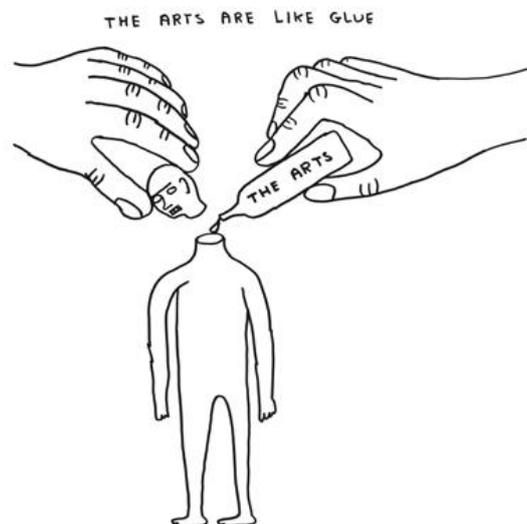


*Welcome...*

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



**The Culture, Health and Wellbeing Alliance**, in partnership with **Arts Derbyshire** and **Derbyshire County Council**, warmly welcome you to the East Midlands launch of 'Creative Health', the report of a research inquiry into Arts and Health by the **All Party Parliamentary Group for Arts, Health and Wellbeing**.



## *About this event*



Today is an opportunity for health and social services to come together with arts and health practitioners and politicians in order to **influence thinking and practice, working towards a healthy and health-creating society**. The event will showcase the best of Arts and Health from the East Midlands alongside discussion around furthering the report's recommendations and developing Arts and Health practice in the East Midlands. It is an important event in the evolution of the arts in health, building on local, regional and national work and seeking to influence at all levels of health and social services.

This Creative Health launch event is in partnership with **Culture, Health and Wellbeing Alliance East Midlands** representative **Arts Derbyshire**, and **Derbyshire County Council**, and supported by the **All-Party Parliamentary Group for Arts, Health and Wellbeing**.

[www.artshealthandwellbeing.org.uk/appg](http://www.artshealthandwellbeing.org.uk/appg)

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

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

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

**The report sets out comprehensive evidence** and numerous examples of practice which demonstrate the beneficial impact of the arts, helping people to stay well, recover faster, manage long-term conditions and experience a better quality of life. View the Creative Health report and more information about the APPG inquiry here:

[www.artshealthandwellbeing.org.uk/appg-inquiry/](http://www.artshealthandwellbeing.org.uk/appg-inquiry/)

**Join the Culture, Health and Wellbeing Alliance** for free here:

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

To keep up with Derbyshire and **East Midlands Arts and Health news and developments**, join the network by emailing Helena Reynolds, Arts and Health Co-ordinator, Arts Derbyshire, and Culture, Health and Wellbeing Alliance East Midlands representative on:

[artsandhealthderbyshire@gmail.com](mailto:artsandhealthderbyshire@gmail.com)

**Illustrations** by David Shrigley

**Photograph** by [www.anthonfisherphotography.co.uk](http://www.anthonfisherphotography.co.uk)

# Agenda



- 9:15 Registrations and networking
- 9:45 **Conference open** – Helena Reynolds, Arts and Health Co-ordinator, Arts Derbyshire
- 9:50 **Welcome** – Cllr Carol Hart, Cabinet Member for Health and Communities and Chair of the Health and Wellbeing Board, Derbyshire County Council, on behalf of Cllr Barry Lewis, Leader of the Council, Derbyshire County Council
- 9:55 **Keynote speech** – Baroness Ruth Lister, Member of the House of Lords
- 10:10 **Arts and Health East Midlands Showcase**
- Air Arts: Laura Waters and Rose Kershaw
  - All Dance: Ann Wright
  - Project eARTH: Alison Bowry and Sheila Gleadhill
  - Tony Fisher
  - Imagine: Kate Duncan
- 11:00 **Break**
- 11:20 **Showcase continued**
- Hubbub Theatre Company: Jen Sumner and Izzie Noake
  - OPUS Music: Nick Cutts, Claire Roberts, and Tania Willetts
- 11:40 **Strategic developments, priorities and next steps**
- Rebecca Blackman, Director of Engagement and Audiences, and Midlands Director, Arts Council England
  - Dean Wallace, Director of Public Health, Derbyshire County Council
  - Alexandra Coulter, Director, Arts & Health South West and Project Manager, All-Party Parliamentary Group on Arts, Health and Wellbeing
- 12:10 **Panel discussion and Q+A**
- Panel: Rebecca Blackman; Alexandra Coulter; Iain Little, Consultant in Public Health, Derbyshire County Council; and Dr Chris Clayton, Chief Executive Officer, Derbyshire CCGs
- 12:45 **Lunch, networking and close**

*Illustrations by David Shrigley*



## Speakers



### **Cllrs Barry Lewis, Leader of the Council, and Carol Hart, Cabinet Member for Health and Communities, Derbyshire County Council**

Having served on the Council since 2009, Barry Lewis became Leader of Derbyshire County Council in May 2017, and is also Cabinet Member for Strategic Leadership, Culture and Tourism. As Cabinet Member for Health and Communities, Carol Hart is also Chair of the Health and Wellbeing Board.

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

### **Baroness Ruth Lister, Member of the House of Lords**

Ruth Lister is a Labour peer and also Emeritus Professor of Social Policy at Loughborough University. She is a former director of the Child Poverty Action Group and is now its hon. president (and is also president of the Social Policy Association). Her parliamentary work focuses in particular on the areas of poverty, refugees and asylum seekers, human rights, children and social security. She is a member of the APPG on Arts, Health and Wellbeing and will talk about their recent report.

[www.parliament.uk/biographies/lords/baroness-lister-of-burtersett/4234](http://www.parliament.uk/biographies/lords/baroness-lister-of-burtersett/4234)

### **Air Arts: Laura Waters, Arts Programme Manager for Air Arts and Rose Kershaw, Clinical Specialist Occupational Therapist, both at Derby Teaching Hospitals NHS Foundation Trust**

Air Arts is the arts programme for Derby Teaching Hospitals, aiming to improve the hospital experience for over 9,000 staff and 1 million patients every year. The team is responsible for a wide variety of receptive and participatory arts projects designed to welcome and reassure in the public spaces of the buildings, and to support recovery and wellbeing on the wards and outpatient clinics.

Our Music in Stroke project involves a combination of active music listening, music participation and music therapy techniques. We work on an individual basis or in a group setting. Embedding these approaches as an adjunct to their usual therapy has resulted in extremely positive results for our patients. In line with the evidence base it has already anecdotally demonstrated positive changes in movement and control of limbs, in social participation, communication and cognition. It has been very well received by staff and patients and is allowing staff to have another medium to use with patients to support and enhance their current practice. The work has allowed staff to feel empowered and confident to become more creative in their therapy approach.

[www.airarts.uk](http://www.airarts.uk)

### **All Dance: Ann Wright, Head of Arts at Derbyshire County Council**

All Dance is a Derbyshire County Council Arts Service project providing disabled people with the chance to take part in dance workshops and performances. The second pilot project took place over a 3 month period from September to November 2015. Seven community dance artists were commissioned to work with eight different disability groups, one in each district or borough of the county, to produce a short dance piece. The project culminated in two days of performance which were seen by an audience of 178 people. Over the course of the project over 100 people, 87 with a disability, participated in a total of 80 dance workshop sessions.

The evaluation showed that All Dance contributed significantly to physical, behavioural, social, community and artistic outcomes. Fitness, strength, balance, concentration and communication

were all found to have improved. Wellbeing and happiness increased, and behaviours improved. All Dance is now in its next phase, funded by Arts Council England and co-ordinated by Déda.

[www.artsderbyshire.org.uk/projects/arts and health/all dance](http://www.artsderbyshire.org.uk/projects/arts_and_health/all_dance)

[www.derbyshire.gov.uk/leisure/arts-entertainment/arts-development/arts-development](http://www.derbyshire.gov.uk/leisure/arts-entertainment/arts-development/arts-development)

**Project eARTH: Alison Bowry, Creative Programme Manager at High Peak Community Arts, and Sheila Gleadhill, participant**

Project eARTH (environmental arts and health) is a programme for adults experiencing mental distress or other long term conditions. It is in its 9th year, funded by The Big Lottery. It is run by High Peak Community Arts in partnership with High Peak Community Mental Health Team, High Peak Mental Health Project and High Peak CVS.

We run two groups a week for participants across the borough, for approx. 36 weeks each year and provide free transport for all who need it. The participants work collectively with artists to create artworks for the community. The artworks - which have included textile wall-hangings, steel sculptures, willow sculptures, ceramic signs, and mosaics - are then unveiled at a celebratory event. Participants get out, meet others, work together, make friends, are creative, have fun, learn new skills, build self-confidence and self-esteem and take on a positive role in their own community.

[www.highpeakarts.org/project-earth-2](http://www.highpeakarts.org/project-earth-2)

**Tony Fisher: photography and mental health**

Tony has lived and worked in the East Midlands region as a professional photographer and filmmaker for over 40 years, especially in the community arts sector. He has been successful with published poetry, short stories and press articles. In 2014 he was awarded the Rethink National Bill Pringle prize and recently exhibited at the PycArt Gallery in Brussels, as one of 25 artists in a show organised by the European Federation of Associations of Families of People with Mental Ill Health.

“Tony Fisher was recommended to us by our member Rethink UK, to contribute to our 25th Anniversary exhibition in 2017 in Brussels, to combat stigma through art. Tony has a talent for making the ordinary, extraordinary. Whatever the subject and no matter how mundane – be it a wildflower, a pet dog or a dead bird – he possesses the art to transform it into a striking thing of beauty that will move his audience.” Aagje Ieven – EUFAMI

<http://www.anthonfisherphotography.co.uk/> and <https://flic.kr/s/aHsmbUv5AJ>

**Imagine: Kate Duncan, Programme Director – Wellbeing, City Arts Nottingham**

City Arts Nottingham develops arts opportunities that bring people together, stimulate change and create stronger, healthier communities, pioneering this approach for 40 years. One of our strands of work over the last 10 years has engaged vulnerable older people in the community and people living with dementia and carers, to address social isolation and loneliness through the arts. Our projects include music, performance, visual and digital arts and are all facilitated by artists particularly skilled in working creatively with people. The Imagine programme has ensured older people's continued access and entitlement to share the pleasure and benefits great art experiences can bring. We have found that the use of technology has the potential to improve the well-being of older adults. Our flagship programme Armchair Gallery is a new way for over-65's, including those living with dementia, to experience world-class artworks and produce their own.

[www.city-arts.org.uk](http://www.city-arts.org.uk) and <http://imaginearts.org.uk/>

**Hubbub Theatre Company: Jen Sumner, Artistic Director and Izzie Noake, Trainee actor/ambassador**

Hubbub Theatre Company is an integrated physical theatre company working with actors with moderate learning disabilities. Hubbub creates original devised work for indoor and outdoor performance and launched the East Midlands' first actor training programme for adults with learning disabilities in 2017. The company was formed in 2012 by drama and movement therapist and theatre practitioner Jen Sumner.

The company also runs a 'Get Involved' programme of weekly participatory activity, outreach workshops and training opportunities, as well as the twice yearly Hubbub Club nights - a theatrical party night for everyone with an open heart and open mind! Underpinning all of our creative work is a philosophy of equality and well-being for all. We offer a supportive space to nurture personal and social skills, build self-confidence and self-esteem and offer people a chance to be engaged in creative and inspiring activity that is embedded and visible in the wider community.

[www.hubbubtheatre.org](http://www.hubbubtheatre.org) or 01332 742587

**OPUS Music: Nick Cutts, Director, Musician and Trainer at OPUS Music, with Claire Roberts, Play Specialist and Tania Willetts, Deputy Ward Leader, both from Sherwood Forest Hospital Trust**

OPUS Music is a Community Interest Company with a talent and passion for taking music-making into healthcare settings, to the benefit of the health and wellbeing of patients, their visitors and healthcare staff. OPUS is comprised of four professional musicians with high-level, specialist training for this practice. They currently deliver weekly music-making practice in a variety of hospitals across the East Midlands and beyond, working with patients on children's and older people's general and specialist wards, neonatal and children's intensive care and high dependency units as well as within adolescent mental health services. Through training and apprenticeship programmes, as well as the hosting of conferences and symposia, OPUS has supported the development of new Music in Healthcare practices across the UK, including in settings such as Great Ormond Street and Alder Hey Children's Hospitals. OPUS has been instrumental in the formation of NAMIH, the National Alliance of Musicians in Healthcare.

<http://opusmusic.org/>  
[www.namih.org/](http://www.namih.org/)

**Rebecca Blackman, Director of Engagement and Audiences, and Midlands Director, Arts Council England**

Rebecca is the National Director Engagement and Audiences for Arts Council England and Director Midlands, based in Nottingham. She has worked with Arts Council England for over ten years as a Senior Relationship Manager, Senior Manager Corporate Planning, Head of Development and Education and Learning Officer. She has also worked as an actor/teacher with various theatre companies in York, Leeds and Nottingham; as a project leader for a National Health Service advice and counselling project; as a Senior Manager for Advice Services in local government and as a teacher of English and Drama in a London Comprehensive School. Rebecca has also delivered training programmes for Age UK and worked in a voluntary capacity with Shelter and in youth justice settings. She is currently leading on both the Creative People and Places programme, which she has been involved with from the beginning, and the Celebrating Age programme, alongside working on a wide range of audience and engagement projects.

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

### **Dean Wallace, Director of Public Health, Derbyshire County Council**

As Director of Public Health for Derbyshire I have a responsibility for population health and wellbeing across the County. I am jointly appointed by the County Council and Secretary of State for Health and Social Care. I am accountable for commissioning/providing a number of public health services including; Health Visitors, Sexual Health, Substance Misuse and Smoking Cessation to name a few. Public Health focuses on prevention and early intervention; it is about what makes and keeps us well across our lives. This includes looking at how we shape environments to promote positive health and wellbeing and looking for creative solutions to population health and wellbeing issues. My role is extremely varied and covers everything from infectious disease outbreaks to presenting at creative health, wellbeing and arts events.

[www.derbyshire.gov.uk/social-health/health-and-wellbeing/about-public-health/](http://www.derbyshire.gov.uk/social-health/health-and-wellbeing/about-public-health/)

### **Alexandra Coulter, Director, Arts & Health South West and Project Manager, All-Party Parliamentary Group on Arts, Health and Wellbeing**

Arts & Health South West is a regional networking, advocacy and support organisation with over 2000 members. AHSW delivered the Culture, Health and Wellbeing International Conference in June 2017 which was attended by over 400 delegates and speakers from 23 countries. AHSW is the lead organisation for the new Culture, Health and Wellbeing Alliance, an Arts Council Sector Support Organisation that launched in March 2018.

The Director, Alex Coulter, provides the secretariat for the All-Party Parliamentary Group on Arts, Health and Wellbeing on behalf of the Culture, Health and Wellbeing Alliance, and project managed the 2 year Inquiry into Arts, Health and Wellbeing. The Inquiry Report, 'Creative Health', was launched in parliament in July 2017. The All-Party Parliamentary Group is now working to support the implementation of the ten recommendations in the report.

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

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

[www.artshealthandwellbeing.org.uk/appg-inquiry](http://www.artshealthandwellbeing.org.uk/appg-inquiry)

### **Dr Chris Clayton, Chief Executive Officer, Derbyshire CCGs**

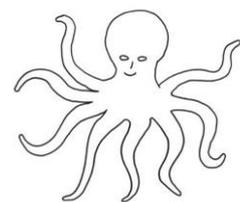
Dr Chris Clayton joined the four Derbyshire Clinical Commissioning Groups as the single Chief Executive Officer in October 2017. CCGs are made up of local GPs, nurses and other professionals and are responsible for commissioning services for local communities.

NHS Southern Derbyshire CCG - [www.southernderbyshireccg.nhs.uk](http://www.southernderbyshireccg.nhs.uk)

NHS North Derbyshire CCG - [www.northderbyshireccg.nhs.uk](http://www.northderbyshireccg.nhs.uk)

NHS Hardwick CCG - [www.hardwickccg.nhs.uk](http://www.hardwickccg.nhs.uk)

NHS Erewash CCG - [www.erewashccg.nhs.uk](http://www.erewashccg.nhs.uk)



DANCING HELPS

