

Dechrau'n Dda/ StARTing Well

Rhaglen gelfyddydau i greu amser a lle i rieni a'u babanod ffynnu.

Mae Bwrdd Iechyd Prifysgol Hywel Dda (BIPHDD) yn edrych i gomisiynu artistiaid i weithio gyda'i gilydd i gyflwyno 3 chyfres o weithdai celf 6 wythnos i famau beichiog, rhieni a'u babanod a gofalwyr i greu amser a lle i ddarpar rieni, rhieni a babanod ffynnu gyda'i gilydd. Bydd y cyfranogwyr yn hysbys i Dîm Iechyd Meddwl ôl enedigol HDUHB yn y cyfnod cynenedigol ac ôl-enedigol.

BRÏFF ARTIST

Comisiwn: StARTing Well

Ble: Sir Gaerfyrddin, Ceredigion, Sir Benfro

Comisiynydd: Hywel Dda University Health Board (BIPHDD)

Dyddiad Cau: 9 am dydd Llun 4ydd Awst

Cyflwyno: Medi – Hydref 2025 (Llanelli a Hwllfordd)

Ionawr – Chwefrod 2026 (Aberteifi)

Dyddiadau ac amseroedd:

Cyfres 1 Dydd Mawrth Haverfordwest 9:30-11:30	Cyfres 2 Dydd Mercher Llanelli 9:30-11:30	Cyfres 3 Dydd Mawrth neu Dydd Gwener TBC Aberteifi 9:30-11:30
16eg Medi 2025 23ain Medi 2025 30ain Medi 2025 7fed Hydref 2025 14eg Hydref 2025 21ain Hydref 2025	19eg Medi 2025 26ain Medi 2025 3ydd Hydref 2025 10fed Hydref 2025 17eg Hydref 2025 24ain Hydref 2025	6ed NEU 9fed Ionawr 2026 13eg NEU 16eg Ionawr 2026 20fed NEU 23ain Ionawr 2026 27ain NEU 30ain Ionawr 2026 3ydd NEU 6ed Chwefror 2026 10fed NEU 13eg Chwefror 2026

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Pwy: Ymarferydd celfyddydau ac iechyd sydd â phrofiad o weithio o fewn gofal perinatal neu gyda rhieni a'u babanod, yn ystod y cyfnod cynenedigol a/neu ôl-enedigol.

Beth: 6 Chyfres o weithdai 2 awr yr wythnos dan arweiniad artistiaid ar gyfer mamau beichiog ac ôl-enedigol, eu babanod, yn ogystal â Thadau/Partneriaid a Gofalwyr sy'n hysbys i Dîm Amenedigol BIP Hywel Dda i greu amser a lle i deuluoedd ffynnu gyda'i gilydd.

Mae Dechrau'n Dda yn seiliedig ar y corff cynyddol o dystiolaeth sy'n dangos yr effaith y gall cymryd rhan yn y celfyddydau ei chael ar iechyd meddwl a lles pobl ac yn unol â Siarter Celfyddydau ac Iechyd Hywel Dda a'n haddewid i 'roi creadigrwydd wrth wraidd iechyd a lles'.

Mae celf o fewn iechyd meddwl mamolaeth ac amenedigol(rhiant-baban) (PNMH) yn faes ymarfer sy'n datblygu. Drwy ddefnyddio celf i archwilio anawsterau emosiynol fel pryder yn ystod beichiogrwydd neu iselder ôl-enedigol, mae'n canolbwyntio ar wella'r berthynas rhwng rhieni a'u babanod yn y 1000 diwrnod cyntaf.

Cymhwysedd:

Rydym yn chwilio am artistiaid proffesiynol a/neu gerddorion sydd â phrofiad mewn celfyddydau ac iechyd ac o weithio gyda rhieni a'u babanod.

Hoffem i 2 artist gydweithio â'n Tîm Iechyd Meddwl Amenedigol i gyflwyno pob cyfres o weithdai.

Gallwch wneud cais ar eich pen eich hun neu fel pâr.

Rydym yn awyddus i gomisiynu artistiaid proffesiynol sydd:

- Ar gael ar y dyddiadau y cytunwyd arnynt a restrir uchod
- Wedi'i leoli yng Ngorllewin Cymru
- Yn artistiaid dwyieithog (Saesneg a Chymraeg)
- Â phrofiad byw o iechyd amenedigol
- Â phrofiad o weithio gyda rhieni a'u babanod neu yn ystod cyfnod cynenedigol beichiogrwydd.
- Yn ddelfrydol, byddai'r ddau artist yn arbenigwyr mewn gwahanol ffurfiau celfyddydol er mwyn galluogi cynnig amrywiaeth o weithgareddau celfyddydol

Cyllideb:

£900 (£150 yr artist fesul sesiwn 2 awr x 6 gweithdy)

£500 (am 2 ddiwrnod o baratoi a phresenoldeb fesul artist mewn sesiwn sefydlu ar-lein i gwrdd â'r tîm).

Cyfanswm fesul artist fesul cyfres 6 wythnos: £1,400

Mae cymorth ar gael ar gyfer Teithio Artistiaid yn seiliedig ar filltiroedd busnes am 45c/milltir hyd at uchafswm o £150 ar gyfer y gyfres 6 wythnos.

£25 ar gyfer deunyddiau celf sydd ar gael fesul artist, fesul gweithdy.

Cyflwyniad

Ar draws y GIG a gofal cymdeithasol mae dealltwriaeth gynyddol bellach o'r effaith y gall cymryd rhan yn y celfyddydau ei chael ar iechyd meddwl a lles pobl. Gall mynediad at gyfleoedd celfyddydol a chyfranogiad yn y celfyddydau wella canlyniadau iechyd a lles yn sylweddol, gwrthweithio anghydraddoldebau a chynyddu ymgysylltiad cymdeithasol. Mae bod yn greadigol yn dod â manteision penodol i iechyd meddwl pobl: hybu lles emosiynol a seicolegol, helpu i feithrin hunan-barch, lliniaru ynysu cymdeithasol ac unigrwydd a helpu i hyrwyddo cymunedau mwy cydlynol.

Mae celf o fewn iechyd meddwl mamolaeth ac ôl-enedigol (rhiant-baban) (PNMH) yn faes ymarfer sy'n datblygu. Drwy ddefnyddio celf i archwilio anawsterau emosiynol fel pryder yn ystod beichiogrwydd neu iselder ôl-enedigol, mae'n canolbwyntio ar wella perthnasoedd rhwng rhieni a'u babanod yn y 1000 diwrnod cyntaf. Mae'n bwysig ystyried iechyd meddwl a lles rhieni a'u hamgylchedd uniongyrchol wrth ddatblygu personoliaeth eu babi.

Nod y prosiect yw creu dull arloesol a lle i rieni a babanod ffynnu gyda'i gilydd tra hefyd yn ystyried yr atgyweiriad rhyngberthynasol. Gall y dull cynhwysol ac amrywiol hwn hefyd gyfrannu'n gadarnhaol at welliannau iechyd rhyng-genhedlaeth mewn unigolion, cymunedau a chymdeithas ehangach. Y nod yw cyrraedd menywod sy'n dioddef o anhwylderau straen wedi trawma a thrawma amenedigol fel ffrwythlondeb, Camesgoriad, genedigaeth farw, genedigaeth drawmatig a cholli babi trwy gael ei dynnu gan ofal cymdeithasol.

Mae iechyd meddwl i fabanod yn golygu cael perthnasoedd gwerth chweil gyda rhieni neu ofalwyr; datblygu'r gallu i reoli emosiynau; bod â diddordeb a chwilfrydedd; a gallu archwilio a dysgu am y byd o'u cwmpas.

- Mae anghenion lles emosiynol babanod yn cael eu diwallu'n bennaf o fewn eu perthnasoedd cymdeithasol.
- Mae babanod yn cael eu geni â'r gallu i brofi a mynegi emosiynau, ac i gysylltu â phobl eraill.

- Mae eu disgwyliadau o'r byd a phobl eraill yn cael eu llunio gan yr ymateb maen nhw'n ei dderbyn.
- Rydym am ddefnyddio celf i helpu gofalmwr i ymuno â nhw mewn rhyngweithiadau cadarnhaol, lle mae eu cyfathrebu'n cael ei gydnabod a'i ymateb gyda chynhesrwydd.

Mae un o bob pump o famau yn profi sbectrwm o bryder ac iselder yn ystod y cyfnod amenedigol. Mae'r newidiadau corfforol a meddyliol sy'n dod gyda beichiogrwydd yn gwahodd dull cyfannol gan gynnwys celfyddydau, ymwybyddiaeth ofalgar, ac ioga. Canfuwyd bod pob un yn cael canlyniadau da ar gyfer iechyd meddwl amenedigol.

Mae Dechrau'n Dda yn un o 3 nod allweddol a nodwyd yn ein Strategaeth Canolbarth a Gorllewin Cymru Iachach.

Gweler: hduhb.nhs.wales/about-us/healthier-mid-and-west-wales/healthier-mid-and-west-wales-folder/documents/a-healthier-mid-and-west-wales-summary-english/
'Bydd gan bob plentyn y dechrau gorau mewn bywyd hyd at oedran gweithio, gan gefnogi ymddygiadau a chanlyniadau cadarnhaol ar draws cwrs bywyd.'

StARTing Well – wedi'i yrru gan ein Siarter Celfyddydau ac Iechyd; addawodd ein cyhoedd 'integreiddio'r celfyddydau i waith y Bwrdd Iechyd i wella iechyd a lles a hyrwyddo iachâd ac adferiad'

. <https://hduhb.nhs.wales/arts-and-health-charter/>

Atgyfeirio

Bydd atgyfeiriadau i'r rhaglen drwy weithwyr proffesiynol sy'n gweithio yn y maes. Bydd atgyfeiriadau'n cael eu trafod mewn cyfarfodydd tîm amlddisgyblaethol wythnosol. Bydd menywod sy'n cyflwyno â phroblemau iechyd meddwl ysgafn i gymedrol, yn ogystal â phrofiadau fel unigedd, anhawster wrth drawsnewid i fod yn fam a thrawma geni, pryder ysgafn, iselder amenedigol, anhwylder straen wedi trawma ac ymddygiadau hunan-niweidio, gan gynnwys problemau bondio rhiant-baban, yn cael eu hystyried. Gall atgyfeiriadau gynnwys menywod sy'n feichiog a chynigir cefnogaeth hefyd i dadau / partneriaid. Fodd bynnag, efallai y bydd grwpiau tadau / partneriaid eisoes yn cael eu rhedeg gan yr adran a allai fod yn fwy addas.

Sesiynau Celf

Bydd y sesiynau'n para 2 awr yr wythnos am 6 wythnos ym mhob un o'r 3 sir mewn lleoliadau a nodwyd gan ein Tîm Amenedigol a byddant yn ymgysylltu â grwpiau bach o tua 8 mam/tad a'u babanod. Bydd angen i'r artistiaid ganiatáu amser ychwanegol i baratoi a chlirio cyn ac ar ôl pob sesiwn.

Bydd dau artist yn cynnal y sesiynau ynghyd â mentor cyfoedion/gweithiwr cymorth ac o bosibl therapydd galwedigaethol amenedigol. Mae hyn yn hanfodol oherwydd eu bod yn dod â dealltwriaeth ac ymwybyddiaeth o amgylchiadau'r rhieni ac yn gallu integreiddio'r sesiynau hyn i'w cefnogaeth ehangach.

Gall y sesiynau fod ar ffurf symudiad, ioga a dawns; cerddoriaeth, sain a chanu; celf, crochenwaith a thecstilau; barddoniaeth, ffotograffiaeth a ffilm.

Mae cyllideb fach ar gael ar gyfer deunyddiau Celf.

Yn ddelfrydol, cynigir cymysgedd o ffurfiau celf gyda phob artist yn archwilio ffurf gelf wahanol.

Y llawr yw'r lle mwyaf cyffredin ar gyfer gweithgaredd yn aml, sy'n gwahodd rhyngweithio mam-babi pan fydd babi yn bresennol. Weithiau mae'r broses o greu celf yn deffro atgofion a all atgoffa menywod o'u profiadau niweidiol eu hunain o fod yn rhiant. Mae hyn yn creu cyfleoedd i'r gweithwyr cymorth cyfoedion amenedigol helpu'r rhiant i ddadbacio'r hyn a atgofwyd, gan annog atgyweirio rhyngberthynasol ac eiliadau cadarnhaol o gysylltiad mam-babi.

Nod adolygiadau wythnosol yw helpu rhieni i gydnabod pa mor dda y maent yn gwneud cynnydd, sy'n hyrwyddo gwydnwch mewn gallu rhianta. Bydd ymyriadau'n cael eu cyflwyno gan artist cymwysedig llawn a'r tîm Iechyd Meddwl Amenedigol a allai fod yn hysbys i rai o'r cyfranogwyr ac felly wedi datblygu perthynas a bond dibynadwy.

Cydraddoldeb

Rydym yn arbennig o awyddus i glywed gan artistiaid o gefndiroedd amrywiol yn ddiwylliannol ac yn ethnig yn ogystal ag artistiaid byddar, anabl a niwroamrywiol.

Gwerthuso

Disgwylir i'r artist gymryd rhan yng ngwerthusiad prosiect y rhaglen gelf yn ôl yr angen.

Hygyrchedd

Bydd Hywel Dda yn sicrhau bod y rhaglen yn gwbl hygyrch a bydd yn gyfrifol am ymateb i bob angen mynediad.

Disgwylir i'r artist a benodir:

- Cyflwyno sesiynau creadigol 6 wythnosol sy'n hwyl, yn hygyrch, o ansawdd uchel ac yn ddiddorol yn seiliedig ar y model arfaethedig uchod
- Creu amgylchedd creadigol diogel, hwyl a hygyrch lle gall cyfranogwyr fwynhau a chymryd rhan mewn gweithgaredd creadigol gyda'i gilydd
- Galluogi rhieni a babanod i ffynnu, gan wella'r berthynas rhwng rhieni a babanod.
- Darparu amgylchedd croesawgar i rieni a babanod gymryd rhan yn y gweithgaredd creadigol er lles
- Gweithio gyda Thimau Iechyd Meddwl Amenedigol a Chelfyddydau ac Iechyd y Bwrdd Iechyd i ddatblygu a chyflwyno'r rhaglen yn seiliedig ar yr amcanion a amlinellir uchod
- Prynu a darparu deunyddiau celf
- Mynychu cyfarfodydd cynllunio a gwerthuso prosiectau
- Gweithio o fewn Fframwaith Polisi'r Bwrdd Iechyd ac yn unol â Gwerthoedd BIP Hywel Dda.
- Ymgymryd â hyfforddiant a chyflwyniad yn ôl yr angen
- Cyfrannu at y gwerthusiad fel y disgrifir isod a darparu adborth gan yr artist
- Gweithio gyda'r Bwrdd Iechyd i hwyluso casglu adborth, meddyliau a theimladau
- Cyrraedd yn gynnar ar gyfer sefydlu a pharatoi.
- Cysylltwch â'r Tîm Celfyddydau ac Iechyd mewn digon o amser os nad ydych chi bellach yn gallu hwyluso'r diwrnod, boed oherwydd salwch neu argyfwng y tu hwnt i'ch rheolaeth, fel y gellir rhoi darpariaethau eraill ar waith.
- Ystyriwch ddarpariaeth iaith Gymraeg - Yn ddelfrydol, cyflogir artistiaid/cerddorion sy'n siarad Cymraeg i gyflawni'r prosiect hwn er mwyn galluogi cleifion i gymryd rhan yn eu mamiaith.
- Sicrhewch fod y ddarpariaeth yn gwbl gynhwysol a hygyrch ac wedi'i chynllunio i ddiwallu anghenion amrywiol pob cyfranogwr.

Proses dethol artist

Sut i ymgeisio?

Anfonwch eich Datganiad o Ddiddordeb o ddim mwy nag 1 ochr o bapur A4.

Dylai cyflwyniadau gynnwys:

1. Ymateb byr i'r crynodeb hwn, dim mwy nag un ochr o bapur A4, yn amlinellu pam mae gennych ddiddordeb yn y comisiwn hwn a sut y bydddech chi'n mynd ati.
2. Nodwch pa leoliad rydych chi'n gwneud cais amdano: Hwlfordd, Llanelli neu Aberteifi (Noder: gallwch wneud cais am fwy nag un lleoliad, ond nodwch hyn yn glir a gwiriwch eich bod ar gael ar gyfer yr holl ddyddiadau)
3. Enghreifftiau o'ch gwaith blaenorol (hyd at 12 delwedd o'ch gwaith, a ddylai fod yn jpegs o faint y gellir ei e-bostio) trwy url.

4. Manylion cyswllt 2 ganolwr, dylai'r rhain fod yn gomisiynwyr diweddar neu'n weithwyr proffesiynol/tiworiaid rydych chi wedi cydweithio â nhw
5. CV cyfredol

Manylion Cyswllt:

Anfonwch eich cyflwyniad, wedi'i farcio yn llinell y pwnc gyda 'Cais artist Dechrau'n Dda', i:

Kathryn.lambert@wales.nhs.uk

Cyfeiriad: Spring Fields, Ysbyty Llwynhelyg, Heol Abergwaun.

Dyddiad Cau

Y dyddiad cau ar gyfer mynegiadau o ddiddordeb yw 9am ddydd Llun 4ydd Awst 2025

Hoffem gyfarfod â chi wedyn i sgwrsio ymhellach.

Gwybodaeth bellach

Am ragor o wybodaeth neu i drafod y briff hwn yn fanylach, cysylltwch â:

Kathryn Lambert - Pennaeth Celfyddydau ac Iechyd HDUHB

Kathryn.lambert@wales.nhs.uk

Katie Icton - Uwch Arbenigwr Iechyd Cyhoeddus HDUHB, Tîm Iechyd Cyhoeddus

katie.iceton@wales.nhs.uk

<https://hduhb.nhs.wales/arts-and-health/>

Datganiad Preifatrwydd

Mae Tîm Celfyddydau ac Iechyd HdUHB yn parchu eich preifatrwydd ac yn amddiffyn yr holl wybodaeth bersonol a roddwch i ni fel rhan o'ch Mynegiant o Ddiddordeb. Dim ond i ohebu â ni fel rhan o'r broses ymgeisio hon y byddwn yn defnyddio'r wybodaeth a roddwch.

Cliciwch **yma** am fanylion llawn hysbysiad Preifatrwydd HdUHB.

StARTing Well

An arts programme to create time and space for parents and their babies to thrive.

Hywel Dda University Health Board (HdUHB) is looking to commission artists to work together to deliver 3 series of 6 week art workshops for pregnant mums, parents and their babies and carers to create time and space for expectant parents, parents and babies to thrive together. Participants will be known to HdUHB Perinatal Mental Health Team in the antenatal and postnatal stage.

ARTIST BRIEF

Commission: StARTing Well

Where: Carmarthenshire, Ceredigion and Pembrokeshire

Commissioner: Hywel Dda University Health Board (HdUHB)

Deadline: 9 am on Monday 4th August 2025

Delivery: Sept - Oct 2025 (Llanelli and Haverfordwest)

Jan - Feb 2026 (Cardigan)

Dates and Times:

Series 1 Tuesdays Haverfordwest 9:30-11:30	Series 2 Wednesdays Llanelli 9:30-11:30	Series 3 Tuesdays OR Fridays TBC Cardigan 9:30-11:30
16 th September 2025 23 rd September 2025 30 th September 2025 7 th October 2025 14 th October 2025 21 st October 2025	19 th September 2025 26 th September 2025 3 rd October 2025 10 th October 2025 17 th October 2025 24 th October 2025	6 th OR 9 th January 2026 13 th OR 16 th January 2026 20 th OR 23 rd January 2026 27 th OR 30 th January 2026 3 rd OR 6 th February 2026 10 th OR 13 th February 2026

Who: An arts and health practitioner with experience in working within perinatal care or with parents and their babies, during the antenatal and or postnatal stage.

What: 6 Series of 2 hour, weekly artist-led workshops for pregnant and postnatal mums, their babies, as well as Dads/Partners and Carers who are known to Hywel Dda UHB Perinatal Team to create time and space for families to thrive together.

StARTing Well is based on the growing body of evidence that shows the impact that taking part in the arts can have on people's mental health and wellbeing and in line with Hywel Dda's Arts and Health Charter and our promise to 'put creativity at the heart of health and wellbeing'.

Art within maternity and perinatal (parent-infant) mental health (PNMH) is a developing area of practice. By using art to explore emotional difficulties such as anxiety in pregnancy or postnatal depression, it focuses on improving relationships between parents and their babies in the first 1000 days.

Eligibility:

We are looking for professional artists and or musicians with experience in arts and health and of working with parents and their babies.

We would like 2 artists to work together with our Perinatal Mental Health Team to deliver each series of workshops.

You can apply on your own or as a pair.

We are keen to commission professional artists who are:

- Available on the agreed dates listed above
- Based in West Wales
- Are bilingual artists (English and Welsh)
- Have lived experience of perinatal health
- Have experience of working with parents and their babies or during the antenatal stage of pregnancy.
- Both artists would ideally be specialist in different artforms to enable a range of arts activities to be offered

Budget:

£900 (£150 per artist per 2hr session x 6 workshops)

£500 (for 2 days of preparation and attendance per artist at online induction session to meet the team).

Total per artist per 6 week series: £1,400

Support for Artist Travel is available based on business mileage at 45p/mile up to a maximum of £150 for the 6-week series

£25 for art materials available per artist, per workshop

Introduction

Across the NHS and social care there is now a growing understanding of the impact that taking part in the arts can have on people's mental health and wellbeing. Access to arts opportunities and participation in the arts can dramatically improve health outcomes and wellbeing, counter inequalities and increase social engagement. Being creative brings particular benefits to people's mental health: boosting emotional and psychological wellbeing, helping build self-esteem, mitigating social isolation and loneliness and helping promote more cohesive communities.

Art within maternity and perinatal (parent-infant) mental health (PNMH) is a developing area of practice. By using art to explore emotional difficulties such as anxiety in pregnancy or postnatal depression, it focuses on improving relationships between parents and their babies in the first 1000 days. It is important to consider the mental health and well-being of parents and their immediate environment in developing their baby's personality.

The project aims to create an innovative approach and space for parents and babies to thrive together whilst also considering the inter-relational repair. This inclusive and diverse approach may also positively contribute to intergenerational health improvements in individuals, communities, and wider society. The aim is to reach women suffering from post-traumatic stress disorders and perinatal traumas such as fertility, miscarriage, still birth, traumatic birth and loss of a baby through removal by social care.

Mental health for babies means having rewarding relationships with parents or carers; developing the ability to manage emotions; being interested and curious; and being able to explore and learn about their world around them.

- Babies' emotional wellbeing needs are primarily met within their social relationships
- Babies are born with the capacity to experience and express emotions, and to connect with other people
- Their expectations of the world and other people are shaped by the response they receive
- We want to use art to help caregivers to join them in positive interactions, where their communication is recognised and responded to with warmth

One in five mothers experience a spectrum of anxiety and depression during the perinatal period. The physical and mental changes that come with pregnancy invite a holistic approach including arts, mindfulness, and yoga. All have been found to have good outcomes for perinatal mental health.

Starting Well is one of 3 key goals identified in our Healthier Mid and West Wales Strategy. See hduhb.nhs.wales/about-us/healthier-mid-and-west-wales/healthier-mid-and-west-wales-folder/documents/a-healthier-mid-and-west-wales-summary-

[english/](#) *‘Every child will have the best start in life through to working age, supporting positive behaviours and outcomes across the life-course’.*

StARTing Well – is driven by our Arts and Health Charter; our public promised *‘to integrate the arts into the work of the Health Board to improve health and wellbeing and promote healing and recovery’*. <https://hduhb.nhs.wales/arts-and-health-charter/>

Referral

Referrals to the programme will be via professionals working within the field. Referrals will be discussed at weekly multi-disciplinary team meetings. Women that present with mild to moderate mental health problems, as well as experiences such as isolation, difficulty transitioning to motherhood and birth trauma, mild anxiety, perinatal depression, posttraumatic stress disorder and self-harming behaviours, including parent infant bonding issues will be considered. Referrals may include women who are pregnant and support will also be offered to fathers / partners. However, there may be father's / partner groups already run by the department that may be more suitable.

Art Sessions

The sessions will be 2 hours each week for 6 weeks in each of the 3 counties in venues identified by our Perinatal Team and will engage small groups of around 8 mums/dads and their babies. The artists will need to allow extra time to set up and clear away before and after each session.

Two artists will run the sessions together with a peer mentor/support worker and possibly a perinatal occupational therapist. This is critical because they bring an understanding and awareness of the parents' circumstances and are able to integrate these sessions into their wider support.

The sessions may be in the form of movement, yoga and dance; music, sound and singing; art, pottery and textiles; poetry, photography and film.

A small budget for Art materials is available.

Ideally a mix of artforms will be offered with each artist exploring a different artform.

The floor is often the most common place for activity, which invites mother-baby interaction when a baby is present. The process of artmaking sometimes arouses memories that may remind women of their own adverse experiences of being parented. This generates opportunities for the perinatal peer support workers to help the parent unpack what was recalled, encouraging inter-relational repair and positive moments of mother-baby connection.

Weekly reviews aim to help parents recognise how well they are progressing, which promotes resilience in parenting ability. Interventions will be delivered by a fully qualified artist and the Perinatal Mental Health team who may be known to some of the participants and therefore have developed a trusted relationship and bond

Equality:

We particularly keen to hear from artists from culturally and ethnically diverse backgrounds as well as D/deaf, disabled and neurodivergent artists.

Evaluation

The artist will be expected to take part in project evaluation of the art programme as required.

Accessibility

Hywel Dda will ensure that the programme is fully accessible and will be responsible for responding to all access needs.

The appointed artist will be expected to:

- Deliver 6 weekly fun, accessible, high quality and engaging creative sessions based on the proposed model above
- Create a safe, fun and accessible creative environment in which participants can enjoy and take part in creative activity together
- Enable parents and babies to thrive, improving relations between parents and babies.
- Provide a welcoming environment for parents and babies to engage in the creative activity for wellbeing
- Work with the Health Board Perinatal Mental Health and Arts and Health Teams to develop and deliver the programme based on the objectives outlined above
- Purchase and provide art materials
- Attend project planning and evaluation meetings
- Work within the Health Board Policy Framework and in line with Hywel Dda UHB Values.
- Undertake training and induction as required
- Contribute to evaluation as described below and provide artist feedback
- Work with the Health Board to facilitate the capturing of feedback, thoughts and feelings
- Arrive early for set up and preparation.
- Contact the Arts and Health Team in sufficient time if you are no longer able to facilitate the day, whether due to sickness or an emergency outside of your control, so alternative provisions can be put in place
- Consider Welsh language provision - Ideally Welsh speaking artists/musicians will be employed to deliver this project to enable patients to participate in their mother tongue.
- Ensure the provision is fully inclusive and accessible and designed to meet the diverse needs of each participant

Artist selection process

How to apply?

Please send your Expression of Interest of no more than 1 side of A4.

Submissions should include:

6. A short response to this brief, no more than one side of A4, outlining why you are interested in this commission and how you would approach it.
7. Please state which location you are applying for: Haverfordwest, Llanelli or Cardigan (NB, you can apply for more than one location, but please state this clearly and check that you are available for all the dates)
8. Examples of your previous work (up to 12 images of your work, which should be jpegs of an emailable size) via a url.
9. Contact details of 2 referees, these should be recent commissioners or professionals/tutors with whom you have collaborated
10. A current CV

Contact details:

Please send your submission, marked in the subject line with 'StARTing Well artist application', to:

Kathryn.lambert@wales.nhs.uk

Address: Spring Fields, Withybush Hospital, Fishguard Road.

Closing date:

The closing date for expressions of interest is **9 am on Monday 4th August 2025**

We would like to then meet with you to chat further.

Further Information

For more information or to discuss this brief in more detail, please contact:

Kathryn Lambert - HDUHB Head of Arts and Health Kathryn.lambert@wales.nhs.uk

Katie Icton - HDUHB Senior Public Health Specialist, Public Health Team

katie.iceton@wales.nhs.uk

<https://hduhb.nhs.wales/arts-and-health/>

Privacy Statement

HdUHB Arts and Health Team respect your privacy and protect all personal information you provide to us as part of your Expression of Interest. The information you provide will only be used by ourselves to correspond with as part of this application process.

Click [here](#) for full details of HdUHB's Privacy notice.