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The RIC Hub

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by RPB



Health and Wellbeing Activity

BACKGROUND

Working closely with the Arts and Health Coordinator at CTMUHB Field Hospital, the RIC Hub co-ordinated an innovative Patient Wellbeing Team consisting of a wide range of arts, movement and social support. Following this successful collaboration, RIC has developed further links to wellbeing activity and seeks opportunities to link community and business partnerships with the Health Board.

WELLBEING ACTIVITIES

A range of activity is being developed currently:

-Bereavement Cafés in Royal Glamorgan Hospital.

Working with CTMUHB Chaplaincy, the bereavement café is planned to support members of staff, alongside community members who have lost a loved one through the pandemic. RIC supports and initiates community links.

- Recycled plastic bench for Macmillan Unit, POW

RIC co-ordinated the donation of a bench from local business for patients, relatives and staff in the Wellbeing Garden.

-Recycled materials for framing staff photographs.

Working with Men's Sheds, RIC is coordinating the use of recycled wood, and donated glass with Men's Sheds, Treorchy to produce art work for Prince Charles Hospital.

-Arts and Wellbeing Champions. RIC identifies and nominates staff members to be included in the Arts and Wellbeing Champions group. The RIC hub has coordinated face to face meetings at iCTM following the pandemic.



It's been invaluable for the development of Arts for Health and Wellbeing at CTUHB to work in partnership with the RIC Hub to initiate, plan and deliver innovative creative projects. RIC recognises and delivers partnership work with local communities, business and local authorities

Es George

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