

# The arts, health and wellbeing

Arts Council England is the national development agency for the arts in England. Between 2006 and 2008, we are investing £1.1 billion of public funds from Government and the National Lottery. This is the bedrock of support for the arts in England.

Our ambition is to put the arts at the heart of national life and people at the heart of the arts. Our aim is for everyone in the country to have the opportunity to develop a rich and varied artistic and creative life. We will ensure that more high-quality work reaches a wider range of people – engaging them as both audience and participants. We will support artists and arts organisations to take creative risks and follow new opportunities.

By 2008 we hope to see:

- a more confident, diverse and innovative arts sector which is valued by and in tune with the communities it serves
- more active participation in the arts by adults and young people across the country

Our agenda for 2006–8 has six priorities:

- taking part in the arts
- children and young people
- the creative economy
- vibrant communities
- internationalism
- celebrating diversity

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## Foreword

I am delighted to introduce Arts Council England's national framework for arts, health and wellbeing.

Behind this framework lies our profound belief that experiencing the arts and culture can create a sense of wellbeing and transform the quality of life for individuals and communities. What is less well known is that every day the arts are having a significant impact on people's health in hospitals, health centres, GP practices and other healthcare settings within and throughout our communities.

This framework builds on our relationship with the Department of Health and complements our new joint publication, *A prospectus for arts and health*. These two publications should be read together, as they mark the breadth and diversity of arts projects that are making a proven difference to people's health. Both will encourage arts and health practitioners to continue or to undertake new work, and to make the case for the unique role the arts can play in improving the nation's health.

This framework outlines Arts Council England's first formal national strategy for arts and health, complementing the wide range of our current policies and strategies. Our new vibrant communities priority is founded on the recognition that the arts have a major part to play in helping to galvanise community engagement and participation in civic life. We believe that active participation in the arts can have a

significant impact on the wider determinants of health such as improving living environments, increasing educational attainment and building social capital. To help us achieve this aim, we have also developed a partnership in government and across the cultural sector with Communities and Local Government.

With this framework we want to recognise and celebrate the wide range of arts interventions in a variety of healthcare settings, from improving public health and healthcare environments, to increasing staff retention and making a positive impact on the lives of healthcare professionals.

We all have a responsibility to support the health sector in tackling some of the deep-rooted challenges it faces. I am convinced that the arts should be a strong partner in this. Arts Council England will use its public role to support the health sector in achieving its objectives. For decades now, artists and arts organisations have been doing just this, getting involved wherever there is a need to improve the conditions in which we live our lives and to provide tangible arts experiences.

A handwritten signature in black ink, appearing to read 'Peter Hewitt', with a long, sweeping flourish extending upwards and to the right.

**Peter Hewitt**

Chief Executive, Arts Council England

# Arts, health and wellbeing – making the connection

There is increasing recognition that people's health and wellbeing is influenced by a range of interconnecting factors. Indeed, the World Health Organization suggested over 50 years ago that health is a complete state of physical, mental and social wellbeing, not merely an absence of disease or infirmity.<sup>1</sup> This definition acknowledges that good health and wellbeing are reliant on an array of multiple factors, not just physical, but also psychological and social. Arts Council England, the Department of Health and many leading healthcare experts firmly believe that the arts have an important part to play in improving the health and wellbeing of people in many ways.

1 Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19–22 June 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p 100) and entered into force on 7 April 1948

## How do we define 'arts and health'?

In developing this framework and our joint prospectus with the Department of Health, we have taken a wide definition of creative and cultural activity. We define 'arts and health' as arts-based activities that aim to improve individual and community health and healthcare delivery, and which enhance the healthcare environment by providing artwork or performances.<sup>2</sup>

Specifically, arts and health activities can:

- promote the good health and wellbeing of communities
- promote positive health messages and public health issues
- identify health and wellbeing needs
- improve the mental, emotional and spiritual state of Health Service users
- create or improve environments in healthcare settings for staff and service users
- help people improve their options for healthcare and support patient choice
- help medical staff, carers, patients and families to communicate more effectively with each other by offering opportunities for social interaction, involvement and empowerment

2 Smith, Tom, *An Evaluation of Sorts: Learning from Common Knowledge*, Centre for Arts and Humanities in Health and Medicine, University of Durham, 2003

- provide opportunities for artists to develop their practice, in particular in collaborative working and communication techniques
- improve the lives of healthcare staff by humanising the treatment process and giving more respect to individuals
- use creativity in, and creative approaches to, continuing professional development for healthcare staff

The issue of the role of artists working in healthcare settings and the role of arts therapists requires clarification. There is much discussion about the interrelationships between the two areas of work, and collaborative projects combining both approaches are being developed. We are considering how best to support these.

There is now a considerable and growing evidence base of the effectiveness of arts interventions in healthcare and in promoting wellbeing. In the Arts Council England publication *Arts in health: a review of the medical literature*, there is a broad spectrum of evidence to show how the arts achieve positive outcomes for patients, for staff, for the patient–staff relationship, for hospitals, in mental health services and in the health of the general population. This framework, together with *A prospectus for arts and health*, should provide the impetus for continuing to build this already significant evidence base.

Artists bring an enormous range of professional skills and insights to work in healthcare and wellbeing settings and, in turn, testify to the reinvigoration of their own creative practice. The methods they have developed over the years produce, at their best, startling artistic, personal and social outcomes. The success of this work is borne out in the considerable evidence base, which now makes a strong case for the effectiveness of arts interventions in healthcare and for improving wellbeing.

## Our vision

This new arts and health framework is principally for use by the main stakeholders in the arts and health sectors, many of whom have been consulted as part of the process of developing the aims and priorities of this framework and our joint prospectus with the Department of Health.

We have two overarching aims for delivering this framework:

- to integrate the arts into mainstream health strategy and policy making, in order to make the case for a role for the arts in healthcare provision across the whole country and for a wider remit for the arts in terms of healthy living and wellbeing
- to increase, and more effectively deploy, resources for arts and health initiatives, through funding, quality assurance of artists' work and advocacy



## Taking our vision forward – our priorities

We have agreed five priorities which encapsulate the huge range of current arts projects and partnerships in health settings. These are:

- healthy communities
- built environment
- children and young people
- workforce development
- advocacy and resource development

Much work within these priority areas is already underway in Arts Council England's regions, and we hope this framework will provide a springboard for new areas of work. To achieve this, we will continue to sustain and develop arts and health work in partnership with others and according to the needs and strengths of provision across the country. Regional offices already have in place or will produce action plans to describe how the priorities in this strategy are to be achieved.

## Healthy communities

There is widespread recognition that choosing a healthy lifestyle, rather than simply dealing with illness as it occurs, is key to improving health in the longer term. We believe the arts play a hugely valuable role in engaging excluded or hard-to-reach groups or communities who may not respond to traditional methods of health promotion. The arts are also invaluable in finding innovative ways of consulting with these communities and assisting them in identifying and addressing issues which affect their health.

Through our corporate strategy for Taking Part, we are working to increase participation and engagement in the arts, a key Arts Council England priority. We believe that active participation and engagement in the arts can lead to improvements in health and wellbeing for everyone. In addition, evidence shows that participation in the arts can provide a non-threatening and alternative way to engage in a healthier lifestyle.

In working towards achieving our healthy communities priority, we will:

- continue to develop partnerships with the health sector, particularly with those responsible for health strategy development and delivery and with those who commission health services

- build partnerships with those who develop and influence public health strategy and service delivery with a focus on black and minority ethnic communities, older people and users and/or survivors of the mental health service system
- enable Local Strategic Partnerships to build the arts into their strategies within the 'Healthy Communities and Older People' priority

## Built environment

*'The arts can play an important part in primary care plans for physical improvement through Local Improvement Finance Trusts (LIFT) and Partnerships for Health. But they must be about more than physical regeneration, instead influencing the whole system, so as to enrich the health and wellbeing of individuals and their communities.'*

David Colin Thome, National Clinical Director for Primary Care,  
Department of Health

Creating the right physical environment is essential for the effective treatment and support of Health Service users. There is a growing body of research to suggest that well-designed civic and healthcare environments can have positive effects on everyone, on patients' health and recovery times, and on healthcare workers, which helps to improve staff retention.

The Government's renovation and reconstruction of healthcare buildings is creating opportunities for artists to get involved from the design stage to the commissioning of quality works of art. We aim to improve the healthcare environment by developing partnerships with those making policy and delivering the capital redevelopments of the primary care and hospital infrastructure.

We have been instrumental in brokering a new agreement between five of the leading national cultural agencies – Arts Council England, the Commission for Architecture and the Built Environment, English Heritage, the Museums, Libraries and Archives Council, Sport England and their sponsoring department, the Department for Culture, Media and Sport (DCMS), and Communities and Local Government.

We believe that through working together we can be more effective in establishing sustainable cultural provision across the country. This, in turn, will help deliver the Government's objectives for sustainable communities and the strategic objectives of DCMS and the cultural agencies. During the ongoing and significant regeneration of large parts of the country we will continue to support partnerships that aim to improve the health and wellbeing of individuals and communities.

## Children and young people

Opportunities for children and young people to participate in the arts have increased immeasurably. The positive impact on children and young people's health and wellbeing must be added to the widely recognised impacts on learning and development experienced through participation in arts activities. The country's long-term aspirations as a creative economy depend on providing opportunities now for children and young people to participate in arts and creativity.

Through our *Children, young people and the arts* and our *Arts and young people at risk of offending strategies* we are building partnerships which make effective contributions to the policy aspirations of *Every Child Matters* and *Youth Matters*, the Government's strategies for children and young people.

We will aim to improve the health and wellbeing of children and young people by developing partnerships:

- in the Department for Education and Skills to deliver the Children's Act
- in the Department of Health on the Children and Young People's National Service Framework and with Healthy Schools work
- with local authorities as they move to provide joined-up children's services

## Workforce development

Workforce development includes providing strategies, tools and training for artists and arts practitioners to work in healthcare settings. It also includes promoting an understanding of the role that arts can play in training the healthcare workforce and how the arts can be used to improve the practice of healthcare professionals.

There is a growing need for structured training and professional development to ensure that artists are adequately prepared to work in the healthcare environment and can meet the needs of health sector partners and service users. In addition, there is a need for professional development for the increasing number of arts managers and coordinators employed within the NHS. We will aim to improve the skills and status of artists, arts managers, arts coordinators and arts organisations working in health by developing appropriate tools and training.

The arts are increasingly being incorporated into the medical curriculum through medical humanities programmes, which are including artists and arts organisations in their delivery. To support these, we will aim to develop partnerships with those delivering training and continuing professional development for the healthcare sector, including through arts and medical humanities programmes.

## Advocacy and resource development

The arts and health sectors need to develop robust advocacy campaigns to change attitudes among the public, policy makers, the health sector and funders, including government. We need to continue to demonstrate the way in which high-quality arts interventions in health are making a measurable impact. With our partners, therefore, we will continue to build a substantial and robust evidence base to convince the medical profession, government spending departments (particularly the Department of Health and HM Treasury) and the arts sector of the value of arts interventions in health.

This commitment to building and analysing, with our partners, evidence of the impact of arts activity will help us to articulate a new language to describe the public value and benefit of arts and health projects. We will also aim to increase the understanding of the unique contribution made by the arts to health and wellbeing in order to increase the arts and health sectors' capacity to build on good practice.

Artists and arts organisations working in healthcare settings are funded through a variety of arts and non-arts sources, and they need to explore all possibilities to obtain support for their projects. One of the major challenges faced by arts and health practitioners is to find suitable funding to enable their projects and organisations to develop,

build capacity and become sustainable. We will therefore aim to improve the arts and health sectors' ability to secure this funding.

With arts and health projects more sustainable in the long-term, we will use the evidence to make the case for arts and health projects to be included in mainstream policies and programmes, and contribute to research and evaluation of their impact.

## Delivering arts and health

The impact and achievements of artists and arts organisations in healthcare have opened up new opportunities for the Arts Council to deliver our arts and health priorities, in partnership with the health sector, in a number of ways.

Arts Council England is well placed to act as a broker between the arts and the health sectors and we are able to provide unique access to artists and arts organisations across the country.

## Partnerships

One of our strengths is working in partnership with other bodies, including local government, regional development agencies, government offices in the regions, trusts and foundations, the business sector, the voluntary sector and other stakeholders. Organisations working in arts and health are often highly experienced in building complex partnerships and leveraging increased resources for the arts and for artists.

Our partnership with the Department of Health and its agencies, both regionally and nationally, is key to delivering the aims set out in this framework. Arts Council England was represented on the Department of Health's Expert Review Group, which considered the role of the arts in health. The Department of Health has published on its website the *Report of the Review Group*, which contains a list of key recommendations to further develop and make sustainable the arts and health. A copy of the report can be downloaded at [www.dh.gov.uk/publications](http://www.dh.gov.uk/publications) Subsequently to the review, *A prospectus for arts in health* was published jointly in April 2007 by the Department of Health and Arts Council England.

## Our regional offices

Along with our dedicated arts and health officer in our West Midlands office, all our regional offices have officers with

responsibility for arts and health that enable us to strengthen our work across the country. In addition, from time to time, joint posts have been funded and implemented – including partnerships with public health teams in the regional government offices and strategic health authorities. More information about arts and health work in our regional offices is given in the section ‘Arts and health in action’.

## **Regularly funded organisations**

A number of the organisations we fund on a regular basis work exclusively in arts and health. These include the London Arts and Health Forum and LIME in the North West. Many other regularly funded organisations, large and small, work across a wide range of sectors including healthcare and local communities to improve health and wellbeing. Some of these examples are detailed in the next section, ‘Arts and health in action’.

## **Grants for the arts**

This is our main mechanism for funding arts and health projects across the country. It is a highly competitive, open-application funding programme which has attracted and funded a wide range of arts and health projects, programmes and organisations. Since our Grants for the arts programme opened in 2003, 441 projects with a focus on arts and health were awarded a total of £6.52m.



## Arts and health in action

Arts Council England's regional offices have a great deal of experience of supporting arts and health initiatives. Here we give a brief overview of their work with a selection of projects or organisations. In the regional offices, the officers that have responsibility for arts and health can provide more information about the projects.

## East

Arts Council England, East's regional action plan will focus on the built environment, healthy communities, children and young people, with major projects in the Thames Gateway and Norfolk. It will also support the development of the arts and health workforce in collaboration with our health partners.

Arts Council England, East is a partner in the Norfolk Arts and Health Partnership. This is a group of over 30 organisations and individuals tackling health inequalities in Norfolk through arts interventions. One major project focuses on mental health. The Suffolk Arts and Health Forum includes Paintings in Hospitals East, Suffolk Artlink and Soundsense. The membership of the Inspire Arts and Health network in Cambridgeshire includes Addenbrooke's Art, Inspire and Papworth Hospital.

## East Midlands

Since 2004, Arts Council England, East Midlands has been delivering a regional arts and health action plan, *Seeing the Wood for the Trees*, written by Mike White, Director of Projects at the Centre for Arts and Humanities in Health and Medicine, University of Durham. The action plan identified objectives which included the establishment of an arts and health post to support the work of the sector, and the setting up of a regional arts and health forum to bring together colleagues from the arts, health, care and voluntary sectors to share practice and learning.

Arts Council England, East Midlands has a close working partnership with the East Midlands Public Health Group, an agency of the Department of Health. Organisations such as Leicester Comedy Festival, City Arts and Dance4 in Nottingham, and Q Arts in Derby are all producing exciting arts and health work. Elsewhere, organisations including Charnwood Arts, Artery (Amber Valley Borough Council) and Lincolnshire Dance work with communities to enhance wellbeing through arts and creativity.

## London

Arts and health in London encompasses a wide variety of settings, artforms and activities. Arts Council England, London has been selected as a lead partner in a bid to the Big Lottery Fund's Well-being Programme. The bid, named Well London, is led by the London Health Commission and is poised to bring £9.46 million into the capital.

Our key strategic partner for developing arts and health, London Arts in Health Forum (LAHF), works strategically with the health sector and other organisations. A regularly funded organisation, LAHF is a membership and networking organisation, promoting knowledge and understanding of the arts in healthcare, encouraging best practice and stimulating new ideas.



The London Centre for Arts and Cultural Enterprise undertook a mapping exercise to examine the number of arts and health projects and collaborations in higher education settings in London. Eighteen projects were identified and a publication and conference will be organised for later in 2007 to share the findings.

Creative Minds is a London-wide user/survivor-led arts and mental health forum, providing support, publicity, networking and exhibition opportunities to arts organisations and individuals involved in arts and mental health. Creative Minds compiled a directory of arts and mental health organisations and a 'mind map' of arts activity for World Mental Health Day 2006 in London.

### **Projects in London include:**

#### **Clod Ensemble – Performing Medicine**

Performing Medicine is a three year programme of courses, workshops and events which use the arts to provide training to medical students and healthcare professionals. Created by the Clod Ensemble in association with Barts and the London, Queen Mary's school of Medicine and Dentistry and the school of English and Drama at Queen Mary, University of London.

#### **Islington Music Forum – Sardines the Musical**

Islington Music Forum produced a new and original musical to celebrate World Mental Health Week in September 2006 in partnership with the London Symphony Orchestra. After a series of

workshops at the Union Chapel for participants to explore their acting, singing, dancing and musical skills, the production has been programmed at the Lilian Baylis Theatre for September 2007.

## North East

Arts Council England, North East supports a range of arts and health activities across the region, enabling the arts to contribute towards the health and wellbeing of communities in the north east. This encompasses a variety of artforms and partnerships, focusing on:

- improving the health of children, young people and communities
- improving the built environment of the health service through artistic interventions brokered by Commissions North, which is based within Arts Council England, North East and provides a free service to integrate public art within new architectural, master planning and urban design projects across the region
- supporting the professional development of artists, arts managers and coordinators working in health settings

Arts Council England, North East is currently establishing a network of artists, arts organisations and health professionals in the region to meet and work together, share best practice and inform and inspire critical debate to ensure that the arts and health agenda continues to develop within the region. It provides a unique opportunity for professionals within both sectors to broaden their impact on the



development of arts and health in the region and to inform Arts Council England, North East's direction.

### **Projects in the north east include:**

#### **Sangini**

Sangini is a women's organisation based in Sunderland working towards better health for black and minority ethnic communities through artist-led activities such as creative writing and dance. Arts Council England, North East is supporting Sangini's strategic organisational development in order to strengthen the health and cultural diversity infrastructure in the region.

#### **Clown Doctors**

The Clown Doctors programme uses performing arts including storytelling, music, improvisation and clowning to help children through the confusing and often frightening experience of being in hospital. Supported by Arts Council England, North East and managed by TIN Productions, seven professional artists who are all trained to work with children in healthcare settings visit hospitals in Durham, Newcastle, Sunderland and Middlesbrough twice a week.

## North West

In 2003 Arts Council England North West (ACENW) and Public Health North West formed a partnership to develop a joint post, a regional strategy and programme of work. Two arts and health seminars were co-ordinated in 2005, focussing on the Primary Care building programme (LIFT) in Merseyside and music and health partnerships in Greater Manchester. In 2007 the partnership is being extended to include Manchester Metropolitan University (MMU).

ACENW has close relationships with the region's local authorities, sharing a priority of healthy communities. Local authorities support a number of arts and health projects, with many posts in local authorities having an arts and health remit. The Association of Greater Manchester Authorities has invested in a programme of development work across a number of authorities.

ACENW supports Lime as one of its portfolio of regularly funded organisations working exclusively in arts and health. Lime works across a number of hospital trusts. A significant number of organisations from the participatory arts and dance sectors work with local people in their communities around issues of health and wellbeing.

*ACENW Fusion Project* was a partnership between Local Strategic Partnerships (LSPs) and ACENW and sought to show how the arts can deliver the LSP agendas. It culminated in a showcase of work in

Blackpool that was attended by representatives from the regions LSPs. A number of these case studies included a focus on health outcomes including:

- Esteem – Blackpool strategic partnership  
The project explored self-image and identity in a group of eight 13- and 14-year-old girls at Bispham High School
- Five a Day – Preston strategic partnership  
The project with 30 pupils aimed to develop pupils awareness of their own diet and exercise habits
- Art in West Cumberland Hospital – West Cumbria strategic partnership  
A mark making and drawing project with 26 people recovering from strokes in the Stroke Unit of West Cumberland Hospital

The region is benefiting from two Invest to Save projects. Sefton MBC in Merseyside has a grant to develop a mental health referral scheme as part of its Arts on Prescription work. MMU hosts Arts for Health, who are rolling out the Invest to Save Programme that focuses on regional network development, training and support, and research and evaluation. ACENW and the MMU Invest to Save Programme are working with the North West Public Health Observatory to host a North West Virtual Arts and Health Network which will include a database of contacts and case studies and act as virtual meeting place for those interested, or involved in the arts and health agenda.

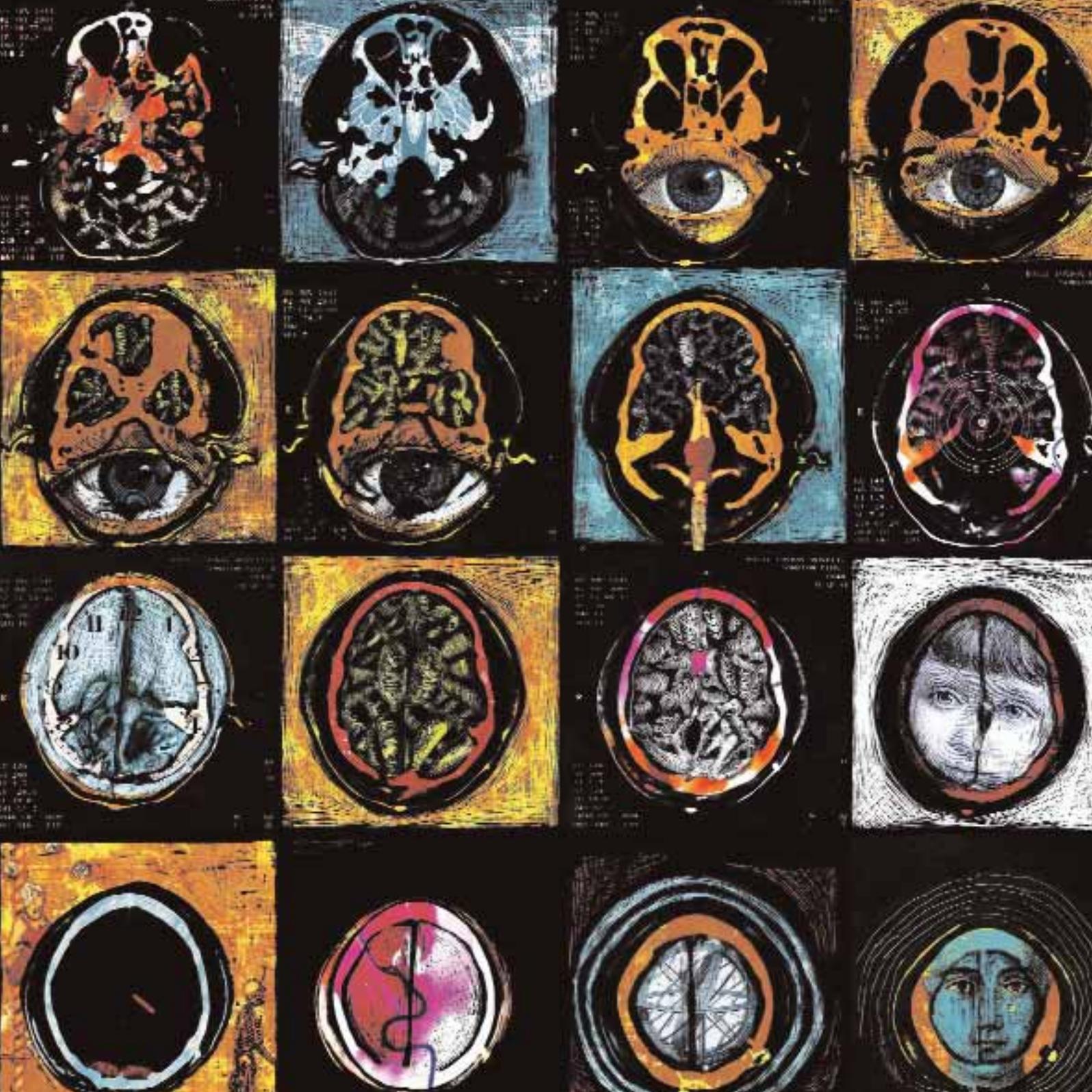
## South East

Arts Council England, South East works closely with the South East Arts and Health Partnership, which includes artists, a hospital arts manager, a university, primary care trusts, local authorities and the Government Office for the South East (GOSE). Key achievements include:

- organising the first regional conference in 2002 and the regional physical activity conference in 2006, in collaboration with Sport England and GOSE
- giving presentations about our regional arts and health work at the Faculty of Public Health conference in 2003, and the UK Public Health Association conference in 2005
- initiating six sub-regional networks and a regional arts and health forum that meets twice a year

We have:

- published a document called *Arts, creativity and health in the south east*
- developed a database of speakers on arts and health subjects
- trained 12 arts and health practitioners in presentation skills
- funded, through Grants for the arts, two new hospital arts coordinators and a number of arts and health projects



We are currently:

- developing a regional arts and health website
- collaborating on a regional bid to the Lottery Well Being Programme in collaboration with GOSE and other partners
- exploring with GOSE and Sport England a new jointly funded regional post to develop the arts within the physical activities strategy

### **Projects in the south east include:**

#### **Silver Song Clubs**

Sing for Your Life is a network of 15 Silver Song clubs across the region. The clubs offer older people and their families or professional carers opportunities for music-making and singing. Each club is run by an experienced facilitator and skilled musical accompanist, with support from volunteers drawn from a local amateur choral society or choir, many of whom are post-retirement age. They received funding from a variety of sources, including Grants for the arts.

#### **Arts at First Base Day Centre**

First Base Day Centre is a Healthy Living Centre in Brighton for homeless people, ex-prisoners and mental health service users. Through Grants for the arts funding, the centre is running a programme of photography, visual art, music and drama activities and a book club. The project has built excellent partnerships with an impressive list of local agencies such as Brighton Museum, North

Laine Photography, QueenSpark Books, and the Friends Centre, Pier Playwrights, BBC Southern Counties radio, Brighton Hip Hop Festival, Brighton and Hove City Council and Jessops.

## South West

Arts Council England, South West aims to increase the number of arts and health initiatives and improve the quality of arts and health practice in the region. Our main strategies for achieving this are:

- establishing a dedicated arts and health post
- establishing Arts & Health South West
- encouraging local authorities to support and develop county-wide arts and health initiatives via our local authority partnership agreements
- promoting the role of the arts within the region-wide Lottery funded Wellbeing bid
- supporting the development of a number of key, sub-regional development projects and organisations in Cornwall, Gloucestershire, Dorset and Poole



## **Projects in the south west include:**

### **Arts & Health South West**

Arts Council England, South West set up a regional forum for people and organisations working in arts and health to develop good practice and partnership working. This was launched in June 2006 and in three months 150 people joined the forum and the website received 150,000 hits.

### **Arts for Health Cornwall and Isles of Scilly**

This county-wide arts and health agency is working with artists and with arts and healthcare organisations to deliver projects such as Arts on Prescription and Trailblazers that use the arts as a way of addressing health issues.

### **Avon and Wiltshire Mental Health Partnership**

Forty-seven arts commissions have been made across seven mental health sites in North Somerset, Bristol and South Gloucestershire. The mental healthcare settings have worked with Avon Forestry Commission and the project has been led by Willis Newson.

## **West Midlands**

Arts Council England, West Midlands has had a commitment to arts and health for many years and has had a full-time health officer post since 2003. It jointly funds an arts lead post with the West Midlands Strategic Health Authority and works closely with the public health team at the Government Office for the region.

Nine NHS Trusts in the region have arts managers funded by Arts Council England, West Midlands, with more being developed each year. Through joint work with the Strategic Health Authority, many of the primary care and hospital infrastructure redevelopment programmes through Private Finance Initiative (PFI) and Local Improvement Finance Trust (LIFT) initiatives are developing arts strategies.

Creative Remedies is the arts and health website for the West Midlands. It showcases projects, has a contacts database, features current news and provides advice to those with an interest in arts and health activity. It demonstrates how the arts and health sectors can work together innovatively and use the arts to improve services including patient care, health promotion, staff development and the built environment. A live network is soon to be established offering this broad and growing sector real opportunities to work together across the region.

### **Projects in the West Midlands include:**

#### **Sampad Ante-natal Music and Movement**

Sampad is a dynamic development agency for South Asian Arts in the West Midlands. Their Ante-natal Music and Movement project for Asian women showed how culturally specific art projects can help promote better health. The project ran over 18 months during 2001 and 2002. The activities took place in areas of Birmingham and Walsall where there was a low uptake of antenatal care by Asian

women. Partners in the project included two primary health care trusts. Sampad's role was project management, brokering artists' involvement and maintaining the creative integrity of the project.

A total of 60 women attended the sessions, which involved a musician, dancer and active-birth teacher. A key part of the sessions was the singing of lullabies and other children's songs in the women's first language – eg Punjabi, Urdu or Gujarati.

The project dramatically increased the uptake of antenatal care by groups with a tradition of low attendance. It also provided an opportunity for collaborative cross-agency working to deliver the dual goals of healthier neighbourhoods and increased awareness and appreciation of Asian arts. The project has been presented at national conferences as an example of good, culturally specific healthcare innovation. There is ongoing collaboration with one of the primary health care trusts to develop a resource pack for midwives to use with relevant groups of Asian women in specific neighbourhoods.

## Yorkshire

Yorkshire benefits from a vibrant and diverse range of arts and health organisations, practitioners, programmes and partnerships which are making a valuable contribution to meeting the health challenges facing the region.



As part of ongoing development work supporting arts and health practice in the region, Arts Council England, Yorkshire recently launched the Critical Connections project, in partnership with the Department of Health. The initiative builds on a wealth of successful examples of partnership working between the arts and health across the region.

Critical Connections aims to provide those working in the arts and healthcare sectors with the information, contacts and confidence they need to establish and sustain high-quality and effective arts projects and interventions that have a positive impact on the health of the region. The project will establish a Champions programme to celebrate and support advocates of the arts and health; to deliver a series of events to showcase good practice and enable networking; and to develop an information resource and publications which will inform and advocate for the arts and health in the region.

### **Projects in Yorkshire include:**

#### **Journeys Towards Health**

Journeys Towards Health is a pioneering, integrated arts programme designed to complement the building of new primary and intermediate care centres in North Kirklees. The programme was managed by Open Art, working with two lead artists – photographer and printmaker Claire Parr and sculptor Lee Brewster. A further six artists were commissioned to produce bigger artworks for the individual buildings.

## Cultural Pathfinder –Sheffield

The work of Eventus and Southey Owlerton Area Regeneration (SOAR) since 2000 has resulted in Cultural Pathfinder status for Sheffield. Health is one of the four shared priorities at the heart of the Pathfinder. The project organised a local conference focusing on the impact of arts in health and wellbeing indicators, and profiling the innovative work of local companies Dead Ernest and Burton Street Project. Additional projects link community health groups, environmental partners, artists, fathers' groups and Sure Start.

## Further information

### **A prospectus for arts and health**

This prospectus promoting the benefits of the arts and health is published jointly by the Department of Health and Arts Council England.

Arts Council England, 2007

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

### **The report of the review of arts and health working group**

This report sets out the findings and recommendations of the review of arts and health working group, chaired by Harry Cayton, National Director for Patients and the Public.

Department of Health, 2007

[www.dh.gov.uk/publications](http://www.dh.gov.uk/publications)

### **Arts in health: A review of the medical literature**

This review of medical literature published between 1990 and 2004 explores the relationship of arts and humanities with healthcare, and the influence and effects of the arts on health.

Arts Council England, 2004

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)



## **Your health and the arts: a study of the association between arts engagement and health**

This report presents key findings on the associations between engagement in the arts, health and illness. The study is based on population surveys carried out for Arts Council England by the Office for National Statistics (ONS).

Arts Council England, 2005

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

## **Dance and health: The benefits for people of all ages**

Produced in partnership with the Department of Health and the DCMS, this folder outlines the health benefits of dance and provides examples of dance projects in a range of health settings.

Arts Council England, 2005

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

## **The power of art, visual arts: evidence of impact, regeneration, health, education and learning**

This report contains an analysis and a set of case studies to illustrate the impact of contemporary visual arts in regeneration, health, education and learning.

Arts Council England, 2006

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

## **Mental health, social inclusion and the arts: developing the evidence base**

Two-year research programme in response to the Social Exclusion Unit's report on mental health and social exclusion commissioned by the Department for Culture, Media and Sport and the Department of Health.

[www.socialinclusion.org.uk](http://www.socialinclusion.org.uk)

## **Children, young people and the arts**

This strategy document explains how we will put young people at the centre of our work, and commits us to ensuring that we consult and listen to them in developing our policies and programmes.

Arts Council England, 2005

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

## **The arts and young people at risk of offending**

This is Arts Council England's first national strategy for the arts and young people at risk of offending.

Arts Council England, 2005

[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

## Every Child Matters

Every Child Matters: Change for Children is a new approach to the wellbeing of children and young people from birth to age 19.

[www.everychildmatters.gov.uk](http://www.everychildmatters.gov.uk)

## Youth Matters

The Youth Matters Green Paper sets out the Government's new strategy for providing opportunity, challenge and support to teenagers.

[www.dfes.gov.uk](http://www.dfes.gov.uk)

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