

NHS Lothian staff get creative at print making workshop.

The workshop which took place on Saturday 30 September was offered by NHS Lothian Charity's Tonic Arts programme in partnership with Edinburgh Printmakers to celebrate the recent 'Editions' exhibition at the Royal Infirmary Edinburgh.

The 4 hour workshop was for staff as part of NHS Lothian Charity's Tonic Arts programme to support staff wellbeing. Staff had the opportunity to learn about and try 2 different printmaking techniques. Edinburgh Printmakers guided the staff members through each process, beginning with a demonstration, then given time to create their own print and experiment with the technique.



I had a difficult shift in the Emergency Department the night before and attending the workshop definitely helped me feel more positive going into my shift that night after the workshop."



The participants

As the exhibition was displayed at Royal Infirmary Edinburgh staff based there were invited to attend the workshop via an 'all site' email and posters displayed round the site, 10 places were available and these were allocated on a first come served basis.

All 10 staff members attended on the day. This included clinical staff such as clinical fellows, nurses and a pharmacist and non clinical staff such as a healthcare chaplain, project assistant and purchasing officer. Participants work in a variety of settings in the Royal Infirmary Edinburgh, including Medical Photography, Emergency Department, Endoscopy and the Liver Unit.

Many of the staff that attended explained it was the opportunity to do something creative that attracted them to the workshop. The majority of the attendees had no experience in print making so the learning of a new art type was an enticing factor.

How the workshop made a difference to staff

Participants were asked to complete an online survey after attending the event. The results illustrate how the workshop supported NHS Lothian Charity's Tonic Arts programme to meet a number of its strategic outcomes.

Staff have an improved wellbeing

86%

of staff agreed the workshop made an improvement in their emotional wellbeing, reporting to feel more relaxed/less stressed



I really enjoyed the experience, learning new skills, meeting new people. Very relaxed workshop and felt a sense of achievement at the end of it."

Staff experienced increased connections and reduced isolation

100%

of staff agreed that the workshop made an improvement in feeling connected with others



I enjoyed meeting new people on the day who worked in all different areas of the hospital. It was enjoyable to be doing something creative, the vibe of the workshop was so relaxing and fun."

Staff feel valued

86%

of staff agreed that the workshop helped them feel valued as a member of staff at NHS Lothian



It was a nice (and rare) opportunity to do something different specially targeted at NHS staff. It was nice to feel included and the session was inclusive of those without any prior experience."

Learnings

This event was very popular with 50 staff members expressing an interest in attending. The high interest in this workshop could be attributed to the 'all site' email. Other methods of promoting events like this could be considered to ensure equal access to all staff members, for example those staff who don't have access to a computer. A draw of names could further facilitate a more equal access compared to first come first served method as it will allow for shift patterns, holidays, etc.

The workshop was planned for a Saturday, and 86% of those that attended agreed that the the duration and time of the workshop were suitable, so weekend events should continue to be considered for future events.

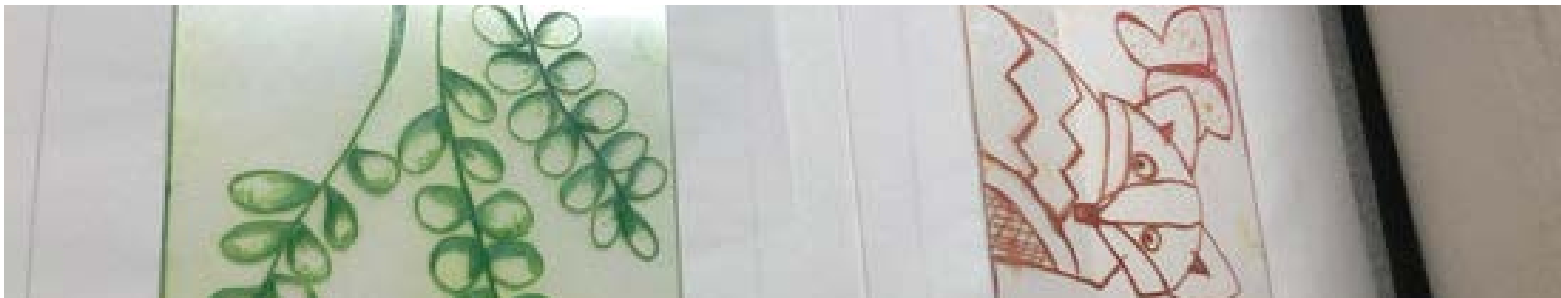
Edinburgh Printmakers successfully designed a workshop with the correct balance of theory and practice as 100% agreed that the workshop activities were engaging and enjoyable and that they were made to feel comfortable during the workshop.



Thanks to Edinburgh Printmakers. The in-kind contribution of the workshop was approx. £850. Edinburgh Printmakers offers NHS Lothian Staff an ongoing 15% discount on it's workshops.



It was a real 'time out' for 4 hours. I have signed up for another event at Edinburgh Printmakers (encouraged by the Tonic Arts discount)."



Legacy

As a result of the workshop

- All the of attendees agreed they would be likely/very likely to pursue other creative workshops with Edinburgh Printmakers or another creative provider.
- All the attendees agreed they would be likely/very likely to recommend the workshop to colleagues.

Since the workshop 2 Emergency Department doctors heard about Edinburgh Printmakers from a colleague then attended a 'PicnMix' workshop with Edinburgh Printmakers. Another staff member who attended the original workshop came along to a 'Drink and Print' workshop and brought 2 colleagues with them. By providing this one off workshop it is hoped many more staff members will improve their wellbeing at home and in work by taking part in creative opportunities like this.

As well as benefitting the individual participants wellbeing there will be a wider legacy as 86% of participants agreed that the workshop had increased their awareness of art based support and activities.