

Jennifer Mills
Arts on Referral Project Manager
Fresh Arts Post Box
Community Art Room – Brunel Building Gate 0
North Bristol NHS Trust
Southmead Hospital
BS10 5NB

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 chronic breathlessness. 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 programme dates we plan to offer in 2023/24 are to be confirmed.

The group will meet weekly during the six week programme. We are able to offer online groups using Zoom or 'in real life' groups which will take place in the Community Arts Room at Southmead Hospital; we ask you to indicate your preference on the referral reply form and will confirm how the group will be delivered based on overall patient preference.

When a programme runs online we offer a one hour Welcome Session and Technical Zoom taster session prior to the start date to test internet connections, explore the functionality of Zoom and for everyone to meet prior to the first session.

The programme is being offered by Fresh Arts, the arts programme of North Bristol NHS Trust, in partnership with COPD, Pulmonary Fibrosis and Respiratory Clinics and is funded by donations to Southmead Hospital Charity. It will be led by an artist and facilitator, who is experienced and skilled at working with people to gently introduce them to creative activity. The artist is part of the Fresh Arts team. All materials will be provided.

You don't have to be artistic to take part. The group is open to anyone living with chronic breathlessness. Whether or not you **think** you are creative, Rachel will support you to explore a range of relaxing and enjoyable activities.

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 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.

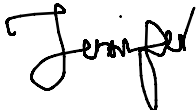
If you are interested in finding out more about this Arts on Referral programme, please complete and return the enclosed reply slip.

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

Once I receive your reply slip, I will call you to introduce myself, explain more about the project and answer any questions you may have.

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

Yours sincerely

A handwritten signature in black ink that reads "Jennifer Mills". The signature is written in a cursive style with a large, stylized 'J' and 'M'.

Jennifer Mills

Arts on Referral Project Manager