



Stepping In

Diversifying the Creative Arts and Health Workforce

Mentee Creative Practitioner Opportunities

- Are you a creative practitioner (any art form) passionate about using your skills to support peoples' health and wellbeing?
- Do you have lived experience of one or more of the following: global majority identity, social exclusion, mental health, Deaf/disability, LGBTQ+, low socio-economic background?
- Are you interested in taking part in a 6-month supported programme aimed at diversifying the arts and health workforce?
- Would you like to work and gain experience with an arts and health organisation in an area near you?

If you can say yes to all the above, then Stepping In might be for you!

What is Stepping In?

'Stepping In' is an exciting new pilot training and mentoring programme for a cohort of 4 mentee creative practitioners from minoritised communities in Wales. It is a first of its kind, pilot for South and West Wales.

Stepping In has been designed by [WAHWN](#) in consultation with the sector in response to the lack of diversity within the arts and health creative workforce. This programme will help

build the skills, knowledge and experience required to deliver projects in arts and health settings, through training, shadowing a live project, mentoring and peer support.

What is Arts and Health?

Over recent years, there has been a growing understanding of the impact that creative or cultural activity can have on health and well-being. It includes any art project, intervention or commission where the intention is to improve health and well-being. Arts and health projects take place in a wide range of settings including hospitals, care homes, community and art settings, and aim to support physical and mental health. [Read more about arts and health.](#)

Project Partners

- [Hywel Dda University Health Board](#)
- [Swansea Bay University Health Board](#)
- [PeopleSpeakUp](#)
- [Caerphilly Arts Development](#)
- [Cardiff Metropolitan University](#)
- [Cardiff School of Art and Design](#)

What will the programme involve?

- Taking part in a full week's intensive training week in Cardiff - 5 x full days and evenings **Monday 24th – Friday 28th June**
- Shadowing an experienced arts and health practitioner/ team/organisation on a live project in a health or community setting for up to 10 days (supported by project partners) between July and October.
- Tailored mentoring support
- Taking part in peer sharing and evaluation sessions

Mentees will be offered:

- A £1,500 bursary
- Regular peer support and supervision/well-being support
- Accommodation and travel costs
- Access costs

Live shadowing of projects will take place in one of the following regions:

- Caerphilly County Borough (Caerphilly County Borough Council Arts Development)
- Carmarthenshire, Ceredigion, Pembrokeshire (Hywel Dda University Health Board) *
- Llanelli/ Carmarthenshire (PeopleSpeakUp)
- Swansea Bay University Health Board (Swansea and Neath Port Talbot)

*Please note that Hywel Dda University Health Board's live shadowing dates are set, so if you wish to shadow in this region, you must be available on the following dates: **20th July, 27th July, 3rd August, 10th August, 17th August, 24th August.**

How to apply

To apply, please send us one side of A4 text (as a Word document or PDF) **or** a video/audio file of no more than 3 minutes in length. Please tell us:

- Some information about yourself as an artist/creative and your approach to facilitating a workshop
- Why you are interested in the programme and what do you hope to get out of it?
- What do you expect to bring to this programme?
- Where you live and the region that you'd like to undertake your shadowing placement.

Please email this to Tom Bevan, Stepping In Programme Manager, stepping@wahwn.cymru before midnight on 15th May. [Please also complete our Diversity and Equality Monitoring form.](#)

Timeline

- Deadline for applications: **Midnight 15th May**
- Meet the Partners Session: Shortlisted mentees will be invited to meet the partners on afternoon of **23rd May** to find out more about the programme.
- Successful candidates will be notified by **May 31st**

If you would like to discuss anything specific about the programme or the application process, please contact Angela Rogers info@wahwn.cymru

WAHWN

Wales Arts Health & Wellbeing Network is the national sector support organisation for arts, health and wellbeing. Our work is underpinned by key legislation including the Wellbeing of Future Generations Act 2015, and a Memorandum of Understanding between the Welsh NHS Confederation and Arts Council Wales. Our rapidly expanding membership of nearly 900 arts and health professionals, represents the arts, health and HE sectors working across the full range of art form practice in health, arts and other community settings. WAHWN is proud of its central role within a growing number of key partnership initiatives and our position to provide a national voice for the sector at a strategic level, demonstrating best practice of existing policy implementation and influencing new policies.

Our Purpose

To drive the sustainable development and growth of a thriving, representative and inclusive arts and health sector in Wales that connects and supports arts and health professionals, and champions creative participation. To act as a superpower to unlock growth, prosperity, health, well-being, and resilience.

Stepping In is funded by the Arts Council Wales Arts Health & Wellbeing Lottery Fund.

Stepping In Camu i Mewn



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Y LOTERI
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CARDIFF
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Cardiff
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NHS
WALLES

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Hywel Dda
University Health Board



GIG
NHS
WALLES

Bwrdd Iechyd Prifysgol
Sae Abertawe
Swansea Bay University
Health Board

