



Derby City Council

HEALTH AND WELLBEING BOARD
17 May 2018

ITEM 9

Report of the Culture, Health and Wellbeing
Alliance

Creative Health: East Midlands Launch of Parliamentary Report

SUMMARY

- 1.1 During 2015–17 the All Party Parliamentary Group for Arts Health and Wellbeing, conducted an inquiry into practice and research in the arts in health and social care, with a view to making recommendations to improve policy and practice.
- 1.2 Their findings were published as the report *Creative Health: The Arts for Health and Wellbeing* in July 2017. This had three key messages;
 - 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.
- 1.3 A regional launch event for the report will take place on 29 June 2018. This will showcase the best of Arts and Health practice from the East Midlands, and allow professionals from the health, social care and arts sectors to discuss furthering the recommendations of the report at a local level.

RECOMMENDATION

- 2.1 To support the regional launch event on 29th June through attendance by senior representatives of organisations represented on the Health and Wellbeing Board.
- 2.2 To note the contribution that creative arts can play in improving health and wellbeing, as outlined in *Creative Health: The Arts for Health and Wellbeing* (<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>)

REASONS FOR RECOMMENDATION

- 3.1 To learn more about the broad, cost-effective contribution that creative arts can play in improving health and wellbeing.
- 3.2 To consider how the report's recommendations can be implemented locally, to see how the arts in health and wellbeing can be developed and supported at all levels and

across organisations.

SUPPORTING INFORMATION

- 4.1 The All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) was formed in 2014. Its aim was to improve awareness of the benefits that the arts can bring to health and wellbeing. Partners in the Inquiry were the Culture, Health and Wellbeing Alliance, King's College London, the Royal Society for Public Health and Guy's and St Thomas' Charity.
- 4.2 The inquiry undertook two years of research, evidence-gathering and discussions with patients, health and social care professionals, artists and arts administrators, academics, people in local government, ministers, other policy-makers and parliamentarians from both Houses of Parliament.
- 4.3 The Inquiry Report, *Creative Health: The Arts for Health and Wellbeing* presents an evidence-based case for using the arts across many different areas of health and wellbeing, from primary care to mental health in the community, from falls reduction for elders to educating the next generation of health workers. Some of the impact on health outcomes and return on investment, as summarised in the report, are attached as Appendix 3.
- 4.4 The Creative Health report and further information about the APPG enquiry can be found here www.artshealthandwellbeing.org.uk/appg-inquiry/
- 4.5 The report includes 10 recommendations for how the potential of the arts in health could be realised. Of particular relevance to Health and Wellbeing Board members are the following recommendations:
 - Recommendation 3: 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: 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 6: 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: 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.

- 4.6 The East Midlands launch event will bring together health and social services from across the region with politicians and arts and health practitioners. The event will showcase the best of Arts and Health from the East Midlands alongside discussion around furthering the report's recommendations and developing practice at a local level.
- 4.7 The event will be held on 29th June 2018 at the Post Mill Centre, South Normanton, from 9:45 – 13:30. Lunch and refreshments are included. For more information and to sign up for a free ticket see: <https://goo.gl/HmLoaG>
- 4.8 Speakers at the event will include:
- The Baroness Ruth Lister of Burtersett CBE, member of the APPGAHW and Emeritus Professor of Social Policy at Loughborough University.
 - Rebecca Blackman, Director, Engagement and Audiences and Director, Nottingham, Arts Council England.
 - Alex Coulter, Chair of the Culture, Health and Wellbeing Alliance and Project Manager for the APPG on Arts, Health and Wellbeing Inquiry.
 - Cllr Barry Lewis, Leader of the Council, Derbyshire County Council.
 - Dean Wallace, Director of Public Health, Derbyshire County Council.
- 4.9 The East Midlands event is being organised by Helena Reynolds, the East Midlands representative for the Alliance and Arts and Health Co-ordinator for Arts Derbyshire at Derbyshire County Council, supported by the All Party Parliamentary Group for Arts, Health and Wellbeing.

OTHER OPTIONS CONSIDERED

5.1 None.

This report has been approved by the following officers:

Legal officer Financial officer Human Resources officer Estates/Property officer Service Director(s) Other(s)	
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For more information contact: Background papers: List of appendices:	Helena Reynolds - artsandhealthderbyshire@gmail.com/ Mike Brown mike.brown@derby.gov.uk None Appendix 1 - Implications Appendix 2 - Event invitation
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IMPLICATIONS

Financial and Value for Money

1.1 None.

Legal

2.1 None.

Personnel

3.1 None.

IT

4.1 None.

Equalities Impact

5.1 None.

Health and Safety

6.1 None.

Environmental Sustainability

7.1 None.

Property and Asset Management

8.1 None.

Risk Management and Safeguarding

9.1 None.

Corporate objectives and priorities for change

10.1 None.

Appendix 2: Event invitation



The Culture, Health and Wellbeing Alliance, in partnership with Arts Derbyshire and Derbyshire County Council, warmly invite you to attend the East Midlands launch of

Creative Health: The Arts for Health and Wellbeing



The report of a research inquiry into Arts and Health by the **All Party Parliamentary Group for Arts, Health and Wellbeing**

Friday 29th June 2018, 9.45-1.30 (includes lunch and refreshments)

The Post Mill, South Normanton, DE55 2EJ

Book on Eventbrite now to secure your free place:

<https://goo.gl/HmLoaG>

We will contact you shortly for further details in order to complete your booking

KEYNOTE: The Baroness Ruth Lister of Burtersett CBE, member of the APPGAHW and Emeritus Professor of Social Policy at Loughborough University
Rebecca Blackman, Director, Engagement and Audiences and Director, Nottingham, Arts Council England
Alex Coulter, Chair of the Culture, Health and Wellbeing Alliance and Project Manager for the APPG on Arts, Health and Wellbeing Inquiry
Cllr Barry Lewis, Leader of the Council, Derbyshire County Council
Dean Wallace, Director of Public Health, Derbyshire County Council

This event is 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. The Culture, Health and Wellbeing Alliance and the APPG for AHW wish to

build on local, regional and national work, seeking to influence at all levels of health and social services.

Further information

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

www.culturehealthandwellbeing.org.uk

www.artsderbyshire.org.uk

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/

Illustrations by **David Shrigley**

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Appendix 3: Summary of diverse arts and health outcomes from the report

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 art 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 are more healthy

77% engaged in more physical activity

£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.

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.

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

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.



