



**University of  
Sunderland**

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 **ROOM  
FOR YOU**  
*arts in health*

# The Arts and Wellbeing

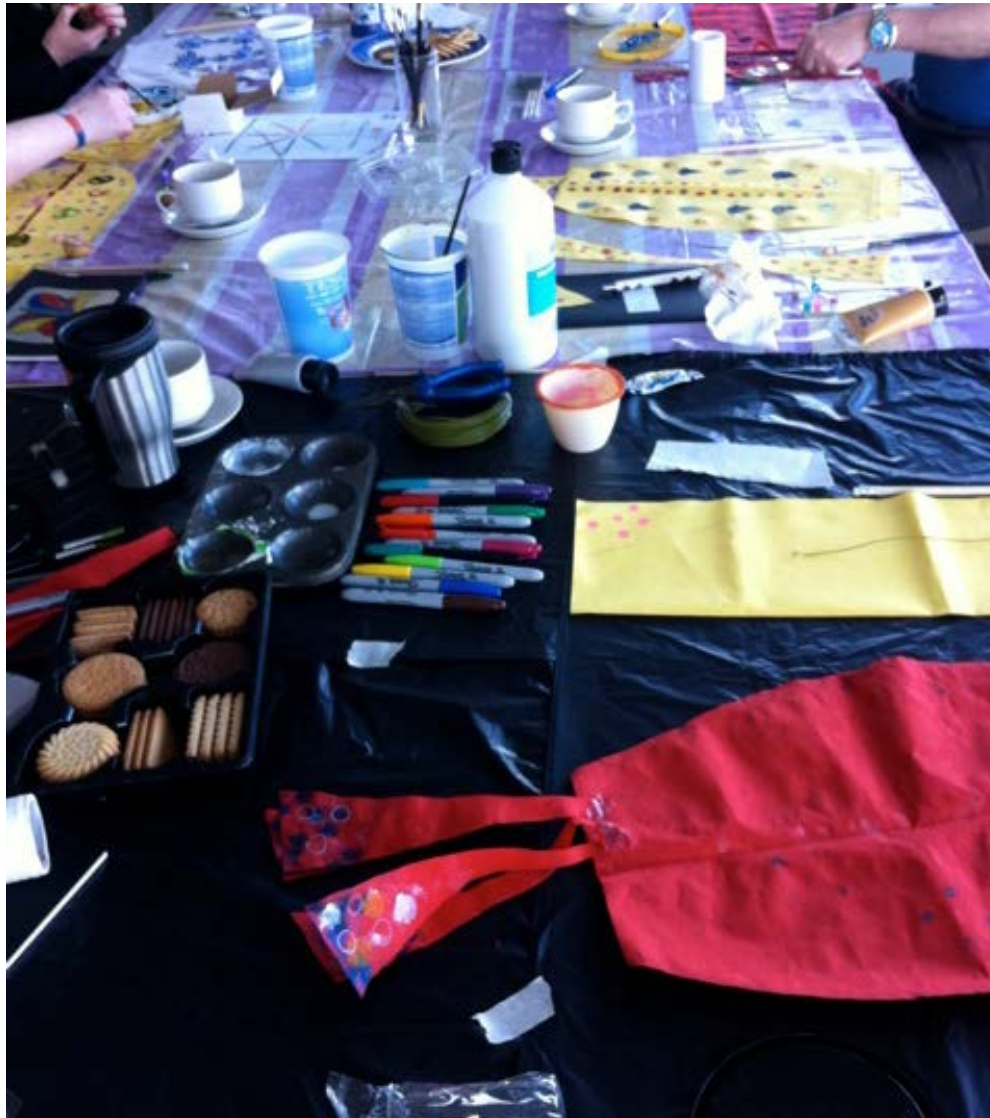
10<sup>th</sup> The Arts in Society conference





Room for You's Statement of Purpose is:- 'to provide emotional support (through creativity and listening) to people living with life limiting, long term conditions.'

# Brief History

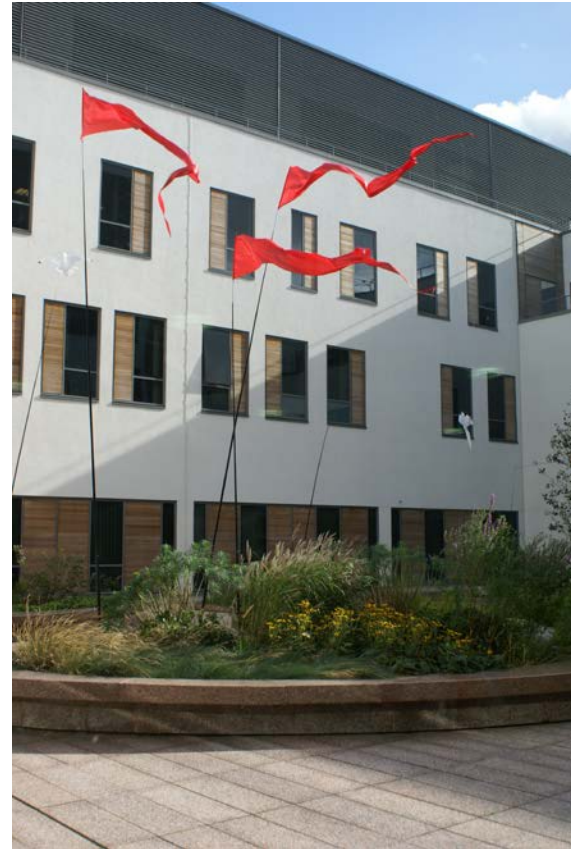


# How we work



# Quote from a Sister in a Cancer Unit

- ‘The artists and counsellors from Room for You can provide time with the patients that our staff cannot always guarantee. This is both beneficial for the patients who get involved and for staff who are able to leave patients knowing that they are engaged in something that they are enjoying. It is anticipated that we (the hospital) will see more positive patient feedback as a result of this service.’



# How do we make people 'feel' better?



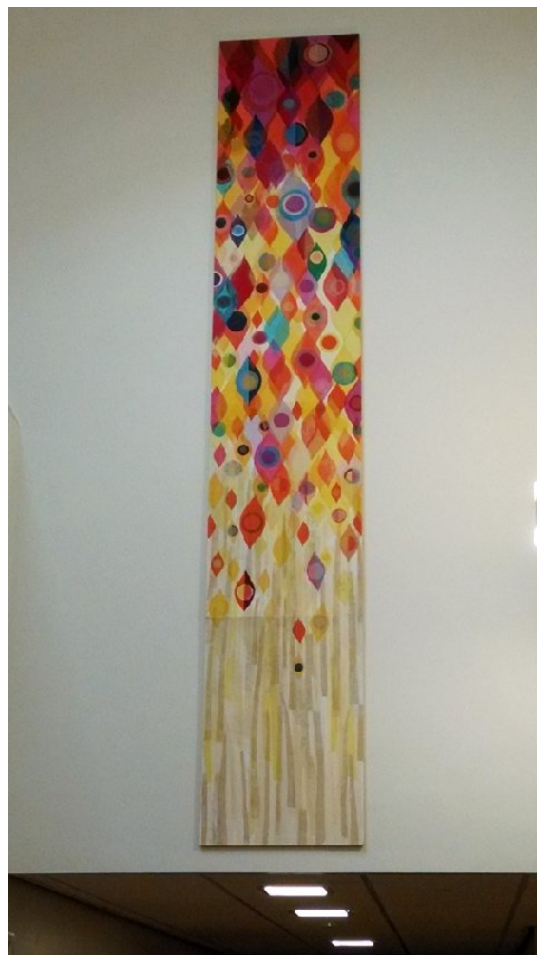




# NCCC Proggy Mat



# Wall hanging St Bede's Palliative Care Unit



# Welcome Mosaic Bede hospice

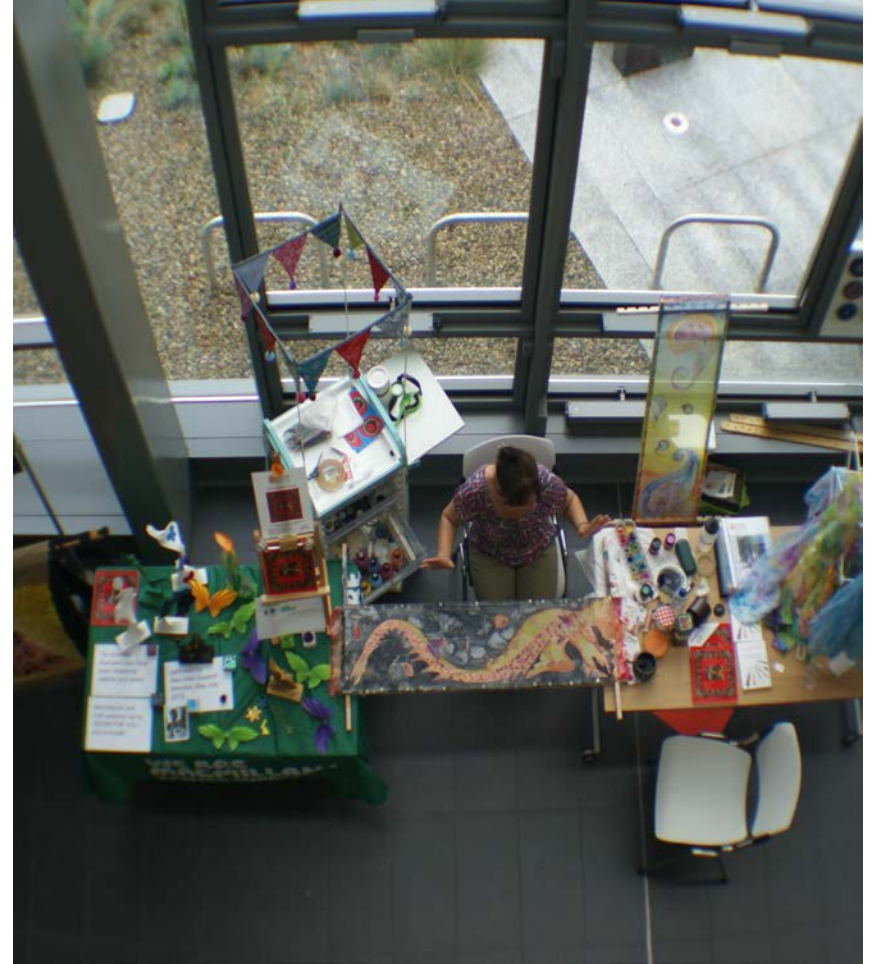


# NCCC waiting area





# NCCC waiting area











# Art for wellbeing Hexham



# Wind socks, Blyth Beach Arts for Wellbeing



# Arts for Wellbeing workshops





# How do we 'measure' impact?

- So overall how would you sum up your experience of coming into contact with the art project when you have been coming backwards and forwards?
- Client: I think it was wholly positive actually I did feel better on the days when they were here than on the other days.

PROJECT ID.		DATE OF COMPLETION
PARTICIPANT ID.		1
		2
		3

**ROOM FOR YOU**  
*arts in health*

## WELLBEING WHEEL

**SCALING KEY**  
1 = Not at all true of me  
10 = Very true of me

**YOU MAY USE THIS BOX TO ADD YOUR OWN COMMENTS ON YOUR EXPERIENCE OF 'ROOM FOR YOU' SESSIONS**

--

**WE ARE MURCHILLAN.**  
Cancer Support

LOTTERY FUNDING



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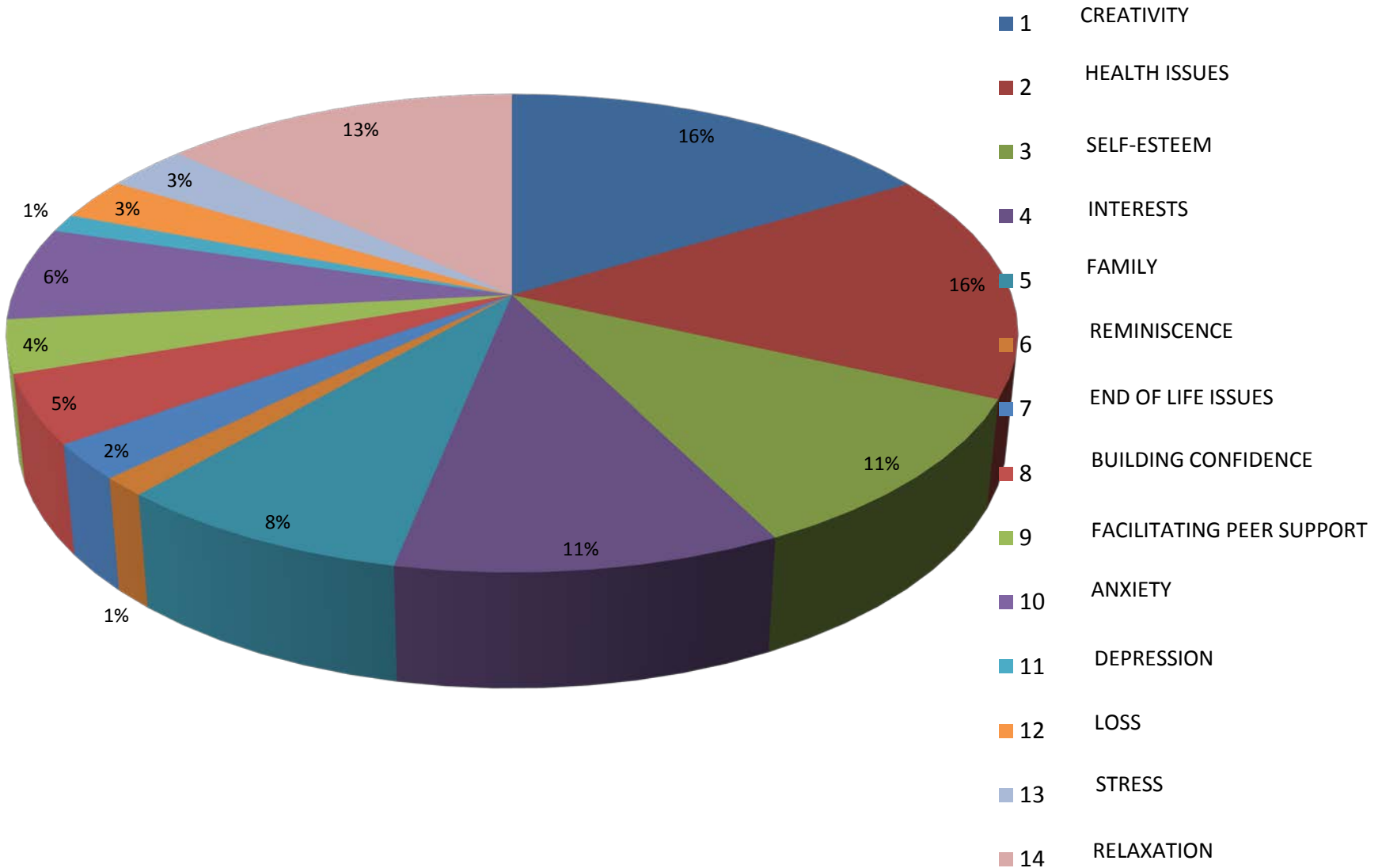
**WALK**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**LOTTERY FUNDED**

# ROOM FOR YOU-Arts in Health Phoenix Unit-Presented Issue Types





# ROOM FOR YOU

*arts in health*





# Thanks for listening! Any Questions?



"Mr. Osborne, may I be excused?  
My brain is full."

# Talking is good!



# 'Arts for Well Being' workshops





# The Act of Making







# Clay island

