**Journeys of Appreciation**

The impact of visiting museums and galleries on service users and staff from an NHS acute older adult mental health and dementia service

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**What is the Journeys of Appreciation Programme (JOAP)?**

An innovative multi-partnership, engaging in-patient service users and staff in museum and gallery visits with follow-up creative and therapeutic workshops. JOAP is a Maudsley Charity funded 3 year programme.

**Aims**

- To create and reconnect service users and staff with experiences, which promote recovery, well-being and social inclusion
- To enhance therapeutic relationships, life story practice and ward culture by fostering participation in the programme

**What we have achieved within the first 10 months**

**Visits to galleries and museums:** 9  
**Service users attended:** 62  
**Ward staff attended:** 69

- Developed a creative partnership with Dulwich Picture Gallery, Horniman Museum, Tate Modern and Tate Britain
- Improved engagement of staff through training and development of creative displays and life story work
- Increased staff confidence in accessing community opportunities - "positive risk taking"

**What we have learnt so far**

Key themes from the qualitative interviews with nine service users and eight staff following a visit in April 2013

**Benefits:**
- We all learnt something - joint learning for staff and service users
- Collective Sharing - of humanity and the experience
- A sense of freedom - going out, getting off the ward

**Challenges:**
- Creative and life story follow up can be limited by ward demands
- Varying levels of ownership and engagement across the wards
- Changes in ward culture, remain work in progress
- How do we best measure or capture service user experience and changes in ward culture?

**The journey forward ...**

- Developing wider participation of ward staff and new ‘champions’
- Arranging a variety of ward based creative and therapeutic training and workshops for staff and service users
- Installing framed art for the bedrooms on the wards
- Exploring research opportunities to measure impact on service user experience, as well as ward culture

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