

Together for Change Forum | Fforwm Gyda'n Gilydd dros Newid
Spotlight on Community Arts | Sbotolau ar Gelfyddydau Cymunedol

The Value of the Arts on the Wellbeing of Communities

Thursday 20 May 10:00-11:50

AGENDA

- 10.00 **Welcome and Introduction** by Jessie Buchanan, Together for Change
- 10.10 Presentation: **Solva Mosaic Project** – Maria Jones, Together for Change
- 10.20 Presentation: **Writing for Wellbeing** – Amanda Stone
- 10.30 Summing up and questions
- 10.35 Break
- 10.40 Discussion groups and feedback on the questions:
- *How have you experienced positive effects on you or your community's wellbeing as a result of the arts?*
 - *How could the arts be promoted and encouraged in Pembrokeshire?*
- 11:10 Presentation: **Arts as Social Change in Rural Pembrokeshire** – Kathryn Lambert, Span Arts
- 11.25 Presentation: **Ysbrydoli Sir Benfro Pembrokeshire Inspired** – Sue Davies
- 11.40 Summing up and questions
- 11:45 Closing remarks – Sue Denman, Together for Change
- 11.50 Finish & Span Arts film



Gyda'n Gilydd dros Newid – Together for Change

PRESENTATION ABSTRACTS

Maria Jones

Solva Mosaic Project

Maria will talk about the Solva Mosaic Art Project which was a community project set up by charity Solva Care. It involved members of the community learning how to create mosaics, and putting the skills that they learnt to use by producing mosaics to decorate a set of unattractive village steps. Some of the aims of the project were to bring the generations together in an enjoyable and productive social activity, enhance the wellbeing of participants, improve the participants' sense of creativity, interest in the arts and other community activities, and extend the participants' social connections and connectivity.

Amanda Stone

Writing for Wellbeing

Amanda will discuss her experiences of running Writing for Wellbeing group workshops which use guided writing techniques and inspirations to improve wellbeing, creativity and positive connection. During the last lockdown, Amanda ran a Writing for Wellbeing workshop online with support from Solva Care, and will share some of the feedback and outcomes from this project. This approach uses freestyle writing and imaginative prompts to encourage people to feel more confident and satisfied about writing and to engage in expressive and playful writing. Amanda draws on the research and training of Lapidus, the professional organisation that promotes Writing for Wellbeing workshops.

Kathryn Lambert

Arts as Social Change in Rural Pembrokeshire

SPAN has a mission to create art as social change in rural Wales. Kathryn will highlight a couple of key projects that illustrate the value the arts has had on the wellbeing of Pembrokeshire Communities pre and during the pandemic, with recent examples such as Theatr Soffa, Remote Choir and Shared Worlds. She will also introduce a couple of new partnership projects where SPAN is leading on cross-sector collaborations to strengthen and sustain the arts for the benefit of Pembrokeshire communities including a Nesta and Arts Council of Wales research project, Art Well.

Art Well; A partnership between SPAN, Pembrokeshire Association of Voluntary Services (PAVS), PAVS Community Connectors, Pembrokeshire County Council and Hywel Dda UHB Research Innovation and Improvement Coordination Hub, aimed at building resilience of isolated individuals/communities in Pembrokeshire through the arts. Art Well is 1 of 10 arts-and-health projects across Wales, funded by HARP – Health, Arts, Research, People – an innovation and research partnership between Arts Council of Wales

and Y Lab (Cardiff University & Nesta), to explore how we can generate, grow and learn about impactful creative innovations that support the health and wellbeing of the people of Wales.

Sue Davies

Ysbrydoli Sir Benfro Pembrokeshire Inspired

Ysbrydoli Sir Benfro Pembrokeshire Inspired project is a LEADER funded cultural project commissioned by Arwain Sir Benfro in 2018 and administered financially by PLANED. It aims to explore ways in which the arts sector might work more cohesively together to aid sector resilience; advocate for its development and better meet its needs; develop its partnership potential and connect better with its audiences and also therefore better meet their needs. The project has been extended until later this year due to the Pandemic. The discussion will frame the wider context of the arts in Pembrokeshire with the development of the project to date, its desired stated outputs and speculate on the future post-project.

PEN PROFILES

Jessie Buchanan

Jessie is the Programme Officer with Together for Change and is piloting the exploratory research for the Programme. She is leading on the 'Ready to Go' Shared Learning Project and has a keen interest in place-based approaches. Jessie has professional and research experience in horticulture, heritage and conservation and is committed to promoting holistic approaches to community development.

Maria Jones

Maria Jones is the Programme Coordinator for Together for Change. Trained as an architect at the Welsh School of Architecture, she has worked as an architect and project manager in a number of countries, in both public and private practice. She has also previously worked as a researcher for charity Solva Care and as their communications officer; she is currently one of their 'digital angel' volunteers. She is a founder member of ARTists Pembrokeshire (artpembrokeshire.co.uk) which is run by volunteers and has 115 artist and 40 gallery members.

A Pembrokeshire native, Maria lives in Solva where she has a home studio which allows her to indulge her love of ceramics.

Amanda Stone

Amanda had a long career as a campaigner working on health and environmental issues for international charities including Greenpeace and ActionAid, living and working in many countries. When she returned to the UK, she trained as a psychotherapist and yoga teacher and began to run mindfulness, yoga and creative workshops. In 2008 she co-founded the Slow Down London festival to promote meditation and creative practices.

She is now a co-director of St David's Connection working on community nature arts workshops in schools and outdoor settings in Pembrokeshire. She also has a private coaching and therapy practice and runs nature wellbeing and writing workshops for yoga teachers, campaigners and community groups.

Amanda lives in Solva and enjoys writing poetry and short stories, painting and being in nature. She has an MA in Gender & Culture from Swansea University and is interested in expressing ideas about identity, place and connection.

Kathryn Lambert

Kathryn has over 20 years experience of working in the arts for a wide range of arts organisations in England and Wales. She has a strong working knowledge of the visual and performing arts sectors, with a particular focus on socially engaged practice, rural and digital arts.

Currently Kathryn is Director of SPAN, Pembrokeshire, where she leads on strategic development, fundraising and programming. She is driven by the core belief that the arts have the power to improve people's lives and strives to create art as social change in Pembrokeshire. She is currently working on a number of strategic partnership projects to help strengthen and sustain the arts sector in Pembrokeshire including a new Arts and Health Network for Pembrokeshire.

Previously Kathryn worked as a freelance arts consultant working with a range of arts organisations, most notably Art Gene in Cumbria, Forest of Dean Sculpture Trust, Meadow Arts and bloc; Creative Technology Network for Wales. She also worked as Creative Director for folly, a digital arts organisation based in Lancaster and as Media Arts Officer at Arts Council England, where she supported digital development across the arts.

Sue Davies

Sue EL Davies Cultural & Heritage Associates

Sue started her career as an English and drama teacher moving into the cultural sector specialising in museum, gallery and heritage cultural development focusing on: learning, audience development, community engagement, exhibitions, change management and partnership development. At Leeds Museums and Galleries as Head of Learning and Audience Development as a key Senior Team player she drove the reinvention of the Service to multi-award winning by her 2014 departure, using learning as the key change catalyst. She led and line-managed the exhibition and education teams for the nine-site service, including high level partnership development: with the Henry Moore Foundation; the Yorkshire Sculpture Triangle Partnership; The Hepworth, Wakefield and The Yorkshire Sculpture Park and Leeds Art Gallery as well as national and international museum partnerships and wider education, health and business partnerships.

Her experience spans museums and wider arts cultural strategic policy. Her first role at the Shipley Art Gallery Gateshead offered important insights into imaginative public cultural policy with Gateshead Council's pioneering work on the Angel of the North, the Baltic Gateshead and the Sage development for an economically deprived region and audiences. At Harewood House Trust Yorkshire, as Head of Learning she gained direct experience of working with creatives including big contemporary artist names: Jason Brooks, Mark Wallinger, Damien Hirst for Harewood's Contemporary Art Terrace Gallery. Her role as a cultural senior manager for Leeds extended throughout the Cultural Directorate at Leeds City Council, working in wider cultural teams strongly influencing a renaissance in the city's cultural policy, leading to its thriving status culturally today. She played a key hands-on senior management role in 4 multi-million pound capital museum developments in Leeds involved strategic cultural policy development and management.

Family commitments brought her back to Pembrokeshire as a freelance cultural consultant. She is a named NLHF consultant. Pro bono work includes: being a trustee of the National Library of Wales; a Museums

Association representative for Wales and a Group for Education in Museums representative for west Wales. She has a PGCE, an MA in Museum Studies and a public foundation level WJEB qualification in Welsh. She is a Fellow of the Institute of Leadership and Management, an enthusiastic Welsh learner, having spent 9 months on an intensive Welsh course in 2014-15 at Bangor University. She welcomes opportunities to practise her Welsh!

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Sue Denman

Sue worked in the education and health services for over ten years before her appointment in 1992 to the post of Lecturer in Health Promotion in the Department of Public Health Medicine and Epidemiology at Nottingham University's Medical School.

In 2001 she moved to Wales to set up the Research, Monitoring and Evaluation Unit for the Welsh Government's European Funding Office. She stayed in the civil service to act as Deputy Director of the Wales Office for Research and Development in Health and Social Care and was promoted to the leadership role in 2007. In 2010 she joined the staff of the School of Medicine at Cardiff University to coordinate the strategy of the School, and in that role set up the South East Wales Academic Health Science Partnership (SEWAHSP) to promote collaborative working between the Health Boards and Universities in the region. She is Professor Emeritus at Cardiff University.

Retirement from full time paid employment has enabled Sue to devote time to volunteering for Cardiff University and her community. She was involved in setting up Solva Care, is a Trustee of the charity and chairs the Research Monitoring and Evaluation Group. She was interim Chair of Solva Community Land Trust and is currently leading on the Pembrokeshire Together for Change, a partnership programme started by Solva Care, PLANED and PAVS (Pembrokeshire Association of Voluntary Services).