

## Sustainability, Arts & Mental Health Wellbeing – Wednesday 1st July 2009

### Biographies

#### **Dr Marian Naidoo.**

Marian was recently the National Lead for the Arts & Culture for Inclusion & wellbeing for the National Social Inclusion Programme Department of Health. In this role she developed an inclusional approach to the production of evaluation guidance for Artists and Arts organisations working within Health and Social Care. She has also created a national forum for Theatres and Arts Organisations wishing to develop their community provision.

Prior to this Marian was the National Service Improvement Lead for the Care Services Improvement Partnership (CSIP). In this role she was able to develop a range of service improvement initiatives with creativity at their heart.

Marian has a rich and creative background and has been able to combine her experience in health, education and theatre in order to develop an innovative and creative approach to service development. Marian completed her Doctorate in Education at the University of Bath. In her doctoral thesis she has contributed to the growing evidence of how developing a creative approach to organisational development can lead to more sustainable improvement in complex organisations.

Marian has a long and varied career. Before joining NIMHE / CSIP in April 2004 Marian held a number of senior positions within Mental Health Services, Learning Disability Services, Primary Care and Strategic Health Authority.

Marian is currently a visiting research fellow at the University of Bath. She also works with her partner Shaun and together they have provided independent consultancy services to the Royal College of Nursing, The NHS Modernisation Agency, The National Institute for Mental Health England, British Association of Medical Managers, The National Assembly for Wales as well as with both the public and private sector in the UK, USA, Australia, New Zealand, Libya and Singapore.

#### **Dr Sam Everington MBBS, MRCGP, Barrister, OBE.**

Sam is a GP in the East End of London's Bromley by Bow Centre. The Centre is used by the government as a model for "healthy living centres" and NHS Lift premises. It was formally designated by Government as a 'healthy living centre' in 2000 and achieved Beacon Status in 2001. In 2003 it was designated by government as a national "children's centre".

Sam is a qualified Barrister and a member of BMA and GMC Council. In 1999 he received an OBE for services to inner city primary care and in 2006, The International Award of Excellence in Health Care. He is a Director of Community Health Partnerships (NHS Lift) and an Ambassador for Social Enterprise (Cabinet Office)

#### **Dr Susan O'Connor.**

Susan is Programme Lead for New Horizons at the Department of Health New Horizons is taking Mental Health Policy forward following the National service Framework. Previously she was for 10 years Medical Director for one of the largest mental health Trusts in England with over 100 medical consultants and 150 junior doctors, a total staffing of over 3000 with a turnover of over £160m. A recognised expert in the field, she was awarded a National Gold Clinical Excellence award in 2003 and has acted as an advisor to a range of national bodies and other organisations helping to shape National Mental Health Policy. Susan has a long track record in service development and improvement; successfully generating for AWP new revenue investment of about £25m. p.a. and new capital investment in excess of £120m. She has shaped and implemented service reconfiguration reducing revenue cost by £2.5m. p.a. whilst improving service outcomes. Susan has a successful record of partnership working with a broad range of stakeholders including users, carers, GPs, PCTs Local Authorities, Healthcare Commission, Prison, Police, Universities, commercial and voluntary organisations). In addition she has led the Trust R&D activities increasing new grant and commercial income from £ 200K to £1.9 m. Susan has a track record in tackling discrimination and stigma, promoting diversity and raising awareness of mental health issues.

Susan has been passionately committed to improving the experience of Mental Health service users and carers for over 30 years.

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### Jane Willis.

Jane Willis is the director of Willis Newson, the UK's leading, independent arts and wellbeing development agency and Chair of Arts and Health South West.

Jane set up Willis Newson 9 years ago and the company now leads the field nationally. It brings together health partners with artists and arts organisations across a variety of settings to improve people's health and wellbeing. It devises and delivers projects that improve the patient experience and health outcomes, that create excellent health environments, promote mental wellbeing, tackle key public health priorities and boost staff morale.

Jane's own background spans both health and the arts, and it is the ability to marry knowledge and experience of the two sectors that enables her to develop innovative, exemplary arts and wellbeing projects and public art programmes. Jane has been a key player in the arts and health field for 15 years. She set up Willis Newson after seven years at Barts and The London NHS Trust where she founded Vital Arts and led its development into a thriving hospital arts programme.

Since then she has supported and advised NHS Trusts seeking to establish arts programmes and delivered an enviable portfolio of exemplar projects across the UK. As Director of Willis Newson, Jane has been responsible for delivering several major PFI hospital arts programmes including Stoke Mandeville Hospital, Gloucestershire Hospitals NHS Foundation Trust and Avon and Wiltshire Mental Health Partnership NHS Trust. Willis Newson has also established ongoing arts programmes at North Bristol NHS Trust and Gloucestershire Hospitals NHS Foundation Trust and developed public art guidance for Macmillan Cancer Care.

Jane is committed to promoting good practice and the development of regional networks and resources. In 2002 she wrote 'The Art of Good Health: A Practical Handbook', published by NHS Estates. She was involved in setting up both the London Arts in Health Forum and Arts and Health South West, of which she is currently Chair. She worked with the Medical Architecture Research Unit to evaluate the first phase of the Kings Fund's Enhancing the Healing Environment programme, and is actively involved in delivering the EHE development programme across the UK.

Jane has lectured and taught on the subject of arts and health in the UK and abroad. In 1998 she received a grant to research arts in healthcare programmes across the USA. In 2004 she was invited to Taiwan where she met artists and Government officials tasked with implementing the country's percent for art policy. She is currently engaged in developing national guidance on integrating art into health capital procurement routes and developing a training and evaluation faculty within Willis Newson.

### Professor Norma Daykin.

Norma is a social scientist with multidisciplinary interests. Her first degree was in sociology and politics and her master's degree examined the role of voluntary and third sector organizations in UK health and social care. Her PhD from Bristol University explored the issue of workplace health in insecure employment and she is the co-editor of *Health and Work, Critical Perspectives* (Macmillan 1990). She has undertaken extensive research and consultancy, authoring over 40 academic papers and book

sections on many aspects of healthcare, focusing in particular on patient experiences, professional issues, public health and service user participation in the development of healthcare services. She is co-author of *Improving Cancer Services Through Patient Involvement* (Radcliffe Medical Press 2004).

Norma is also a musician and her qualifications include a Postgraduate Diploma in Music Composition at the Royal Welsh College of Music and Drama. She has continued to perform and record her music and her work includes a commission for an

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original big band score for the 2007 London Jazz Festival. Over the last eight years she has developed her interests in arts and health, establishing a multidisciplinary research programme at the University of the West of England. She has undertaken studies in a wide range of areas exploring: working conditions for freelance artists; musicians' accounts of health and creativity; participants' experiences of music therapy in cancer care; the role of arts in primary care; the impact of commissioned and participatory arts in mental healthcare settings; and the role of arts in reducing stigma in dementia care.

Norma is the first Professor of Arts in Health. In 2008 she was awarded the Royal Society of Public Health Award for her innovative and significant contribution to music and health research. She is co-editor, with Paul Camic and Stephen Clift of 'Arts and Health: an International Journal of Research, Policy and Practice'.

### **Shaun Naidoo.**

Shaun has a rich background and training involving the Arts, Health and Education. He has delivered inspirational and groundbreaking approaches to the development of values based relationship centred research and evaluation. This work is grounded in developing people's capacity to listen, observe, relate to and understand their needs and those of others as they engage in the complexities of their work and their life. The interventions Shaun makes are often with individuals, teams, organisations and whole systems. His work addresses team dynamics, improvement strategies, behaviour change and systems redesign. Shaun works in both the public and the private sectors across industries with small and multinational companies. Shaun also works in smaller communities where he finds much of the inspiration for working in inclusional and dynamic ways.

Shaun's work with Naidoo and Associates attracts an international as well as national collaboration, he and his partner Marian contribute and link into an exciting array of research networks and fieldwork. Much of their work applies complexity science, living educational theory, inclusional practice and creativity to activities of system redesign and organisational development often using a broad range of creative techniques and approaches. Through their work, Naidoo and Associates have developed new methods of qualitative research, collaboration, and co-creation.

### **Rebecca Hardwick, Development Consultant, South West Development Centre**

Originally from the West Country, Rebecca studied psychology at University and worked in hospitals and universities in London before returning to Devon in 1999 to take up a job with Trust Residential Services, working with people with learning disabilities in a residential home. Through this she became aware of the need for people using mental health and learning disability services to be more involved in determining the care they receive. She started working for a voluntary sector mental health self-advocacy project, Saplings, in 2000 and through that worked with Devon Partnership Trust and East Devon PCT to enable a service user perspective to inform work on the

National Service Framework for Mental Health. Through this work, she supported service user involvement in all aspects of service improvement.

She moved on to work for National Mind as their regional liaison officer in 2004, supporting the implementation of Quality Management in Mind, a capacity building quality assurance framework for the Local Mind Associations in the south west.

Rebecca came to NIMHE in April 2005 to work on the mental health voluntary and community sector liaison programme. From that she worked across care groups for CSIP, carrying responsibility for enabling the development of the third sector in relation to the commissioning of services as well as delivery of Our Health, Our Care, Our Say. She is particularly interested in the use of creativity in service improvement, and has undertaken training with Marian Naidoo. She has worked as a facilitator on the CSIP Trailblazers Programme, and has run workshops on Understanding Commissioning for small to medium sized voluntary and community organisations, as well as other capacity building work, including the imaginatively titled "Commissioning for Non-Commissioners "Pub Quiz". Now that CSIP SW has



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become the South West Development Centre, Rebecca is focussing her work on the system development programme, but continues to keep up to speed with third sector and commissioning developments. She is currently studying for an MSc in Public Health at the University of the West of England. In her spare time she plays the flute and playstation (but not at the same time).

### **Rose Flint.**

Rose Flint is a poet, artist and art therapist. She teaches Creative Writing for Therapeutic Purposes at Bristol University and is Lead Writer for the Kingfisher Project, working as a poet in healthcare for the community and hospital of Salisbury. Her collections are Blue Horse of Morning (Seren), Firesigns (Poetry Salzburg) Nekyia (Stride) and Mother of Pearl (PSAvalon). Awards include the Cardiff International Poetry Competition 2008, for ,The Field,, and the Petra Kenny International Poetry Prize 2007.