

10 Years of ST/ART @DCA Print Schools

A Unique Route to Health and Wellbeing through Printmaking

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Background

Tayside Healthcare Arts Trust (THAT) and Dundee Contemporary Arts (DCA) have collaborated for 13 years in the development and delivery of short printmaking classes for adults with significant Long Term Health Conditions (LTC). Originating from a once a week programme of 8 sessions in 2005 as part of THAT's Stroke and Art Project (ST/ART), this partnership has grown to become a core relationship for both organisations. It is also an important model for Creative Engagement in a mainstream cultural setting with participants from a wide range of health conditions including Stroke, Dementia, Parkinson's, COPD (breathing difficulties), MS and others, able to engage through this multi-medium creative discipline.

Objectives

This presentation reviews the quantitative and qualitative evidence of the last 10 years delivery of the 'Printschools' (introductory and intermediate) and demonstrate that creative engagement through printmaking in a mainstream setting enhances quality of life, promotes social inclusion, empower the individual and makes a significant contribution to their health and well being.

Methods

From 2008-2017, 342 self selecting participants were engaged through the ST/ART@DCA 'Printschools' programmes working with experienced printmakers to explore their creative potential. Baseline information was collected on each participant before their programme as were their views of their experience after their programme. Artists observations, participants anecdotal comments and a substantial visual archive of activity and out puts provides additional valuable information.

Results

Our qualitative responses fall into two principal categories, positive performance and positive achievement and these reveal a range of likely psychosocial benefits. Our quantitative results show that participants' experience significant increase in their perceived capability, maintain very strong attendance rates, value the experience very highly and wish to engage further.

Conclusions

The highly flexible multi-medium nature of printmaking makes it a very successful and popular access point for the delivery of Creative Engagement in a mainstream cultural setting. The benefits of participation are clearly significant and have been consistently high over the 10 year period.



PARTICIPANTS COMMENTS

POSITIVE PERFORMANCE

I was encouraged to work at my own pace and if there was something I did not understand – practical help was there for the full 3 days.

Confidence

Best 3 days in the year! Could not have been any better.

Mood

Made new friends, gives me something to look forward to.

Motivation

Am able to do stuff with just one hand that I didn't think was possible.

Control

A good programme that links enjoyment, a new experience and socialisation together.

Mood

I really enjoyed my time here, again! It's great to feel normal sometimes.

Control

POSITIVE ACHIEVEMENT

The final result of my work makes me feel I have achieved something. The course helped my concentration.

Self Esteem

I found this programme has shown me things I did not think I was capable of.

Self Efficacy

I'm so proud, coming here was the first time I have used public transport since my stroke.

Self Esteem

Very thankful for opportunity would never have done art SQN Course at College if I hadn't done the ST/ART courses.

Self Efficacy

I would have liked more time in the Print studio. I would also love to do this again.

Self Efficacy



THAT - DCA Summerschool, Combined Data, 2008 - 2017

Participants' Programme Data

No. of Participants	342
Age Range	25 - 86
Female	51%
Male	49%
Level of Attendance	98 %
Wish access to further programmes	100%

Participants' Programme Views

Expected capability (Pre-programme)	Average	58%
Change in capability (Post Programme)	Better/ Much Better	93%
Provided a good experience	Strongly Agree	90%
Treated you as an individual	Strongly Agree	87%
Understood your needs	Strongly Agree	84%
Gave you feedback about your work	Strongly Agree	89%

Participants' Programme Benefits

Mood 71% Confidence 76% Communication 60% Concentration 62% Socialisation 63%