



# air arts

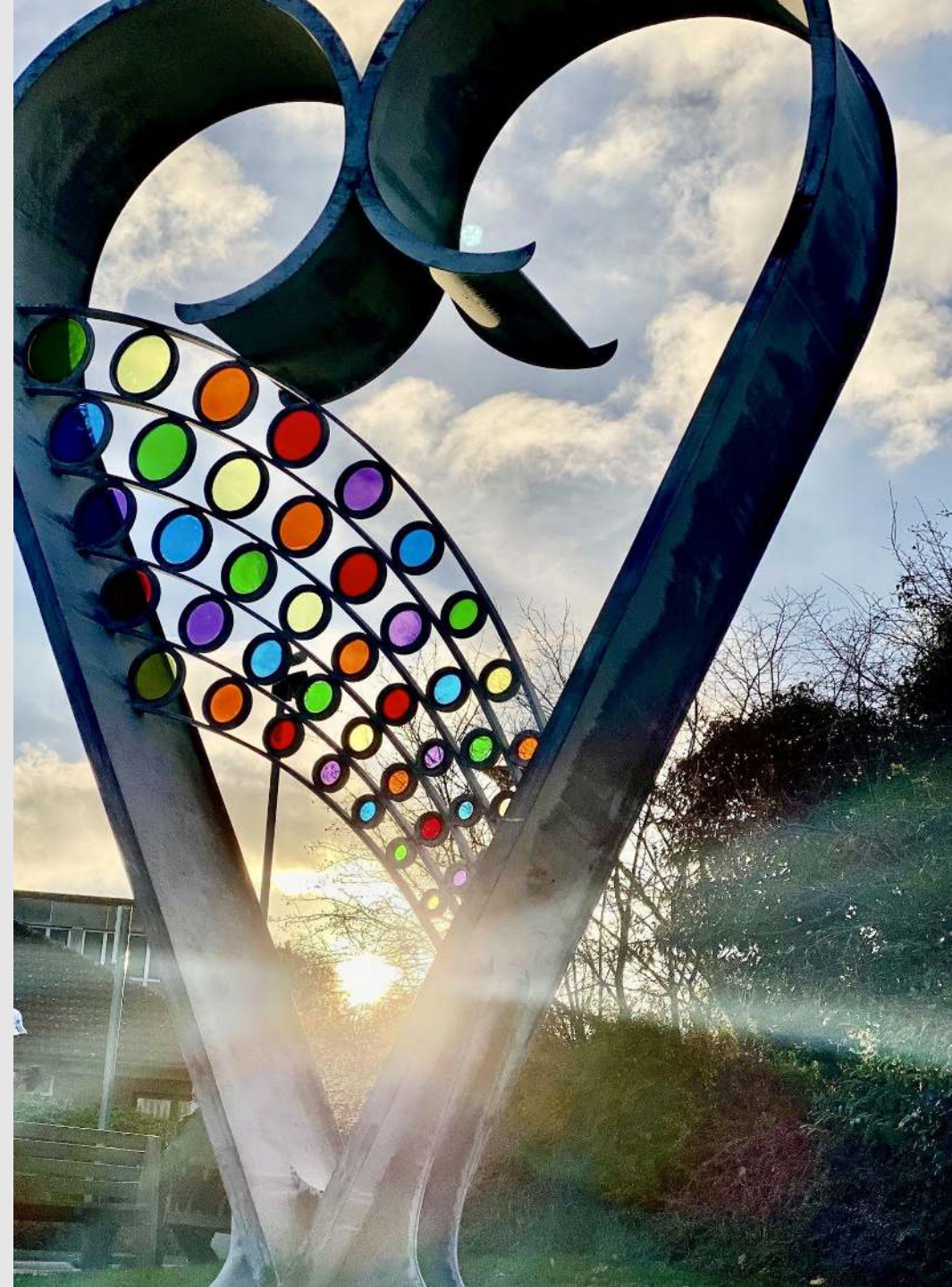
Laura Waters, Head of Arts, UHDB  
Staff Engagement/Improving Staff Experience

PENNA 2022  
@AirArtsUHDB



Air Arts is a wide ranging and ambitious arts in health programme, designed in partnership with staff and patients at University Hospitals of Derby and Burton.

The programme aims to distract from illness, improve wellbeing, aid recovery and enhance the hospital experience for 15,000 staff and 2 million patients and visitors every year.





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- Art Exhibitions
  - Music Performance
  - Patient participation
  - Patient resources
  - Public Art Commissions
  - Courtyards and Gardens
  - Departmental Enhancements
  - Medical Museum
  - Online workshops/resources

# Staff wellbeing



The pandemic demanded an **extraordinary response** from NHS staff.



It emphasised **staff wellbeing** as work related stress, sickness absenteeism and staff turnover increased



Poor NHS staff health and wellbeing is associated with **reduced quality of patient care and satisfaction**

(What Works Wellbeing July 2022)





Image Club



# Made in the NHS

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“We would like to say something from all of us.

This is the first time in nearly two years we haven't felt awful in this building.

It's been amazing.

Thank you”







Staff Wellbeing Choir





# A CHORAL FOREST

**DERBY  
CATHEDRAL**

**Sunday 11 September  
2.45pm - 3.45pm**

**LICHFIELD  
CATHEDRAL**

**Saturday 8 October  
2.00pm - 3.00pm**

Come and enjoy the powerful music and song of  
the UHDB's Wellbeing choir and the Cathedral choirs in  
a performance that celebrates the strength of the NHS.







# Visual Literacy

“The course has been fantastic! The fact that everyone felt so comfortable sharing their work says a lot! It really felt like an oasis moment in the week and gave lots of inspiration to take on both with drawing and in clinic”  
*Course participant*

“Thank you so much for a great course- I've looked at the responses online and already can see a big difference pre and post course.”  
*Dr Laura Adams*



**A great launch for our  
brand new club!!**

**@MATTDRAWSTUFFUK**



**mattdrawsstuffuk**  
Royal Derby Hospital



**@AIRARTSUHDB**



**Doodle Club**

**"It was so enjoyable and you pitched it perfectly.  
Loved it! Can't wait for the next one!"**



# Patient Resources

At Air Arts, supporting patient wellbeing is a big part of what we do.

We have some great resources for patients to be creative, feel happier and distract from boredom.

## FRESH MAGAZINE

Air Arts inhouse visual arts magazine, full of beautiful pictures of the artwork on our sites and information on arts for wellbeing.

## COLOUR ME, READ ME

Air Arts inhouse colouring and poetry booklet, with poems written by UHDB staff and detailed illustrations to colour in. the booklet also includes activities and tips on how to write your own poetry and stories.

## ORIGAMI

Easy to use origami packs with instruction booklet. Examples include bees, foxes, and hearts.

## DRAWING CARDS

Postcards with a draw hint on each one, a short simple activity suitable for all ages designed to stimulate the imagination and creativity.

## BOREDOM BUSTERS

A 48 page newspaper full of articles and creative activities from artists all across the UK, designed especially for hospital patients.

To find out more and to share your thoughts, please get in touch:

[info@airarts.net](mailto:info@airarts.net)

Follow us on social media

[@AirArtsUHDB](https://www.instagram.com/AirArtsUHDB)



air arts

# How are you?

We hope you are feeling good.  
At Air Arts, supporting staff wellbeing is a big part of what we do.

We have some amazing opportunities for staff to be creative and feel good about themselves.

## LIKE TO SING?

Try the staff wellbeing choir

## WANT TO LEARN A NEW CRAFT SKILL?

Join the Made in the NHS workshops

## ENJOY PHOTOGRAPHY?

The staff image photography club is for you

ALWAYS WANTED TO SEE YOUR ARTWORK  
DISPLAYED? Keep an eye out for our staff exhibitions

NEED SOMETHING DIFFERENT TO DO?  
Our Fresh, Take Time and Colour Me, Read Me  
magazines are full of inspiring ideas and articles.

NEED A FEW MOMENTS OUTSIDE?  
Enjoy our on-site peaceful gardens filled with art

ENJOY LEARNING ABOUT HISTORY?  
Volunteer on our medical museum project

To find out more and to share your thoughts,  
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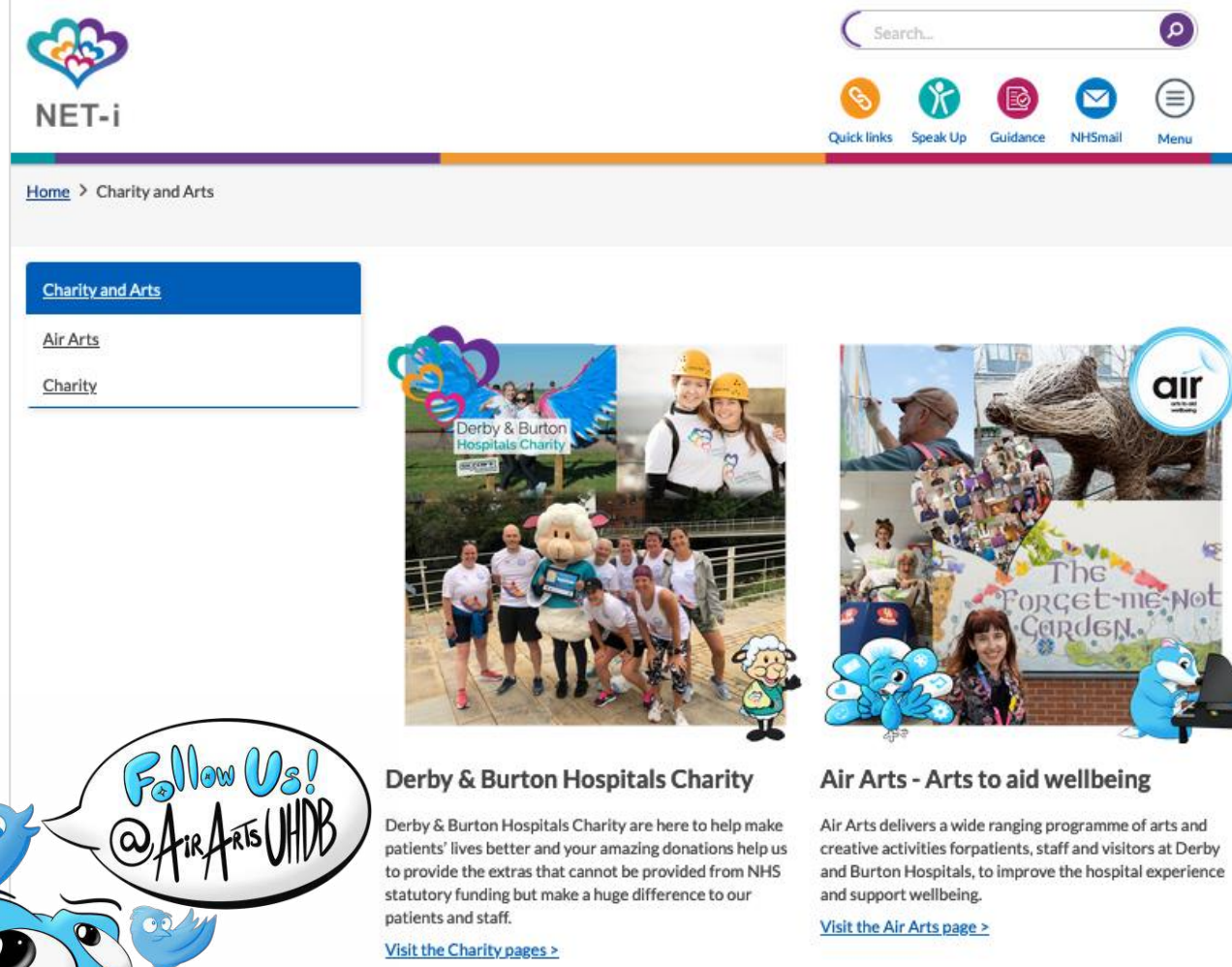
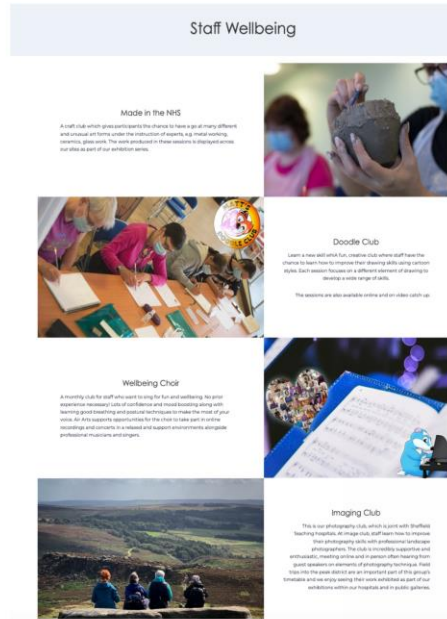
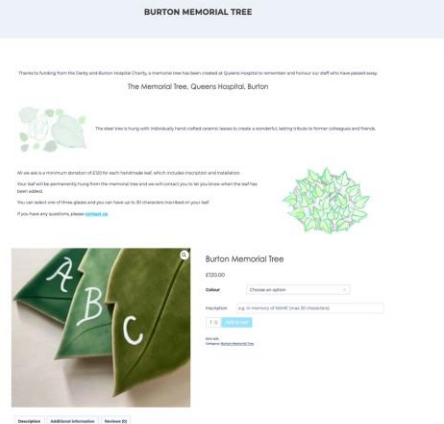
Staff Artwork shown by  
Chris Clark and Jo Morley



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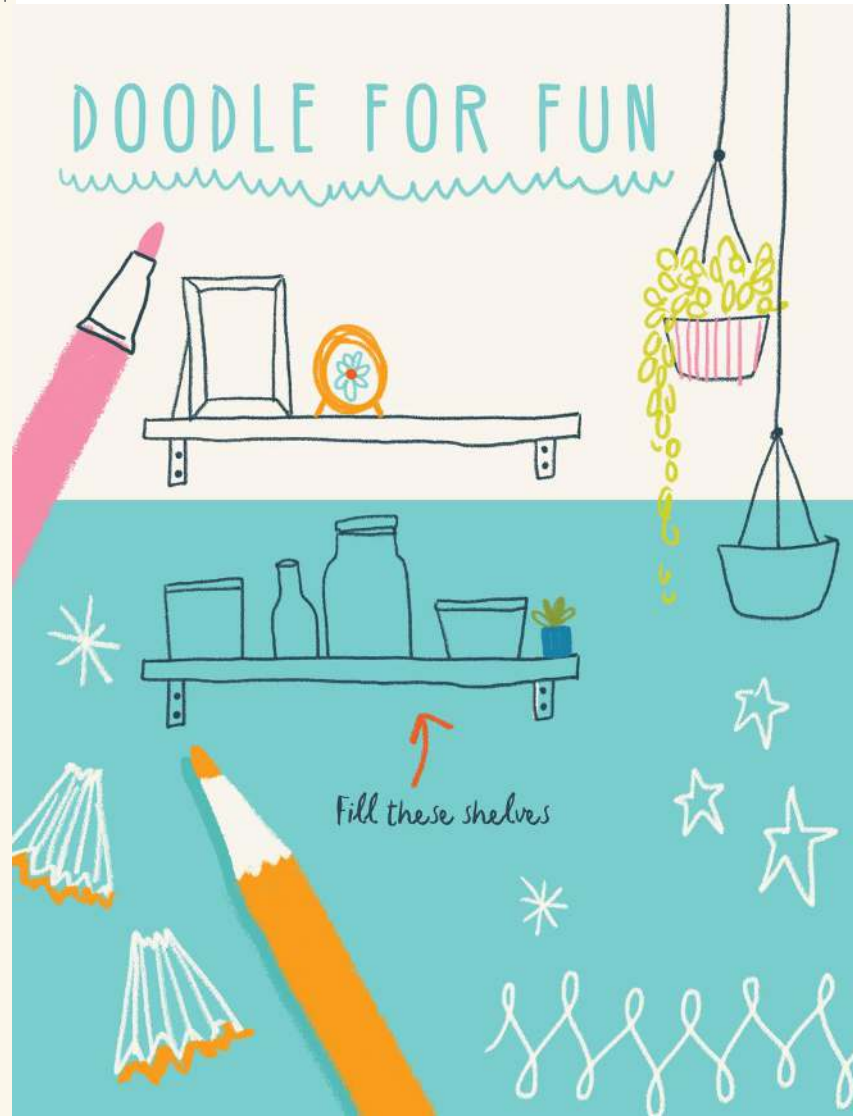


# Social media





# Take Time

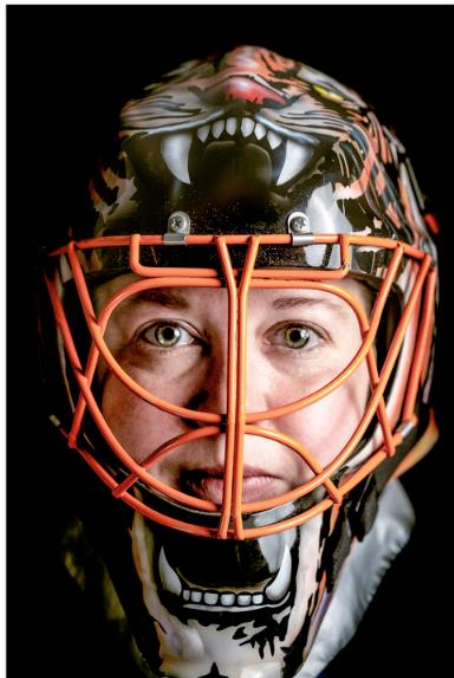
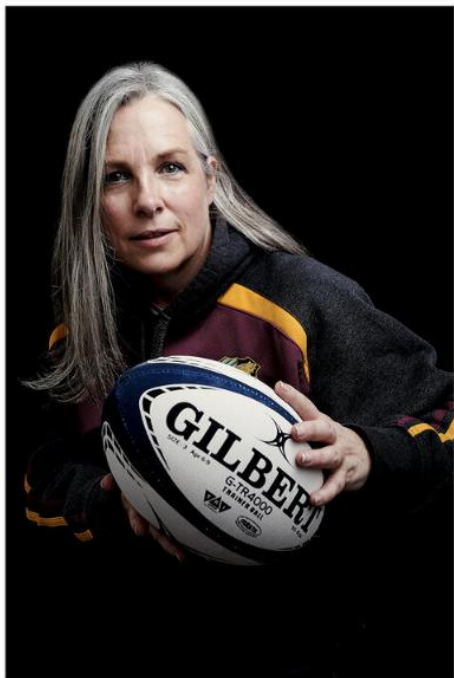






#Team UHDB





We are the NHS



# Medical Museum

‘What a brilliant collection that really deserves showcasing and demonstrating the fantastic legacy of UHDB and will encourage the future workforce. Thank you!’



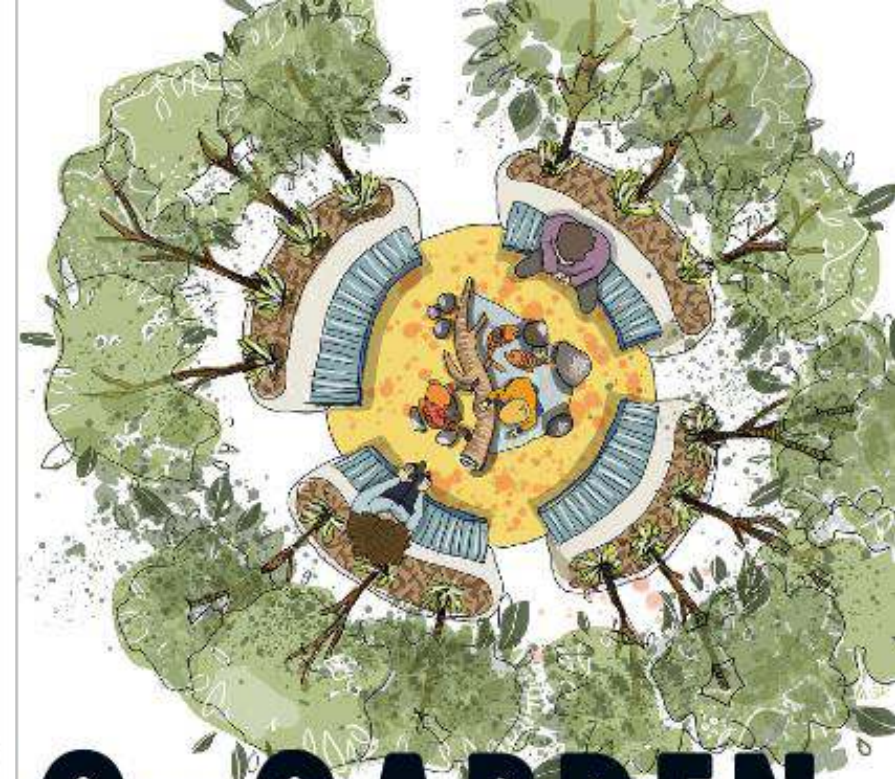




## Staff Art Exhibitions



# Gardening club



## HALO GARDEN

ROYAL DERBY AND QUEEN'S HOSPITAL SITES

HALO Gardens celebrate and commemorate people who have been affected by the Covid pandemic and offer safe, socially distanced sanctuary spaces for rest and respite.

We would like your help to design and plan some HALO gardens at our Royal Derby and Queen's Hospital Burton.

On the **14th of September, at 4pm and then at 7pm** we will be holding some online workshops for staff to explore the planting and design for our HALO gardens, including learning about the therapeutic uses of plants and greenspace to support better health and wellbeing.

**JOIN THE CONVERSATION!**



"Front-line staff, too, have needed additional support to sustain their mental health. At many hospitals around the country, arts teams have been supporting staff under immense strain during the pandemic. University College London Hospitals and the **University Hospitals of Derby and Burton**, for example, have offered art clubs and choirs to keep people going. At UCLH, 86% of staff who took part said it had provided them with respite, and 97% said it was important that the sessions should continue."

LORD HOWARTH

Health and Care Bill

House of Lords, 11 January 2022







[www.airarts.net](http://www.airarts.net)  
@AirArtsUHDB

