



ARTS FOUNDATION

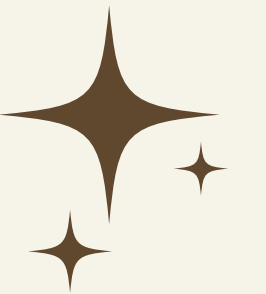
Bridging Art and Medicine for Holistic Healing.



# The Impact of **ART & MEDICINE**

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Art has the power to heal, inspire, and connect. By integrating art into healthcare, we create a nurturing environment that enhances patient recovery, uplifts medical staff, and fosters a compassionate community. Studies have shown that exposure to art can reduce stress, improve mental health, and even accelerate physical healing. At SHIFArts, we are dedicated to harnessing these benefits to transform healthcare settings into spaces of comfort and inspiration.





# OUR STORY

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The inception of SHIFArts Foundation traces back to an enlightening conversation between Dr. Sahira Al Nahari and her esteemed mentor, Ms. Roxane Zand DL, during a serene tea time in London. This pivotal moment ignited the vision to blend the healing powers of art with the rigor of medical practice. Inspired by the profound impact art had on her own life, Dr. Al Nahari envisioned a world where art and medicine coexist harmoniously to improve patient outcomes and staff well-being. This vision laid the foundation for what would become a pioneering initiative in the realm of integrated healthcare.







# OUR VISION

At SHIFArts Foundation, we aim to become the foremost and trusted foundation, renowned for our pioneering efforts in integrating art into healthcare settings through fostering partnerships with hospitals across Saudi Arabia.



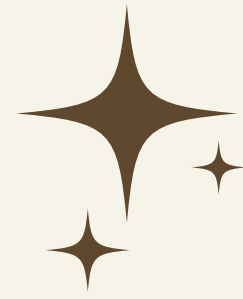
# OUR MISSION

We are dedicated to empowering artists and integrating the transformative power of art into healthcare settings, enriching the lives of patients, caregivers, and medical staff alike.





# OUR CORE VALUES



## Compassion

We approach our work with empathy and care, recognizing the importance of compassion in healing.



## Innovative

We strive for creativity and innovation in all aspects of our work, continually seeking new ways to integrate art into healthcare.



## Excellence

We are committed to excellence, upholding the highest standards of quality and professionalism.



## Collaboration

We believe in the power of partnerships and collaboration to drive meaningful change.



## Service

Guided by Islamic teachings of selflessness and service, we find fulfillment in helping others and making a positive impact on their lives.



# OUR OBJECTIVES

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## Enhance Hospital Experience

- By providing art therapy sessions for patients, integrating artwork into hospital design, and creating a welcoming atmosphere for healing.
- Prepare art workshops, field visits to galleries, and creative experiences for medical staff to promote bonding and wellness.

## Empower & Promote Artists

- By providing opportunities for collaboration, professional development, and engagement with healthcare institutions.
- Hosting art exhibitions and fundraising auctions with themes around art and healing.

## Raise Awareness & Evaluate Impact

- Measure the effectiveness of art interventions on patient care, staff satisfaction, and healthcare outcomes to continuously improve our programs.
- About the therapeutic benefits of art in healthcare and advocating for its integration into medical care.



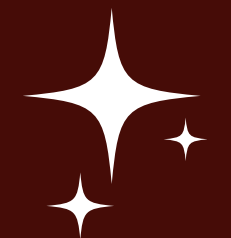


# OUR PROGRAMS



# ArtCare FOR HEROES

Our 'ArtCare for Heroes' program is designed to enhance the well-being of medical professionals. These workshops focus on creative expression through art, helping staff to de-stress and develop observational skills crucial for patient care. By visiting art galleries and participating in hands-on workshops, healthcare professionals can find a therapeutic outlet and improve their professional skills.





## *The Art of* **WAITING**

The 'Art of Waiting' program works with artists to curate and install artwork in hospital waiting areas, transforming these spaces into havens of peace and beauty. From the emergency department to outpatient clinics, thoughtfully selected art pieces help reduce anxiety and create a more welcoming atmosphere for patients and their families.





# Expressive HEALING

Through 'Expressive Healing,' we offer inpatients the opportunity to engage in various artistic activities. Volunteers lead sessions in art, music, and dance, providing patients with a means of emotional expression and social interaction. These activities not only aid in recovery but also bring joy and a sense of community to patients during their hospital stay.



## ART THERAPY



# BOARD OF TRUSTEES

Meet the dedicated leaders guiding SHIFArts in our mission to integrate art into healthcare. Our Board of Trustees brings a wealth of experience and a shared passion for improving patient care and staff well-being through the power of art.



DR. SAHIRA AL NAHARI



DR. AMEER ALBAHOUTH



DR. MAAN NAZER







# How You Can GET INVOLVED?

We are thrilled to have you express your interest in joining our team to help create impactful experiences that integrate art and healthcare. By joining us, you'll build valuable skillsets and connections.

JOIN US 





# THANK YOU

Together, we are creating a more compassionate and inspiring healthcare environment. Thank you for being part of our journey and helping us transform healthcare in line with Saudi Arabia's Vision 2030 for a better quality of living.



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