

Dengys y niferoedd a gymerodd
ran yn cARTrefu faint oedd
graddfa drawiadol y prosiect,
gan ei wneud y prosiect mwyaf
o'i fath yng Nghymru:



1,952

awr o ddarpariaeth
gelfyddydol rhad ac am ddim mewn
cartrefi gofal

976

o weithdai cARTrefu
dros y ddwy flynedd

1,543

o breswylwyr un neu fwy o
sesiynau cARTrefu



Cymerodd

793

o breswylwyr a

272

o aelodau o staff
ran yn y prif
werthusiad.

122

o gartrefi gofal
ran yn cARTrefu

20%



(bron i 20% o'r cartrefi
gofal yng Nghymru)

Cymerodd

208

o breswylwyr a

60

aelod o staff ran yng nghyfnod
peilot y werthusiad.



Y BROSES FENTORA

Darparodd model mentora cARTrefu elfen bwysig arall i'r prosiect. Roedd y themâu a nodwyd o gyfweliadau gydag ymarferwyr artistig a mentoraid yn cynnwys cefnogaeth a sicrywedd gan y mentor; arweiniad ymarferol a chyngor y mentor; dylanwadu ar ymarfer creadigol yr ymarferwyr artistig; a datblygiad proffesiynol y mentor.

Hwylusodd y prosiect ddatblygiad yr ymarferwyr artistig sydd wedi dod yn fwy hyderus wrth weithio gyda phobl hŷn mewn cartrefi gofal a gobeithir y byddant yn parhau â'r gwaith yn y dyfodol.

ARGYMHELLION

Mae'r myfyrdod o ddwy flynedd ddiwethaf cARTrefu wedi arwain at yr argymhellion canlynol ar gyfer prosiectau yn y dyfodol:

- 1 Mentoraid ac artistiaid i gael eu grwpio yn seiliedig ar leoliad daearyddol
- 2 Llai o bwyslais ar ffurfiau celfyddydol gwahanol
- 3 Mwy o ffocws ar gyfranogiad y staff
- 4 Ystyried dulliau gwerthuso amgen
- 5 Ystyried cryfhau ac ymestyn ffurf y cyfnod preswyl



Mae cARTrefu yn brosiect cyffrous a chyn bellod ag y gwyddom, dyma'r prosiect mwyaf o'i fath yn Ewrop. Mae'n brosiect ysbrydoledig ac arwyddocaol sydd wedi dangos llawer o effeithiau cadarnhaol y celfyddydau mewn lleoliad gofal i breswylwyr cartrefi gofal, staff, ac ymarferwyr artistig. Fel prosiect arloesol sy'n gweithio ar raddfa mor fawr, dysgwyd oblygiadau pwysig hefyd ar gyfer prosiectau yn y dyfodol.

Yn dilyn llwyddiant ysgubol cARTrefu, ariannwyd ail gam, cARTrefu II, gan Sefydliad Baring a Chyngor Celfyddydau Cymru tan 2019. Gan gymryd arno'i hun yr argymhellion o'r adroddiad gwerthuso hwn, mae gan cARTrefu II fwy o bwyslais ar gynaliadwyedd a chefnogi staff i barhau i ddarparu gweithgareddau creadigol a diwylliannol i breswylwyr ar ôl i'r ymarferedd.

I gael mwy o wybodaeth am cARTrefu II, cysylltwch â Chydlynnydd y Prosiect, Reg Noyes: reg.noyes@agecymru.org.uk

Am fwy o wybodaeth am werthusiad cARTrefu, cysylltwch â Dr Kat Algar-Skaife: k.algar@bangor.ac.uk

ETIFEDDIAETH

Dangoswyd yn glir effaith cARTrefu ar breswylwyr, staff, ac ymarferwyr artistig yn y gwerthusiad hwn ac mae'r prosiect yn parhau i adael etifeddiaeth i'r rhai dan sylw a thu hwnt.

- Mae etifeddiaeth cARTrefu yn y cartrefi gofal yn mynd y tu hwnt i werthfawrogiad cynyddol o'r celfyddydau, ac i mewn i elfennau sylfaenol gofal sy'n canolbwytio ar yr unigolyn. Siaraddodd y staff am sut mae'r sesiynau wedi gwella eu perthynas gyda phreswylwyr a chafwyd cynydd ystadegol arwyddocaol yng nghanfyddiad y staff o 'Obaith' i'r preswylwyr sy'n byw gyda dementia.
- Dylanwadodd cARTrefu ar arfer yr ymarferwyr artistig eu hunain ac arweiniodd at nifer o ffilmiau byr, recordiadau sain ac arddangosfa celf weledol. Roedd cARTrefu yn bwnt mynediad ar gyfer y gymuned gelfyddydol ehangach.
- Rhannu canlyniadau ar y llwyfan academaidd cenedlaethol a rhyngwladol.
- Datblygyd pecyn gweithgareddau cARTrefu a'i ddosbarthu i bob cartref gofal yng Nghymru. Bydd y pecyn ar gael ar-lein fel y gellir ei rannu'n ehangach ac i ateb y galw gan weithwyr proffesiynol iechyd a gofal ledled Cymru, y DU ac yn ehangach.

artistig symud ymlaen. Mae hyn yn dod â heriau newydd, posibiliadau newydd, ffurfiau celf newydd i ymgysylltu â hwy, a mwy o bwyslais ar arddangos y gwaith ac yn ymgysylltu â'r cyhoedd.

Gadawodd cARTrefu etifeddiaeth enfawr i breswylwyr a staff cartrefi gofal ar draws Cymru ac mae wedi paratoi'r ffodd ar gyfer y dyfodol gyda cARTrefu II, sy'n anelu at wthio ffiniau celf mewn cartrefi gofal hyd yn oed ymhellach.

I feel more fulfilled as an artist through having been challenged both to explore new ways of working and my own emotional responses... I want to continue this work"

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EXECUTIVE SUMMARY

In April 2015, Age Cymru began delivering a new project, cARTrefu, across care homes in Wales.

'cARTrefu' means to reside in Welsh.

The aims of cARTrefu were to increase opportunities for residents and staff to participate in the arts and to develop and mentor artists to deliver sessions for older people in care settings.

LEAD MENTORS RECRUITED IN



Mentors supported 4 further artists within each art form



16 artists delivered art sessions in care homes

RESIDENTS + STAFF

Each artist delivered weekly 2 hour artistic sessions

Received 16 hours artistic input

The project aimed to offer high quality participatory arts activities to care home residents and in so doing to contribute to improved well-being. It was also intended that care home staff would acquire new skills and the confidence to share them, and that the artist practitioners would develop their professional practice. This evaluation explored the impact of the art residencies on all involved.

The numbers involved in cARTrefu demonstrate the impressive scale of the project, making it the largest scale project of its kind in Wales:

1,952

hours of free arts provision in care homes



976

cARTrefu workshops were delivered over the two years

793

residents and

272

staff members took part in the main evaluation.



122

care homes took part in cARTrefu

20%

(nearly 20% of the care homes in Wales)

208

residents and

60

staff members took part in the pilot phase of the evaluation.

MENTORING PROCESS

cARTrefu's mentoring model provided another important element to the project. Themes identified from interviews with artist practitioners and mentors included support and reassurance from the mentor; practical guidance and advice of the mentor; influence on artist practitioners' creative practice; and professional development of the mentor.

The project facilitated the development of artist practitioners who have become more confident in working with older people in care homes and are hoped to continue the work in the future.

RECOMMENDATIONS

Reflection from the last two years of cARTrefu has resulted in the following recommendations for future projects:

- 1 Mentors and artists to be grouped based on geographical location
- 2 Less emphasis on four distinct art forms
- 3 More focus on staff involvement
- 4 Consider alternative evaluation methods
- 5 Consider strengthening and extending the format of the residency



cARTrefu is an exciting project and as far as we know, is the largest project of its kind in Europe. It is an inspiring and significant project that has shown many positive impacts of the arts in care setting for care home residents, staff, and artist practitioners. As a pioneering project working at such a huge scale, important implications have also been learned for future projects.

Following the huge success of cARTrefu, a second phase, cARTrefu II, has been funded by the Baring Foundation and Arts Council Wales until 2019. Taking on recommendations from this evaluation report, cARTrefu II has more of an emphasis on sustainability and supporting staff to continue providing creative and cultural activities for residents after the artist

LEGACY

The impact of cARTrefu on residents, staff, and artist practitioners has been clearly demonstrated in this evaluation and the project continues to leave a legacy on those involved and beyond.

- The legacy of cARTrefu in the care homes goes beyond an increased appreciation of the arts, and into fundamental elements of person-centred care. Staff spoke about how the sessions had improved their relationships with residents and a statistically significant increase in staff's perception of 'Hope' for residents living with dementia was found.
- cARTrefu influenced artists' own practice and resulted in several short films, sound recordings and a visual art exhibition. cARTrefu was an access point for the wider arts community.
- Sharing of results on national and international academic stage.
- A cARTrefu activity pack was developed and distributed to all care homes in Wales. The pack will be made available online so it can be shared more widely and to meet demand from health and care professionals across Wales, the UK and wider.



practitioner has moved on. This brings with it new challenges, new possibilities, new art forms to engage with and more emphasis on showcasing the work and engaging with the public.

cARTrefu has left a huge legacy on care home residents and staff across Wales and has paved the way for the future with cARTrefu II which aims to push the boundaries of arts in care homes even further.

For more information about cARTrefu II, please contact the Project Coordinator, Reg Noyes reg.noyes@agecymru.org.uk

For more information about the cARTrefu evaluation, please contact Dr Kat Algar-Skaife k.algar@bangor.ac.uk

CRYNODEB GWEITHREDOL

Ym mis Ebrill 2015, dechreuodd Age Cymru gyflenwi prosiect newydd, cARTrefu, ar draws cartrefi gofal yng Nghymru.

Mae 'cARTrefu' yn golygu 'byw' yn y Gymraeg. Amcanion prosiect cARTrefu oedd cynyddu'r cyfleoedd i breswylwyr a staff gymryd rhan yn y celfyddydau ac i ddatblygu a mentora artistiaid i gyflwyno sesiynau i bobl hŷn mewn lleoliadau gofal.

MENTORIAID ARWEINIOL WEDI EU RECRUWTIO MEWN



Mentor yn cefnogi 4 artist arall o fewn pob ffurf ar gelfyddyd;



16 o artistiaid yn cyflwyno sesiynau celf mewn cartrefi gofal

PRESWYLWYR + STAFF
Preswylwyr a staff ym mhob cyfnod preswyl wedi derbyn cyfanswm o 16 awr o fewnbwn artistig.

Anelai'r prosiect at gynnig gweithgareddau celfyddydol cyfranogol o ansawdd uchel i breswylwyr cartrefi gofal ac wrth wneud hynny, i gyfrannu at wella llesiant. Bwriad arall oedd sicrhau bod staff y cartref gofal yn caffael sgiliau newydd a hyder i'w rhannu, ac y byddai'r Ymarferwyr Artistig yn datblygu eu hymarfer professiynol. Roedd gwerthusiad yn archwilio effaith y cyfnodau preswyl celf ar bawb a oedd yn gysylltiedig â hwy.

The Baring Foundation