



All Party Parliamentary Group on Arts, Health and Wellbeing

The Arts and Palliative Care, Dying and Bereavement Round Table

Monday November 9th 2015 3.30-5.00pm

House of Commons Committee Room 20

The APPG on Arts, Health and Wellbeing is hosting a round table discussion on the Arts and Palliative Care, Dying and Bereavement. The discussion will make reference to the Access to Palliative Care Bill. Information gathered at the round table will inform a 2 year Inquiry on Arts, Health and Wellbeing that the APPG is conducting in collaboration with King's College London, Guy's and St Thomas's Charity and the Royal Society for Public Health's Special Interest Group on Arts, Health and Wellbeing. Parliamentarians from all parties and both Houses are invited to the round table.

The roundtable discussion will be chaired by **Baroness Ilora Finlay**.

Participants have contributed the following themes for discussion:

What is unique about the arts?

- What do artists bring to health and well-being?
- How can we achieve a holistic vision for end-of-life care?
- The importance of the arts for supporting communication between patients and families.
- The Arts have always had a powerful role in representing death and dying in a humane and compassionate way. How can we move this forward into healthy education and public debate?
- It is important that experiences such as bereavement do not become overly medicalised.
- The genuine recognition of human finitude is elusive to health professionals and the public.
- Arts and the healing environment.

Management and education

- How can we integrate the thinking and practice of Hospice Care with other palliative care services?
- How do we help people gain access to the arts and arts therapies earlier in the illness journey?
- How can the arts contribute to the management of patients and the education of staff?
- How can the arts enable leadership and innovation within the health care sector?
- The potential of the arts practitioners voice and perspective in the multidisciplinary team.
- Empathy needs greater attention in the education and practice of doctors.
- Arts Therapies have their own accreditation and standards, but arts in health covers a wide range of practices. How do we ensure high quality work and appropriate training and supervision for artists and volunteers?
- Ethical principles and practices for creating, exhibiting, sharing and disposing of digital art works.
- Mechanisms for the effective integration of arts interventions, and how best to ensure appropriate support, supervision and ethical practice.

Evaluation

- What is the value of the arts in this context?
- How do we get policy makers and commissioners to recognise innovative approaches to evaluation?
- There is a developing evidence base that suggests that arts in bereavement care may be cost effective.
- Funding and support for evaluation and research into the impact of arts and arts therapies projects.

Roundtable participants:

Dr Sam Guglani is a consultant clinical oncologist at Cheltenham General Hospital, specializing in the management of breast, lung and brain tumours. He has an MA in Ethics through Keele University and is Chair of Gloucestershire Hospitals NHS Trust Clinical Ethics Committee. He is Director and Curator of Medicine Unboxed, a project he founded in 2009 to engage health professionals and the public in dialogue around care, morality and values in medicine, illuminated through the arts (www.medicineunboxed.org). He is a writer of short-fiction and poetry, and completed a Masters degree in Creative Writing at Oxford in 2014.

Fiona Hamilton, Director of Orchard Foundation, is a writer and creative arts practitioner. She devised a programme of creative writing-for-wellbeing sessions for Bristol's NHS and complementary cancer services thirteen years ago and this continues - participants' feedback has recently been audited. She is tutor with the Poetry School and tutor and research adviser with Metanoia Institute, specializing in poetry, literature and arts-for-wellbeing in healthcare, personal and community development. She was Chair of Lapidus 2010-13. Recent publications are *Bite Sized* (poetry) and a chapter on creative writing in healthcare for *Medicine, Health and the Arts* (Routledge).

Nigel Hartley has worked in end-of life care for over twenty five years, for the latter twelve years as Director of Supportive Care at the St Christopher's Group, London where he was responsible for transforming day and outpatient services, developing volunteers and also leading on Community Engagement. He has previously held posts at London Lighthouse, a Centre for those living with HIV/AIDS, and also at Sir Michael Sobell House, which is a large Hospice in Oxford. He has a postgraduate qualification in management from Ashridge Business School, England and has an international reputation as a teacher and lecturer. Nigel is an experienced published writer having authored numerous articles, chapters and books. His latest book, 'End of Life Care – a guide for therapists, artists and arts therapists', was published by Jessica Kingsley Publications in 2014. In April 2015 Nigel took up the position of Chief Executive Officer at Earl Mountbatten Hospice on the Isle of Wight in the South of England.

Bob Heath was the resident music therapist at Sobell House Hospice for over 10 years. He has worked extensively in Palliative and Bereavement care both as a clinician and a lecturer/teacher and also has many years experience working in Dementia Care and Special Educational settings. He has published work in various books and journals and continues to practice as a therapist in End of Life care and in Community Mental Health settings. Bob has presented his work at a wide range of events including The Hay Literature Festival and Medicine Unboxed and continues to offer and develop a range of training courses for therapists and health care practitioners.

Dr Iona Heath worked as an inner city general practitioner in Kentish Town in London from 1975 until 2010. She is a Past President of the UK Royal College of General Practitioners. She has written regularly for the British Medical Journal and has contributed essays to many other medical journals across the world. She has been particularly interested to explore the nature of general practice, the importance of medical generalism, issues of justice and liberty in relation to health care, the corrosive influence of the medical industrial complex and the commercialisation of medicine, and the challenges posed by disease-mongering, the care of the dying, and violence within families. Her book 'Matters of Life and Death' was published in 2007.

Jane Lings, music therapist, has worked for 15 years in palliative and bereavement care, introducing and establishing music therapy as part of psychological care at St Peter's Hospice, Bristol. Jane has taught postgraduate music therapy students for many years as senior lecturer at the University of the West of England and continues as an occasional lecturer. Together with Bob Heath she has taught the use of therapeutic songwriting in clinical practice, running courses in the UK and abroad for over ten years. She is published, presents regularly at conferences, teaches on undergraduate medical humanities courses and is now working freelance as therapist, clinical supervisor and educator.

Allan Kellehear, PhD., FAcSS is a 50th Anniversary Professor (End-of-Life Care) in the Faculty of Health Studies at the University of Bradford. He is a medical and public health sociologist. Most of his books are devoted to the study of dying conduct and experiences as well as the design of community participation models for palliative care policy and practice. He is a Fellow of the *Academy of Social Sciences*, President of both the *Association for the Study of Death and Society* (ASDS) and *Public Health Palliative Care International*.

Anna Ledgard is a producer, researcher and lecturer working across the arts and bio-medical sciences to facilitate long-term partnerships between professional artists, healthcare professionals and patients. With regular artist collaborators Mark Storor and [Sofie Layton](#) she has produced award-winning performance projects most recently [The Barometer of My Heart](#). Their projects, For the Best with Evelina London Children's Hospital and REST with [SLOW](#) (Surviving the Loss of Your World), [Graeae Theatre Company](#) and Richard House Hospice, explore the role that creative artistic practices can play at the end of life. Anna is an end of life doula.

Dr Viv Lucas began his medical career in anaesthetics and then trained as a GP before moving into palliative care. He has been Medical Director of Garden House Hospice in Letchworth for over 20 years. Viv has an MA in Medical Humanities from the University of Wales, Swansea. He is interested in the relational aspects of care and has published papers on the art and science of empathy and placebo effects in palliative care. He recently organised a two day 25th anniversary conference for the Garden House Hospice on 'Exploring Compassionate Care' through the arts and humanities'. Viv plays the guitar, sings and write songs, mainly as a hobby, but has also used music in his work.

Olwen Minford is a nurse, trainer and psychotherapist. She has extensive experience facilitating end of life care and education in care homes, hospital, and community settings in London. Olwen believes passionately in the transformational power of the arts and is especially interested in applying the arts in healthcare and education. In 2014 she was awarded a Winston Churchill Travel Fellowship which enabled her to research "[Improving communication training and compassionate care using arts based methods](#)" in USA and Australia. As an outcome of the WCMT fellowship Olwen will co facilitate a Visual Arts Training Workshop for End of Life Care Professionals in Dulwich Picture Gallery on 26th November 2015: <http://ncpc.org.uk/events>.

Jane Moss is a writer and creative writing tutor who works in bereavement support. She provides training for bereavement counselling teams and she volunteers with Cruse Bereavement Care. Jane has run writing groups with the bereavement counselling services at Princess Alice Hospice and the Macmillan team at Meadow House Hospice in west London. She has also run writing groups for carers and has worked with people living with dementia. Jane's book *Writing in Bereavement, A Creative Handbook*, is published by Jessica Kingsley Publishers in the *Writing for Therapy or Personal Development* series.

Dr Simon Opher is a full time GP and GP trainer in Gloucestershire. He is Chair of Stroud Locality Commissioning Unit. He is also the lead clinician for the Cultural Commission Pilot, Social Prescribing and integrating community teams for Gloucestershire and specialises in mental health. He is Chair of Prema Arts Centre. He has had an artist in residence in his surgery for the past 15 years, delivering arts, ceramics, music, dance and poetry to his patients. This has expanded, as Artlift, to deliver arts in over 20 surgeries across the south west. Latest projects include arts to help survivors of cancer and the use of comedy to engage hard to reach communities.

Kate Organ trained in Drama and specialised in her early career as a director of original theatre made with young people and inter-generational groups. In 2003, after 8 years of arts policy work within the Arts Council she became a free-lance consultant, working on several national arts initiatives alongside her work as Arts Adviser to the Baring Foundation. The Baring Foundation has supported an extensive programme of grants and strategic partnerships to develop arts for, by and with older people. Kate has been co-coordinating the learning from a programme developing Arts in Residential Care Homes - a partnership between Baring Foundation, Arts Council England, arts organisations and residential care

providers.

Dallas Pounds is palliative care nurse by background with vast experience of the sector. Dallas joined Royal Trinity Hospice in 2013. Previous senior management roles were held at Terrence Higgins Trust and at Buckinghamshire PCT. As CEO she endeavours to inspire and motivate those she works with. In September 2015 she won the award for "Rising Chief Executive Officer" at the Third Sector Annual Awards in recognition for her contribution at the helm of Trinity and also in the wider hospice sector. One of her strategic aims is for Trinity to be at the forefront of palliative care. Her "business head on a charity heart" motto ensures that Trinity has a sustainable future within an ever changing healthcare environment.

Christopher Rawlence is a Film Maker, Writer, Librettist committed to defining a clinically accepted model for the role of the arts in health and well-being, particularly those touched by life-limiting illness. As TV Director he has made TV series with some of the world's leading neurologists, including Oliver Sacks (the landmark BBC2 series *The Mind Traveller*) and V.S.Ramachandran. He has written opera librettos and directed TV operas for Michael Nyman and Michael Torke, including *The Man who Mistook his Wife for a Hat*. He is currently Co-Creative Director of Rosetta Life www.rosettalife.org for whom he has made more than 200 short films with people living with people living with life-threatening illness – www.youtube.com/rosettalive .

Michèle Wood is Senior Art Therapist at Marie Curie Hospice, Hampstead, and Principal Lecturer in Art Psychotherapy at the University of Roehampton. She co-ordinates the British Association of Art Therapists' Special Interest Group for art therapists working in supportive, palliative and bereavement services. Since qualifying in 1987 Michèle has established art therapy in end-of-life care, and mental health settings. She has published widely and is a peer reviewer/advisor for several journals, including *Psycho-Oncology*, *Palliative Medicine*, and *International Journal of Art Therapy*. She is a trained Schwartz Centre Rounds Facilitator, a National Allied Health Professions Clinical Expert, and a Winston Churchill Fellow.

<https://www.mariecurie.org.uk/help/hospice-care/hospices/hampstead/about/art-exhibition>

<https://powerinourhands.wordpress.com/>

Wood, M.J.M. (2015) 4.11 the contribution of art therapy to palliative medicine. In: Cherny, N., Fallon, M., Kaasa, S., Portenoy, R.K. & Currow, D.C. (eds.) *Oxford Textbook of Palliative Medicine (Fifth Edition)*. Oxford, UK: Oxford University Press. pp.210.

Documents submitted by participants for reference can be downloaded here:

<http://www.artshealthandwellbeing.org.uk/appg/papers>