



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”

WELCOME TO
THE HEALING
GARDEN





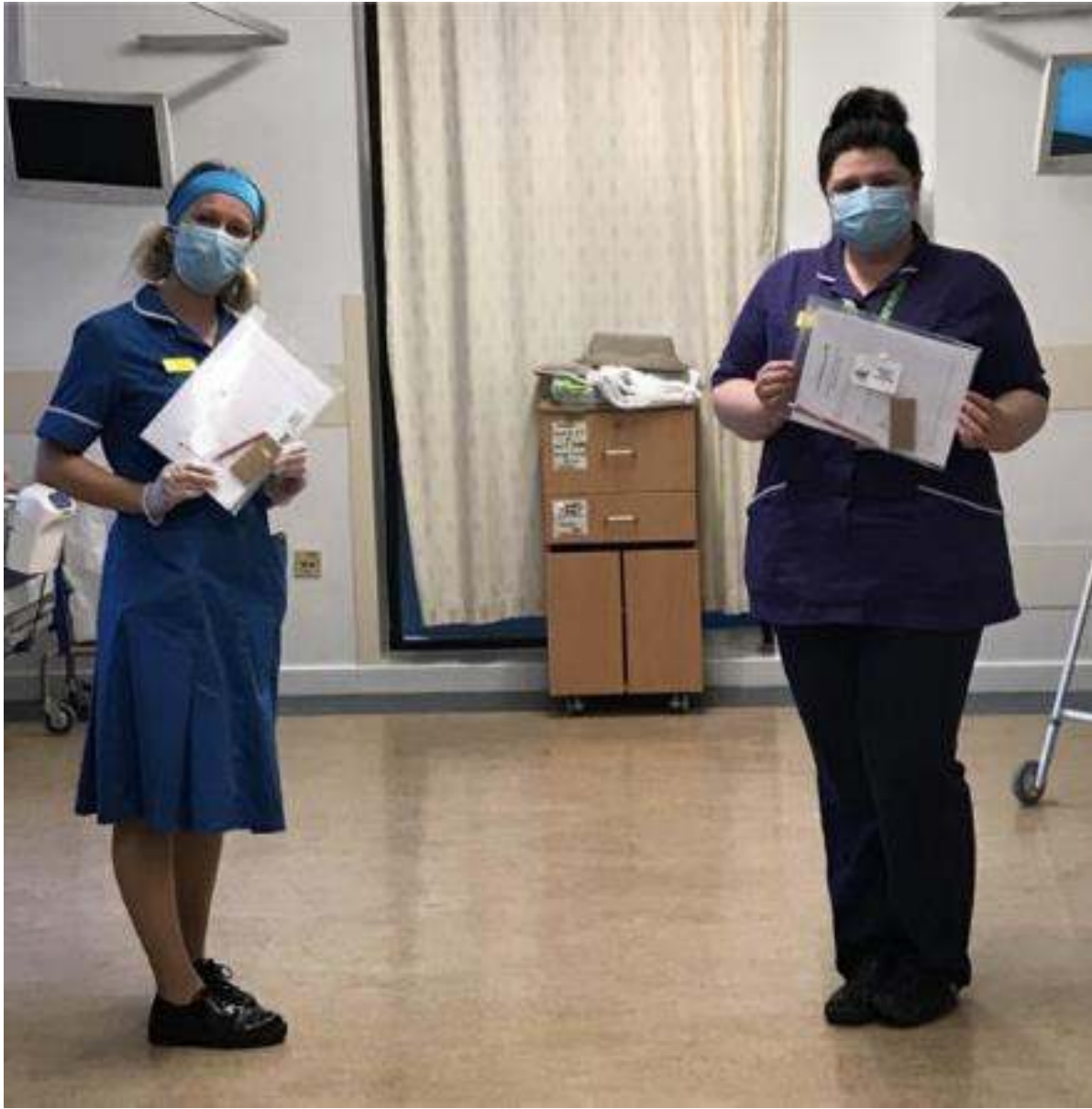


Andrea

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”





WHAT MAKES ME HAPPY?

Try 5 of these everyday

Chatting to friends

MAKING CRAFT

crochet

knitting

SITTING IN THE SUNSHINE



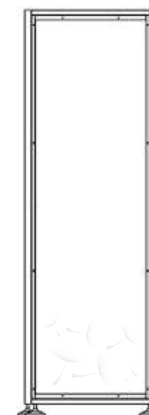
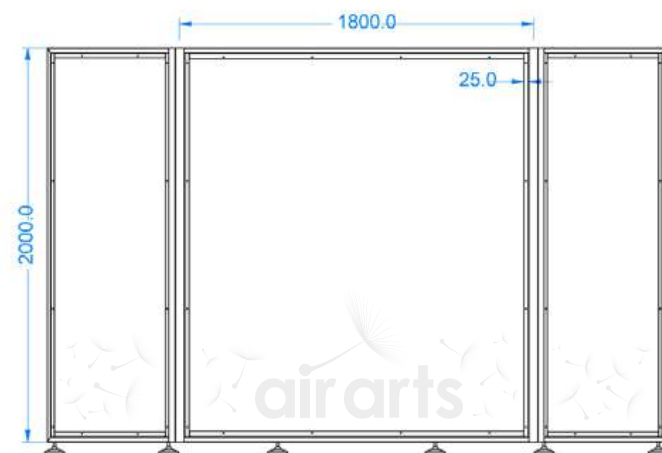
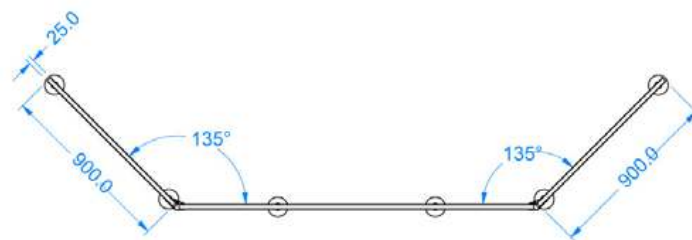
Rosie Music

- 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



Frame Requires Large Dia Feet
Quantity 6 Nylon Adjustable Feet

Bracket on front face to Prevent Wings Opening
Past 135°



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”



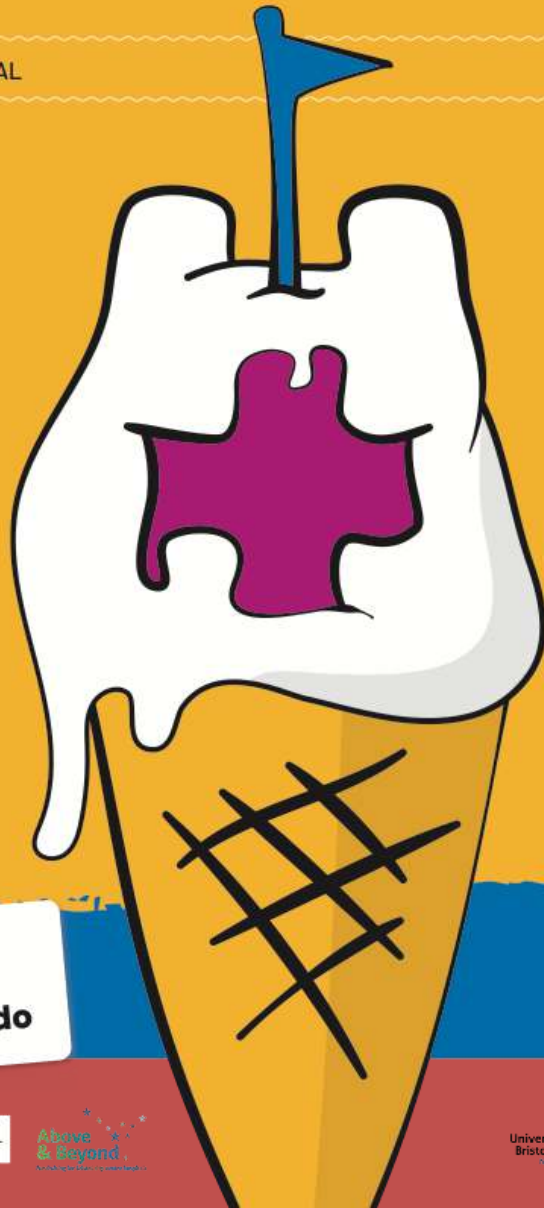
CULTURE
HEALTH &
WELLBEING
ALLIANCE



National Performance Advisory Group

boredom buster

SUMMER ANNUAL



This boredom buster belongs to:

Full of
things to
make  do

Produced for NHS National Performance
Advisory group for Arts, Design and
Heritage in Hospitals, by University
Hospitals Bristol and Weston NHS
Foundation Trust, with Culture Weston

Nella!

With great thanks to the National Lottery we have created this leaflet to bring community during these challenging times. Fold a piece of Origami, decorate it and put it in your window to encourage others. This leaflet contains designs to fold. For film demonstrations go to www.youtube.com/DrLizzieBurns where we offer live folds most Wednesdays at 2pm.

What is Origami?

Origami is the ancient Japanese art of paper folding. It's a powerful tool for wellbeing and brings much needed fun for all ages. From one piece of paper, you can create animals, flowers and beautiful shapes - the possibilities are endless. Everyone has paper at home and this is all you need to make your own creations.

What are the benefits?

Origami is both a problem-solving exercise, and a creative escape; it's interactive and healing. This artform has been used for decades for therapy including muscular damage to the hands; as a tool for cognitive development; to help patients with visual impairments; to overcome language barriers; and as a positive activity for elderly people with dementia and arthritis. It is also a great form of mindfulness. **Unwind and relax, one fold at a time.**

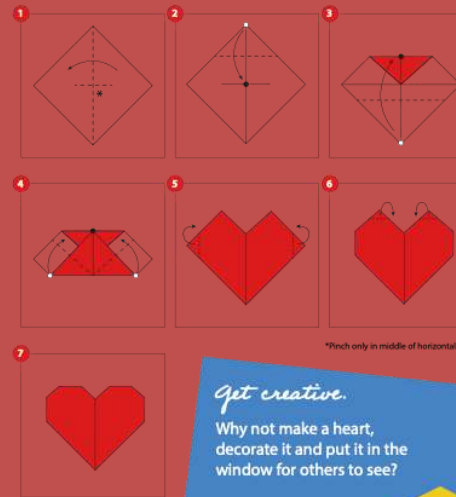
*Create something beautiful in your hands
through Origami and make a moment of calm
and focus for wellbeing.*

Origami Heart



How to make a square.

All the Origami in this leaflet is folded from squares of paper. You can make this easily using any piece of paper, such as A4, which most of us have at home. See the instructions below.



*Pinch only in middle of horizontal fold.

Get creative.

Why not make a heart,
decorate it and put it in the
window for others to see?

Origami symbols

Here we have put a few handy guides to folding instructions. So when you see the symbols you know what to do. Don't worry if you get stuck, all these videos are on the youtube channel. Head to www.youtube.com/DrLizzieBurns for step by step guides on these folds.



Valley Fold



Mountain Fold



Dot to meet



Fold movement



Turn over

If you've created a piece, do share through social media:
Twitter: #Origamilove and tag @DrLizzieBurns
Facebook: #Origamilove 'Join the fold: Origami to beat boredom'
Instagram: #Origamilove @drizziebuns





HM Government



We're a Hospital

and we are **#HereForCulture**

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





NHS
**University Hospitals of
Derby and Burton**
NHS Foundation Trust



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