



NCCH X RCOT Creative OT Webinar Monday 31 October, 10am-1pm



In collaboration with



& UCL MASc Creative Health

WEBINAR LINKS

Agenda and speakers biographies

https://ncch.org.uk/uploads/NCCH-X-RCOT-Creative-OT-Webinar_Agenda-and-Bios.pdf

Jamboard

Welcome Questions:

https://jamboard.google.com/d/1I96fTKJP_4fvsAKY8tYP9k3ZPMrAeqyecOCQGL4DnUM/edit?usp=sharing

Breakout Room Questions:

https://jamboard.google.com/d/17C90cx1Y9zqf0rx12gem9WnqhmMZoNFp_1UP1B_W_Ko/edit?usp=sharing

WEBINAR CHAT

- Emma Carr Arts and Creative Health Manager at Frimley Health NHS
- Nick Cutts, Chief Executive of OPUS Music CIC. Delivering music-making for health and wellbeing, and working alongside health/care staff (including OT's) to look at how they can use music within their care practices.
- Hello everyone, I am Miranda Cunningham, an OT lecturer at the University of Plymouth.
- Hi Everyone, I'm Rachel, I'm an OT and have spent most of my practice in arts for health organisations
- hi - I am lisaholden48@outlook.com - I am a person with lived experience and also a Creative Arts Psychotherapist. I am an active member of <https://thehealthcreationalliance.org/health-creation/>
- Hi all, I am Becca Fortescue. I am the Joint Clinical Lead Occupational Therapist at Breathe Arts Health Research

- Rebecca- ARU- Senior Lecturer- teach on Pre-reg MSc OT- not an OT by background, working in AH for some time however, and an interest in health and wellbeing research
- I'm Hannah, an OT and MASc Creative Health alumni, working in and with the creative sector to address health and care needs 😊
- Kimberley Lorenzo - Morning everyone. I am an OT working in NHS - NSFT Community Mental Health Team in Great Yarmouth, Norfolk.
- Hello, our names are Annie and Mollie, We are currently OT 3rd year students, from the university of Derby. As part of our final placement we are completing a creative therapies project, its great to be here :)
- Hi everyone, I am Drew Potter, a Project Manager for Breathe Arts Health Research, an arts & health organisation.
- Hi Everyone, I'm Hannah W from NCCH. Looking forward to hearing much more about OTs working creatively!
- Hi everyone, my name is Sam I (preferred to be called tiffany), I currently work at an international school as an OT Consultant. Currently pursuing to be a SI practitioner.
- Good morning everyone- Graham Duerden- OT Lead - Mental Health- Guernsey (musician) We use arts throughout Recovery work with adults with acute and enduring MH presentations.
- Hi all, I'm Natalie an OT working in the NHS in acute mental health but with an interest in creative approaches :)
- Hi I'm Sharon Parsons, I have a background in Public Art, and practice stained glass; I am a registered Occupational Therapist and am an NHS team manager in the Bristol Dementia Wellbeing Service.
- Good morning everyone, I am Michelle Ootim. I am one of the Lead Occupational Therapists in the Bexley Adult Community Mental Health teams with Oxleas NHS
- Lisa Holden: <https://thehealthcreationalliance.org> are actively working across sectors to reduce health inequalities and I would love to connect up to this workstream as I think there are some overlaps and gaps that we can join up and interface with
- Clare Jacobs - Hi All, I am a lecturer in Allied Health with an interest in creative health and incorporating it into the allied health and medical curriculum.
- Hi everyone I'm Helen Chatterjee from UCL, the Prog Director for our MASc in Creative Health: <https://www.ucl.ac.uk/arts-sciences/study/postgraduate-study/creative-health-masc> Feel free to ping me a message if you would like to ask any questions.
- Hi everyone, I'm Claire and I'm a Director for The LENS
- Hi all, I'm Sorcha Dunne - I'm an OT with a background in neurosciences and I'm currently on the Creative Health MASc in UCL
- I am Lorraine, the Occupational Therapist at St. Luke's, Sheffield's Hospice. I am also Chair of STH4PC (social and palliative horticulture for palliative care) voluntary association.
- Hi, I'm Angela and am a Return to Practice OT after 16yrs! In the process of updating my skills.
- Lisa Holden: this is awesome - wonderful to hear the creative health coming from an Occupational perspective and not just from a therapeutic perspective.....definitely want to connect with you/this network Hannah as I am so uplifted by your intro to this webinar

- Hi I'm Helen Shearn, independent consultant in arts, heritage, health and wellbeing and occupational therapist.
- Lisa Holden: I am assuming the slide set will be available to share as I am really trying to promote social prescribing in this area - are you aware of this <https://www.yorkarchaeology.co.uk/archaeology-on-prescription>. it would be so great to share with my colleague in arts and cultural development in Ryedale District Council as it was Esther whom signposted me to this webinar - I can't see her name here so she must not have been able to attend today - I am really excited by this webinar so far as it chimes with all the stuff I am doing with the health creation alliance around people with lived experience and reducing health inequalities
- Susan Cleasby: what was the name of the OT outcome measure and how widely is it used? Who designed it?
- Hi, Tracey here. I run my own company called MOTH Therapies. OT being at the core of everything I do (I'm also qualified in other modalities), working primarily in women's health; Perimenopause, pelvic health and scar therapy are my special areas of interest.
- Sophie Wearing: Always comes back to funding, how do we find these projects to be sustained and spread?
- Lydia Helyer: Hi Everyone, I am occupational therapist in a new service helping the homeless in Plymouth (Health Inclusion Pathway Plymouth).
- Hi, I am Reanie, Occupational Therapist from a community older peoples community mental health team. A colleague ran a group with a local museum a few years ago and it is something I have been thinking about how I could replicate, as it is important for social inclusion, building networks and partnerships hence attending at attending this webinar.
- Michelle Ootim: Fantastic presentation, really interesting and valuable. Well done :)
- Clare Jacobs: Really interesting presentation and shows the value of role emerging placements- thank you.
- Miranda Cunningham: Great presentation, thanks for sharing. I will be talking to our placement team about possibilities for placement in our local museums!
- Sue Flowers: Hi I am an artist and director of Green Close www.greenclose.org I have been working within the creative health sector for many years and enjoy collaborating with others. I am currently leading a social prescribing programme in Lancashire & South Cumbria www.phoenix-rising-wellbeing.co.uk and I am a NW champion for the Lived Experience Network.
- Drew - Breathe AHR: You can find more about the programme here: <https://breatheahr.org/programmes/breathe-magic/>
- Referral Form: <https://breatheahr.org/forms/referral-form/>
- Meet Cat and hear her story: <https://youtu.be/3e418cNJ4dA>
- Sophie Wearing: Would love to know how you fund this and also who you report in to showing your outcomes :) as a fellow OT project manager :)
- Drew - Breathe AHR: More info on the Magic Trainer role: <https://breatheahr.org/support-us/volunteering-2/magic-trainer/> Rigorous research has been undertaken into our flagship Breathe Magic programme: <https://breatheahr.org/research/breathe-magic-intensive-therapy-programme/>
- Helen Shearn: Really good to hear about your fantastic work Marcus and Eleri. For reference- I supported and promoted this Journeys of Appreciation Programme (JOAP) by South London & Maudsley NHS Foundation Trust (SLaM) for older adult

inpatients with mental health problems and dementia engaging in monthly visits museums and galleries

<https://maudsleycharity.org/case-studies/journeys-of-appreciation-helps-patients-tell-life-stories/>. Films about JOAP <https://maudsleycharity.org/case-studies/the-power-of-story/>

JOAP was the final case study for the Outreach Europe project I was involved in representing SLaM as a partner. http://outreach-europe.eu/wp-content/uploads/JOAP.case_study.pdf

- Miranda Cunningham: This is so inspiring! A fantastic example. I am interested in how you fund this too and where your journey began.
- Nick Cutts: Amazing work. Good to hear how much these 'additional' impacts are being considered. I think it's important that we don't boil down all arts/creative activities to the immediate physical impacts. We must retain the magic of arts/creativity.
- Drew - Breathe AHR: Here is our before & after film which really encapsulates the project in 4 mins 😊 <https://www.youtube.com/watch?v=PyYB1iMqTE8&t=4s>
- Emma Carr: Hi, would be good to link with hospital arts managers. together we can be stronger
- Lisa Holden48: Becca I totally agree - art therapists have been doing this kind of thing for years as well - do you link to these guys <https://baat.org/art-therapy/>
- Sue Flowers: I have been really keen to connect with OT's but many are up to their capacity with existing work... I'll be in touch Karin
- Tracey: I agree re: social prescribing. OTs do need to be stronger advocates for service provision. Ultimately there's a lack of funding which means social prescribing is picked up charities instead. Fabulous innovative services and taking us back to our roots. Well done.
- Linda Miller: More of a comment really. Research on the psychology of magic highlights the importance of wonder and the fact that those who master magic have abilities which their peers do not. This I think is the key benefit. These children are particularly used to being viewed from a deficit perspective but they develop skills which their peers do not have which is novel. I facilitate a workshop for health care practitioners looking at Magical thinking in healthcare (patients and practitioners) and teaching them some basic magic with a magician colleague and introducing them to social prescribing through experience. lindamiller.co.uk
- Lisa Holden: I totally agree Karin - we need to sing from the top of the roof tops about creative arts therapies and Occupational therapist have been doing all this stuff for years and need to be praised for the evidence based practice route we use - social prescribing is the new kid on the block. Often reinventing the wheels with no data sets to support their findings - data sets are vital - are there any research tools that can be advocated as 'good ones to advocate for'?
- Susan Cleasby: Perhaps we should start using more OT and Occupation assessment and outcome measures
- Sophie wearing: You have to attach it to medical model outcomes to sell it to begin with but evidence occ science eg reducing appointments/reduce symptoms by intervention based on xxxx evidence
- Rachel Jones: I wonder whether the pressure to report aligned with the medical model is different in healthcare settings vs non-healthcare

- Lisa Holden: occupational route is so so important to focus on - especially when return to work and DWP are in the mix - what Becca just said was spot on - use the medical model data collation methodology with creative approaches to new models. i call it mix two different languages together - this is where the health creation alliance have some great programmes to help work cross sectors - <https://thehealthcreationalliance.org/how-to-create-health-and-not-just-consume-healthcare-building-back-together-following-covid-19/>
- Sharon Parsons: Many OT roles (like in my service) have become generic practitioner roles, so this is also an additional barrier for some OT's. Those of us in NHS/Health management also need to be disruptors in our own services and keep pushing innovative solutions to spending budgets in a way that releases the OT's to have time to harness meaningful occupations, not just disease management.
- Lydia Helyer: I often find that VCSE can be quite anti- health professionals. As if occupational therapists are as medical model as the other health professions. I think instead of aligning ourselves with the medical professions, we need to be promoting our profession to the VSCE community who I feel understand our approach better.
- Nick Cutts: A number of partners in our UK-wide network of Music in Health/care work with medical students (at various points in their studies) to explore the potential of Music and Creativity within their developing practices. It would be lovely to engage more with emerging OT's in this same way as I don't think happens nearly as widely. How can we do this? (I'm from a Music/Health CIC working nationally and internationally to promote 'Music Care')
- Lydia Helyer: Nick I completely agree- I considered doing the msc in music therapy in order to access this world as an occupational therapist. sorry MA
- Miranda Cunningham: Nick - It would be great to explore this with you. I think collaboration with the arts sector gives OTs and OT students confidence to take the work into their practice.
- Lisa Holden: I love what Helen is saying about o/t founder as this chimes so much with founding people in art therapy <https://arttherapycentre.com/blog/adrian-hill-uk-founder-art-therapy-morgan-bush-intern/>
- Miranda Cunningham: It is really helpful to hear these stories as all the work here is so impressive. It does show that great things can come from a fairly small starts, which is inspiring!
- Karin Orman RCOT: If you visit RCOT website you can see pre-reg occupational therapy programmes and HEIs to connect too.
- Sorcha Dunne: I love that Helen is celebrating being an entertainer - I have heard so many practitioners feel upset when we are "reduced" to being crafters/basket weavers, but it is absolutely something we should celebrate!
- Marcus Janusz: Hi everyone, great presentations Becca and Drew, and Helen! Really interesting to hear about such creative areas of Occupational Therapy - which I am keen to get back into following my role-emerging placement. Should anyone wish to contact me further around mine and Eleri's presentation feel free to send a message to marcus.janusz@outlook.com.
- Linda Miller: Agree Lydia, there is a lot of demonising of healthcare practitioners, don't forget healthcare practitioners are all patients and often artists too and many are passionate about the arts for their patients .They also have a great deal of knowledge about their local cultural and community assets .Like OTs many of us GPs have been coaching our patients for years to help them find forms of creativity

that they love. Social prescribers tend to generalise about older GPs not understanding social prescribing. As Helen says, I think there needs to be respect between professionals and she demonstrates perfectly how bridging and collaboration between disciplines can be so effective.

- Hannah Sercombe: Thank you everyone for your involvement in the first half of the webinar! Please do share on Twitter - hannah_sercombe is mine Or you can connect with me here - <https://www.linkedin.com/in/hannahsercombe/>
- Drew - Breathe AHR: Thank you everyone for having us (Breathe AHR), please do connect with us on socials too! @BreatheAHR
- Sorcha Dunne: Absolutely Linda - there appears to sometimes be an assumption that those working within NHS/healthcare believe the medical model is the right way forward when actually many of us are trying to break down the medical model from within. That respect and collaboration is absolutely key to being truly interdisciplinary
- Saskia Grassie: What a fantastic and inspiring morning - thank you so much to all involved - so exciting to hear about all the wonderful work going on
- Lydia Helyer: I have been fortunate to have worked in roles in Plymouth which elsewhere in the country have been held by VCSE and the response I have received has been quite surprising. As if I am trying to medicalise their approaches with my "professional boundaries."
- Karin Orman: Information for OTs on selecting outcome measures.
- <https://www.rcot.co.uk/practice-resources/occupational-therapy-topics/assessments-and-outcome-measures>
- Lorraine: I love the sound of the Urban Green project Odeth. Did you say that it was an OT who was linked with the project?
- Linda Miller: Great work Odeth, made me think of the Being Human festival that is coming up in November <https://www.beinghumanfestival.org/>
- Radical Trust: Is this the well being hub you spoke of Odeth?
<https://www.cntw.nhs.uk/news/staff-wellbeing-hub-launched-to-support-health-and-care-staff-through-pandemic/#:~:text=The%20project%20is%20led%20by%20the%20North%20East,with%20this%20staff%20support%20and%20wellbeing%20resilience%20hub>
<https://www.cntw.nhs.uk/news/join-our-black-history-month-event-hosted-by-cntw-cultural-diversity-staff-network/> <https://slam.nhs.uk/>
- Odeth Richardson: Yes that's the one. We have a newsletter each month with various resources for staff. A brilliant resource.
- Radical Trust: wonderful - I am now in north yorkshire and trying to support the co-creation journey in TEWVS and also staff in the ICS esp the <https://www.hnyresiliencehub.nhs.uk/> - I am a person with lived experience of mental ill health after working as an artist and then creative arts therapist for many years in west london
- Odeth Richardson: The Urban Green project is run by an OT called Helen Parker. Her contact details are helen.parker@urbangreennewcastle.org
- Radical Trust: boundary spanners - please could we have the link to the book spoken about if possible please - I have heard this term before and would like to follow up
- Lydia Helyer: Occupational Therapists also need better leadership within the systems we work. If we are managed by other AHPs we will not be given the freedom to be creative or true to our roots.

- Radical Trust: <https://www.tate.org.uk/whats-on/tate-modern/art-mind/arts-therapy>
- this new report is just out and speaks to all this kind of health creating agenda - https://thehealthcreationalliance.org/wp-content/uploads/2022/10/THCA_Creating-community-spaces-for-patient-and-community-wellbeing_October-2022-1-1.pdf
Health creation alliance is the leading cross sector movement speaking to this whole agenda - please feel free to join us - membership is free.
https://thehealthcreationalliance.org/wp-content/uploads/2022/03/THCA-Report_Addressing-national-health-inequalities-priorities-through-Health-Creation-March-2022-1.pdf
- Karin Orman: I agree Lydia we need leadership but we all have responsibility for explaining and demonstrating the value to AHP leads, etc
- Lydia Helyer: Completely agree Jules! I think that many communities facing health inequalities are disillusioned and disengaged with health services.
- Emma Carr: We definitely need to link with the NCCH arts group. the arts have the resources and I feel we need to work together to explore what we can do. we have music but again - its linking. I need to find our OT's managers at Frimley Health
- Radical Trust: totally agree Jules - I fed into the core 20 plus research as a PWLE involved with the health creation alliance
- Sharon Parsons: There is a huge opportunity in this time with the pressure on Gp's time resulting in reduced contact with patients/ care homes. There is an opportunity to harness the a self managed care model before illness becomes chronic. this is an area I'm looking at in my work with local care homes for residents with dementia.
- Radical Trust: https://thehealthcreationalliance.org/wp-content/uploads/2021/04/PCNs-and-place-based-working-addressing-health-inequalities-in-a-COVID-19-world_FINAL_1-April-2021.pdf
- Sorcha Dunne: I would argue that "non-traditional" approaches have actually always been traditional OT work!
- Radical Trust: the ICS is most definitely the way to go - i sit as a person with lived experience at place and leadership alliance level. Karin - totally agree re the return to work pathway - this is one of the key areas or rehabilitation in ICS.
- Susan Cleasby: I agree Sorcha
- Sophie Wearing: Absolutely I am in a personalised care role at ICS level and can see this is the place to influence, some place areas even have creative health leads which is great!
- Jules Ford: I'll post links in a minute, but key point from me is that everyone as an opportunity here to influence - individual practitioners in local neighbourhood teams, the people involved in planning and commissioning at place based level and those working strategically at whole ICS geographical footprint level
- Radical Trust: i am involved in a DWP research project into this whole area of return to work. is this it link - https://phoenix-rising-wellbeing.co.uk/courses/?_course_location=kirkham
- Susan Cleasby: Radical Trust - I would be interested in contacting you about this project...is that ok?
- Sue Flowers: Thank you so much for organising this - it is great to see the coming together of so many great minds working in this field. We are all so much stronger together! Keep up the great work and count me in please....
- Helen Shearn: <https://www.kirkhamfutures.org/post/threads-of-kirkhams-golden-history-to-be-revealed>

- Sophie Wearing: One of the things for me is support for people to self sustain creativity eg access barriers such as finances. I guess sustainability once the intervention from a service etc ends
- Jules Ford: Do any of you have suggestions for what's needed at NHS England level to enable OTs to work in the creative health space?
- Sorcha Dunne: Absolutely agree on the importance of providing opportunities to creative taster sessions. Many are concerned to engage in creative pursuits as feel they won't be able to produce "good" results. OTs are massive advocates for the healing process of just engagement in activity, rather than just the end result
- Helen Shearn: Reconnect cultural prescribing network
<https://www.glam.ox.ac.uk/reconnect> and the knowledge exchange event with OxSop <https://socialprescribing.phc.ox.ac.uk/outreach/events/knowledge-exchange-event-2013-social-prescribing-and-the-cultural-sector?6dfa37e2-0912-11ed->
- Lisa Holden: this is a innovative way to find funding models which maybe of use to the kinds of things you are doing Helen? <https://www.participatorygrantmaking.org/>
- Nick Cutts: Speaking from the arts world, we need to focus on developing and mobilising arts practitioners representative of the communities they are 'serving' at a hyper-local level to be able to create powerful, sustainable partnerships. I'm passionate about supporting the creativity inherent in the OT role, but partnerships with high quality provision within the arts/creativity/heritage LOCAL community are also crucial.
- Lorraine: OT seems to have lost much of the creative occupations (all creativity, including horticulture) over the years since I trained. I wonder what the reasons are for this? Is it not taught within the same ways at Uni? Has there been a change in the expectation of the OT role? I see it as part of our core skills. There was a time when OTs seemed to distance themselves from creative occupations, because some thought it was an an add on rather than essential, or not included as part of new roles. Creative therapy/ activity rooms were lost, heavy workshops lost, and repurposed for other things. Now is the time to totally celebrate our creative skills for our clients and their wellbeing , and I agree partner up and collaborate with other local organisations. I feel fortunate to be working in a hospice where we have a brilliant creative room, and nature based projects. This is a brilliant session.
- Sharon Parsons: It would be helpful to have some sort of buddy network for OT clinicians to have mentoring conversations with others who have paved the way in existing projects to help us think through the practicalities of making some of these changes at a policy/ICS level. Even though I have the vision of this potential, persuading my managers is the first hurdle!!
- Lorraine: Sorcha, creative taster sessions are a great idea. :)
- Lisa Holden: mental health link workers are key roles to connect to at primary care level, first contact mental health link workers.
- Rachel Jones: Agree Nick. This morning has me thinking about ways to support artists and the links with socially-engaged arts practice
- Lisa Holden: this report has some great ways to support people doing innovative work - as when in new territory it is helpful to have hard data to back you up - so one doesnt sound like a crazy student artist!! <https://www.local.gov.uk/marmot-review-report-fair-society-healthy-lives>

- Jules Ford: yes all the ARRs roles primary care - mental health workers, social prescribers, health coaches, physios. And then at different points of people's journey - at arts programmes for inpatients, MDT planning in discharge hubs...so many opportunities for professionals to work relationally in settings and pathways
- Lisa Holden: as a result of today i am going to reach out to meet my local O/T service to link them to our project working with older adults and musical chair groups in the local <https://www.kirkhamhenry.co.uk/>.
<https://www.england.nhs.uk/get-involved/>
- Jules Ford: jules.ford@nhs.net for any suggestions and ideas for how NHS England can contribute to this fab work
- Lisa Holden: <https://thegoto.org.uk/im-a-young-person/get-involved/> many people want to share their stories as in the links above - it doesn't feel comfortable to shout out and be loud and proud but it really does save lives -
https://youtu.be/SDnk0IHt4_w
- Claire Clews: I've signed up to an event being hosted by NCACE, maybe people already know about NCACE National Centre for Academic and Cultural Exchange for knowledge exchange between HE and the arts and cultural sector in the UK, with particular focus on evidencing and showcasing the social, cultural, environmental, as well as economic impacts of such activities. I don't know if this would be of any help/interest to colleagues
- Sorcha Dunne: I love how Wilcocks model has been mentioned a few times today. My favourite piece of OT reading is doing, being, becoming, belonging as it just captures our ethos so beautifully
- Lisa Holden: please use the links I have shared if of use - to advocate people asking their clients to share their stories as many practitioners do not like to ask - if you ask people - and it is done properly and professionally then it will give so much to the person with lived experience in terms of feeling of use to society after possible years of ill health - when PWLE share their painful stories, it can dissipate the pain and show ways for people to use their experiences to help others
- Helen Chatterjee: Here is a link to the funding I mentioned:
<https://www.ukri.org/news/investment-in-culture-and-nature-to-boost-the-nations-health/> Watch this space for more cash available next year...
- Helen Shearn: <https://www.local.gov.uk/topics/devolution/devolution-online-hub/public-service-reform-tools/engaging-citizens-devolution-5> On Participatory budgeting
- Helen McEvoy: <https://elizabethcasson.org.uk/masterclasses/tell-me-what-do-you-do/>
- NCCH: Creative Health Review <https://ncch.org.uk/creative-health-review> Themes and Roundtables - <https://ncch.org.uk/themes-and-roundtables> Call for contributions and how you can get involved - <https://ncch.org.uk/call-for-contributions> Deadline for contributions May 31st 2023

Pledges

- Cat Nunn: Thank you all, what an incredible group and knowledge that's been shared. I will certainly be reaching out to OTs about my work and connect the dots.
- Michelle Ootim: To use OT week to promote new OT group programme within my teams

- Kimberley Lorenzo: Plan protected time to plan OT presentation to deliver to the MDT.
- Rebecca: So what- contact and collaborate (Hopefully) for our Pre-Reg MSc OT students. I have already started, and will complete by Friday any other email introductions. Please feel free to contact me also Rebecca.chandler@aru.ac.uk
- Linda Miller: In my teaching empowering medical students to do community projects challenging health inequity I will cite some of these examples.
- Emma Carr: Look at the RCOT activity tool kit. Connect with OT managers at the trust. This week!!
- Lucy Wray: I want to learn and read more, share the learning from today with colleagues
- Nick Cutts: Continue to proactively advocate for (high quality) creative practitioner's involvement within the development of everyday creativity in health/care.
nick@opusmusic.org
- Natalie pickering: I will take this topic to my cross site team meeting next Friday and see what actions we can take forward
- Lydia Helyer: I will reach out to local VCSE organisations to find out what is happening in my local community- starting today.
- Annie (student OT): I will apply to the Arts Council developing your creative practice fund to explore ways that I can combine Occupational Therapy with my creative movement facilitation work
- Ruth: TODAY Im going to open all the links & read the info shared in the chat so super-charge my up tp date knowledge 🧠, Thanks everyone!
- Helen: I am going to put in a good outcome structure around the Phoenix rise up! Art project I'm launching. Helen@riserewild.co.uk
- Emma Carr: emma.carr11@nhs.net
- Helen Shearn: helenshearnarts@gmail.com
- Rachel Jones: Book a meeting to get started with a long-thought-about Artist in Residence project!
- Sueoke Effe:sokeeff2@uni.brighton.ac.uk
- Sharon Parsons: Link with our UWE student placement coordinator to identify opportunities for creative placements
- Karin Orman: Consider next steps with the National Centre for Creative Health
- Linda Miller: lindamiller@doctors.org.uk
- Susan Cleasby: I'm going to contact a few people from this session to network and think through what I can do in my local area. Research local needs. In the next few weeks
- Claire Clews: I'm going to connect with colleagues here today and see how we can work collaboratively. please feel free to email me cclews@hotmail.co.uk
- Michelle Ootim: michelle.ootim1@nhs.net
- Miranda Cunningham: I will be making contact with people on the call and be a loud and proud champion creativity in our School of Health Professions, the University and beyond.
- Mollie (student OT) I will aim to explain the importance of creative therapies to the wider MDT through presenting a creative therapies project on the wards whilst on placement

- Lydia Helyer: In the next month, I am going to personally participate in a creative activity for my benefit (not just for my 4yr old).
- Maria Ndegwa: Thank you all, fantastic conversations and insight. Share the learning from this webinar with my project team and connect with more OTs
- Hannah Sercombe: Hi All - so many thanks again for your input, thoughts + contributions. Would love to stay in touch, find me on Twitter @hannah_sercombe or LinkedIn <https://www.linkedin.com/in/hannahsercombe/> or Email - hannah.sercombe@outlook.com
- Hannah Waterson: I am going to follow these links for existing OT research on creative practice and the ways OT look at outcomes
- Sharon Parsons: Sharon.parsons7@nhs.net
- SORCHA Dunne: I will connect with my local university to see what teaching they are providing around creative approaches in the next two weeks
- Miranda Cunningham: miranda.cunningham@plymouth.ac.uk - contact me if you want help with speaking to Unis
- Helen Chatterjee: I pledge to work with Hannah and our other OT MASc student @SORHCA and Karin et al @RCOT and NCCH to see how universities can collaborate better - maybe looking at creative parts of OT training + curricula as a next step
- Lorraine: To provide a review of today's session to my manager, and liaise with local museums to think about how to put some boxes together for our services users with cognitive impairment, and think about how all my OT interventions can have a creative element. when ever possible.
- Vendula Yilan: as OT student, I would like to use it as a starting point to create something in the future when becoming OT
- Helen: OTs in hospitals will have a physical brief good to reach out to OTs working in the community with arts
- Helen McEvoy: I have many wonderful tabs open (thanks all for sharing!) and pledge to start working through those this afternoon
- Karin Orman: <https://www.rcot.co.uk/about-occupational-therapy/living-well-care-homes-2019> as promised the Living well toolkit, can be applied to hospitals.
- Jules Ford: I'll reach out to Linda Hindle who is the strategic AHP lead for Social Prescribing, to see what more NHS England can be doing to support creative health and occupational therapy
- Saskia Grassie: Keep connected, reflect and continue to think about ways forwards and keep talking and sharing and acting as an ambassador for creativity as an embedded part of occupational therapy with children and young people and their important adults
- Williams: Share this with OT's I'm meeting during my induction on my Return to Practice and with local artists. Also to reflect on this at my Rtp course.
- Nick Cutts: A little about Music Care: OPUS works in partnership with the Room 217 Foundation in Canada, delivering Music Care Training for professionals, volunteers and family caregivers. The course curriculum involves using music as an approach rather than a scope of practice, deeply exploring the fundamentals of music and the effects that sound has in a care environment. The course builds confidence in using Music Care strategies for care-givers to be able to use in their work every day. This training is accessible to all people working in Healthcare, without the need for an aptitude in music. It guides trainees through using music as a connection, to share and explore together with those in their care. nick@opusmusic.org

- Rachel Jones: Happy to be part of any follow up! rachelajones14@gmail.com
- Annie: I'd like to be kept in the loop please! annieball76@hotmail.com and smith_mollie@ymail.com
- Maria Ndegwa: maria.ndegwa@rcot.co.uk - I'd like to be part of a mailing list and receive invites to webinars