

ART SPE AKS

Reflecting on arts processes as a mechanism for
communication and social change.

“ART HELPS US ACCESS AND EXPRESS PARTS OF OURSELVES THAT ARE OFTEN UNAVAILABLE TO OTHER FORMS OF HUMAN INTERACTION.

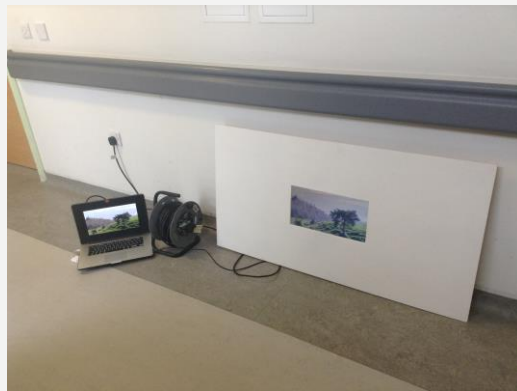
IT FLIES BELOW THE RADAR, DELIVERING NOURISHMENT FOR OUR SOUL AND RETURNING WITH STORIES FROM THE UNCONSCIOUS. A WORLD WITHOUT ART IS AN INHUMAN WORLD. MAKING AND CONSUMING ART LIFTS OUR SPIRITS AND KEEPS US SANE.

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

THE SPECTRUM OF ARTS INTERVENTIONS

The field of arts in dementia is a broad one, and the range of organisations, artists and mechanics of connecting culture and health ranges from work by artists living with dementia, to Elderflower on wards and Playlist for Life; on supporting environmental concerns through large architectural and sculpture commission projects to providing patients with an arts therapy service. However, what connects this spectrum is the forms of self-expression, imagination and creativity that create transactions between artist/maker/creator and a health professional, carer, and/or the general public.



Arts in Health and Care Environments



This includes hospitals, GP surgeries, hospices and care homes.

A mental health recovery centre co-designed by service users in Wales is estimated to save the NHS

£300k

per year.

Visual and performing arts in healthcare environments help to reduce sickness, anxiety and stress.



The heart rate of new-born babies is calmed by the playing of lullabies. The use of live music in neonatal intensive care leads to considerably reduced hospital stays.

Participatory Arts Programmes

This refers to individual and group arts activities intended to improve and maintain health and wellbeing in health and social care settings and community locations.

After engaging with the arts

79% of people in deprived communities in London ate more healthily

77% engaged in more physical activity

82% enjoyed greater wellbeing.

£1 spent on early care and education has been calculated to save up to £13 in future costs. Participatory arts activities with children improve their cognitive, linguistic, social and emotional development and enhance school readiness.



Participatory arts activities help to alleviate anxiety, depression and stress both within and outside of work.



Arts Therapies

This refers to drama, music and visual arts activities offered to individuals, usually in clinical settings, by any of 3,600 practitioners accredited by the Health and Care Professions Council.



Arts on Prescription

Part of social prescribing, this involves people experiencing psychological or physical distress being referred (or referring themselves) to engage with the arts in the community (including galleries, museums and libraries).

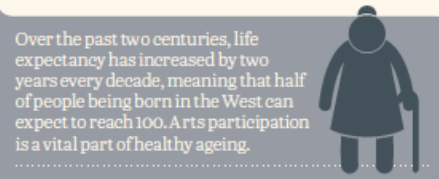
An arts-on-prescription project has shown a 37% drop in GP consultation rates and a 27% reduction in hospital admissions. This represents a saving of

£216

per patient.



A social return on investment of between £4 and £11 has been calculated for every £1 invested in arts on prescription.



Over the past two centuries, life expectancy has increased by two years every decade, meaning that half of people being born in the West can expect to reach 100. Arts participation is a vital part of healthy ageing.



Music therapy reduces agitation and need for medication in

67%

of people with dementia.



Arts therapies help people to recover from brain injury and diminish the physical and emotional suffering of cancer patients and the side effects of their treatment.



Arts therapies have been found to alleviate anxiety, depression and stress while increasing resilience and wellbeing.

Medical Training and Medical Humanities

This refers to inclusion of the arts in the formation and professional development of health and social care professionals.

Within the NHS, some 10 million working days are lost to sick leave every year, costing

£2.4bn

Arts engagement helps health and care staff to improve their own health and wellbeing and that of their patients.



Everyday Creativity

This might be drawing, painting, pottery, sculpture, music or film-making, singing or handicrafts.

There are more than **49,000** amateur arts groups in England

involving **9.4 million** people that is

17% of the population.



Attendance at Cultural Venues and Events

This refers to attendance at concert halls, galleries, heritage sites, libraries, museums and theatres.



Attendance tends to be determined by educational level, prosperity and ethnicity.



Cultural engagement reduces work-related stress and leads to longer, happier lives.

Of

2,500

museums and galleries in the UK, some

600

have programmes targeting health and wellbeing.



The Built and Natural Environments

Poor-quality built environments have a damaging effect upon health and wellbeing.

85%

of people in England agree that the quality of the built environment influences the way they feel.

Every £1 spent on maintaining parks has been seen to generate

£34

in community benefits.



- **THE ARTS CAN HELP KEEP US WELL, AID OUR RECOVERY AND SUPPORT LONGER LIVES BETTER LIVED.**
- **THE ARTS CAN HELP MEET MAJOR CHALLENGES FACING HEALTH AND SOCIAL CARE: AGEING, LONG TERM CONDITIONS, LONELINESS AND MENTAL HEALTH.**
- **THE ARTS CAN HELP SAVE MONEY IN THE HEALTH SERVICE AND SOCIAL CARE.**

All-party Parliamentary Group On Arts, Health And Wellbeing Inquiry Report
Creative Health: The Arts For Health And Wellbeing July 2017

ARTLINK CENTRAL



Key strands of the programme are set out here, the aim being to continue to engage patients and service-users in traditional as well as contemporary ways as well as develop resources to increase health and wellbeing through innovation:

to develop **co-design** of activity related products which can be used by many people in hospital and community, even home,

to develop **digital (online)** projects with patients, particularly children and young people;

to deliver **music** programmes with the Royal Conservatoire of Music in hospital wards, and waiting areas and care settings in the community;

to develop 'retro-fit' **dementia friendly design** with patients and staff and with academic and health partners;

to continue to make artworks with patients which can be designed or fabricated in such a way that they can be incorporated into high quality **exhibitions**

to support artists to make visible and animate health related **social histories** and records

to undertake **residential work** e.g. develop content for the new Wall of Wellbeing projection project with Lochview residents;

social prescribing - to provide services for people prescribed arts activities by their GP or referred through councils and to signpost people to other appropriate services;

continue to involve and train **volunteers** as part of arts projects e.g. the imminent Veterans' 'public art' engineering design project.

PUBLIC, SITED & ENVIRONMENTAL ART

The relationship between people, place and purpose makes the places and neighbourhoods where people live, healthcare settings, arts venues, complex sites to mediate and navigate, and art can play a range of practical purposes within these spaces mitigating against issues and problems, sometimes through retrofitting, or creating a sense of identity and connection within often prescriptive and functional open and wayfinding spaces.

RETROFITTING MENTAL HEALTH

JOINT NHS FV PROJECT WITH EMMA VARLEY AND PAULA THOMPSON





WALL OF WELLBEING

COMMUNITY AND PARTICIPATORY ARTS PRACTICE

Patients, staff and volunteers may take part as an audience and/or participant in a range of creative opportunities that can range from music-making and singing, to arts and design projects.

The nature of these projects can vary hugely, from focus on individual participants, to large performance projects, but all engage an artist or artists working with people in a healthcare context.

In all instances, **the artist is at the heart of facilitating a creative process** which often but not always ends in a form of artistic production.

A project based approach supports milestones and transition points for people entering the engagement and exiting it.



BINGO

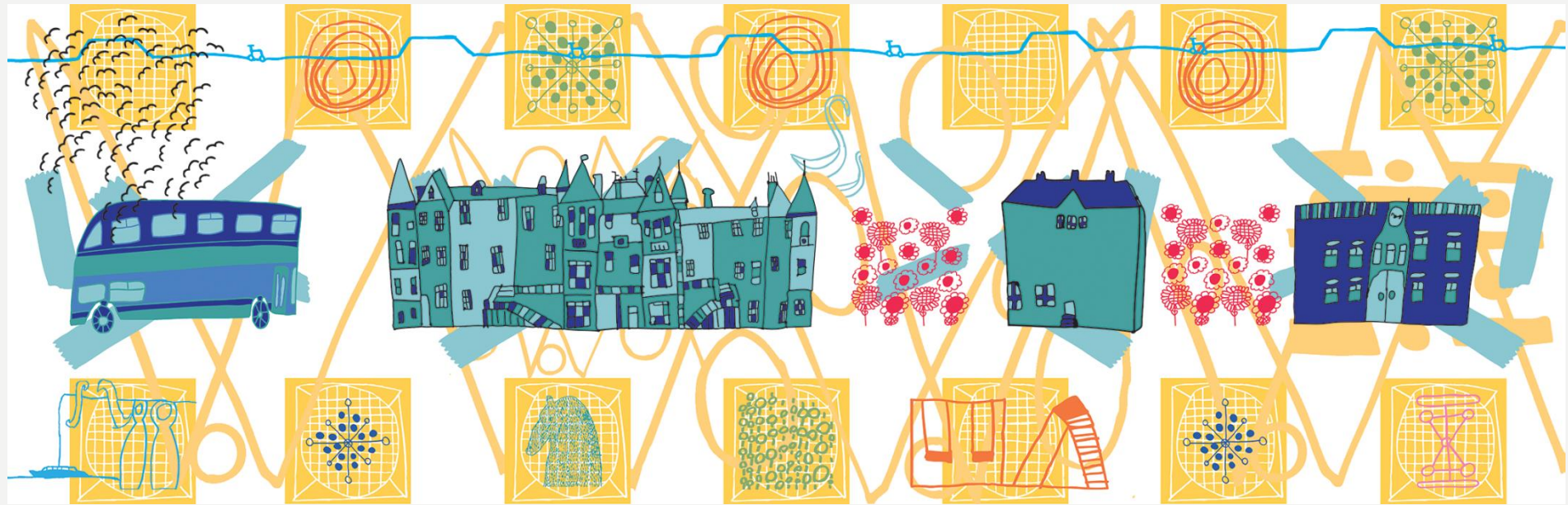
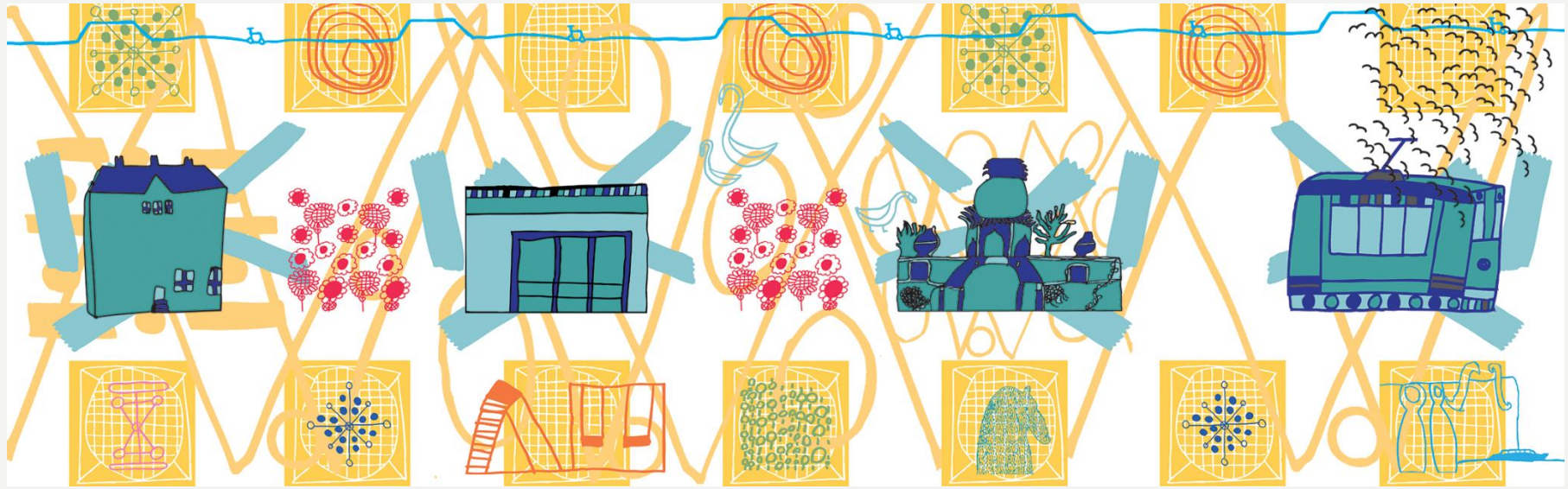
14	28	45	50	61
8	21	32	47	69
11	19	35	55	63
5	16	39	48	72
2	26	41	56	74



BINGO

4	29	43	51	70
9	18	40	50	67
13	27	FREE	53	75
6	22	38	57	61
15	19	34	55	64











HOSPITAL NOTES



Artlink Central works with the Conservatoire of Scotland music programme and NHS Forth Valley to bring musicians into healthcare settings developing community ensembles and supporting wider access to music in particularly mental health wards.

FIESTA SHORT FILM BY THIRTEEN SQUARED



MEASURING OUR IMPACT

SUMMARY REPORT: Older People (including people diagnosed with dementia)		
Total no participants attending	216	
Engagement in the programme afforded the opportunity for:	Numbers supported	Percentage %
A. self-expression;	209	96%
B. an enhanced sense of value and attainment;	204	94%
C. maintaining and/or developing skills;	180	83%
D. team working or autonomy;	216	100%
E. enhancing the immediate environment;	204	94%
F. enhancing their experience of healthcare or health services.	204	94%
Participants for whom the creative project or activity (however temporarily):	Numbers supported	Percentage %
1. decreased boredom;	216	100%
2. engendered positive feelings;	216	100%
3. improved wellbeing;	216	100%
4. reduced fear and anxiety;	216	100%
5. improved resilience;	216	100%
6. improved social interaction (where possible).	216	100%

SOCIAL PRODUCTS

CREATINGCONVERSATIONS.ORG



Creating Conversations offers a fun and easy way to help people with dementia interact with others, share personal histories and build relationships - anytime and anywhere. Listen as memories unfold and conversations flow.

WHO WE ARE

We develop evidenced based products that help conversations flow and enhance wellbeing for people with dementia.

THE KIT

[The Creating Conversations Kit](#) was developed by dementia specialists, with the help of older people with dementia and their carers.

Benefits:

- Stimulates conversations and meaningful activity
- Everything you need in one place
- Reduces pressure, anxiety and feelings of isolation
- Saves time and resources
- Months of activities and conversation starters
- Can be used in one to one and group settings
- Suitable for in the home and in care settings

NEIGHBOURHOOD CREATIVE ENGAGEMENT

