

GOSH Arts

Great Ormond Street Hospital for
Children NHS Foundation Trust

Annual Report 2015/16

Great Ormond Street
Hospital for Children
NHS Foundation Trust



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NHS Foundation Trust (GOSH)

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“ *A really good initiative delivered by a lovely friendly team. Takes away all the anxiety of a hospital visit.*

- GOSH parent

GOSH Arts

This has been an exciting year of growth for the arts programme at GOSH.

Responding to positive patient feedback and demand, 2015/16 has seen the team grow with the appointment of our first Arts Officer and the significant expansion of the programme, with arts events running almost daily across the hospital.

In this way we are able to reach more patients and families and further extend the well documented benefits of the arts in health care settings.

Our commissioning work continues with the implementation of art commissioning strategies for two major building projects now well underway – the Premier Inn Clinical Building (due to open 2017) and the Zayed Centre for Research into Rare Disease in Children (due to open 2018).

GOSH Arts is the arts programme at Great Ormond Street Hospital for Children NHS Foundation Trust (GOSH). The programme makes a vital contribution to the healing environment, offering transformative experiences that spark the imagination of our patients, families and staff.

Our pioneering, innovative and collaborative approach contributes to our status as one of the leading children’s hospitals in the world.

93% of respondents rated GOSH Arts music sessions as ‘Excellent’

95% respondents rated GOSH Arts visual arts sessions as ‘Excellent’

(Based on sample feedback from 465 respondents in 2015/16)



“While I was doing the project I had my mind kept off what was happening medically and instead I was having fun.

- GOSH patient

Highlights

Evaluation – we commissioned an independent impact report which resulted in a highly positive evaluation of our programme. See p39.

Growth – we recruited our first Arts Officer, bringing the team to two full-time posts and significantly increasing our capacity to deliver and innovate.

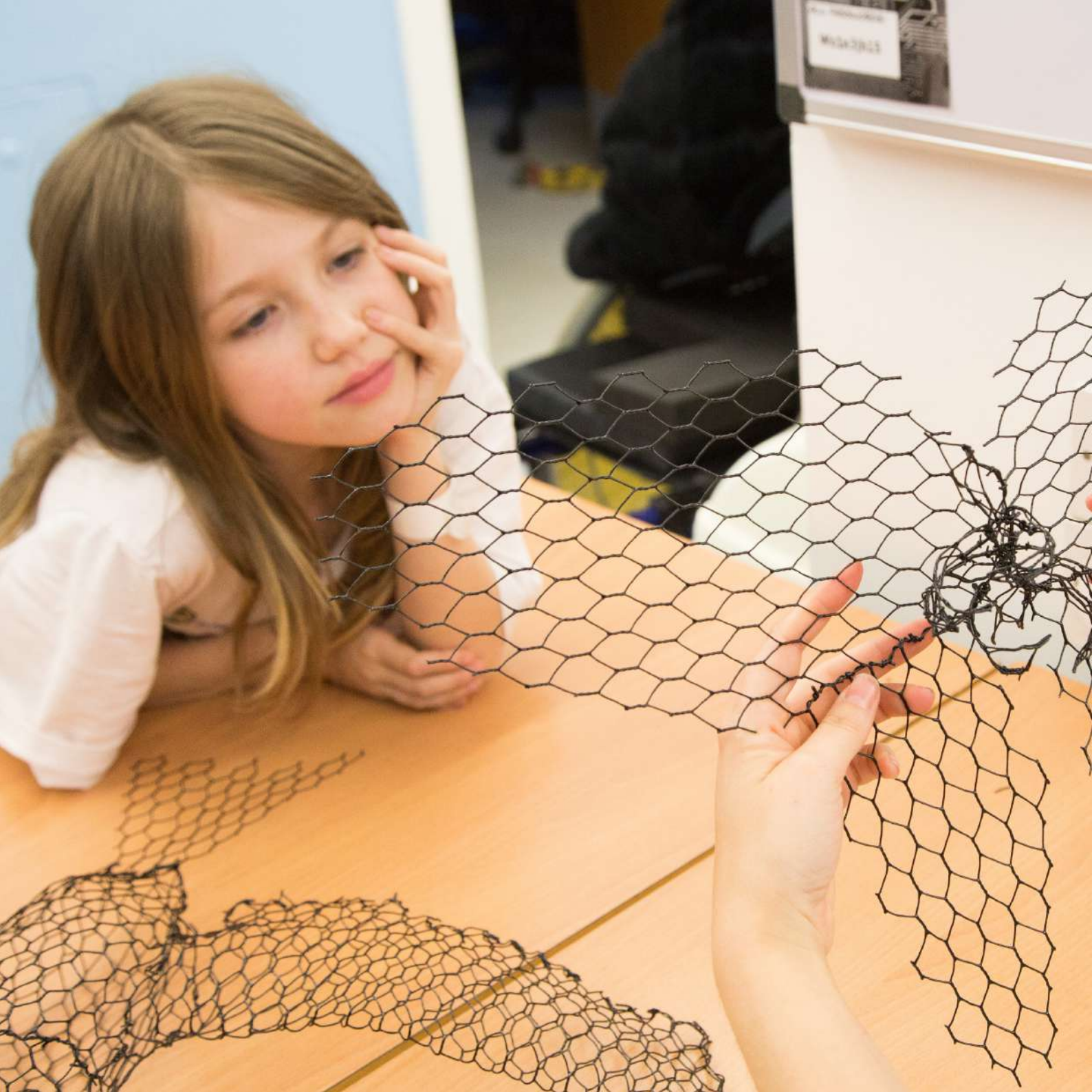
Innovation - Under the Microscope was a highly successful and well received year-long residency which engaged patients, families and clinicians and culminated in a multi-site exhibition. See p30.

Awards – we were awarded with the prestigious 2 Degrees Champions Award and a National Air Quality Award for our innovative creative sustainability projects. See p34.

Profile – we featured in several Evening Standard and Independent/i articles and supported the GOSH 12 Days of Christmas campaign, facilitating the creation of artwork by children and young people.

Accreditation – 6 patients achieved their Arts Award during a two week Summer Arts School for the Mildred Creek Unit. See p20.

Commissions – We installed ‘Precious’ a poignant work by artist Chris Wood to celebrate the gift of life provided by organ donors. We also began appointing artists for commissions for two major building projects. See p40.



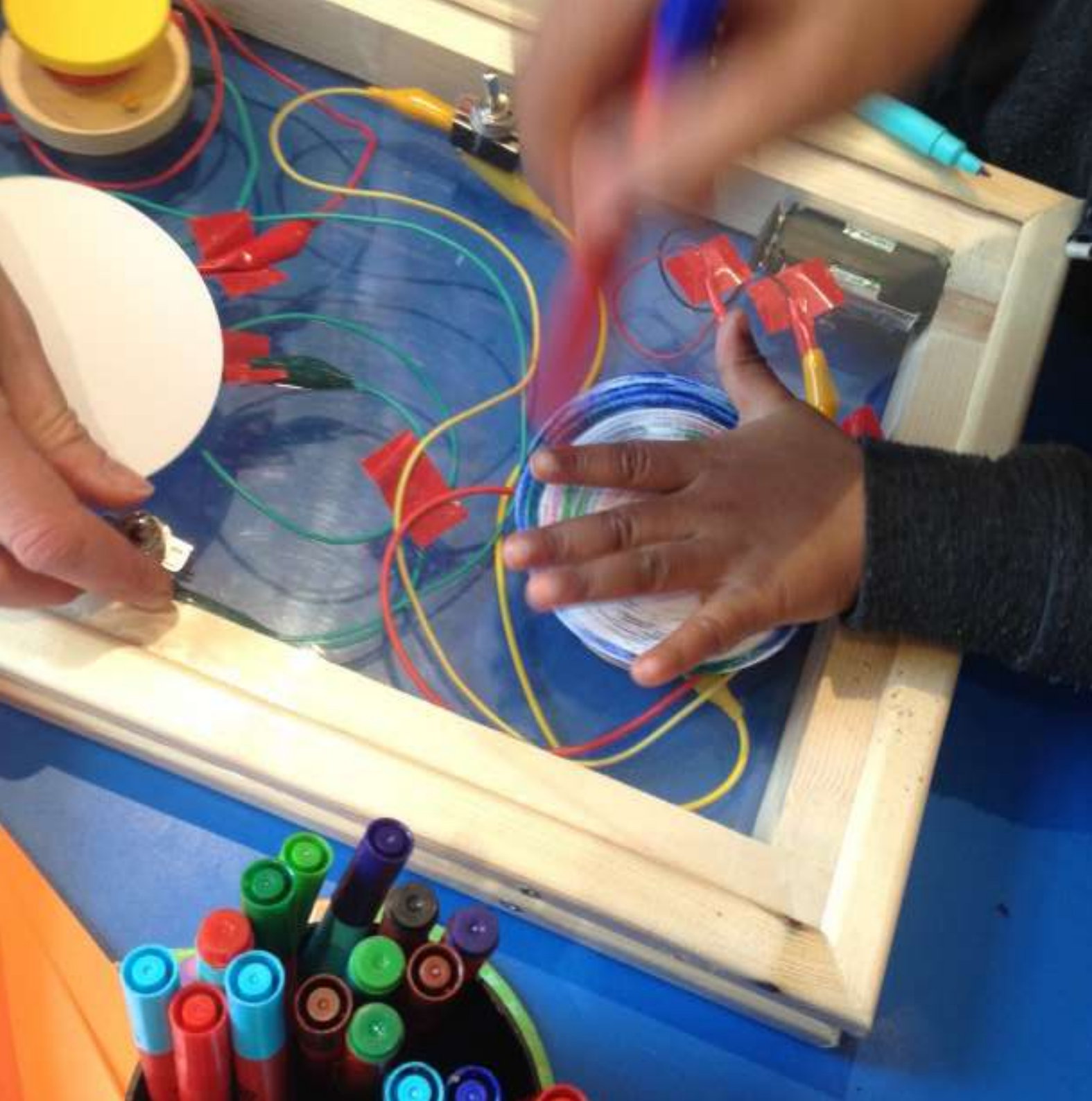
“ The GO Create! programme in Outpatients is brilliant - thank you!
- Lead Nurse, Neurosciences and Outpatients

Participant Numbers

The numbers below are reflective of the children, young people and staff who directly participate in activities or events, they do not include the large number of GOSH visitors and staff who engage with our work as audiences or observers.



*These figures represent approximately double the number of participants in the previous year, 2014/15. Additional funding to increase the programme only came into effect six months into the 15/16 financial year. Currently participant numbers reflect this and show we are well on track to hit our target of 12,000 participants each fully funded year.



“ We love it when we get the chance to do craft. DVD's are good but not the same - too passive. Making stuff cheers us up.
- GOSH Patient

Interactive Workshops

This year, as well as increasing the number of workshops, we have focused on the artistic development of the programme – relating workshops to artworks in the collection, specific techniques or themes and supporting wider hospital and GOSH Children's Charity initiatives. Our workshop leaders are all practicing artists who specialise in participatory work. Workshops can lead to the creation of specific resources that can be used by anyone throughout the hospital or result in temporary exhibitions to profile a particular project.

Case Study

Illustrator and hospital artist Sion Ap Tomas runs participatory workshops and one to one sessions every Monday at GOSH. This spring he worked with inpatients to compile a *Compendium of Special Skills*. Celebrating the hidden, wacky and unusual skills we all have!

Sion is a graduate of Central Saint Martins and the Royal College of Art. He divides his time between illustration and design commissions; teaching drawing and illustration and delivering creative workshops in hospitals, museums and galleries. Sion's special skill is 'Tea Bag Darts', he (almost) never misses!

“ Sion was absolutely fantastic. Really made our visit fun where we would have had a boring anxious wait without this service.
- GOSH Parent

“ I thought it was very creative, artistic, fun and awesome!
– GOSH Patient



Through our regular sessions this year children, young people and their parents/carers have enjoyed painting, drawing, illustration, collage, model-making, storytelling, puppetry, installation art, photography, embroidery, metal embossing, printmaking and animation.

Creating art can enable patients and families to express, process and understand their response to being in hospital in ways that they cannot otherwise articulate. Our artists provide drop-in family workshops in busy outpatient clinics and play areas, as well as working across a range of inpatient settings on a one-to-one basis with patients at the bedside.



“ Today was amazing as (GOSH Arts) were in the dept playing a Harp. Our son listened intently, got excited and vocalised happy noises as this was so appropriate for his needs. – Friends and Family Test Feedback

Music and Performance

Our regular interactive music sessions and performances in wards, outpatient departments and public areas of the hospital have received extremely positive feedback from patients, families and staff this year.

Our musicians play a diverse-range of instruments from all over the world, reflecting the cultural diversity of GOSH visitors.

Feedback from families for our music performances has been extremely positive.

100% of families surveyed said taking part in an arts activity 'Improved' their experience of hospital. (Based on sample feedback from 465 respondents in 2015/16)

Case Study

Music In Healthcare Project

Funded by a specific grant from Arts Council England musicians David McKenny and Joe Danks have been delivering participatory music sessions on inpatient wards across GOSH since September 2015.

Between them David and Joe play a variety of instruments including the bodhrán (an Irish Drum) the guitar and the ukulele! They also use their voices during sessions and encourage families (and staff) to join in, using instruments like wah wah tubes, maracas and glockenspiels.



“ The half hour of listening and playing along with the musicians took our minds off why we were here. Not only enjoyable for our baby but also for us as parents. - GOSH Parent

David and Joe have developed some fantastic relationships with families and staff across the hospital and often play whilst medical procedures and blood tests are taking place, calming patients and staff alike! (They are also very good at responding to on the spot requests, even in the lifts!).

“ I love the music and singing up on Bear Ward. It brings a real sense of calm to an often busy environment, and for the patients it is an invaluable distraction from all the equipment and interventions going on around them. It is a great stress relief for the nurses too! – Staff Nurse





“ You’re better than medicine! Thanks x
- GOSH patient

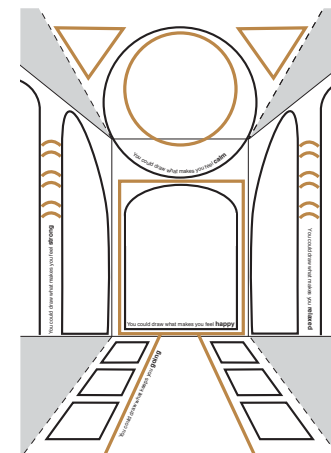
Resources and Activities

Several new activities were added to our free online resources this year - art activities that can be downloaded and used by patients, families and health professionals anywhere.

Themes included:

- A celebration of the hospital Chapel to mark the 150th Anniversary
- Penguin model making to draw attention to climate change
- Royal Patronage celebration activities
- Illustration activity for our Chelsea Flower Show garden

Patients from Mildred Creek Unit also created a GOSH Art Trail podcast, that takes you on a journey around artworks in the hospital. They learnt about the artists and ideas behind the works and recorded their own responses to each of the pieces. The podcast can be downloaded for free and used as a preparation or distraction tool either before or during hospital visits.



“ Really good to have this happening. The kids all love it and it helps (you) meet other parents. Top marks for such an innovative idea!
- GOSH parent

Family Arts Week

The second GOSH Family Arts Week took place during October half term, programmed by GOSH Arts and the Activity Centre, and open to all patients, siblings and families.

A jam packed schedule saw daily workshops for different age groups, including dance, music, sculpture, painting, poetry, storytelling and performance. Patients could also take part in the Big Draw, a national initiative to celebrate and promote drawing, with artist Tanya Kaprielian.

Our theme this year was 'Sustainability' with workshops by the National Portrait Gallery using recycled materials, artist Freya Pocklington making leaf print characters and dance with Ballet Rambert inspired by the natural environment.

Family Arts Week is an important part of our commitment to support the GOSH Children's Charity goal of 'Enhancing the experience for families'. We recognise the hospital environment can be stressful for families as a whole, and siblings often have to attend appointments too. GOSH Arts strives to support the whole family and offer creative opportunities to relieve anxiety, allowing all members of the family to express themselves and have fun.





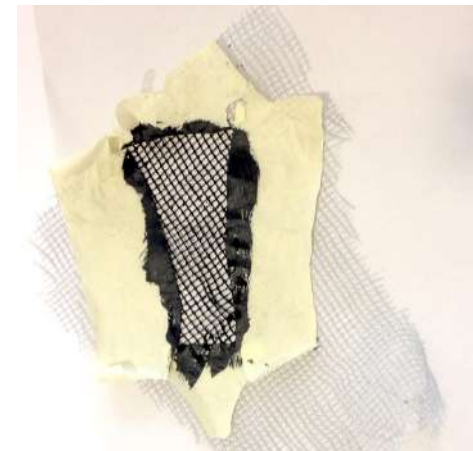
“ It was a pleasure having you on the unit and staff really appreciate all the work you’ve done with the young people. We felt the patients were treated with the uppermost respect and sensitivity. - MCU Staff member

Arts Summer School

This year GOSH Arts supported provision for long-term patients during holiday time while the Activity Centre was under renovation. We ran a two week Arts Summer School in the hospital's Mildred Creek Unit (MCU), a highly specialised ward for children aged 7 to 15 with mental health challenges.

By taking part in the Summer School MCU patients were also offered the opportunity to achieve an Arts Award – a nationally accredited qualification that recognises creative accomplishments. As part of the award the participants curated an exhibition in the main entrance to share their work, and we are delighted to report 6 out of 10 participants gained their Discover Arts Award.

Feedback from staff reported that the project – ‘significantly improved’ the experience of the summer holidays for both patients and staff on the unit. (Feedback from post-project evaluation forms completed by staff and patients).





“ (GOSH Arts) is a core part of the hospital and ensuring improved patient experiences.

- Jim Blair, Consultant Camilla Nurse Intellectual (Learning) Disabilities

Learning Difficulties Focused Workshop

Whilst much of our work is already accessible for patients with learning difficulties, in February we held a pilot workshop that focused specifically on young people with Special Educational Needs.

Young people from Swiss Cottage Special Education Needs School in Camden took part in a sensory workshop led by artist Emma McGarry. The workshop aimed to provide an opportunity for young people to creatively and non-verbally share their experience of being in, and navigating their way around, the hospital.

The group played with a range of sensory materials such as whistles, lavender and foil, and discussed how each of them made them feel: excited, worried, happy, nervous? The group then explored public areas of the hospital and used the materials to signal areas they liked or didn't like.

The young people especially enjoyed visiting St Christopher's Chapel and the Reception area which they said was "bright and fun because of the fish!".





“ I really enjoyed making and seeing lots of beautiful creative stuff that other people and I made.
- GOSH patient

Foundling Museum Projects

Building on our previous successful collaborative projects we have continued to work in partnership with our cultural neighbour the Foundling Museum.

Artist and animator Shelly Wain worked with Play Specialist Lynsey Steele to develop a project for Eagle Ward – GOSH's kidney dialysis and transplant ward. Patients were invited to take part in animation workshops to create a short film that details the step-by-step journey to receiving a kidney transplant. The aim of the film is to inform and alleviate anxiety for patients and families.

This animation is now being used by the GOSH Play Team in preparation for transplants, and is available online for other hospitals to use and on the GOSH Patient Bedside Entertainment System.



“ EPIC. I’m looking forward to the lift, Lift Off!
- GOSH patient

Creative Residencies

Every year GOSH Arts run a creative residency programme at the hospital, where an artist or arts organisation is embedded in a ward or department for an extended period of time. They work closely with clinical staff to develop a unique project that is specifically tailored to reflect the needs and circumstances of patients in that area. This year we developed two creative residencies and hosted a third with additional funding from the Wellcome Trust.

Lift Off!

Designer and illustrator Alexa Galea led a creative residency in Spring 2016. During her residency Alexa worked specifically with wards and clinics in the Frontage and Southwood buildings creating new artwork to replace the outdated and damaged decor currently installed in the lifts. Inspired by St Christopher’s Chapel and patients’ interests, the artwork will refresh the lift environment and make travelling between floors more interesting!





“ A wonderful time - Thank you so much. Changed the day from being hard work to being fun!
– GOSH parent

The Same and Different: 100,000 Genomes

Emirati artist Dana Al Mazrouei visited GOSH during March 2016. She ran fun creative workshops in wards and departments across the hospital including International Private Patients and the Activity Centre.

During the workshops patients used a range of materials and techniques to create colourful, unique, circular artworks. Each of the artworks is a representation of a Circular Genome Visualisation in that, just like a real visualisation, the colourful pattern inside each one is completely unique for every person, but always takes the united form of a circle.

Dana will use the work created by patients during her residency as the starting point for an artwork for the new Zayed Centre for Research into Rare Disease in Children. The artwork will celebrate the ground-breaking research which will take place at the Centre, opening in 2018.





“ Responses to the project from participating parents, patients and biomedics were unanimously positive.

- Under the Microscope Evaluation Report, Spring 2016

Under the Microscope

Under the Microscope was a year-long arts research project conceived and led by artist, Sofie Layton, in partnership with GOSH Arts and the NIHR Biomedical Research Centre.

The project explored how children and their families interpret medical information and understand disease and culminated in a three part exhibition of work made by Sofie in partnership with clinicians, researchers, patients and their families at GOSH in February and March 2016.

Collaborative works made with GOSH patients were exhibited in the hospital's main entrance, and Sofie's own multi-disciplinary artworks, made in conversation with the cardiovascular imaging team, Bear Ward and young people and their parents, were exhibited in the gallery between GOSH and UCL Institute of Child Health.





“ Audience responses to the public art installations were united in their surprise and delight...

- Under the Microscope Evaluation Report, Spring 2016

The exhibition continued with a participatory installation, *In Isolation*, in the OBW Friends' Roof Garden. *In Isolation* was an all-encompassing sensory experience which explored the intricacies of the immune system and the reality of a patient undergoing Gene Therapy.

The project was independently evaluated in a report submitted to the Wellcome Trust.

Responses to the project from participating parents, patients and biomedics were unanimously positive. Audience responses to the public art installations were united in their surprise and delight at the power of the art to present the voice of the patient alongside the biomedical reality of rare diseases. (Anna Ledgard, Under the Microscope Evaluation Report, Spring 2016).

This project was co-funded by the Wellcome Trust, the Biomedical Research Centre, Great Ormond Street Hospital Charity, and the Blavatnik Family Foundation.





“ I enjoyed it because it was fun and exciting. I also liked it a lot because it kept me from being bored.

- GOSH patient

Clean Air, Yeah!

Building on our award winning collaboration last year, we partnered with the Energy Department on a project that focused on improving the air quality on and around Great Ormond Street. The project was based on research that showed that London's air quality regularly failed to meet the EU's legal limits. We worked with patients with respiratory conditions, who are more vulnerable to poor air quality.

Participants worked with illustrator Sion Ap Tomos to create images to represent landmarks in the local area that were then used to design walking maps for those coming to GOSH, as a way of encouraging people to walk rather than drive to hospital. These maps were made available online as well as handed out by Volunteers and the reception team in the main hospital entrance.

Patients from Badger Ward also created an animation with artist Shelly Wain, narrating personal stories to explain the effect air pollution has on their conditions and how it makes them feel.



“This has been a lovely experience - especially as a patient from the area. It has put our son at ease throughout his consultation and he hasn't wanted to leave.” - GOSH parent

Because this project focused on the health impacts air quality has on children, rather than just the environmental impacts, the message touched our staff and visitors and has delivered a real change in behaviour.

The impact has been significant. Ambulance driver idling has been eradicated. Low emission travel between stations and the hospital increased from 63% to 79%, with a total of around 38,000 annual journeys making the shift. The percentage of taxis booked through the hospital that are now low and zero emission has increased from 70% to 91%, and visitors are reporting that Great Ormond Street is a more pleasant place to be – quieter and less polluted.

In this way GOSH Arts is supporting one of the Trusts key objectives 'To be Sustainable' in a holistic way that actually involves and inspires service users.

The project received a National Air Quality Award for Best Air Quality Communications Campaign.



“Having the opportunity to go to such an event makes me feel really good about working at GOSH, and for the NHS in general.” - GOSH staff member

Staff Culture Club

Our staff Culture Club supports staff wellbeing by providing opportunities to attend arts activities and events. Culture Club is open to all staff at Great Ormond Street and affiliated Hospitals as well as GOSH Charity staff and Volunteers.

Events this year included:


- Curator led tour of Camden Arts Centre
- Norma dress rehearsal at English National Opera
- Lines of Beauty exhibition at the Foundling Museum
- Carmen dress rehearsal at English National Opera

We also share information on other arts and recreational events available to staff from local partners such as the Bloomsbury Festival.

We now have 248 staff culture club members, with 22 new members joining in 2015/16.

94% respondents said that participating in Culture Club events positively affects their attitude to work.

96% of respondents said involvement in cultural activities significantly reduces their stress levels.



“ *Very relaxing, uplifting brought smiles of joy. Fantastic for a young lady with complex disabilities who loves music of all kinds.*

- GOSH parent

Evaluation and Impact Measurement

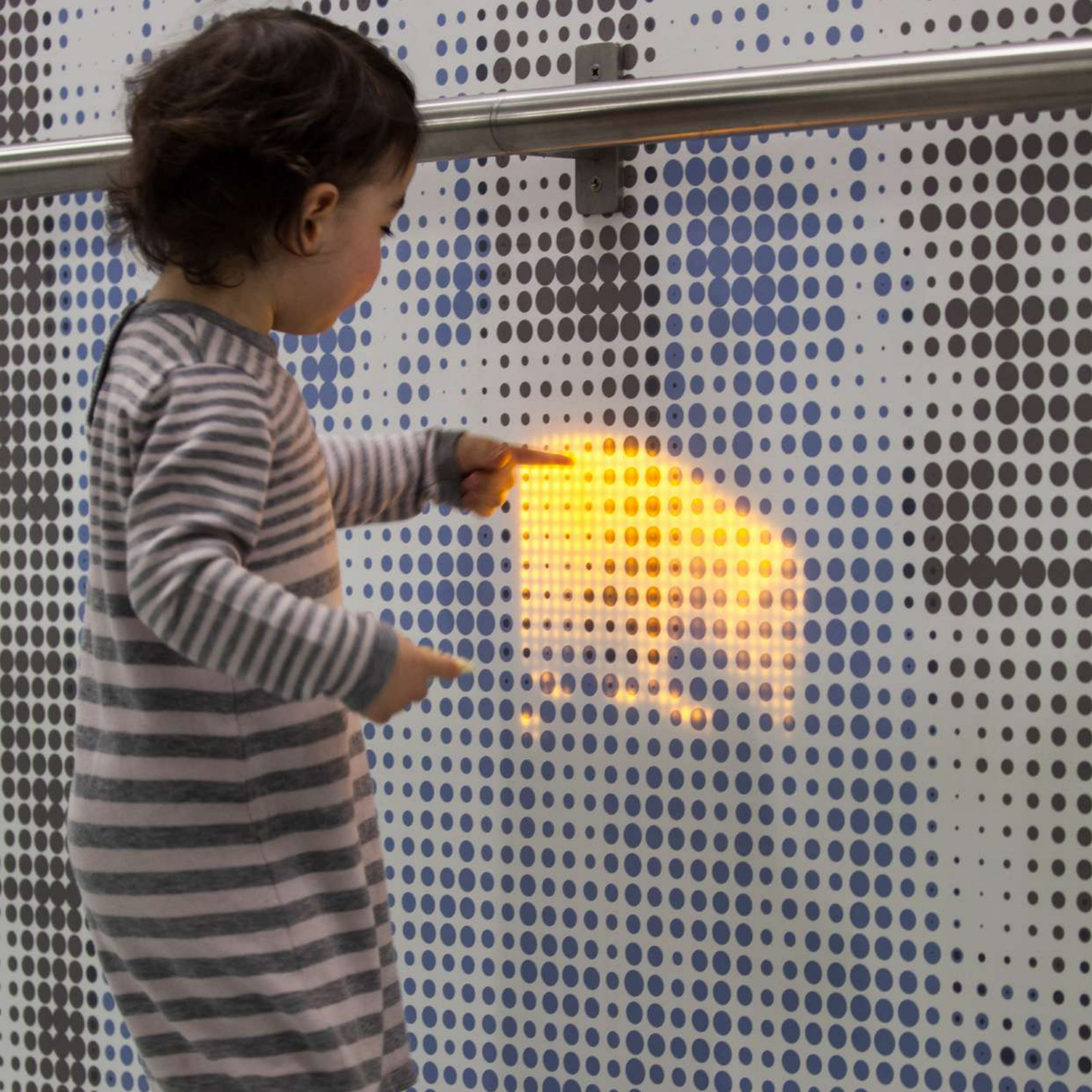
This year we focused on how we measure the impact of our activities. We worked with independent arts research organisation Breathe on a specific evaluation for our increased activity in Outpatient Departments. The evaluation used mixed methods, including staff and patient questionnaires and the Arts Observational scale; a non-invasive validation scale that has been specifically developed to measure the impact of arts interventions in healthcare settings.

Headline findings:

- On average, 77-83% of children who are in a waiting area when GOSH Arts Activities are taking place in waiting areas actively engage with the activities
- The quality of the activities is rated 4.5/5 stars by parents and 4.4/5 by staff
- 92% of parents believe the activities improve the family experience of being in hospital
- 69% of parents report that the activities distract their child from being in hospital
- Parents report that the activities make the waiting areas appear more safe, creative, caring and kind
- 13% fewer children display disruptive behaviours in the waiting areas in the presence of activities compared to no activities
- 94% of staff report that the activities make their job easier and reduce the number of complaints
- 90% of staff feel the activities help them to feel relaxed too
- 95% of staff feel the activities improve their work environment
- 96% of staff feel the activities should continue to be funded in the outpatient waiting areas

These positive findings support and legitimise our own on-going feedback mechanisms. As the team is now trained in the use of the Arts Observational scale, we can set benchmarks and commit to repeating observations yearly to check standards.

ArtsObs (Fancourt and Poon, 2014, CW+): ArtsObs is a tool for the evaluation of performing arts activities in healthcare settings. It is an entirely non-invasive way of assessing the effect of the arts. This makes it appropriate for a number of sensitive situations such as hospital wards. The scale has been developed by CW+ in partnership with the Centre for Performance Science, Royal College of Music.



“ (The art) makes me feel like coming back. A friendly environment.
- GOSH patient

Commissions

Premier Inn Clinical Building

Due to open in Spring 2017 the Premier Inn Clinical Building (PICB), the final development of the Mittal Children's Medical Centre (MCMC), will house a number of exciting new artworks and design features commissioned by the arts team. With the support of an internal Art Group, representative of staff moving into the building, we have appointed a number of established and emerging artists to develop sculptural, wall-based and digital art commissions for clinical areas and public spaces.

Two artworks for the new building stem from the successes of previous commissions within the MCMC, including an extension of Jason Bruges' Nature Trail, an interactive wallpaper developed for the corridors to gently lead patients into operating theatres and the addition of a Lullaby Factory garden in an external courtyard of the Lagoon restaurant, that will include a playful xylophone bench along with other interactive features, designed by Studio Weave.

Zayed Centre for Research into Rare Disease in Children

The Zayed Centre for Research into Rare Disease in Children (ZCR) will become a world-class multidisciplinary centre of excellence, bringing together clinicians from GOSH and researchers from UCL's Institute of Child Health and Institute of Cardiovascular Science.

The Art and Engagement Strategy for the ZCR aims to celebrate the Centres biomedical research and provide engaging play and recreation opportunities for families in Outpatient areas and that reference science and research, as well as positive and inspiring environments for research staff.

The strategy created by the arts team is being supported by the ZCR Art Group (with staff members from UCL, GOSH and GOSHCC) and representatives from the Executive Affairs Authority in Abu Dhabi, UAE on behalf of Her Highness Sheikhha Fatima bint Mubarak of Abu Dhabi, the wife of the late Sheikh Zayed bin Sultan Al Nahyan, who has generously supported the ZCR project.

“Unbelievably beautiful and poignant.
- Dr Joe Brierley, Organ Donation Committee

Hedgehog Ward

GOSH Arts commissioned artist Oona Culley to develop a number of wall-based works for the parent areas of a new International and Private Patients wing. Oonas' delicate and ephemeral silhouettes made from aluminum leaf on paper explore the shadows and reflections of trees and water, helping to provide a peaceful setting for parents to relax in.

Precious

Precious was created by acclaimed glass artist Chris Wood. The beautiful and elegant piece in the atrium of the hospitals' main reception uses a large number of crystals that capture light to produce a rainbow of colours.

Precious was commissioned by GOSH Arts and funded by the hospitals' Organ Donation Committee to recognise and celebrate the precious gift of life given by children and their families through organ donation, both at Great Ormond Street Hospital and elsewhere.

Prayer Tree

To mark the 140th anniversary of the Chapel at Great Ormond Street Hospital, we commissioned a special Prayer Tree by sculptor Matthew Lane Sanderson. Matthew is well known for his striking and fantastical public art, inspired by organic and scientific forms, including the Chronophage of the world famous Corpus Clock.

Taking inspiration from the Chapel's architecture, early Peter Pan illustrations and other design features around the hospital such as the original *Wishing Well* Matthew has created a magical multi-faith piece. Patients, families and staff can leave their prayers by tying labels that acts as leaves to the tree branches.



“ My Daughter was feeling very low after her surgery, and doing some art with (GOSH Arts) took her mind of her pain and breathing. She relaxed and really enjoyed the time. - GOSH parent

Co-Design

Working with our colleagues in Development & Property Services we were very pleased to be involved in the co-design work that looks ahead to the future of hospital redevelopment.

We ran a workshop with members of our Young Peoples Forum looking at visual metaphors, and using collage and drawing to create 'postcards from the future', helping participants draw out their ideas and aspirations for the future of the built environment at GOSH. This work formed part of the co-design process that supported the development of the brief for our next phase of Redevelopment, Phase 4.

We are keen to develop creative approaches to engaging and consulting with young people, and feel we are ideally placed to support this work.

Advice and Guidance

We continue to offer advice and guidance to all hospital departments regarding art and culture.

When requested we support wards to identify their needs and objectives and then propose a number of suitable options including artworks and artists they could work with to enrich their environments.

We have also advised and supported a number of hospital-wide initiatives, such as World Kidney Day, Research Awareness Week, Messy Chapel and the NHS Sustainability Fair by offering guidance on creative activities, displays or suggesting suitable artist facilitators or materials.



Get Involved!

Look Out for artworks around the hospital or follow our digital art trail.

Take Part in our weekly music and art workshops touring wards and public spaces.

Download activities inspired by our art collection.

Find out about special artists-in-residence in wards or departments – there may be a specific project you can take part in.

Do your Arts Award at GOSH. We can support you in gaining an accredited award while you are in hospital!

For more information please see:
<http://www.gosh.nhs.uk/parents-and-visitors/go-create>

Or follow us on twitter at @GOSH_Arts

GOSH Arts is primarily funded by the Great Ormond Street Hospital Children's Charity.
We are extremely grateful for their continued support.

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