



## Penny Alexander

**Title: MSc Res Arts and Health: Embedding the cARTrefu approach**

**Start Date: September 2020    Anticipated End Date: September 2021**

**Supervisors: Dr Diane Seddon and Dr Katherine Algar-Skaife**

**Funders: KESS 2 East**

### My background

Graduating in 2012 with a BA (Hons) in Visual Art, I was instinctively attracted to working within community groups. I utilized skills as a conceptual artist to bring creative workshops or activities to marginalized members of society. Examples of those I worked with include refugees, adults with special educational needs, children at risk, adults at risk and communities living in areas of social deprivation. Having witnessed the benefits that creativity can bring, I hope to learn from previous research and to seek out potential models to explore the facets of this complex sector. As a novice researcher, I hope my involvement in the history of the project can facilitate a depth of experience which supersedes and supports me in my journey as a PGR.

### My research

These previous experiences led me to be selected as an artist with Age Cymru. From 2017-2019 I worked on as an Artist in Residence on their flagship “cARTrefu” programme. cARTrefu, which means to reside in Welsh, received funding from The Baring Foundation and The Arts Council of Wales for 6 years. With this funding coming to an close in 2021, Age Cymru is now looking at ways to sustain and embed the programme. I have been awarded a KESS2 East scholarship to explore the barriers and facilitators to embedding and sustaining arts provision in social care settings.

### Contact

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