

ffynnon greadigol



creative well

Celfyddydau mewn Iechyd a Lles BIPBC / BCUHB Arts in Health and Wellbeing



Awdur/ Author: Teri Howson-Griffiths FHEA, PhD, MA, BA(Hons)

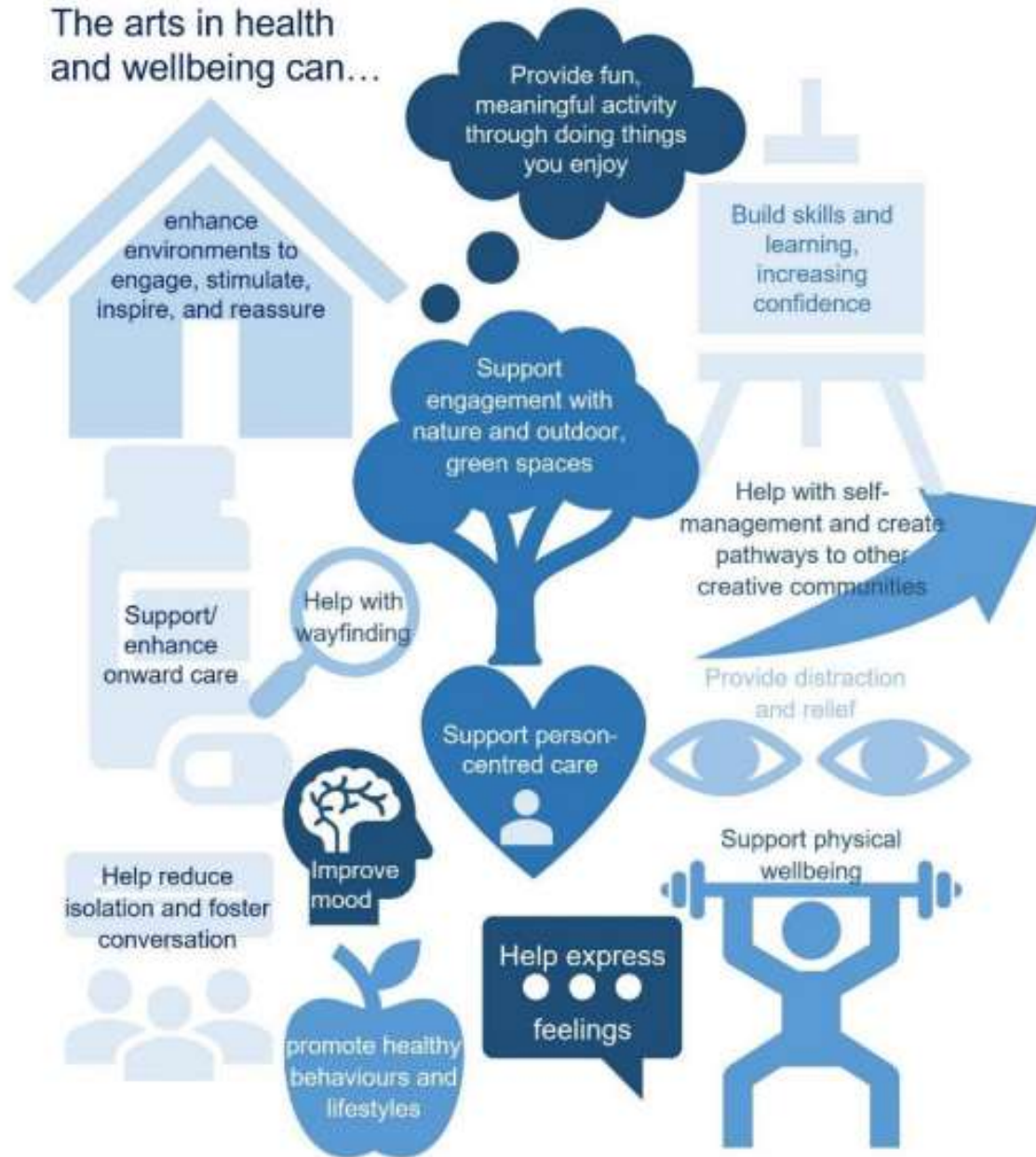
Arweinydd Strategol y Celfyddydau mewn Iechyd/ Arts in Health
Strategic Lead



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

The arts in health and wellbeing can...



Beth yw'r celfyddydau mewn iechyd a lles?

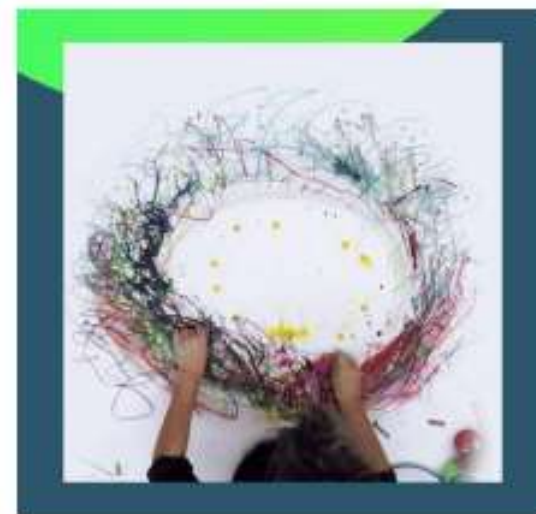
What is arts in health and wellbeing?



Beth yw'r celfyddydau mewn
iechyd a lles?

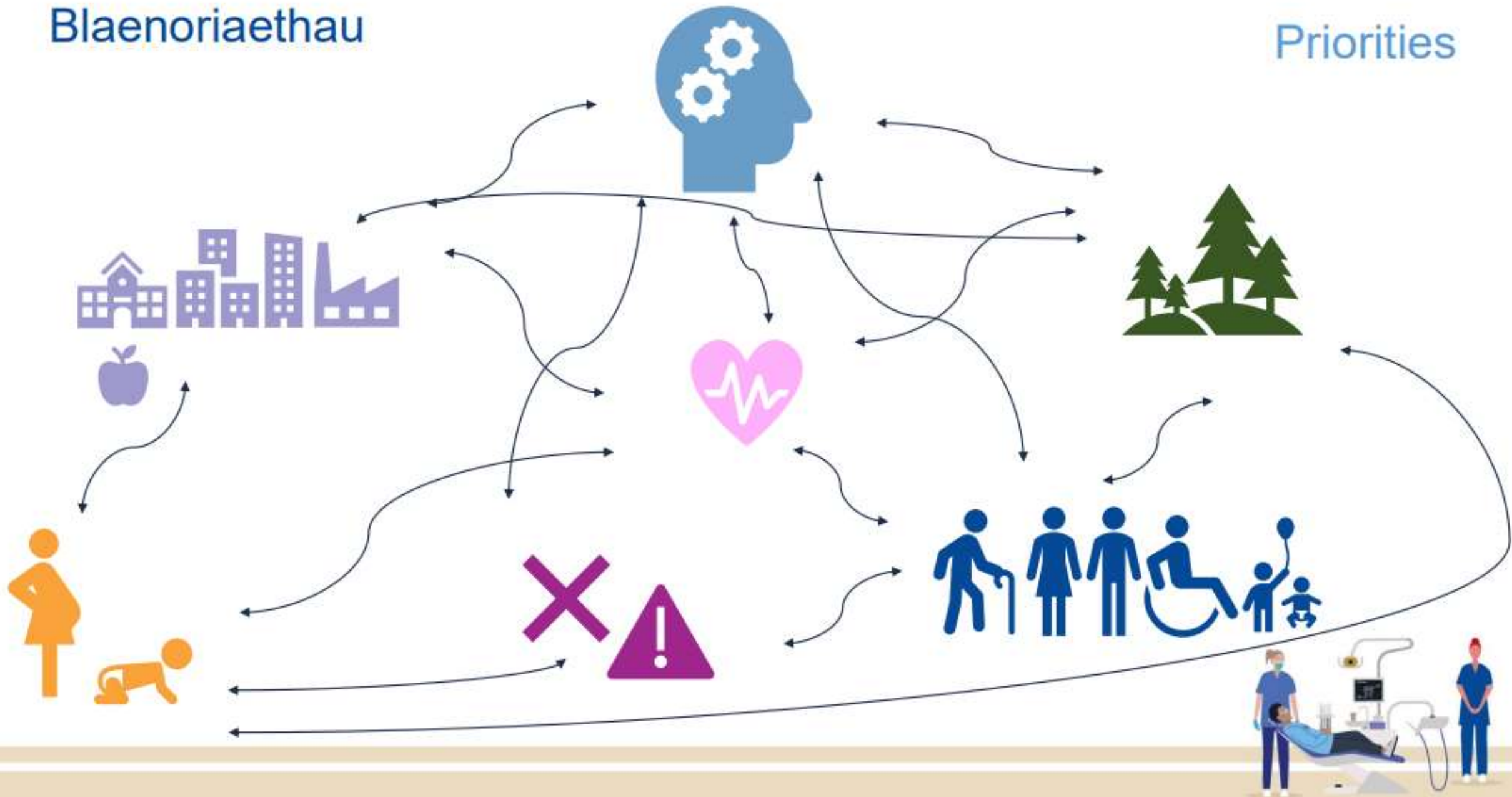


What is arts in health and
wellbeing?



Blaenoriaethau

Priorities





**Creu strategaeth
iechyd a lles y
celfyddydau**
**Creating an arts health
and wellbeing strategy**



Nodau y Strategaeth

Strategy Aims



1. To promote and nurture the long-term sustainability and vitality of arts in health and wellbeing activity across BCUHB



2. To work together with partners, as well as services and teams within the Health Board, to encourage the development and expansion of arts in health and wellbeing collaborations and activity across the North Wales region



3. To support BCUHB staff to confidently use creativity and the arts for their own wellbeing and with patients

To support the North Wales population to understand the benefits of creativity and the arts for their wellbeing and to support their health

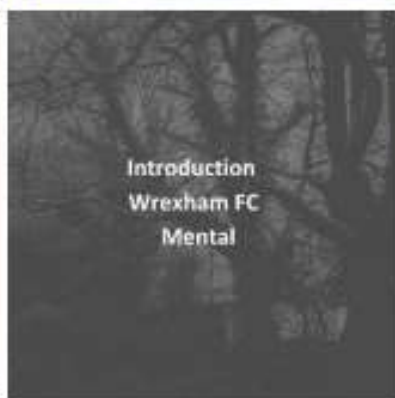
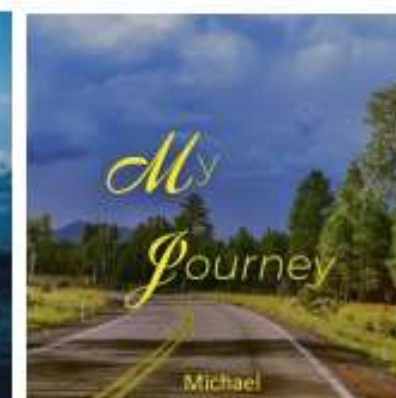


4. To encourage implementing evidence-based creative approaches to health and well-being for the North Wales population



Celfyddydau a Meddyliau

Arts and Minds



Celfyddydau a Meddyliau

Arts and Minds

Gweithdy Animeiddio gyda **TAPE**

Cerdd a Ffilm Cymunedol
Community Music & Film

Archwilio byd animeiddio a rhoi cynnig ar amrywioeth o dechnegau animeiddio.

Dydd Gwener 10-3 yn dechrau Ebrill 28ain.

Am ragor o wybodaeth siaradwch â Mike neu Ingrid.

Animation Workshop with **TAPE**

Cerdd a Ffilm Cymunedol
Community Music & Film

Exploring the world of animation and trying out a variety of animation styles techniques.

Fridays 10-3 starting April 28th.

For more information speak to Mike or Ingrid.



Celfyddydau a Meddyliau

Arts and Minds



Celfyddydau a Meddyliau



Arts and Minds





Canlyniadau interim: Mae adborth gwerthuso annibynnol cychwynnol yn rhannu themâu cadarnhaol/ Interim outcomes: Initial independent evaluation feedback shares positive themes:

- Mwy o hyder a hunan-barch / Increased confidence and self esteem
- Mwy o gymhelliant a phwrpas / Increased motivation and purpose
- Uchelgais datblygedig / Developed ambition
- Rhoddodd yr ymyriad amser i fyfyrrio / The intervention gave time for reflection

