

Jennifer Mills
Arts on Referral Project Manager
Post Box
Community Arts Room
North Bristol NHS Trust
Southmead Hospital
BS10 5NB

Mobile: 07920 413022

Email: jennifer.mills@nbt.nhs.uk

Arts on Referral

Thank you for expressing an interest in taking part in a six-week Arts on Referral programme designed for people living with a neuromuscular condition. This programme has been designed to follow on from the Living Well groups you may have taken part in and to help you to find ways to manage your wellbeing while living with a neuromuscular condition. This letter sets out briefly what this programme involves and what any potential involvement would entail for you.

The Arts on Referral programme offers you a safe, creative and enjoyable space in which to:

- Take some time to support your own wellbeing
- Find out how being creative can lead to relaxation and enjoyment
- Meet and share with others in a similar situation to your own

The next programme will take place;

20th February - 26th March online (Zoom welcome session on 14th Feb)

**23rd April - 28th May either online or art room tbc
(Zoom welcome session on 16th April)**

The group will meet weekly during the six week programmes from **10am – 12 noon**. We hope to run the programme in the Community Arts Room at Southmead Hospital in April and May, however, we will be guided by patient need.

If the programme runs in the Community Arts Room we will send you a map and directions to find the space which is accessible by level access and close to the car park in the Brunel building. It is a non-clinical space, away from the main hospital but within the Brunel building.

To participate in the online sessions, beginning on Tuesday 20th February you will need internet access and a laptop or tablet to take part.

The programme is being offered by Fresh Arts, the arts programme of North Bristol NHS Trust, in partnership with the South West Neuromuscular Operational Delivery Network (SWNODN). It will be led by artist Esme Hodes, who is experienced and skilled at working with people to gently introduce them to creative activity. Esme is part of the Fresh Arts team.

You don't have to be artistic to take part. The group is open to anyone living with a neuromuscular condition and registered with the SWNODN. Whether or not you **think** you are creative, Esme will support you to explore a range of relaxing and enjoyable activities. All materials will be provided.

Those who have taken part in similar programmes have said that they are relaxing, enjoyable and rewarding, that they have provided relief from pain and discomfort and that they offer a safe and supportive space in which to get to know others going through similar experiences.

At the end of the programme, if you have enjoyed the sessions and want to explore other creative opportunities, we will offer you an additional session with a community based artist, Julie Matthews, who will share with you details of other activities and help you to access them.

We know that this might not always be possible but would ask that you commit as much as you can to attending all six sessions.

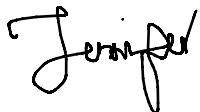
If you are interested in finding out more about this Arts on Referral programme, please complete and return the enclosed reply slip.

Returning the reply slip in no way places you under an obligation to participate.

Once we receive this reply slip, I will contact you to explain more about the project and answer any questions you may have. If you are happy to join the group, I will then ask Esme, the artist running the group to contact you too, introduce herself and tell you more about what she has planned.

Thank you for taking the time to read this letter and we look forward to hearing from you.

Yours sincerely



Jennifer Mills

Arts on Referral Project Manager