



# **Evaluation of The Body Hotel Moving Respite Pilot Final Report**

**Prof. Carolyn Wallace, Sophie Randall  
July 2022**

## Contents

|                                             |    |
|---------------------------------------------|----|
| <b>Background:</b> .....                    | 4  |
| <b>The evaluation design.</b> .....         | 5  |
| <b>Findings</b> .....                       | 6  |
| <b>Conclusion and recommendations</b> ..... | 11 |
| <b>References</b> .....                     | 13 |
| <b>Appendix A</b> .....                     | 14 |
| <b>Appendix B</b> .....                     | 15 |

## **Acknowledgments**

Many thanks to all those participants who gave their time to attend the pilot 'Moving Respite', completed the online forms and participated in the online interviews.

Thanks also to HEIW (Health Education Improvement Wales) and Arts Council Wales for funding and hosting the 'Moving Respite' workshops.

## Background:

Compassion fatigue and burnout have significantly affected essential workers during the pandemic (Restauri & Sheridan 2020). However, the UK has placed little attention on the efficacy of body-focused therapeutic movement methods. The Body Hotel: Moving Respite aims to address this knowledge gap by providing virtual spaces of respite with a wellbeing benefit to participants, employed through a client-centred approach. 'Moving Respite' speaks to the need for innovative employee wellbeing services, researching how dance movement psychotherapy (DMP) principles can support NHS workers' self-care. In 2021-22 The Body Hotel (led by Dr Thania Acarón) delivered interactive online workshops to contribute to employee wellbeing in a number of settings as a result of a social prescription.

Social Prescribing is defined in Wales as 'connecting citizens to community support to better manage their health and wellbeing' (Rees et al, 2019; Welsh Government , 2022). The model of social prescribing in Wales is growing and it is expected to have a positive impact through offering an alternative non-clinical support 'brokered' by a social prescribing service (Elliott et al, 2022). The service is relationship based and social prescribers (also known by other titles such as community connectors or wellbeing officers) form (Wallace et al, 2021) are central to the process. They connect the citizen to the community based support and wellbeing activities which can be provided online or face to face. The Body Hotel: Moving Respite is an example of a wellbeing activity which has been developed to meet a specific need.

The Body Hotel Moving Respite is an employee wellbeing programme which ran as a pilot from November 2021 to April 2022, funded by Arts Council Wales and Health Education and Improvement Wales (HEIW). Its main objective was to pilot and evaluate a dance/movement-based burnout prevention programme for HEIW employees and understand the contributions of arts-based services to organisational development. The programme provided 12 online weekly sessions, two wellbeing drop in-sessions during HEIW Wellbeing Week (in-lieu of intensives due to the timing COVID restrictions), a taster and an in-person three-hour intensive after restrictions eased. (See Appendix 1 for the intensive invitation.)

## The evaluation design.

### **Aim and objectives**

The aim of this study was to assess the feasibility of evaluating the 'Moving Respite' project and to understand the experiences of participants.

Objectives included:

1. Evaluate the feasibility of evaluating the Body Hotel: Moving Respite for their employees as a service provision
2. Measure whether The Body Hotel: Moving Respite fosters employee wellbeing within HEIW
3. Demonstrate contributions of The Body Hotel: Moving Respite project towards employee wellbeing
4. Integrate arts-based methods within social prescribing evaluation frameworks

### **Questions to be asked included:**

- Is it feasible to use the identified methods to evaluate the Moving Respite programme?
- How can dance/movement contribute to employee wellbeing affected by the pressures of the pandemic?
- How can The Body Hotel: Moving Respite inform social prescription and arts-based initiatives across Wales?
- What are the views and experiences of participants?

### **Sampling strategy**

A purposive sampling strategy was used (Patton, 2015). We attempted to use a complete target population when collecting the questionnaires because of the small numbers expected in this pilot.

In addition to a sample of key informants for the qualitative interviews.

Participants were over 21+ years old and working in Wales in the professions listed under the category of health and social care. They were referred by the collaborating agencies (HEIW and UHBs) and through self-reported interest in enrolment in the programme.

### **Data collection & analysis**

Participants were asked to sign up onto The Body Hotel's software platform, and create a private client portal to access the service. Through this GDPR compliant software (Practice Better™), participants filled out an intake form and a form containing the Health & Wellbeing subscale (33 items) of the Copenhagen Psychosocial Questionnaire (COPSOQ) at the beginning, end of their participation in the programme and six weeks later. Participants were also asked to submit weekly

reports on their wellbeing using arts-based methods. They were offered a choice of creative tasks: a photojournal, a short diary or weekly note to check in on their progress. Additional opportunities were offered for participants to provide testimonials (anonymised) about their experiences in the project. The Body Hotel planned to compile and submit this data (anonymised) to WSSPR. The quantitative data was analysed using 'Practice Better'. In-depth interviews were conducted by WSSPR. Arts-based methods were analysed using thematic analysis (Guest, McQueen and Namey, 2012).

## Findings

### Who were the participants?

A total of 32 clients registered to enrol on The Body Hotel: Moving Respite (Table 1). The three additional clients who registered for the intensives session weren't formally part of the health board group and did not respond to the COPSOQ.

| Client source/type | No. registered |
|--------------------|----------------|
| HEIW               | 12             |
| UHB                | 17             |
| Intensive session  | 3              |
| Total              | 32             |

Table 1: total numbers registered

The participants chose to attend because of a history of one of the following: back issues, long term health condition due to trauma, ASD, dyslexia and dyspraxia, complex PTSD, Arthritis and fibromyalgia, heart condition, depression and anxiety and cancer. Other people identified long term health concerns that they didn't consider a disability including a complete hip operation, PND, high blood pressure, depression, plantar fasciitis, being a cancer survivor, and being in recovery from surgery.

Staff registered from all across Wales (postcodes detailed below). A particular positive of Wales wide recruitment was also targeting staff who had been on medical leave, as part of their transition back to work. The participants worked across administrative, wellbeing and organisational development departments within HEIW, with arts in health coordinators, psychotherapists, speech/language therapists, play therapists, music therapists, carers and mental health support workers joining the groups.

**Home postcode areas of sign-ups included:**

|                       |                       |                      |
|-----------------------|-----------------------|----------------------|
| CF44 – Aberdare       | CF72 - Pontyclun      | SA14 – East Llanelli |
| CF64 – Penarth        | CF39 - Porth          | SA11 – Neath         |
| CF48 – Merthyr Tydfil | CF63 – East Barry     | SA15 – West Llanelli |
| CF23 – East Cardiff   | CF38 – Church Village | SO17 - Southampton   |
| CF5 – West Cardiff    | CF36 – Porthcawl      | LL67 - Cemaes        |
| CF31 - Bridgend       | CF33 - Pyle           | LD3 – Brecon         |

**How can dance/movement contribute to employee wellbeing affected by the pressures of the pandemic?**

Participants didn't necessarily state that the reasons for attending were directly related to COVID-19. At the beginning clients chose to attend for various reasons. These have been divided into themes. They were because of wellbeing, Professional Development or Partnerships with other University Health Boards (Table 2). Some of them were specifically related to prevention and recovery.

| Theme            | Reason                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wellbeing</b> | <p>Interest in somatic work for my personal growth and well-being as well as working with in area within my arts practice and facilitation work</p> <p><i>Support/self-care with vicarious trauma</i></p> <p>Recent experiences of stress and anxiety</p> <p><i>To connect with my body again following [medical procedures] and with colleagues in the wider HEIW</i></p> <p>To help in maintaining my mental and physical health</p> <p><i>Interest in the links to the ways in which it can support Leadership.</i></p> <p>Work/life balance</p> <p><i>Did the pilot and loved it! Currently having health issues impacting general wellbeing.</i></p> <p>To help me integrate movement back into my life after receiving treatment</p> <p><i>To help with stress and mobility</i></p> <p>Relaxation, de stress, calming</p> <p><i>A way to relax &amp; unwind &amp; learn a new technique.</i></p> |

|                                                         |                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                         |                                                                                                                                                                                                                                                                        |
| <b>Professional Development</b>                         | Interest in self-help, meditation and alternative therapies.<br><br><i>To have strategies to cope with work and home stress</i><br><br>Finding ways to unwind                                                                                                          |
| <b>Partnerships with other University Health Boards</b> | To gain insight into the development of creative movement activities and to develop the research partnership with CTMUHB<br><br><i>My own resilience and to see if this is something we could incorporate into our own leadership development programmes in the HB</i> |

Table 2: Reasons for attending the workshops.

On reflection after the workshops participants said at interview that they felt taking part helped them to **release stress** and **relax**.

- a. "It definitely contributed to kind of feeling easier about things and not so stressed"
- b. "Just very relaxed, you know like when you get out of the shower or you come out of the sea and you are just relaxed and refreshed at the same time."
- c. "Release of anxiety and stress....I think those things I would take away"

Participants felt that it helped them to **cope physically and mentally**, or felt that it would help others, especially those going through transition for example menopause, body changes following surgery:

- a. "It really helped with my mental health and I didn't do the NHS counselling because I felt I wanted to do try this Body Hotel because what I was finding that through the moving and through the relationships, I felt really safe and it was really nice"
- b. "Well it certainly helped me, I got over that difficult time"
- c. "I think the Body Hotel would be really important and really helpful for people who are going through that kind of change in their lives"
- d. "I'm also thinking about [the] trans population you know, when we were exploring the sexual identity and their gender identity....I imagine this is really helpful because it...you collectively would co-construct a kind of safe exploratory space for that"

### **How can The Body Hotel: Moving Respite inform social prescription and arts-based initiatives across Wales?**

Fancourt et al, (2020) in their evidence summary for policy 'the role of arts in improving health and wellbeing' found that there is weak evidence to show that the use of arts is effective in the prevention of mental illness (depression and anxiety) in adults. A recent international dance movement psychotherapy study with nurses found this intervention to positively impact compassion satisfaction levels and decrease burnout levels (Yilmazer 2020, p. 1). However, there is more research to be done on this topic. In this evaluation there is some indication that research in this arts based activity is worth pursuing. Also conducting this intervention online proved to be popular and an acceptable and accessible way of participating.



Nineteen participants completed the Health & Wellbeing Subscale - Copenhagen Psychosocial Questionnaire - COPSOQ-HW at baseline i.e. at the beginning of the workshop programme. On reflection workshops voiced that there were discrepancies between the reports during the sessions and how participants completed the questionnaire, where the questionnaire presented a more positive picture than the experiences described in the workshops. (see appendix 2 for all results).

This following example questionnaire (figure 1) asked questions about vitality. The trends show that of the 18 responses to this set of questions the majority n=13 felt 'full of pep' 'some of the time' to 'none of the time'. The majority n=14 felt 'worn out', ranging from 'some of the time' to 'all of the time'. Finally the majority of participants n=15 felt tired ranging from 'some of the time' to 'all of the time'.

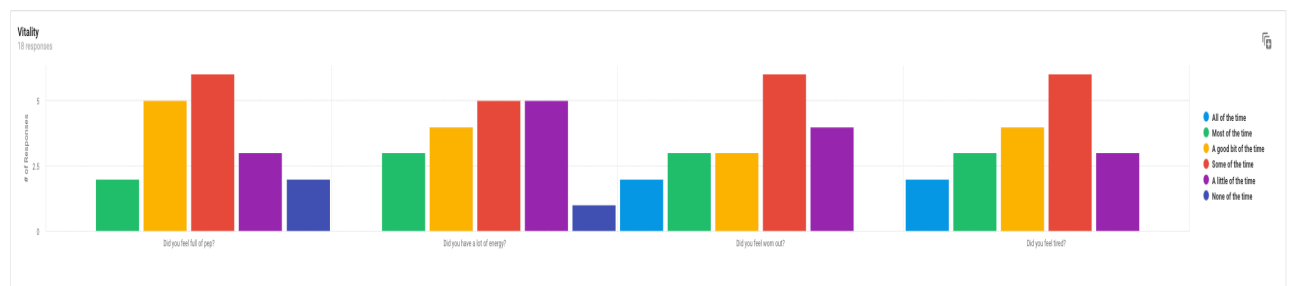


Figure 1: Vitality

In the somatic stress results the majority of participants n=12 had a tendency to stress 'some of the time' to 'always'. Whilst in the mental health results the majority n=17 felt downhearted and blue 'a little of the time' to 'most of the time'. In the general health results in response to whether the statement 'my health is excellent' n=8 said it was true whilst n=7 said it was false.

## Themes

During the focus group interviews, the movements in the workshops themselves were described as 'freeing', connected with others and left them feeling 'more confident' with lasting skills/ resources. They and their families noticed changes in behaviour. Participants felt that it was **freeing or liberating**, both within the sessions and in regard to some of the lasting effects:

- "I felt really liberated and free and I might not have done it, I can't say definitely but I definitely had more confidence"
- "I didn't realise how much confidence I gained through going this programme until I found myself in social setting after covid"
- "The movements are so freeing, a lot of it was not on screen so you could do things off screen and then come back to the group or start together and then move around and then come back...so it was freeing"

Participants described **skills/resources** that they were able to learn, and felt there would be lasting effects:

- a. "I felt more able to lean into the discomfort and more able to kind of focus on what my body was able to do at those times when I think otherwise I might have been more focussed on what I wasn't able to do"
- b. "It's cutting you from the work to the home life, so I've used that because there's time I'm quite stressed and rushed at work, I'll do that exercise because in a way it moves your head to a different space before you physically move to that different space"
- c. "There's echoes, it ripples on you know"
- d. "It just provided me with additional resource during this time when I otherwise might have felt more defeated than I was"

Participants noticed **behavioural change** following their participation:

- a. "I noticed it in my behaviour towards the people I live with"
- b. "So beneficial and the family could see differences in your mood"
- c. "I was mirroring someone the way they were dancing and they started to mirror me and then we started to move together and that's when it hit me...this has come right from the Body Hotel, it's one of the practices that we did"

A feeling of **connection/solidarity** with others – all participants expressed a feeling of companionship with others even if they only met online

- a. "It wasn't a lonely experience you know, you did feel part of some xxxx (41:45) reflective and I think there's incredible..."
- b. "That there was a lot of kind of solidarity with people, I felt very safe and so then it started to kind of help me to address things"
- c. "You weren't alone and there were others having a hard time, so you felt like a sense of community with that"

Some participants expressed that they initially felt some apprehension about **taking part online**, however then noticed the benefit of accessibility and comfort once they took part:

- a. "I don't think people really like to be on screen, even if you know you are on screen for work and stuff...so I think there might be that side of it but in a way it's easier than if you are doing it face to face because you can you know control what you see or don't see"
- b. "Once I'd got past the first initial apprehension.....because it was in my study with the door closed, I did find it quite liberating being online because you could be together but apart"
- c. "In some ways the online helped people to be able to get involved at the level that was right for them"
- d. "It was easy doing it online"

### **What are the views and experiences of participants?**

Key words used to express their views and experiences were safe, comfortable, reassuring, never pushed or pressured, grounded, joyful, very connected, joy, enjoyment, smiling. Participants agreed that they would recommend it to others.

Participants felt **safe and comfortable** within sessions:

- a. "I felt very safe and so then it started to kind of help me to address things"
- b. "Really reassuring that if at any point you feel overwhelmed or uncomfortable, you can withdraw without having any attention on you"
- c. "You are never pushed or pressured, the movements are within your own comfort zone"

Participants expressed feeling **grounded and joyful** following sessions:

- e. "It's a different kind of relation to one where you are kind of connected you know, it's a very connected sense of joy, a very grounded sense of joy"
- f. "I'll tell you what I really noticed, at the end of every session I was smiling so much, I felt at the end of every session just a great sense of joy and enjoyment"
- g. "You felt more connected with your body, you felt grounded"

All would **recommend** others to participate:

- h. "I would definitely recommend it"
- i. (in response to being asked if they would recommend): "Definitely", "Whole heartedly"
- j. "Kind of feel like I'd recommend it to anybody because, children included, because it's checking in with your body, its checking in with your head"

- **Is it feasible to use the identified methods to evaluate the moving respite programme?**

It is feasible to use the methods to evaluate the programme but in future the burden of data collection should be removed from The Body Hotel administrator and supplemented with a research assistant.

Participants found completing the COPSQ challenging, forgetting to do so and the majority only completed it when at first enrolling on the programme of workshops. They only accessed the Body Hotel software when they needed to and so they weren't totally engaged in completing the activities.

Only a small number participants completed interviews (n=4) due participant and researcher availability but those who attended provided rich data.

## Conclusion and recommendations

All participants discussed a range of benefits, ranging from those personalised to them to more general. Key themes emerged from the intake forms and interviews following participation in The Body Hotel: Moving Respite. The programme used a client centred approach for individuals who experienced a number of ailments which at first they expressed that they had a sense of reduced vitality.

The Body Hotel: Moving Respite was seen as a safe space where they learned skills and developed resources to prevent a reduction in wellbeing or recover from a physical or mental wellbeing experience.

Participants would recommend this to others.

**Recommendations include:**

Reviewing the use of the COPSQ questionnaire to gain before and after outcomes data.

Promote the use of the workshops for clients experiencing transition such as menopause, post-surgery.

Consider research study redesign to include mixed methods and social return on investment (SROI) and submit for HCRW or NIHR grant application.

## References

- Elliott, M., Davies, D., Davies, J., Wallace, C., (2022) Exploring how and why social prescribing evaluations work: a realist review. *BMJ Open* 2022; 12:e057009. doi:10.1136/bmjopen-2021-057009
- Fancourt et al, (2020) [Evidence summary for policy: The role of arts in improving health and wellbeing - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/evidence/summaries/evidence-summary-for-policy-the-role-of-arts-in-improving-health-and-wellbeing)
- Guest G, McQueen K and Namey E (2012). *Applied Thematic Analysis*. Thousand Oaks: Sage Publications
- Patton, M. Q. (2015). *Qualitative research & evaluation methods: Integrating theory and practice* (4th ed.). Thousand Oaks, CA: Sage
- Restauri, N., Sheridan, A.D., 2020. Burnout and Posttraumatic Stress Disorder in the Coronavirus Disease 2019 (COVID-19) Pandemic: Intersection, Impact, and Interventions. *Journal of the American College of Radiology* 17, 921–926. <https://doi.org/10.1016/j.jacr.2020.05.021>
- Rees S, Thomas S, Elliott M, Wallace C, 2019. Creating community assets/social capital within the context of social prescribing. Findings from the workshop held 17/7/2019. WCVA, Cwm Taf Morgannwg University Health Board, University of South Wales.
- Wallace, C., Davies, M., Elliott, M., Llewellyn, M., Randall, H., Owens, J., Phillips, J., Teichner, L., Sullivan, S., Hannah, V., Jenkins, B., Jesurasa, A., (2021) Understanding Social prescribing in Wales: A Mixed Methods Study. Wales School for Social Prescribing Research (WSSPR), University of South Wales, PRIME Centre Wales, Data Cymru, Public Health Wales
- Welsh Government (2022) National framework for social prescribing. Consultation Document. Number WG44988. [Developing a national framework for social prescribing | GOV.WALES](https://www.gov.wales/government/evidence/summaries/developing-a-national-framework-for-social-prescribing)
- Yilmazer, Y.Ç., Buldukoglu, K., Tuna, T., Güney, S.S., 2020. Dance and Movement Therapy Methods for Compassion Satisfaction, Burnout, and Compassion Fatigue in Nurses: A Pilot Study. *J Psychosoc Nurs Ment Health Serv* 58, 43–51. <https://doi.org/10.3928/02793695-20200211-01>

## Appendix A

### **The Body Hotel: Moving Respite – In-person Intensive**

The Body Hotel: Moving Respite is a wellbeing initiative that we are running in partnership with Health Education and Improvement Wales and Arts Council Wales. Following the success of our online Moving Respite sessions between November 2021 and February 2022, we are pleased to be able to host an in-person intensive session at The USW Atrium in Cardiff on 9<sup>th</sup> April. This session is open to previous Moving Respite participants, Health Education and Improvement Staff and NHS UHB employees. We will be doing some interactive activities together, working on decreasing burnout and providing a respite from work related stress, creating a safe and non-judgmental space. There is no need for prior movement experience as all interventions can be tailored to your own comfort level and to all abilities.

Location: The Atrium, Adam Street, CF24 2FN. (Paid parking available opposite the campus).

Dates: Saturday 9<sup>th</sup> April, 10am-1pm.

Booking link:

<https://thebodyhotel.practicebetter.io/#/6137801e3980330348849972/bookings?s=620a4e3eaf2fcc612a62a9ac&in=620d1a9db71c1f774002b584>

# Appendix B

