Arts Care

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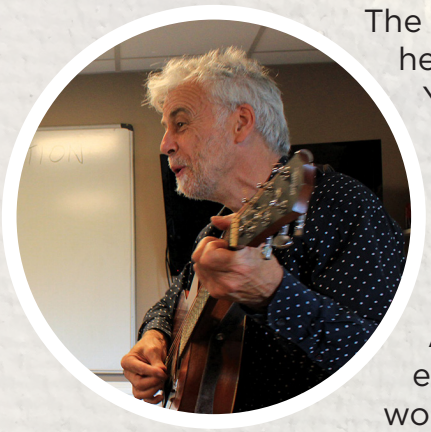
YouTube

‘Arts Care 4U’ Arts, Health and Well-being YouTube Channel - One Month Celebration

We are bringing our Arts Care Arts Activities to you during the COVID-19 ‘Lock Down’ period through a free Online Arts Service. To date 56 Arts Workshops across artforms facilitated by our Arts Care Artists and Clowndoctors have been uploaded on our channel.



The Arts Care Team would like to inform and update all Health and Social Care Trust healthcare staff, service users and community-based organisations about our new YouTube Online Arts & Well-being Channel ‘Arts Care 4U’ which is a valuable arts resource to use.

Our Aim - to continue to deliver our quality Arts Care Service for service users, healthcare staff and members of the community, supporting their mental health and well-being.

Arts Care 4U Online Channel - What is It? - The online channel is a way of enabling Arts Care to continue to bring an ‘adapted version’ of our weekly, arts workshops to staff, service users and members of the community across Trust areas. It was created in response to requests from Service Users, Healthcare Staff to continue to have access to Arts Care arts during the Covid-19 Virus Pandemic.

What does it provide? - The channel provides an online means for people to continue to take part in a range of free Arts Care arts activities. We offer the following online range of art workshop videos; Visual Arts, Music, Music Sing-a-long, Guitar Lessons, Creative Exercise and Movement, Creative Writing, Clowndoctor ‘Visits,’ Online Art Exhibitions, Creative Cookery etc.

How Do You Access Arts Care 4U Channel? - The channel can be accessed by typing Arts Care 4U into the YouTube.com search bar. Access to the channel can be done from an individual’s perspective or can be uploaded onto a large screen in residential or nursing care units so that small groups can have a sense of participating in an arts workshop.

Note: At all times we advise that any small group activity should apply the Government Guidelines to Social Distancing.

Accessibility - The Arts Care 4U Channel content should be accessible to everyone. We work with many different service users and groups including: Children’s, Learning Disability, Older and Younger Mental Health, Residential and Cancer Services. We hope that this channel provides access and enjoyment to people who are unable to leave their homes and those continuing to avail of or working in healthcare services including frontline services in hospitals, hospices, specialised units, residential and nursing care.

Feedback - Early Days, but the feedback to our online art workshops has been very positive.-
“We are very happy to receive such therapeutic and relaxing workshops, it is just what we need at this time. Music, Stories, Movement. Even the staff are enjoying this fun with the residents. We hope to use more of this..”
(Silverdale Care Home, Castlederg, Co Tyrone, Western Health and Social Care Trust)

Stay Safe, Stay Well & Stay at Home

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HSC Public Health Agency
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HSC Belfast Health and Social Care Trust caring supporting improving together
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