

Arts Council of Wales Completion Report

About Your Funding

Grant ID	2024001555
Project Title	Move to Health -Circle of Care
Funding Scheme	Arts Health and Wellbeing
Total Grant Amount	£35,000.00
Assistance Costs	£0.00
Portal Admin Contact	Tracey Brown
Application Primary Contact	Sharon
Organisation (if applicable)	Rubicon Dance

Case Study

By completing a case study for a project funded by Arts Council Wales, you are consenting for that case study to be included on the Wales Arts Health and Wellbeing Network (WAHWN) website.

Where relevant, bring the project to life by including quotes from stakeholders and participants describing the activity or their experience of the activity.

Make sure that you have Informed Consent for the use of participant quotes and ensure that they are anonymised. Further guidance on Informed Consent is available on the WAHWN website.

You can find examples and further guidance on how to answer the questions in this section in our Arts, Health and Wellbeing Completion Guide.

Web teaser

The web teaser is the text that will be used to introduce your case study on the case study landing page. It needs to tell people what the case study is about so that they can judge whether to click to read more.

People search for case studies based on art form, target group, health need, setting and location.

Please provide a short introduction to your project case study briefly summarising the ‘who, what, why and where’ of your project.

Rubicon Dance’s “Move to Health” delivered inclusive dance for people with long-term conditions in hospitals and communities across Cardiff and the Vale to boost wellbeing.

Partners

Please list the names of delivery organisations and partners involved in your project.

Lead Organisation: Rubicon Dance

Key Partners:

Cardiff & Vale University Health Board (CAVUHB)

BBC Philharmonic

Susanne Burns Associates (evaluation and review)

Sport Cardiff

Delivery and Community Partners:

Noah's Ark Children's Hospital for Wales

University Hospital Wales (UHW)

Llandough Hospital

Marie Curie Hospice (Penarth)

Home Instead (Penarth & Barry)

Headway (Brain Injury Charity)

Solace (MHSOP Carers Group)

Highlight Park Community Centre (Barry)

St Barruc's Ward, Barry Hospital

Funders

Please list the names of funders that supported the project.

Arts Council Wales

Sport Cardiff

BBC NOW

Neuro Headlands (CAVUHB)

Solace (CAVUHB)

MHSOP (CAVUHB)

PROP (CAVUHB)

Tags

Each case study will be described by a list of tags to help people determine whether it is

relevant to their needs.

In determining the relevant tags for your case study, consider the following categories: Art form, target group, health need, setting/location

Please list key search words describing the arts activity, the participant or beneficiary group, the context and/or the health and wellbeing need being addressed.

Dance, movement to music, stroke recovery, Parkinson's, dementia, brain injury, mental health, long-term conditions, pain management, rehabilitation, carers, children in hospital, older adults, palliative care, social isolation, fall prevention, confidence building, hospital patients, community participants, neuropsychiatry, creative engagement, wellbeing, reminiscence, coordination, mobility, balance, stamina, emotional support, inclusive arts, seated dance, group sessions, bedside sessions, referral pathways, recovery support, social connection, music-led activity, creative expression, cognitive stimulation, community health, arts in health, intergenerational engagement, hospital-to-community transition, dance for health, adaptive sessions, person-centred practice, resilience through arts, fun and enjoyment, physical activity, mental wellbeing, creative rehabilitation, arts-based intervention, healthcare collaboration, dance leadership, accessible arts, therapeutic movement, engagement through music, trust-building, continuity of care, multidisciplinary support, inclusive environments, support for carers, children's wellbeing, hospital ward engagement, community centre sessions, memory cafés, creative health partnerships

Your case study introduction

The introduction to your Case Study needs to succinctly explain your project or programme, including the 'Who, What, Why, Where, When' of your project.

It constitutes the opening paragraphs of your case study and will also be used on its own as the introduction to the case study on the WAHWN website case study landing page.

Move to Health: Circle of Care is an arts and health programme led by Rubicon Dance in partnership with Cardiff & Vale University Health Board and supported by Arts Council Wales. Delivered across hospital wards and community venues in Cardiff, Newport, and the Vale of Glamorgan from April 2024 to May 2025, it offered inclusive movement to music sessions for people with stroke, Parkinson's, dementia, brain injury, long-term pain, and mental health challenges. It also supported children in hospital, older adults, and carers—creating pathways from inpatient recovery to community wellbeing.

The Challenge

Explain the context for your project. Why did you develop the project? What identified health or wellbeing need were you addressing?

It might be helpful to describe the context and need by referencing current policy and research. Alternatively, you may have consulted with health partners to understand the context and identify the need. Or perhaps your project has been co-produced with its intended beneficiaries as a way of understanding their needs.

The way in which you write this section will depend on how the project was developed. The important thing is to include the rationale or identified need for the project.

Rubicon Dance developed Move to Health: Circle of Care in response to growing demand for arts-based interventions that support physical and mental wellbeing across hospital and community settings. The programme was shaped by long-term partnerships with Cardiff & Vale University Health Board and informed by feedback from patients, carers, and clinicians. It addresses key health needs including stroke recovery, dementia, Parkinson's, pain management, and social isolation. The project aligns with national policy promoting preventative health and integrated care, and was designed to create sustainable pathways that support people throughout their health journey.

The Approach

Describe the arts project that was delivered in response to the need identified. What was delivered? Who were you working with? When and where did it take place?

Be specific about:

- **Outputs** – how many artworks, performances, workshops, training sessions did you deliver?
- **Engagement** – how many artists and / or participants were involved?
- **Timescale** - when did it take place, over what period of time, how long did sessions last?
- **Budget** – what costs were involved? What was the project budget?

Explain what happened, including references to any good practice or quality standards appropriate to the project such as co-production with health partners or users, recruitment of experienced artists, support and supervision for artists etc.

Move to Health: Circle of Care was delivered by Rubicon Dance between April 2024 and May 2025 across hospital wards and community venues in Cardiff, Newport, and the Vale of Glamorgan. The programme included 558 dance sessions led by four experienced dance practitioners, supported by 973 health professionals and 233 volunteers. It engaged 3,971 participant attendances across 27 settings, including hospitals, hospices, memory cafés, and community centres. Sessions lasted around one hour and were tailored to support people with stroke, Parkinson's, dementia, brain injury, long-term pain, and mental health conditions. The project was co-produced with health partners and shaped by feedback from service

users. It prioritised continuity, person-centred practice, and adaptive delivery. Rubicon recruited highly skilled practitioners and maintained strong relationships with clinical teams to ensure quality and safety. The programme was funded by Arts Council Wales, with additional in-kind support from health partners. While the initial total budget was not fully met, which impacted workforce development plans, the programme still exceeded engagement targets and delivered high-quality, inclusive arts in health practice.

The Impact

Tell us what happened as a result of your project and how you know this. How did you evaluate your project? Briefly describe your evaluation methodology and tools. What were your findings? Did the project lead to intended and/or unintended outcomes? What impacts did you identify?

Include analysis of findings and quotes from participants, partners and stakeholders as well as statistics, graphs and pie charts to describe quantitative findings. You can upload these at the end of the form.

Not every project will include an in-depth evaluation, however all projects will include some form of reflective assessment of impact and learning. If you did not carry out a full evaluation, what processes did you use to assess the impact of your project (e.g. reflective review meetings, ad hoc feedback from participants, professional assessment by the project team)? And what did you find out?

Further guidance on wellbeing outcomes is available here:

<https://whatworkswellbeing.org/about-wellbeing/>

The Move to Health: Circle of Care programme was evaluated using a mixed-methods approach, combining qualitative feedback with quantitative tracking. Rubicon Dance used an impact framework developed in 2023/24 to assess six dimensions of wellbeing. Data was gathered through practitioner logs, participant testimonials, interviews, stakeholder feedback, and mood scores. Over 3,971 participant attendances were recorded, with consistent reports of improved mood, mobility, confidence, and social engagement.

Quotes from healthcare staff and service users highlighted outcomes such as "smiling and laughing," "improved patient engagement," and "reduced loneliness." One stroke patient progressed from being chair-bound to walking into sessions. Unintended outcomes included increased referrals to community sessions and stronger peer support among participants. Despite limited evaluation funding, reflective practice and co-production with health partners ensured meaningful insights and continuous learning.

Lessons Learned

How did you reflect on the process of delivering your project? What lessons did you learn? What went well and what will you do differently next time? How will this learning be put into practice?

This is something that is often not included in case studies, yet it is important to share the things that were challenging or did not go well so that we can learn from each other.

Delivering Move to Health highlighted the importance of continuity, co-production, and practitioner support. While strong partnerships and participant engagement were key successes, reduced funding and staffing changes created challenges. We learned that emotional support for artists and structured evaluation must be prioritised. Future delivery will embed reflective practice, strengthen referral pathways, and invest in workforce development from the outset.

The Legacy

What is the legacy of your project? What does the future look like for your project or your participants? How will the approach be sustained or scaled up?

This might be a good place to use a final quote to illustrate the overall impact of the project and its legacy.

Move to Health created lasting pathways between hospital and community, enabling participants to stay active and connected. Many now attend multiple weekly sessions, building resilience and wellbeing. Rubicon plans to expand delivery and train new practitioners. As one partner said, "The impact is so positive—we just want to enhance more participants' wellbeing through your group." The legacy is a growing, trusted model of arts in health.

Web and social media links

Please provide any useful web or social media links relating to the project: e.g., Project Evaluation Report; Artists and/or partner websites/related video clips etc. Social media handles: Facebook/Twitter/Instagram

<https://www.rubicondance.co.uk/>
https://www.facebook.com/rubicon.dance?_ga=2.249666118.1513903802.1759244794-154095547.1744364317

https://www.instagram.com/rubicondance/?_ga=2.249206727.1513903802.1759244794-154095547.1744364317

Contact details

Include a contact name and email for anyone wanting to find out more about the project.

+44 (0)29 2049 1477
info@rubicondance.co.uk

Artform

In your application you told us the main Artforms you thought your activity would involve. Please provide the actual Artforms that were involved now that the activity has completed.

In the table below, please use a percentage to indicate your best estimate of the proportion of your activity that relates to each art form. For example, if your project is entirely related to dance, put 100% next to dance in the table.

If your project involves more than one art form, please estimate the percentages of the art forms included, for example: dance 20%, drama 50%, music 30%. Please remember that these must all add up to 100%.

To help you select the appropriate art form headings for your activity, please click on the following link to see the full list of examples found in the Art Form Definition Guide.

Artform	Proposed	Actual
Carnival and Circus		
Craft		
Dance	80	80
Digital Arts	5	5
Drama		
Film	5	5
Literature		
Music	10	10
Opera		
Theatre		
Visual Arts		

Please explain any changes to the above.

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Types of Activity

In your application you told us the main types of activity that you thought your project would involve. Please provide the actual activity types that were involved now that this has completed.

For example, if your project is entirely related to Research and Development, put 100% next to it in the table. If your project involves more than one activity type, please estimate the percentages of the activity types included. Please remember that these must add up to 100%.

Activity Type	Proposed	Actual
Business development		
Career Development		
Commissions		
Exhibitions	10	10
Festival (Presentation)		
Marketing		
Performance (Presentation)		
Production (Presentation)		
Research and Development	10	10
Touring		
Training		
Workshops	80	80

Please explain any changes to the above.

The range and extent of your Activity

In your application you told us how much activity you were planning to deliver as part of your funding and how many people would benefit. Please provide the actual results now that your funded activity has completed.

Please make sure that you include all the funded activity you delivered and that your figures are as accurate as possible. All categories need to be completed, so if any category isn't applicable, please enter '0'. Please include all other activity in the 'other beneficiaries' category, which accepts text. Please say 'None' if appropriate.

Range of Activity	Proposed	Actual
Number of Activities or events	1	1

Number of exhibitions		
Number of performances		
Number of exhibition days		
Number of training sessions		
Number of workshop sessions	610	610
Total attendances at exhibitions		
Total attendances at performances		
Total attendances at training sessions		
Total participants at workshops		
Other beneficiaries		

Please explain any changes to the above.

Language

In your application you told us what language/s you would be using to deliver your project. Please provide the actual results now that your funded activity has completed.

For percentage fields please enter a whole number - do not use decimal points. For example, for 6.7% round up to 7%.

Language	Proposed	Actual
Welsh	10	10
English	90	90
Other Language (Inc BSL)	0	

In your application you thought this project would have the following impact on the Welsh Language. Please provide you updated assessment.

	Proposed	Actual
Welsh Language Impact	Positive	Positive

Please explain why your project had the impact on the Welsh Language indicated. Please explain any changes from your original plans.

Proposed	Actual
One of our dance practitioners delivering in 8 of the programmes is able to converse in incidental Welsh with contacts, staff, patients and participants. Rubicon leaders take part in Welsh Training via Wales Wide Training Programme. We have also sought advice of the Welsh Language enabler and Jen Angharad of additional ways we can incorporate Welsh language and culture in the Health programme. Examples include use of incidental Welsh within sessions, meetings, Welsh translation, highlighting Welsh speakers within events, use of Welsh artists in song choice or traditional folk music if requested and finding out if there are Welsh speakers within the room. Rubicon recognises that speaking Welsh within sessions to participants who are Welsh speakers can often be important especially in sessions such as SRC, Stroke or Dementia sessions where people may have more connection and memories of their mother tongue (if Welsh) and enjoy reverting back to this.	Move to Health: Circle of Care supported the Welsh language by embedding incidental Welsh into sessions, conversations, and materials. One practitioner used Welsh regularly across eight programmes, enhancing cultural connection—especially in stroke and dementia settings where Welsh may be a first language. Rubicon staff undertook Welsh language training and consulted with the Welsh Language Enabler and Jen Angharad to explore further integration. Welsh songs, artists, and cultural references were used when requested, and Welsh speakers were identified and supported in sessions. This approach fostered inclusion, dignity, and cultural resonance, contributing to a bilingual, person-centred experience.

Project Location

In your application you told us where your activity would take place.

Please enter the actual postcode of the area where your activity was delivered. If your activity took place in multiple locations, you can enter up to 20 postcodes. You can click on the following link, enter the postcode and click on 'Search'. Keep the window open so you can search easily for all your postcodes. Postcode Lookup Tool below

Postcodes you project took place in

Postcode	Proposed	Actual
1.	CF24 1ND	CF24 1ND
2.	CF64 3YR	CF64 3YR
3.	CF5 3LL	CF5 3LL
4.	CF64 2XX	CF64 2XX
5.	CF14 4YS	CF14 4YS
6.	CF11 9XB	CF11 9XB
7.	CF62 8YH	CF62 8YH
8.	CF14 4XW	CF14 4XW
9.	CF14 1AD	CF14 1AD
10.	CF64 IEU	CF64 IEU
11.	CF14 2ED	CF14 2ED
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

Please explain any changes to the above

Local Authority analysis

We're often asked to report on the amount of activity that we support in different local authority areas. Please use a percentage to indicate the proportion of your activity that takes place in each Local Authority.

For example, if your project is taking place in one location, put 100% next to the relevant area. If your project activity involves more than one area.

Local Authority	Proposed (%)	Actual (%)
Blaenau Gwent		
Bridgend		
Caerphilly		
Cardiff	50	50
Carmarthenshire		
Ceredigion		
Conwy		
Denbighshire		
Flintshire		
Gwynedd		
Isle of Anglesey		
Merthyr Tydfil		
Monmouthshire		
Neath Port Talbot		
Newport		
Pembrokeshire		
Powys		
Rhondda Cynon Taf		
Swansea		
Vale of Glamorgan	50	50
Torfaen		
Wrexham		
Outside Wales		
Outside UK		

If there were any changes to where your project took place, please tell us here.

Project Equality Information

As a public body we're fully committed to increasing access to the arts and broadening arts audiences. We want the widest possible cross-section of people to enjoy and take part in the arts.

We're required to collect and monitor information about who our funding is benefitting. This helps us report on our progress in addressing inequalities in the arts and helps us target funding fairly and to where it's needed most.

[The Equality Act 2010](#) talks about people with "protected characteristics" and we're collecting information about arts projects that are being funded to deliver activities specifically for these groups of people. So we're looking for information about any particular groups of people that you're targeting in the delivery of your activities.

At the current time we're gathering information about groups using the list included in [The Equality Act 2010](#).

In your application we asked you to tell us if your activities targeted people from a particular age group, disabled people, people of a specific race, religion or belief, whether the activity is for men only, women only or has a focus on sexual orientation, pregnancy and maternity or gender reassignment.

Below are the answers you provided to the equality section in your application. Please provide the actual results now that your funded activity has completed.

Roughly, what percentage of your application/project has a specific focus on engaging the following groups?

Culture and ethnicity	Proposed	Actual
White Welsh		
White British		
White Scottish		
White Irish		
White Cornish		
White Other		
Gypsy or Irish Traveller		
Black Welsh		
Black British		
Black African		
Black Caribbean		
Black Other		
Asian Welsh		
Chinese		
Indian		
Bangladeshi		
Asian British		
Pakistani		
Asian Other		
Arab Welsh		

Arab British		
North African Arab		
Middle Eastern Arab		
Arab Other		
White and Black African		
White and Black Caribbean		
White and Asian		
White and Arab		
Mixed other		
Other ethnic group		

Age Groups

Age group	Proposed	Actual
0-11	5	5
12-16	5	5
17-25		
26-49	5	5
50-59	15	15
60+	70	70

Disabled People

Disability	Proposed	Actual
Cognitive Impairments	10	10
Learning Impairments		
Mobility Impairments	15	15
Mental ill health	20	20
Sensory impairments	5	5
Long-term health conditions	50	50
Other disability		

Protected Characteristics Other

Other protected characteristic	Proposed	Actual
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People who are pregnant, or have given birth within the past 12 months		
People who have undergone or are undergoing gender reassignment		

Religious Beliefs

Religious Belief	Proposed	Actual
Atheist		
Buddhist		
Christian		
Hindu		
Jewish		
Muslim		
Sikh		
No religion		

Sexuality

Sexuality	Proposed	Actual
Lesbian, Gay, Bisexual people or people with other sexualities		

Other Groups

Other group	Proposed	Actual
Carers	10	10
Arts & Health	80	80
Homelessness		
Refugees and/or asylum seekers		

Low-income families	10	10
Young people not in education, employment or training		

How did we do?

We're always looking for ways to improve the quality of the service we provide to people who are involved with us in our work. Your feedback will help us.

How well did we manage your initial enquiry for a grant?	Extremely Well
How well did we support you during the process?	Extremely Well
How well did we support you following the process?	Extremely Well

Please add any further comments related to the questions above which will help us improve our service.

N/A
