# Arts Health and Wellbeing

# Voluntary Code of Practice

1. **Values and Behaviours**

**Personal values, behaviours and aptitudes that underpin your work**

* *I put participants first*
* *I am empathic and sensitive to others’ needs*
* *I value and practice inclusion and equality of access*
* *I value and practice kindness, compassion and non-judgment*
* *I employ flexibility in terms of approach according to the needs of participants*
* *I inspire and role model creativity*
* *I value play and spontaneity*
* *I value and facilitate self-expression*
* *I am always organised and punctual*
* *I am honest and trust-worthy*
* *I employ good communication skills, including excellent listening skills*

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1. **Professional Competence**

**Artistic Practice**

* *I have undergone training in my artistic medium*
* *I have a wide and continually updated knowledge of the context of my work in terms of both theory and practice*
* *I am committed to continual creative development*
* *I practice my own creativity on a regular basis*
* *I seek opportunities to innovate, extend and develop my practice at all times*
* *I believe that equality of access involves providing good quality materials and resources*

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**Participatory and Therapeutic Arts Practice**

* *I ensure that I understand the needs of participants*
* *I respect the rights, dignity and values of participants*
* *I recognise that relationships with participants are built on mutual respect*
* *I plan and deliver appropriate content for each particular participant group*
* *I am able to work with others, particularly vulnerable individuals*
* *I am skilled at setting up and managing groups and group dynamics*
* *I work to establish trust and confidentiality*
* *I understand appropriate boundaries and safety in terms of group work and therapeutic dynamics*
* *I have personal experience of the therapeutic benefits of creative activity*
* *I am clear about the difference between the therapeutic use of the arts and art therapy*

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1. **Continual Professional Development**

* *I am committed to personal and professional development*
* *I undertake regular CPD to ensure that my professional knowledge and skills are continually updated and refreshed*
* *I understand the need for and am committed to appropriate levels of support and supervision*
* *I have an ongoing commitment to reflective practice and continual learning and development*
* *I regularly attend appropriate professional conferences and networking events*

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1. **Professional Conduct**

* *I am skilled at working in interdisciplinary contexts, including alongside health and social care professionals*
* *I am committed to developing an ongoing understanding of the varied professional contexts in which I work*
* *I ensure that I know my responsibilities within any wider team involved in delivering* a project
* *I observe respect for professional conduct according to the setting*
* *I understand and observe all necessary personal and professional boundaries*
* *I understand the limitations of my own competence, training and experience and obtain advice and support where necessary*
* *I ensure fitness to practice by taking good care of myself mentally and physically*
* *I am committed to ensuring that I have appropriate supervision and support where necessary*
* *I ensure that I dress appropriate to the context in which I am working*
* *I ensure that I use appropriate language*

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1. **Health and Safety**

* *I work in partnership with partners, health professionals and those around to ensure safety at all times*
* *I am committed to ensuring that I receive a full induction to a project especially with regards to health and safety, link workers, and organisational protocols*
* *I am committed to ensuring an up to date understanding of safeguarding needs*
* *I have attended mental health awareness training*
* *I make myself aware of the link person responsible for the safety of participants*
* *I ensure that I know when referral of a participant for safety reasons is necessary, and how to obtain appropriate support when needed*
* *I undertake appropriate risk assessments when planning work*
* *I have appropriate DBS clearance*
* *I hold appropriate public liability insurance*
* *I maintain professional boundaries with participants*

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1. **Management and Governance**

* *I endeavour to ensure that a clear brief is obtained for any work undertaken*
* *I endeavour to ensure that contracts are in place for all work undertaken*
* *Where a commissioner does not offer a contract, I draw up a contract and seek agreement around the scope of work, the aims of the project, the participant group and setting, dates, venues, and all other expectations as well as fees and costs*
* *I charge appropriate day rates based on Arts Council of Wales recommendations in order to ensure a sustainable practice*
* *I calculate fees based on planning and preparation time, project delivery time, documentation and evaluation requirements*

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1. **Reporting and Evaluation**

* *I keep accurate records as required*
* *I am familiar and compliant with GDPR requirements*
* *I always obtain necessary consent for the use of artwork, photographs and evaluation data*
* *I respect participants rights to anonymity in all reporting and evaluation*
* *I have an ongoing commitment to advocating for and contributing to evaluation*
* *I have an ongoing commitment to publicising, advocating and sharing work*

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1. **Other?**

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