

TOUCH A FLOWER, TALK TO ME

EVALUATION REPORT
January 2020



Touch a Flower, Talk to Me

A textile arts project commissioned by the Arts Programme within Cardiff and Vale Health Charity to support the transfer of services from Rookwood Hospital to University Llandough Hospital

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Registered Charity No. 1056544



FACT FILE: TOUCH A FLOWER, TALK TO ME



Interactive exhibition,
Plaza Exhibition Space,
University Hospital, Llandough
September 2019.

A TEXTILE ARTS PROJECT TO SUPPORT THE TRANSFER OF SERVICES FROM ROOKWOOD HOSPITAL TO UNIVERSITY LLANDOUGH HOSPITAL.

Project Aims

To capture the essence of Rookwood Hospital via memories to support the transition of services from Rookwood to University Hospital Llandough.

To improve the environment of the new unit that takes positive reflections from the past.

Artforms Used

Digital (touch capacitor sensors)
Bare Conductive boards,
Textiles and embroidery.

Artist

Marion Cheung

Project Partners

Specialist Neuro-rehabilitation ward
7, Rookwood Hospital
Peter Lea Primary School
Sunrise Elderly Living crafts group
Webber Design Ltd
Fab Lab, Cardiff

Funders

The Arts programme within
Cardiff & Vale Health Charity

Participants, 54

6 patients
6 staff members
28 Year 6 pupils
3 teaching staff
11 members of Sunrise Senior Living

Location

Ward 7 day room, Rookwood
Hospital. Year 6 class, Peter Lea
Primary School.
Sunrise Elderly Living, Cardiff
Exhibition: Plaza Exhibition
Space, Llandough Hospital.

Dates

May – June (workshops) 2019
June – August (installation/
wallhanging construction/sound edit)
Exhibition – September 2019

1.0 OUTCOMES DELIVERED

Patients engaged in creative
interventions to assist with their
recovery and rehabilitation goals.

Staff reflected on their
careers and gave insight into
their career journeys.

An opportunity for artist development
via engagement with service users
and to explore future projects.

Supported pupils' digital skills and
encouraged collaborative working.

1.2 OUTPUTS

8 x 1 hour sessions in hospital day-
room with staff and patients.
4 x 2 hour sessions in School.
4 x 1 hour session at Sunrise
Elderly Living craft venue.



Lucie Phillips (Music therapy) recorded songs for the project.

- An exhibition comprising a textile wall hanging (1.5m x 1.7m) made up of 113 decorated/ hand-sewn flowers on a painted canvas background.
- 8 Individual flower pots (recycled plastic) for display in different areas of UHL entrance.
- 3x interactive touch capacitor sensor displays – 11 interactive flowers containing staff interviews; pupils' voices, poetry and birdsong.
- 2 wall displays including a wooden trolley and fruit boxes
- 2X A1 printed boards, 12 photos.
- Total: 28 Audios
- 140 flowers, 113 on the wallhanging)
- 2x A3 information boards
- in Welsh & English.
- Interviews from 8 members of staff. Sound edits and transcriptions.
- 12 project meetings.
- Additional outputs (not included in the budget)
- 1 x transcribed A5 booklet (14 pages) containing interviews from 8 staff.
- 1 x photographic book (56 pages) documenting the project designed by Webber Design Ltd.
- 1 x hand-made trolley stand and wooden box.

2.0 BACKGROUND

Rookwood Hospital was built in 1886, originally as a home for the Hill family. It is a striking, listed building built in a Gothic style set in a fairly remote site in Llandaff, Cardiff. It

has extensive gardens and became a convalescent home following the end of WW1, then developed into a hospital during the 1930s after the NHS took it over. Today, it is in need of modernisation. Parts of the building are in disrepair and the buildings are not fit for purpose. Rookwood is renowned for its Neuro and Spinal injury wards following its history as a convalescent home for soldiers who had suffered these types of injuries. It is one of 14 specialist hospitals in the UK.

2.1 SPECIALIST NEURO-REHABILITATION WARD 7

Families are included in patients' care and support. Families are educated with the nature of their relative's brain injury and informed how best to support the individual and their needs. Following in-patient Specialist Neuro-rehabilitation patients may be referred to community rehabilitation and Neuro teams, dependent on individuals ongoing

needs. A patient stay can vary from a few weeks to several months.

3.0 SUMMARY

Touch a Flower, Talk to Me was delivered by artist Marion Cheung at Rookwood Hospital with Specialist Neuro-rehabilitation ward 7, Peter Lea Primary School and Sunrise Elderly Living, a craft group for people with dementia between May – June 2019.

An interactive installation from 9th - 30th September, 2019 at Plaza Exhibition space, University Hospital Llandough. A celebratory event took place on 25th September.

“Very innovative and person-centred approach to filling the long and lonely hours facing the patient on the ward.” – Visitor to the exhibition, 12/09/2019.

Occupational therapy assisted with choosing participants for the group which was based on individuals rehabilitation goals and interests. On

the day the group ran, people were asked if they wanted to take part.

3.1 PROJECT PARTNERS

Peter Lea Primary School is an inclusive community school and is strongly committed to the ethos of high achievement and equal opportunities.

They value cultural diversity and aim to provide a safe, happy and secure environment in which racism and all forms of prejudice are challenged.

It is a busy but friendly school, with lots going on. The school community is committed to promoting wellbeing and considers extra curricular activities to be very important in the development of the school ethos.

Pupils have worked with Cardiff and Vale University Hospital on a number of projects in the past. This particular Y6 class was identified as the most able pupils for this type of activity.

Sunrise Elderly Living Arts and Craft group: 4 sessions, 1 hour duration led by mixed media artist Karen O’Shea with 11 participants and 2 support workers.

Many residents live independently, yet this is limited by their physical and mental health needs. In the secure reminiscence unit, all residents have more advanced forms of dementia.

Karen runs weekly arts and crafts sessions which promote dexterity, social interaction, boost confidence and promote positive mental health. Karen led both areas of the care home in sewing flowers for the public exhibition. The residents enjoyed knowing that something they had made would be exhibited and benefit others.



Interactive exhibits containing NHS staff and pupils' voices.



Pupils, Y6 Peter Lea Primary School.

Webber Design Ltd – a graphic and web design studio owned by Marion’s husband provided the exhibition signage and book design.

Fab Lab, Cardiff provided training, technical support and access to laser cutting facilities.

Men Sheds, Cardiff, volunteer Anthony Denning built items for the exhibition and assisted in the installation with the newly appointed exhibition co-ordinator.

The Arts programme marketing team promoted the project’s workshops by distributing digital posters throughout the hospital.

4.0 ARTIST

Marion Cheung contacted the Health Charity with a project idea and was recruited on the strengths of previous projects. *Core competencies:*

- Skilled, professional artist practitioner.
- Experienced working with diverse groups, with sensitivity towards participants taking

into consideration their abilities and needs.

- Trained to deliver arts projects within care and hospital settings with a focus on delivering quality experiences.
- Experienced and trained teacher with PGCE qualification.
- Over 10 years community arts/ education experience and recent experience delivering an oral history project.

“...As always, a wonderful opportunity to see the amazing work you do and the extraordinary talents of the communities you engage with. Such a lovely project with beautiful tactile artwork and such personalities speaking through their art” - Anne Culverhouse Evans, Art in the Attic, Porth.

“Really enjoyed the instant visual colour therapy of the work. When I looked further into the exhibition and how it was put together, I really appreciated the collaborative work which went into creating it. Love that pupils and patients participated. As a hospital patient, it felt powerful to hear voices I may not otherwise have encountered. Listening to the birdsong was magical” - Visitor to the exhibition.



May - June. Creative workshops in the day room, Ward 7.

4.1 QUALITY

Marion facilitated creative textile and painting activities in the dayroom supported by occupational therapists, a speech therapy technician. The activities were open to everyone including staff.

A welcoming atmosphere encouraged participants could do as much as they were able to on the day. Patients engaged in relaxing conversations with staff and each other whilst being absorbed in the tasks. Marion provided demonstrations, practical support and worked alongside participants.

In school, Marion led digital and making workshops, encouraging team working. Pupils engaged in problem solving activities and learnt digital skills required to record their own and each other's voices, transferring audio files to bare conductive boards.

Marion was checked by Disclosure and Barring Service (DBS) and met staff and the Occupational Therapy team in a consultation period that began in October 2018. They discussed needs and suitable activities for participants and appropriate materials (with consideration of IP&C, infection control). Marion kept in regular contact with two points of contact throughout the project.

As this was the first project that Marion had delivered within a clinical setting, she contacted Sarah Goodey, Arts Co-ordinator, ABUHB and arranged a visit to artist Andrea Carney leading arts workshops on Sycamore Ward, St. Woolos Hospital.

Additional quality indicators:

- Payment – Arts Council rates.
- Ethics – permission was given by participants. Release forms were signed to share quotes, photographs, stories.
- Safeguarding – artist was supported by staff and occupational therapy.
- A teaching assistant or the class teacher was present during the workshops.
- Evaluation/Monitoring took place in school to review progress.
- Materials/Prototypes were tested during March – May.

Participants were at the centre of activities and were involved in the progression of the design and could see how their contributions were going to be incorporated into the outputs. Set up and pack up time was included in the workshop fee. It benefited from the R&D phase and 4 weeks preparation time after the workshops ended.



Marion taught pupils how to use touch capacitor sensors. June, 2019.

4.2 WORKSHOP ACTIVITIES

The individual flowers were designed and cut with a laser cutter because scissors were not allowed on the ward. The colour palette agreed and discussed with occupational therapy. The activities supported patients' hand-eye co-ordination, wellbeing and rehabilitation goals. A staff member commented how good it was because,

“...There was no right or wrong way to decorate the flowers.”
- Occupational therapist.

Patients were positioned around the tables – adjustments were made to table top heights to give wheelchairs easy access. The round tables in the day room enabled relaxed conversations to take part. It was often noted after the sessions,

“...I really enjoyed that. Not just the activity, but especially the conversations I've had today.” – Patient voice.

Patients said they enjoyed the activities because they were able to contribute as much as they wanted on the day without feeling any pressure. There was plenty of choice in terms of materials and ownership of their designs. Staff photographed patients with their work and printed photos out for them to keep and display on the ward.



Making the interactive displays in class.

5.0 EVALUATION

- The evaluation set out to identify:
How the Arts Charity can support artists delivering projects within clinical settings.
- The impact of engaging staff memories of Rookwood to support the transfer of services.

A mixed methods evaluation was carried out by the Head of the Arts Charity, the Arts Co-ordinator, Artist, Occupational Therapy and the Class teacher. Written feedback was collected from NHS staff via questionnaires; conversations after the workshops and observations written in a project journal.

Over 40 Visitor's comments were collected during the exhibition which provided useful data.

The class teacher facilitated a Q&A with pupils including the completion of a questionnaire which confirmed high levels of enjoyment, learning and engagement. There is a separate evaluation document from the school's project.

Informal, consented interviews from staff revealed useful comments in terms of patient enjoyment and engagement.

5.1 ATTENDANCE

Attendance at the start of the project was good – however, by week 3, numbers fell significantly due to the admission of PDOC patients (Prolonged Disorder of Consciousness) who were unable to engage with the activities.

- Pupils' attendance remained high throughout. There were 29 pupils in all the sessions except 1, when there were 26.
- Participants: Total: 54 :
6 patients, 6 staff; 28, Year 6 pupils aged 10/11
- 3 school staff members
- Sunrise Elderly Living craft group, Cardiff – 11 including care worker and lead.



Artist Marion Cheung at the exhibition, September 2019



Patients and staff paint components for the exhibition



Class teacher Lauren Jones with Y6 pupils testing the touch-sensors

5.2 PROJECT COSTS

£3520 included artist's fees, materials and exhibition costs. It did not include the R&D phase, the cost of evaluating the project, transcribed audio interviews or the production and design of 2 exhibition books. The cost per head based on 54 participants: £65.

Whilst working alongside the occupational therapists, an opportunity arose to work alongside a patient with a severe tremor. As a result of this experience, further experience involving artists and Occupational Therapy would be valuable for both patients and staff.

Inclusion/issues

Marion wanted to include patients' families, but timing and co-ordinating this was difficult. Collecting patient voices was challenging due to issues regarding mental capacity, appropriateness and consent.

5.3 EVALUATION FINDINGS

As a result of the patient participant numbers falling in week 3 and activities only partly matching participants abilities, Marion expressed her concerns to her main points of contact. She attempted to involve another group in the Spinal Ward but it proved difficult to arrange due to other commitments for all involved. Karen O'Shea contacted Marion and offered her craft group at Sunrise Elderly Living to take part. A flexible approach was beneficial in keeping the project going.

Participants said that they enjoyed the activities and knowing that they were contributing in a meaningful way.



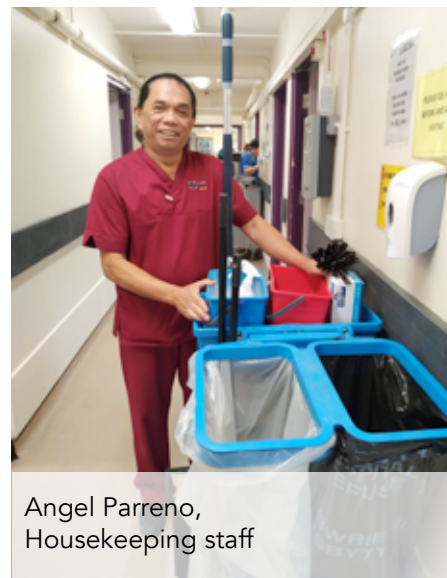
Y6 pupils, Peter Lea Primary School



Clare Donohue, Healthcare support worker



Javvad Haider, Registrar



Angel Parreno, Housekeeping staff

Year 6 were going to visit the day room and engage in the activities alongside patients and staff, but it did not take place due to shortage of support staff and other factors outside our control.

NHS staff found it difficult to visit the exhibition at Llandough Hospital due to work commitments at Rookwood.

To counter this, Marion photographed the exhibits and made a short video to be uploaded to Youtube.

Production methods

From the outset, the funders had clearly defined outputs in terms of product and process. This created an unintended tension between the artist's process and methods of production. The Occupational therapist commented that there could have been more variety in the activities on a weekly basis. However, it was positive in terms of the end result, and with the participants engagement, they had gathered a strong sense of achievement, perseverance and resilience:

“The children all engaged with the different activities, even those who could sometimes struggle and focus within the normal classroom setting. The project had an impact on confidence and resilience – particularly the sewing which many found tricky”
- Lauren Jones, Year 6 Teacher.

Digital skills

The digital elements provided opportunities for pupils to put their problem solving skills to the test. Marion enabled the pupils to lead trouble-shooting activities in small groups. Pupils found solutions to testing the kit themselves.

“It got quite stressful during a session when things didn't go to plan – this can happen alot when technology is involved! I noticed a group of girls at the front beginning to link the audio files to the touch boards through trial and error. I took this opportunity to engage the whole class in a trouble-shooting activity instead which proved much more rewarding and fun for everyone.” - **Marion Cheung**

The impact of engaging staff memories of Rookwood to support the transfer of services.

The project enabled staff the opportunity to reflect on working practices and 'ethos of Rookwood' which evolved from its legacy as a convalescent hospital for soldiers returning from the Great War.

“It's quite rare to see a place solely dedicated for the rehabilitation of people who've had really life changing experiences...being part of that process, allowing people to come to terms with and heal from what's happened to them...people who leave the hospital continuing to live as the same person but in a completely

different body and different mindset to what they originally came in with.” - **Dr. Haider, Registrar, Rookwood Hospital.**

An occupational therapist observed that, (*Touch a Flower, Talk to Me has*) *“...really shown what we do here at Rookwood.”*- **Georgina Williams.**

The impact the project had on patients visiting the exhibition

The interactive exhibition proved particularly successful in engaging dementia patients.

Outside the usual ward environment within an unexpected setting – listening to staff and pupils' voices enabled patients to start conversations with their carers when, prior to the visit they were withdrawn and quiet.

“I took several patients down to the display, to my surprise even those who I imagined wouldn't necessarily find it engaging, did. It was an incredible display of textures, sounds and colours and I was inspired by it.

On taking one lady to see it, I was amazed by how she instantly took to the displays beauty and, once given permission (I think we naturally retain that idea that we must not touch things!) to feel the flowers (and I demonstrated) she spent a long time just feeling and touching the various flowers within her reach and seemed so engaged, it was quite outstanding for someone whom I

was taking off the ward to 'settle her anxiety'. This perhaps shows the power of sensory stimulation.

Another gentleman, whom I did not think would engage due to past experience with trying to engage him in art or the gallery, took to the display remarkably and enjoyed looking at it and theorising about how he imagined it was created (again, enabling cognitive stimulation).

I think the idea of creating a sensory stimulating environment/display is optimal to all as it allows everyone to engage, those with visual impairments can feel or hear, those with limited mobility/dexterity can see, those with artistic flare can be inspired.... Well done. I hope to see much more of this in the future within the health board."

N. McCulloch, Activities Co-ordinator.

The impact the project had on patients and staff on the ward.

The process of engaging in a meaningful arts activity on the ward provided opportunities to meet other patients as well as talk to different members of staff.

Staff had opportunities to engage in activities that counteracted stressful times on the ward and were able to reflect on their work and career journeys.

Participants demonstrated their creative skills, which were strengthened through making their own choices and creative decisions.

"I enjoyed the company. Not just the making things. The company. The chat." - **Patient.**

"We loved it. The patients loved it...(x) was proud of her work. It was really lovely seeing everyone get involved. She was in her room and gets fed up quickly, it really cheered her up." - **Clare Donohue.**

Impacts observed by Health Support workers and artist

- The art activity promoted a sense of wellbeing for patients.
- Opportunities for social interaction.
- Promoted and encouraged communication.
- Improved enjoyment
- Provided relaxing activities
- Mentally stimulating
- Confidence building
- Encouraged physical activity (hand-eye co-ordination)
- Patients felt a sense of achievement



6.0 CONCLUSIONS

The project gave many opportunities for collaboration, co-production, learning and networking. Particularly with occupational therapy to enrich rehabilitation goals.

This type of project gave pupils' greater understanding of the role that the arts has on health and wellbeing. The following quote demonstrates this,

"If ill in hospital, they're just worried about what's going to happen next, but if they can do stuff...if they have art next to them, they can forget what's going on and it relaxes them a bit more." - **Year 6 pupil.**

Pupils were immersed in a productive experience working with a professional artist, with scope for more collaborative projects.

At the consultation between artist and funders, the artists must consider if production methods are viable in terms of budget, timings and have a contingency plan in place.

Have a clear understanding of payment procedures and timescales.

Impacts

- A positive experience for the artist, encouraging further research and study, gaining insights into working alongside NHS staff and strategies to support patients.
- Occupational therapy said they wanted to include more arts activities on the ward.
- As evidenced in the visitor's book, the exhibition was joyful and provided an uplifting, calming space.
- Fundraising ideas came from visitor's comments.
- The exhibition inspired NHS staff to try new activities in the dayroom and encouraged patients to take up arts and crafts when they are discharged.

- Once services transfer, the wallhanging will be on display in the new unit at Llandough Hospital. It is currently on display in the day room.

6.1 VISITOR'S COMMENTS

Feeling sad – saw this display and made us smile. Thank you - Dawn and Heather.

Cheered me up before I go to clinic. - Patient.

Such a festooning of joy, gentle and full of colours that can't help but bring a smile to the face and a smile to the heart. – Louise Jensen.

This is my favourite exhibit of ALL time! It's beautiful and lifts

my spirits whenever I see it. Gorgeous colours! Judith M. Veal. Orthopaedic pathway Facilitator.

Congratulations! It is wonderful to see something which makes me feel happy, uplifted and smile. So cheerful and positive – hopeful and encouraging. Real feel good factor. A real joy - Visitor.

KEYWORDS:

Specialist Neuro-rehabilitation
Primary care
Digital textile art
Hospital environments
Collaboration
Occupational Therapy
Creative curriculum
CVUHB



Wallhanging detail.