HEALTHY WORKPLACE INITIATIVE FUND PROGRAM

ART AND CREATIVE EXPRESSION

YOUR ROLE
By implementing an artistic or creative program you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

THE BENEFITS OF WORKPLACE ARTISTIC OR CREATIVE PROGRAMS

- Art making and art viewing have been used as effective methods of reducing levels of work stress associated with group cohesion and interpersonal conflict.
- Art therapy enables people to see the points of view of others.
- Creative activities can have health-promoting and healing effects; they enable participants to discover commonalities and common ground with others.
- Creating art also provides an outlet for transforming or re-imagining negative situations or imagery.

KEY CONTACTS
Truelove Twumasi
Workplace Wellbeing Programs Specialist
t.twumasi@ubc.ca
604-827-2350

Additional Resources
Michaels Craft Stores
Adult Craft Ideas (Pinterest)

Vancouver only
Four Cats Arts Studio
Gallery
Urban Yarns KnittingStore

Kelowna only
Kelowna Art
Art of Yarn
Running your arts/creative expression Initiative

- Survey potential participants to determine the preferred type of activity/activities to maximize participation
- Survey participants to determine the preferred time for these activities
- Plan a creative and collaborative activity or series of ongoing activities
  - knitting club
  - craft afternoons (crafternoons)
  - Adult colouring book breaks
  - group painting (consider displaying the artwork in the department)
  - pottery class
  - watercolouring workshop
  - Office decorating/beautification projects
- Find out if members of the department have a special interest or skill that they would be interested in teaching the group (Origami, knitting, watercolour, scrapbooking)
- If your group is interested in starting an ongoing creative club, consider putting together starter kits for participants

**Key Considerations**

- Embed your initiative within existing team meetings and annual retreats to have a creativity component
- "Stretch the funding" consider purchasing materials with the future in mind

**HOW THE FUNDS BE CAN USED**

**Funds can be used for:**

- Creative and collaborative activity or series of ongoing activities (e.g., knitting club, crafternoons, group painting, etc...)
- Material purchases
- Small equipment purchases*
- Art instructor fees or art workshop fees

*All equipment purchased must remain the property of the hosting department/unit

**Funds cannot be used for:**

- Hiring of faculty/staff as instructors, to coordinate or support the program
- Reimbursement of private insurance or professional fees for external facilitators
- Items that fall within the responsibility of the department to provide
- The purchase of stereo or electronic equipment
- Individual monetary reimbursements for gym memberships/fitness classes/entry fees
- The purchase of gift cards or certificates of any denomination
- Charitable donations