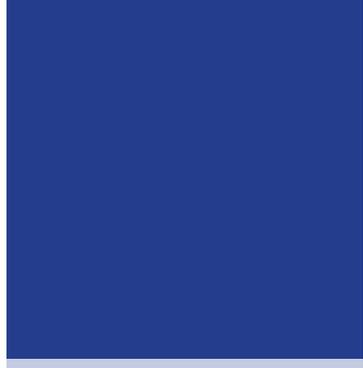


*Arts in  
Health*

 **citycare**  
The Hull estates experts

**chp** 

**NHS**  
Hull  
Clinical Commissioning Group



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Newington Health Centre

## Unleashing *creativity, art* and *culture* in our health centres.

In 2005, we launched a pilot project to make art and heritage an integral part of local health and community hubs provided under the Local Improvement Finance Trust (LIFT) programme in Hull. As well as creating a welcoming environment, research has shown that the use of art in healthcare settings can create a calming and welcoming atmosphere, reduce stress and anxiety, help with the healing process, even boosting staff morale.

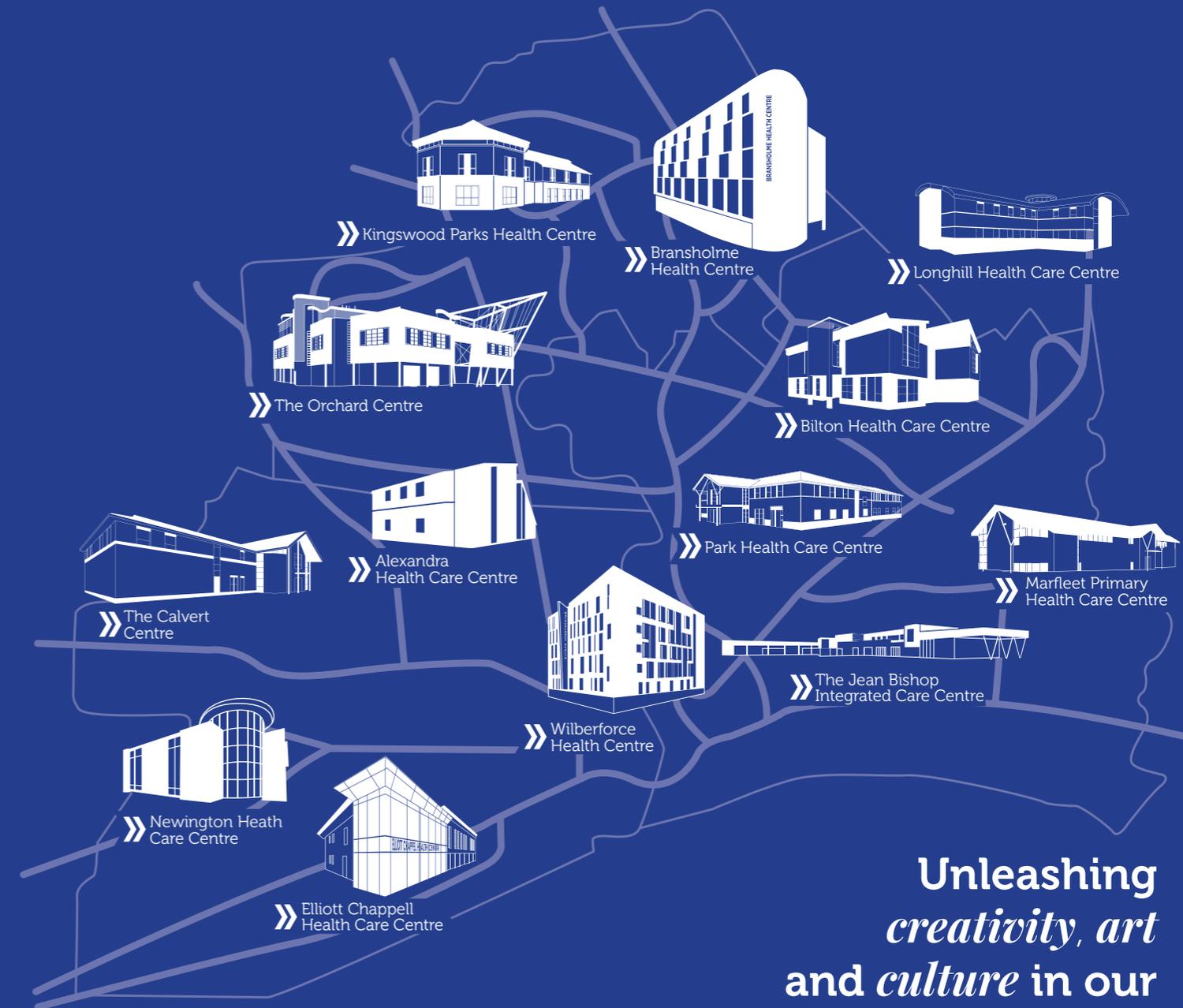
Involving the local community, staff, patients, local students and artists, more than 2,000 pieces of high quality art have been created since 2005, resulting in 13 buildings that have a unique connection to their setting and communities.

From art installations inspired by each history, the patient journey and experience, to site's innovative design ideas to maximise light and space, we have been working to create havens for the communities that our buildings serve, supporting effective service provision and making all building users feel better.

***“At the Arts Council we recognise the powerful contribution the arts can make to our health. Research we commissioned has shown how arts and culture can help to improve health, wellbeing and quality of life.”***

***“The arts can help keep us well, aid our recovery and support longer lives better lived. They can also help address major challenges such as mental health, ageing and loneliness. In short, arts and culture make you feel better and are medicine for the soul!”***

Pete Massey, Director, North, Arts Council England



**Unleashing  
*creativity, art*  
and *culture* in our  
health centres.**



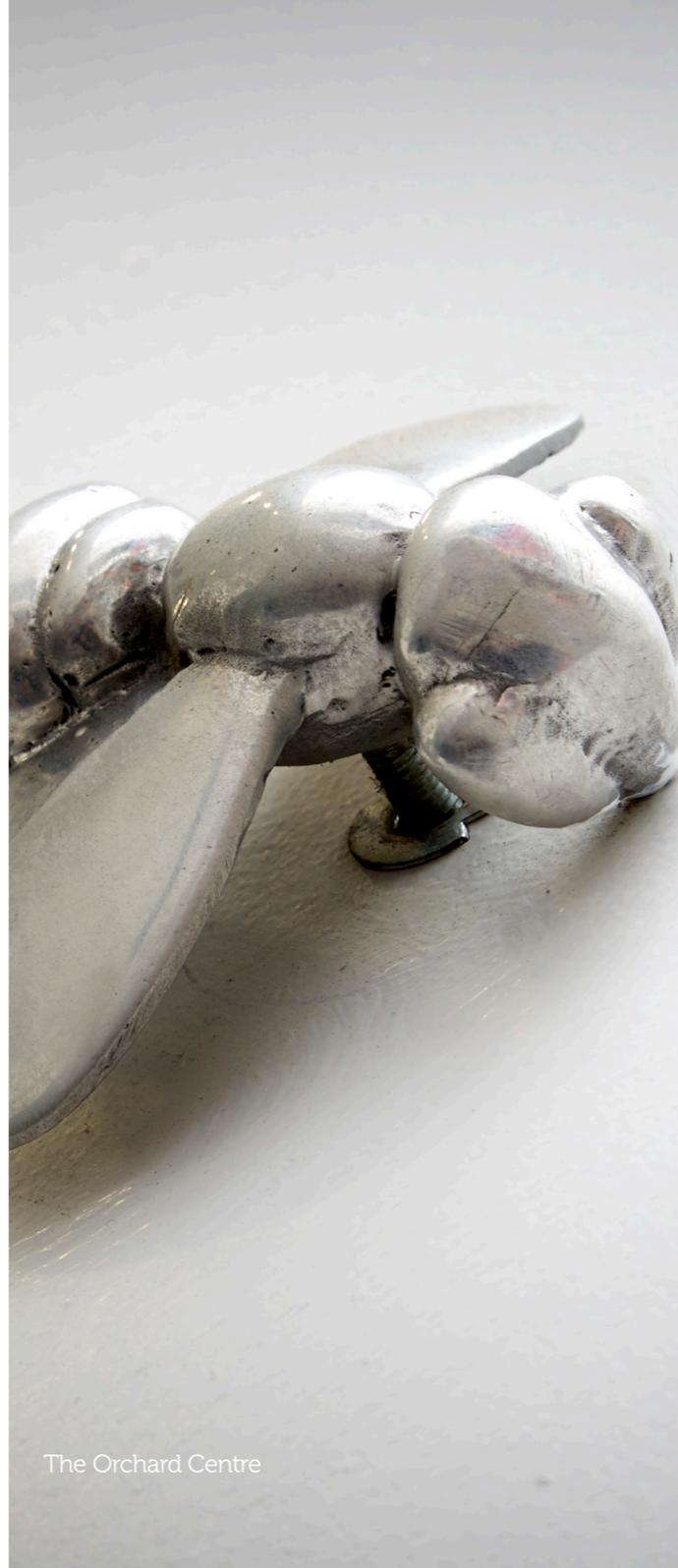
## A few words from *Sue O'Connell*

Chief Executive, Community Health Partnerships (CHP)

Community Health Partnerships (CHP) is the head tenant of the Hull Local Improvement Finance Trust (LIFT) health centres and sub-lets to the service providers.

It is important that facilities we provide have an uplifting environment to provide a pleasant experience for patients and we work closely with the Citycare team to design and develop new buildings, including the Arts in Health provision.

The arts programme continues with installations planned for new developments, including the new Jean Bishop Integrated Care Centre in East Hull, continuing the Arts in Health legacy and maintaining calming and reassuring environments for years to come.



The Orchard Centre



## A few words from *Emma Latimer*

Chief Officer, NHS Hull Clinical Commissioning Group (CCG)

We commission a range of primary care and community health services delivered from the Hull Local Improvement Finance Trust (LIFT) health centres.

Enhanced by artwork, these environments are key to providing a positive experience for patients and staff and we believe it is important to continue the Arts in Health programme established by our predecessor, NHS Hull Primary Care Trust (PCT).

The CCG works closely with Citycare to provide arts schemes which are relevant to the local community and, in many cases, involve members of the community in the concepts and creation of them.

As a Hull 2017 major partner we saw evidence of the positive impact that art and culture can have on people's health and wellbeing. We were also pleased to sponsor one of the decorative moths that celebrated the life of Hull-born Amy Johnson and the 'Aspire' moth will enhance the new Jean Bishop Integrated Care Centre for patients and visitors to enjoy for many years to come.



Elliott Chappell Health Care Centre



## Alexandra Health Care Centre

Artist Jo Volley's inspiration for The Alexandra Works came from discussions and workshops with the community of Alexandra Health Care Centre.

Expressing a desire to make art that was both timeless and pertinent to the present, the aim was to create work that related to Hull's industries and architecture, its regeneration, the future and the changing face of the area.

Workshops with staff were inspired by the artist's fascination with the collection of Roman mosaics and artefacts at the Hull and East Riding Museum and the collection of The Principals of Navigation at Hull's Maritime Museum in Queen Victoria Square.



This inspiration is evident in the finished artworks, as the designs reflect historical medical and nautical measuring instruments and are seen alongside imagery from the natural and the built environment.

The final commissions incorporate mosaic and the use of gilded (gold) surfaces, bringing a strong sense of light and beauty into the building and creating an atmosphere that is both welcoming and thought provoking.

Jo Volley explained: "I'm very proud to have been involved in this project. The results are very much a collaboration between myself and the groups who make up the community of this health care centre.

"As my 11-year-old daughter described it, it's not just my work, it's everyone's work. It's a fresh idea for the 21st Century."



*"Happy are those who see beauty in modest spots where others see nothing. Everything is beautiful, the whole secret lies in knowing how to interpret it."*

Camille Pissarro, 1893



## Bilton Health Care Centre

Inspired by the strong sense of identity and the close-knit community within the Bilton Grange estate, artists, art students and local school children created a number of art installations for the Bilton Health Centre.

Using scenes from everyday life, artist Sarah Daniels created a striking glass landscape on the windows and doors of the health centre.

Scenes from the estate were etched onto the glass balustrades, windows and doors to create panoramic landscapes of local community life, such as shopping, walking the dog, posting a letter, skateboarding or watching the world go by from a park bench.

Enlisting the help of Griffin Primary School, Year 6 pupils worked alongside Sarah to create a never ending panoramic puzzle, incorporating buildings and familiar landmarks from the estate.

A mentoring partnership with Hull School of Art and Design gave two students the opportunity to be commissioned for projects.

Liz Kaye created three large illuminated illustrations for the corridors, while Jamie Verwey came up with the idea for a wall-based abstract sculpture of a family group, which is installed above the main reception desk, along with Colin the Caterpillar play and seating area.



Jamie explained: "In designing the sculpture I hoped to create something that would be organic and familiar. The theme of families and identity is strong in the local community. I researched previous NHS sculptures to give me an idea of what would be appropriate for the setting.

"I have gained a great deal of experience from this project. It has allowed me to develop my skills of working with clients and meeting their needs. I hope to further my career in design through projects similar to this."

Inside the health centre, the colour schemes and furniture within the space has allowed the building to naturally feel part of the local landscape. The use of green colours and natural light combined with the leafy designs on the windows, internal glass and curtains simulate an organic setting, creating a calm and comforting health care environment for the local community.



## Bransholme Health Centre

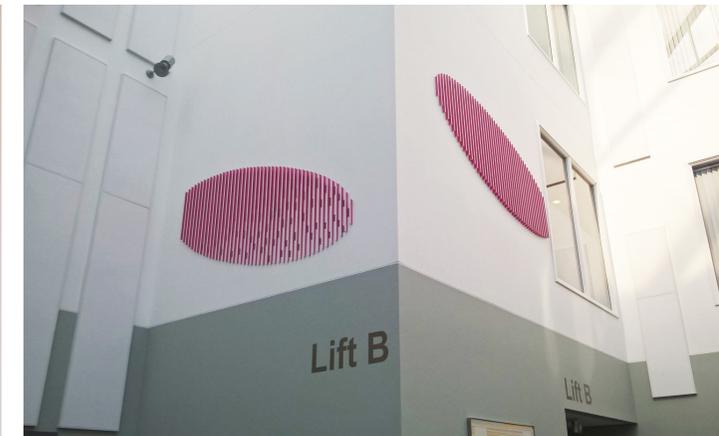
The artwork in the Bransholme Health Centre, located in the North Point Shopping Centre, reflects the unique history of the Centre which was built on the former site of RAF Sutton and home to the 17th Balloon Centre from 1939 - 1942.

The balloons were positioned over Hull during World War II and were used to defend against enemy aircraft attack.

Explore the health centre and you'll discover that each floor has a theme and accompanying colour scheme relating to the flight of a balloon, from the ground through to the skies – from fossils and earthy colours on the ground floor, through to vibrant street colours on the first level, leafy greens on level two to the blue skies of the top floor. The shape of the balloons was also the inspiration for the 'Shimmer' artwork on the lift walls.

In May 2011, local residents created over 400 drawings of fossils, leaves, maps and balloons in workshops held at North Point Shopping Centre. These drawings were used to create a series of 'Bransholme Banners', which form part of the glazing over the main entrance, as well as being used throughout the centre's signage.

Artist Sally Greaves Lord considered these themes in developing the interior colour palettes, patterns and compositions for the centre's artwork, which is featured on every floor. She also created painted glass panels, which are situated in stair wells and corridors. The health centre also features work by artist Linda Schwab who made a series of Hornsea paintings.



*“Colour in certain places has the great value of making the outlines and structural planes seem more energetic.”*

Antoni Gaudi



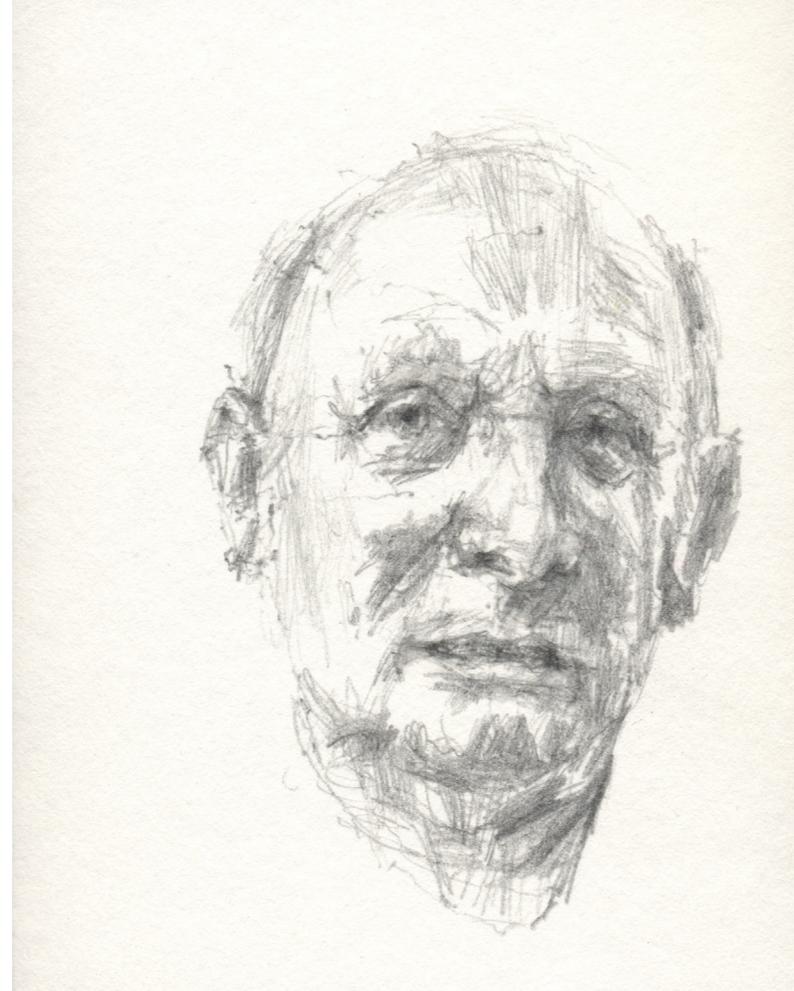
## The *Calvert* Centre

Artist Dryden Goodwin created a series of small pencil portraits of staff and visitors at Calvert Health Centre.

The portraits depict patients, local residents of various ages and healthcare staff from nurses to receptionists, acknowledging the diversity of people that use and work at the centre as well as celebrating their individuality.

Every portrait was drawn by the artist, with the conversation between the artist and sitter influencing its development.

The original drawings, which measured around 12cm, were enlarged as photographic prints to make them viewable from a distance. Suspended above the main reception area, uniting services and people as they arrive and depart.



Dryden explained: "Sitting down to make portraits of people moments after meeting them for the first time is an engaging and intense activity."

"We didn't sit in silence but talked a lot as I was making the drawings. Each person brought their unique perspective, stories and character."

Gaining a sense of someone through talking, looking, listening and drawing is a very vivid experience.

"My approach to every drawing seemed to change with each person and I hope the portraits in some way bring out distinctive qualities of each individual and reflect the sense of community in the centre as a whole."





## Elliott Chappell Health Centre

A series of artworks for Elliott Chappell Health Centre, created by Lyndall Phelps, offer an insight into the fascinating history of this site and its historic Hesse Road fishing community.

Researching the area's past at the Hull History Centre and the Carnegie Heritage Centre, Lyndell met with members of STAND (the St Andrew's Dock Heritage Park Action Group), visited the Arctic Corsair, Streetlife Museum and talked with local shopkeepers to understand the local area and its community.

By researching old trade directories, the artist compiled a list of 52 trades that occupied the same street frontage as the health centre, between 1889 and 1967.

Lyndell created a series of rectangular designs on the glazing to the front and rear of the building in response.

Her second piece of work, located on the main entrance wall, was inspired by early Ordnance Survey maps of the area. The 1888 map shows many rows of closely packed terraces which, by the end of the 1970s, had been demolished. The artist was fascinated by this lost community and was interested in the visual representation of the houses on the 1888 map.

The artwork consists of eight acrylic panels, showing the layout of terraced streets that once stood on the site.

The work includes street names and house numbers, allowing people to identify individual properties where their relatives once lived.

The third piece can be seen in the display cabinets located in the waiting areas on each floor. These refer to the fishing heritage of Hesse Road, in particular the nets used within the industry.

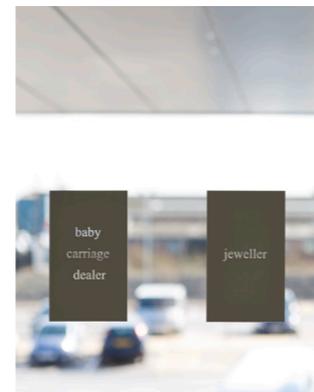
The nets were mostly made by women, either in their homes or at St Andrews Dock. The artist braided four nets in different colours for the ground floor cabinet, which also contains replicas of the needles originally used to make the nets.

The upstairs cabinet displays specially commissioned coloured glass floats, hand-made painted wooden bobbins and rope, referencing the traditional objects used with nets on the trawlers themselves.

Her final work is located on the public staircase wall. A large, colourful design printed on vinyl wallpaper, it is based on findings from the 1911 census. The artist chose this census to mark 100 years since the construction of the health centre. She researched the occupations of the people who lived in the streets and jobs related to the fishing industry, the railways and other local trades.

Alfie and Edward Maddison's design of the health centre reflects the red bricks used to construct the Victorian buildings along Hesse Road, as well as the way posters and advertisements were once displayed on walls and gable ends in the area.

The health centre itself was also named after 2 patrons that served the fishing community and supported bereaved fishing families.





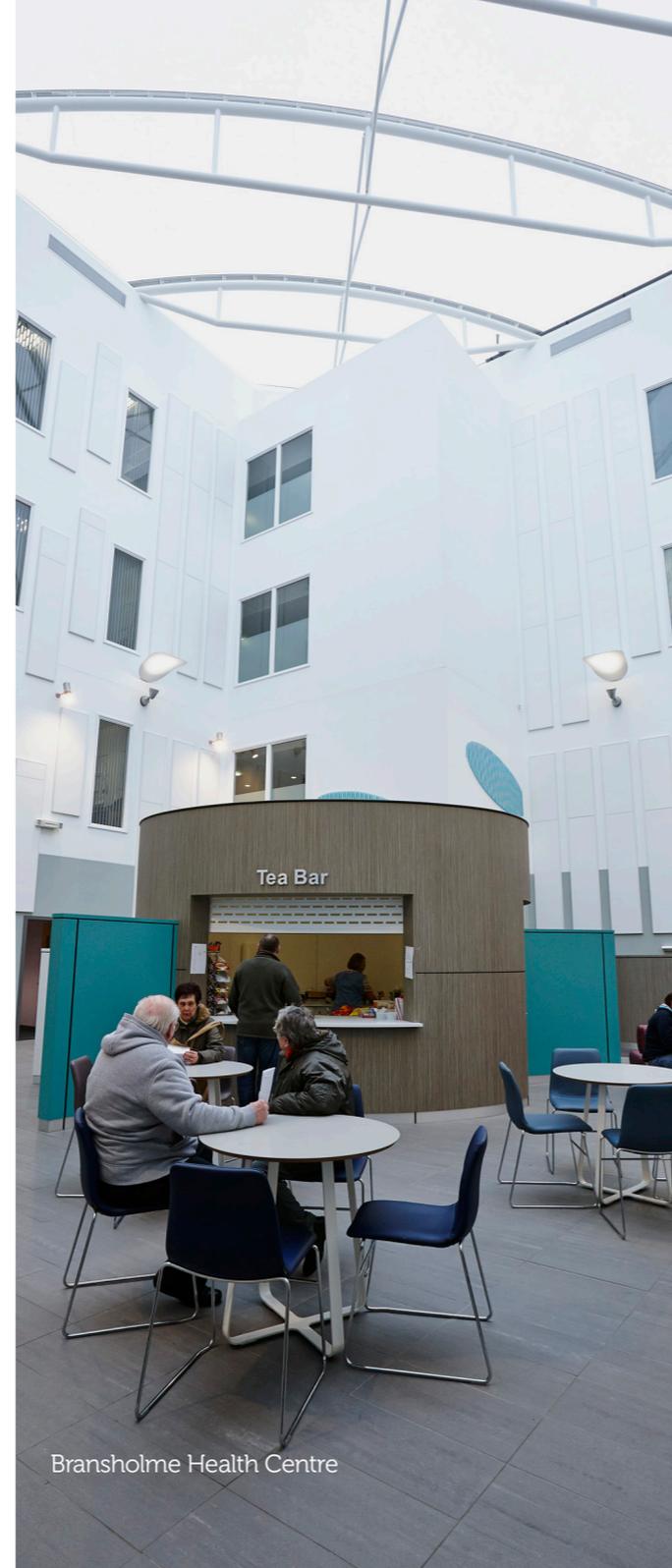
## A few words from *Louise Ramsay*

Original sponsor, Arts in Health Programme, NHS Hull

Art can help healthcare facilities to be positive and welcoming environments, promoting health and wellbeing for patients, visitors and staff.

Engaging with professional artists and members of the local community, we've brought creativity and innovation into the heart of our facilities with bespoke artwork that links to the heritage of each local area.

This work has not just had a positive impact on the people involved in creating it but on the entire healthcare community - residents, patients and staff.



Bransholme Health Centre

Involving communities throughout the development of health centres we benefited from their ideas, energy and creativity and in turn staff and visitors felt a sense of ownership and pride in their new facilities.

*“It’s a lovely welcoming building with a nice atmosphere, and I don’t even mind coming to see the doctor in a place like this!”*

Debbie Coleson | HU6

*“Local people respect the building and want to keep it as it was when it first opened, because it’s for them.”*

Leanne Jerome, Dental Nurse

*“It’s an amazing facility that really makes patients feel valued.”*

Hannah Mullender Lock, Journey to Recovery

*“I’ve been with the same practice for over 50 years, but how things have changed for the better. I used to see my doctor in an old terraced house. The kitchen was the reception and the living room was the waiting room.”*

Angela Flower | HU9



## *Kingswood* Health Centre

Sarah Daniels, lead artist for the scheme at Kingswood Health Centre, took her inspiration from the surrounding landscape of Kingswood, which includes the River Hull, local marshland flora and fauna and the architecture of the housing, retail and industrial buildings of the area.

Students from Hull School of Art and Design, studying courses in 3D Design and Illustration, were given a brief to create ideas for the building, with two students chosen to commission work for the centre. These include large illuminated illustrations for the corridors and an elephant play centre featuring children's seating, accompanying table, lighting, shelving and an interactive magnetic ear.



Student artist Joseph Payne, said: "After sketching out a few ideas and finding a resonance with one particular design, I decided to go ahead and complete the image using digital methods. My plan was to show the natural world within a complex and healthy-looking plant that would, in turn, reflect the human body. I wanted to make the design as busy as possible in a hope that people could see something new each time they saw it. This project has been incredibly interesting and I have enjoyed the entire process. I hope that the future brings me similar projects to work on."

Claire Giles, who designed the elephant play centre, explained: "I wanted the design to be both fun and functional. The first design leading to the elephant was to create an archway to play in. Then the idea for a mother and child just struck me. I think I have benefited from the process and seeing something I designed becoming real was great!"



To accompany the students' work, Year 6 school children from Bude Park Primary School worked with Sarah Daniels to create drawings for a never ending panoramic magnetic puzzle so younger children visiting the health centre could play whilst waiting for their appointment.





## Longhill Health Care Centre

Artist Edward Allington's wall based sculpture *The Clouds* at Longhill Health Centre uses the circular atrium to represent the cycle of the day using simplified images of the sun, moon and clouds. Made from a lightweight aluminium honeycomb material used in aircraft construction, the shapes are covered with a bespoke paint surface that subtly changes in different lighting conditions.

The use of these materials aims to emphasise the way new technology can positively affect our lives. In contrast the subject matter, although highly stylized, is as old as life itself - the journey of the sun from day break to night fall.

The sculpture aims to represent Hull as an east coast city, where the sun rises and, as the light changes through the day this affects the colours on the sculpture, suggesting continuity and change and awakening thoughts of nature and natural cycles.

Japanese artist Hana Sakuma was commissioned to work with children from Longhill Primary School, which shares the same site as the health care centre. Workshops allowed children to experiment with Kanji characters (one of the Japanese alphabets, originating from China) and to create their own Kanji-like designs to explore the four seasons.

Hana also created her own work in response to the theme of the four seasons, which is sited in the upstairs public waiting area. Using four different colours and four poems she represents the seasons, each of which consist of 400 Kanji characters written in different directions. The transition of the four seasons is enormously appreciated in Japan, where it has social, economic and artistic effects on Japanese culture.

Edward Allington, lead artist for the phase one of LIFT in Hull, explained: "I hope to have increased pride, ownership, involvement and wellbeing in local communities by creating artworks of the highest standards."



"I was delighted to be selected as lead artist for the health care centres in Hull, as I am a firm believer that contemporary art should be in public places and be a part of everyone's life."

"I congratulate Citycare for leading the way by including art in these superb new buildings and I hope that the artwork will benefit the staff who work here and the patients who visit."

Hana said: "In Japanese culture, clouds relate to the passing of time and the transformation of the four seasons. Due to their agricultural history, Japanese people are sensitive towards the changes in weather throughout the year and are particularly sensitive to time and the seasons. The four seasons in Japanese culture also refers to a life-span or the changing stages of a person's life."

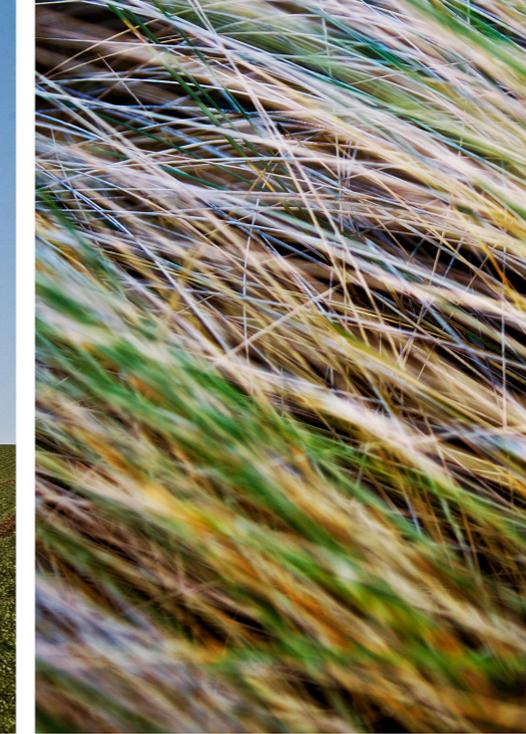


## Marfleet Primary Health Care Centre

Artist and photographer Simon Pantling worked with staff and visitors at the Marfleet Primary Health Care Centre, inviting them to share photographs and help create a forum exploring different notions of the perfect place.

Most of the images submitted shared a similar theme: Hull's surrounding countryside, portraying an overwhelming pride in the region's natural landscape.

Feedback was collated in the form of a map and used as a travel guide introducing the artist to the extraordinary landscape around Hull, including the Spurn Peninsula and Kilnsea.



Many of these photographs were taken during the sunrise looking out towards the sea, where the reflection of the sky on the wet sands is strongest, giving a mirrored effect.

The reflective surfaces have been digitally enhanced to combine the notion of landscape painting with photographic documentation.

"Simon said: "They are images which overlap real and unreal worlds, merging what I discovered with what can be imagined, combining what we know with what we feel."

The carefully arranged sequences of artworks invite the viewer to walk along and around the corridors of the centre, exploring journeys through a natural landscape. The complete archives are also shown on a digital screen in the main waiting area."





## Park Health Care Centre

Rugby, sport and its role in the Hull community was the source of inspiration for artwork at Park Health Centre.

Artist Tom Lomax was asked to create a piece of art for the atrium area at the East Hull Health Centre, he also worked with three young emerging artists, Kentaro Haruyama, Jim Hobbs and Lisa Peachey to develop artwork for other areas of the building.

Tom's aim was to make people feel cared for and secure in a familiar setting but also to offer distraction and portray a sense of community which could both comfort as well as challenge the viewer.

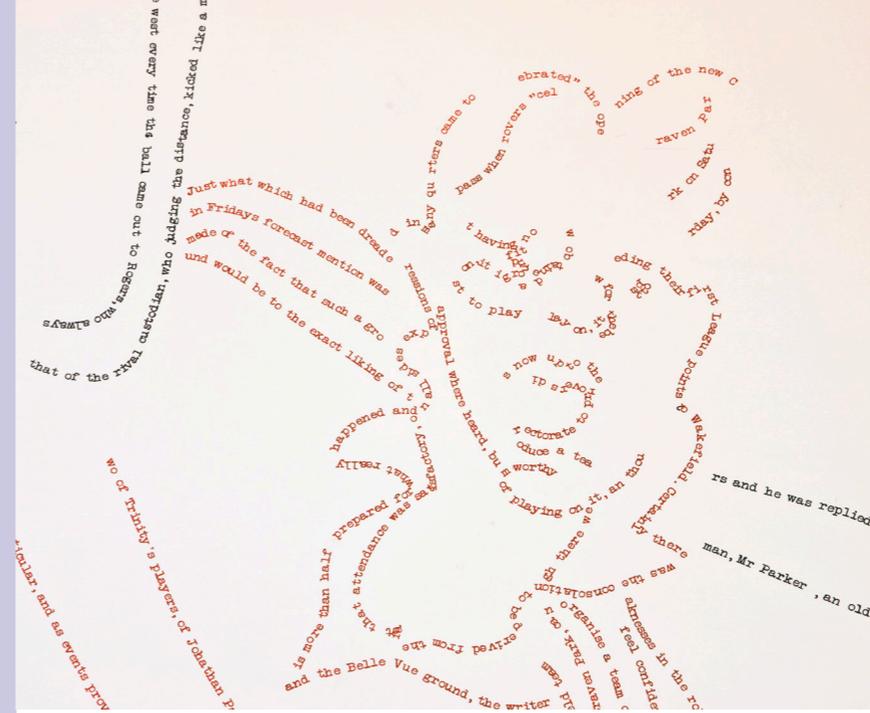
Reflecting the rich heritage of the Holderness Road area and the fact that the site the health centre was built on was formally home to Hull Kingston Rovers Rugby Football Club from 1922 until the late 1980s, Tom worked with the Hull KR supporters group to create ideas for the artwork.

When you walk into the centre, the artwork to the left of the main entrance shows an image of the final try scored by Hull KR on this Craven Park site. The outline is made up of words taken from match day reports of the first game played on the site in the 1920s. The work on the opposite wall represents how the club and its activities are as much about family and community as they are sport and entertainment – showing two children in their rugby kit, entwined by text taken from newspaper coverage of the last match played on the site and the subsequent celebrations.

Jim Hobbs' artwork for the centre used historical photographs of the area alongside photographs of Hull taken by the artist himself. These have been converted into ambiguous silhouettes of people throughout Hull's history.

Kentaro Haruyama's sculpture, Trophy 2007, takes the shape and form of a trophy, whilst also suggesting those of an anatomical figure. Kentaro hoped to provide encouragement for patients, families and staff of the centre to survive any challenges they are undertaking. He said: "Every individual values the concept of triumph very personally. However, a trophy represents the notion of an achievement that can be celebrated by all".

To celebrate Hull Kingston Rovers legend Roger Milward who sadly died in 2016, we have commissioned local artist Andy Pea to produce a sound and visual piece made up of recollections from the local community which will add to the existing artwork and reinforce the history of the site.



*“When artists give form to revelation, their art can advance, deepen and potentially transform the consciousness of their community.”*

Alex Grey



The Newington Healthcare Centre was the first of the Hull LIFT centres and was selected as the pilot for the arts and health scheme.

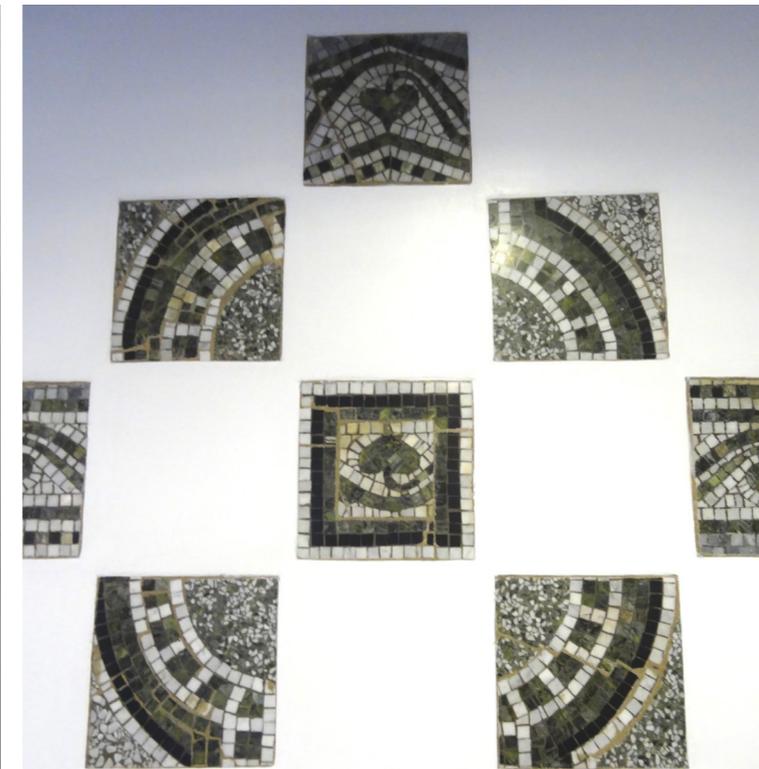
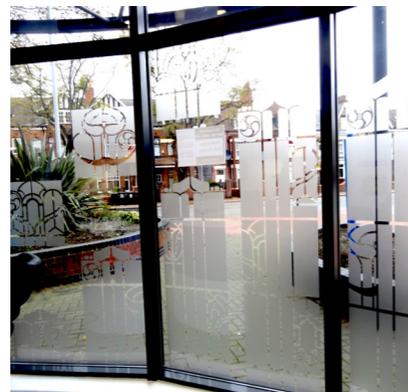
The site originally housed a Methodist church and was of significant importance to the local community, having been the venue for many weddings, christenings and even health clinics over the years.

During the course of the design development, consultation with the local community was undertaken in recognition of the importance and sensitivity of the site. Artefacts and materials were salvaged from the church, including stained glass and mosaic flooring.

## Newington Health Care Centre

A time-capsule from 1894 was uncovered, containing items of great importance to the church's Wesleyan Methodist history - this is now on display in the health centre's waiting area.

Salvaged stained glass was incorporated into artworks including images by local school children in square portholes in the walls to the waiting area. These are complemented by large glass murals hung above, against the glazing in the tower, inspired by the original stained glass from the church.



Etched effect manifestations reflecting the architecture of the church have also been incorporated into sections of the tower glazing, while mosaic tiles from the altar were built into the wall of the upstairs waiting area.

The art programme provided opportunities for the local community to become involved in the development of the centre. Discussions and workshops were held with a range of local groups including church members, school children, a youth group and a women's group. Not only did this process benefit the aesthetic appeal and feel of the centre, it has also helped to secure community ownership of the development.

Helen Turner, artist for the scheme explained: "I saw my role as developing an overall artistic concept for the building, whilst enabling people to infuse the project with their own creativity."

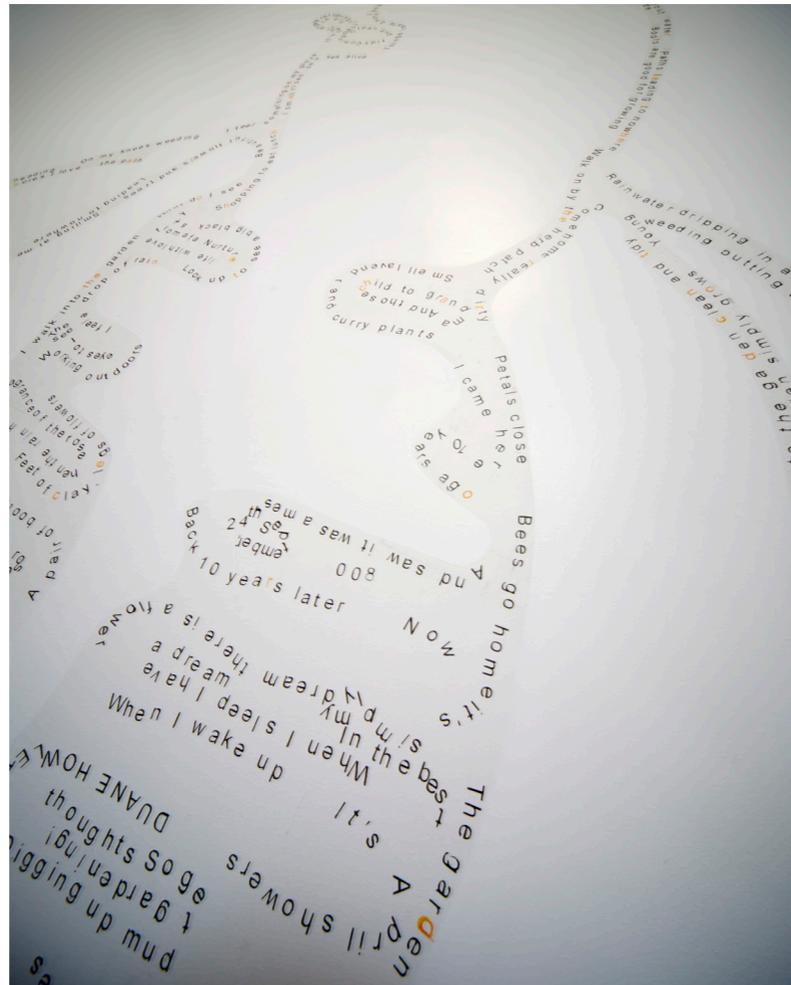


## The *Orchard* Centre

The arts programme for The Orchard Centre was commissioned by NHS Hull and Hull City Council to create a welcoming environment, portraying a sense of wellbeing and high-quality care.

Edward Allington, the lead artist for the programme, brought together a team of artists to create a series of artworks for the building, to enhance the staff and visitor experience, inspire ownership and pride in the new building as well as celebrating the positive and distinctive feel of the local area.

Inspired by poetry and the sightings of rare wool carder bees in a nearby allotment, Edward created 12 bee sculptures which can be found in hidden corners of the atrium as well as bee badges worn by staff. Hull film-maker Claire Taylor documented the artistic process, in a short film called 'Bees Come Home' which is shown daily in the atrium.



For the community hall and café, artist Tom Lomax took words from poems written by local residents. The result is a bee-poem design which can be seen on the wall drawing in the community hall.

The Centre's entranceway features an art installation which activates the wall with distinct areas of sound. In this installation, artist Shona Illingworth wants the viewer to imagine going on a journey to outer space and the sounds they would hear.

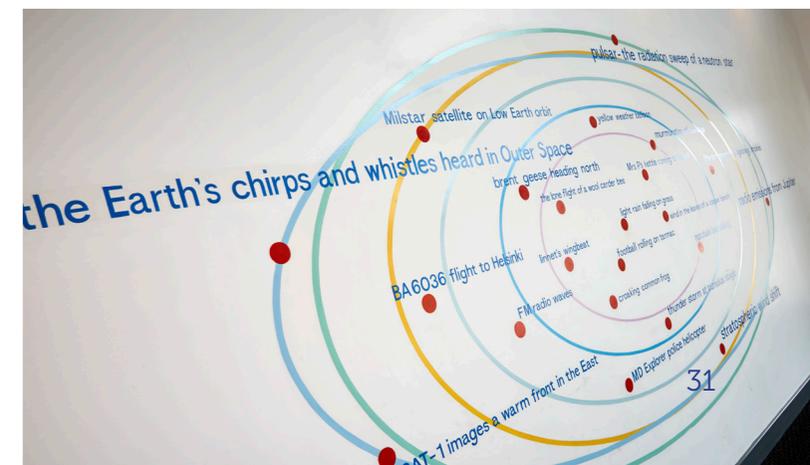
The illustrations on the glass balustrades, designed by Caroline Isgar, were inspired by her journey into Hull. The mass of migrating birds over the Humber estuary reflects the vibrant movement of the population and the amazing sense of sky and space.

Wall of Colour, by painter Caroline de Lannoy, features a simple arrangement of rectangles and floating squares in bright and pastel colours.

The tiled flooring in the atrium has been designed by painter Estelle Thompson, using a spectrum of muted colours.

Alongside the main artworks, Edward Allington commissioned a series of framed limited edition prints to hang in the public corridors and staff areas. Linking The Orchard Centre to four other health care centres in Hull (Calvert, Longhill, Park and Marfleet).

The prints can be interchanged between locations within the buildings to provide a focus, contemplation or distraction for the viewer.





## Wilberforce Health Centre

The art programme for the Wilberforce Health Centre was led by artist Benedict Phillips, who collaborated with HLM architects services, patients and the Sewell Construction team on the proposals. Twelve artists, plus contributors, were involved in creating the artworks, which included sculptural pieces, photography, new technology, prints, sound and light installations.

Glass Stories, conceived by Benedict Phillips and created in partnership with glass specialist Matt Durran, consists of hundreds of pieces of blown glass, forming a cloud. Below this, are over 600 folded glass pieces in the shape of paper planes, representing hopes and ideas.

Light Lines was developed by the lead artist, in partnership with Jam Jar Collective and a local lighting firm. This artwork illuminates the windows of the building in a range of different combinations of light colours, representing the changing environmental temperature outside.

The Story Street Museum is a sound-based artwork by Glenn Boulter. It presents a collection of recorded stories and anecdotes created by the artist through workshops with residents. The installation is accompanied by three-colour prints that visually record a number of the objects from the collection.

In Here (I), Jessa Fairbrother was invited to photograph people in Hull who were connected with the building. Jessa was interested in the way in which those who have no permanent home can be rooted in a place through physical activity. Here (II) is a selection of portraits representing the diversity of Hull residents with a connection to an organisation based in the building.

This site, 2009 by Steven Gibson, documents in photographic form, the transformation of this site from a lonely and derelict place to the vibrant and dynamic building we see today.

The Touch Screen digital artworks were created by three different artists who were commissioned to explore new creative ways of working with this technology. Each artwork is interactive and was designed to provide a focus while people waited for their appointments.

The external artwork, by Lyndall Phelps, was inspired by an important plant collection held by Hull and East Riding Museum. The eight designs, repeated in different colours throughout the artwork, are representations of the dried, pressed and carefully preserved plant specimens.



## Conclusion

A series of studies carried out by the Arts Council concluded that arts in health has a positive impact on job satisfaction, reduces stress levels and induces positive psychological and clinical outcomes.

Citycare's vision is to provide the best environment possible to support improved health and community service delivery.

Since the inception of the LIFT programme in 2004, coordinated arts intervention has been part of the design development for all new health centres, with an allocated budget of one percent of the total construction costs.

Each project has been commissioned with the core aim of enhancing both the environment and wellbeing of those who use the buildings.

As each new project was delivered, the lead artist was brought in at an earlier stage, facilitating a more coherent and integrated partnership between the artist and architect.

All of our initiatives have been delivered within a very tight cost envelope, reflecting a strong value for money ethos in our partnership, but all have delivered immeasurable value to the building users, providing a safe and welcoming hub at the heart of each community.

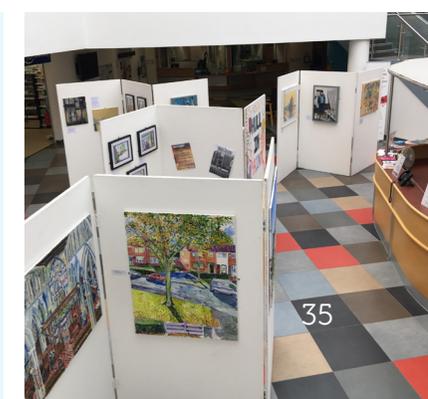
## The future

Art will continue to remain an integral element of Citycare's health centres, with schemes planned as part of the development of all new health centres in 2018 and beyond, including The Jean Bishop Integrated Care Centre.

As well as new schemes, existing installations are regularly updated and refreshed (Nellie the elephant at Kingswood Health Centre recently received a makeover), while health centres are also acting as a gallery space for temporary art installations in the city, including a home for the Amy Johnson Moths and Larkin Toads.

***“Our buildings are a home for the communities we serve so they must be welcoming, comfortable, aid healing and continue to be relevant to their neighbourhoods. We understand the important role our facilities can play and we will keep exploring ways to ensure that we create special environments that facilitate the best in health and social care service deliveries.”***

Alan Johnson, Chair of Citycare



# Arts in Health

Thank you to everyone who contributed to creating this book .



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