

Embargo: 0:01 Dydd Sul 10 Hydref 2021

## **Diwrnod Iechyd Meddwl y Byd: Sefydliad Baring a Chyngor Celfyddydau Cymru yn cyhoeddi Celf a'r Meddwl | Arts and minds - rhaglen newydd y celfyddydau ac iechyd meddwl**

**Mae saith bwrdd iechyd GIG Cymru wedi cael arian gan Gelf a'r Meddwl | Arts and minds, rhaglen newydd gan Gyngor Celfyddydau Cymru a Sefydliad Baring gyda'r nod o gefnogi iechyd meddwl gwell. Caiff arian hefyd gan y Loteri Genedlaethol.**

Gan barhau â'r prosiect llwyddiannus cARTrefu - y celfyddydau mewn cartrefi gofal, rydym ni'n falch o adnewyddu ein partneriaeth â Sefydliad Baring gyda Chelf a'r Meddwl. Wrth gydweithio â GIG Cymru, bydd y rhaglen yn fodd i'n Byrddau Iechyd gydweithio ag artistiaid a sefydliadau celfyddydol i greu ffyrdd o wella bywyd pobl â phroblemau iechyd meddwl. Gwerth y rownd gyntaf yw £200,000 gyda hanner yn dod o Sefydliad Baring a hanner oddi wrthym ni.

**Meddai Phil George, ein Cadeirydd:**

"Diolch i'r Sefydliad Baring a chwaraewyr y Loteri Genedlaethol, sy'n codi £36 miliwn bob wythnos at achosion da, gallwn wneud gwahaniaeth i bobl â phroblemau iechyd meddwl drwy weithgarwch creadigol.

"Mae'r rhaglen newydd yn rhan allweddol o'n strategaeth yn y maes. Cydweithiwn yn agos â'r GIG i sicrhau y gall creadigrwydd wella iechyd meddwl pobl. Gobeithio perswadio ein partneriaid iechyd i fuddsoddi'n fwy mewn prosiectau celfyddydol i sicrhau buddion iechyd a lles".

**Dywedodd David Cutler, Cyfarwyddwr Sefydliad y Baring:**

"Amlygodd ein hymchwil diweddar, Creatively Minded and the NHS, y cynnydd trawiadol yng Nghymru yn y cydweithio rhwng y GIG a'r celfyddydau. Mae'n esiampl i weddill Prydain. Rydym ni'n falch o gydweithio â'r Cyngor ar raglen i gynnig cyfleoedd creadigol i bobl â phroblemau iechyd meddwl."

**Meddai Sally Lewis, Pennaeth y Rhaglen:**

"Dwi wrth fy modd y bydd y rhaglen yn cefnogi prosiectau ym mhob un o'n saith Bwrdd Iechyd fel gall pobl sydd â phroblemau iechyd meddwl gael budd o'r gwaith.

"Nod y prosiect yw gwneud gwahaniaeth i fywyd ystod eang o bobl gan gynnwys:

- rhieni a babanod newydd
- plant â phroblemau bwyta ac sy'n ymniweidio

- oedolion â phroblemau iechyd meddwl

Mae'n rhaglen uchelgeisiol a hirdymor i gynnwys y celfyddydau creadigol yn ein gwasanaeth iechyd. Bydd yn rhoi arian rheolaidd i'n 7 bwrdd iechyd gan sefydlu diwylliant o gomisiynu artistiaid i gefnogi iechyd meddwl pobl Cymru."

Diwedd

10 Hydref 2021

Nodiadau i'r golygydd:

Dyma fanylion prosiectau'r rownd gyntaf:

Bwrdd Iechyd Prifysgol Aneurin Bevan	Prosiect y Celfyddydau ac Iechyd Meddwl i Fabanod a Rhieni. Gwaith creadigol i wella'r berthynas rhwng rhieni a'u plant gan ganolbwyntio ar famau ag iselder ôl-enedigol a seicosis, tadau newydd a'r rhai sy'n dioddef oherwydd y pandemig.
Bwrdd Iechyd Prifysgol Betsi Cadwaladr	Celfyddydau Iechyd Meddwl ar Bresgripsiwn. Cynllun ar gyfer gwaith celfyddydol hirdymor yn y gymuned.
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro	Gwaith creadigol i gefnogi iechyd meddwl oedolion gyda symud a cherddoriaeth i ddefnyddwyr yr Adran Niwroseiciatreg; gwella'r cynnig celfyddydol yn y Coleg Adfer a gwella'r cymorth iechyd meddwl sydd ar gael i'r cyhoedd.
Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg	Creadigrwydd ar gyfer Iechyd Meddwl. Rhaglen creadigol i gefnogi hynt cleifion â phroblemau iechyd meddwl i ddychwelyd i'w cymuned.
Bwrdd Iechyd Prifysgol Hywel Dda	Hwb Celf. Rhaglen y celfyddydau ac iechyd meddwl i blant a phobl ifanc sy'n byw gyda phroblemau bwyta, iselder ac sy'n meddwl am hunanladdiad neu niweidio ei hun.
Bwrdd Iechyd Dysgu Powys	Yn Hollol Annisgwyl. Gwaith creadigol i gefnogi pobl sy'n profi galar o ganlyniad i hunanladdiad.
Bwrdd Iechyd Prifysgol Bae Abertawe	Dyma Obaith. Rhaglen gelfyddydol i atal hunanladdiad ymhlith y staff.

- Sefydliad annibynnol yw Sefydliad Baring sy'n diogelu a datblygu hawliau dynol a hyrwyddo cynhwysiant. Ers 2020 mae ei raglen gelfyddydol yn canolbwyntio ar gynnig cyfleoedd i bobl â phroblemau iechyd meddwl. Mae'n cyhoeddi ymchwil yn rheolaidd, gan gynnwys yn ddiweddar, [Creatively Minded and the NHS](#).
- Cyngor Celfyddydau Cymru yw'r corff cyhoeddus sy'n ariannu a chefnogi celfyddydau Cymru.

Am ragor o wybodaeth am y Cyngor, ewch i ymweld â'n gwefan – [www.celf.cymru](http://www.celf.cymru) – neu cysylltwch â'n Swyddfa Wasg: [cyfathrebu@celf.cymru](mailto:cyfathrebu@celf.cymru) 029 2044 1344/1307.

Am ragor o wybodaeth am Sefydliad Baring, ewch i [www.baringfoundation.org.uk](http://www.baringfoundation.org.uk) neu e-bostiwch [harriet.lowe@ing.com](mailto:harriet.lowe@ing.com)

EMBARGO: 0:01 Sunday 10 October 2021

## **World Mental Health Day: Baring Foundation and Arts Council of Wales announce Celf a'r meddwl | Arts and minds - a new programme for the arts and mental health**

**The seven NHS health boards of Wales have been awarded funding from Celf a'r meddwl | Arts and minds - a new Baring Foundation - Arts Council of Wales programme. The programme aims to support better mental health in Wales and is supported by the National Lottery.**

Building on a successful collaboration through the cARTrefu, arts in care homes project, the Arts Council of Wales is delighted to renew its partnership with the Baring Foundation with the announcement of projects centred on the arts and mental health.

Through strong alliances with the NHS in Wales, this programme will allow our Health Boards to work with artists and arts organisation to come up with ways of improving the lives of people with mental health conditions. The total value of this first round of the programme is £200,000 with the Baring Foundation and Arts Council of Wales contributing £100,000 each.

Commenting today, **Phil George, Chair Arts Council of Wales** said:

“Thanks to the Baring Foundation and the National Lottery’s players, who raise £36 million each week for good causes across the UK, we will be able to make a difference to people experiencing mental health problems in Wales through the healing and life-enhancing power of creative activity.

“This new programme is a key part of our Arts and Health strategy in Wales. As always, we will work in close collaboration with our partners in the NHS to explore how creativity can support better mental health – and we hope gradually to persuade our health partners to invest further in arts interventions which so clearly deliver health and wellbeing benefits”.

**David Cutler, Director of the Baring Foundation** also said:

“Our recent research, Creatively Minded and the NHS, noted the impressive progress made by Wales in creating a strategic collaboration between the NHS and the arts, which we see as a model for the rest of the UK. We are therefore delighted to be partnering with the Arts Council of Wales in a programme that will develop the provision of creative opportunities available through the NHS to people with mental health problems across Wales.”

**Sally Lewis, Head of the Arts and Health programme for the Arts Council of Wales** said:

“I am delighted that this programme will support projects in all seven NHS Health Boards in Wales so that people experiencing mental health problems will benefit from engaging in the arts.

“The projects aim to make a difference to the lives of a wide range of people across Wales including new parents and babies; children with eating disorders and self-harming behaviours as

well as adults living with poor mental health. This is an ambitious, collaborative, long-term programme that explores how creative arts activities can be integrated into mental health services within the NHS in Wales. By making available regular project funding to the 7 health boards across Wales, we hope to establish a culture of commissioning artists to deliver high quality, creative interventions to support people's mental health in Wales.

END

10 October 2021

Notes to editors:

Details of the projects supported in this first round of this new fund can be seen below:

Aneurin Bevan UHB	Parent Infant Mental Health Arts Project. Creative activities to support parental identity and attachment between parent and child, focusing on mothers with postnatal depression and psychosis, new fathers and those experiencing the impact of COVID.
Betsi Cadwaladr UHB	Mental Health Arts on Prescription. A plan for long-term arts activities in community settings.
Cardiff & Vale UHB	Creative activities to support Adult mental health. Movement and music activities for users of the Neuropsychiatry Department; building the arts offer at the Recovery College and boosting public-facing mental health support through the arts.
Cwm Taf Morgannwg UHB	Creativity for Mental Health. A creative programme to support the transition of patients with mental health diagnoses back into the community.
Hywel Dda UHB	Art Boost. An arts in mental health programme for children and young people living with eating disorders, self-harming behaviours, low mood and/or having suicidal feelings.
Powys THB	Out of the Blue. Creative activities to support people in Powys experiencing grief and bereavement as a result of suicide.
Swansea Bay UHB	Here is Hope. An arts-based staff suicide prevention programme.

- The Baring Foundation is an independent foundation which protects and advances human rights and promotes inclusion. Since 2020, the Foundation has focused its Arts programme on creative opportunities for people with mental health problems. We regularly publish research, including recently, [Creatively Minded and the NHS: An overview of participatory arts offered by the NHS to people with mental health problems](#).
- Arts Council of Wales is the official public body charged with funding and supporting the arts in Wales.

For more information, please visit our website [www.arts.wales](http://www.arts.wales) or contact the Arts Council of Wales Press Office: [comms@arts.wales](mailto:comms@arts.wales) 029 2044 1344/1307. To find out more about the Baring Foundation, please visit [www.baringfoundation.org.uk](http://www.baringfoundation.org.uk) or email [harriet.lowe@ing.com](mailto:harriet.lowe@ing.com)