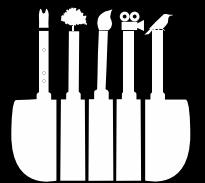




art in the gart

Our Strategy for Gartnavel Royal Hospital Site 2012 -2015



art in the gart

Foreward



"I think art in the gart is a fantastic development. It encapsulates everything that 21st century mental health care is about -

realising people's potential, getting the best from creative staff, working in meaningful partnership with community organisations and all of this utilising the wonderful buildings and environment of the Gartnavel site.

The Gartnavel motto, 'Reluceat', means 'let there be light again' and I very much see art in the gart as bringing illumination to people's lives. I commend it to you and hope you can find ways to get involved."

Andrew Robertson, Chairperson, NHSGGC.



art in the gart



"I have witnessed a significant improvement in the general well-being of people who've participated in

comedy courses we have delivered in hospitals - on a very basic level we have simply engaged patients and cheered them up - the consequence of this has been remarkable!"

Raymond Mearns, Scottish Comedian and Universal Comedy collaborator.

Our Vision

art in the gart - a space for creativity and wellbeing

Working within the unique site of Gartnavel Royal, a large psychiatric hospital in Glasgow, we will create an environment of openness and creativity which attracts brilliant, experienced and sensitive artists to interact and build mutually reciprocal relationships with individuals who use the service, staff, the local community, other artists working onsite and the general public.

We are committed to exhibiting art by patients and by people with lived experience or connection with mental illness and to facilitating participation in high-quality arts activities in order to improve mental health and wellbeing. We imagine a place where collaboration supports individual expression and wellbeing year round at Gartnavel indoors and out. This will be achieved by building on our current knowledge base and experiences. In the spirit of "Towards a Mentally Flourishing Scotland", we will connect with a wide range of partners within health, third sector, arts and cultural



organisations to promote mental health and wellbeing. We will do this in a way that will not exclude anyone from realising their potential

because of their age, disability, gender reassignment, race, sex, sexual orientation, religion and belief or pregnancy and maternity status.

Scene Setting



Gartnavel Royal Hospital has a long history of using creative activities as part of therapeutic treatment programmes. As well as this, for many years we have worked in partnership with third sector providers such as Project Ability and Common Wheel to ensure that we are utilising experts in the arts and creative media to work alongside staff. This has resulted in an excellent clinical experience for individuals and a high quality outcome which may take the shape of a performance, music, art or product of which people can be proud.

We envisage that the 2014 bicentenary of organised psychiatric care in the West of Scotland will stimulate the imagination and encourage a wide range of people from all walks of life to see this as an opportunity to use creative and meaningful activity and help mark the contribution Gartnavel has made to mental health care.

Gartnavel's innovative beginnings are well placed to support the Scottish Government's Mental Health

Strategy, launched in August 2012.

Michael Matheson, Minister for Public Health clearly outlines the challenges and opportunities.

"Mental illness is one of the top public health challenges in Europe. In Scotland we are proud of what we have already achieved in promoting rights and recovery, addressing stigma and improving outcomes for people who use services and their carers – ensuring people receive more effective, quality care and treatment, more quickly than ever before."

"We must now increase the pace of change and focus on delivering improvements which we believe will have the maximum possible impact across the whole population."

"We will work with our partners across the NHS and local authorities; the Third Sector and service users and carers to deliver on our ambitions and ensure our mental health services remain world leading."

Mental Health Strategy for Scotland

2012-15

In August 2012, the Scottish Government's mental health division introduced the Mental Health Strategy for Scotland 2012-15 www.scotland.gov.uk. This strategy sets out a range of key commitments across the spectrum of mental health improvement, services and recovery to ensure delivery of effective, quality care and treatment for people with a mental illness, their carers and families. Prior to its launch, NHS Health Scotland's work in mental health improvement had been in response to 'Towards a Mentally Flourishing Scotland' <http://scotland.gov.uk/Publications/2009/05/06154655/0>

The strategic direction for mental health improvement and public mental health has evolved from a number of policy areas, including mental health, public health, arts, culture and sports.

The public health policy in Scotland has increasingly identified mental health as an integral part of the wider agenda for health improvement.

What do we mean by Mental Health?

There are many different definitions of the term mental health. More often than not it is used to denote mental illness and related issues of treatment. In this instance it is used as an umbrella term to cover both illness and wellbeing. Mental wellbeing is an area often overlooked and misunderstood. However, there is growing recognition of the benefits of addressing mental wellbeing in a comprehensive approach to mental health.

Mental Illness

A diagnosable illness such as depression, anxiety and schizophrenia which can significantly impact upon an individual's cognitive, emotional and /or social abilities.

Mental Wellbeing

There are many different definitions of mental wellbeing, but they generally include areas such as life balance, satisfaction, optimism, self-esteem, skill building and maintenance which is fulfilling and supports personal development, feeling in control, having a purpose in life and a sense of belonging and support.



art in the gart

The Story So Far...

The Gartnavel site is culturally rich and diverse with beautiful grounds, wild life and interesting buildings. Increasing the general public's use of this space is considered to be an effective way to reduce stigma around mental health issues. This is already beginning to happen on site with a public heritage trail with crafter waymarkers for the route, providing cultural, historical interest and outdoor activity.

The grounds are used extensively by local dog walkers and when it snows - people on sledges. NHSGGC welcomes the general public and wants to build on Gartnavel's position as an integral part of the local community.

Over the past four years, Mental Health Services in the North West sector have coordinated a steering group for the annual Scottish Mental Health Arts and Film Festival, SMHAFF. This has offered pre-vocational, exhibition and arts engagement opportunities for people within the North West Sector.

Having evaluated the engagement opportunities presented, a more effective route into using the arts to promote mental wellbeing was identified in discussion with Lee Knifton, Festival Director of SMHAFF; and it was agreed to move in a different direction to increase access to such opportunities against the backdrop of effective and efficient resource use.

In 2012 we reviewed how we engage with key stakeholders and rebadged our Northwest SMHAFF steering group as **art in the gart**.

The decision was taken that SMHAFF would serve as one platform for our own **art in the gart** programme which would run throughout the whole year.

art in the gart seeks to be inclusive in its approach working with representatives from a wide range of organisations and networks which will include non health based representatives with a voice in local arts based planning groups such as Glasgow Connected Arts Network, GCAN and Carers Voices.

On 31 August 2012 we launched **art in the gart** with the participation of Andrew Robertson, Chair of NHSGGC and held a development session to seek peoples views on what kinds of activities they wanted to see happening. 47 people attended from a range of backgrounds such as Alzheimers Scotland, Solar Bear, carers, staff and service users.

They told us they would like to see:

- Bird watching and walking
- Painting and photography
- More music on the wards
- Cooking
- Cycling
- A blethering café
- A book club
- Dancing
- A creative writing group
- Peaceful places to go and think

Harnessing the Potential



The People

We recognise that our most important resource is our people. Therefore harnessing the potential of service users, carers, staff, third sector organisations and the general public, who all have something to offer, is an essential element of our approach. This will promote involvement at a local level, ensuring that we are meeting the ethos which drives "No Health Without Mental Health", 2011. www.dh.gov.uk/mentalhealthstrategy

art in the gart

The Place

Gartnavel Royal has many development opportunities for biodiversity and sustainable planting which increase insect and wildlife and naturally suppress weed growth. The green strand of **art in the gart**, Gartnavel Growing Spaces, comprises four specific sites – The Applefield Garden, The Applefield Plots, The Walled Garden and The Summerhouse, or "Mushroom" as it is affectionately known.

Sustainable planting would benefit the site as a whole. **art in the gart** activities have the potential to incorporate environmental sculpture, creative planting, open air performance space and art installations to name but a few. These activities will act as a natural connector with "The Green Exercise" partnership of the NHS, Forestry Commission Scotland and Scottish Natural Heritage and support their aim to help everyone recognise the potential of Scotland's outdoors, drawing on evidence of the positive relationship between the natural environment and health.

While our primary focus is to improve the physical environment for people who use it, there is the potential for adding value through financially viable landscaping and growing techniques which have the potential to reduce maintenance costs.

The base of these activities will be the Common Wheel Building, Campbell House, which offers a secluded oasis, set in a green and peaceful spot, conducive to mental health recovery. <http://news.bbc.co.uk/1/hi/health/8307024.stm>

This space is already being used by a variety of third sector and statutory organisations. The potential is there for this to be expanded to include groups from all aspects of society accessing this space over seven days, during the day and evenings.

Outcomes

Effective

- This will be done by making it a stipulation that organisations working as part of the art in the gart network use robust methods to evaluate effectiveness. We will expect organisations to demonstrate outcomes. Outcome measures will be arrived at collectively paying heed to individual organisation's requirements as well as those of the collaborative group.

A range of tools covering the following will be used to evaluate effectiveness

- Health outcome measures
- Quality of Life measures
- Service user evaluation using Patient Reported Evaluation Measure (P.R.E.M.)
- Satisfaction surveys
- Standardised toolkits
- Partners who can work with us to undertake and support research will be identified
- Strong links with arts organisations; third sector

partners, voluntary agencies, social services and community education as well as Health Education Institutes will continue to be built

- Links to local Health Improvement Team will be strengthened
- We will pool resources and avoid duplication
- We will ensure that services offer good value for money
- We will work collaboratively with Capital Planning to identify areas for development, maximising the site potential and green space

Safe

- Organisations linked to **art in the gart** will be required to demonstrate governance structures are in place
- Organisations who provide services via **art in the gart** will be required to demonstrate that staff are competent to carry out the role
- Any activities associated with **art in the gart** will be risk assessed
- Any incidents/issues will be reported via formal reporting mechanisms

Person Centred

- Inclusive and accessible, open to all members of the North West and West Dunbartonshire communities
- Service user and carer capacity will be built
 - Self referral which acknowledges that individuals know what is helpful for them
 - Training
 - Vocational rehabilitation
 - Volunteering opportunities
 - Peer support
 - Supported self management approaches will be promoted
- **art in the gart** will be a recognised health resource accessible to GPs via ALISS (Access to information to support self management)

Making It Happen

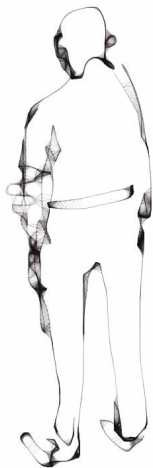
Background

art in the gart was launched on 31st August 2012. We identified potential key stakeholders for the steering group, which was set up by February 2013. We officially launched our Autumn and Winter programmes in November 2012.

Information is being shared with clinicians on the GRH site, associated Community Mental Health Teams and voluntary and third sector organisations via email, posters and word of mouth.

As well as this, Project Ability filmed our launch event and produced a short DVD which was shown on the SMHAFF website during the 2012 festival. http://www.youtube.com/watch?v=yM_hON29wPM

art in the gart



The **art in the gart** logo was designed by freelance designer Zeynep Arman through collaboration with Project Ability and other art in the gart partners. The overall design echoes the towers of the old asylum but expresses the

This place is very isolated.

modernity of the new building. The symbols on the towers reference the pillars of **art in the gart** - its diverse activities drawing on the wildlife and landscape, artistry and technical craft of the people involved.

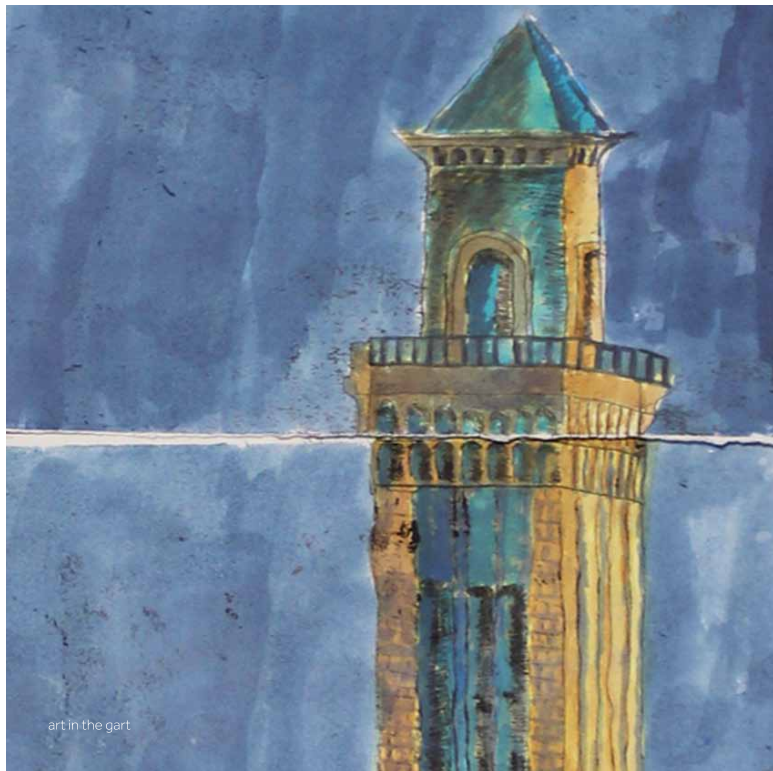
2014 - Celebration and Reflection

The West of Scotland will mark 200 years of providing organised care in 2014. This is an excellent opportunity to raise the profile of **art in the gart**. Gartnavel Campus has an abundance of services who all work to support the well being of individuals including Maggie's Centre, the Homeopathic Hospital, Gartnavel General Hospital and the Calman Cancer Support Centre. **art in the gart** has been building bridges with these organisations who now sit on the steering group, to capitalise on shared goals and creativity.

Government strategy documents and third sector providers such as The Alliance (formerly The Long Term conditions Alliance Scotland) are advocating for a shift in the balance of care that puts the service user at the centre of care delivery and allows for a supported self management approach. **art in the gart** is an excellent vehicle for these



aspirations with people from across a range of care groups choosing activities which enrich lives and support recovery.



art in the gart

Communication Strategy

Information will be available on Staffnet, ALISS, business meetings, training, seminars and any other activity and event at which practitioners are in attendance.

Third Sector organisations across the city will be informed via appropriate networks such as North West Arts Network; GCVS; web links and events and activities such as SMHAFF, West End festival Glasgow Jazz Festival, to name but a few and which reach the general public.

We have already begun to establish links with the NHS communications department and we would hope to continue to work closely to ensure high quality information can be easily accessed by the media and to include the design and provision of printed materials for distribution.

We will use this strategy and our programmes to generate interest and will present this at every level in the organisation and to partner



Photograph by Alan Crumlish

agencies we have identified as potential stakeholders to ensure buy in and commitment.

We have invested in premises on the GRH site. They are welcoming and well-signposted and ensure participants are comfortable. We will use our own and partner agencies promotional DVDs and multi media to raise awareness and stimulate interest.

Through the steering group we will develop an action plan that is updated biannually and disseminated throughout our networks, to our stakeholders and to senior members of all organisations which will report on key aims which are captured above in the section on outcomes.

Funding Strategy

Background

The collaboration with third sector arts organisations will bring added value to what we aim to achieve by enabling access to alternative sources of funding as well as that obtained via NHS GGC, for example, through endowment bids. **art in the gart** seeks to complement clinical services to improve quality of life through the provision of high-quality artistic involvement, and this approach will straddle many potential funding sources, ranging from Creative Scotland to the Big Lottery Fund.

The natural synergy between clinical services, therapeutic activity and the creative mechanisms, which enable people to participate in the way best suited for their individual recovery, will ensure that **art in the gart** will access funding from sources which prioritise not only health, but mental health, older people, young people, the arts, environmental activity, recovery, physical activity and partnership working.

The third sector brings a wealth of experience of bidding successfully to funders and adapting and rethinking resource use to ensure the best service for vulnerable people. Together with the drivers within the overall ethos of the NHS, **art in the gart** stands to be a transferable, effective and economically viable model for future mental health recovery joint-working.

2013 -15

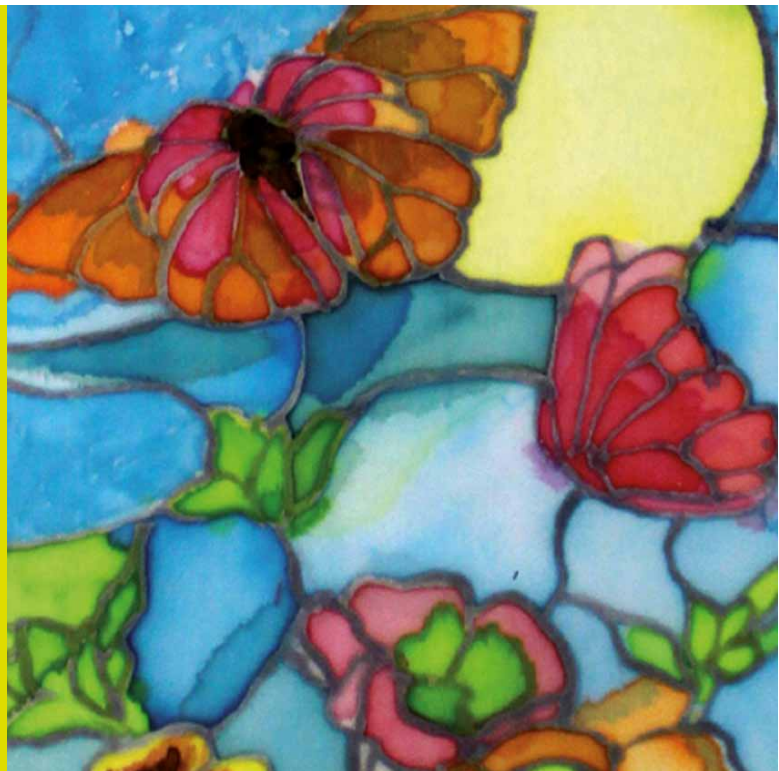
The steering group will review existing funding streams and agree a financial interface. It is envisaged that each third sector provider offering services under the **art in the gart** banner, will manage their own funds and accounting procedures.

It is not envisaged at this stage that **art in the gart** become a provider of funds – rather it is a portal to enable equity of access to activity which focuses on a future of positive possibilities, greater independence and improved quality of life.

art in the gart has managed to commence its programming using funding obtained via health endowment bids. This can be bid for annually but it is not a guaranteed source of income and allocations given only fund small and short term project work.

2015 onwards

In the longer term income generation for use of premises and also payment for workshops/ sessions will generate unrestricted income to contribute to **art in the gart** activities.



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Our Strategy for Gartnavel Royal Hospital Site 2012 -2015



For more information on **art in the gart** and to become involved please email Samantha.Flower@ggc.scot.nhs.uk or Fiona.Sinclair6@ggc.scot.nhs.uk or info@project-ability.co.uk