WAHWN Case Study Template

Please read guidance notes before completing this form. Guidance notes can be found here.

1. Summary Information

Title:

Ar y Dibyn

Author: Name of author, job title, organisation.

Nia Wyn Skyrme an Rhian A Davies, Theatr Cymru

Date: The date the case study was written (dd/mm/yyyy).

10/07/2025

Photograph: Submit a photograph to represent your project on the case study landing page. See Guidance Note 1 from the guidance document.

Web Teaser: A short introduction to your case study briefly summarising the 'who, what, why and where' of your project. Maximum 200 characters. See Guidance Note 2 from the guidance document.

A Welsh-language creative health and wellbeing project that was held all over Wales between June 24 and May 25 for people with addiction as group and one-on-one sessions with counsellors.

Partners: Names of delivery organisation and partners.

PARTNERS:
Iola Ynyr;
Literature Wales;
Regional Substance Abuse Unit - Adults, Health and Well-being Department, Gwynedd Council;
Cronfa Grymuso Gwynedd Menter Môn;
Meddwl.org;
Adra;
Ynys Môn County Council;

Aberystwyth Arts Centre;
Galeri.
REFERRAL PARTNERS:
Maes Ni;
ICAN/GISDA Maesgeirchen, Pwllheli, Blaenau Ffestiniog;
Bron Castell;
Isgraig Llangefni;
Ynys Môn Social Services;
Regional Substance Abuse Unit - Adults, Health and Well-being Department, Gwynedd Council;
North Wales Probation Unit;
Gorwel;
Mwy project.

Funders: List names of all funders involved.

Arts Council Wales;
Regional Substance Abuse Unit - Adults, Health and Well-being Department, Gwynedd Council;
Cronfa Grymuso Gwynedd, Menter Mon;
Meddwl.org;
Community Investment Fund, Adra;
Bro Prosperity Fund - Old People's Celebration Fund, Anglesey;
Theatr Cymru

Tags: List key search words describing the arts activity, the participant or beneficiary group, the context and / or the health and wellbeing need being addressed. See Guidance Note 3 from the guidance document.

- Iola Ynyr
- Theatr Cymru
- Ar y Dibyn
- Dependency
- Alcoholism
- Sessions

- Creative
- Substance misuse
- Substance abuse
- Health and Wellbeing

2. The Case Study

Introduction: The introduction needs to succinctly explain your project or programme, including the 'Who, What, Why, Where, When' of your project. Maximum 800 characters. See Guidance Note 4 from the guidance document.

Ar y Dibyn is an innovative national project that uses the arts to empower people affected by addiction. We provide safe creative workshops in Welsh across Wales, with the support of counselors and translators, in partnership with the health sector and the third sector. We train artists to work with human frailty and offer platforms for participants to share their work, de-stigmatizing addiction and celebrating resilience.

The Challenge: Explain the context for your project? Why did you develop the project? What identified health or wellbeing need were you addressing? Maximum 800 characters. See Guidance Note 5 in the guidance document.

With drug and alcohol addiction levels at their highest since 1993 and alcohol-related deaths at their highest in Wales in 2023, creative arts-based interventions have been recognized as effective methods to support individuals affected by trauma, addiction, and mental health problems. Unlike traditional therapeutic or clinical models, these programs often facilitate healing through expression, storytelling, and connection, offering participants authority and new ways of self-awareness. In a Welsh context, access through the medium of Welsh is essential to provide an inclusive and accessible service. The program was developed to meet the needs of individuals who may feel excluded from mainstream support structures due to addiction.

The Approach: Describe the arts project that was delivered in response to this need? What was delivered? Who were you working with? When and where did it take place? Maximum 1,300 characters. See Guidance Note 6 from the guidance document.

Between June '24 and '25 series of 3 to 6 sessions (1.5 hours) and 1:1 sessions (1 hour) were held for individuals affected by addiction referred by partner and self-referral organisations. Sessions included creative writing, clay work, drawing and creative reflection. There were two experienced artists in each session and a counselor and translator at the time. Areas including Caernarfon, Maesgeirchen, Blaenau Ffestiniog, Pwllheli, Llangefni, Aberystwyth and online. Product and creative outputs based on participants' suggestions included:
- Pamphlet of participants' creative work: 1
- Film of the work at the Health and Wellbeing Storytelling Conference: 1
- Exhibition at Galeri March-May '25: 23 days
- Galeri Exhibition Attendees: 230 (10 per day)
- Presentations at events: 4
- Workshops (group and 1:1): 90
- Training, mentoring and reflective sessions: 17

- Artistic Visits: 4
- Artists: 8
- Counsellors: 6 (employed and in good standing by partners)
- Participants across all workshops: 461
- Training participants: 27
- Participants attending artistic events: 15

Budget includes:
- Artists
- Appraiser
- Coordinators
- Locations
- Counsellors
- Translators
- Discounted theater tickets

The Impact: How did you evaluate your project? Briefly describe your evaluation methodology and tools. What were your findings? Did the project lead to intended and/or unintended outcomes? What impacts did you identify? Maximum 1,300 characters. See Guidance Note 7 from the guidance document.

A mix of evaluation methods were used to assess the impact of the project, combining internal and external insight. Internally, the evaluation was organised by the Producer and Lead Artist through monitoring reports, de brief meetings with artists, and quarterly meetings with health partners. The counselor and the reflective methods were key to creating a safe environment, with flexibility in locations and planning. A former participant was mentored to an artist, expanding the team to 8 artists. Externally, we collaborated with Dr Nia Williams (Bangor University), leader of an independent evaluation, who used a qualitative method to examine the experiences of individuals and the point of view of professionals. Open narratives were used to understand the impact of the program on recovery from trauma, addiction, and mental health. Ar y Dibyn was found to offer a powerful, inclusive and flexible intervention model that focuses on the person, emotional safety, and connection. With improved infrastructure and cross-sector collaboration, there is potential for the program to be a core part of and wellbeing services throughout Wales and beyond.

Lessons Learned: What lessons did you learn from delivering your project? What went well and what will you do differently next time? How will this learning be put into practice? Maximum 550 characters. See Guidance Note 8 from the guidance document.

Taster sessions for refereral staff, strengthening understanding and confidence
Experiment with cost-effective models
Work safely and within professional boundaries
Relevant life experience/training essential
Ongoing collaboration with referral partners is key
Clear and effective methods and creative output
Creative output providing value to participants and artists
Staff changes challenging but flexible response
Creative output providing value to participants and artists
Staff changes challenging but flexible response

The Legacy: What is the legacy of your project? How will the approach be sustained or scaled up? What does the future look like for you, your work and your participants? Maximum 550 characters. See Guidance Note 9 from the guidance document.

Legacy:
Increase in arts and cross sector partners
Returning and new participants
Consistan referral partners
An increase in financial commitment from partners who can
The future:
Contribute to the Substance Misuse Board's action plan
Continue to hold workshops in Aberystwyth and attract Mid Wales partners
Communicate participants' progress pathway
Support the growth of the project by increasing the number of artists
Ensuring sustainable multi-agency funding
Collaborate on developing a sister project for carers and families

Web and Social Media Links: Web links: E.g., Project Evaluation Report; Artists and / or partner websites etc. Related YouTube and / or Vimeo film clips and social media handles: Facebook / Twitter / Instagram

• WAHWN: https://wahwn.cymru/en/search-results?mact=Search%2Cm9477f%2Cdosearch%2C0&m9477freturnid=48&m9477fsearchinput=ar+y+dibyn&submit=&m9477forigreturnid=15
• WAHWN 23/24 Evaluation Report: https://wahwn.cymru/knowledge-bank/report-gwerthuso-ar-y-dibyn-theatr-cymru-gan-dr-dr-nia-willams
• Theatr Cymru https://theatr.cymru/en/projects/ar-y-dibyn/
• Pamphlet (forthcoming)
• We are actively collecting materials 24/25 for our website
• Dr Nia Williams' report for 24/25 (to be uploaded to Wahwn on receipt of participants' agreement)• WAHWN: https://wahwn.cymru/en/search-results?mact=Search%2Cm9477f%2Cdosearch%2C0&m9477freturnid=48&m9477fsearchinput=ar+y+dibyn&submit=&m9477forigreturnid=15
• WAHWN 23/24 Evaluation Report: https://wahwn.cymru/knowledge-bank/report-gwerthuso-ar-y-dibyn-theatr-cymru-gan-dr-dr-nia-willams
• Theatr Cymru https://theatr.cymru/en/projects/ar-y-dibyn/
• Pamphlet (forthcoming)
• We are actively collecting materials 24/25 for our website
• Dr Nia Williams' report for 24/25 (to be uploaded to Wahwn on receipt of participants' agreement)

Contact Details: Include a contact name and email for anyone wanting to find out more information about the project.

Nia Wyn Skyrme
nia.skyrme@theatr.com
rhian.davies@theatr.com