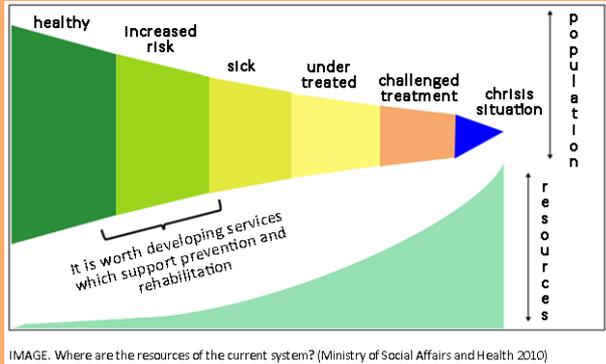


Mission: Joy, health and well-being from art and culture



An example of the services: Takuulla-KUH (Kuopio University Hospital)

Execution by funding of the TAKUULLA project and the Clinic of Pediatrics

Music workshop in the Pediatric hematology and oncology unit

Executed by KUH, Kuopio Conservatoire and City of Kuopio. A kindergarten teacher and psychologist are responsible for the development together with a music pedagogue from Kuopio Conservatoire. Execution: 1,5 hours activities + 1,5 hours of planning at the ward per week. Games, singing, playing, instrumental instruction, composing on iPads. Activity for 35 weeks on Fridays. Music workshop starts in the play lobby by playing music together. Individual music workshops for those children and youth who are in rooms.

The instruments acquired will remain at KUH and enable the continuation of the activity, development and concert visits. Savings in after-care (therapy 69-90€/session), support for reducing pain. Intervention is a part of a post doctoral research, in which investigation is done on the pain reducing and mental health enhancing abilities of music, for example. Creative activities for families, joy to break the heavy routines. Professional well-being and new skills for the work community, stimulation for the routines of the ward.

Multi-disciplinary **cooperative network**, in which new know-how and new kind of services are developed according to demand and customer needs. Tools of developing professional life and professional well-being from art and culture.

Art and culture as a part of the social, healthcare and educational sectors and in collaboration with the technical field (for example architecture and well-being technology). Professionals of different disciplines together in leaning and developing instead of sector-wise disciplines.

2012–2014

TAKUULLA models of action
Search for collaboration
Plans for continuation
New projects
Research
Including different areas of art

2015–2016

Founding of VOIMALA
Building the network
Project families
New know-how
Education

2017–2019

Models start to grow roots
New development targets
Project collaboration continues
Hybrid job descriptions
Education
Research + publications

2020–

VOIMALA in action
Network of collaboration
Collecting, distributing and developing know-how
Education
Research + publications

Vision 2020:

HYVINVOINTIVOIMALA

The well-being know-how center of Eastern Finland