Laura Waters
Arts Programme Manager
Arts to aid wellbeing

- Arts Exhibitions
- Music Performance
- Participatory Arts
- Public Art Commissions
- Courtyards and Gardens
- Department Enhancements
- Heritage Collection
- National leader for arts in hospitals
The Air Titans
#TeamUHDB

Matt Roberts
@MattDrawsStuff
Kate Curator

- Permanent Art Collection
- Temporary Art Exhibitions
- Schools Art Exhibitions
- Staff and Patient Artwork
- Art Publications and Interpretation
- Junior Doctor Training

“Our creative team and the varied programme of work reaffirms the power of the arts and the vital role it has on all our wellbeing”
ILLUMINATE

24 Artists
30,000 steps
65 interpretation panels
176 command strips
Emma
Visual Arts

• Murals and Art Installations
• Illustrations for Publications
• Heritage Collection and Medical Museum
• Social Media Lead
• Project Coordinator for Boredom Busters
• Junior Doctor Training

“Together our team offers a rich and diverse creative skills set and knowledge. This ensures we deliver an arts programme to enhance the experience of everyone who comes through the hospital doors”
Andrea
Dance and Movement

• Dance and Movement for Parkinson's
• Distraction Therapy Practitioner
• Staff Training
• Student Placement Coordinator
• Project Coordinator for ‘A Breath of Fresh Air’
• Project Coordinator for Summer Festival 2020

“It is truly wonderful to be a part of witnessing the power of the creative arts to heal”
TAKE
TIME

WHAT MAKES ME HAPPY?
Try 5 of these everyday

SITTING IN THE SUNSHINE

Chatting to friends

MAKING CRAFT

crochet

knitting
Rosie Music

• Weekly Music Performance Schedules
• Wandering Minstrels
• Music for Special Events
• Student Training for the Royal Birmingham Conservatoire
• Junior Doctor Training
• Music in Stroke Project

“We all passionately believe that access to the arts can change lives”
A GRATEFUL HEART
Laura
Arts Programme Manager

- Arts Strategy and Management
- Fundraising
- Research and Evaluation
- Publicity and Media
- Public Art Commissions and Ward Enhancements
- Founder and Co-Chair for National Performance Advisory Group for Arts, Heritage and Design in Hospitals

“We face numerous and varied challenges in our work, but this team has a really strong ‘can do’ attitude. We always find a way to deliver”
boredom buster

SUMMER ANNUAL

With great thanks to the National Lottery we have created this booklet to bring community during these challenging times. Fold up some Origami, discover it and put it in your window to encourage others. This booklet contains designs inspired by the themes of the NHS Volunteer week. The instructions are designed to be easy to follow and some of the images were taken by our own volunteers.

What is Origami? Origami is the art of Japanese paper folding. It is a powerful tool for wellbeing and brings much needed fun for all ages. With no glue or tape, you can create animals, flowers, birds, geometric shapes and even full landscapes. Origami also has therapeutic effects, improving fine motor skills, and it is a fun activity to make your own creations.

What are the benefits? Origami is both a problem-solving activity, and a creative escape. It’s interactive and healing. This pattern has been used for education purposes including memory retention to help individuals on the autism spectrum. It helps patients with visual impairments to improve fine motor skills, and is a creative activity for elderly people with dementia and Alzheimer’s. It is also a great form of mindfulness. Simple and relatable, use fold at a time.

Create something beautiful in your hands through Origami and make a moment of calm and focus for wellbeing.

How to make a square:
At the Origami in this booklet is folded from squares of paper. You can make this square using any piece of paper, such as A4, which must fit in the window. See the instructions below.

Origami Symbols:

Oranges are ready to reach out and help.

Nature Fold

Waste Fold

Valley Fold

Mountain Fold

The instructions are designed to be easy to follow and some of the images were taken by our own volunteers.

Get creative! Why not make a heart, decorate it and put it in the window for others to see.

If you’ve created a piece, do share through social media!

Twitter: @origamiorg and hashtag #Origami
Facebook: @OrigamiUK
Instagram: @origamiuk

We’re a Hospital
and we are #HereForCulture

Thanks to the Government’s Culture Recovery Fund we can continue to be #HereForCulture.