

Evaluation Report Staff Art Club – Mosaics I

INTRODUCTION

Staff Art Club is part of the In & Out of Hospital programme managed by Arts in Health at Sheffield Teaching Hospitals.

It was set up to support the wellbeing of Sheffield Teaching Hospital Staff through the offer of creative skills courses. Due to the Covid-19 pandemic, we had to change our original plans from delivering courses at Museums Sheffield's Millennium Galleries' Education Space to delivering on-line via MS Teams, a video conferencing system adopted by the NHS at the start of the first lock-down.

This is an interim report for the 1st creative skills course that focused on Mosaics. It was delivered between 17th September and 22nd October 2020 by Coralie Turpin, artist and mosaic expert based at Yorkshire Artspace's Persistence Works Studios. All 15 STH staff participants received a personal mosaic craft kit consisting of an MDF back board, mosaic tiles, grout, glue, goggles and a tile cutter. The delivery sessions took place Thursday between 6:30 and 7:30pm via MS Teams. We set up the mosaics WhatsApp group to offer additional support when needed. This helped the participants to share information, swap materials, ask questions, show work in progress and socialise.

"Lovely way to develop friendships, even though it had to be done remotely".

It was also a great way to capture some feedback from the sessions and the course.



Liz Waring, visual arts curator for Museums Sheffield was invited to give a 20 minute presentation about work from their collection to kick-start the course in session 1. Liz explained that artists take inspiration from the world around them and that the work they make is often a direct response to their feelings, their experiences and their views on significant situations that are taking place.

"Art can be used as a way to reflect on how you feel, what you experience and making art can be therapeutic, a form of self-care to support yourself during a stressful time".

SELECTION PROCESS

We advertised the course in the STH Communication E-newsletter and the Staff Engagement newsletter, sent by email to all staff who work for Sheffield Teaching Hospitals. This solicited registrations of interest from 26 applicants. We picked 15 names from the hat, some dropped out because they could not commit to all 6 sessions and some couldn't make it because of shift rota changes. We ended up with 4 names on our reserve list.

All staff who expressed their wish to take part were asked to let us know how taking part in Staff Art Club would support their wellbeing during the on-going covid-19 pandemic. Here their responses:-

I would love to take part in the mosaic course. I have been feeling a bit low lately and I think this would be a nice way to take my mind off my current worries.

I recently had to have time off due to test and trace and found myself spending hours doing a painting by numbers which I loved and now hang proudly in my living room. I am terrible at art, but I am good at following instruction to complete someone else's idea and making it into art!

I'm currently having a lifestyle change, joined Weight Watchers, exercising regularly and trying to encourage my mental health to be better also to try and increase my chances of conception.

I usually do stained glass classes but these are not happening atm, and I am missing trying to find my creative side. It always makes me feel good to see something I have created. It would take me away for an hour to do something different.

Very interested in the art club, I'm currently working on the covid unit and feel it would help distract me from work stress and anxiety.

I'd like to apply for one of the places on your arts club mosaic workshop please. I've actually been thinking about creating a mosaic for some time but didn't know quite where

to start, so this would be a perfect opportunity. Like many other members of staff I have been at work throughout the Covid pandemic and this has definitely been an anxious time. I've also had my 2 primary school aged children at home (and a husband who has been driven up the wall) so my home life has been pretty stressful too. I have quite a demanding job here at STH and I am working 7 days straight this week, so I am feeling absolutely ready for a bit on 'me time'.

I am interested in the 6 classes of mosaics. I find arts and craft very relaxing and think this would benefit me as a stress relief and calming time and mindfulness activity.

Yes, I would be able to attend, particularly as they are being taught via MS-teams. This is something I was thinking of doing a few years back when going through a difficult time, personally and undertook some counselling, but wasn't sure how to get started and also time was more of an issue then. At the moment I feel I need to get going as have been suffering from some Post-Covid fatigue having tested positive in April and this is starting to get me down a bit at the moment. This offer particularly caught me due to my previous interest as it sound like a nice project to hopefully lift my spirits with.

I would love to take part in this art club. I've been trying to find ways to unwind and be more creative for a while now and this course sounds perfect. In the past I've made a mosaic teapot stand whilst I was recovering from a period of illness and found it really therapeutic. I would love to pick this up again and learn how to do it properly! I've been working from home since March and find that it is easy to keep working with little break from a screen. Having a craft activity to immerse myself in at the end of a busy day would be a great way to de-stress and restore a sense of balance again.

These workshops would support my health and well-being as they represent an opportunity to do something completely different to my work as a doctor. I find that I often work late and end up going home tired, to eat and sleep. And find little time for myself. Part of this is due to being a new consultant and taking a bit longer to get through the work, but some is due to the level of work we have. This is anticipated to increase by 40% above normal levels during September and October. It would be very beneficial to have a completely different focus, at least one evening a week. I took a pottery taster class last year and found it very therapeutic. And, I have always wanted to learn about mosaics!

I would love to enrol on this mosaic workshop. I am struggling with my anxiety at the moment, but I am having CBT and am getting support from my Histology service manager. I work at Chesterfield Royal and an online class would suit me as I get stressed about travelling as far as Sheffield. My current art course has been cancelled due to covid and I'm not getting the "escape" that I need to help me relax at home as much as I need.

I would love to join the staff art workshops if there are any spaces available. I can commit to all 6 sessions, and I feel that my health and wellbeing will benefit from taking part in this as I find that doing arts and crafts is a really helpful way to relax and take my mind off the stresses of work, and that being creative always makes me feel good about myself. Whilst I enjoy these health benefits, I don't have the skills and knowledge to do much in the way of creating things, so learning new techniques e.g mosaic would encourage me to find more time to do activities like this, as I would be able to produce something worthwhile.

I have been shielding since March and am about to return to work next week. Although I am apprehensive about it I feel I want to get my life back to as near to normal as I can. I used art and crafts skills I already have to help me through this period. It helped me focus on the positive side of not being able to go out and occupied me at the same time. I feel that using a different medium and having to access it by the use of technology will stretch my abilities and help me to become more technology savvy at the same time. I have a mosaic that a friend made for me and have always wondered if I could do the same

I would like to participate in the staff art club as mentioned in the communications update dated 7 August. My artistic skills are limited and would love to improve them. I have wanted to try mosaics for a while now after being inspired by Gaudi when visiting Barcelona a few years ago. I also think this new skill would be useful when working with patients in my role on technical instructor especially in relation to upper limb function and dexterity.

I would really like to join this group as it would benefit me in many ways. I now work from home full time and there are no plans to change this at present as my office is now used for staff who have to work in the hospital and therefore need the space so they can social distance. This has been a big change and left many voids so I would welcome the social interaction and the commitment to 6 evenings as I used to go to yoga on the way home from

Liz introduced some of the work in the collection of Museums Sheffield as examples of how artists in the past have interpreted notions of chaos, isolation, disruption, injustice but have also used art/painting as a way to heal, find solace and calm in their lives.

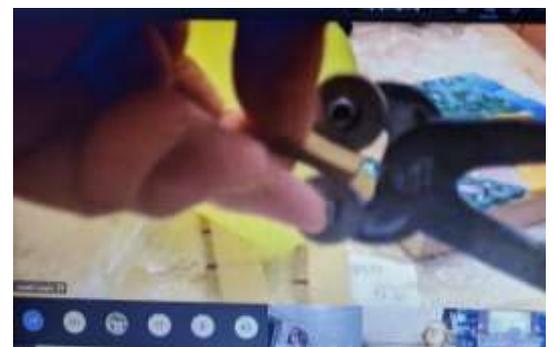
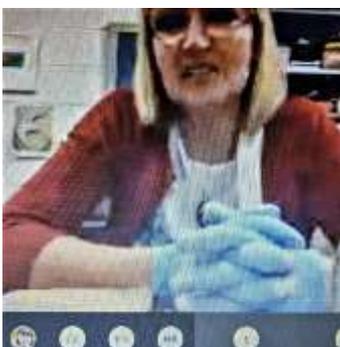


From left to right:- landscape with a figure, Arenig, Wales 1911 James Innes; Ypres after the first bombardement, 1915, Christopher Nevinson and View of the pond at Charleston, East Sussex, 1919, Vanessa Bell

Coralie had put together a mosaic craft kit and these were delivered to each participant, with an explanation to ensure safe working and details on how best to use the materials and tools in the packs to limit the chance of injuries or allergic reactions. Coralie had also given each participant a custom made MDF backboard that, as she explained, was cut into the shape of a small old fashioned television screen.

A full risk assessment had also been written up to ensure that all possible risks were identified with measures put in place to minimise each risk.

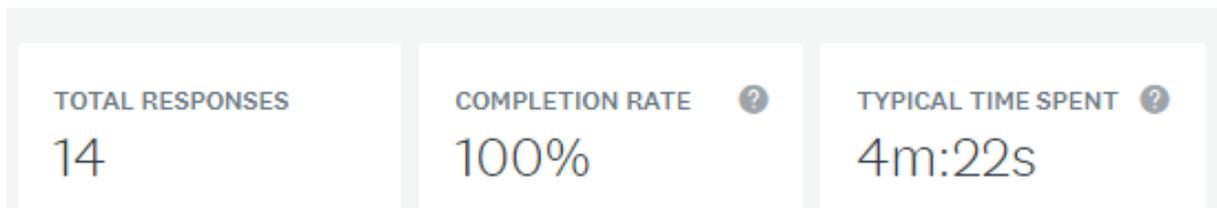
Each participant had to same number and colours of tiles and additional strips of beige tiles to ensure all the work had a similar feel once finished so would look good in a gallery exhibition. During the course we had confirmation from Museums Sheffield that this work could be displayed in the Avenue of Millennium Gallery in February. Once this exhibition has finished, we will display the work in the 7 Hills Gallery at the Northern General Hospital (anticipated from May 2021 onwards).



EVALUATION

Evaluation of Mosaic Course I

We used survey monkey to elicit responses from all 15 participants. We received 14
Equals 93.3% rate.

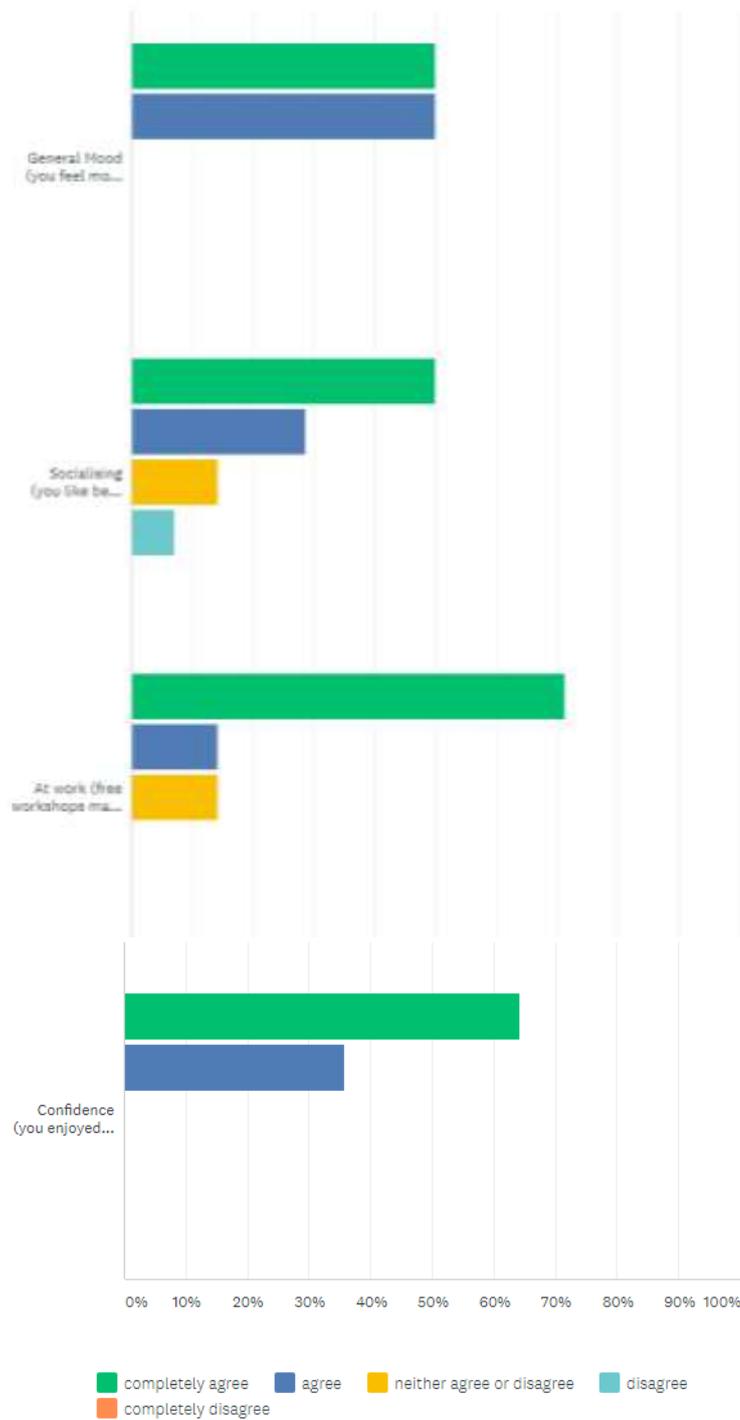


Poppy with seagull by Amber Webb

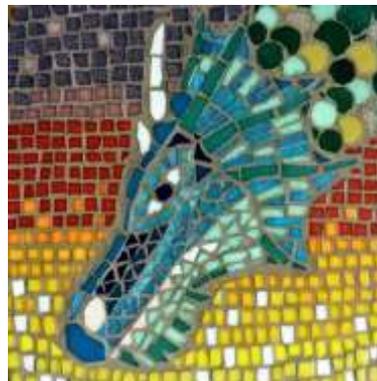
Q1

The Staff Art Club was set up to support the general and mental wellbeing of staff at Sheffield Teaching Hospitals. Do you feel that this course has met this objective and can you tell us how?

Answered: 14 | Skipped: 0



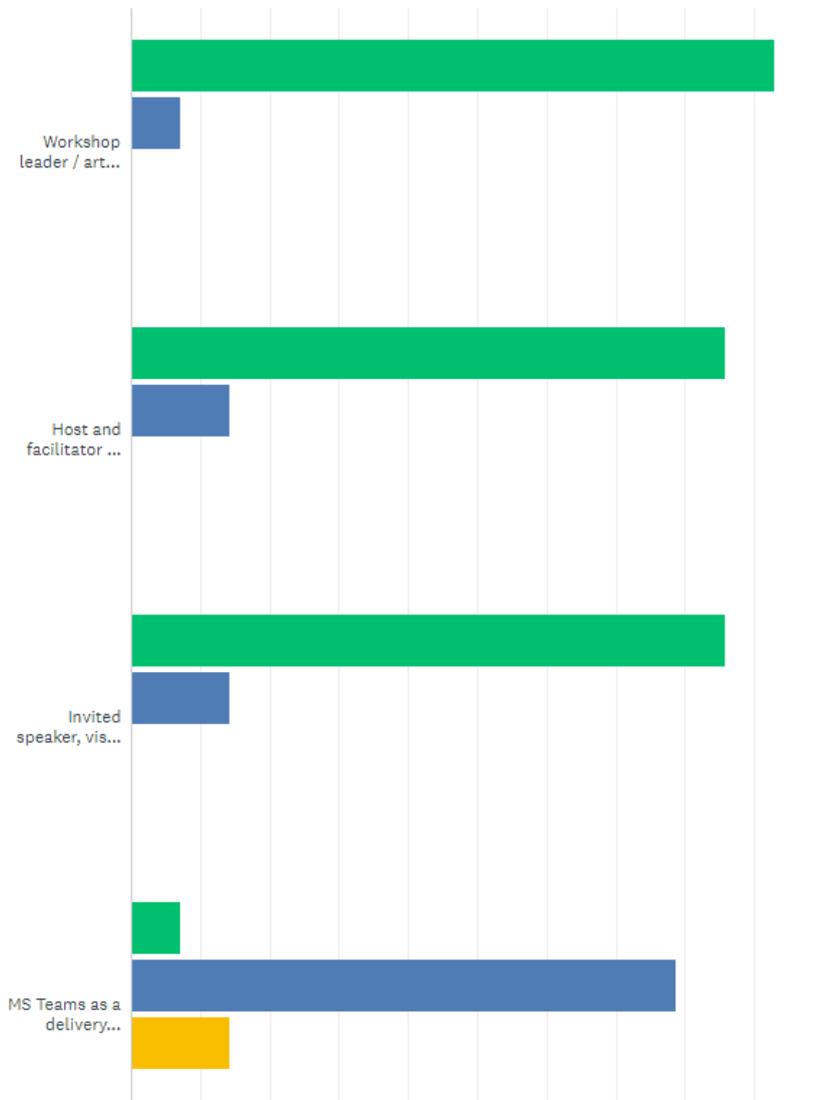
	COMPLETELY AGREE	AGREE	NEITHER AGREE OR DISAGREE	DISAGREE	COMPLETELY DISAGREE	TOTAL RESPONDENTS
General Mood (you feel more relaxed, less anxious, you look forward to the mosaic session)	50.00% 7	50.00% 7	0.00% 0	0.00% 0	0.00% 0	14
Socialising (you like being part of the group, you have enjoyed sharing in sessions and WhatsApp group)	50.00% 7	28.57% 4	14.29% 2	7.14% 1	0.00% 0	14
At work (free workshops make you feel more valued as a member of staff, you feel supported as a member of staff)	71.43% 10	14.29% 2	14.29% 2	0.00% 0	0.00% 0	14
Confidence (you enjoyed learning new skills, acquiring knowledge about other art and artists and creating your own artwork)	64.29% 9	35.71% 5	0.00% 0	0.00% 0	0.00% 0	14

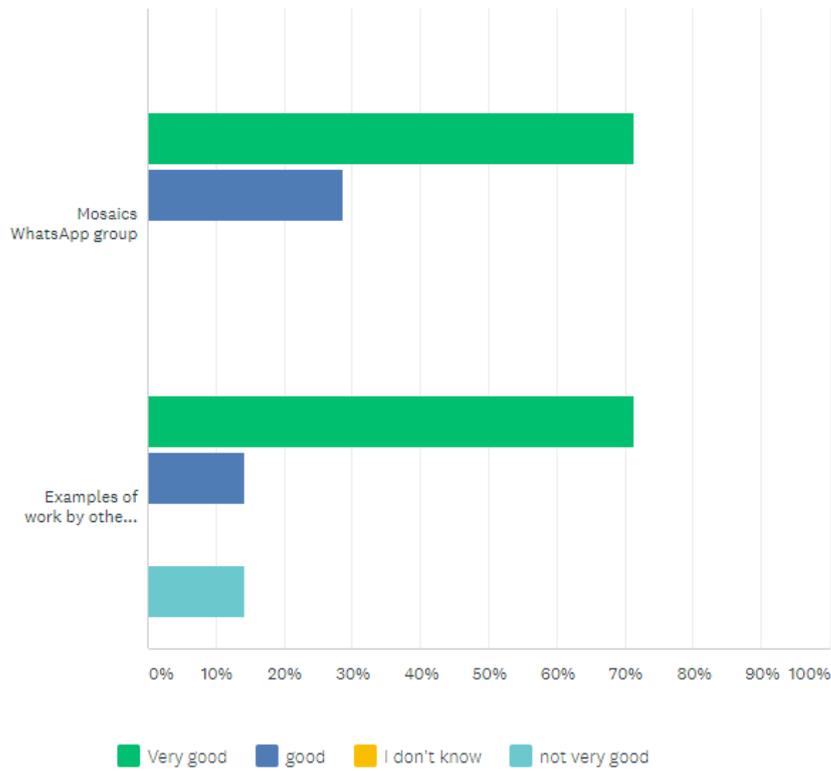


Bernie Morgan - flowers and rainbow, Susan Hitchen – dragon and Lisa Hales – cat with goldfish

Please rate how you felt the course was organised and delivered. Did it meet your expectations?

Answered: 14 Skipped: 0



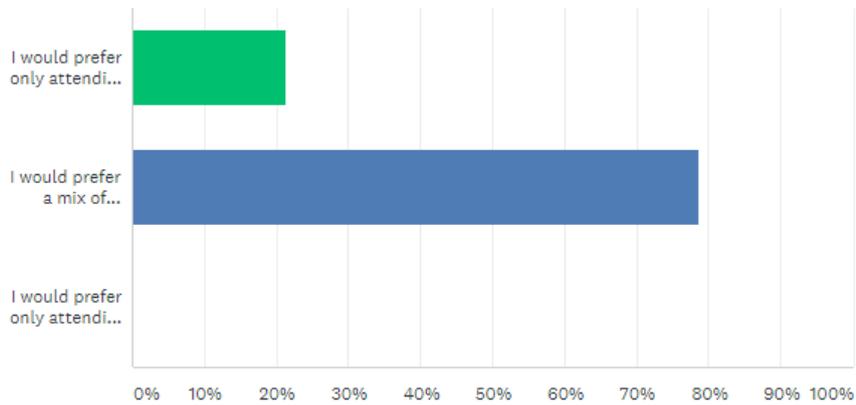


	VERY GOOD	GOOD	I DON'T KNOW	NOT VERY GOOD	TOTAL	WEIGHTED AVERAGE
Workshop leader / artist Coralie Turpin	92.86% 13	7.14% 1	0.00% 0	0.00% 0	14	1.07
Host and facilitator Mir Jansen	85.71% 12	14.29% 2	0.00% 0	0.00% 0	14	1.14
Invited speaker, visual arts curator Liz Waring from Museums Sheffield	85.71% 12	14.29% 2	0.00% 0	0.00% 0	14	1.14
MS Teams as a delivery platform (please note that MS Teams is still under continuous development)	7.14% 1	78.57% 11	14.29% 2	0.00% 0	14	2.07
Mosaics WhatsApp group	71.43% 10	28.57% 4	0.00% 0	0.00% 0	14	1.29
Examples of work by other mosaic artists (shared video links)	71.43% 10	14.29% 2	0.00% 0	14.29% 2	14	1.57

[Comments \(7\)](#)

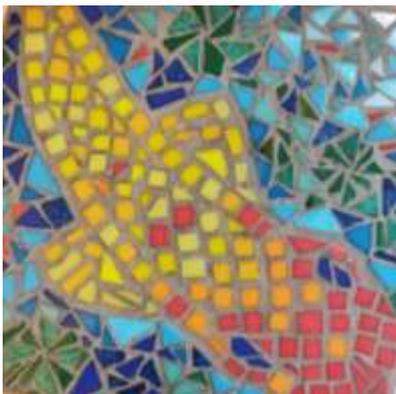
Due to the Covid-19 pandemic, this course had to be delivered via MS Teams. We are keen to hear how people may prefer to access the staff art club in future - what would you prefer? (choose 1)

Answered: 14 Skipped: 0



ANSWER CHOICES	RESPONSES
I would prefer only attending on-line art classes	21.43% 3
I would prefer a mix of on-line and face-to-face art classes	78.57% 11
I would prefer only attending face-to face art classes	0.00% 0

Total Respondents: 14



Eleanor Noden – Goldfish



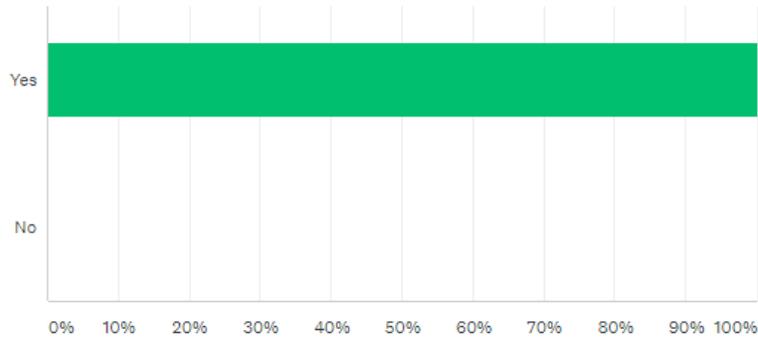
Katy Johnson – Cats and



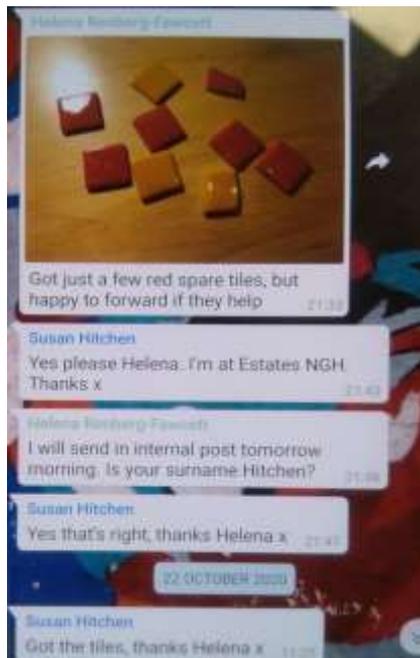
Julie Tuffin - Masks

Would you recommend the staff art club to colleagues at work

Answered: 14 Skipped: 0

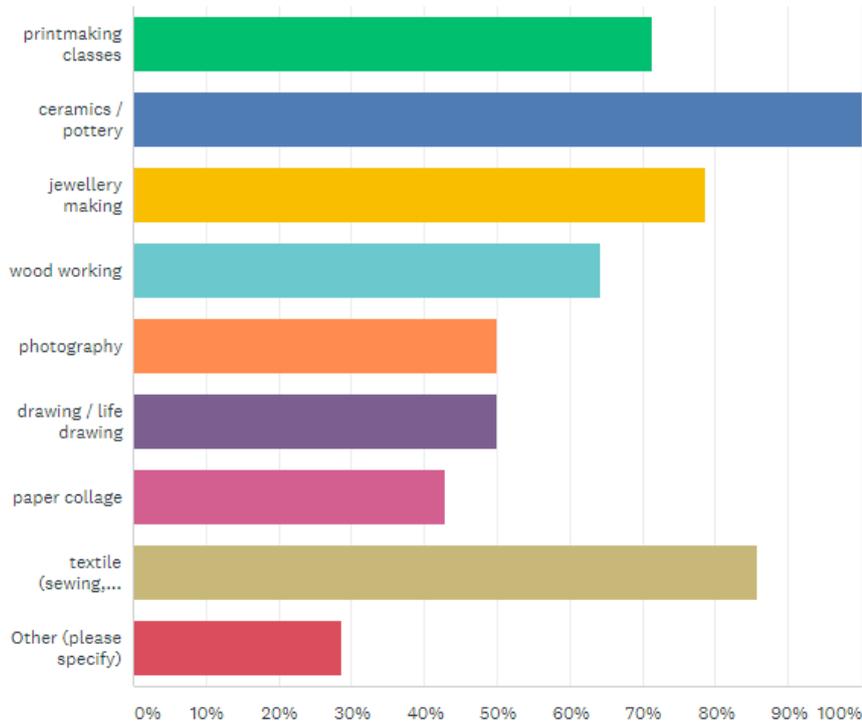


ANSWER CHOICES	RESPONSES
Yes	100.00% 14
No	0.00% 0
TOTAL	14



We want to offer a range of classes in different art/craft skills. What other classes would you like to sign up to?

Answered: 14 Skipped: 0



ANSWER CHOICES	RESPONSES
printmaking classes	71.43% 10
ceramics / pottery	100.00% 14
jewellery making	78.57% 11
wood working	64.29% 9
photography	50.00% 7
drawing / life drawing	50.00% 7
paper collage	42.86% 6
textile (sewing, embroidery, weaving)	85.71% 12
Other (please specify) Responses	28.57% 4

Stained glass, decoupage:
11/2/2020 7:53 PM

sculpture:
10/27/2020 4:49 PM

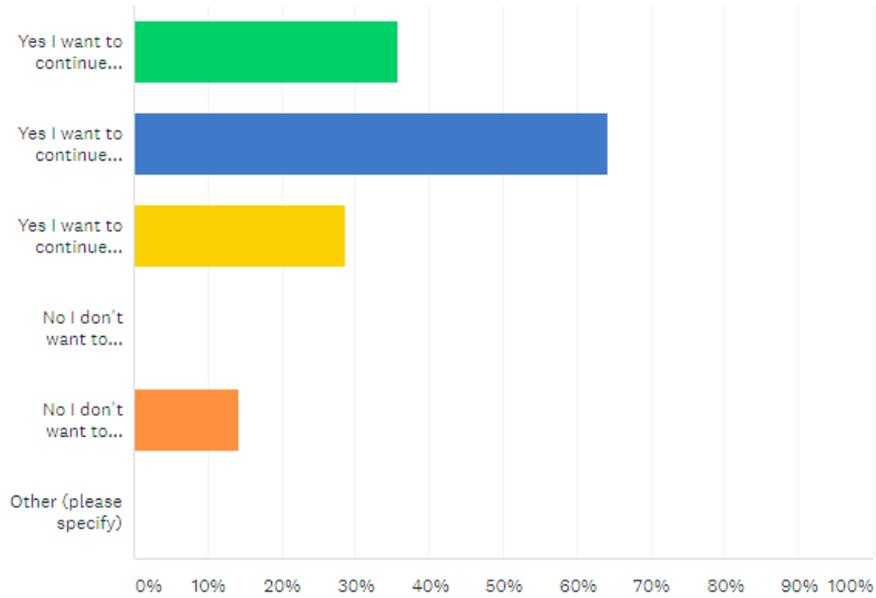
metal working:
10/29/2020 10:39 AM

anything:
10/27/2020 9:24 AM

Q6 (by day)

Chart Type ▾ Display Options ▾ Trend by... ▾ Zoom ▾

Will you continue with mosaics and would you like us to signpost you to people/organisations who deliver course



ANSWER CHOICES	RESPONSES
Yes I want to continue learning mosaics but will continue on my own	35.71% 5
Yes I want to continue learning mosaics and would like to do a course with Coralie Turpin	64.29% 9
Yes I want to continue learning mosaics and would like to be signposted to other course providers	28.57% 4
No I don't want to continue learning mosaics	0.00% 0
No I don't want to continue learning mosaics but would like to learn other creative skills	14.29% 2
Other (please specify)	Responses 0.00% 0
Total Respondents: 14	



We welcome your feedback or suggestions so we can share this with our funders (Sheffield Hospitals Charity, Arts Council England) and supporters (Staff Engagement and Arts in Health teams)

Answered: 12 Skipped: 2

Could probably have been done with fewer sessions but a longer gap between sessions (e.g., every 2 weeks) to give us time to work on the project in between, I still haven't finished mine!

Enjoyed this greatly.
Hope to do more

So grateful for the opportunity to participate in this initiative. I have loved the creative process. It has been a welcome distraction from the current situation nationally and pressures at work. Thank you for organising and delivering these sessions and inspiring my creativity.

This course was just what I needed. I had plans pre lock down to do some creative activities, I am new to the city and hospital and I thought it would be a good way to meet people. Lock-down prevent this. Having the chance to do something creative, even on-line, was lovely. And although I have not met the other participants in real life, I do feel more connected to my place of work and know that there are 14 people I could say hello to on the WhatsApp or in real life in between locks downs. The chance to work with an established practitioner an artist was wonderful. And to take the time out from thinking about work was very good for my mental health. Thank you for organising this. It also made me feel valued as a member of staff.

Coming from a non-clinical directorate we often feel that these types of opportunities are not intended for us, but I'm really thankful for the chance to take part.

I am very glad and grateful that this opportunity has been put in place for staff, it was very valuable to have a time to assign to myself amongst busy working weeks, and to produce something.

This was a very enjoyable course which brought us together each week and gave me something to look forward to during the covid-19 pandemic. The positivity was uplifting and the new skills learned are something I hope to continue with. Partaking in the organised creative activity helped to free my mind and helped me to relax and enjoy life more during this difficult time. Thank you.

Very enjoyable it encouraged me to take time for myself and I am continuing to do so. This helps with controlling my anxiety.

Really well organised and everyone was really friendly and supportive of each other's work. Fabulous course! Thank you so much for the opportunity to be involved 😊

I have thoroughly enjoyed the course. From looking at other art works and mosaic artists, I have enjoyed being part of the group and sharing ideas and seeing others work progressing on the WhatsApp group. It's definitely made me make more time for myself. I was worried about returning to work following shielding for such a long time, but this course has helped me to feel more positive about returning to work.

Fantastic course. I learnt lots and most importantly, it improved my general well-being. It's been good to have something else to focus on and has given me another way of

Report by Coralie Turpin

NHS Staff Art Club Artist Coralie Turpin Sept - October 2020 Report

Organisation and Support offered by STH before and during the course

The organisation and support prior to the course starting was very good, Mir was adaptable to the online format and coped very well with these changes. I received information online, a contract and link to the online sessions. We practised the Microsoft Teams link so that we both understood what we needed to do when the course started.

Commission fees and contract

The commission fees were suitable for the time the session ran with prep and set up time included. I added a WhatsApp group to the sessions as I find this helps a lot with groups and disseminating information, sharing makes and questions etc. The contract was very clear and outlined my payment schedule.

Kits – was the £35 per person enough to provide all that was needed?

The budget was tight as we were providing both tools and materials, I would have liked to have included another tool but there wasn't enough money. I also would have liked to have given them more tiles so they could have more room to pick and choose but some bought more online anyway.

Delivery of kits

I decided to deliver the kits by car rather than posting them as there was PVA glue in the pack and I didn't want to make a mess of the parcel if it was damaged, also the kit was quite heavy so it would have been very expensive. In hindsight I think that asking them to pick them up from me or Mir is the easiest way as this works very well with my other online classes. People who live beyond Sheffield usually receive them in the post.

How easy it was to deliver the course via MS Team (what went well, what didn't)

It was very easy to deliver the course via Microsoft Teams, there were a few glitches but I think that is just the way it is today, we are all getting used to this new way of working. It was very easy to deliver the workshop and instructions on how to make the mosaics and it was fairly easy to share films and documents, sometimes I took a few seconds to do this and another one didn't have any sound but mostly it went to plan. We were hoping to make some rooms for breakout chats but we didn't manage to do this.

How well you felt you were able to offer 1-2-1 support via Teams and WhatsApp

Obviously it's not the same as being in the same room but a combination of both Teams and WhatsApp works very well. It's hard to comment on everyone's work during a session so there was more time on the WhatsApp group to look in more detail at what was happening in each piece. It's tricky to lift work up to a screen and sometimes bits are not fixed down and fall off! It's much easier to get them to share a photo of it and look at it in detail. Another good thing about it was they could arrange to pick up materials from me and other things. It takes a lot of time to keep up with messages on WhatsApp, I was commenting and responding most days I think.

I did wonder if more time in the session would have been useful and might have covered some of this or if actually a bit more paid for time outside the session is best as I could have made more effort to contact individuals who don't like to speak up in a group.

Maybe check in with them personally a couple of times along the way, I felt there could have been a couple of people who I didn't see their work at all and I wouldn't have known if they were having any problems with it.

Would you do this again – what would you do differently or what would you need from us to do it differently

Yes I would definitely do it again, I would recommend a bit more money for materials and maybe a bit of one to one time for them individually to give some of them more confidence. I think they would enjoy making new friends in the chat room idea and I am wondering if this would be best after the session.

General feedback on everything

I am really proud of what they achieved, I didn't really think most of them looked like beginners by the end of the course. I think it went really well and lots of them have said they have really enjoyed it and it has given them a new hobby to keep them distracted from everyday things at the moment especially the pandemic. I enjoyed sharing the videos of international mosaic artists and the connection with Sheffield Museums and Galleries. They listened to the skills I shared very well and I was therefore able to remind them on WhatsApp if I saw anything wrong. I loved the way they shared the materials between them and organised themselves to do this. There are some really fantastic pieces. It was great to have the support of Mir in the sessions as host, she was really warm and welcoming for the participants and really made them feel part of the group.

Comment from private donor Leszek Delag who auctioned a fishing reel to raise funds for staff wellbeing work at STH

Dear Mir,

Thank you for your kind letter and sending pictures of the wonderful pieces of artwork. They are all very beautiful-and so imaginative! It makes me very warm to know that in some small way, I have helped to give people a new creative interest in their lives. How wonderful also that their work will be exhibited in Sheffield museum. It will make you all very proud. Do please send a picture or two if you can when that happens.

Please pass on my thanks to everyone concerned who has organised all this, not least to yourself Mir. You are a star!

Much love to you all,
Leszek Delag

Dear Leszek,

I have just received notification and images of the work produced by the staff at STH. It is brilliant to see how staff have embraced the chance to produce such artwork. Many thanks again for your donation and for enabling this opportunity for stressed NHS staff to learn new skills and gain such pleasure in producing their works of art.

Many thanks and kind regards, Sally-Anne

Sally-Anne Froberg
Technical Manager, Nuclear Medicine department