



Work created by participants from THAT Projects

Annual Review 2015-16

Charity Number: SCO 32721
Company Number: 307393

CHAIRPERSON'S REPORT 2015 -16



I am pleased to present my third report as chair of THAT. Once again I thank NHS Tayside for their continued support and The William S Phillips Fund.

The beneficial partnership between our *ST/ART* Project and Dundee Contemporary Arts now includes Animation in the Spring and printmaking in the Summer and Autumn and continues to be heavily oversubscribed.

The combined findings of our 2 year Creative Engagement Project [2013-15] are available in report form on our website:

<http://www.nhstayside.scot.nhs.uk/OurServicesA-Z/TaysideHealthcareArtsTrust>

and were also presented in September 2015 at THAT's first Arts and Health Platform Event, "*It's good for your Health*" at the DCA. This dynamic event brought together 44 professionals from across Scotland, working in the field and considerable support was expressed for establishing a Scottish Arts and Health Network.

Our relationship with Cornhill Macmillan Centre and Palliative Care has now developed to include inpatients programming and is looking at further new approaches within this area.

As the implications of the evolving Health & Social Care Integration partnerships across Tayside become more understood, new pathways with old friends and new will evolve. We are reviewing our objectives, priorities, policies and articles to help ensure that we are in a strong position to respond and continue to grow.

Special thanks, to Chris, Karine and our new staff member Kirsteen who continue to work so successfully for THAT and special thanks to Treasurer David Cook for his wise financial guidance and stewardship.

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.

2015-16 HIGHLIGHTS IN BRIEF

- ✓ 25 Creative Engagement programmes delivered to 245 people across Tayside with a wide range of Long Term Conditions (LTC).
- ✓ 24 Lead Artists and 16 Volunteer Artists engaged to deliver participant-centred work.
- ✓ New Chronic Pain Project with visual arts in Dundee, Perth and Arbroath, funded through Awards for All and NHS Tayside and supported by the Pain Association.
- ✓ New fused glass programmes developed with a number of ST/ART Project groups.
- ✓ New inpatient palliative care programme with Cornhill Macmillan, Perth.
- ✓ Completion of Long Term Conditions Project 2013-15 with the mixed LTC 'Vocal Chord' programme including a finale performance at Perth Concert Hall.
- ✓ 'It's Good for Your Health', National Arts & Health one day conference organised and delivered by THAT in partnership with DCA.
- ✓ ACES Research Study: Presentations at national and international conferences.



Images by Participants

PATIENT- CENTRED PROGRAMMES

Programme Activity	No of Programmes	No of Participants
ST/ART Project (Stroke)	14	125
Creative Scotland LTC Project - COPD	2	23
Creative Scotland LTC Project – Vocal Chord	1	25
Creative Scotland LTC Project – Parkinson's	3	24
Awards for All Chronic Pain Project	3	31
MS Society Perth Group	1	9
Cornhill Palliative Care Inpatients	1	4
Total	25	241

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

Both the PRI and Stracathro Inpatient Stroke rehabilitation programmes were extended to 18 week this year with direct support from each Unit's Endowment funds. These extended programmes allowed both Artists to work with certain participants throughout their period of rehabilitation providing very fulfilling experiences for them.



“It boosted my confidence and made me see things differently. I’m amazed about the whole program.” Participant's comment



ST/ART Project: Chest Heart & Stroke Scotland Perth Group

The CHSS Perth Group were encouraged to try a new art form and embraced the idea of singing together regardless that many have aphasia. Lead Artist Sarah Harrop worked with the group taking them through a variety of musical genres including a blues scat and harmonica piece written by a member of the group. The finale celebration was a great success!



“She really enjoyed herself in the singing; she has been singing all the songs to me all week and said it was really good”

Carer's Comment

ST/ART Project: Forfar Stroke Group



The Forfar Stroke Group were the first of our programme partners to work with new THAT Artist, Rachel Bower, exploring the possibilities of Fused Glass. From experimentation through to the design of small bowls and larger platters, the group relished handling the material and the quality of the objects they made.

“A very well run and interesting programme, working with the glass. I've never done that before”

Participant's Comment

Creative Scotland LTC Project: Parkinson's Angus, Musicality



Musicality Programmes in Angus were led by Musician and Singing Coach Alice Marra. The group enjoyed the breathing and vocal exercises and explored a wide mix of their selected songs styles including Rap! Some shared their talents with the group through accompaniment with musical instruments such as the chanter.



“Made me realise how much you can do and my breathing is much better!”

Participant's comment

Creative Scotland LTC Project: COPD Dundee, Performance



A highlight of the LTC Performance programmes was the Drama Performance programme run in partnership with Dundee Rep Theatre and Creative Learning Practitioner Suzi Morrice. The group developed from drama based exercise through to a performance version of “Not so great expectations”.

“The teacher is very enthusiastic and supportive; if she wasn't so supportive it would be hard.”

Participant's Comment

Creative Scotland LTC Project: Vocal Chord



The final programme in the Creative Scotland LTC Project brought together a mixed LTC group from across Tayside to participate as a choir for the Big Sing Event at Perth Concert Hall.

“When I am involved in singing, it lessens my pain levels and I find myself smiling more. I can’t believe she had us singing 3 part harmonies”

Participant’s Comment



Service Level Agreement: Palliative Care Cornhill, In Patients, Visual Arts



This was the first direct In-patient intervention and was the intention to encourage patients out of their bedrooms into a relaxed and social environment. Artist Elspeth Mackenzie worked within patient’s room, and engaged with family visitors and staff when appropriate.

“She is always keen to show us what she has been doing. She has got a lot out of it.”

Family Member Comment

RESEARCH: ACES Study, Art as Creative Engagement for Stroke



Completed in early 2015, the last year has seen the findings of the ACES Study being widely disseminated and presented at a number of national and international conferences. Chris Kelly, THAT Projects Coordinator and Study Research Manager presented findings at both The Welsh Stroke Conference and The UK Stroke Forum.

The two publications to date are regularly cited and further publications and conference presentations are planned for the forthcoming year.

CONFERENCE: It's Good For Your Health!

The Creative Scotland funded LTC Project culminated in a one day Arts & Health Platform Event *It's Good for Your Health* run in partnership with Dundee Contemporary Arts.

The first National event of its kind for a number of years it brought together speakers and professional colleagues from across Scotland to share and showcase recent success stories in Arts & health and explored opportunities for future joint working.

It has already led to the establishment of the Arts & Health Network Scotland.



THAT:

Honorary President Lady Dundee
Chairperson Joan Forsyth
Ex Officio Trustees Dr Vicky Alexander, Consultant Paediatrician, Tayside Children's Hospital.

Lucy Rennie, Strategy & Performance Manager Dundee CHP
Freda Stewart, Health Improvement Partnership Manager, Angus CHP
Jane Dernie AHP LEAD Perth and Kinross Health & Social Care

Trustees Ian Wightman, Annette McBride, Julia Hallowell

Treasurer David Cook, Senior Accountant NHS Tayside

Secretary Julia Hallowell

Employees Chris Kelly, Projects Co-ordinator, ACES Study Research Manager
Karine Neill, THAT Development Officer
Kirsteen Bovill, Admin Support Officer

Contract Artists: Elspeth Mackenzie, Jude Gove, Jane Woodford, Fran Marquis, Alice Marra, Sarah Jacobs, Frances Law, Debra Salem, Ania Kielenska, Dundee Rep Drama Workers, DCA Print Studio Artists.

Volunteer Artists Annette McBride, Carolyn Murray, Fiona McCubbin, Hayley Wilkinson, John Burness, Kirsty Baxter, Suzanna Clark, Aaron Nicoll, Kirsty Macfarlane, Rachel Bower, Shona Barr, Rachel Lee, Lynne McBride, Catherine Sloan, Leigh O 'Hare, and Katherine Murphy.

Independent Examiner Robin Dandie CA

Thanks to: NHS Tayside Communication Dept for assistance with THAT press and publicity and anyone else we have missed.

TREASURER'S REPORT:

In 2015-16 The Trust has been heavily involved in several projects designed to bring involvement in the arts to Tayside patients in line with our stated objectives. Projects directly accounted for within the Trust's accounts were carried out across Tayside and centred around Dementia, Palliative Care, Multiple Sclerosis, Parkinson's Disease, COPD and Chronic Pain.

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 per annum and the generous donation of £2,500 per annum for three years from the William S Phillips Fund. The Trust will continue to work to secure additional recurring funding to support this vital role. 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 handled on behalf of the Trust by an Operating Division of NHS Tayside but the management and coordination of the project delivered through the Trust. The Trust continues to provide expertise, facilitation and information to all areas of Healthcare within Tayside.

The Trust has continued working with two of its partners in significant projects. Creative Scotland have provided funding of £59k to cover projects running from 2013/14 to 2015/16 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 have also participated in a study funded by the Chief Scientists Office looking at arts as a creative engagement for stroke. New funding partners include Awards for All who, together with NHS Tayside, have funded a Chronic Pain project and the Dundee Multiple Sclerosis Society have also funded programmes involving the arts with clients relating to their areas of interest

As a result of a deficit of £4,031.70 the Trust holds total funds of £80,691.61 which consists of unrestricted funds of £60,945.71 and restricted funds of £19,745.90. The Trustees consider that this puts the Trust on a sound footing and expedites the organisation to take forward its charitable purpose..

David Cook, THAT Treasurer

Statement of Financial Activities Year ended 31 March 2016

<u>31/03/15</u> <u>Total Funds</u> <u>(£)</u>	<u>Incoming and Endowments from</u>	<u>Notes</u>	<u>2015/16</u> <u>Unrestricted</u> <u>Funds (£)</u>	<u>2015/16</u> <u>Restricted</u> <u>Funds (£)</u>	<u>2015/16</u> <u>Total</u> <u>Funds (£)</u>
78,818	Donations and Legacies		7,757	34,996	42,753
19,643	Other trading activities		56	-	56
98,461	Total Income and Endowments	3	7,813	34,996	42,809
	<u>Expenditure on</u>				
5,662	Raising Funds		1,059	-	1,059
72,432	Charitable Activities		6,487	39,294	45,781
78,094	Total Expenditure	4	7,546	39,294	46,840
20,367	Net income/(expenditure) /Net movement in funds		267	(4,298)	(4,031)
	Reconciliation of Funds				
64,356	Total funds Brought Forward		60,679	24,044	84,723
84,723	Total Funds Carried Forward		60,946	19,746	80,692

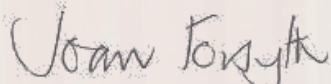
The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Balance Sheet At 31 March 2015

<u>At 31/03/15</u> <u>(£)</u>		<u>Notes</u>	<u>At 31/03/16</u> <u>(£)</u>
	Current Assets		
25,305	Debtors	6	-
72,514	Bank		84,332
97,819	Total Current Assets		84,332
13,096	Less Creditors within one year	7	3,640
84,723	Net Assets		80,692
	Funds of the Charity		
24,044	Restricted Income Funds	9	19,746
60,679	Unrestricted Income Funds	9	60,946
84,723	Total Charity Funds		80,692

For the financial year ended 31 March 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Trustees on 25TH November 2015



Signed (Trustee) Joan Forsyth



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The William S Philips Fund



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through Creative Scotland



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