

Alex Coulter

*All-Party Parliamentary Group
on Arts, Health and Wellbeing*

Creative Health:
**The Arts for Health and
Wellbeing**



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**All-Party Parliamentary Group
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<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>

THE ARTS



“Art helps us access and express parts of ourselves that are often unavailable to other forms of human interaction. It flies below the radar delivering nourishment for our soul and returning with stories from the unconscious. A world without art is an inhuman world. Making and consuming art lifts our spirits and keeps us sane. Art like science and religion helps us make meaning from our lives, and to make meaning is to make us feel better.”

Grayson Perry, Artist

Alex Coulter

“The mind is the gateway through which the social determinants impact upon health, and this report is about the life of the mind. It provides a substantial body of evidence showing how the arts, enriching the mind through creative and cultural activity, can mitigate the negative effects of social disadvantage. Creative Health should be studied by all those commissioning services.” **Professor Sir Michael Marmot**, Director, Institute of Health Equity, University College London

“The therapeutic value of art is an asset we must use. A partnership between arts organisations and health organisations has the power to improve access to the arts and to health services for people neglected by both. Through our Creative Minds programmes in Yorkshire, I also know these partnerships can both save lives and make lives.” **Robert Webster**, Chief Executive South West Yorkshire Partnership NHS Foundation Trust; Lead Chief Executive, West Yorkshire and Harrogate Sustainability and Transformation Partnership

“At least one third of GP appointments are, in part, due to isolation. Through social prescribing and community resilience programmes, creative arts can have a significant impact on reducing isolation and enabling wellbeing in communities.” **Dr Jane Povey GP**, Director, Creative Inspiration Shropshire Community Interest Company

“Artistic self expression gives participants an identity beyond illness. I have seen the arts build confidence and community and provide hope in the midst of suffering.” **Eva Okwonga**, Peer Support Advisory Board Member for Mind and Music Workshop Leader at Music In Mind

RECOMMENDATION 1

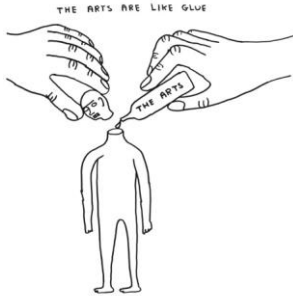
We recommend that leaders from within the arts, health and social care sectors, together with service users and academics, establish a strategic centre, at national level, to support the advance of good practice, promote collaboration, coordinate and disseminate research and inform policy and delivery. We appeal to philanthropic funders to support this endeavour. We hope that the centre will also have the support of Arts Council England, NHS England and Public Health England as well as the Local Government Association and other representative bodies.

RECOMMENDATION 2

We recommend that the Secretaries of State for Culture, Media and Sport, Health, Education and Communities and Local Government develop and lead a cross-governmental strategy to support the delivery of health and wellbeing through the arts and culture.



RECOMMENDATION 3



We recommend that, at board or strategic level, in NHS England, Public Health England and each clinical commissioning group, NHS trust, local authority and health and wellbeing board, an individual is designated to take responsibility for the pursuit of institutional policy for arts, health and wellbeing.

RECOMMENDATION 4

We recommend that those responsible for NHS New Models of Care and Sustainability and Transformation Partnerships ensure that arts and cultural organisations are involved in the delivery of health and wellbeing at regional and local level.

RECOMMENDATION 5

We recommend that Arts Council England supports arts and cultural organisations in making health and wellbeing outcomes integral to their work and identifies health and wellbeing as a priority in its 10-year strategy for 2020–2030.

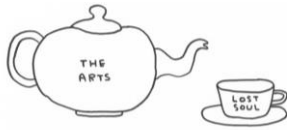
RECOMMENDATION 6

We recommend that NHS England and the Social Prescribing Network support clinical commissioning groups, NHS provider trusts and local authorities to incorporate arts on prescription into their commissioning plans and to redesign care pathways where appropriate.



RECOMMENDATION 7

We recommend that Healthwatch, the Patients Association and other representative organisations, along with arts and cultural providers, work with patients and service users to advocate the health and wellbeing benefits of arts engagement to health and social care professionals and the wider public.



RECOMMENDATION 8

We recommend that the education of clinicians, public health specialists and other health and care professionals includes accredited modules on the evidence base and practical use of the arts for health and wellbeing outcomes. We also recommend that arts education institutions initiate undergraduate and postgraduate courses and professional development modules dedicated to the contribution of the arts to health and wellbeing.

RECOMMENDATION 9

We recommend that Research Councils UK and individual research councils consider an interdisciplinary, cross-council research funding initiative in the area of participatory arts, health and wellbeing, and that other research-funding bodies express willingness to contribute resources to advancement of the arts, health and wellbeing evidence base. We recommend that commissioners of large-scale, longterm health surveys include questions about the impacts of arts engagement on health and wellbeing.

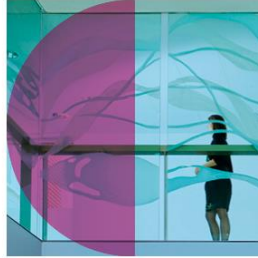


RECOMMENDATION 10

We recommend that the National Institute for Health and Care Excellence regularly examines evidence as to the efficacy of the arts in benefiting health, and, where the evidence justifies it, includes in its guidance the use of the arts in healthcare.

CONNECTING CULTURE AND HEALTH

The Culture, Health and Wellbeing Alliance is a new national organisation representing everyone who believes that cultural engagement and participation can transform our health and wellbeing.



Arts Council England Sector Support Organisation
Website holding page: www.culturehealthandwellbeing.org.uk
Monthly bulletin – 3000 signed up so far



Postcard Pledges

Please consider committing to a pledge and write it on your postcard.

Hand in your postcard at the end. It will be posted back to you in due course to remind you of what you have pledged to do!

Please write your name and address on the postcard and add your email address if you would like to be contacted about further developments locally or regionally

Consider:

What can I do, within my personal or professional spheres of influence, to support one or more of the recommendations in the *Creative Health* report?

What can I do now?

What could I do in the longer term?