

Institution: Glyndŵr University		
Unit of Assessment: UoA32 – Art and Design: History, Practice and Theory		
Title of case study: Arts and Health Eco System of North Wales		
Period when the underpinning research was undertaken: 2010 - 2017		
Details of staff conducting the underpinning research from the submitting unit:		
Name(s):	Role(s) (e.g. job title):	Period(s) employed by submitting HEI:
Dr Susan Liggett	Reader in Art and Design, Associate Dean for Research	09/2000-present
Dr Karen Heald	Senior Lecturer	09/2017-present
Period when the claimed impact occurred: 2014-2020		
Is this case study continued from a case study submitted in 2014? N		
1. Summary of the impact (indicative maximum 100 words)		
<p>Research carried out into the processes, activities and relationships which underpin effective 'arts and health' practice has directly contributed to the development and establishment of a burgeoning arts and health ecosystem in North Wales, and a growing community of practice allowing learning to be shared nationwide/internationally by:</p> <p>(i) Shaping the content of policies and guidelines applied within the health and social care sector. (ii) Shaping training, development and working practices for arts and health practitioners. (iii) Delivering positive health and wellbeing impacts to service users.</p>		
2. Underpinning research (indicative maximum 500 words)		
<p>Dr Susan Liggett, Dr Karen Heald, and Megan Wyatt, PhD student were the key researchers involved in the underpinning research.</p> <p><u>In-between-ness</u> <i>In-between-ness</i> was a practice-based research project, which ran from April 2010 to April 2013. It was a collaboration that brought key stakeholders from across North Wales together for the first time; namely, Betsi Cadwaladr University Health Board (BCUHB), Glyndwr University, North Wales Clinical School, Bangor University, and individuals undergoing clinical treatment for depression. Liggett and Heald (who joined the University in 2017) were lead artists on the project, exploring changes in patients' creative expressions prior to, during, and after treatment for depression. They worked one-to-one with patients during the course of their treatment, inviting them to respond to visual prompts, such as a magnifying glass with the attached message, 'look closely at something', to help them create original artworks using a video camera. The materials generated formed the basis of a varied body of research outputs, including book chapters [R1, R2], artworks, and exhibitions including 'Slippage: The Unstable Nature of Difference' [R3]. <i>In-between-ness</i> established relationships between key arts and health partners across Wales, directly informed BCUHBs 'Creative Well' Arts, Health and Wellbeing programme, and created a body of knowledge for effective interdisciplinary working between arts and health practitioners.</p> <p><u>The Potential of Painting</u></p>		

The *Potential of Painting* project ran from 2015 until 2017 and built upon *In-between-ness* to contribute to the 'Creative Well' programme at BCUHB and to Denbighshire Arts 'Lost in Art' dementia programme. It qualitatively investigated the potential of painting as a means of expression and communication for those living with dementia. **Liggett**, supported by PhD candidate Wyatt, worked one-to-one with those living with dementia, co-creating paintings and capturing experiences through observations, interviews, video recordings, and artworks. The project led to research outputs including the journal article, 'The Potential of Painting: Unlocking Disenfranchised Grief for People Living With Dementia' published in the journal, 'Illness, Crisis & Loss' - a refereed and international journal famed for its interdisciplinary and global focus [R4]. The work was also presented at the European Association for Health Information and Libraries Conference [R5]. This work presents new approaches and methods to help further develop understanding of grief; for some people, the nature of this experience leads to marginalization and stigmatization, which contributes to disenfranchisement. It presents alternative means and ways of getting support with such feelings, with much of this centred on the possibility of peer or shared processes through engaging in art

3. References to the research (indicative maximum of six references)

Book chapters [R1, R2] and the journal article [R4] were invited and peer reviewed. Exhibition [R3] was invited, peer reviewed and appears in *Chronology of Disability Arts* by Allan Sutherland 1977-2017, commissioned by NDACA.

- R1. **Liggett, S and Heald, K** (2017) 'Visual Arts, Mental Health and Technology', in 'Art, Design and Technology: In Collaboration and Implementation' by Earnshaw, R., pp. 67-82, Springer International Publishing. DOI: 10.1007/978-3-319-58121-7. Available on request from s.liggett@glyndwr.ac.uk
- R2. **Heald, K and Liggett, S** (2014) "Time and Chora: Transitory Strata and 'in-between-ness' within 'dream films'". In Lewandowska-Tomaszzyk, B ed. *Time and Temporality in Language and Human Experience*. Frankfurt am Main, Peter Lang, pp 401-409. ISBN: 978-3631643396. Accessible at: <https://cutt.ly/FzZIEAY>
- R3. **Heald & Liggett** (2015) 'Paper Interior' exhibiting in SLIPPAGE: The Unstable Nature of Difference, Contemporary Art Space Chester (CASC), University of Chester (2015). Exhibition notice available at: <https://glyndwr.repository.guildhe.ac.uk/id/eprint/17699/> and PDFs of exhibition catalogue are available. The full outputs of this reference have been uploaded and posted as part of an Output (REF2)
- R4. **Liggett, S. Wyatt, M.** 'The Potential of Painting: Unlocking Disenfranchised Grief for People Living With Dementia'. June 2018 *Illness Crisis & Loss* DOI:10.1177/1054137318780577. Special Issue: Critical Explorations of Marginalized Grief 3. Guest Editors: Wulf Livingston and Neil Thompson. Accessible: <https://journals.sagepub.com/doi/10.1177/1054137318780577>
- R5. Proceedings of the 1st European Association for Health Information and Libraries (EAHIL) Conference, 9-13 July 2018, Cardiff, UK. **Liggett, S. and Jones, M** (2018), 'The potential of painting: unlocking Disenfranchised Grief for people living with dementia', [and Liggett, S and Davies, A.](#) 'Training and Development for Arts in Health in North Wales.' Abstracts and workshop presentations available at: <https://cutt.ly/wzZIZzz> & <https://cutt.ly/TzZ194b>

4. Details of the impact (indicative maximum 750 words)

The projects underpin **Liggett's** contributions to policies and guidelines through steering committee membership of The Wales Arts, Health and Well-being Network (WAHWN); she was affiliated with the informal group from 2013 and helped formalise it as an organisation, later becoming a member of its steering committee (2017). This represents over 90 practitioners and organisations from across Wales with the aim of consolidating the field of arts in health at a more systemic level, with research and evaluation playing a key role in forging links between the arts and health sectors. *In-between-ness* (2012-2013) was presented as a case study to The Senedd Cymru Cross Party Group on Arts and Health, The UK Parliament All-Party Parliamentary Group

for Arts Health and Wellbeing (2014-2017), and The Welsh NHS Confederation. **Liggett** addressed the Welsh cabinet secretary for Health and Social Services at the launch of The North Wales Concordat for Arts and Health, and sits on its action group. The projects culminated in articles, book chapters, and a conference, and Dr Liggett's affiliations with membership organisations where she presented her work have led to overlapping impacts over the period of 2014-2020.

(i) Shaping the content of policies and guidelines applied within the health and social care sector.

As a result of **Liggett's** involvement in WAHWN and the steering committee for the North Wales Arts in Health Concordat, contributions have led to the Arts Council Wales (ACW) renewing their memorandum of understanding in 2018 to demonstrate their commitment to embedding arts and health initiatives across the NHS in Wales [**source 1**]. Briefing for the Cross-Party Group on 'Arts and Health' are based on WAHWN recommendations. In 2020, one member of the Senedd Cymru commented at the Welsh Assembly of the value of arts during the pandemic, in reference to information presented by WAHWN [**source 2**]. **Liggett** was instrumental in informing the development of the North Wales Concordat for Arts in Health, and subsequently implementing its pledges. Welsh Government Cabinet Secretary for Health and Social Services, said: "Engaging in creative activities plays an important in the prevention of poor health and in recovery following a period of physical or mental ill-health (*sic*). It can also help ease social isolation during periods of acute or chronic ill health" [**source 1**]; (these plans have been slowed due to COVID-19, but are still prominent) [**source 3**].

(ii) Shaping the training, development and working practices for arts and health practitioners

Training was identified as a need in the sector by ACW, as evidenced in their mapping document 'Arts in Health in Wales: A mapping Study of current activity' (2018). Findings from the *In-between-ness* project (2010-2013) informed BCUHB's 'Creative Well' Strategy, and helped determine these training requirements for artists working in health settings across North Wales [**source 4**]. **Liggett** scoped the steps needed for implementation, which led to a funded PhD studentship to research the training and professional development for arts in health practitioners [**sources 5a and 5b**]. In response to this, Liggett has assisted WAHWN in the organisation of training events for artists in 2018-2020 [**source 2**]. This research has been feeding back into the University Health Board's Strategy and allowed for the expansion of arts and health provision throughout the region [**source 4**].

The Artist and Partner Toolkit, developed by **Liggett** in 2016 from the findings of *In-between-ness* (with independent consultancy, ADDO), is also being used by artists working in BCUHB to help them develop their practice when working in the health and wellbeing sector [**source 6**]. One artist said: "Most of my partners welcome this Toolkit, because it is especially aimed at non-artists as it helps them understand their objectives more clearly and assists them in visualising the end goal" [**source 7**].

Findings from the early stages of **Liggett's** dementia and painting research, and Toolkits from 2016 also informed the final year of the, 'A Degree of Responsibility' (ADOR) programme at Wrexham Glyndwr University - a Big Lottery Funded (£493,730) initiative [**source 9**], which led to a co-production of community projects and interventions with voluntary groups, public, and third sector organisations across North Wales. Creative practice was used as a means of communication for those with health and wellbeing needs. One project, 'Create and Grow' (2017-18), provided opportunities for approximately 210 Key Stage 2 pupils to acquire mindfulness techniques and then to immerse those techniques in creative arts projects. The pupils' teacher said, "There were clear beneficial results on the children's emotional wellbeing, mental health, ability to learn and even the physical health of the children who took part in the project. Teachers also learned how to integrate the high impact, quick and cheap intervention into their teaching" [**source 10**].

(iii) Delivering positive health and wellbeing impacts to service users.

The research based on *In-between-ness* (2010-2013) has delivered positive outcomes for the health and wellbeing of citizens, and for public understanding of how to best support those living with physical and mental health issues in North Wales and globally, through dissemination of research findings [R1-R6]. BCUHB Arts, Health & Wellbeing Co-ordinator said, "There were direct health benefits for the six participants who were being treated at the Hergest Psychiatric Unit, Ysbyty Gwynedd, in the *In-between-ness* project including; recognition as to how their emotional perceptions of their environment was changing; as well as an increased positive sense of self and personal authenticity. Ultimately this led to their sense of agency in relation to their recovery" [source 4].

In 2017, the *Potential of Painting* project contributed to new ways of communicating with people living with dementia, helping to de-stigmatise dementia and raise awareness and public understanding of the condition to combat isolation and give validation to the grief experienced. 'Lost in Art' Director, Denbighshire Arts said, "The feedback from the group was extremely positive with them reporting that they felt comfortable in trying new things and that they were supported and able to express themselves creatively. There were clear health benefits too; with an increase in confidence, improved mood and improved communication skills reported" [source 8].

Other projects that Liggett initiated for the 'Creative Well' programme at BCUHB include workshops with the help of students to over 60 patients at the Wrexham Maelor Hospital (2017-2018). Arts, Health & Wellbeing Co-ordinator said, "Staff on the wards reported increased levels of communication with the patients they cared for who live with dementia and also reduced agitation after the workshops. The hospital environment was also improved too, through the framing and display of the paintings made by patients around geriatric wards within the hospital" [source 4].

5. Sources to corroborate the impact (indicative maximum of 10 references)

1. North Wales Arts in Health Concordat and NHS Confederation/ACW Memorandum of Understanding Pledge <https://www.wales.nhs.uk/news/49529> Available as PDF [confirms launch of North Wales Arts in Health Concordat]
2. Testimonial, Coordinator, Wales Arts Health and Wellbeing Network (WAHWN) [confirms Liggett's contribution to WAHWN]
3. Secretary at NHS Wales (BCUHB Planning) [who can confirm Liggett's membership on steering committee of North Wales Art in Health Concordat]
4. Testimonial, Arts Health and Wellbeing Co-ordinator, BCUHB [confirm's Liggett's contribution to BCUHB work re. training requirements for artists]
5.
 - a. Scoping document for Training and Development for Arts in Health at BCUHB PDF, showing the need for funding and work in this area
 - b. Collaborative research agreement between BCUHB and Glyndwr for funding for a PhD student to complete the work in this area
6. Artist and Partners Toolkits found at <https://artworks.cymru/Artist-and-Partner-Toolkit-Towards-Creative-Partnerships> [indicate contribution to resources for artists working in health and wellbeing sector]
7. Testimonial, Independent Artist [corroborates usefulness of toolkit]
8. Testimonial Community Arts Officer, Denbighshire Arts [corroborates impact of Potential of Paining project]
9. ADOR Lottery Project Agreement ID: 31009080 Glyndwr University ADOR [confirms project funding]
10. Testimonial, Teacher [confirms impact of ADOR project]

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