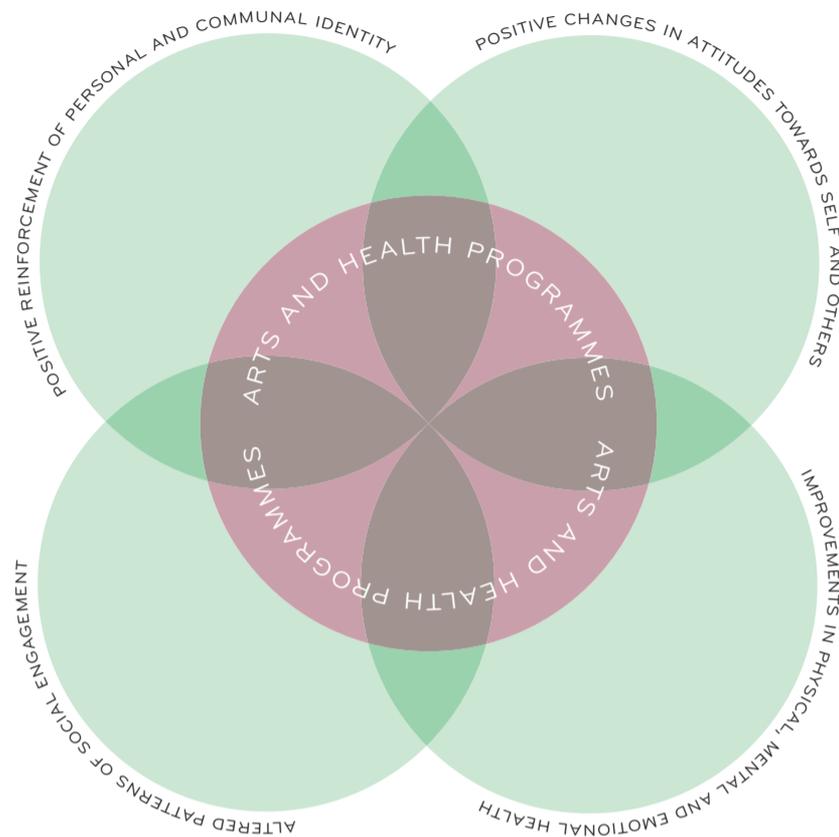
A young participant in the Intergenerational Programme

The children were surprised to discover that older people could be helpful interesting and fun, a particularly significant outcome for those suspected of terrorising older neighbours in the past. Similarly, older group members soon lost their initial fears and came to value the children's abilities and enjoy their company. Both groups were surprised at the genuine friendships formed across generations and the many ways in which they could share complementary skills and abilities.

'I wouldn't believe I'd done it myself except my name was on it'

A participant from Ballymote Day Centre (Arts Initiative in Mental Health)

Participants gained fresh insights into themselves and their lives and were surprised by the quality of their achievements. They became more confident in expressing their opinions and trying out new challenges. As trust and intimacy grew within the group, participants



Positive health outcomes experienced by participants across three arts and health case studies in Sligo



became increasingly comfortable in praising, affirming, supporting and stimulating each other artistically as well as having fun.

'You've no idea what you've started'

A trainee from Working Creatively with Older People

WCOP trainees gained a greater understanding and appreciation of individual creativity. As a result they began to focus more on the abilities of the older people with whom they worked and less on their ailments. They also came to appreciate the knowledge, skills and abilities of their peers and set up a branch of the Irish Association of Activity Nurses and Carers as a mechanism for further networking and peer support.

'It helps you; you forget your past and look forward more'

A participant from the Arts Initiative in Mental Health

Participants felt happier, more positive and more content. They felt proud when they saw their work framed and displayed, and grew more ambitious for

the future. For many, their sense of self-worth improved significantly as they discovered skills, abilities and qualities that had gone unnoticed or been forgotten. Some experienced initial difficulties in manipulating brushes or pencils but their manual control improved over time. The artistic process presented an alternative mode of communication to participants; it helped some to relax while it generated new energy for others.



Core Values Underpinning Participative Arts and Health in Sligo

Although each of the case studies featured in Towards an Arts and Health Partnership in Sligo was planned and administered separately by HSE Departments and Sligo Arts Service, a commonality of vision and approach informed the way in which they were organised and delivered. A cluster of shared values underpinned the work and contributed significantly to the positive outcomes achieved. These included a commitment to:

- A. High quality artistic experiences based on meaningful engagement with artists
- B. Person-centred approaches
- C. Inclusiveness and the celebration of diversity
- D. Integration in the working environment
- E. Long term strategic approaches

These core values were identified specifically in relation to the three named case studies involving children, older people, care staff and mental health service users. However, Sligo Arts and Health Steering Group

recognise that these same values can be usefully applied across a range of arts and health settings to benefit people of all ages and abilities.

These core values will form a bed-rock for the development of participative arts and health planning in Sligo in years to come⁶.

A. High quality artistic experiences based on meaningful engagement with artists⁷

Sligo Arts and Health Steering Group advocates an arts and health process that:

- facilitates the creative exploration of personal and communal experiences in the process of artistic expression⁸
- facilitates participants to engage directly with skilled, experienced artists who have demonstrated excellence in their art form
- affords artistic challenge to all participants as appropriate

6. A more general set of guidelines for the planning and implementation of arts and health programmes can be found in the Arts Council's publication The Arts and Health Handbook – A Practical Guide (2003).

7. Throughout this document, the term 'artist' is used to cover practitioners from all art forms.

8. This clearly differentiates arts and health practice from the 'arts and crafts class' approach where techni-

cal skills and the production of figurative or functional craft objects is prioritised.



- encourages a deeper, more personalised understanding of the artform and explores potential linkages with the wider arts infrastructure
- articulates and prioritises artistic aims⁹ as well as those related to health, well-being and social gain

Research has shown that:

- the planning and delivery of an arts and health programme is significantly enhanced by the involvement of suitably skilled artists from the earliest possible stage
- artists, participants and staff members bring diverse hopes and expectations to a project; these need to be discussed openly before shared parameters can be agreed and mechanisms designed with which progress can be tracked
- participating artists require ongoing support and resources to keep work fresh, creative and challenging; these include basic requirements such as appropriate

- space, furniture, storage, water, etc. as well as more individualised supports such as opportunities to make and exhibit work, or attend training or networking events
- long term programmes enable participants to explore their creativity with greater confidence and less fear of judgement than short term 'hit and run' arts activities, which cannot be expected to achieve in-depth collaboration or high levels of creative risk-taking

Going forward Sligo Arts and Health Steering Group sees the potential to extend access to high quality arts experiences through the development of further linkages with artists and arts organisations in the city and county.

9. This clearly differentiates arts and health practice from art therapy, which focuses on therapeutic aims.

“...anything you feel strongly about and want to do ... anything creative.”

A definition of 'art' by a student from St. Patrick's NS, Maugherow



B. Person-centred approaches

Sligo Arts and Health Steering Group advocates an arts and health process that:

- places the individual participant at the centre of their artistic experience
- prioritises and builds upon the creative contributions of participants
- prioritises relationship-building with high levels of trust, enjoyment, mutual understanding and respect
- encourages participants to share their skills with the artist and with each other
- prioritises relevance and specificity (e.g. individual interests, concerns, location, and stage of life)
- validates life experience
- encourages a strong sense of ownership and achievement among all involved

Research has shown that:

- artists require well-developed facilitation and social

skills in order to create safe, relaxed environments in which participants can express themselves creatively through an arts process that is both individually relevant and fun

- access to an uninterrupted work space facilitates concentration, trust and group cohesion¹⁰ regardless of the art form involved
- the establishment of an advocacy team made up of the artist and informed staff members is a useful first step in promoting person-centred arts approaches and encouraging other staff to value the creative work of participants¹¹

Going forward Sligo Arts and Health Steering Group sees the potential to support artists and care staff to develop and enhance person-centred approaches to the arts through the development of new and existing linkages with the education and training sector.

10. Issues relating to group numbers and levels of staff support are also relevant in this regard and are considered in relation to the next core value i.e. inclusiveness.
11. Without any form of induction staff may

inadvertently intervene in an inappropriate manner, for example changing the work of a client in order to 'improve' it or judging it against the work of others in the group.

...participants often surprise themselves and others with their achievements.



C. Inclusiveness and the celebration of diversity

Sligo Arts and Health Steering Group advocates an arts and health process that:

- offers creative opportunities regardless of geographical location, socio-economic background, or physical or mental abilities¹²
- celebrates diversity of experience, vision and creative expression and prioritises social inclusion
- provides creative opportunities at all levels regardless of prior arts experience
- values the work of all participants equally
- celebrates creativity as an alternative means of communication

Research has shown that:

- inclusiveness is best facilitated in small groups enabling participants to have their specific needs met and participate more fully; this is particularly helpful in groups where more vulnerable individuals require

higher levels of support

- it is useful to discuss and agree the nature and level of staff support required in advance so there is clarity among artists, staff and management regarding their roles before, during and after the workshops
- it is important to ensure equal access to high quality artistic materials and equal opportunities for all to present or exhibit work to its best effect; participants who are perceived to be less 'able' often surprise themselves and others with their achievements
- if work is to be valued and celebrated consistently, it is worth questioning the appropriateness of competitions or events that value one piece of work over another, or measure technical accomplishment over creative expression¹³

Going forward, Sligo Arts and Health Partnership sees the potential for the further promotion of inclusiveness and the celebration of diversity through a programme

¹² The responsibility for inclusiveness lies with health care management as well as artists. It is not reasonable to expect artists to work with large groups where participants require intensive levels of one-to-one

attention; neither should they be expected to 'replace' health care staff where there are concerns regarding health and safety.



of information-sharing and the dissemination of learning among service users, personnel and management from health settings and community based organisations.

D. Integration in the working environment

Sligo Arts and Health Steering Group advocates an arts and health process that is:

- supported by managers and staff members as a valued means of enhancing health, well-being and quality of life
- integrated into the life of the health/education/ community setting in which it takes place
- jointly planned, monitored and evaluated by artists, participants, health care professionals, educators, etc.

Research has shown that:

- the establishment of a staff/artist liaison role facilitates more effective communications and skill

sharing between artists and health care staff

- artists and arts organisations collaborate more effectively when they understand the language, practices and priorities¹⁴ of the healthcare environment in which they are working and are familiar with the relevant health and safety issues
- management and staff in health-care/community settings provide more effective support for artists and participants when conversant with the language, practices and priorities of the artform in question and the participative model of arts and health
- a collaborative approach to monitoring, evaluation, documentation and dissemination encourages shared ownership and highlights training needs as they emerge

Going forward, Sligo Arts and Health Steering Group sees the potential to further integrate arts and health practice in the working environment through the consolidation of the Sligo Arts and Health Partnership,

13. This is not to denigrate competition or technical achievement; it is to distinguish them clearly from the participative arts and health model, which requires a non-judgemental, celebratory approach in order to

facilitate artistic expression and enhance the participants' health and well-being.

14. This applies equally to language and practices in community or education settings.



which will facilitate shared conversations and joined up thinking across sectors. On the ground, this may include opportunities to facilitate artists and healthcare professionals to meet, share information and develop an understanding of each others' practice at strategic points during their training and career development.

E. Long term strategic approaches

Sligo Arts and Health Steering Group advocates an arts and health process that is:

- policy led
- undertaken in the context of a long term strategy
- underpinned by cross-sector collaboration and the sharing of complementary information, resources and expertise

Research has shown that:

- a coherent framework for the practice of arts and health in Sligo is needed

→ strategic cross-sector collaboration can be usefully initiated at every level whether between two committed individuals or in the context of a more formal representative partnership

→ strategic attention to documentation and dissemination raises the profile of arts and health, increases the value placed on its practice, encourages the development of cross-sector alliances and enhances the environment for further development

Going forward, Sligo Arts and Health Steering Group sees the potential to develop new and further linkages with established arts and health organisations (on an all Ireland basis), the Arts Council and the HSE in order to advocate for and contribute to the development of a joint national arts and health policy and strategy.

A Framework for Action

Sligo Arts and Health Partnership will be established following the appointment of the Arts and Health Development Officer in 2008. Mirroring the structures of the interim Arts and Health Steering Group, it will continue to be led by Sligo County Council Arts Service and the HSE and will draw its membership from the wider arts, health and social inclusion sectors¹⁵. Over the next five years, Sligo Arts and Health Partnership will consolidate its structures and oversee the implementation and resourcing of HE+ART. It will establish mechanisms to ensure coherent evaluation and supervise strategies for expansion at local, regional and national level.

The Framework for Action is presented in four parts:

- A. Mission statement
- B. Key aims
- C. Five year plan for the development of participative arts and health in Sligo
- D. A summary action plan

A. Mission statement

Sligo Arts and Health Partnership will extend the range and availability of arts and health initiatives in the city and county, promoting high-quality, creative collaborations with artists and the arts as a means of empowering citizens to express themselves creatively, improve their quality of life and bring about positive changes in their physical, mental and social wellbeing.

B. Key aims

→ To increase levels of access and participation in high quality participative arts and health programmes that

are tailored to individual group needs, paying particular attention to the inclusion of vulnerable and marginalised individuals/groups

→ To establish effective structures, supports and services that will promote the value of arts and health¹⁶, enhance best practice, inform planning and policy, and meet existing and emerging needs in the sector

C. A five year plan for the development of participative arts and health in Sligo

AIM ONE: To increase levels of access and participation in high quality participative arts and health programmes that are tailored to individual group needs, paying particular attention to the inclusion of vulnerable and marginalised individuals/groups.

Action 1: The consolidation and expansion of arts and health programmes for older people and children¹⁷ through:

1. The Intergenerational Programme

15. See Appendix Three for further details of proposed structures for Sligo Arts and Health Partnership.
16. Sligo Arts and Health Partnership will place a particular emphasis on promoting the participative

arts and health model over the next five years.
17. As described in the report [Towards an Arts and Health Partnership in Sligo](#).



II. Mentoring and Support for WCOP¹⁸ Staff

III. The Bealtaine Programme and Festival

Action 2: The consolidation and expansion of the Arts Initiative in Mental Health

AIM ONE Action 1: The consolidation and expansion of arts and health programmes for older people and children

I. The Intergenerational Programme

- The Arts Programme Coordinator for Older People and Children will work with relevant agencies to deliver the intergenerational programme in eight schools/communities on a phased basis
- Each programme will be schools-based and will engage children, older people and artists in a process of high quality, person-centred arts collaboration over a two year period
- A Core Artist/Facilitator will lead each group on their

creative journey, overseeing all aspects of communications, planning and implementation, and ensuring effective documentation and evaluation processes

- In year one¹⁹ the Core Artist/ Facilitator will spend six weeks building trust, collaborative capacity and group identity before introducing visiting artists who will lead the group in the design and completion of a small project
- In year two, the Core Artist/ Facilitator will build on the experience from year one, facilitating the group to engage in the collaborative arts process at a deeper level before inviting additional visiting artists to join them; the culmination of this collaboration will be presented as part of the Bealtaine Festival
- Throughout the programme, the Core Artist/ Facilitator will develop linkages between participating groups and professional arts organisations in order to build sustainable relationships that can be further developed beyond the two year timeframe

¹⁸. Staff who took part in the Working Creatively with Older People training programme.

¹⁹. The programme modules will take place throughout the school year, starting in the Autumn and running through to the summer term.



→ The Arts Programme Coordinator for Older People and Children will monitor and respond to the artists' training needs as the programme develops

II. Mentoring and Support for WCOP Staff

The Arts Programme Coordinator for Older People and Children will plan and develop Phase Two of the Working Creatively with Older People (WCOP) training initiative. This programme will facilitate creative engagements between artists and older people in day care and residential settings, incorporating staff mentoring and support for those who have completed Phase One of the WCOP training course.

→ The Arts Programme Coordinator will examine effective models of arts and health collaboration in care settings; particular attention will be paid to the model adopted in St. Anne's Community Centre²⁰ in Sligo, where staff members continue to successfully support older service users to engage directly with artists

→ Using these research findings, the Arts Programme Coordinator will devise the content of the programme, which will offer older participants an opportunity to engage directly with professional artists while offering participating care staff mentoring opportunities designed to consolidate the learning from the WCOP course, deepen awareness of best practice, develop essential skills in collaborative planning, support and evaluation, and develop further mechanisms for peer support

→ A Core Artist/Facilitator will be appointed to work with a team of suitably skilled artists to deliver, monitor and evaluate the programme

→ A project fund will be created to support work on an annual basis

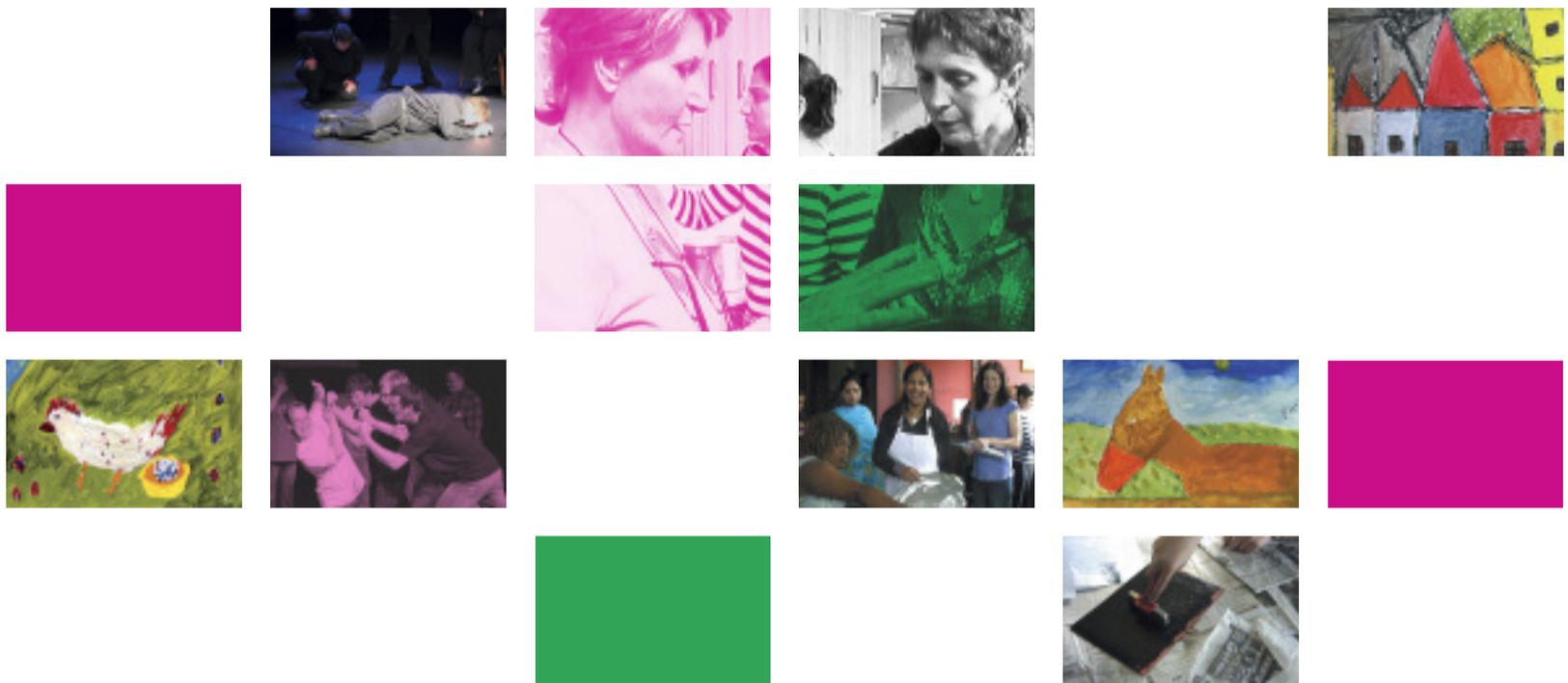
III. The Bealtaine Programme and Festival

The HSE Health Promotion Department in association with Sligo Arts Service and other relevant agencies, will

20. This programme was developed as part of the CHOICE programme and was influenced by the learning from the Maugherow Project. Both the CHOICE programme and the Maugherow Project

promoted principles of respect, dignity and choice and both were committed to person-centred, holistic approaches; as a result, the learning from the Maugherow model was adapted and applied as a

means of reinvigorating arts programming in St. Anne's Community Centre.



continue to offer opportunities for older people to engage directly with artists in innovative programmes and events. These will include a programme of multidisciplinary arts workshops in selected day care and residential centres²¹ in the lead up to the Bealtaine Festival. In this context special festival commissions and residency projects will continue.

AIM ONE **Action 2: The consolidation of the Arts Initiative in Mental Health**

An Interim Measure

The HSE Mental Health Services will continue to fund and administer the Arts Initiative in Mental Health in six centres in Sligo²² while developing strategic responses to issues of structure, resources and sustainability. A comprehensive service plan for the next five years is currently under consideration and the following plan has been adopted as an interim measure

At a Structural Level

The Arts Programme Coordinator for Mental Health Services will continue to take responsibility for:

- integrating the programme within existing HSE structures and establishing effective communications mechanisms at every level
- liaising with senior management in order to establish an appropriate framework for the employment of artists and the delivery of person-centred programmes²³ in day centres, hospitals, residential centres, and community settings
- establishing a dedicated office with meeting facilities and storage space as well as a regular fund for materials and equipment

On the Ground

A Core Artist/Facilitator will take responsibility for:

- co-ordinating the continued delivery of weekly or

21. In 2007, programmes took place in St. Anne's Community Centre, Ballymote Nursing Unit and Nazareth House as well as in WCOP centres.

22. The workshops take place in hospitals, residential

and day centres in Sligo town, Ballymote and Easkey. The programme will also continue in two other settings in Leitrim.

23. The workshops focus primarily on the facilitation of

individual creative expression as opposed to art therapy.



twice-weekly workshops by the artist team on an ongoing basis

- developing communications among the artists and liaising with the Arts Programme Coordinator for Mental Health Services in order to address emerging issues or needs
- overseeing the development of training and other support mechanisms for artists and care staff
- overseeing the development of artist-liaison roles for staff in participating centres

AIM TWO: To establish effective structures, supports and services that will promote the value of arts and health, inform practice and planning, and meet existing and emerging needs in the sector

Action 1: The establishment of an Arts and Health Office in Sligo

Action 2: The appointment of an Arts and Health

Development Officer

Action 3: The design and delivery of an Arts and Health Service

AIM TWO Action 1: The establishment of an Arts and Health Office in Sligo

- It is envisaged that the HSE will open the Sligo Arts and Health Services Office in 2008, which will provide a focal point for the provision of arts and health information and advice in the county
- The HSE will provide access to office equipment, administrative support and meeting facilities that can be used by the Arts and Health Development Officer, the two Arts and Health Programme Coordinators, artists' teams and care workers.



AIM TWO Action 2: The appointment of an Arts and Health Development Officer

→ Sligo Arts Service will work to secure funding for the employment of the Sligo Arts and Health Development Officer who will be based in the Sligo Arts and Health Office for a preliminary three year period

→ The Sligo Arts and Health Development Officer will be responsible for:

- A. Supporting Sligo Arts and Health Partnership in:
 - I. exploring and consolidating effective operational structures
 - II. implementing and evaluating all aspects of the policy and plan
 - III. developing effective communications with the wider arts, health and social inclusion sectors
 - IV. creating alliances with other relevant agencies/ policy makers at local, regional and national level and with government departments in areas such as education and justice

- B. Liaising with Arts Programme Coordinators, Core Artist/Facilitators and other stakeholders in the consolidation and expansion of existing arts and health programmes and the development of coherent systems for monitoring, documentation and evaluation
- C. Establishing and delivering an arts and health service that will incorporate information, advice, training, networking and advocacy

AIM TWO Action 3: The design and delivery of an Arts and Health Service

Information and Advice

The Sligo Arts and Health Development Officer will develop an information/ advisory service that will:

- Create access to up-to-date information, case studies, guidelines and contacts at local, national and international level



→ Provide information and advice to artists, health care professionals, arts administrators, education and development workers, community leaders and members of the public who wish to develop/ engage in arts and health programmes

Networking

The Sligo Arts and Health Development Officer will develop a networking support service that will:

- Create a forum for stakeholders from the arts, health and social inclusion sectors respectively in order to inform the work of Sligo Arts and Health Partnership²⁴
- Organise targeted inter-sector and cross-sector events in response to emerging needs among arts and health stakeholders
- Forge contacts and alliances with relevant organisations and networks in the region and at national and international level²⁵ in order to connect practitioners in Sligo with contemporary thinking and

practice in the broader arts and health sector

Training

The Sligo Arts and Health Development Officer will develop a series of focused training programmes that will facilitate maximum levels of cross-sector learning and resource sharing in areas such as:

- Health and safety training for artists
- CPD and mentoring for artists in participative arts and health approaches
- Awareness raising, induction, mentoring and support for health care workers
- Implementing the Sligo Arts and Health policy for artists and care workers
- Joint planning, monitoring and evaluation for artists and care workers

24. See Appendix Three for more detail.

25. Initial approaches will be made to key arts and health organisations/programmes such as the Mayo Artists' Mentoring and Networking Programme, the

CREATE Network for Arts and Health Co-ordinators, Waterford Healing Arts Trust, Blue Drum, Cork Arts and Health Project, Artscare NI as well as with key individuals in the Arts Council and the HSE at national

level and the Centre for Arts & Humanities in Health and Medicine (CAHMH) at the University of Durham.



Start-up funding

Sligo Arts and Health Partnership will liaise with local resource organisations in order to:

→ Establish, resource and administer a small funding pool as a starting point for local groups and communities that wish to develop arts and health programmes

A. A once off fund of up to €1,000 for collaborative planning between selected groups and artists

B. A further grant of up to €3,000 for programme implementation

→ Provide follow up advice and support through the Sligo Arts and Health Office to help applicants to identify other funding possibilities for the future

Advocacy

The Sligo Arts and Health Development Officer will develop an advocacy service that will support stakeholders from different sectors to:

→ Develop and implement a coherent strategy for advocacy

→ Strategically co-ordinate the commissioning, presentation and dissemination of research

→ Create linkages with organisations/agencies engaged in arts and health policy development at regional and national level (e.g. other regional arts and health partnerships, the Arts Council, the HSE, etc.)

Sligo Arts and Health Partnership and the wider arts and health sector



D. Summary Action Plan

Development of Sligo Arts and Health Partnership, Policy and Strategy

	TIMEFRAME	LEAD AGENCIES
Conclusion of the Sligo arts and health research/consultation phase	June 2007	Sligo Arts Service
Publication and launch of <u>HE+ART</u> – An Arts and Health Strategy for Sligo	Sept. 2007	Sligo Arts Service
Consolidation of Sligo Arts and Health Partnership	2008 – 2011	Sligo Arts Service and the HSE in collaboration with other participating agencies in SAHP

Aim One: To increase levels of access and participation in high quality participative arts and health programmes that are tailored to individual group needs, paying particular attention to the inclusion of vulnerable and marginalised individuals/groups.

Action One: The consolidation and expansion of arts and health programmes for older people and children

A. Personnel

	TIMEFRAME	LEAD AGENCIES
→ Appoint an Arts Programme Co-ordinator for Older People and Children	March 2008	Sligo Arts Service

B. Intergenerational Arts

	TIMEFRAME	LEAD AGENCIES
→ Establish connections with older peoples' groups and schools/Bealtaine showcase of intergenerational work (seminars, exhibitions etc.)	May 2007 onwards	Sligo Arts Service
→ Appoint Core Artist/Facilitator and establish a panel of suitably trained/experienced artists from a range of disciplines	June 2008	
→ Roll out phased delivery of two-year programme	Sept. 2008 onwards	
→ Regular documentation, monitoring and evaluation	Sept. 2008 onwards	
→ Annual public arts events (Bealtaine Festival in May)	Sept. 2008 onwards	

C. Mentoring and support for WCOP staff

	TIMEFRAME	LEAD AGENCIES
→ Recruit Core Artist/Facilitator	June 2008	HSE Health Promotion Department and Sligo Arts Service
→ Delivery of WCOP arts/mentoring programme	Nov. 2008	
→ Monitoring/documentation/evaluation/dissemination	Nov. 2008 onwards	

D. Bealtaine Programme and Festival

	TIMEFRAME	LEAD AGENCIES
→ Continuation of year 'round arts workshops/events with older individuals and groups in selected centres around the county, culminating in the Bealtaine Festival	Ongoing	HSE Health Promotion Department
→ Continuation of innovative programme of high quality arts engagements between artists and older people in the run up to Bealtaine and throughout the month of May	Ongoing	Sligo Arts Service

Action Two: The consolidation and expansion of the Arts Initiative in Mental Health

	TIMEFRAME	LEAD AGENCIES
→ The continued delivery of the AIMH programme in six centres in Sligo	Ongoing	HSE Mental Health Services
→ Ongoing negotiation to establish a framework for the employment/support/ training of participating artists, the supply of suitable equipment/materials and the development of office space/meeting facilities for the team	Ongoing	
→ The establishment of a Core Artist/Co-ordinator position on the ground to: <ol style="list-style-type: none"> I. co-ordinate programme delivery II. develop awareness raising/training/mentoring supports for artists III. develop information/advocacy materials 	Ongoing	

Aim Two: To establish effective structures, supports and services that will promote the value of arts and health, inform practice and planning, and meet existing and emerging needs in the sector.

Action One

	TIMEFRAME	LEAD AGENCIES
→ The establishment of an Arts and Health Office in Sligo	2008	HSE

Action Two

	TIMEFRAME	LEAD AGENCIES
→ The appointment of Sligo Arts and Health Development Officer	2008	Sligo Arts Service

Action Three

	TIMEFRAME	LEAD AGENCIES
→ The establishment of Arts and Health Services including information, advice, networking, training, advocacy and the establishment of a small fund for start-up programmes	2008 onwards	Sligo Arts Service and the HSE in collaboration with other participating agencies

Appendix One

Members of Sligo Arts and Health Steering Group

Marie-Louise Blaney

Arts Sector (Model Arts and Niland Gallery)

Sarah Bronkhurst

Social Inclusion Measures Committee (CLASP)

Geraldine Delorey

HSE (Health Promotion)

Catherine Devaney

HSE (Social Inclusion)

Lorna Gault

Social Inclusion Measures Committee (Sligo Education Centre)

Des Keaney

HSE (Services for Children / Family Support Services)

Siofra Kilcullen

Social Inclusion Measures Committee (Sligo County Council, Office of Community and Enterprise)

Brid MacConville

Arts Sector / former HSE (freelance programme manager for the Arts Initiative in Mental Health)

Hugh MacConville and Joanne Ozdarska

Social Inclusion Measures Committee (Sligo Council of Trade Unions)

Mary McAuliffe

Sligo County Council (Sligo Arts Service)

Rhona McGrath

Sligo County Council (Sligo Arts Service)

Tara McGowan

Arts Sector (Blue Raincoat Theatre Company)

The above list includes all members of the Sligo Arts and Health Steering Group who attended meetings between November 2006 and May 2007.

Appendix Two

Definitions of Arts and Health from other agencies and organisations

I. Arts and Health

"The phrase 'arts and health' is generally taken to refer to the emerging area where the arts sector and the health sector intersect. Within the [Arts and Health] handbook, 'arts and health' work refers to arts activities that take place within a healthcare setting." *Arts and Health Handbook, The Arts Council / An Chomhairle Ealaíon (2003)*.

The Arts Council goes on to distinguish the practice of arts and health from *arts practices*, whose primary goal is the experience or production of art, and *arts therapies*, whose primary function is therapeutic.

II. Arts in Healthcare Settings

Arts in Healthcare Settings is active in all types of medical facility: primary, secondary and tertiary care; acute and mental health care. There is an Arts presence in both public (NHS) and private care including hospitals, hospices, surgeries, walk-in centres and day care. The Arts can impact anyone who enters

the facility, whether patient, visitor, or staff and can be found in clinics, treatment rooms, recovery rooms, consultant offices, as well as the wards and public areas of the building. Arts interactions often include, but are not limited to *public performances* of dance, music or drama; *Artists in Residence* working in public areas such as waiting rooms; *site-specific commissioned artwork* and all artwork displayed, hung or exhibited in any public area from lobbies and foyers to restaurants and book stores. [The reasons for] incorporating the Arts into the fabric of the building are often practical, [i.e. to] solve a problem or address a need. [Examples include] employing artists to look at issues of signage or wayfinding; involving artists and craftsmen in the design and production of doorknobs and handrails; and incorporating artistic practice in creating curtains for the bedside and uniforms for medical staff. Arts in the fabric of the building will be found in floors and ceilings. It may involve colour therapy when choosing paint for the walls; or landscape artists to improve disused courtyards.

iii. Community Arts in Health

The Arts are used effectively to deliver health promotion messages on issues such as teenage pregnancy, drug and substance abuse, obesity, heart disease, testicular cancer and breast cancer. Artists will often work directly with a cross section of the target audience, either in consultation, to inform and influence the outcome of the Art, or in practice, to deliver the Art project, as well as the message itself. In addition to delivering health promotion messages, Community Arts in Health projects seek to change behaviour, leading to a healthier nation. Again, the full spectrum of the Arts are engaged in this sector. Local Authority Partnerships, Neighbourhood Renewal and Community Regeneration all share cross-cutting agendas.²⁶

iv. Medical Humanities

Medical Humanities is the use of the Arts and Humanities in medical education, as well as practice. This may take place in a medical school with visual artists and live models in a dissection class; in healthcare settings [where] a doctor [may] use creative writing and poetry to improve what is recorded in medical notes; or [in] community settings [where] a forum theatre based CPD course [may be organised] for palliative care nurses in a community centre. If the Arts project teaches skills useful in the practice of medicine, or the arts are actively engaged in the practice of medicine, the project is Medical Humanities.

v. Art Therapy

Art Therapy is a distinct field of practice itself and there are clear differences between the broader field of Arts in Health and Arts Therapy. The Arts Therapist works with patients through the use of arts materials and practice to effect change and growth on a personal level. Arts Therapy has been officially recognised by the Department of Health and requires a two year post graduate degree²⁷. You must be a registered Art Therapist in order to practice.

Definitions ii. – v. were taken from the National Network for Arts and Health (NNAH) website and describe distinct areas of arts and health as practiced in the UK. The NNAH is currently dormant and the website is not accessible.

Appendix Three

Sligo Arts and Health Partnership – proposed structures for representation and communication

Representation structures

- Sligo County Council and the HSE will continue with their roles as lead partners on the new Sligo Arts and Health Partnership with three representatives from each agency taking up membership
- Three representatives from the arts sector and three representatives from the

health/social inclusion sector will make up the remainder of the membership

- Initially, members will be invited to participate for a period of three years
- One of the first tasks of the partnership will be to establish the mechanism by which the membership of twelve will be rotated and renewed on an ongoing basis
- With the support of the Sligo Arts and Health Development Officer, members of Sligo Arts and Health Partnership will explore and consolidate their operational structure by the end of the initial three year period

Communication processes within lead agencies

- Each lead agency will establish an internal working group to track the progress of the Sligo Arts and Health Policy and Strategy, facilitate internal awareness-raising and disseminate information across a diversity of departments
- Initially, *Sligo County Council Working Group* will comprise of personnel from Sligo Arts Service and the Office of Community and Enterprise; this may expand to include other departments over time.
- Initially, the *HSE Working Group* will comprise of personnel from Health Promotion, Services for Older People, Social Inclusion, Services for Children (Family Support Services), and Mental Health; this too may expand to include other departments.

Communication processes between Sligo Arts and Health Partnership and the wider arts, health and social inclusion sectors

- Two sector-specific networks will be established to ensure a two-way exchange with stakeholders from the wider arts, health and social inclusion sectors that will inform the work of the partnership
- *The Arts Network* will be open to artists, arts workers, arts administrators and managers who are involved, or wish to become involved in arts and health
- *The Health/Social Inclusion Network* will be open to individuals and organisations from the relevant sectors with an interest in arts and health including service users, service providers, advocates and representatives from funding agencies
- These networks will track the implementation of the *Sligo Arts and Health Policy and Strategy* within their own sector²⁸ and provide a mechanism for exchanging information and feedback
- Network members will help identify gaps, establish emerging needs and tease out strategies for moving forward while the organisations to which they belong will provide a practical context for the interpretation of arts and health policy and the development of new programmes, supports and training opportunities
- It is envisaged that the networks will play an important role in SAHP advocacy campaigns in the future

26. It is worth noting the strong emphasis placed on the arts as a vehicle to communicate health messages in the UK; this is not a common practice in Ireland where much of the community based work centres

around the themes identified by participants, whether or not they relate directly to health issues.

27. This refers to the UK.

28. For example, the Health/Social Inclusion Network

will track the progress of healthcare personnel, clients, groups and communities while the Arts Network will track the progress of artists and arts organisations.