



*Work created by participants from THAT Projects*

## **Annual Review 2014-15**

**Charity Number: SCO 32721**

**Company Number: 307393**

## CHAIRPERSON'S REPORT 2014 -15



I am pleased to present my second report as chair of THAT. Once again I thank NHS Tayside for their continued support and the William S Phillips Fund for their generous donation of £2.5k per year for the next 3 years.

The ACES research study, developed from our *ST/ART* Project, examining the role of Creative Engagement through visual arts in inpatient stroke recovery has been completed and approved by the Chief Scientists Office. There have already been two full article publications and speaker invitations to prestigious events raising the profile of the work undertaken by THAT. The beneficial *ST/ART* & Dundee Contemporary Arts partnership programmes continue to be sought after, oversubscribed and diverse.

The delivery of the 2 year LTC Creative Engagement Project [2013-15] continued with a further 15 successful programmes with COPD, Parkinson's and Dementia participants using Visual Arts, Music, Dance and Drama.

We also continued our Service Level agreement with Cornhill Macmillan palliative care service in Perth, delivering 3 programmes one of which led to the creation of a permanent glass art work for the building.

Looking forward we are reviewing our objectives, priorities, policies and articles to help ensure that we are in a strong position to develop new partnerships with the new evolving Health and Social Care Integration Boards across Tayside.

Special thanks, to Chris, Karine and in particular Moira Moonlight our Admin Support Officer who will be leaving us to enjoy her well earned retirement.

**Joan Forsyth Chair THAT**

## THAT:

Tayside Healthcare Arts Trust was set up in 2002 to develop the role of the arts in healthcare across the area of NHS Tayside. THAT responds to enquiries which have clear Arts and Healthcare content.

### **THAT aims:**

- **To benefit, through the arts, the health and wellbeing of persons in hospital and in the community.**
- **To promote quality health and social care environments.**
- **To research and promote the development of arts in health and social care.**

THAT continues to employ Artists to:

- directly engage with patients/participants
- to carry out commissions
- to provide input to Healthcare Environments.

THAT would like to acknowledge the commitment of the Artists we work with and the valuable support and enthusiasm that the Volunteer Artists continue to provide to our work.

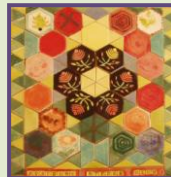
THAT continues to work with NHS Tayside to integrate Art in appropriate ways within new capital developments and refurbishments.

THAT keeps up to date with best practice principles and projects being developed elsewhere across the country. THAT also provides training and teaching for artists, students, staff and carers within the Healthcare context and is actively involved in Arts in Health research.

**Stakeholders:** Artists, Patients/Participants, Healthcare Staff, Voluntary Sector Partners, Arts Organisations, Community Groups, Funding Bodies, Academics, Volunteers, Advisors, Local Authorities, Patients' Families/Carers, Visitors.

## 2014-15 HIGHLIGHTS IN BRIEF

- ✓ 36 Participant-centred programmes delivered to 299 people across Tayside covering a wide range of Long Term Conditions (LTC).
- ✓ 20 Lead Artists and 18 Volunteer Artists engaged to deliver participant-centred work.
- ✓ New Service Level Agreement with Cornhill MacMillan to deliver 3 creative Engagement programmes during the year.
- ✓ Strategic 2 year Long Term Conditions Project 2013-15 in progress, delivering 27 programmes over the 2 year period, examining the effectiveness of Musicality, Performance and Visual Arts for people living with COPD, Dementia and Parkinson's across Tayside.
- ✓ ACES Research Study: Two year, CSO funded, Art as Creative Engagement for Stroke. Feasibility Randomised Control Trial successfully delivered and study analysis and funding report completed.
- ✓ New zine/magazine design programme model developed for delivery with stroke participants through the ST/ART project



*Images by Participants*

## PATIENT- CENTRED PROGRAMMES

Programme Activity	No of Programmes	No of Participants
Stroke (ST/ART Project & ACES Study)	18	158
Creative Scotland LTC Project - Dementia	6	58
Creative Scotland LTC Project – COPD	3	18
Creative Scotland LTC Project – Parkinson's	6	38
Cornhill Palliative Care	3	27
Total	36	299

### ST/ART Project: Perth Royal Infirmary and Stracathro Inpatient Stroke Units

Both the PRI and Stracathro Inpatient Stroke rehabilitation programmes returned as part of the ST/ART Project in 2014-15 after a year of delivery through the ACES Study research project. Artists Elspeth Mackenzie and Jude Gove both successfully adopted the new inpatient Artists protocol that was developed as part of the ACES Study.



***“Thought it was brilliant and excellent getting people mixed together. Would be interested in participating in art activities like this one.”***

Participant's comment



## ST/ART Project: Montrose Stroke Group, Montrose Bowling Club

As part of a ceramics programme with the Montrose Stroke Group we co-produced a tiled mosaic wall panel. Lead Artist Fran Marquis worked with the group to acknowledge the long term support they have had from the Montrose Bowling Club where they meet. The panel includes the bowling club logo and is now permanently on display in the clubhouse.



***“I feel I try and move my hands more. Really enjoyed doing the art project – but difficult at times – rolling the clay. While doing the art project I felt on the day it gave me boost.”***

Participant's Comment

## ST/ART Project: Headway Dundee & Angus Groups



Both the Dundee and Angus Headway groups worked with Lead Artist Sarah Jacobs trying out a new 'zine' programme model. Based on making Fanzines or other handmade magazines the programmes very successfully combined a wide range of visual art techniques in a format that made the work reproducible in an A5 magazine format.

***“I enjoyed helping and working on my own and showing my kids and wife that I can do summit on my own”***

Participant's Comment

## Creative Scotland LTC Project: Parkinson's Angus, Performance



The Creative Scotland LTC Project continued throughout the year with different Art form programmes with different groups including this Angus Performance programme which was delivered by Dancer Sarah Johnston of SPK Dance Co. with the Angus Parkinson's Group.

***"It helped my balance. The girls running the programme were very helpful and full of fun and helped me relax."***

Participant's Comment



## Creative Scotland LTC Project: COPD Perth & Kinross, Visual Arts



A highlight of the LTC Visual Arts programmes delivered was the drawing and painting programme run by Lead Artist Frances Law with the Perth COPD group where everyone progressed to painting on canvas as their final and major piece of the programme.

***"Made me more relaxed. Really enjoyed it, has given me the confidence to take up painting, something I have always wanted to do. When painting you get lost in your thoughts and forget everything else."***

Participant's Comment



## Creative Scotland LTC Project: Dementia Dundee, Musicality

A number of our Dementia programmes were held in day care settings including the Musicality programme at the Oaklands Centre in Dundee. Led by vocal coach Debra Salem the group sang together and also learned how to accompany themselves on the ukulele.

***“It has helped me in general and made me feel good. Mixed in well with group. Enjoyed the singing. Enjoyed playing the ukulele. Improved my confidence.”***

Participant's comment



## Service Level Agreement: Palliative Care, Cornhill, Glass



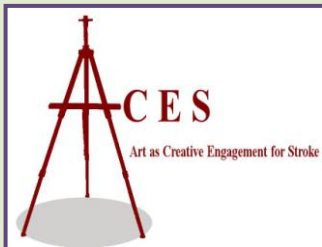
One of the three programmes delivered with Cornhill day care was led by Glass Artist Liz Rowley. As well as creating fused and mosaic glass art works for themselves, the participants also worked collaboratively to design and produce a large fused glass panel for the building. The work, based on the elements, now makes a valued contribution to environment of the day care unit.

***“When working I am able to take my mind off my health and have fun with others.”***

Participant's comment



## RESEARCH: ACES Study, Art as Creative Engagement for Stroke



Chris Kelly, Projects Coordinator with THAT has also been Research Manager for the 2 year duration of the ACES Study research collaboration with the University of Dundee. The study addresses the question:

*"Can an arts based creative engagement intervention following stroke improve psychosocial outcomes? A feasibility trial of a creative engagement intervention for inpatient rehabilitation."*

In this second year of the study the Phase 2 feasibility randomised control trial successfully recruited and worked with the target of 80 participants across the two sites at PRI and Stracathro Inpatient Stroke Rehabilitation. It also completed the Phase 3 follow up interviews, analysed and interpreted all the finding and reported them to the funder the Chief Scientists Office of the Scottish Government.

The Study also achieved its second article publication in 'Disability and Rehabilitation' <http://www.tandfonline.com/doi/full/10.3109/09638288.2015.1055383#preview> discussing the

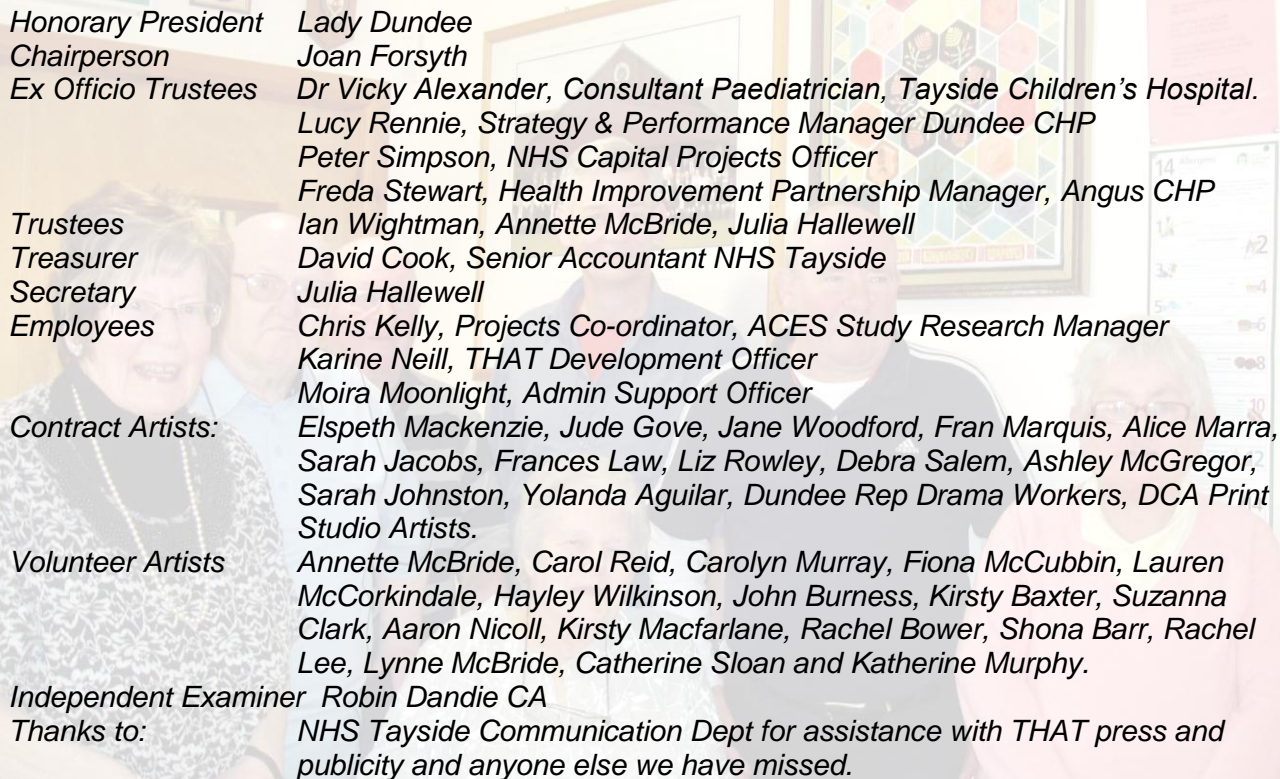
findings of the Phase 1 element as a qualitative exploration of the psychosocial benefits of Creative Engagement.

Although the study is now complete the forthcoming year will see its findings promoted and disseminated through further article publications and conference presentations.

*Work produced by ACES Study participants*



## THAT:



<i>Honorary President</i>	<i>Lady Dundee</i>
<i>Chairperson</i>	<i>Joan Forsyth</i>
<i>Ex Officio Trustees</i>	<i>Dr Vicky Alexander, Consultant Paediatrician, Tayside Children's Hospital.</i> <i>Lucy Rennie, Strategy &amp; Performance Manager Dundee CHP</i> <i>Peter Simpson, NHS Capital Projects Officer</i> <i>Freda Stewart, Health Improvement Partnership Manager, Angus CHP</i>
<i>Trustees</i>	<i>Ian Wightman, Annette McBride, Julia Hallowell</i>
<i>Treasurer</i>	<i>David Cook, Senior Accountant NHS Tayside</i>
<i>Secretary</i>	<i>Julia Hallowell</i>
<i>Employees</i>	<i>Chris Kelly, Projects Co-ordinator, ACES Study Research Manager</i> <i>Karine Neill, THAT Development Officer</i> <i>Moirra Moonlight, Admin Support Officer</i>
<i>Contract Artists:</i>	<i>Elsbeth Mackenzie, Jude Gove, Jane Woodford, Fran Marquis, Alice Marra, Sarah Jacobs, Frances Law, Liz Rowley, Debra Salem, Ashley McGregor, Sarah Johnston, Yolanda Aguilar, Dundee Rep Drama Workers, DCA Print Studio Artists.</i>
<i>Volunteer Artists</i>	<i>Annette McBride, Carol Reid, Carolyn Murray, Fiona McCubbin, Lauren McCorkindale, Hayley Wilkinson, John Burness, Kirsty Baxter, Suzanna Clark, Aaron Nicoll, Kirsty Macfarlane, Rachel Bower, Shona Barr, Rachel Lee, Lynne McBride, Catherine Sloan and Katherine Murphy.</i>
<i>Independent Examiner</i>	<i>Robin Dandie CA</i>
<i>Thanks to:</i>	<i>NHS Tayside Communication Dept for assistance with THAT press and publicity and anyone else we have missed.</i>

## **TREASURER'S REPORT:**

Tayside Healthcare Arts Trust became a Company Limited by Guarantee on 23<sup>rd</sup> August 2006 having been in existence as a Scottish Charity since 29<sup>th</sup> January 2002.

The period from 01/04/14 to 31/03/15 saw an improvement in the Trust Finances over the previous financial period with income of £98,461.16 and expenditure of £78,034.43 resulting in a yearend balance of £84,783.31. The sum of £60,679.09 now remains available for the general use of the Trust while the remaining funding of £24,044.22 is made up of funding streams for the provision of specific projects. Although not represented in the attached financial information, a significant amount of the Trust's activity continues through the ST/ART Stroke Project with recurring funding of £53k from NHS Tayside Revenue funds. The monies for this successful project were handled on behalf of the Trust by an Operating Division of NHS Tayside but the management and coordination of the project were all handled through the Trust.

The Trust has been able to retain the services of its Development Officer thanks to recurring funding from the NHS Tayside Voluntary Sector of £10k and a generous donation from the William S Phillips Fund of £2.5k per year for 3 years. THAT will continue to work to secure additional recurring funding to support this vital role. The Trust has also received further funding from NHS Tayside for the provision of Arts programmes in Palliative Care. The Trust has continued to work with two new Partners in significant projects. Creative Scotland have provided funding of £59k over the two financial years 2013/14 and 2014/15 and , together with contributing funding of £14.5k from NHS Tayside, this has enabled The Trust to provide Arts programmes to people with Long Term Conditions such as Dementia, COPD and Parkinson's disease. We are also participating in a study funded by the Chief Scientists Office looking at Arts as a Creative Engagement for Stroke.

The Trust held its third major fundraising event during 2014/15 and was delighted when the Arts Auction held at Discovery Point, Dundee realised a net profit of over £13.5k which will support the work of the Development Officer. Please note that accounts have been produced on an accrued basis as outlined in advice given by the Office of the Scottish Charity Regulator (OSCR).

**David Cook, THAT Treasurer**

## **Statement of Financial Activities Year ended 31 March 2015**

<b><u>31/03/14</u></b> <b><u>Total Funds</u></b> <b><u>(£)</u></b>	<b><u>Incoming Resources</u></b>	<b><u>Notes</u></b>	<b><u>2014/15</u></b> <b><u>Unrestricted</u></b> <b><u>Funds (£)</u></b>	<b><u>2014/15</u></b> <b><u>Restricted</u></b> <b><u>Funds (£)</u></b>
	<b>Incoming resources from generated funds</b>			
57,524.20	Donations and Grants		33,760.50	45,057.74
-	Activities for generating funds		19,642.92	-
<b>57,524.20</b>	<b>Total Incoming Resources</b>	<b>3(a)</b>	<b>53,403.42</b>	<b>45,057.74</b>
	<b><u>Resources Expended</u></b>			
	<b>Costs of generating funds</b>			
-	Fundraising trading: cost of goods sold and other costs		5,661.68	-
49,633.07	Charitable Expenditure		17,344.00	54,128.75
	<b>Total costs of generating funds</b>		<b>23,005.68</b>	<b>54,128.75</b>
	<b>Charitable activities</b>			
900.00	Governance Costs		960.00	-
<b>50,533.07</b>	<b>Total Resources Expended</b>	<b>3(b)</b>	<b>23,965.68</b>	<b>54,128.75</b>
	<b>Net Incoming/(Outgoing) Resources and Net Income for the Year</b>			
<b>6,991.13</b>			<b>29,437.74</b>	<b>(9,071.01)</b>
	<b>Reconciliation of Funds</b>			
<b>57,365.45</b>	<b>Total funds Brought Forward</b>		<b>31,241.35</b>	<b>33,115.23</b>
<b>64,356.58</b>	<b>Total Funds Carried Forward</b>		<b>60,679.09</b>	<b>24,044.22</b>

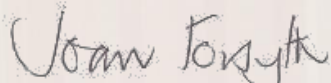
The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

## **Balance Sheet At 31 March 2015**

<b><u>At 31/03/14</u></b> <b><u>(£)</u></b>		<b><u>Notes</u></b>	<b><u>At 31/03/15</u></b> <b><u>(£)</u></b>
	<b>Current Assets</b>		
68,388.09	Bank		72,513.86
4,050.00	Debtors	<b>4</b>	25,305.09
<b>72,438.09</b>	<b>Total Current Assets</b>		<b>97,818.95</b>
8,081.51	<b>Less Creditors within one year</b>		13,095.64
<b>64,356.58</b>	<b>Net Assets</b>		<b>84,723.31</b>
	<b>Funds of the Charity</b>		
33,115.23	Restricted Income Funds	<b>7</b>	24,044.22
31,241.35	Unrestricted Income Funds	<b>7</b>	60,679.09
<b>64,356.58</b>	<b>Total Charity Funds</b>		<b>84,723.31</b>

These financial Statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The accounts were approved by the Trustees on 25<sup>TH</sup> November 2015



**Signed (Trustee) Joan Forsyth**





**Tayside Healthcare Arts Trust  
Ardler Clinic  
Turnberry Avenue Ardler  
Dundee  
DD2 3TP**

**Tel: 01382 835509**

**email: ckelly3@nhs.net kneill@nhs.net**

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**The William S Philips Fund**



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