

# Taking Art Home

## what?

Taking Art Home is a project run by Art in Healthcare. We provide weekly online art workshops for people living with **Long Covid**, facilitated by a professional artist.

The sessions started in March 2023 and are currently scheduled to run until December this year.

## why?

People living with Long Covid are often still incredibly **isolated**, either due to their condition or anxiety about catching Covid again.

Many can no longer attend creative classes due to their condition and miss going out to classes and meeting like-minded people.

## Outcomes

- participants feel more **socially connected** and value having a class where people understand what they are experiencing, but where Long Covid is not the main focus.

- participants use creative activities as a **positive distraction** for their Long Covid symptoms (both inside and outside of the group)

- Participants experience **improved mood**

## Learnings

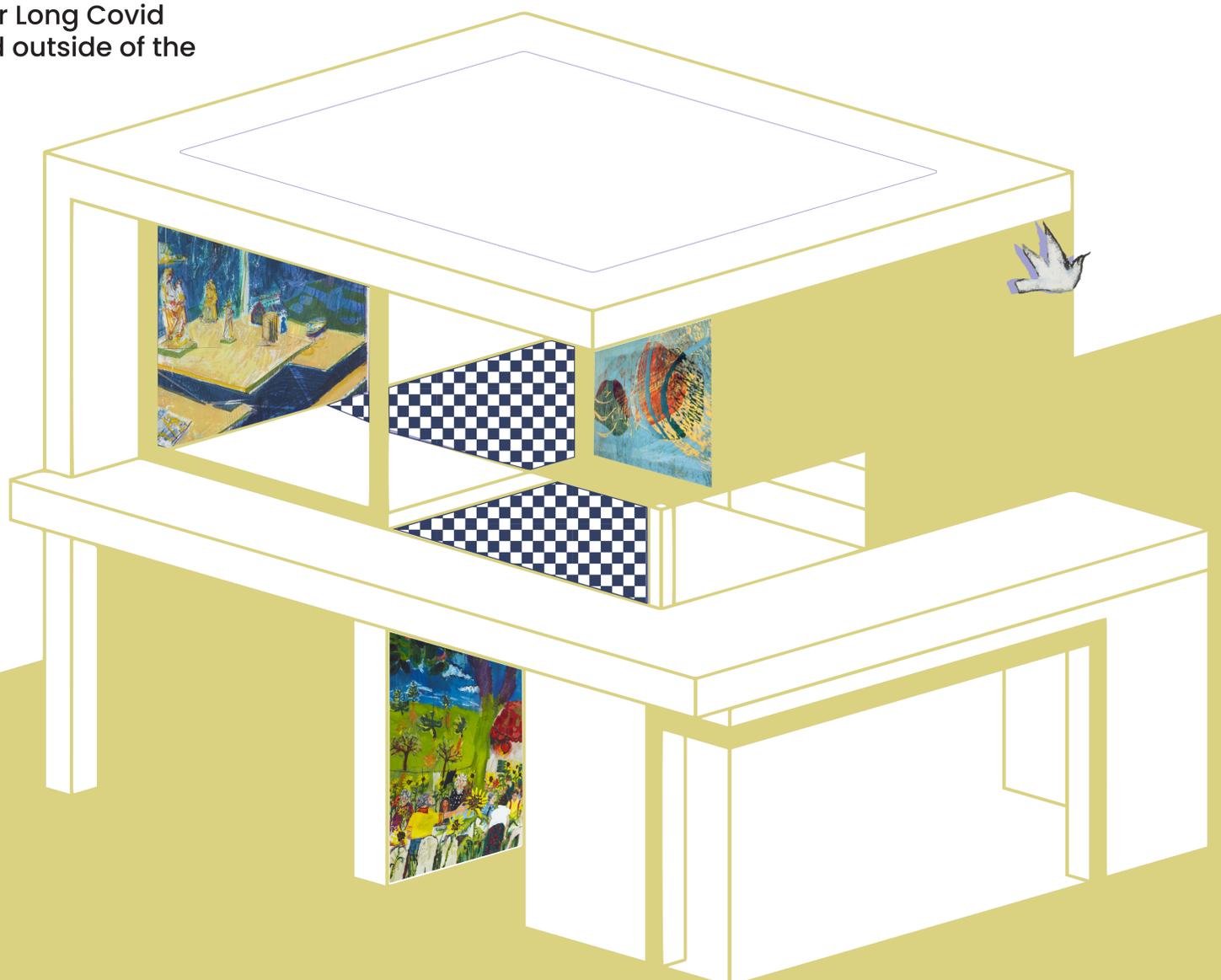
- Participants value low mess activities as many join the class from bed, or find it difficult to get up to clear things away
- Participants like activities which are easy to pick up and put down, and many will re-visit their favourite activities between classes to relax, or take their mind off other things
- The classes are creative and playful - there's no right or wrong which is valued:

*"I'm getting a lot out of the classes though I don't really understand how or why. Something to do with learning to play I think. It's restorative, like rest, but makes a lovely change from doing yoga nidra."*

- Often participants will feel unwell or have an appointment on the day of the class - so pre-recorded video content for them to watch in their own time is really important

## Future

We are currently in the process of applying for additional funding to continue and expand this project into 2024.



*"(I) genuinely thought there was no way that doing some arts and crafts would have any impact at all on this very real and physical disease. I had no idea how wrong I would be. Very quickly Taking Art Home became my main source of comfort, both mentally and physically"*