

Tonic Arts

Programme Strategy 2023 - 2028



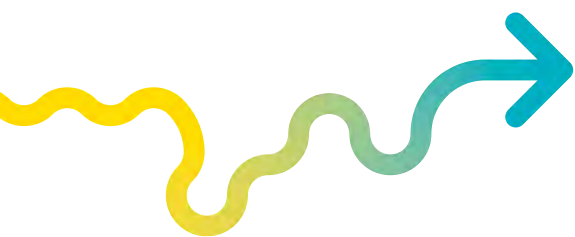


NHS Lothian Charity

Tonic **Arts** Strategy
2023 - 2028



Creatively enhancing environments
and enriching experiences across
NHS Lothian.



Introduction

Tonic Arts is NHS Lothian Charity's award-winning Arts in Health programme. Working across artistic disciplines and mediums, we use creativity to have a positive impact on health and wellbeing. We do this by enhancing healthcare experiences and improving the health and wellbeing of NHS Lothian patients, staff, visitors and communities.

Building on a history of 40+ years of ad hoc Arts in Health activity in NHS Lothian, we take a strategic approach to Arts provision; consolidating programmes, caring for creative assets and developing operational best practice. This is done alongside diversifying the range and volume of activities and engaging those most affected by health and societal inequalities. We work with a broad range of partners to draw on specialist expertise and maximise impact.

Tonic Arts delivers a comprehensive programme that includes major art and design enhancements; a relevant and accessible art collection; an engaging exhibitions programme; and stimulating participatory activities, artist residencies, performances, and events. **The EU Culture for Health Report** '*Culture's contribution to health and wellbeing – A report on the evidence and policy recommendations for Europe*' (2022) highlights the value of interdisciplinarity, accessibility and a person-centred approach to arts-based activity, all bringing significant health benefits. This approach is reflected across Tonic Arts, seeking to put the participant at the heart of the experience, whether a long stay patient in a mental health hospital participating in a visual activity; a patient and occupational therapist utilising our exhibition galleries to encourage movement; a staff member taking part in a creative writing project; or a visitor taking respite in a bespoke art installation.



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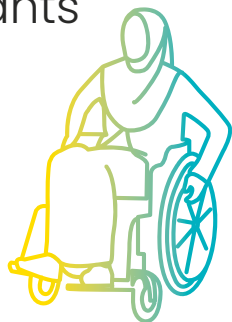
We provide support through interventions mapped to the patient pathway, from acute illness to recovery. **The World Health Organisation's** report '*What is the evidence on the role in the arts in improving health and wellbeing?*' (2019) highlights the impact of the arts within prevention and treatment, noting that they can help people experiencing mental illness; support care for people with acute conditions; assist with the management of non-communicable diseases and support end of life care. We have, and will continue to, focus on these priority areas during the acute and rehabilitation periods of the hospital stay to maximise the impact of finite healthcare resources. We strategically support and enable NHS Lothian colleagues to enrich and enhance patient experiences, support treatment, and improve health outcomes. Our programme is consciously aligned with the NHS as an effective anchor institution, NHS Lothian's Equalities & Human Rights, Volunteering and Arts Therapies Strategies, and NHS Lothian Charity's Strategic Plan and Green Health initiatives. Additionally, we recognise the importance of the wellbeing of NHS Lothian staff by aligning with NHS Lothian's Staff Wellbeing Strategy, Work Well, and managing a programme that includes a staff focus, both as a means to supporting patients, and as a preventative measure to ensure today's staff do not become tomorrow's patients.

We celebrate the variety of ways that art can support health and wellbeing, recognising the ability of the arts to both soothe and stimulate; to calm and challenge. These benefits are employed appropriately across activities and audiences to create a comprehensive programme of creative, impactful support. By enhancing environments, we create welcoming, nurturing, stimulating spaces for patients, staff, and visitors, and, by enriching experiences, we reduce stress and isolation, build confidence, and support positive clinical outcomes.

Key achievements and successes since the programme was established in 2015:

Number of patient participants

4,400
per year



Number of staff supported

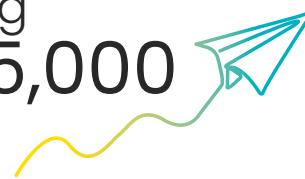
1,000
per year

Number of major art & design commissions

60

Match funding

£425,000



Number of performances and workshops delivered

700
per year



Number of wards and areas supported

180
per year

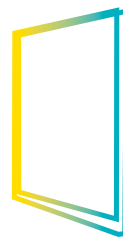
**Number of
musicians and
performers visiting**
150
per year



Number of artworks in
the collection
2,502

**Number of sites
with artworks
displayed**
38

Number of
exhibitions
held
18
per year



Key partnerships
include

Artlink

**EDINBURGH
INTERNATIONAL
FESTIVAL**

Craft
SCOTLAND

RSA The Royal
Scottish Academy

MUSIC
IN HOSPITALS & CARE
Joy through live music

**Number of
awards won**
9

To continue to be a leader and innovator in Arts in Health, four key, interdependent enabling factors need to be in place:

Quality

Quality is the foundation of all aspects of Tonic Arts, reflecting the quality of the care patients, staff and visitors receive. Carefully selected and vetted professional artists and partners work within the programme to deliver quality arts experiences.

Evaluation & learning are key to the understanding and maintenance of quality, and a robust new evaluation framework is being implemented to ensure this. Tests of change activity enables impact measurement and essential learning.

Branding & communications enable the effective sharing of activity, to maximise impact and to showcase work, ensuring that Tonic Arts remains synonymous with quality and is recognised as an exemplar of best practice.

Collaboration

Collaboration & consultation with staff, patients, and national and regional art organisations are key to achieving outcomes and underpin Tonic Arts' multidisiplinary, person-centred approach.

Partnerships take a number of different forms, some are commissioned, some are match funded with monies or in kind, some are about facilitating access. These all strengthen the programme through expertise, variety and artform specialism.

Our work with partners is both long term, which brings consistency and continuity to both patients and staff, and short term, which brings variety, flexibility and the opportunity to test models.

Specialists

Specialist 'Arts & Health' knowledge, skills and leadership in the **Tonic Arts Team** and partner organisations are central to the successful delivery of our overall strategic objectives.

To maximise impact, Tonic Arts seeks to **inform & influence**, to shape thinking, policy and procedure, win commitment and build strong collaborative working relationships amongst colleagues at the frontline, in support services and across senior management.

Infrastructure

Key to Tonic Arts' success is a robust but flexible **infrastructure**. Tonic Arts shares much of its infrastructure with strategic partner, NHS Lothian. The added value agenda of the programme can require a tailored method, distinctive from NHS standard approaches. **Effective processes** need to be codesigned to ensure an agreed end result, quality, added value and timely delivery.

Alongside effective processes, **appropriate resources** need to be in place in terms of operational systems, technology, space, budget and volunteer support. Tonic Arts works closely with NHS Lothian Charity's Engagement Team to secure the latter through proactive fundraising.

Effective governance is required, to maintain good practice, ensuring quality and delivery appropriate to need and environment.

Tonic Arts uses the following framework to achieve the final goals set out in NHS Lothian Charity's Strategic Plan:

Enabling Factors:

What needs to be in place to achieve our objectives and final goals

Activities:

Core activities we deliver and fund across NHS Lothian

Infrastructure
Specialist
Collaboration
Quality

Appropriate Resources

Effective Processes & Governance

Tonic Arts Team

Informing & Influencing

Consultation

Partnerships

Evaluation & Learning

Branding & Communications

Tonic Commissions: Art and design support and curation for bespoke enhancement projects in new builds and refurbishments.

Tonic Collection: Management, development and provision of a diverse collection of artworks, displayed across services.

Tonic Participation: Opportunities for patients and staff to participate in creative activity across a broad spectrum of artforms.

Tonic Exhibitions: Engaging changing displays of professional, patient and staff artworks.

Tonic Arts Network: Develop and support a network of Arts Champions for learning, sharing and enhanced delivery.

Tests of Change: Develop, deliver and evaluate pilots to test change, build new partnerships and share learning.

Education: Support others to increase knowledge and upskill through training, resources, guides and signposting, placements, consultation and research.

Leadership, advocacy & advice: Provide expert strategic and operational arts leadership and advice. Advocate for recognition of benefits and investment needed.

Intermediate Outcomes:

Changes we want to see for our beneficiaries

Patients experience less stress and distress.

Patients and staff have improved wellbeing.

Patients, staff and volunteers have increased awareness of art-based support and activities.

Patients have increased opportunities for experiences and interactions out with the clinical.

Patients and staff have increased confidence and motivation.

Patients and staff experience increased connections and reduced isolation.

Patients and staff have increased opportunities to express their voice.

Patients, staff and volunteers have an increased understanding of the value of arts in healthcare.

Priority Objectives:

Patients supported throughout their journey from acute illness to recovery.

Patients, staff and volunteers feel valued.

Patients, staff and visitors feel welcomed and relaxed in well-designed therapeutic spaces.

The arts programme reflects the diverse community NHS Lothian serves.

A culture that values the impact of art in healthcare, high quality outcomes and the person-centred creative process.

Improved staff wellbeing and opportunities for professional development.

Final Goal:

The overall impact we are trying to achieve

Enhanced experience and care for patients in hospital and their communities.

Have a positive impact on health in Lothians.

The Tiled Corridor © Frances Priest, photo by Shannon Tofts





Thanks to:

- NHS Lothian Charity Trustees & Tonic Arts Advisory Group
- Partner organisations, artists & supporters
- NHS Lothian patients, staff & visitors

tonicarts.nhslothiancharity.org
arts@nhslothian.scot.nhs.uk

#TonicArts
#adoseofcreativity
@nhslothcharity



Scottish Charity Number: SC007342