

You are Invited to your local Arts and Health Group Milford Haven

Here are some reasons why you should attend:

01.

Be kind to yourself

Losing yourself in an arts activity can reduce stress and help you to feel more relaxed. You don't need to be an expert or have skills for this to work. The Artists will support you to find what works for you.



Learn new skills

Learning new skills can build confidence and improve well-being. Learning new ways of coping with anxiety - like using a new skill - can be used at home. This can help us to feel more in control of our health and well-being.

02.

03.

Enjoy some company

Most people like you who have been invited to the Arts and Health group have attended. They have told us that the group has made them feel welcome, safe and comfortable.



Get to know about other services

People who provide services in your area will visit the group. They will share information about other sources of support. It's a great way to get to know people running other services.

04.



GIG
CYMRU
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Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

How does it work? (Milford Haven)

Your GP has referred you to 16 sessions of creative activities (arts, crafts, gentle movement and music). Experienced local artists from reputable organisations will run these sessions.

Your local Community Connector will **contact you by telephone** to invite you to the group and to answer any questions you have. You will then be contacted by the Artist running your group.

Your local organisation is:

Span Arts Website: <https://www.span-arts.org.uk>

Tel: 01834 869323

Email: info@span-arts.org.uk

The group will be local and fully accessible.

Your venue is:

Torch Theatre,
St Peter's Road,
Milford Haven
SA73 2BU

Transport can be provided -

Speak to your artists if you need help with transport.



- Sessions will take place **every Thursday**
- Sessions will last around **2 hours** - from **2pm - 4pm**
- You do not have to attend every week
- You do not have to stay for the whole 2 hours
- Free hot and cold drinks are provided
- You don't need to bring anything
- Wear comfortable clothes

What will happen in the session?

In the first session:

- the Artists will introduce themselves
- people attending will introduce themselves
- the Artists will ask what it is that people would like to do in the sessions.

This will help them to make a plan for the 16 week programme.

All sessions will have:

- a warm welcome to a safe, supportive environment
- a nice cup of tea or coffee or a cold drink if preferred
- some gentle movement at the beginning. This helps to settle minds and bodies. You don't have to take part in this if you don't want to.
- some relaxing arts and craft activities suitable for men and women
- checking in with people at the end to see how everyone is feeling.

Some sessions may also have:

- a visit from a service provider who will be able to share information on the services they can provide. This could be someone from the Education Programmes for Patients Service, a Community Connector, a Smoking and Wellbeing Practitioner / Health Coach or a member of the team at your local surgery.
- a visit from the Feedback Team (see next page for more information).

The programme is funded and supported by the following organisations:



HARP Feedback Information Sheet

This is a new service created by the Arts and Health Team and the Public Health Team at Hywel Dda University Health Board. We want to learn if it helps you and others. To do this, we would like to work with you and hear about your experience. Your feedback will help us improve the service and support us to be able to offer the programme to other people like you.

You will be asked if you would like to give feedback, but you do not have to if you don't want to. **You can still use and enjoy the service even if you choose not to give feedback.**

If you choose to give feedback the Feedback Team or the Artists will ask you to:

- Fill in a consent form
- Complete a questionnaire
- Answer some questions about your experience

The consent form allows the Feedback Team to keep your information safely and use it anonymously in an evaluation report. This means your name and personal details will not be shared.

All personal information will be handled in line with Data Protection laws.

Want to know more about how your data is used?

You can read about your data rights, how long we keep your information, how we use it, and how to contact the Data Protection Officer here:

<https://hduhb.nhs.wales/about-us/governance-arrangements/your-information-yourrights/privacy-notices/full-privacy-notice/>

If you want to know more about Arts and Health in Hywel Dda, you can:

Read <https://hduhb.nhs.wales/arts-and-health-charter/>

Watch [Hywel Dda's Creative Prescribing Discovery Programme - YouTube](#)

or **contact:** Kathryn Lambert (Head of Arts & Health, Hywel Dda)
ArtsandHealth.HDD@wales.nhs.uk

Hywel Dda Arts on Referral Programme

If you wish to give feedback, please complete the below:

Please tick

1. I have read the HARP Feedback Information Sheet. I have been able to ask questions, and the answers made sense to me.

☐

2. I understand that taking part means answering some questions about my wellbeing

☐

3. I agree to take part in the HARP Feedback.

☐

4. I agree that the evaluation team can use information about me that the Arts partners already collect during the creative health sessions.

☐

5. I understand I can choose to have a one-to-one interview. This will also be audio-recorded, written up, anonymised, and analysed.

☐

6. I understand that anonymous quotes from the interview may be used in reports or academic publications, in print or online.

☐

I understand the request for feedback, and give my informed consent.

Signature: _____

Date: _____

Thank you very much for taking part.

Your feedback will help us to:

- make improvements to the programme
- continue to offer the programme to other people who might benefit

