

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

Creative Health: The Arts for Health and Wellbeing

July 2017





“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



“At Paul Hamlyn Foundation, we have always believed that the arts are a force for change, enriching people’s lives and transforming communities, so we were pleased to support this important work, to shine a light on the links between arts and wellbeing and to uncover the excellent practice and evidence to underpin our assertions. The findings emphasise the positive impact that arts access and participation have on helping people to overcome disadvantage and enjoy healthier lives, and the case studies clearly demonstrate the power that partnerships between health agencies and arts practitioners can have.”
Moira Sinclair, Chief Executive, Paul Hamlyn Foundation



“This report lays out a compelling case for our healthcare systems to better utilise the creative arts in supporting health and wellbeing outcomes, building on a growing body of evidence in mental health, end-of-life care and in supporting those living with long-term conditions.”
Lord Darzi, Professor of Surgery, Imperial College London



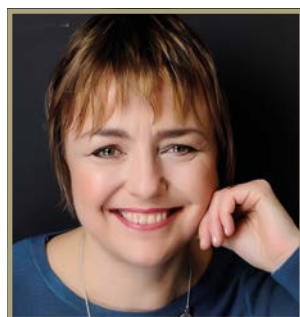
“The therapeutic value of art is an asset we must use. A partnership between arts organisations and health organisations has the power to improve access to the arts and to health services for people neglected by both. Through our Creative Minds programmes in Yorkshire, I also know these partnerships 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



“The Sackler Foundations support creative people who are known to be passionate about connecting the arts to ordinary people’s lives and who are expert at what they do. We have always supported both arts- and health-related activity and continue to commit to quality programmes, often where other partners – public, private and philanthropic – will join us. We would welcome strategic and sustained collaboration to support the arts to promote health and wellbeing.”
Dame Theresa Sackler



“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



“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



“There is growing evidence that engagement in activities like dance, music, drama, painting and reading help ease our minds and heal our bodies. This timely report sets out a clear policy framework for the cultural sector to continue its impressive work in improving people’s health and wellbeing.”
Sir Nicholas Serota, Chair, Arts Council England



“This report sets out the significant contribution that arts and culture can make to keeping our communities healthy and happy. It is a call for action and a powerful argument for continuing to expand the artistic and cultural offer that complements and enhances our health offer.”
Izzi Seccombe, Leader of Warwickshire County Council; Chair, LGA Community Wellbeing Board



“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



“This is an impressive collection of evidence and practice for culture and health, which reflects the passion and breadth of engagement of the APPG and its partners over the last two years.”
Duncan Selbie, Chief Executive, Public Health England



“In every age, the arts have inspired people and given them comfort. This major report gives striking evidence of the contribution of the arts to wellbeing in today’s world and makes compelling proposals for how this contribution can be enhanced.”
Lord Layard



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Culture Shots 2015, partnership between Central Manchester University Hospital NHS Foundation Trust, The Whitworth and Manchester Museum, University of Manchester

Photographer: Andy Ford

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Foreword

It is time to recognise the powerful contribution the arts can make to health and wellbeing. There are now many examples and much evidence of the beneficial impact they can have. We have three key messages in this report:

- **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.**

The All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) was formed in 2014. Our aim is to improve awareness of the benefits that the arts can bring to health and wellbeing, and to stimulate progress towards making these benefits a reality all across the country. We decided to carry out an Inquiry into existing engagement of the arts in health and social care, with a view to making recommendations to improve policy and practice.

We have held a series of 16 round table discussions at which some 300 people – service-users, people working in the arts, health and social care, including the prison service and end-of-life care, commissioners, funders and academics – have come together to share their thoughts on challenges they face, tell us what they are already doing and what they aspire to do and debate how progress may best be achieved. We have been struck by the passion and eloquence of our witnesses, both providers and beneficiaries of the arts in health and social care (some of what they told us can be read and heard on our website: www.artshealthandwellbeing.org.uk).

We have been able to share thinking at meetings with ministers in the Departments of Health and Culture, Media and Sport, with the Chief Medical Officer and with NHS England, Public Health England, the Care Quality Commission, the

Cabinet Office, the What Works Centre for Wellbeing, Arts Council England and the Local Government Association. We have also been advised by service users, carers, clinicians, artists, academics, commissioners and philanthropic funders. We have held further meetings at which people with much experience – officials and other professionals in the field as well as parliamentarians – have provided a reality check on our provisional findings. The exchange of ideas stimulated by the Inquiry has, we have been told, yielded new insights among practitioners as well as greater understanding among parliamentarians.

In parallel with all this activity, our researcher, Dr Rebecca Gordon-Nesbitt, from King's College London, has conducted a major piece of research, examining the interactions between the arts, health and wellbeing throughout the life course. A large amount of evidence has been examined: academic research, project evaluations, the testimonies we heard at the round tables and submissions elicited from a call we issued for examples of practice. This report brings together all the strands of the Inquiry and, we believe, provides the most comprehensive overview of the field to date.

Chapter two provides a theoretical basis for our case. It discusses thinking about 'social determinants' which underpins current health policy and questions why the arts, as an enrichment of human experience, have, until now, largely been neglected in this orthodoxy. We have discussed our ideas with Professor Sir Michael Marmot, who has done much to advance thinking about the social determinants of health in the UK and beyond and has welcomed our extension of this thinking. Chapter three discusses the present state of evidence concerning the impacts of the arts on health and wellbeing, and makes recommendations for the development of research and evaluation. Chapter four sketches the policy, commissioning and funding landscape as it is now, and offers some new vistas. Chapter five locates services within physical and community environments, argues for improved design and environmental quality in the interests of health and wellbeing and calls for the arts to be included in health-creating strategies being developed at local and city-region level.

Chapters six to nine review significant research and exemplary practice through successive phases of the life course from birth to death. These chapters report substantial achievement in many parts of the country, and we hope they will provide a valuable reference point. We believe this material compellingly demonstrates the opportunities that exist but have yet to be seized widely. As it is, the United Kingdom is still very far from realising more than a small modicum of the potential contribution of the arts to health and wellbeing.

We lag in significant respects behind other countries, such as Australia, Cuba and the Nordic countries.

While not wishing to overclaim, we firmly believe that the arts can be enlisted to assist in addressing a number of difficult and pressing policy challenges: strengthening preventative strategies to maintain health for all; helping frail and older people stay healthy and independent; enabling patients to take a more active role in their own health and care; improving recovery from illness; enhancing mental healthcare; improving social care; mitigating social isolation and loneliness, strengthening local services and promoting more cohesive communities; enabling more cost-effective use of resources within the NHS; relieving pressure on GP services; increasing wellbeing among staff in health and social care; encouraging voluntary work; creating a more humane and positive existence for prisoners; enhancing the quality of the built environment; and ensuring more equitable distribution of arts resources and better access to the arts for people who are socially or economically disadvantaged.

We firmly believe that the arts can be enlisted to assist in addressing a number of difficult and pressing policy challenges.

The arts, where they are intelligently engaged to promote health and wellbeing, can help to realise the Prime Minister's vision of a shared society.

Some defenders of the arts may object that this is one more example of the instrumentalism through which politicians blight our culture. We have no desire to ignite another flare-up in the chronic and sterile altercation between the proponents of art for art's sake and those who justify public intervention at least in part on the basis that the arts confer benefits on society. We believe that it is the validity of art itself that can lead to better health and wellbeing. As Samuel Johnson said, 'the only end of writing' – and it is as true of the other arts as of literature – 'is to enable the reader better to enjoy life, or better to endure it'.

The conundrum that we have found ourselves pondering is why, if there is so much evidence of the efficacy of the arts in health and social care, it is so little appreciated and acted upon. In our discussions, we have identified a number of barriers to recognition and embrace of the potential contribution of the arts. These barriers are attitudinal rather than legislative or inherent in formal policy.

The initial formation and continuing professional development of members of the medical professions is almost exclusively science-based. Medical humanities are available in the curriculum in some medical schools, but the arts are not part of the syllabus for public health training. Medical research criteria – in which large-scale randomised controlled trials are the gold standard and qualitative assessments are often viewed sceptically – are unsuited to evaluation of the arts in health. Modern medicine achieves extraordinary things, but the culture of healthcare can tend too much towards the technical-industrial and bureaucratic. Medical professionals, of course, seek to imbue the culture with humanity and genuine caring. Where they fail to do so, at the extreme, we have the catastrophe of Mid-Staffordshire. Received wisdom has yet to recognise consistently that the arts can help to humanise the system, not just as a nice add-on but in complementing and enhancing the effectiveness of conventional medicine.

Proponents of the arts in health have too often not made their case as well as they should. Too many evaluations of arts projects have been less than rigorous, and the return on investment in the arts has been unclear. Nor, as Professor Dame Sally Davies put it to us, has wellbeing been rigorously conceptualised. Whereas many cultural organisations have been superbly capable and committed, they have not

everywhere put themselves forward sufficiently confidently, insistently and convincingly. While most cultural organisations have now embraced education with conviction as a part of their mission, far fewer are seriously interested in the contribution they can make to improving health or in extending their audiences through such work. It is also fair to say that discontinuities of funding, and, in some parts of the country, large-scale withdrawal of funding, have genuinely prevented arts organisations from remaining available to support health and social services.

Local authorities, even before they were under the present draconian pressure to reduce expenditure, have not given high priority to spending on the arts. Other discretionary items – well-maintained public spaces, cleaner streets, leisure opportunities – appear to be more popular and also enhance quality of life. There is relatively little protest if the arts are casualties of economy. We make the case here that the arts are a vital part of the public health landscape and therefore an essential responsibility of local authorities.

With ferocious pressure on funding, little capacity within the NHS and social care has been available to support more than the maintenance of

existing services. The NHS has, in any case, been intently focused on acute medicine and too little on prevention or the management of chronic conditions. Commissioning methodologies have pursued volume rather than outcomes, squeezing out innovation. Unremitting pressures have made it difficult for people to reflect and try different approaches. Perhaps they should be reminded of Lord Rutherford's observation to colleagues at the Cavendish Laboratory: 'Now that we've run out of money we'll have to start thinking.'

While it has been welcome that David Cameron established the Government's programme of Measuring National Wellbeing, in the era of neoliberal economics it has not been expected that policy would be addressed directly to the promotion of wellbeing. Nor has there been a strong public voice demanding more arts in health or social care. Indeed, some in the media have been disparaging of what there has been. Whether or not for these reasons, political leadership has been hesitant and inconsistent.

Although four Secretaries of State for Health in the last 25 years have also held office as Secretary of State for Culture, there has been little recognition in government of the potentially beneficial symbiosis between the arts and health. At junior ministerial level, from time to time, there has been engagement between those two departments, but, with vagaries of political circumstance, efforts at collaboration have petered out. There have been moments of particular promise, such as the collaboration between the Department of Health and Arts

government. However, it became clear to us that the challenges we describe would not satisfactorily be met by ordinances from on high or through bureaucratic processes. We consider that the Health and Social Care Act 2012 – particularly the provision in that legislation for public health structures – provides an adequate framework within which progress can be made. And while more money, and in particular greater continuity of funding, would obviously be helpful, existing public funding systems, especially if further enhanced by philanthropic contributions, are capable of supporting significant extensions of the work we would like to see. We do not ask that funding for the arts in health should be privileged. Where public funding is concerned, we ask only that properly informed, realistic and unbiased assessments should be made, throughout the system, of the potential value for money in funding the arts to support existing agendas in health and social care.

In deference to the proprieties of devolution, the recommendations we make as an all-party group at Westminster are addressed to people making decisions in England, but we hope they may have useful applicability in the other nations of the UK. We have drawn upon examples of excellent practice in the devolved countries, and we very much appreciate collaboration with colleagues in Northern Ireland, Scotland and Wales.

Our specific policy recommendations are modest and limited; if the purpose is accepted, we see no reason why they should not quickly be consulted upon, agreed and implemented. We are not calling for new legislation or regulation, nor for changed structures. The essential need we identify is culture change: change in conventional thinking leading to change in conventional practice. The key to progress will be decentralised leadership and collaboration diffused across the complex systems of health and social care and the arts. These systems are neither command structures nor

markets; they have elements of both, but their performance depends upon judgement and leadership by a host of decision-makers. People in positions of responsibility, whether commissioners or clinicians or arts professionals, are free to mobilise the arts in health and social care if they judge it appropriate to do so.

The Prime Minister has signified her commitment to more effective interventions by the Government in support of people who need help. If the Secretary of State for Health were simply to reaffirm the endorsement of the value of the arts in health made by his predecessor in 2008, it would

give new heart and impetus. Better still, if the Secretary of State for Health, the Secretary of State for Culture and ministers in other departments were, after suitable analysis and consultation, jointly to endorse, in a cross-governmental document, the propositions in this report, it would do much to encourage wider and more confident innovation and advance. We appeal for that political leadership.

Culture change is already afoot. The New NHS Alliance says that 'What has been missing is a willingness to empower both frontline staff and communities to work differently' and to balance technical innovation with social innovation.¹ The

clinical decisions. Together they can unlock change, but, at the moment, they may not believe that the arts can be an effective means to help them in their purposes.

In the months following the publication of this report, we will campaign to make our case and convince people to take up our recommendations. We will actively seek to develop the debate, not only in Parliament but also among the professions and across the country.

We hope to inspire and energise individuals and encourage better communication between different disciplines and institutions. Among the virtues of the arts is that they challenge habitual thinking. We aim to provoke dissonant conversations and create pressure for change. We challenge people to emerge from their silos, discover shared territory and join forces.

We are extremely grateful to everybody who has so far joined us in this work. We have been particularly guided by the knowledge, experience and

good judgement of a number of our members, including Baroness Andrews, Lord Richard, Lord Crisp, Rt Hon. Baroness Morris of Yardley, Rt Hon. Ed Vaizey MP, who I am delighted has recently become Co-Chair of the APPGAHW, and Baroness Young of Hornsey.

We have benefited continuously from exchanging ideas with our partners in the Inquiry, the National Alliance for Arts, Health and Wellbeing, King's College London, the Royal Society for Public Health and Guy's and St Thomas' Charity.

We are deeply grateful to our principal funders, Paul Hamlyn Foundation and Wellcome. They have not only funded the Inquiry generously but have taken a close and perceptive interest in it. We are also most appreciative of King's College London and the Arts and Humanities Research Council who have been imaginative and practical supporters of the research side of our work.

On behalf of my parliamentary colleagues I want to pay a particular tribute to Alex Coulter, project manager for the Inquiry, and to Rebecca Gordon-Nesbitt, who carried out the research and drafted this report. Both of them have worked with total commitment and remarkable ability. We have been extraordinarily fortunate to be supported by them in this project.



Rt Hon. Lord Howarth of Newport
Co-Chair, All-Party Parliamentary Group on Arts, Health and Wellbeing.

The essential need we identify is culture change: change in conventional thinking leading to change in conventional practice.

Social Prescribing Network notes that up to a fifth of patients see a GP for a problem that requires a social solution, and some clinical commissioning groups are already supporting arts on prescription. NHS England is calling for much greater staff, patient and community involvement in the design and delivery of services while also working collaboratively with the voluntary sector and primary care to design a systematic and equitable approach to self-care and social prescribing.

The APPGAHW is part of a growing movement. As Lord Crisp and colleagues have put it, in their manifesto for a healthy and health-creating society, we must aim for 'the transformation of the health and care system from a hospital-centred and illness-based system to a person-centred and health-based system'.² Such a sea-change needs to be supported across conventional boundaries. The Royal Society for Public Health urges us all to see ourselves as members of the public health workforce. Artists and arts organisations, by fostering imagination and creativity, are crucial in this movement.

In this report we are addressing a range of audiences: fellow parliamentarians, government, healthcare providers, social care providers, artists, arts therapists and arts organisations, educators, academics, funders, service users, the public. We hope the report will be read by people working in health and social care, who may benefit from understanding the arts better, and by people working in the arts, who may be helped to understand better how they can engage with the health and social care systems. We are particularly addressing people who have to make policy decisions, funding decisions and

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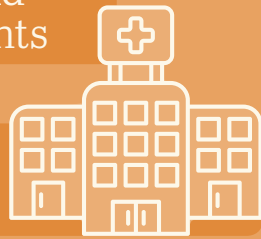
Council England to produce the Prospectus for Arts and Health in 2007 and Alan Johnson's fine speech at the Wallace Collection in 2008, but these have not been followed through.

Ed Vaizey's Culture White Paper of 2016 represents the latest moment of promise, with its explicit commitment by the Government to respond to this report. We very much hope that this will be the prelude to a settled and coherent commitment by all relevant government departments and to cross-party consensus.

As parliamentarians, we expected at the outset that our recommendations would principally be to

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.

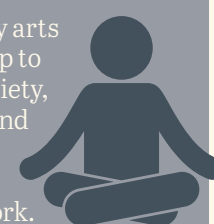
£1 spent on early care and education has been calculated to save up to £13 in future costs. Participatory arts activities with children improve their cognitive, linguistic, social and emotional development and enhance school readiness.



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.

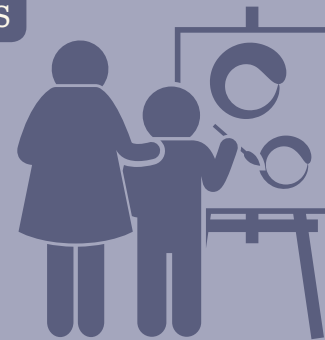


Participatory arts activities help to alleviate anxiety, depression and stress both within and outside of work.



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.



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

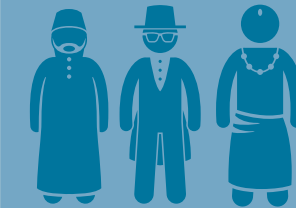
involving **9.4 million** people

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.



Summary

1 The Arts for Health and Wellbeing

The creative impulse is fundamental to the experience of being human. We might express this through art, craft, creative writing, dance, design (including architecture), drama, film- or music-making or singing, by ourselves or with others; increasingly, we might make creative use of digital media. We might access outcomes of creative processes by walking around our cities or heritage sites, visiting concert halls, galleries, museums, theatres or libraries. The act of creation, and our appreciation of it, provides an individual experience that can have positive effects on our physical and mental health and wellbeing. How, where and why this works is the subject of this report.

2 The Arts and the Social Determinants of Health and Wellbeing

The World Health Organization defines the social determinants of health as the ‘conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life’. Many would agree that unequal distribution of power, income, goods and services within and between countries creates large differentials in health and wellbeing. To take just one example, children born into families at the lower end of the social gradient are more vulnerable to heart disease, mental health problems, obesity, respiratory disease and stroke than their more affluent contemporaries. Recognition of the social determinants of health is now consistent across UK health policy documents.

The devolved administrations in the UK and combined authorities in England are increasingly using arts-based strategies to address the social determinants of health. In attempting to show how the arts can help to meet some of the major health and social care challenges, chapters six to eight of this report look at how we are born, grow, work, live and age and how arts engagement can lessen the impact of health inequalities at each of these life stages at the same time as steps are taken to reduce them. To this list, we have added consideration of how we die, with chapter nine dedicated to creative encounters at the end of life.

Central to these life-course chapters is the idea that arts engagement helps to mitigate the effects of an adverse environment by: influencing maternal nutrition, perinatal mental health and childhood development; shaping educational and employment opportunities and tackling chronic distress; enabling self-expression and empowerment and overcoming social isolation. At the same time, we find that an embrace of the arts via health and wellbeing routes helps to overcome well-publicised inequalities in access to the publicly funded arts. This suggests that a significant component of investment in the arts should be made in a graduated way, according to need.

Of course, not everything fits into neat generational categories. Throughout the life course, environmental quality, sense of place and community are crucial to our health and wellbeing and form the basis of a separate fifth chapter.

3 Evidence

The evidence base linking arts engagement to health and wellbeing comprises both research and evaluation, and it spans a range of methodologies and practices. This report introduces us to the various types of evidence that are typically encountered in the field, including evidence derived from quantitative and qualitative methods, economic analysis and the measurement of wellbeing. In the process, we foreground research which considers the social value of arts interventions, and we explore what works, for whom and in what circumstances. This report argues that evidence not only needs to be meticulously gathered but also proactively deployed, in processes such as the formulation of clinical guidance by the National Institute for Health and Care Excellence.

Evidence is unevenly distributed across the field, is of variable quality and is sometimes inaccessible. Looking to the future, greater focus needs to be placed on good-quality evaluation which allows for comparative analysis. Equally, there is a pressing need for appropriate longitudinal research into the relationship between arts engagement, health and wellbeing.

4 Policy, Commissioning and Funding

The current crisis in health and social care demands a search for innovative solutions. Funding aside, the greatest challenges to the

health and social care systems come from an ageing population and a prevalence of long-term conditions for which there is no obvious cure. In addressing these challenges, the *Five Year Forward View*, published in 2014 by NHS England as a new vision for health policy, emphasised a need for rapid improvements in prevention and public health.

Millions of people in the UK engage with the arts as part of their everyday lives. As we demonstrate in this report, arts engagement has a beneficial effect upon health and wellbeing and therefore has a vital part to play in the public health arena. At the same time, this report shows that the arts have a significant role in preventing illness and infirmity from developing in the first place and worsening in the longer term. Added to which, engagement in the arts is consistently seen to enhance wellbeing and quality of life in people of all ages. In short, the arts can help to address many of the challenges the health and social care system is facing and improve the humanity, value for money and overall effectiveness of this complex system.

5 Place, Environment, Community

The natural and built environments have a profound impact upon our health and wellbeing. Within healthcare, access to daylight, fresh air and natural materials aids healing, restoring the integrity between mind, body and soul. Patients and staff alike appreciate health and social care environments which are well designed and animated by the arts.

The ongoing shift from an acute and costly hospital-centred, illness-based system to a personalised, health-based system relies upon individual and community assets. The contribution of the arts to person-centred, place-based care urgently needs to be recognised. Social prescribing sees people finding solutions to psychosocial problems in the community. A wide range of schemes and referral pathways is in operation. Hosted by community organisations and cultural venues, arts-on-prescription activities reduce anxiety, depression and stress and aid in the management of long-term conditions.

Operating at the intersection between health and social care, the arts form an integral part of age-friendly cities and dementia-friendly communities. The participatory arts provide a prime site for co-production – equal involvement by people using services and people responsible for them, not only in design and delivery but also in evaluation and refinement.

6 Childhood, Adolescence, Young Adulthood

Even before we are born, exposure to adverse environments can increase our susceptibility to chronic health conditions and lead to diminished wellbeing. Life chances, however, are not set in stone, and an improved environment, such as that produced by engagement with the arts, can help to redress the balance.

The early years are crucial to fostering the cognitive and socio-emotional skills that serve children well later in life, and the arts can have a central role in aiding these developmental processes. Reading aloud to children spurs linguistic advances, narrowing the attainment gap that persists across the social gradient. Learning to play music changes the morphology of the brain, leading to improved literacy and spatial reasoning. Distressing and costly behavioural problems in children can be addressed through both the participatory arts and arts therapies.

The 2016 Culture White Paper pledged to put measures in place to increase arts participation. Schools are a prime potential site for this, via the national curriculum, extracurricular activities and counselling services. At the same time, arts activities in the community can provide a welcoming non-school environment, which is particularly important for children and young people excluded from school. This suggests a need for joint working by the Department for Culture, Media and Sport, the Department for Education and the Department for Communities and Local Government.

At all ages, the arts can have a beneficial part to play in recovery from illness and the management of long-term conditions. In children and young people, improvised dance can diminish acute pain, accelerate rehabilitation from brain injury and aid in the regulation of chronic conditions. Arts participation can increase the time children spend being active, contributing to a reduction in childhood obesity. In children’s hospitals, art, craft, music and theatre provide a welcome distraction from the tedium of long stays and the anxiety and pain of invasive processes.

Several studies point to a decline in the wellbeing of young people, and an estimated 850,000 children and young people in Britain have mental health problems and related physical health problems. One of the factors influencing the mental health of children and young people is the mental health of their parents (particularly their mothers); another is academic pressure. Arts participation helps to overcome anxiety, depression and stress in parents and their children, encouraging bonding and emotional expression. NHS England has made mental health

a priority, and the Government has committed to improving access to prevention and early intervention. Supported by compelling evidence, we advocate that the arts are taken seriously in helping to overcome the impediments to prevention and early intervention, perhaps especially in black, Asian and minority ethnic communities.

7 Working-Age Adulthood

Poor-quality work combines high demand and effort with low control and reward. The main cause of sickness absence from work is anxiety, depression and stress, and mental health problems in the under 65s account for almost half of NHS diagnoses. Arts engagement at work and in leisure time helps to overcome anxiety, depression and stress.

In relation to recovery from illness in adults, there is good evidence that listening to music after a stroke helps to hasten recovery and lift mood. When it comes to the management of long-term conditions, dancing and group singing enhance cognition, communication and physical functioning in people with Parkinson's while enhancing wellbeing. Singing alleviates chronic respiratory conditions and cystic fibrosis. Arts engagement also has a part to play in diminishing the physical and emotional effects of heart disease and cancer.

In the criminal justice system, the arts provide an excellent tool for the healthy expression of suppressed emotions and the processing of experiences, while art therapy provides an effective non-verbal means of accessing painful memories for people experiencing post-traumatic stress.

Despite many proven benefits, the arts are not a habitual part of the training and professional development of health and social care professionals. There is, however, increasing recognition of the contribution of the arts to the committed, compassionate care advocated by the Francis Inquiry and envisaged in the 2014 Care Act. We identify a need for the arts and humanities to become more integrated into health and social care training and for health and wellbeing to be included in the professional development of artists.

8 Older Adulthood

Within the growing population of adults beyond working age, health inequalities affect vitality, mobility, mental acuity and life expectancy. The arts have a part to play in fostering healthy ageing and staving off frailty.

As in previous life stages, arts engagement can diminish anxiety, depression and stress while also increasing self-esteem, confidence and purpose. Music training can improve differentiation of sounds, such as voices in busy environments. Dance is particularly effective in the prevention of falls in older people, and dance programmes up and down the country have better retention rates than alternative NHS initiatives.

Social participation by older people can have a protective effect on health comparable to giving up smoking. Arts-based groups offer a popular social activity in rural areas, while many museums and galleries in urban areas are reaching out to their local populations, particularly isolated older adults.

An estimated 850,000 older people in the UK have a dementia diagnosis, predicted to increase to one million by 2021 and two million by 2051. The annual cost of dementia to the UK is £26.3bn, which is more than the combined cost of treating cancer, heart disease and stroke and is expected to exceed £50bn over the next three decades. The arts can provide significant help in meeting this major health challenge. Arts engagement can boost brain function and improve the recall of personal memories; it can also enhance the quality of life of people with dementia and their carers. In dementia care, colour, reflection and shadow can have an impact on mood and lead to better nutrition, hydration and engagement.

9 End of Life

Around 500,000 people die in England every year, usually after a phase of chronic illness. The participatory arts and arts therapies can offer physical, psychological, spiritual and social support to people facing death. They can assuage the pain and anxiety of terminal illness and assist people in coming to terms with dying. They can help people to find meaning in the story of their lives and develop hopeful narratives. They can provide access to deep, nuanced feelings, communicated through metaphor and imagery. They can form part of a legacy, through the creation of artworks to be shared with loved ones. They can give voice to those who no longer feel able to speak and restore a sense of control to those who feel powerless.

In end-of-life care, homely environments for the dying, grieving areas for the bereaved, religious and cultural places and quiet spaces for visitors and staff are in high demand. The arts can transform the capacity to cope with bereavement and open up a healthier public conversation about death.



Russell, Artlift, Gloucestershire

Photographer: James Garrod



Creative Families at the
South London Gallery
Photographer: Lawrence Bradby

1

The Arts for Health and Wellbeing

1 The Arts for Health and Wellbeing

“Health is an exquisitely sensitive indicator of our societal structures, economic conditions and political priorities. Health is also an elegant gauge of the physical and social fabric of our communities and of our individual journeys through life – from the nurturing received and opportunities available during the early years of life, through to the experiences and challenges encountered in adulthood and in later life. The health of the nation is a definitive and unifying societal measure, reflecting these individual, collective and cumulative influences, experiences, challenges and journeys.”

Chris Harkins, Glasgow Centre for Population Health, 2014

This report seeks to explore the value to health and wellbeing of engagement with the arts. This immediately poses challenges in relation both to definition of the slippery keywords of ‘health’, ‘wellbeing’ and ‘arts’ and to the values we hold as we use these three words. A brief attempt will be made here to unravel this troika.

1.1

Defining Health

Drawing up its constitution in 1948, the World Health Organization (WHO) defined health as a ‘state of complete physical, mental and social well-being and not merely the absence of disease or infirmity’.³ This embraces a positive and holistic understanding of what it means to be healthy in

body, mind and community. However, modern biomedicine is much better at dealing with disease and infirmity, and the UK healthcare system is largely geared up to addressing acute situations in which health is compromised. This prompts distinctions between health and medicine, between illness and disease, between health and healthcare provision and between health and social care.

Funding aside,⁴ the greatest challenges to the health and social care systems are posed by an ageing population and a prevalence of chronic conditions, such as cancer, cardiovascular disease, respiratory diseases, dementia and diabetes.⁵ This is compounded by the presence of comorbidities (two or more simultaneous medical conditions), which exist in 30 percent of the over-75s and increase treatment costs six-fold.⁶ These factors compromise life expectancy and healthy life expectancy, the implications of which will be explored in this report.

In Scotland, a prevalence of ‘social diseases’ has been noted, leading to deaths caused by drugs, alcohol, violence, suicide and mental health problems. Known risk factors include deprivation, employment, housing, incapacity benefit, limiting long-term illness, violence, substance misuse, physical health and marginalisation.⁷ Added to this, almost half of the UK adult population is estimated to be affected by chronic physical pain, often unrelated to a specific disease and predicted by age, gender, housing tenure and employment status.⁸

Expanding its definition as part of the Health 2020 strategy, WHO noted that ‘Good health for communities is a resource and capacity that can contribute to achieving strong, dynamic and creative societies. Health and wellbeing include physical, cognitive, emotional and social dimensions. They are influenced by a range of biomedical, psychological, social, economic and environmental factors that interconnect across people in differing ways and at different times across the life-course’.⁹ As we see in chapter four, definitions of health for policy purposes have been broadened to include not only a focus on acute illness and disease but also on consideration of long-term health conditions, with not only biomedical but also psychosocial models of care and not only curative but also preventative strategies.¹⁰ This report considers the arts as an

challenges faced by the NHS in present circumstances. Among the four main areas around which the manifesto suggests action should be coordinated, the recommendations of most relevance to this report are that ‘The transformation of the health and care system from a hospital-centred and illness-based system to a person-centred and health-based system needs to be accelerated and funded’ and ‘The UK needs to develop and implement a plan for building a health-creating society supported by all sectors of the economy and the wider population’.¹² This approach is consistent with our emphasis on the contribution of the arts to person-centred, salutogenic approaches, seen in the context of the broader community as it influences health.

1.2

Defining Wellbeing

The WHO definition of health includes wellbeing as an essential component, but these two factors can be pulled apart. In an introduction to the anthology *Cultures of Wellbeing*, Professor of International Development and Wellbeing at the University of Bath, Sarah C. White, noted that ‘The ubiquity of references to wellbeing and the diffusion of meanings they bear means any attempt to summarise the field must inspire some trepidation’.¹³

In 2008, the Foresight Mental Capital and Wellbeing Project defined mental wellbeing as a ‘dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.

It is enhanced when an individual is able to fulfil their personal and social goals and achieve a sense of purpose in society’.¹⁴ The ability to fulfil one’s individual and social potential, as a defining feature of wellbeing, is taken as axiomatic in this report.

Evidence reviewed within the Foresight project showed wellbeing to be self-perpetuating and inextricably linked to health, to the extent that ‘a high level of wellbeing is associated with positive functioning, which includes creative thinking, productivity, good interpersonal relationships and resilience in the face of adversity, as well as good physical health and life expectancy’.¹⁵ At the same time, the project noted the damaging effects of the uneven distribution of wellbeing:

Funding aside, the greatest challenges to the health and social care systems are posed by an ageing population and a prevalence of chronic conditions.

element of psychosocial care with a part to play in the creation of a healthy society.

The notion of a healthy society has a relationship with the concept of ‘salutogenesis’ – a phrase coined by Aaron Antonovsky, a medical sociologist, to denote the creation of health through a process of healing and recovery.¹¹ The term salutogenesis offers a counterpoint to pathogenesis (the development of disease), and represents a focus on assets rather than deficits. Assets-based health approaches are increasingly found within health discourse, and we make the case that the arts are a key individual and community asset in achieving and maintaining wellness.

A manifesto for a healthy and health-creating society – drafted by Lord Crisp in a group including Lord Adebawale, Lord Bird, Baroness Campbell and others in the field of health – addresses the

[...] people with a low level of wellbeing, even if they do not have a mental disorder, function far less well and have poorer health and life expectancy. This latter group is unlikely to come to the attention of specialist mental health services, but constitutes a large part of the population who are neither flourishing nor disordered, yet could benefit greatly from having access to interventions to improve their wellbeing. They are frequently seen in GP surgeries, primary care settings, social work departments and many other front-line public services.¹⁶

Confining its focus to mental wellbeing (rather than the physical and social components included in the WHO definition), this explanation usefully distinguished wellbeing from mental health and introduced us to the concepts of resilience and flourishing, which recur several times in this report. The Foresight definition also drew attention to the substantial proportion of people with compromised wellbeing who need opportunities to improve their condition. We argue that the arts have a significant part to play in improving wellbeing, thereby relieving pressure on front-line public services.

As part of the Foresight project, the New Economics Foundation (NEF) was commissioned to develop a set of evidence-based actions aimed at improving wellbeing, analogous to the recommendation to eat five portions of fruit and veg a day. NEF took wellbeing to mean feeling good and functioning well, and devised ‘five ways to wellbeing’, recommending that we: connect; be active; take notice; keep learning; give.¹⁷ Several of the practice examples given in this report adopt these five ways to wellbeing; Out of the Blue – commissioned by health services in Kirklees, Yorkshire, to provide creative interactions for people with mental health needs – proposes the addition of a sixth way to wellbeing: be creative.¹⁸

Professor White noted that ‘What perhaps unites contemporary work on wellbeing is the conviction, expressed in many ways, that it is possible to bring wellbeing about intentionally, through a combination of will and technique. Its positive charge offers a corrective to tired old problem-

idea that it is possible to enhance wellbeing, it does so in full cognisance of the broader societal factors upon which wellbeing depends.

In the same year as the Foresight project reported, the President of France, Nicolas Sarkozy, established a Commission to explore the limits of GDP as an indicator of economic performance and social progress and identify metrics more relevant to capturing phenomena with a long-term impact upon wellbeing. The Commission defined wellbeing as a multidimensional complex, comprising largely objective factors:

- i. Material living standards (income, consumption and wealth);
- ii. Health;
- iii. Education;
- iv. Personal activities including work;
- v. Political voice and governance;
- vi. Social connections and relationships;
- vii. Environment (present and future conditions);
- viii. Insecurity, of an economic as well as a physical nature.²⁰

Several of these factors are revisited in the next chapter and beyond, while environment is given special consideration in chapter five.

There is a variety of perspectives on wellbeing within public policy. In her 2013 report, the Chief Medical Officer, Professor Dame Sally Davies, examined the evidence for wellbeing as it related to public mental health, to observe that wellbeing ‘means different things to different people. Each approach has inherent strengths and weaknesses, but one thing is obvious: there is no clear consensus on the best way to define and measure well-being within mental health’.²¹ The What Works Centre for Wellbeing – part of the Government’s What Works Network – examines the factors underlying wellbeing and seeks cost-effective ways in which to enhance it.²² Through a Delphi consensus development process involving a range of stakeholders, three dimensions of wellbeing have been identified. The personal dimension includes confidence and self-esteem, meaning and purpose, reduced anxiety and increased optimism; the cultural dimension includes coping and resilience, capability and achievement, personal identity, creative skills and expression and life skills such as employability; the social dimension includes belonging and identity, sociability and new connections, bonding and social capital, reducing social inequalities and reciprocity.²³

In chapter three, consideration will be given to ways in which the elusive construct of wellbeing might be measured in relation to arts

interventions. For now, a distinction from two related concepts may be useful.

In *The Happiness Industry*, William Davies argued that the ‘future of successful capitalism depends on our ability to combat stress, misery and illness, and put relaxation, happiness and wellness in their place’.²⁴ Davies observed a ‘growing unease with the way in which notions of happiness and well-being have been adopted by policy-makers and managers. The risk is that this science ends up blaming – and medicating – individuals for their own misery, and ignores the context that has contributed to it’.²⁵ In seeking to improve wellbeing through the arts, this report remains mindful of the pitfalls of individualism to advocate community-based and societal approaches. In the process, it maintains a scepticism towards attempts to use the arts as a cure-all for an unhealthy society.²⁶

Another domain from which wellbeing may usefully be distinguished is that of quality of life. When considering care and services for older people, WHO defined quality of life as ‘The product of the interplay between social, health, economic and environmental conditions which affect human and social development. It is a broad ranging concept, incorporating a person’s physical health, psychological state, level of independence, social relationships, personal beliefs and relationship to salient features in the environment’.²⁷ Unlike wellbeing, quality of life can be assessed by relatively well-established measures. Further into this report, we see that quality of life increases in significance across the life course and encounter evidence of ways in which this might be enhanced through engagement with the arts.

1.3

Defining the Arts

The process of the Inquiry has required us to adopt a working definition of what we mean by the arts. When we talk about the arts, we include the visual and performing arts, crafts, dance, film, literature, music and singing. To this list, we add gardening – which is considered as a form of creativity in chapter five – and the equally absorbing culinary arts, which, aside from their contribution to wellbeing, have a practical connection to diabetes²⁸ and renal dialysis²⁹ and to loss of taste during chemotherapy.³⁰

Raymond Williams described culture as a whole way of life within which the arts are a process of discovery and creative effort.³¹ This report considers individual discovery and creative effort in its immediate and societal context. We adopt and broaden Pierre Bourdieu’s designation of the ‘cultural field’ as the territory in which the arts

engagement takes place. We understand this to embrace concert halls, galleries, heritage sites, libraries, museums and theatres. We emphasise the importance to health and wellbeing of architecture, design, planning and the environment, which we understand to have profoundly important impacts on health and wellbeing, both in their own right and via their role in enhancing healthcare.³²

We seek to expand consideration of the arts beyond publicly funded activities and acknowledge the benefits of activities that take place within the home and community, such as crafts and digital creativity. Written evidence submitted by Voluntary Arts England to the Culture, Media and Sport Select Committee in September 2010 said that ‘There are more than 49,000 amateur arts groups in England with an estimated 5.9 million members, in addition 3.5 million people volunteer as extras or helpers making a total of 9.4 million people’.³³ A scoping study conducted at the Third Sector Research Centre – involving researchers from the universities of Birmingham, Exeter and Glamorgan, in partnership with Voluntary Arts and with funding from the Arts and Humanities Research Council (AHRC) – identified a range of impacts of grassroots arts activities upon civil society, including improvements in health and wellbeing, educational attainment and workplace functioning, all of which are relevant to the Inquiry.³⁴

In this report, then, ‘the arts’ is used as shorthand for everyday human creativity, rather than referring to a lofty activity which requires some sort of superior cultural intelligence to access. As will be seen, the field is full of stories of people engaging deeply with creativity for the first time through health and wellbeing routes, having been told earlier in their lives that they had no aptitude in this area.

It is also worth distinguishing the non-profit arts sector from the creative industries, defined by the Department for Culture, Media and Sport (DCMS) as ‘those industries which have their origin in individual creativity, skill and talent and which have a potential for wealth and job creation through the generation and exploitation of intellectual property’.³⁵ Figures published in January 2015 suggest that the creative industries are worth £76.9bn annually to the UK economy.³⁶ This category of activity is taken by the Scottish Government to include architecture, advertising, arts and cultural industries, design (including fashion, design and crafts), film, interactive leisure software (computer games, consumer packaged software), music, new media, publishing, radio and television.³⁷ While there are overlaps between the creative industries and territory covered in this report, our consideration of individual and social value, in terms of health and wellbeing, has little to do with the commercial exploitation of intellectual

People with a low level of wellbeing function far less well and have poorer health and life expectancy.

focused policy-making, encouraging people to express their aspirations rather than rehearse their deprivations’.¹⁹ While this report subscribes to the

property. Some participants in our meetings did, however, identify the creative industries as a possible source of funding for the activities we describe.

1.4

Interactions Between the Arts, Health and Wellbeing

The creative impulse is fundamental to the experience of being human.³⁸ Professor of Psychology and Public Health at Canterbury Christ Church University, Paul Camic, has noted that creative activity has 'existed in various forms using different materials for perhaps 800,000 years but certainly for the last 200,000 years during the time of *Homo erectus* and well before modern *Homo sapiens* appeared. In every prehistoric, ancient and contemporary culture there is evidence of what we have come to call "the

judgement; yield opportunities for guided conversations;⁴² increase control over life circumstances; inspire change and growth; engender a sense of belonging; prompt collective working; and promote healing. Creativity was also seen as a means of empowerment that can help us to face our problems or be distracted from them. Consistent with all this, it was acknowledged that the arts are not anodyne; they allow us to access a range of emotions, including anguish, crisis and pain, which can serve as a preferable alternative to being sedated.

At the end of 2012, the AHRC initiated the Cultural Value Project, under the direction of Professor Geoffrey Crossick, which led to a programme of seminars and the provision of grants to 72 separate research initiatives. This project aimed to stimulate exploration of the individual and social value of engagement with the arts and culture, across professional and amateur sectors, and a chapter of the ensuing report was dedicated to health, ageing and wellbeing. One of the findings of the Cultural Value Project was that the arts at once provide engagement and aesthetic detachment, enabling individuals to become more reflective. The concept of the reflective individual encompasses an 'improved understanding of oneself, an ability to reflect on different aspects of one's own life, an

enhanced sense of empathy [...] and a sense of the diversity of human experience'.⁴³ At one of three Advisory Group meetings held as part of the Inquiry, Professor Crossick noted that 'One of the most important things about health is self-reflection and empowerment and a sense that you can actually control what is damaging your health'. This sense of mastery over one's environment leads to enhancements in health and wellbeing through a process of health creation.⁴⁴

Individual experiences of the arts can lead to recovery from illness, injury or addiction or to the prevention of disease or infirmity. Equally, arts engagement contributes to the attainment and maintenance of wellbeing in healthy people or those experiencing ill health and their carers. This report explores the implications of these two statements for our society by interrogating the impact of the arts upon health and wellbeing. In doing so, it often refers to a particular art form having a specific impact. This is solely because the evidence is arranged in such a way and not because we wish to uphold the compartmentalisation of art forms.

The National Alliance for Arts, Health and Wellbeing (NAAHW) – which provides the Secretariat to the APPGAHW – isolates five main sites at which the arts and health typically intersect:

- Arts in health and care environments – most commonly arts in hospitals, which is considered at some length in later chapters together with arts in social care settings.⁴⁵
- Participatory arts programmes – individual and group arts activities aimed at attaining and maintaining health and wellbeing, in health and social care settings and community locations, discussed as this report progresses.⁴⁶
- Arts on prescription – the referral of people to take part in creative activities, often but not exclusively in response to mental health problems;⁴⁷ examples from Gloucestershire and Cambridgeshire illustrate chapters four and five, and the role of such initiatives within the community beyond the clinical environment is outlined.
- Arts therapies – drama, music and visual arts activities targeted at individuals, usually in clinical settings, by any of 3,600 practitioners accredited by the Health and Care Professions Council (HCPC), examples of which will be provided throughout.⁴⁸
- Medical training and medical humanities – inclusion of the arts in the formation and professional development of health and social care professionals, in ways that will be considered in chapter seven.⁴⁹

Disciplinary demarcations are breaking down, partly as a result of work by special interest groups of the RSPH and the Faculty of Public Health (FPH). Yet, while many of the mechanisms are similar, a distinction remains between therapy and the

Missing from the arts and health canon is attendance at arts events, which, as we shall see, has a contribution to make to longer lives better lived. Also absent from this list is everyday creativity,⁵² which might be undertaken alone or in company and has an immense contribution to make to happy, healthy lives without necessarily having a connection to health or social care. As the former Secretary of State for Health, Alan Johnson, put it, 'Access and participation in the arts are an essential part of our everyday wellbeing and quality of life'.⁵³

Parenthetically, certain branches of arts and health activity might be thought of as arts and stealth, inasmuch as arts participation often increases the appeal of activities that might otherwise be offputtingly arduous, such as occupational therapy (e.g. Breathe Magic for children with hemiplegia)⁵⁴ or exercise (e.g. dance for older people).⁵⁵

In 2016, Chair of NHS England, Professor Malcolm Grant, expressed the view that, where health was concerned, any arts activity was better than none.⁵⁶ On the one hand, it would be a disservice to participants to offer substandard arts activities under the banner of health and wellbeing, and the examples given in this report show high-quality work being undertaken in an avowedly inclusive way. On the other hand, in participatory arts activities with people who have not previously been encouraged to express their creativity, it is the quality of the activity, rather than the quality of output, that matters.⁵⁷ Similarly, in art therapy, 'As patients strive to express and explore their inner emotional landscape through their art there is no expectation that work should be aesthetically "good" in a conventional sense, or viewed outside the therapy space'.⁵⁸

Those delivering arts and health work are primarily charities, community interest companies (CICs), small enterprises and individual practitioners working on a freelance basis. The vast majority are arts organisations reaching into the world of

health and social care, rather than the other way round. For an overview of the arts and health field, readers are referred to the 2013 RSPH report *Arts, Health and Wellbeing beyond the Millennium: How far have we come and where do we want to go?*⁵⁹

In the recent history of the arts interacting with health and wellbeing, Greater Manchester is arguably the wellspring. In 1973, Neil Kessell, Professor of Psychiatry at the University of Manchester, invited artist Peter Senior to exhibit his work in the outpatients' department of

Engaging with the arts has a significant part to play in improving physical and mental health and wellbeing.

arts".³⁹ A Working Group on Arts, Health and Wellbeing at the Royal Society for Public Health (RSPH) – research partner to the Inquiry – observed that, 'For early civilizations, aesthetic beauty in objects or surroundings and the soothing rhythms of words, movement and music contributed to the balance and harmony between bodily systems and environment which was believed to maintain good health'.⁴⁰ A 2017 book explored this history in some depth to argue that the 'birth of art was also the birth of arts in health'.⁴¹

The central premise of this report is that engaging with the arts has a significant part to play in improving physical and mental health and wellbeing. Engagement with the arts – through attendance at cultural events and, more commonly, through participation in creative activity – begins with an individual experience that can have positive effects.

During the course of the Inquiry, a great range of first-hand benefits was attributed to the arts. This included recognition that creativity can: stimulate imagination and reflection; encourage dialogue with the deeper self and enable expression; change perspectives; contribute to the construction of identity; provoke cathartic release; provide a place of safety and freedom from

While the many excellent examples of the arts improving health and wellbeing suggest a resoundingly positive picture, it is essential to stress that good-quality arts activity within health and social care is far from universal.

therapeutic by virtue of intention and mode of action. The former generally refers to a service being offered to patients with a particular clinical goal in mind; the latter tends to be centred on the stimulation of creative activity with an indirect effect on health,⁵⁰ whereby 'emphasis is on the intrinsic value and quality of the creative process and what it produces'.⁵¹ The transition from therapy to the therapeutic, from patient to person, forms part of the healing process.

Withington Psychiatric Hospital. This led to Senior's appointment, funded by the Calouste Gulbenkian Foundation, as artist-in-residence at St Mary's Hospital, Manchester. In 1977, Senior established a team of artists under the Manpower Services Commission's job creation programme.⁶⁰ This experiment was consolidated as Manchester Hospitals Arts Project, which undertook to produce site-specific works within hospital buildings and beyond. In the 1990s, under the directorship of Brian Chapman and in recognition of the fact that success had rendered 'hospital arts' a generic term, the project was renamed Lime. This early experiment gave rise to a wealth of projects and activities across Greater Manchester, spanning the categories outlined above. On 14 June 2016, the archives of several prominent Greater Manchester arts and health organisations were accepted into the Wellcome library.

In 1987, Peter Senior established Arts for Health at Manchester Metropolitan University (MMU), which has continued to influence research and development in a rapidly evolving global field. In 2011 and 2012, Arts for Health published a defiant two-part manifesto which declared: 'I am part of this movement. I might be in the North of England. I might be anywhere in the world. We are the same. We are unique. We believe the arts shape and challenge thinking. We believe the arts are a vehicle for health, wellbeing and social change'.⁶¹ In chapter five, we hear more about how the devolution of powers to Greater Manchester could enable synergies between the arts, health and wellbeing to flourish.

In relation to wellbeing, a study of 1,500 Italian adults found a positive correlation between arts engagement and wellbeing.⁶² The Cultural Value Project report suggested that increased political interest could presage acknowledgement of the contribution of the arts to human flourishing while regretting that this opportunity had largely been missed within recent wellbeing indicators. Yet, evidence is building of the contribution of arts engagement to wellbeing.

In 2007, Arts Council England (ACE) joined the larger Big Lottery-funded Well London programme – led by the Greater London Authority and London Health Commission – which had been set up to explore new ways of improving the health and wellbeing of some of the most deprived communities in the capital. ACE coordinated a series of large-scale participatory arts projects, collectively known as Be Creative Be Well, which aimed to enhance the wellbeing of 3,300 residents. This was independently evaluated along the lines envisaged by NEF and resulted in a substantial report, detailing not only how a dozen selected projects enhanced wellbeing but also how learning from them could be built upon in the future.⁶³

In September 2014, the APPG on Wellbeing Economics published a report identifying the arts and culture as one of four key policy areas for wellbeing. The report championed the intrinsic, non-economic human benefits of the arts and acknowledged their impact upon health as a central driver of wellbeing.⁶⁴ The APPGAHW held a round table jointly with the APPG on Wellbeing Economics to discuss the implications of the Care Act, which took wellbeing as an organising principle for social care. Chair of the APPG on Wellbeing Economics, David Lammy MP, described it as axiomatic that the arts and culture have a relationship with wellbeing.

Health and wellbeing are increasingly discussed when the individual and social value of the arts and culture are under consideration.⁶⁵ The relationship between the arts, health and wellbeing is periodically celebrated during Creativity and Wellbeing Week in London and during the week-long Culture Shots in Manchester, which 'injects a shot of culture in the arm of the NHS' by taking over hospitals and enabling staff to gain a fresh appreciation of the wellbeing benefits of the arts.

Examples are provided in this report of ways in which the arts play a positive part in producing health and wellbeing, from the earliest development of children to meaningful encounters at the end of life. In areas where a project has proven particularly influential, it is worked up into a brief case study. Examples and case studies seek to be representative without being exhaustive. While our consideration is largely confined to England, we recognise the presence of distinct NHS models in all four nations of the UK and note positive examples in each. We also draw upon international insights.

Whereas the many excellent examples of the arts improving health and wellbeing suggest a resoundingly positive picture, it is essential to stress that good-quality arts activity within health and social care is far from universal in England or the UK. The examples and case studies woven into this report are thinly spread and patchy, often short-term and usually dependent upon persuasive individuals and enlightened commissioners. There has, regrettably, been a general refusal to take the arts seriously in the context of health and wellbeing, and long-running, exemplary projects – such as START in Manchester, which grew out of the Manchester Hospital Arts Project in 1986 – have been decommissioned.⁶⁶

In light of the foregoing, the two main aims of this report are to secure greater recognition of the beneficial impact of arts engagement upon health and wellbeing and to ensure that

the assistance offered by the arts to some of the most pressing challenges in health and social care is embraced. We are not proposing that the arts should somehow substitute for a fully functioning health service, nor that the arts should take funding away from the NHS, but rather that the arts should be used more extensively in preventative and restorative strategies and fully integrated into health and social services in ways that would alleviate some of the pressures on them.

In aligning the arts with health and wellbeing, this report is not an attempt to insist that the language around the arts become medicalised, nor does it seek to make arts funding dependent upon health or wellbeing outcomes. Neither will it offer a standardised approach to commissioning. Rather, this report advocates national recognition of the health and wellbeing aspects of the arts and argues for much more widespread, locally specific provision.



Connecting Barnfield by New
Global Image as part of Be
Creative Be Well, Barnfield
Estate, Woolwich Common,
Greenwich
Photographer: Bethany Clarke

2

The Arts and the Social Determinants of Health and Wellbeing

2 The Arts and the Social Determinants of Health and Wellbeing

“The development of a society, rich or poor, can be judged by the quality of its population’s health, how fairly health is distributed across the social spectrum, and the degree of protection provided from disadvantage as a result of ill-health.”

World Health Organization Commission on Social Determinants of Health, 2008

In the early twenty-first century, the non-medical causes of non-communicable diseases – and their unequal distribution within and between societies – have been acknowledged and addressed. What may come to be seen as a turning point was the establishment, in 2005, of a Commission on Social Determinants of Health by WHO. Its report, published three years later, suggested that:

*The poor health of the poor, the social gradient in health within countries, and the marked health inequities between countries are caused by the unequal distribution of power, income, goods, and services, globally and nationally, the consequent unfairness in the immediate, visible circumstances of people’s lives – their access to healthcare, schools, and education, their conditions of work and leisure, their homes, communities, towns, or cities – and their chances of leading a flourishing life.*⁶⁷

To take just one example of the social gradient in health within countries, the Commission found that a man living in a deprived part of Glasgow had a life expectancy of 54 years, while his counterpart in a wealthy suburb of the same city could expect to reach the age of 82.⁶⁸

In considering the uneven distribution of health across the social gradient, the Commission counselled reduction in inequities across the life course,⁶⁹ beginning with the prenatal phase and

the early physical, social, emotional and cognitive development of children. It was envisaged that this would require urgent action at a local, national and global level, including: the provision of good-quality universal healthcare as a vital public service; the improvement of employment security and conditions; and the implementation of redistributive welfare systems. Rather than just targeting the worst off, Chair of the Commission, Professor Sir Michael Marmot, advocated the distribution of resources on a sliding scale across the social gradient.⁷⁰ The Chief Medical Officer has explicitly endorsed this approach, which Marmot calls ‘proportionate universalism’.⁷¹

In considering the unequal distribution of power, income, goods and services, a brief distinction must be made between absolute and relative poverty. Marmot notes that people in Cuba – with its low levels of relative poverty, near-total primary school attendance and well-developed systems for education, healthcare and social protection – enjoy health and life expectancy that are remarkable for a country with a small GDP.⁷² Arts engagement has for many years been a cornerstone of policy in Cuba,⁷³ as has recognition of the relationship between the arts and psychotherapy.⁷⁴

In a 2008 editorial for *Arts & Health* journal, three board members of the RSPH Special Interest Group on Arts, Health and Wellbeing welcomed the work of the Commission while noting that the arts were conspicuous by their absence from its

The arts can intervene at key developmental stages, before birth and during childhood, adolescence and young adulthood.

published guidance.⁷⁵ This omission was reiterated in a 2016 Oxford University Press textbook on arts, health and wellbeing, edited by two of the authors of the earlier statement, which also accepted the limitations of the arts in addressing global health inequities.⁷⁶

The present report aims to bridge the gap between an embrace of strategies tackling the social determinants of health and an acknowledgement of the role the arts can play. It considers the conditions of our lives – our access to health, education and employment, our work and leisure, our homes, communities, towns and cities. In all these areas, we show that the arts have a part to play in encouraging human flourishing.

Chapter four of this report attempts to identify the most promising areas within the current policy landscape in which conjunctions between the arts and health might be encouraged. At this stage, we look at specific examples of UK health policy in which the social determinants of health have made themselves felt.

2.1

The Social Determinants and Health Policy

In 2008, Marmot was invited by the Secretary of State for Health to chair an independent review of evidence-based strategies for reducing health inequalities. This became known as the Strategic Review of Health Inequalities in England post-2010 and was published as *Fair Society, Fair Lives: The Marmot Review*. The review reinforced the finding that health inequalities resulted from social inequalities,⁷⁷ pointing to an average difference in English life expectancy of seven years and disability-free life expectancy of 17 years between rich and poor. It predicted that ‘If no action is taken, the cost of treating the various illnesses that result from inequalities in the level of obesity alone will rise from £2 billion per year to nearly £5 billion per year in 2025’.⁷⁸

This analysis points to a salutogenic approach, which aims to generate health by reducing social inequalities across public policy.⁷⁹ Such a joined-up approach is sometimes referred to as Health in All Policies (HiAP), and it is championed by an eponymous APPG at Westminster. Public Health England (PHE) has partnered with the Local Government Association (LGA) to implement HiAP at a local level.⁸⁰

The overarching recommendation made in the *Marmot Review* was that strategies for tackling health inequalities should be applied proportionally across the social gradient. Six specific policy objectives were proposed for achieving this:

- Give every child the best start in life
- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill health prevention⁸¹

In later chapters of this report, we detail the contribution the arts have to make to each of these objectives.

In 2010, the Secretary of State for Health presented a White Paper to Parliament, entitled *Healthy Lives, Healthy People: Our Strategy for Public Health in England*. The White Paper explicitly referenced the *Marmot Review* and adopted its life-course framework for tackling the social determinants of health. It also recognised that health inequalities were unsustainable and presaged devolution of responsibility from central to local government and to citizens and communities.⁸²

In 2012, announcing a new Public Health Outcomes Framework for England 2013–6, the Department of Health (DH) stated that ‘services will be planned and delivered in the context of the broader social determinants of health, like poverty, education, housing, employment, crime and pollution’.⁸³ In this endeavour, it was anticipated that ‘The whole system will be refocused around achieving positive health outcomes for the population and reducing inequalities in health’.⁸⁴ This implied increasing healthy life expectancy throughout the population and reducing differences in life expectancy and healthy life expectancy between communities by addressing the wider determinants of health.

Following on from the Outcomes Framework, the Health and Social Care Act 2012 established a duty for the Secretary of State for Health and the NHS Commissioning Board to address health inequalities through the provision of services.⁸⁵ The Act also legislated for ‘public involvement in health and social care matters, scrutiny of health matters by local authorities and co-operation

Health is influenced by the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.

between local authorities and commissioners of healthcare services’,⁸⁶ which the Outcomes Framework had identified as a way to iron out health inequalities.⁸⁷

Local authorities are now under a legislative duty to ameliorate the conditions that make people ill, which compels recognition of the social determinants of health.⁸⁸ There has been widespread uptake of the Marmot principles in local authorities, with assets-based approaches often benefiting from political support and being integrated into the local plan.⁸⁹ The social determinants of health are increasingly recognised throughout the NHS and care services.⁹⁰ However, in April 2017, the House of Lords Select Committee on the Long-term Sustainability of the NHS concluded that ‘The reductions in health inequalities called for by the *Marmot Review* have yet to be realised’.⁹¹

Work on the social determinants of health has been carried out in the devolved administrations. In Scotland – where health inequalities account for a difference in life expectancy between affluent and deprived areas in men and women of 11 and 12 years respectively⁹² – the Government has, since 2007, been allocating resources according to five strategic objectives, of which improved health is one.⁹³ In 2008, a Ministerial Task Force on Health Inequalities published a report entitled *Equally Well*.⁹⁴ This framed reduction of the country’s abiding health inequalities as both a matter of social justice and a means of achieving sustainable economic growth. The crosscutting strategy drawn up by the taskforce prioritised early child development, heart disease, mental health, smoking and drug and alcohol misuse. *Equally Well* contained useful guidance on areas of policy that are likely to be effective in reducing health inequalities, acknowledging cultural conditions as a factor. The Scottish Executive had earlier acknowledged that ‘Participation in culture adds enjoyment to life, increases self-belief, equips people with important life skills and improves well-being and health’.⁹⁵ The National Performance Framework for Scotland, published in March 2016, included the objective of increasing cultural engagement.⁹⁶

In Northern Ireland, a strategic framework for public health was published in 2014, spanning the decade from 2013 to 2023. Explicitly referencing the *Marmot Review*, this insisted upon the reduction of health inequalities through action across the life course.⁹⁷ The draft Programme for Government 2016–21 included the reduction of health inequalities, the improvement of healthy life expectancy and increased participation in culture in its list of desired national indicators.⁹⁸

In Wales, 24 percent of the population live in poverty. In 2009, the Welsh Government launched a strategic framework, entitled *Our Healthy Future*, which prioritised the reduction of health

inequalities. The internal market for the NHS is being abolished in Wales, leading to a collaborative, rather than competitive, model. In 2013, NHS Wales was framed as a listening organisation at the heart of person-centred care.⁹⁹ Health boards cover all aspects of care and operate according to a set of principles which include the attainment of health and wellbeing through co-production and universal proportionalism. Action has, until recently, been centred upon 52 Communities First clusters, each made up of 10–15,000 people and accounting for the quarter of the population in greatest need of support. The 2015 Well-Being of Future Generations Act compels all public bodies to consider the impact of their decisions upon the social, economic, environment and cultural wellbeing of the people.¹⁰⁰ It is less apparent that HM Treasury is encouraging such cross-departmental strategic approaches.

2.2

Environmental Adversity

The conditions in which we experience life have a profound effect upon our physical and mental health and wellbeing.¹⁰¹ In order to understand how this works, we need to differentiate between positive stress (eustress), which is necessary to perform well, and negative stress (distress),¹⁰² which debilitates and hampers human flourishing. At a molecular level, socio-economic disadvantage – and the chronic distress it causes for both children and adults – has negative effects on biological pathways and cellular functions.¹⁰³

Distress causes alterations to the non-coding part of DNA. Such epigenetic changes may be incurred before birth and accumulate throughout the life course,¹⁰⁴ exacerbated by environment and compounded by factors like obesity (which also follows the social gradient) to increase susceptibility to such conditions as coronary heart disease, chronic obstructive pulmonary disease (COPD) and stroke.¹⁰⁵ Data on more than 60,000 people demonstrate a direct link between psychological distress and cardiovascular disease.¹⁰⁶ Adverse childhood experience, such as trauma and abuse, increases the likelihood of chronic illness and shortens life expectancy.¹⁰⁷ Children from disadvantaged backgrounds are two to three times more likely to develop mental health problems,¹⁰⁸ including depression.¹⁰⁹

It is important to note, however, that the social determinants of health are mutable, and ‘poverty is not destiny’.¹¹⁰ Environmental enrichment has been found to improve cognitive functions, such as learning and memory,¹¹¹ and increase willingness to explore.¹¹² As people’s circumstances alter, so too do their responses to health-affecting factors.¹¹³ Levels of distress can diminish, and epigenetic

changes can be reversed through exposure to conducive environments. Rather than being an optional extra, this implies that better-quality environments are fundamental to improving health and wellbeing.

A leading Swedish epidemiologist, Professor Lars Olov Bygren, posits arts engagement as a form of environmental enrichment that may contribute to better health.¹¹⁴ As part of this consideration of health and wellbeing, instances are given of the arts contributing to improved environments and helping to overcome distress. Arts engagement may be envisaged as a factor that can mitigate the effects of health inequalities while policies are implemented to eradicate their causes.

Since the 1940s, the connection between the hypothalamus and pituitary and adrenal glands (the HPA axis) has been looked to as a possible mediator in psychosomatic mechanisms. The HPA axis is implicated in major depressive disorder, bipolar disorder and attention deficit hyperactivity disorder (ADHD).¹¹⁵ Studies of brain function repeatedly implicate excess production of glucocorticoids (cortisol in humans – produced when the body is distressed) in brain deterioration.¹¹⁶ We present evidence that arts engagement reduces levels of the stress hormone cortisol.

Distinguished Professor of Psychology and Management at Claremont Graduate University, Mihaly Csikszentmihalyi, has suggested that our

Arts engagement needs to be encouraged both in and out of work at the same time as fair and equitable work is pursued as a goal.

nervous system is only capable of processing about 100 bits of information per second; when deeply immersed in creative activity, much of this capacity is occupied and we are unable to monitor physical or psychological pain. During decades of interviews by Csikszentmihalyi, the word that recurred most often to describe this state of creative absorption was ‘flow’. This implies focused concentration, a sense of being outside reality, combined with great inner clarity and knowledge that a creative objective can be achieved, which carries its own reward.¹¹⁷ Embracing an abiding passion for painting while recovering from a stroke, the political commentator Andrew Marr speculated that ‘The mind is completely engaged in something that is both difficult and absorbing – “pure” problems of tone, harmony, line and so forth. The body is working, the mind is at full stretch, time disappears and out of it all comes – well – something or other’.¹¹⁸

2.3 Health Inequalities and the Arts

We have seen that the WHO Commission on Social Determinants of Health prescribed reduction in health inequalities across the life course and that this principle has been adopted within policy in the UK. We have opted to structure four chapters of this report according to the different life stages at which the arts can have an impact on health and wellbeing from birth to death. Where health conditions persist across the life course, they are introduced within the chapter at which their onset is most common. This is not to preclude intergenerational factors, such as the relationship between parents and children, between grandparents or grandchildren, between the cared-for and their carers and between community residents of all ages. A separate chapter contemplates the intergenerational relevance of place, environment and community.

The Commission’s call for action began with the prenatal phase and the early physical, social, emotional and cognitive development of children, and the *Marmot Review* recommended policies which ‘Give every child the best start in life’ and ‘Enable all children, young people and adults to

maximise their capabilities and have control over their lives’. In chapter six, we consider ways in which the arts can intervene at key developmental stages, before birth and during childhood, adolescence and young adulthood, potentially offsetting some of the consequences of differential

educational outcomes and employment prospects. While research in this area is at an early stage, it is possible that the arts can indeed contribute to overcoming disparities in health outcomes and life expectancies.

In its consideration of action across the life course, the *Marmot Review* called for ‘fair employment and good work for all’. Elsewhere, Marmot has elaborated that it is not only differences in income which determine health; occupations which place high demands on workers, while depriving them of control, have a detrimental impact upon health.¹¹⁹ In chapter seven, the positive effects of arts engagement on working-age adults are considered. We see a role for the arts in reducing anxiety, depression and stress and having a positive impact on health conditions exacerbated by inequalities. This suggests that arts engagement needs to be encouraged both in and out of work at the same time as fair and equitable work is pursued as a

The arts provide a route to better health and wellbeing while health provides a route to the arts that can help to overcome persistent inequalities of access.

goal. We welcome the Prime Minister's commitment to greater equity in the conditions of employment, and we believe that engagement with the arts in childhood and adulthood will support this agenda.

The Commission on Social Determinants of Health highlighted the importance to people's health of home and community, and the *Marmot Review* advocated a 'healthy standard of living for all' and 'healthy and sustainable places and communities'. In chapter five, the significance of healthy and sustainable places and communities is elaborated; the role of the arts, including architecture and design, is foregrounded as part of a wider person-centred, place-based strategy for improving health and wellbeing. Among the beneficiaries of such an approach will be older adults, particularly those at risk of frailty or social isolation, which is considered at length in chapter eight.

At the round table on the Arts and Public Health, Professor Richard Parish told us that 'the arts can improve reach; they can enable access both to and by a range of communities to health-related resources that can impact on inequalities, and the arts can equip people with the skills necessary for life'. Proposing that such health-creating activities could provide lifelong immunisation, Professor Parish positioned the arts as one of the 'essential vaccines within that immunisation package'.

2.4

Arts Participation Across the Social Gradient

Since 2005, DCMS, in partnership with ACE, English Heritage and Sport England, has carried out a survey of cultural and sporting engagement known as Taking Part.¹²⁰ Analysis of data generated by the survey has shown that people who visit museums and galleries are disproportionately prosperous, well-educated professionals in the 55 to 74 age range, who also visited museums and galleries when they were young. When it comes to participating in creative activities, the picture is the same in terms of education and occupation, with the older generation joined by those aged between 16 and 19 years and both age groups having been encouraged by their parents to be creative. In both attendance and participation, ethnicity is a factor, with museum and gallery

visitors unlikely to be black or Asian and arts participants most likely to be white. Both attendees and participants enjoy good health.¹²¹

In much the same way, the Scottish Household Survey has captured engagement in culture and sport since 2007. This shows that 'cultural engagement levels are highest in the highest household income groups in Scotland and decline to be lowest in the lowest household income groups. Similarly, adult participation in cultural and sporting activities varies by area deprivation, with participation increasing as area deprivation decreases'.¹²² Throughout the UK, the over-representation of certain groups, and the under-representation of others, at publicly funded arts events is acknowledged to be a problem. At the round table on Museums and Health, we discussed widening the accessibility of museums, which it was thought might involve taking arts experiences to the people rather than expecting people to come to them.

In direct contrast to the normal demographics of publicly funded arts, people accessing arts activities through health routes tend to be experiencing poor health. Disadvantaged and marginalised groups are disproportionately affected by ill health and, as a result, are well represented within arts and health activities. In a reciprocal relationship, the arts provide a route to better health and wellbeing while health provides a route to the arts that can help to overcome persistent inequalities of access. This means that arts and health activities often inadvertently conform to the model of proportionate universalism.

On the understanding that the most vulnerable groups are 20 percent less likely to participate in creative or cultural activity in the UK than the least deprived and that such activity increases subjective wellbeing, the Calouste Gulbenkian Foundation is working towards mainstreaming the participatory arts.¹²³ The APPG on Wellbeing Economics has suggested that public subsidy to the participatory arts be distributed proportionally across the social gradient with a view to ironing out inequalities in wellbeing.¹²⁴ We endorse this proposition and advocate that it is extended to include health.

In his first speech as Chair of ACE in March 2017, Sir Nicholas Serota said that 'we must never forget that the arts are first about the magic of that individual encounter, the special experience that changes our view of the world or our understanding of ourselves. The chance to have this kind of encounter should not be limited by social,

educational, or economic privilege'.¹²⁵ We call upon ACE to recognise explicitly the ability of the arts for health and wellbeing to cross 'all social barriers, not only the protected characteristics, but also class and geography'.¹²⁶ We hope that research will continue to demonstrate the ways in which this is achieved.

While the distribution of arts and health activities across the social gradient is encouraging, helping to even out some of the disparities in access to the arts, this diversity is not reflected within the workforce.¹²⁷ A Culture White Paper, launched by the Minister for Culture, Communications and Creative Industries, Ed Vaizey, in March 2016, rightly asserted that 'We need a more diverse leadership and workforce in the cultural sectors'.¹²⁸ More will need to be done to encourage people finding their way to the arts via health and wellbeing to take up leadership roles.

The Commission on Social Determinants of Health recognised that material, psychosocial and political empowerment – gained through participation in society – underpins equitable health and wellbeing. Accordingly, this report considers 'participatory practice involving people routinely marginalised from decision-making processes by having the least access to the policy-making machinery'.¹²⁹ Addressing the findings of the Commission on Social Determinants of Health, Vicente Navarro – Professor of Health and Public Policy at Johns Hopkins University in the USA and Professor of Political and Social Sciences at Pompeu Fabra University in Spain – argued that:

*The major causes of mortality – cancer and cardiovascular diseases – will not be solved through medical interventions. Medical institutions take care of individuals with these conditions and improve their quality of life, but they do not resolve these (or most other) chronic problems. Disease prevention and health promotion programs primarily based on behavioural and lifestyle interventions are also insufficient. We have plenty of evidence that programs aimed at changing individual behaviour have limited effectiveness. And understandably so. Instead, we need to broaden health strategies to include political, economic, social and cultural interventions that touch on the social (as distinct from the individual) determinants of health. These interventions should have the empowerment of people as their first objective. Thus, a national health policy should focus on the structural determinants of health and should have as its primary components political, economic, social and cultural health policy interventions.*¹³⁰

While Navarro refers to cultural interventions in the anthropological sense, in the UK we currently

lack a national framework for cultural health policy interventions in the artistic sense.¹³¹ This report is envisaged as a first step towards achieving such a framework.

Policies addressing health inequalities across the life course are now being considered in government throughout the UK. This report makes the case that the arts have a vital part to play in mitigating the effects of the social determinants of health, by influencing early childhood development, and hence educational and employment opportunities, and by forming part of an enriched environment, reducing distress and having a potentially profound effect upon physical and mental health. Our recommendations seek a more even distribution of healthy life expectancy across the population, with the arts playing an indispensable part.

The late Mike White, Senior Research Fellow at Durham University, whose contribution to understanding arts and health was epochal, said 'A commitment to addressing the social determinants of health requires a process of engagement that goes beyond the health services themselves and builds alliances for social change'.¹³² The Commission on Social Determinants of Health noted that 'The role of governments through public sector action is fundamental to health equity. But the role is not government's alone. Rather, it is through the democratic processes of civil society participation and public policymaking, supported at the regional and global levels, backed by the research on what works for health equity, and with the collaboration of private actors, that real action for health equity is possible'.¹³³ This report seeks to advance an approach involving health services, governments and members of civil society working towards health equity.



The Art Room, Oxfordshire
Photographer: C. Silver Lewis

Considering
the Evidence

3

3 Considering the Evidence

“Wonder is the beginning of wisdom”

Socrates

There is an expanding body of evidence to support the contention that the arts have an important contribution to make to health and wellbeing. The evidence is being developed in scholarly work and disseminated through dedicated journals and other platforms.¹³⁴ There is growing interest in the field from professional bodies, including government agencies, and new strategic partnerships are being developed.

Evidence includes both research and evaluation. Research usually involves a project or intervention being designed to test a hypothesis or answer a question, whereas evaluation involves a particular

The relationship between arts engagement and health is important and needs to be understood.

project being assessed, concurrently and/or retrospectively, according to a range of criteria. At a round table held by the Inquiry, Professor Camic noted that evidence is sometimes confused with proof, when a more nuanced question might be ‘Is there sufficient evidence that an assertion, proposition or hypothesis can be supported?’ An obstacle to the commissioning of arts organisations in the health sector seems to be that the ‘burden of proof’ forces them to justify the impact of creative approaches as compared to biomedical alternatives.¹³⁵

The evidence base spans a wide range of methodologies and practices. It is unevenly distributed across the field, concentrated in such areas of scholarly interest as arts and dementia and patchier in relation to, say, prevention and the management of long-term conditions. Different forms of evidence are persuasive to different audiences; commissioners need different evidence from clinicians, practitioners or service users.¹³⁶ A brief overview is provided here of the types of evidence that will be encountered in this report, and a hint is given about the ways in which these might be developed in the future.

3.1 Quantitative Methods

Within clinical research, randomised controlled trials (RCTs) are considered the ‘gold standard’, placing them at the top of the so-called hierarchy of evidence. An RCT takes place within a sizeable, randomly selected group but not within another similar group, the latter of which serves as a ‘control’ or basis for comparison.

Drawing upon evidence derived from RCTs, Cochrane Reviews systematically analyse the findings of a range of studies of a particular intervention. To ensure objectivity, more than one person generally conducts a systematic review. Studies are selected for inclusion on the basis of having used established protocols, which means that ‘grey’ literature, arising from project evaluations, is not generally taken into account. A search of the Cochrane library

found that reviews relating the arts to health drew upon more than 1,000 RCTs.¹³⁷

Arts therapies have amassed evidence of the impacts of precise interventions, but this is less the case for the participatory arts, with the National Institute for Health Research (NIHR) rarely supporting work in this area. As compared to the scientific culture of medicine, the participatory arts foreground experience and process. Much research into community-based arts and health activity has considered small sample sizes without a control group.¹³⁸ Such research has sometimes been hampered by poor cooperation from health professionals when recruiting participants. In this report, study sizes are reported where relevant, to aid readers in assessing their respective merits.

The Cultural Value Project report observed that the quantitative aspect of research design might be strengthened in some areas, but ‘to insist on it exclusively may not do justice to the character of arts interventions used in relation to health, nor to their outcomes’.¹³⁹ The chapter of the report dedicated to health, ageing and wellbeing identified a ‘need to step back from the established hierarchy of evidence that places randomised

Arts therapies have amassed evidence of the impacts of precise interventions, but this is less the case for the participatory arts.

controlled trials and experimental approaches at the top, not least in contexts such as mental health, where outcomes have to be subjectively validated by the participants, and where intended outcomes may not translate straightforwardly into measurable health improvements on clinical scales’.¹⁴⁰ A recent shift away from RCTs has been noted, in favour of good observation data. This implies the documentation of outcomes, such as reductions in depression or medication. Increasingly, a combination of methods is advocated.¹⁴¹

3.2 Measuring Wellbeing

When it comes to wellbeing, a range of psychological scales has been designed to facilitate quantitative analysis. The Chief Medical Officer found that, when the lack of a precise definition of wellbeing was:

*[...] combined with contested boundaries (particularly within public mental health) and the widespread use by researchers and policymakers of an array of validated, unvalidated, subjective and objective measurement approaches and ‘proxy scales’ of varying lengths and sophistication, it can become difficult to scientifically examine any single well-being perspective in a robust and consistent way for public health policy in general, and public mental health policy in particular. Contrasting two perspectives appears harder still, and yet is of theoretical and practical importance.*¹⁴²

In 2010, the Prime Minister, David Cameron, endorsed a commitment to explore wellbeing, made by the Office for National Statistics (ONS) in 2007, inviting the National Statistician to take the

Wellbeing is difficult to measure, but life satisfaction comes closest to capturing it.

lead on measuring wellbeing.¹⁴³ This gave rise to the Measuring National Well-being project,¹⁴⁴ aimed at developing subjective measurements of wellbeing. Favouring quantitative approaches, this

defined wellbeing by reference to 10 dimensions – including health and personal wellbeing – subdivided into 41 indicators. Since the ONS study began, the health dimension has shown moderate increases both in healthy life expectancy and in illness, disability, depression and anxiety (which imply reduction in healthy life expectancy). The dimension documenting personal wellbeing, which takes account of happiness and life satisfaction, shows that only a third of the population feel very happy or satisfied.¹⁴⁵

The Cultural Value Project report noted that the ONS ‘responded to criticism over its having omitted cultural engagement by subsequently introducing it as one of 41 measures on its Well-being Wheel, but the programme has made no significant attempt to understand the relationship between cultural engagement and its other “contributors” to wellbeing’.¹⁴⁶

The What Works Centre for Wellbeing is working with four universities to conduct systematic reviews of areas of the arts and wellbeing evidence base in which research is concentrated, including grey literature derived from project evaluations. These reviews are available on an open-access basis, the first of which have been published, exploring the impact of music and singing upon wellbeing in healthy adults and adults with health conditions and dementia.¹⁴⁷

In 2011, a team involving Lord Layard contemplated the measurement of subjective wellbeing by the ONS. The report arising from this work stated that, in order to inform policymaking, accounts of wellbeing needed to be theoretically rigorous, policy relevant and empirically robust.¹⁴⁸ In this endeavour, three main measures of subjective wellbeing were isolated – evaluation (based on life satisfaction), experience (based on the extent to which people felt happy or worried) and eudaemonic (the extent to which life felt worthwhile) – and it was argued that each of these

components should be measured separately.¹⁴⁹ Of these, Lord Layard later argued in a discussion paper for the What Works Centre for Wellbeing that ‘life-satisfaction comes nearer to satisfying these characteristics than any other measure (single or composite)’.¹⁵⁰ In the meantime, the Organisation for Economic Co-operation and Development (OECD) produced guidelines for measuring subjective wellbeing as a component

of quality of life taking account of jobs, health and housing.¹⁵¹

In 2008, a scale was launched to enable the measurement of wellbeing at a population level: 'The Warwick-Edinburgh Mental Well-being Scale [WEMWBS] was funded by the Scottish Government's National Programme for Improving Mental Health and Wellbeing, commissioned by NHS Health Scotland, developed by the University of Warwick and the University of Edinburgh'.¹⁵² It is based upon the understanding that subjective wellbeing can be used to measure a particular programme's effectiveness.

Originally a fourteen-item questionnaire, a seven-item shortened version of the scale (sWEMWBS) is increasingly used. This asks users to rate their responses to the following questions on a five-item Likert scale ranging from 'none of the time' to 'all of the time':

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling close to other people
- I've been able to make up my own mind about things

Shortly after it was launched, WEMWBS began to be taken up within arts and health organisations. WEMWBS has been included in the Health Survey for England and the Scottish Health Survey. It was also inserted into the British Cohort Study 1970 (BCS70) at age 42 alongside questions about arts engagement,¹⁵³ yielding a dataset of around 17,000 entries, which enables cross-sectional associations between subjective wellbeing and arts engagement to be studied at scale.

Telephone interviews with more than 700 Western Australians, conducted using WEMWBS, found that respondents with high levels of arts engagement enjoyed significantly better mental wellbeing than their low-attending counterparts.¹⁵⁴ The threshold appeared to be 100 hours per year (two or more hours a week), leading Western Australia's health-promotion organisation Healthway to commit sizeable sponsorship to cultural venues.¹⁵⁵

The Cultural Value Project report noted that explorations of the relationship between the arts and wellbeing had largely been centred on self-reported subjective assessments and criticised for their focus on transient gratification, or hedonic wellbeing, as opposed to a more sustained sense of meaning in life (eudaemonic wellbeing). Critics of WEMWBS point to its relentlessly upbeat nature and its failure to capture other factors impacting upon wellbeing, including socio-economic inequalities, the vagaries of daily life and the imminent end of enjoyable arts activities.

Other psychological scales relevant to this report include the University College London (UCL) Museum Wellbeing Measure,¹⁵⁶ the EQ-5D Health-Related Quality of Life Questionnaire¹⁵⁷ and Dementia Care Mapping.¹⁵⁸ The Canterbury Wellbeing Scales, developed by researchers and clinicians at Canterbury Christ Church University, provide a simple snapshot of the subjective wellbeing of people with dementia and people caring for, or working with, them. Corresponding to the experience category isolated by Lord Layard et al, this asks respondents to evaluate themselves in the moment, from happy to sad, well to unwell, interested to bored, confident to unconfident and optimistic to pessimistic.¹⁵⁹

Beyond individual measurements, the Mental Wellbeing Impact Assessment – developed by the Head of Mental Health Promotion at South London and Maudsley Hospital (SLaM) – enables the mental wellbeing impact of policies, programmes, services and projects to be assessed.¹⁶⁰ A checklist enables consideration of wider structural determinants including creativity and culture. This then moves to a detailed assessment of whether particular initiatives include the three factors shown to protect mental wellbeing, namely control, resilience and inclusion. This method also encourages consideration of population characteristics – gender, race and ethnicity, socio-economic position, physical health, disability and sexuality. It has been deployed to great effect in evaluating the work of the Dragon Café, discussed in chapter five.

3.3

Qualitative Methods

Individuals within a group respond differently to the same experience, which is a challenge to evaluation. Rather than attempting to isolate mechanistic relationships between arts engagement and health or wellbeing, qualitative methods enable descriptive exploration of individual and shared experiences and relationships. In this way, a nuanced picture of commonality and difference emerges.

The evaluation of arts and health projects has historically centred on anecdote, which is rarely persuasive to commissioners. A useful development in evaluation would be towards more rigorous sampling in the collection of individual testimonies. Testimonies might be obtained using such methods as semi-structured interviews or focus groups, enhanced through the use of participant observation and reflexive diaries (with the latter as both a tool of documentation and an ongoing mode of self-analysis).

An adjunct to participant testimony and analysis is the compilation of case studies,

selected without bias according to defined criteria and carried out either by organisations coordinating projects or by independent researchers.¹⁶¹ This report includes a number of brief case studies that are relevant to our discussion. These draw upon information provided by the host organisations, such as cost to participants and project funding sources, including those beyond the health field. There is ample scope for qualitative case studies to be worked up in many more areas of practice, to provide a clear picture of the breadth and distribution of activities across the UK.

Professor the Baroness Finlay of Llandaff has observed that 'It is the humanities that truly express the humane'.¹⁶² In recent years, creative activity has increasingly been framed as a research method in itself – a way of understanding the world and our place within it.¹⁶³ Given that the subject under scrutiny is the impact of the arts, there is scope for a creative form of analysis to be developed. Working on the basis that creative and arts-based methods are 'effective for uncovering hidden perspectives, adding empathic power and strengthening participants' voices'¹⁶⁴ – researchers at the University of Sheffield have gathered responses to live classical music using a Write-Draw method which solicits textual and visual thoughts and feelings.¹⁶⁵ Creative evaluation is also used in the filmmaking that sometimes accompanies projects, documenting the distance travelled by participants, examples of which are provided in this report.

In chapter seven, we consider the contribution of the medical humanities to humanising healthcare. In recent years, a strand of critical

consideration of the specific skills and attributes of artists which make such projects effective.

The Academy of Medical Sciences has been looking at ways in which health challenges and opportunities might be addressed through the gathering and translation of appropriate evidence. A 2016 report explored ways in which the health of the public could be improved within a generation. Acknowledging the limits of biomedical research, the report advocated research which 'works across traditional discipline boundaries, integrating aspects of natural, social and health sciences, as well as the arts and humanities, which directly or indirectly influence the health of the public'.¹⁶⁷ This is a welcome acknowledgement of the part that arts-based methodologies can play in the future of public health research.¹⁶⁸

3.4

Economic Analysis

HM Treasury periodically publishes *The Green Book: Appraisal and Evaluation in Central Government*, offering guidance to public sector bodies on how projects should be appraised to qualify for funding. The attribution of monetary values to proposed projects is advised wherever possible, enabling a judgement to be made about the impact of public funding. In later chapters of this report, evidence is provided of the cost benefits of various arts and health activities.

In 2014, DCMS commissioned researchers from the London School of Economics and Political Science (LSE) to consider how the wellbeing

impacts of its portfolio might be measured and monetary values attributed to them.¹⁶⁹ The APPG on Wellbeing Economics has identified that conventional cost benefit analysis 'has serious shortcomings as a source of evidence, but it also embodies a particular set of values which makes it a particularly inappropriate yardstick for valuing activities like arts and culture: material over non-material goods, and

market over non-market outcomes'.¹⁷⁰ The APPGAHW follows the APPG on Wellbeing Economics in noting that:

One of the strengths of a wellbeing approach is its ability to better value nonmarket goods, and goods which we value for reasons that have little to do with the market. In a climate where the arts community feels under increasing pressure to justify its activities in terms of their instrumental benefits, we set out to explore whether a wellbeing

Qualitative research and evaluation would benefit from more rigorous sampling, detailed compilation of case studies and greater use of arts-based and co-produced approaches.

medical humanities has emerged which argues for broadening conceptions of the medical beyond the clinical encounter to take account of the context and constitution of health and wellbeing.¹⁶⁶ This attempts to understand how humans experience ill health and how movement through health pathways can influence outcomes and inform clinical science. Critical medical humanities suggest that the arts and humanities have a part to play in bringing essential new perspectives and shaping research. The literature currently lacks

*approach can better capture the true value to society of arts and culture subsidies to human lives – thus helping both to make the case for arts and culture spending and to identify priorities for that spending.*¹⁷¹

In a similar vein, under the rubric of Where We Live Now, the British Academy recommends that ‘policies that foster well-being and well-being measures throughout our lives should be pursued, rather than adopting solely economic measures of progress’.¹⁷²

Where it is not possible to monetise the benefits of projects, HM Treasury says cost effectiveness may be considered. Our report details the cost effectiveness of the arts in health and social care, through savings and avoided costs. Analysis reveals a strong relationship between socio-

the round table on Commissioning, this caution was echoed on the basis that commissioners might only be interested in savings in their particular budgets while projects might only be able to demonstrate savings elsewhere. If we are to move towards a healthy and health-creating society, policy-makers and budget-holders need to take a synoptic view.

When considering the value of the arts in health and wellbeing, it should be borne in mind that ‘successful participatory arts projects are of much greater value to the individuals that take part than the economic benefits they may represent for health or other agencies’.¹⁷⁷ In other words, the difference that arts participation makes to people’s lives often transcends economic value.

The Green Book requires that account is taken of the ‘impact on health of poverty, deprivation and unemployment, as well as poor housing or workplace conditions’ when the social value of publicly funded activities is estimated.¹⁷⁸ The Public Services (Social Value) Act (hereafter the Social Value Act), which came into force on 31 January 2013, requires commissioners of public services to think about how they can secure not only economic but also social and environmental benefits. This

could be a powerful tool in achieving acceptance of socially motivated approaches, but commissioners have so far proven somewhat resistant to considerations of social and environmental value.¹⁷⁹

At the parliamentary launch of the Social Prescribing Network in March 2016,¹⁸⁰ Dr Marie Polley, co-chair of the network, reported that, for every £1 invested in social prescribing programmes (discussed in detail later in this report), there was a social return on investment (SROI) of between £1.20 and £3.10 within the first year. In 2011, South West Yorkshire Partnership NHS Foundation Trust – which is exemplary in integrating social prescribing into every aspect of health – set up Creative Minds to promote engagement in creative activities to improve health and wellbeing.¹⁸¹ At the second of two round tables discussing the Care Act, the Chief Executive of the trust estimated an SROI of £4 for every £1 invested in the arts. In St Helens, an arts-on-prescription service has shown an SROI of £11.55 for every £1 invested.¹⁸² Development of research in this area would better enable SROI to be captured more broadly.

economic deprivation and costly emergency hospital admissions.¹⁷³ Core Arts, which promotes mental health through the arts in Hackney, particularly among black, Asian and minority ethnic (BAME) males, estimates savings through avoided hospital admissions of up to £2.58 for every £1 invested.¹⁷⁴ We emphasise that investment in the short term often pays dividends in the longer term. Indeed, ‘Evidence across a range of service areas shows that investment in “upstream” interventions that prevent conditions worsening can help to reduce demand for more acute services and thereby avoid increasing pressure and costs’.¹⁷⁵ Reminiscence Arts & Dementia: Impact on Quality of Life (RADIQL), a project by Age Exchange which is taken as a case study in chapter eight, uses quality adjusted life years as a measure of cost effectiveness.

A PHE review of return on investment calculations by government departments other than DH uncovered a tool to measure the impact of sport but not culture.¹⁷⁶ At the round table on Place, Environment, Community, it was argued that we might be setting ourselves up to fail by trying to compete with things that can more readily be measured. At a meeting of the Inquiry Advisory Group, a note of caution was sounded in relation to return on investment, on the grounds that savings might actually be quite small and self-defeating. At

The Public Services (Social Value) Act requires commissioners of public services to think about how they can secure not only economic but also social and environmental benefits.

3.5 Deploying the Evidence Base

Once gathered, evidence needs to be brought to the attention of commissioners. One way in which arts approaches may be established in health protocols is through the guidance issued to clinicians by the National Institute for Health and Care Excellence (NICE). At present, of almost 300 pieces of guidance published by NICE, mention of the arts only just enters into double figures. At a meeting held by the Inquiry, the Director of the Centre for Guidelines at NICE noted that, in these cases, the arts had been picked up in a general trawl of the research rather than in a specific focus. He also observed that the arts were conspicuous by their absence in guidelines on mental health and indicated that this might be rectified. A similar consideration applied to pain management.

There is an established protocol for bringing topics forward for review.¹⁸³ Following an initial scoping phase, NICE makes recommendations to various collaborating centres which conduct reviews of the available evidence. This process typically takes 12 to 18 months and is sometimes accompanied by a call for evidence or an invitation for expert testimony. Topics are reviewed for

subscribe to a hierarchy of evidence and will consider observational and qualitative research.

We urge arts and health researchers to register as stakeholders. We were told that, during a recent update of the guideline on depression, the ‘clamour’ from 600–700 stakeholders on the role of the arts was not loud enough; regrettably, the arts have been excluded as a result. At the time of publication of this report, the guideline will be out for review, making it too late to intervene in this particular process, but we are delighted that NICE has offered to commission a surveillance review with a specific focus on the arts and psychosocial treatments for mild to moderate depression.

3.6 Inquiry Meeting on Evidence

On 13 September 2016, the APPGAHW held a meeting at Wellcome, at which practitioners and academics discussed evidence relevant to the field. There was widespread recognition of the existence of a substantial evidence base, albeit disparate and at times inaccessible.

As a way of consolidating the evidence base, a systematic review of the entire field was mooted.¹⁸⁵ In the College of Health and Social Care at the

University of Derby, doctoral candidates are beginning to compile a systematic review of research evidence for the arts in health, forming a Cochrane Review group to aid them in their work. Such an exercise is complicated by the fact that different studies ask different questions. The case was made for practice descriptors that would aid research and allow

for future comparative analysis.

Systematic reviews are generally conducted of particular aspects of the field, rather than whole fields. So, for example, a doctoral candidate at the University of Nottingham is compiling an international taxonomy of the arts in dementia.¹⁸⁶ With a few notable exceptions,¹⁸⁷ arts and health activity tends to be centred on a particular art form, and this is also reflected in systematic reviews. In chapter seven, for example, we encounter a Cochrane Review of the relationship between music therapy and the physical and psychological effects of cancer, drawing upon evidence from 52 previous clinical trials.

At the Inquiry’s evidence meeting, the focus of systematic reviews on whether or not something worked was identified as a limitation, and a departure from biomedical, positivist philosophy

We urge arts and health researchers to register as stakeholders with the National Institute for Health and Care Excellence (NICE).

updates every two, three or five years, a list of which is available online.¹⁸⁴ While reviews are generally focused on diagnosis, there is a move towards more holistic approaches. Evidence pertaining to the arts might usefully be orientated towards public health (which focuses on prevention and individual engagement) or social care.

Interested parties can register as stakeholders via a ‘get involved’ link on the NICE website. Stakeholders can intervene in the review process at several stages. At the scoping phase, attention can be drawn to new areas of research. Once guidance has been drafted, it is sent out to stakeholders for review. In the post-consultation phase, queries may be raised and new evidence identified. When a topic is reviewed for an update, it goes back out to stakeholders. NICE does not

was advised. As an antidote, a realist approach was advocated. This involves asking what works for whom and in what circumstances. Realist research challenges the basic premise of RCTs – that a particular intervention is the only difference between the experimental group and control group – by considering neither intervention nor group a stable construct, especially where social interventions are concerned. Rejecting outcome-driven, quasi-experimental approaches imported from clinical trials, a realist approach seeks to adapt methodologies to the complexity of the topic under scrutiny.¹⁸⁸ A realist approach can be applied not only to health but also to wellbeing, by looking at what matters to people and why and allowing descriptions of human flourishing to emerge. It was suggested that an audit of ongoing programmes might be conducted with a realist focus, including consideration of qualitative findings.

An example of a realist approach being used to evaluate participatory arts activity in relation to health and wellbeing is provided by the Be Creative Be Well project introduced in the previous chapter. This project was orchestrated and evaluated on the basis of a theory of change – ‘namely, that a creative or arts-based intervention in a particular community will enable it, and the individuals within it, to achieve higher levels of wellbeing, better mental health and wider participation in the arts’.¹⁸⁹

To the extent that this report reviews evidence and practice in the field, it has adopted a realist approach by looking at what works, for whom and in which circumstances. In a realist approach, evaluation can be used to aid reflective practice and inform the development of future activities – what Professor Stephen Clift, in the Sidney De Haan Research Centre for Arts and Health at Canterbury Christ Church University, has called evidence-based practice.¹⁹⁰

To make the evidence more accessible, an open-access platform was advised, along with translation of research into language more intelligible to practitioners.¹⁹¹ The University of Florida has compiled a sizeable database of research connecting the arts, health and wellbeing.¹⁹² The RSPH Special Interest Group on Arts, Health and Wellbeing is developing an online Repository for Arts and Health Resources.¹⁹³ This houses a range of searchable resources not easily found on the main websites dedicated to covering arts for health practice as it has grown and diversified in the UK over the past twenty years. The site will be a valuable resource for academics and researchers; policy-makers in central and local government; health and social care managers; creative arts professionals engaged directly in using their artistic skills in healthcare and community settings to support health and wellbeing.

At the Inquiry’s evidence meeting, the complexity and diversity of arts and health practice was acknowledged. The complexity of the field was taken to serve as a counterpoint to the binarism of the health service. As an example of diversity, much of the literature on music points to its non-verbal or post-verbal properties as the source of its impact,¹⁹⁴ while the work of the Reader – until recently known as the Reader Organisation, which involves group reading of literary works by people experiencing physical and psychological pain – seems to be effective precisely because of its verbal nature. In this sense, diversity might serve as shorthand for disciplinary specificity. At the evidence meeting, it was thought desirable to develop understanding of what the arts and their different modes of engagement have in common with each other, as distinct from non-arts activities, and how generically they impact upon our bodies and minds.

Also at the evidence meeting, reference was made to research into mindfulness, which has been described as a ‘relaxation technique formed out of a combination of positive psychology, Buddhism, cognitive behavioural therapy and neuroscience’.¹⁹⁵ Research has shown such benefits of mindfulness as healing trauma and reducing depression, and £6.4m has been allocated by Wellcome to a seven-year study looking at the impact of mindfulness upon the mental health of teenagers.¹⁹⁶ There are similarities between mindfulness and the ‘flow’ that is typical of arts engagement – both require presence in the moment and a sense of absorption. By contrast to the relatively clear-cut nature of mindfulness, the complexity and diversity of arts and health work has served as a disincentive to research funders.

As this report shows, multifarious physical and psychological benefits have been observed to arise from arts engagement in ways that evade simple description, and a theoretical framework appropriate to all activity in the field has been elusive. It should be recognised by research funders that arts and health interventions are, in some ways, more complicated and time-consuming to assess than biomedical interventions.

In the process of considering the evidence base for arts, health and wellbeing, three main reasons for gathering evidence in the UK cultural field were outlined:

1. To increase knowledge
2. To provide accountability for funding
3. To aid reflective practice

To date, the second of these imperatives has driven most evaluation, leading to a focus on specific short-term projects. Evaluation tailored to fit the priorities of funders assorts ill with objective

consideration of public health and the long-term, preventative impact of arts engagement, for which it is much harder to evidence cost benefits. Going forward, evaluation needs to be taken more seriously and better resourced, opening up routes for the development of early career researchers and future academic leaders.

A project called Creative and Credible, funded by the Economic and Social Research Council (ESRC), looked at ways in which arts-based perspectives and methods might be used to inform evaluation.¹⁹⁷ Aesop has also developed resources for arts and health evaluation.¹⁹⁸ Drawing upon learning from both of these strands, PHE commissioned the Arts and Health Evaluation Framework.¹⁹⁹ This Framework was used as the basis of a call for practice examples made by the Inquiry, which elicited almost 200 responses.²⁰⁰ Professor Norma Daykin, lead researcher for Creative and Credible and author of the Framework, describes how it:

*[...] offers a common reporting framework so that we can start to understand how projects are constituted, what resources they need, what their artistic content is and how they are evaluated [...]. It is designed to enable commissioners, practitioners and policymakers to better understand how projects compare, how they fit together and what their particular strengths are. Beyond this, evaluation and research methodologies cannot be imposed: these need to be tailored to specific evaluation questions.*²⁰¹

Further training and advice for practitioners on how to use such frameworks was identified as useful. At the University of Winchester, professional development programmes are offered in Evaluation for Arts, Health and Wellbeing.

In considering the breadth and depth of the evidence base, two major omissions were noted. The first of these was the lack of studies examining the results of arts and health activities at scale, confined as they tend to be to single projects or limited geographical areas. The argument was made that studies covering whole systems would be of value, which might involve an examination of the impact of arts activities not only on individuals but also on their families, carers and wider networks. The second omission identified was that of study length. Funded studies tend to be limited to five years, which precludes exploration of long-term conditions and continuities of effect. Research undertaken as part of the Cultural Value Project explored the longitudinal impact of arts engagement upon health. This found 15 relevant studies, largely centred on the Nordic countries, where continuing population-scale datasets enable health and cultural preferences to be cross-referenced.²⁰² Several of the studies in the evidence

base pay attention to the association between arts engagement and mortality; others take conditions such as cancer, heart disease and dementia as their main outcome measure; yet others examine obesity. Engagement in the arts is taken to include attendance at high-quality cultural activities – in museums, galleries, theatres, concert halls, cinemas and publishers – and participation in drawing, painting, photography, singing and music-making. The first-order cultural value of such encounters is acknowledged, and socio-economic status is taken into account. By controlling for socio-economic factors, these studies show that the health benefits of arts engagement are not necessarily confined to more affluent audiences.

Longitudinal analysis seems to suggest that arts engagement paves the way to longer lives better lived. Partly because it is not possible completely to rule out other health-influencing factors, the majority of studies in the Nordic evidence base report an association or correlation, rather than a causal relationship, between arts engagement and health, with the effect presumed to be more preventative than remedial. Yet, however tentatively the findings of individual studies within the evidence base are reported, a collective sense emerges that the relationship between arts engagement and health is important and needs to be understood.²⁰³ Genuinely interdisciplinary longitudinal research is indicated. The Inquiry notes that the ESRC is conducting a review of longitudinal studies which will report by the middle of 2018; it would be useful if this could take account of the need for longitudinal associations to be assessed between arts engagement, health and wellbeing.

In the UK, we lack the kind of population records and longitudinal cohort studies linking health and the arts which made possible the Nordic research. Nevertheless, we do have large-scale studies centred on health, and interest in them seems to be growing in a period fascinated by the potential of big data. Longitudinal health studies sporadically include questions about arts engagement (as seen in the case of BCS70, mentioned above). There are also cohort studies that are not explicitly about health but in which health data are gathered together with much else, such as Understanding Society, and surveys about cultural habits, such as Taking Part and a study at King’s College London tracking cultural attitudes and behaviours.²⁰⁴

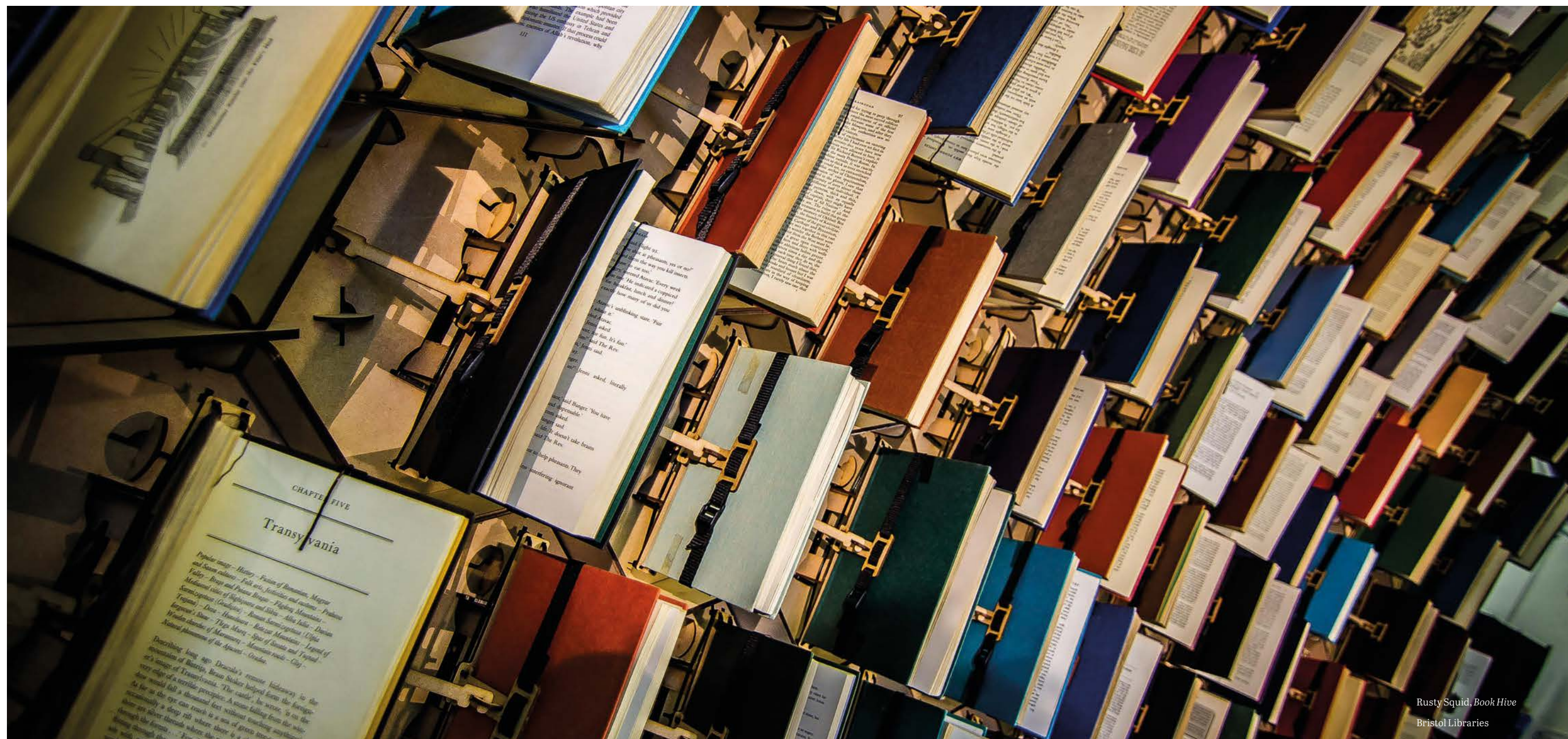
A sustained commitment to gathering data on arts engagement in cohort and panel studies would greatly aid the development of the field. We echo the Cultural Value Project in calling for ‘long-term questions about arts and cultural engagement to be included in major UK cohort studies in the future and for these questions to be stable over time to enable longitudinal research’.²⁰⁵ The

questions used in any future longitudinal cohort studies should be chosen so as to maintain timeliness, and they should distinguish between art forms and between attendance and participation.

The expansion to date of the evidence base in the field of arts and health is encouraging. We hope that the weight of evidence presented in this report will convince readers of the health and wellbeing benefits of arts engagement and encourage them to act upon that conviction. At the same time, it is clear that more needs to be done to consolidate the evidence base, perhaps especially in relation to the social determinants of health.

Arts and health research has historically been funded by the AHRC and ESRC and occasionally by ACE and other sources (including NIHR, particularly where arts therapies are concerned). Filling the gaps in our knowledge will involve the better coordination and funding of research, including cross-disciplinary studies, perhaps especially in the areas of prevention and the management of long-term conditions over an extended period. It will also require better communication between researchers, practitioners, policy-makers, commissioners and funders. The strategic centre we are proposing as one of our recommendations will help to enable this communication.

We recognise that evidence is only one factor informing policy. In advocating realist research, Professor of Social Research Methodology at the University of Leeds, Ray Pawson, notes that ‘there is no such thing as evidence-based policy. Evidence is the six-stone weakling of the policy world. Even its most enthusiastic advocates are inclined to prefer the phrase “evidence-informed policy” as a way of conveying a more authentic impression of research’s sway’.²⁰⁶ More than an evidence base, policy-making and commissioning is underwritten by a belief system; some change of belief is needed. At the first of two round table discussions on the Care Act held by the Inquiry, Lord Ramsbotham said that what is required is a ‘social process rather than a scientific process’. In this endeavour, the political will to effect change and the institutional will to deliver it will be as important as evidence.



Rusty Squid, Book Hive
Bristol Libraries

The Policy, Commissioning and Funding Landscape

4

4 The Policy, Commissioning and Funding Landscape

“More and more people now appreciate that arts and culture can play a valuable part in helping tackle some of the most challenging social and health conditions. Active participation in the visual and performing arts, music and dance can help people facing a lonely old age, depression or mental illness; it can help maintain levels of independence and curiosity and, let’s not forget, it can bring great joy and so improve the quality of life for those engaged.”

Lord Bichard of Nailsworth, 2016

In exploring the beneficial impact of the arts in relation to a range of health and social care challenges, here we provide an overview of the policy, commissioning and funding context.

4.1 An Emphasis on Prevention

In October 2014, NHS England published the *Five Year Forward View*, which argued that ‘the future health of millions of children, the sustainability of the NHS, and the economic prosperity of Britain

preventable conditions. In 2017, the House of Lords Select Committee on the Long-term Sustainability of the NHS concurred that the health system of the future needed a ‘greater focus on prevention, supported by adequate and reliable funding’.²⁰⁸

Primary prevention relates to people who are at high risk of encountering a health issue for the first time; secondary prevention refers to those who have already encountered the issue but seek to avoid it recurring; and tertiary prevention pertains to people undergoing treatment.²⁰⁹ During his time as Chair of ACE, Sir Peter Bazalgette made the case that the arts had a significant part to play in meeting the prevention agenda.²¹⁰ The ACE-funded Cultural Commissioning Programme sought to encourage interactions between the arts and public sector commissioning, including health. This acknowledged that ‘Arts and culture has been shown, through a range of project

all now depend on a radical upgrade in prevention and public health’.²⁰⁷ This pivotal health plan required the nation to take prevention seriously, to reduce health inequalities and ensure that health resources are not consumed by treating

examples and evaluations, to contribute to primary and secondary prevention, which aim to prevent harm occurring’.²¹¹ While prevention is difficult to evidence, this report provides examples of the ways in which arts activities

prevent health conditions from developing, recurring or worsening.

A research report published by DH in 2011 projected the cost of treating eight prevalent mental disorders if treatment regimes and the social determinants of health remained unchanged. This showed an increase from £48.6bn in 2007 to £88.5bn in 2026 and advocated action across the life course, including early detection and intervention.²¹² In February 2016, an independent Mental Health Taskforce, which brought health and care professionals together

The arts moderate chronic conditions from diabetes to respiratory disease and stroke to dementia.

with service users,²¹³ issued a report to NHS England, entitled the *Five Year Forward View for Mental Health*.²¹⁴ This advocated a far more proactive and preventative health service in order to reduce costs and diminish the long-term impacts of mental health problems, with children and young people as a priority. Responding to a recommendation made there, PHE is developing a Prevention Concordat Programme for Better Mental Health, which aims to act both nationally and locally to help the relevant bodies design and implement effective prevention planning.²¹⁵

In this report, we give examples of the arts helping to restore and maintain mental health. In the next chapter, detailed consideration is given to initiatives like arts on prescription, which make up part of the social prescribing landscape mentioned in the *Five Year Forward View*. At one of the Inquiry Meetings, Programme Director and Head of Arts at Guy’s and St Thomas’ Charity (GSTC), Nicola Crane, alluded to the arts being embraced as a diagnostic tool in children with mental health problems. In chapter six, a case study is provided of dance providing an engaging and highly effective form of early intervention in psychosis in young people.

In making the business case for effective interventions in psychosis and schizophrenia, a report – supported by DH and commissioned from researchers at LSE, King’s College London and the Centre for Mental Health by the charity Rethink Mental Illness – urges that cuts to services should be avoided if they result in higher costs later on.²¹⁶ We advocate that the arts are taken seriously as a form of prevention and early intervention, as part of a humane health service that will benefit from the savings this strategy will yield.

4.2 Management of Long-Term Conditions

Long-term health conditions – rather than illnesses susceptible to a one-off cure – now account for 70 percent of the health and social care budget.²¹⁷ This requires that we differentiate between medical crises and sustained ill health. It also calls for the traditional division between primary care, hospitals and community services to be revisited through the prism of networks of care.

Since 1986, WHO has been promoting a ‘process of enabling people to increase control over, and to improve, their health’.²¹⁸ This rests on the understanding that ‘To reach a state of complete physical,

mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities’. It also implies that ‘health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being’. Throughout this report, we present ways in which the arts contribute to public involvement in the creation of health and the shaping of environments.

The *Marmot Review* pointed to the potential benefits of ‘greater participation of patients and citizens and support in developing health literacy and improving health and well-being’.²¹⁹ The *Five Year Forward View* presaged a new era of community involvement in health and envisaged that people would be offered intensive support to manage their long-term conditions. NHS England’s Self Care programme is enabling two million people to do that,²²⁰ and health champions and community activators are increasingly acting at the interface between the health service and the public. Arts activities are particularly important in relation to chronic and enduring health conditions. They can take the ‘heat out of a crisis-driven health and social care model’ by helping to alleviate the burden on GPs and acute care.²²¹ In this report, we encounter instances of the arts moderating chronic conditions from diabetes to respiratory disease and stroke to dementia.

Between May 2015 and November 2016, NHS England funded a programme called Realising the Value which aimed to help ‘enable the health and care system to support people to have the knowledge, skills and confidence to play an active

role in managing their own health and to work with communities and their assets'.²²² Led by the National Endowment for Science, Technology and the Arts (NESTA) and the Health Foundation and based on extensive consultation, this programme proposed 'person- and community-centred ways

management and delivery of health promotion activities. The events should be co-managed by professionals and members of the community and held at a local venue'.²²⁷ An example of this way of working is to be found in Strabane, a border town between the Republic of Ireland and the North

with a high level of deprivation and mental health problems. Since 2013, Arts Care has been working with the Pushkin Trust to enable local residents to work with artists across disciplines and contexts to enhance wellbeing and quality of life.²²⁸

At the Inquiry's evidence meeting, the case was made for not only the design and delivery of services but also the

evaluation of arts and health activities to be undertaken on a co-production basis, with service users, artists and other stakeholders (including commissioners) being involved in defining the parameters within which arts activities should be assessed. The Canterbury Wellbeing Scales were developed through co-production, and the AHRC-funded Dementia, Art and Wellbeing Network at the University of Nottingham has been set up to encourage co-production.²²⁹

At the round table on Devolution, Chair of the Abertawe Bro Morgannwg University Health Board, Andrew Davies, introduced us to his concept of Patient-Reported Outcome Measures (PROMs). At the subsequent round table on Commissioning, the Chief Executive of the Reader, Jane Davis, advocated 'listening to the actual words of people who benefit, to work out what the evidence is'. In the next chapter, we encounter self-evaluation being used to gauge the impact of arts-on-prescription activities from participants' perspectives. The co-production of evaluation helps services to be assessed from a user perspective with a view to their ongoing improvement.

Another ambition of the *Five Year Forward View* is better support for carers. There are an estimated 5.5 million carers in England, 225,000 of whom are young and 110,000 of whom are over 85. The value of unpaid care contributed to society by carers is estimated at £132bn, equivalent to spending on the NHS.²³⁰ In this report, we see many instances of the ways in which carers benefit from engagement in arts activities, with or without their loved ones.

The arts should be thought of as an integral part of person- and community-centred care aimed at the management of long-term physical and mental conditions.

of working across the system, using the best available tools and evidence' and estimated £4.5bn in annual savings.²²³ The report arising from this programme acknowledged that creative group activities could aid mental health and help people to fulfil their potential. In this report, we present examples of such activities across the life course. We argue that the arts should be thought of as an integral part of person- and community-centred care aimed at the management of long-term physical and mental conditions, and we call upon arts and health champions to lead this.

The Coalition for Collaborative Care, which has NHS England as one of its members, aims to refocus the relationship between people with long-term conditions and the professionals supporting them by encouraging collaborative care, or co-production.²²⁴ Think Local Act Personal (TLAP) – a DH-funded partnership of central and local government, the NHS, provider organisations, people who use services and carers – defines co-production as 'an equal relationship between people who use services and the people responsible for services [...] from design to delivery, sharing strategic decision-making about policies as well as decisions about the best way to deliver services'.²²⁵ TLAP is cognisant of the role of the arts in health and wellbeing, and we look forward to seeing this knowledge being acted upon in the future. The participatory nature of arts and health activity lends itself well to the co-production agenda, and examples of people shaping the content and delivery of their services – or expressing a desire to do so – are provided in this report.²²⁶

NICE guidance on community engagement to improve health recommends that all research councils, national and local research commissioners and funders and research workers 'Run community workshops (for example, community arts and health workshops) or similar events. These should be used to identify local community needs and to maintain a high level of local participation in the planning, design,

Gloucestershire Clinical Commissioning Group



An exemplar of innovative local healthcare provision is afforded by Gloucestershire.

The CCG, with its visionary leadership and good financial management, serves a population of 630,000 with more than 80 GP practices. It understands that the health service has reached a tipping point and that models of care need to change. The CCG has the benefit of being coterminous with the hospital trust, county council and other partner organisations, including the police and Gloucestershire Voluntary Community Sector Alliance (GVCSA), which brings opportunities for shared planning and provides a single footprint for the development and implementation of its Sustainability and Transformation Plan (STP). The CCG is a keen champion of arts and health activities, understanding that arts practitioners and cultural venues are rooted in the same community it serves.

The county houses an umbrella organisation, Create Gloucestershire, which was formed by arts organisations in 2011 as a response to the loss of the arts development team in Gloucestershire County Council. Create Gloucestershire supports artists and arts organisations, incubates new ideas for delivery and forms strategic partnerships with a number of public sector organisations. One such partnership was precipitated by the Cultural Commissioning Programme, which brought it together with the CCG, county council, GVCSA, University of Gloucestershire and three of the six district councils. The programme, which was funded in large part by the CCG, identified opportunities where cultural commissioning could deliver both universal and targeted health and wellbeing outcomes across various sectors through the arts. This partnership approach has enabled the formation of an arts and voluntary, community and social enterprise forum, facilitated by Create Gloucestershire and GVCSA. This provides a means for artists and arts organisations to share learning around the knowledge and skills required to work in an arts and health context, and it enables the CCG

and partners to have a dialogue with the 'provider market' in order to grow and develop an arts and health commissioning model.

Historically, there has been a fragmented approach to arts and health activity in Gloucestershire, which has included arts in hospitals, the development of an arts-on-prescription service in primary care and individual cultural organisations running arts projects aimed at various health and wellbeing outcomes. A key element of the Cultural Commissioning Programme pilot was the extension of arts-on-prescription practice, which had hitherto been centred on mental health.

A series of 12 feasibility projects, each costing in the region of £10,000, have been developed across the life course, exploring whether arts-based approaches could help in the self-management of a range of chronic health conditions including type 1 diabetes,²³¹ dementia, cancer, chronic pain, obesity, depression and anxiety. This use of non-medical interventions to meet medical needs is described by the CCG as social prescribing plus. The programme has been underpinned by co-production, whereby artists, clinicians, patient representatives and commissioners worked together to design, develop and deliver interventions. It has been evaluated by the CCG, Create Gloucestershire and the University of Gloucestershire, and a report is due before the end of 2017.

As a result of this pilot, a social prescribing and cultural commissioning programme was instigated by the CCG in early 2017, managed by a newly created team. Social prescribing, including arts on prescription, is recognised as key to enabling delivery of the STP. Arts and cultural interventions are being embedded into care pathways with a view to reducing health inequalities and helping in the management of long-term conditions. Examples include singing for respiratory conditions and arts-based interventions for pain management.

Discussions are taking place around the development of a formal cross-sector cultural commissioning programme which builds on the pilot. It is envisaged that this will operate as a strategic partnership within an integrated planning and governance framework, supported by its own pooled budget in the longer term.

4.3

Commissioning in Health and Social Care

In March 2017, NHS England published *Next Steps on the Five Year Forward View*. This set out three priorities for the following two years, specifically a need to: upgrade the urgent and emergency care system, and better regulate flow into and out of hospitals; strengthen access to primary care; and

There is a blind spot in many recent health policy documents: the role that engagement in the arts can play in improving health and wellbeing is consistently overlooked.

improve services for cancer and mental health. In the new health and care landscape, emphasis is placed on primary care – with family doctors as the first point of contact – rather than costly acute care in hospitals.²³²

The Health and Social Care Act provided for the creation of the NHS Commissioning Board, PHE and a series of health and wellbeing boards (HWBs).²³³ HWBs provide a forum in which clinical, professional, political and community leaders can come together to plan how best to meet the needs of their local populations and tackle health inequalities. The Health and Social Care Act also legislated for the creation of 210 clinical commissioning groups (CCGs) across England,²³⁴ responsible for commissioning the majority of NHS services, including elective hospital care and rehabilitative care, urgent and emergency care, most community health services, maternity services and mental health and learning disability services. As part of the shift towards primary care in the community, CCGs are populated by and accountable to GPs.

CCG representatives sit on HWBs, alongside directors of public health and adult and children's services, and together they formulate strategies based on Joint Strategic Needs Assessments (JSNAs). CCGs play a central role in formulating strategic priorities and have a commitment to reducing health inequalities. Local authorities take the lead on improving public health and wellbeing while providing 'advice and expertise on how to ensure that the health services [which CCGs] commission best improve population health and reduce health inequalities'.²³⁵ Increasingly,

JSNAs take account of the *Marmot Review* recommendations.

DH holds NHS England accountable for ensuring that health services, which both it and the CCGs commission, are of high quality and deliver value for money. However, the Health and Social Care Act stipulates CCG autonomy in meeting local need. CCGs have the freedom to decide which health services are commissioned, and the *Five Year Forward View* urges national managers to exercise 'meaningful local flexibility in the way payment rules, regulatory requirements and other mechanisms are applied'.²³⁶ This opens the door to innovation, and CCGs commission several of the arts and health initiatives mentioned in this report.

In 2016, 44 groups (now known as Sustainability and Transformation Partnerships, STPs) were set up to cover every part of England, bringing together health and social care leaders to discuss how the needs of the local population might best be met and health inequalities reduced. Each STP was required to develop a multi-year plan, showing how local services would deliver the vision articulated in the *Five Year Forward View*. Only a small number of the 44 STPs have embraced the arts, but there is scope for the arts to be included by all at implementation stage. These plans will be subject to review towards the end of the two-year period they cover, which will provide an opportune moment to revisit the role of the arts in addressing local health and wellbeing.

4.4

Integration of Health and Social Care

In 2011, the Scottish Government developed a vision for 2020 that sought to ensure longer, healthier lives for everyone, at home or in a homely setting, which relied on prevention, self management and the integration of health and social care.²³⁷ The *Five Year Forward View* recognised the interrelationship between demand for social care and the availability and effectiveness of NHS services to advocate clear joint plans. In parts of England, such as Northumberland, accountable care organisations are being set up as unitary organisations meeting health and social care needs.²³⁸

TLAP is building bridges between health and social care to empower communities to share responsibility for prevention and self-care.²³⁹ The

House of Lords Select Committee report on the long-term sustainability of the NHS noted that the future survival of the health service depended on resolution of the social care crisis and increased funding in both health and social care. The report recommended that responsibility for adult social care should be assumed by DH and pointed to a pressing need to reinvigorate the integration of health and social care and to rethink the statutory mechanisms needed to deliver it.²⁴⁰ The Government has undertaken to produce a Green Paper on this.

In June 2013, the Better Care Fund was set up to encourage integration of services between the NHS and local authorities and between health and social care in a bid to reduce hospital admissions.²⁴¹ To a great extent, this £5.2bn fund has been used to plug gaps in local authority social care budgets, but it has facilitated social prescribing projects and occasional arts-based community initiatives.²⁴²

Staying Out, operated at ARC – a multi-form arts centre in a deprived ward of Stockton on Tees – offers weekly creative activity to people aged 65 and over who have been discharged from hospital or are socially isolated.²⁴³ Beginning in September 2014, the project has been commissioned to October 2019, initially with funding through Hartlepool and Stockton on Tees CCG's Health Initiatives fund before transitioning to the local authority's Better Care Fund. An artist delivers a wide range of arts and crafts activities, designed to confer new skills and enhance existing ones and responsive to the preferences and abilities of the group. Participation offers therapeutic benefits through cognitive and physical stimulation, particularly around the use of fine motor skills and stroke rehabilitation, while stimulating a measurable sense of achievement and wellbeing. The commissioners are also collating data relating to reduced hospital admissions. We hope that, in signing off plans for the Better Care Fund, local authorities and CCGs will remain open to local arts and health approaches, and that details of arts and health projects will be included in the Fund's published case studies.

In January 2015, NHS England invited organisations to become vanguards for the new

development of joined-up care via partnerships between the NHS, local government, voluntary, community and other organisations.²⁴⁵ There is scope for the arts to be involved in this scheme, and we would welcome greater dialogue between NHS England and ACE.

The Children and Families Act of 2014 outlined the duty of local authorities and CCGs to provide support for children and young people with special educational needs (SEN). The Special Educational Needs and Disability Code of Practice and the Special Educational Needs (Personal Budgets) Regulations, approved by Parliament in the same year, made provision for education, health and care plans tailored to individual need. From February 2015, supported by NHS England, DH, the Association of Directors of Adult Social Services (ADASS), the Care Quality Commission (CQC, the independent regulator of health and social care in England) and the LGA, 48 Transforming Care Partnerships were set up.²⁴⁶ The partnerships are developing plans to improve services for people with learning disabilities and/or autism.²⁴⁷ The plans make provision for enhanced community services, which can include arts engagement. ACE National Portfolio Organisation (NPO) TIN Arts in Durham offers a contemporary dance course for people with learning disabilities which is funded through personal budgets.²⁴⁸

4.5

Parity of Esteem Between Physical and Mental Health

Mental ill health accounts for more than 20 percent of the total disease burden in the UK, exceeding cancer and cardiovascular disease. This carries an annual economic and social cost of approximately £105bn, roughly equivalent to the total budget of the NHS.²⁴⁹

The Health and Social Care Act wrote into legislation equal priority for mental and physical health. The *Five Year Forward View* was a tipping point in recognition of the relationship between physical and mental health, telling us that 'people with severe and prolonged mental illness die on average 15 to 20 years earlier than other people – one of the greatest health inequalities in England'.²⁵⁰ The *Five Year Forward View for Mental Health* found that two thirds of deaths

of people with mental ill health were 'from avoidable physical illnesses, including heart disease and cancer, many caused by smoking'.²⁵¹

The pressures now being experienced in health and social care force a search for innovative solutions.

care models intended to reduce demand on hospitals.²⁴⁴ Fifty vanguard sites, serving more than five million people, have been selected to lead the

Mental ill health slows recovery rates from physical health conditions, which has sizeable cost implications. In turn, the pain and functional impairment associated with chronic physical health conditions are known to both cause and exacerbate depression, occurring in about 20 percent of patients and proving particularly resistant to antidepressants.²⁵² While the intended parity of esteem between mental and physical health has been far from realised as yet, recognition of this interrelationship is highly relevant to many arts and health approaches which take as their starting point the inextricable link between the mental and physical aspects of health.

Recent health policy has been informed by an understanding of the contribution of inequality to mental health problems. In his foreword to a 2010 DH vision for mental wellbeing across the life

2020–21. In adopting these recommendations, the Government pledged an additional £1bn of targeted support for new mothers and teenagers, emergency services and community initiatives, and the Prime Minister, David Cameron, heralded a ‘revolution in mental health treatment in Britain’.²⁵⁶ At the time, 90 percent of mental health trusts and 60 percent of commissioners felt this would be inadequate to solve the current funding crisis.²⁵⁷ No mention of mental health was made in the 2017 Budget.

Next Steps on the Five Year Forward View reported progress in this area and restated NHS England’s commitment to widening access to mental healthcare across the life course. The report also made provision for 800 mental health therapists in primary care by March 2018, rising to 1,500 by the following year and leading the way in reconciling physical and mental healthcare.

In addressing the mental health challenge, this report details ways in which arts engagement can address a variety of mental health problems, ranging from conduct disorders in children to psychotic episodes in adolescents to anxiety,

depression and stress in adults. Outside these discrete sections, we reflect the arts and health ethos by not making a distinction between mental and physical health, referring instead to health and wellbeing.

4.6

Policy for Arts, Health and Wellbeing

Despite recognition of the interrelationship between physical and mental health and the underlying social determinants, there is a blind spot in many of the recent health policy documents referenced above: the role that engagement in the arts can play in improving health and wellbeing is consistently overlooked. Among scant exceptions, the 2010 DH framework for developing wellbeing, mentioned in the previous section, noted that ‘Participation in the arts and creativity can enhance engagement in both individuals and communities, increase positive emotions and a sense of purpose’.²⁵⁸ In 2011, a cross-governmental implementation framework called *No Health Without Mental Health* heralded a fundamental shift towards accountable, locally led health provision and expressed a desire to engage all organisations with an impact upon mental health, including independent and third-sector providers.²⁵⁹ In the process, the framework

mentioned a role for the arts as a form of meaningful activity that could improve mental health. Prior to this, policy had episodically embraced the role of the arts in health and wellbeing. In 2007, DH published a review of its role in promoting the arts and health. Commissioned by the Chief Executive of the NHS and Permanent Secretary of DH, Sir Nigel (now Lord) Crisp and led by Harry Cayton, National Director for Patients and the Public, the Review of Arts and Health Working Group found that:

- Arts and health are, and should be firmly recognised as being, integral to health, healthcare provision and healthcare environments, including supporting staff
- Arts and health initiatives are delivering real and measurable benefits across a wide range of priority areas for health, and can enable the Department and NHS to contribute to key wider Government initiatives
- There is a wealth of good practice and a substantial evidence base
- The Department of Health has an important leadership role to play in creating an environment in which arts and health can prosper by promoting, developing and supporting arts and health
- The Department should make a clear statement on the value of arts and health, build partnerships and publish a Prospectus for arts in health in collaboration with other key contributors²⁶⁰

DH heeded the findings of the review, collaborating with ACE on a *Prospectus for Arts and Health*. The prospectus reiterated that ‘The arts make a significant contribution to improving the lives, health and wellbeing of patients, service users and carers, as well as those who work in health and the arts’.²⁶¹ It outlined many examples of practice and research and a strategy for embracing the contribution of the arts to health and wellbeing.²⁶²

In 2008, the Secretary of State for Health, Alan Johnson, made a speech at the Wallace Collection which firmly acknowledged the therapeutic value of the arts, from art and design in hospitals to the participatory arts. He pointed to a role for the arts in building self-esteem and overcoming isolation, in seeing us through hard times and helping us to express ourselves when words fail. He articulated a wish to see the ‘benefits of participation in the arts recognised more widely by health and social care professionals, particularly those involved in commissioning services for people with mental health problems’, arguing that ‘This is not some kind of eccentric add-on – it should be part of the mainstream in both health and social care’.²⁶³

Shortly after this, however, Alan Johnson moved to other responsibilities and political priorities shifted, leaving this moment of

optimism feeling like a ‘distant dream’.²⁶⁴ In hindsight, the conditions for the widespread uptake of the arts in health and social care were not in place in 2007–8. The pressures now being experienced in health and social care force a search for innovative solutions.

This report endorses the main finding and recommendation of the Review of Arts and Health Working Group – that the arts are integral to health and should be recognised as such by health services. It also makes the case that responsibility for promoting, developing and supporting arts and health should be extended beyond DH to DCMS, the Department for Communities and Local Government (DCLG), the Department for Education (DfE), the Ministry of Justice (MoJ) and the Ministry of Defence (MoD).

The 2016 Culture White Paper explicitly acknowledged the value of the cultural sectors to health and wellbeing,²⁶⁵ and it expressed a desire for DCMS to work with ACE, PHE and others to develop and promote their contribution. The White Paper also stated the Government’s intention to respond to the recommendations made in this report, which was reiterated by the Minister of State for Digital and Culture, Matt Hancock MP.²⁶⁶

In England, various national-level initiatives are beginning to address the relationship between the arts and health. In addition to the Cultural Commissioning Programme, several of the vanguard sites – such as Calderdale, East Kent and Salford, to name just three – are home to health-orientated arts activities. Other countries are in advance of England in recognising the value of the arts in the field of health and wellbeing.

In 1991, the Permanent Secretary for Health in Northern Ireland initiated Arts Care, initially with direct funding from health budgets and more recently in conjunction with national arts and health partners.²⁶⁷ The Scottish Government has a core commitment to tackling inequalities in living standards, health and education. In this endeavour, it acknowledges arts engagement to be life affirming in its own right while also having an impact upon health, wellbeing and quality of life. The 2017–18 remit letter from the Welsh Government to Arts Council of Wales makes arts, health and wellbeing a key priority.

Marmot hails the Nordic countries, with their high levels of social protection, as exemplars of health equity. Reflecting their pioneering research in the field, the Nordic countries have made considerable practical advances.²⁶⁸

The Swedish Government has acknowledged the relationship between culture and public health since 2000. In 2007, the Swedish Parliament established a cross-party Society for Culture and Health, which has brought MPs and civil servants together with experts from the scientific and arts communities and healthcare.²⁶⁹ The Centre for

Culture and Health at the University of Gothenburg has, to date, helped the Society to coordinate fifteen seminars which depart from biomedical approaches to consider health from a humanities perspective. Seminars take account of innovations in Swedish healthcare, such as a regional arts-on-prescription scheme, resulting from a joint initiative between the Ministry of Culture and the Ministry of Health and Social Affairs, which has dramatically reduced sickness absence and highlighted the importance of cross-governmental collaboration and the need for long-term planning.²⁷⁰

In Finland in 2008, a collaboration between the Ministry of Social Affairs and Health and the Ministry of Education and Culture began to explore the health and wellbeing benefits of the arts. For 2010–14, an action programme was developed which gave rise to 18 crosscutting proposals aimed at integrating the health and wellbeing benefits of the arts into future legislative reform.²⁷¹ Anchoring the arts and culture in the health and social care system has become one of the Finnish Government's key projects for 2014–18,

encourages arts-based strategies in the training of care professionals. Its target groups include children, people with mental health problems, older adults and people with dementia. One of the five partner organisations is the HUNT Research Centre, a department of the Faculty of Medicine and Health Sciences at the Norwegian University of Science and Technology, which serves as a repository of biomedical and cultural data for large proportions of the regional population and regularly undertakes large-scale analyses of the relationship between arts engagement and various aspects of health.²⁷⁴

The Australian Government has consistently included mention of the arts in its health policy documents, particularly in relation to mental health. The Australian National Rural Health Alliance, the Institute for Creative Health in Australia and Arts and Health Australia have been energetic advocates of the arts and culture being recognised in health and wellbeing as a route to addressing the social determinants of health. In 2013, the Standing Council on Health and the Meeting of Cultural Ministers endorsed a national arts and health framework. Through the framework, Australia's Health and Culture Ministers seek 'to enhance the profile of arts and health in Australia and to promote greater integration of arts and health practice and approaches into health promotion, services, settings and facilities'.²⁷⁵ The national framework is envisaged as a living document that will regularly be revisited by those concerned. The Australian Centre for Arts and

Health has assumed a mission to develop national arts and health activity, foster cooperation, information- and resource-sharing and provide a link between governmental and non-governmental organisations in the field.²⁷⁶

Mindful of these international precedents, we advocate the creation of a national strategic centre for the advancement of arts, health and wellbeing. We advocate a different model from those mentioned above, however, established and led by people who are leaders in the arts, health and social care sectors, joined by academics and involving patients and service users to reflect the principles of co-production. We hope that such a centre would be supported by philanthropic funders. We would also seek the endorsement of ACE, NHS England and PHE and appropriate involvement from relevant bodies such as Health Education England (HEE), the LGA, Healthwatch, the Patients Association, National Council for Voluntary Organisations (NCVO) and many others. This centre would not be a physical building but

rather a gathering point of networks. Its remit would span practice, research, funding, communication, policy and international liaison.

The terms of reference of the centre might include:

- Identifying and helping to fill geographical gaps in arts and health activity
- Brokering dialogues between arts providers and health and social care commissioners
- Sharing tools (including common metrics and terminology) and resources
- Disseminating examples of good practice
- Encouraging high-quality project evaluation
- Identifying gaps in the evidence base and coordinating research to fill them
- Promulgating research with a view to influencing clinical practice
- Making the case for funding to be directed towards arts and health research
- Advocating the inclusion of arts-based methods in the training of health and social care professionals, and health and wellbeing as routes to the career development of artists
- Informing relevant debates, for example about the impact of cultural disadvantage, the mental health of young people, the value of good design, the management of long-term conditions, healthy ageing and many other issues
- Stimulating public interest and demand by telling the story of arts and health
- Influencing policy development relevant to arts, health and wellbeing
- Developing international links to learn from policy and practice around the world

We believe that such a centre would be more strongly rooted and more fit for purpose if it was not installed top-down, but led by practitioners. The National Alliance for Arts, Health and Wellbeing, which provides the secretariat to the APPGAHW, is in the process of merging with the National Alliance for Museums, Health and Wellbeing to form a new Culture, Health and Wellbeing Alliance (CHWA). The Alliance would be a key partner in supporting this initiative. We hope, too, that DH, DCMS, DCLG and other government departments would develop a cross-governmental strategy for the arts in health in close collaboration with the centre.

4.7

The Funding Landscape

Following the financial crisis of 2008, the NHS has experienced standstill real-terms funding in the face of rising demand, local authority social care budgets have been under severe pressure and ACE lost a quarter of its funding in the period 2012–14.

Health and social care systems are struggling to deliver the services to which they are already committed. Fiscal retrenchment is forecast to continue until the middle of the next decade. While these circumstances make innovation difficult, they also demand fresh thinking and new approaches.

4.7.1

Health and Social Care Funding

The evidence presented in this report demonstrates that the arts can save money in health and social care by strengthening prevention, reducing demand for medication and clinicians' time, diverting or shortening hospital stays, reducing sickness absence from work and delaying the need for residential care. We believe that the existing flows of public funding are capable, in principle, of providing support for arts activities within health and social care. Little public funding, however, is flowing in the direction of the arts for this purpose at the moment.²⁷⁷

The case study sketched in this chapter looks at the work of Gloucestershire CCG in promoting arts and health approaches. Other CCGs, such as Salford and Halton, support arts initiatives, but these instances are exceptional. Chief Executive of PHE, Duncan Selbie, has observed that 'many cultural interventions for health are commissioned through cycles of non-recurrent pilot or grant funding. These providers have yet to gain traction in the mainstream of health and social care commissioning'.²⁷⁸ We believe an opportunity to relieve pressure on the funding of health and social care and secure better value for money is being extensively neglected.

The *Five Year Forward View* acknowledged that third-sector organisations 'provide a rich range of activities, including information, advice, advocacy and they deliver vital services with paid expert staff. Often they are better able to reach underserved groups, and are a source of advice for commissioners on particular needs'.²⁷⁹ Consequently, 'easier ways for voluntary organisations to work alongside the NHS' were sought.²⁸⁰ In Gloucestershire, decision-making and service delivery in the area of health and wellbeing are increasingly being devolved to the voluntary, community and social enterprise (VCSE) sector.

A 2016 review of VCSE organisations in the health and care sector, commissioned by DH, PHE and NHS England, argued that 'Targeted support for the very smallest social enterprises and community groups can play a large part in creating

health and wellbeing, as fewer people will be left unsupported where there is a wide range of community-based and innovative interventions from which to choose'.²⁸¹ Reflecting NHS recognition that creative solutions may originate in the VCSE sector, CCGs were given the power, under the provisions of the Health and Social Care Act, to award small grants to voluntary and community organisations, enabling them to bypass the standard contract for procurement of services.²⁸² The hundreds of excellent arts and health initiatives that take place in, with and through voluntary and community organisations have an invaluable part to play within the landscape envisaged in the *Five Year Forward View*, and they should be considered for targeted support from CCG and other sources.

Arts programmes in NHS hospital trusts are supported by a mixture of funding – including NHS charitable funds, more abundant in London than elsewhere – which evolves if programmes become integrated. A number of arts manager posts are revenue funded by the health service. Where arts managers are well integrated into NHS trusts, they can be adept at identifying opportunities for the arts to be funded as part of wider programmes. An example is Exeter Healthcare Arts, the in-house arts programme of the Royal Devon and Exeter NHS Foundation Trust. The arts manager formed part of a team that made a successful bid to DH's Improving the Environment of Care for People with Dementia scheme, for a dementia-friendly garden incorporating sensory and musical installations, performance spaces and artworks.

At the round table on Funding, Chief Finance Officer of Cambridge University Hospitals, Bill Boa, described his greatest challenge as sustainability and pointed to funding decisions being taken on the basis of whether they would deliver improvements – such as reduced hospital admissions or shorter stays – within one year. Short termism on the part of public funders, and the consequent instability of budgets for arts providers, means good work is aborted, time and energy are wasted and potential benefits for patients and services are lost. For arts organisations seeking NHS funding, there are, moreover, many potential challenges related to compliance, procurement, contracts, evaluation and payment by results.²⁸³

In April 2015, NHS England and the LGA launched the Integrated Personal Commissioning (IPC) programme,²⁸⁴ which unites funding from health and social care sources. The programme 'empowers people and communities to take an active role in their health and wellbeing with greater choice and control over the care they need'.²⁸⁵ This new commissioning framework builds on learning from personal budgets – which have been used in social care for

some time – to address complex health and social care needs.

IPC aims to provide a personalised counterbalance to population-scale commissioning. Adoption of this model is being trialled in eighteen demonstrator sites, reaching over 300,000 people by the end of 2018–19 and in place in every locality by 2020. It is anticipated to account for around five percent of community-based care. The programme will be delivered in partnership with the VCSE sector, and an NHS database of local activity is being developed. Apart from isolated cases of patients using their personal budgets to undertake creative activity, there is little sign as yet that the overall vision of IPC includes the arts. However, South West IPC has commissioned a film about Word/Play, a spoken word project giving voice to people experiencing mental health problems.²⁸⁶

The care home sector is more de-centralised than the health sector. Arts organisations and individual artists have to negotiate with a multiplicity of care home groups and indeed individual care homes. The CQC encourages care homes to provide meaningful activity, in recognition of the need for older people to spend time purposefully and enjoyably, doing things that bring pleasure and meaning. But extreme pressure on budgets means there is often little willingness or ability to fund arts activities that would do a great deal to enhance the quality of life of frail elderly people.

Some organisations with a clearly defined remit have been effective in beating a path to health and social care commissioners and providers. The Reader, which is considered as a case study in chapter seven, lists eleven NHS Trusts and CCGs as funders in its annual return to the Charity Commission for 2015–16. The organisation has secured a year-long commission with Royal Liverpool Hospital and a three-year commission from three NHS trusts working together as part of an STP. Live Music Now, which leads A Choir In Every Care Home, detailed in chapter eight, is funded by the Baring Foundation and the HM Treasury LIBOR Fund, in partnership with national adult social care regulatory and umbrella bodies including the CQC, Care England and the National Care Forum (NCF), as well as such providers as the British United Provident Association (BUPA), the former Methodist Homes Association (MHA) and Orders of St John Care Trust.

In rare cases, funding for arts, health and wellbeing approaches has come from government departments, such as DH, or from the devolved administrations, as with Arts Care. Another example of enlightened commissioning uniting the arts, health and wellbeing is provided by Kent County Council (KCC). With funding from the Cultural Commissioning Programme, KCC has developed a range of services that include arts and

cultural organisations alongside traditional public service providers, such as a £4m community-based mental health service involving museums and theatres as well as smaller, more informal groups. The local authority now takes as one of its three strategic objectives that 'Kent communities feel the benefits of economic growth by being in-work, healthy and enjoying a good quality of life'.²⁸⁷ Applicants for arts funding are asked how their projects will meet this strategic objective; an arts team is in place to broker relationships between the culture sector and health commissioners, and the council has developed an Arts and Cultural Commissioning Toolkit to help the cultural sector bid for and deliver public sector contracts.²⁸⁸

Local authorities remain the largest funder of the arts in England, with an annual contribution of £1.1bn,²⁸⁹ but they are experiencing standstill funding for 2017–18.²⁹⁰ The House of Commons Culture, Media and Sport Committee has noted that 'The biggest impact of local authority cuts to culture is likely to fall where the cultural offering is already weak with the result that those with most to gain from cultural investment will lose out'.²⁹¹

Where local authorities might once have led on arts and health work, their arts and culture provision is now largely delivered by external social enterprises.²⁹² This need not preclude cross-sector working between health, social care and the arts. Local authorities remain, to varying degrees,

Serious consideration should be given by commissioners to embedding arts approaches into the mainstream care landscape, subject to regular review rather than re-commissioning.

active in the field, with funding from public health and mental health sources, but they do not extensively support arts organisations in delivering health and wellbeing outcomes. The widespread loss of local authority arts officers places the onus on cultural organisations to take more initiative and work together, pooling resources, experience and networks and supporting smaller, more vulnerable organisations.

The damaging impact of public funding vagaries is shown in the case of Creative Alternatives, delivered by the Alef Trust, which offers a range of arts activities, events and outings to adults experiencing mild to moderate anxiety, depression and stress. The service began in Sefton, in late 2006, as a three-year pilot funded through the HM

Treasury Invest to Save budget. Following the pilot phase, which demonstrated a positive impact through extensive mixed-methods evaluation, Creative Alternatives was sustained by funding from Sefton Council's Public Health and Leisure Directorates. The service thrived and made a significant contribution to improving the lives of marginalised people in the borough until 2016, when local authority funding was reduced. A year earlier, Creative Alternatives had expanded into the borough of St Helens, which has a higher incidence of mental health problems than the national average. Though funding was cut in Sefton and the programme abandoned there, Creative Alternatives continues providing an arts-on-prescription service in St Helens, funded through public health sources as part of the Cultural Hubs – Arts in Libraries programme supported by ACE.²⁹³

The perpetual re-commissioning of often very effective services is disruptive and expensive, affects stability and public awareness and leads to temporary solutions. The demanding process of re-commissioning often achieves little that could not be achieved through regular and appropriate reviews, and it particularly disadvantages small community-based organisations offering new and innovative approaches, for which a commission may be a major proportion of their funding. Serious consideration should be given by commissioners to embedding arts approaches into the mainstream care landscape, subject to regular review rather than re-commissioning.

The Cultural Commissioning Programme was set up on the basis that 'the arts are an essential part of a new model of public services, one that is built on preventing harm and reducing people's need for acute services'.²⁹⁴ By facilitating the arts and health work of

Gloucestershire CCG and KCC as exemplary pilots, the programme shed light on the ways in which: 'New relationships were developed between commissioners and providers; Arts and culture were positioned to align with local priorities; Awareness of, and attitudes to, arts and culture changed; The pilot sites invested in capacity building for commissioners and providers'.²⁹⁵ This was subsequently extended into Locality projects in Birmingham, Derby, Manchester, Torbay and York, becoming some of the most encouraging examples of how the current public funding system can be a successful mechanism for developing sustainable models.²⁹⁶

One of the greatest obstacles to the cultural commissioning process gaining national traction was identified as decreasing public sector budgets,

We believe that the existing flows of public funding are capable, in principle, of providing support for arts activities within health and social care. It is clear, however, that new partnership working will be needed.

which was thought likely to lead to ‘commissioners retrenching and focusing on more traditional service models rather than exploring and co-designing new services in collaboration with the arts and cultural sector’.²⁹⁷ In anticipation of further budget cuts, one way of overcoming this limitation was seen as bringing the arts into the mainstream commissioning landscape.

The 2016 Culture White Paper noted that ‘While many commissioners in Clinical Commissioning Groups and local authorities are receptive to the role culture can play in improving health and care outcomes, we want to move to a position where the evidence and practice of successful outcomes is much better known in both communities and where the relationship between commissioners and the cultural sectors is much more collaborative’.²⁹⁸ This report is intended as a contribution to the process of sharing evidence and examples of good practice. The recommendations and next steps outlined in chapter 10 are envisaged as a route to enhancing the relationship between arts and health sectors. Arts and cultural organisations will need to continue developing their skills in bidding for health and social care funding. Such skills development has been key in other areas, supporting VCSE sector providers to compete for funding from established programmes and not rely on non-recurrent pilot funding.

4.7.2

Arts and Heritage Funding

ACE advocates great art and culture for everyone. Historically, it has been perceived as giving greater weight towards the first half of this formulation, but, in recent years, there has been an acknowledgement that access to the arts, particularly in places of low engagement, is a key priority.

ACE’s strategic framework for 2010–20 recognised the ‘vital contribution [of the arts] to our health and well-being’.²⁹⁹ We have already heard about the ACE-funded Cultural Commissioning Programme which supported health and wellbeing pilots. Through the Creative People and Places scheme, ACE invested £37m between 2013 and 2016, with a further £20m committed to 2019 in areas where arts engagement

has been lacking. Supported by this scheme in South-East Northumberland, a consortium of cultural, heritage, educational and public health organisations called bait is establishing partnerships in community, health and social care settings which explicitly aim to improve the wellbeing of local residents.³⁰⁰ Data collected to date (via WEMWBS) show a 16 percent increase in wellbeing since the start of the project. However, the House of Commons Culture, Media and Sport Committee noted that Creative People and Places ‘funding is limited and cannot come close to, nor is it designed to, replace funding by local authorities’.³⁰¹

A DCMS review of ACE concluded in April 2017 acknowledged that ‘There is [...] considerable evidence of the social value of arts and culture, with positive associations being drawn between participation in arts and improved physical and mental health’. This led to the recommendation that ‘To strengthen its increasingly place-based approach, the Arts Council should create more broad-based local partnerships across England to identify specific cultural, economic, and social needs and priorities and to fund projects of value that will contribute to local growth and development’.³⁰² It seems clear, therefore, that new partnership working will be needed. Arts Connect in the West Midlands, one of ten ACE-funded bridge organisations, has funded Creative Health CIC to set up a Commissioners’ Network in the Black Country on the understanding that this contribution will be matched from health sources.³⁰³

ACE lottery funding – on its own or in combination with NHS and endowment funding – contributes to arts, health and wellbeing, as does the Heritage Lottery Fund. The Great Place Scheme – established by ACE, the Heritage Lottery Fund and Historic England – is funding a programme of activity in areas in which there is a commitment to embedding the arts, culture and heritage into local plans and decision-making. Grants of between £500,000 and £1.5m are enabling 16 selected locations in England to consolidate their existing strengths and build new partnerships, with a view to realising the cultural, social and economic value of the arts, culture and heritage, including health and wellbeing.³⁰⁴ Greater Manchester Combined Authority has been granted funding under this scheme as part of a bid with a dedicated arts and health strand. These pilots should provide us with

additional examples of good practice to inform longer-term investment. Were there to be better recognition of the contribution of the arts and the value for money that they can give, we think it would be possible for the arts to gain more from existing publicly funded programmes.

4.7.3

Charitable Funding

As we look to the future, the arts in health and social care will need to be funded through a mixed economy, with a larger proportion of funding coming from the philanthropic and private sectors. Projects and programmes already rely on a diverse range of funding models, which, in turn, reflects the diversity in practice and approach of the organisations delivering the work. To take an example, the Art Room (mentioned in chapter six) derives 83 percent of its revenue from fundraising events, donors, trusts and foundations and earned income for activities such as training programmes. Lacking regular government support, the outreach programme of Dulwich Picture Gallery is funded almost entirely through trusts and foundations – notably the Band Trust, the City Bridge Trust, the Clore Foundation, the Garfield Weston Foundation, the Helen Hamlyn Foundation, M&G Charitable Giving and the Sackler Foundations – as well as through endowments and major general donations to the gallery such as from Lord and Lady Lupton.

Other prominent trusts and foundations funding work in this field are the Baring Foundation (for work with older people), Wellcome (for science and arts collaborations and public engagement) and Paul Hamlyn Foundation (PHF, through a focus on disadvantage and developing potential), to name just a few. Another recurrent funder of arts and health activity is the People’s Health Trust, funded by 51 society lotteries through the Health Lottery. This charity explicitly addresses the social determinants of health by supporting projects that increase community control and build social bonds.³⁰⁵ Several arts and health projects have been funded under its Active Communities programme, which offers local grants of between £5,000 and £25,000; evaluation of this strand of work found an 85 percent reduction in isolation among participants.³⁰⁶

Esmée Fairbairn Foundation is exploring social investment alongside grant funding. Since 2008, the foundation has made over 100 social investments from a budget of £35m. Those eligible must meet the charity’s priorities which include participation (engaging marginalised and excluded individuals and groups), place (revitalising community life) and injustice (precipitating systemic change around inequality). The foundation funds art as an instrument of

social change, community cohesion and participation, all of which is highly relevant to the field of arts, health and wellbeing. This is a developing area of loan finance which may be appropriate for some organisations and projects.

Few, if any, of the funders mentioned here have supported arts work explicitly because of its potential benefit to health. Many have, however, clearly acknowledged that the arts can confer health and wellbeing benefits, and a consideration of outcomes and impact is expected to be a clear part of ACE’s work in the future.³⁰⁷

Arts organisations need to explain how they will satisfy the requirements of funders, but there is great variation in the approaches of funders. At our Funding round table, very different views were expressed as to requirements for evidence and the purpose of grant-giving. Sally Bacon, Executive Director of the Clore Duffield Foundation, a major funder of the arts with a particular commitment to museums education, said that, to them, evidence was crucial. She wanted ‘killer statistics’, which would ‘move the dial’ with government and lead to ‘systemic change’. Clore also, however, make different requirements of larger and smaller organisations, recognising that smaller ones cannot afford research or independent evaluations. On the other hand, Lady Helen Hamlyn, whose foundation has given £40m to the arts over fifteen years, took the view that there is already plenty of evidence as to the effectiveness of the arts and design in health, and the crucial judgement for her is whether the leaders of a project are convincing. If persuaded that they are, her foundation will develop a long-term relationship with them. For Janet Morrison, Chair of the Baring Foundation, the objective was to create ‘joy, fun, compassion, community’ through the arts, to enable staff to see ‘who the people in their care really are’, to transcend the limitations of the medical model and to create better lives through the arts.

We were advised by people experienced in the assessment of funding applications that all too many organisations make elementary errors. They fail to frame their bids precisely in relation to the stated objectives of foundations or follow their guidelines. They do not think carefully enough about how to make their presentation. They submit generic applications, maybe written in poor English. They fail to describe how the funding will lead to sustainable results or further development. They are impatient and fail to cultivate and sustain a relationship with the funder. And, notably, they fail to thank the funder.

Where there was unanimity among funders – both charitable and public – at the round table was that they should improve their procedures for collaboration and information exchange. All present agreed that a coordinating centre would aid them, among other things, in developing

common metrics and terminology. It was agreed, too, that charitable funders should be a source of innovation and use their prestige to raise the status of the arts in health and social care.

Charitable funders can be leaders in making investments in preventative strategies, which could have an important influence on public sector commissioning. The top 300 foundations (responsible for 90 percent of giving) account for £2.7bn flowing into the voluntary sector, the greater part of which goes to education, followed by health, the arts and culture.³⁰⁸ This, however, compares with £15bn of public funding flowing into the voluntary sector and £112bn into the NHS.³⁰⁹ There is understandable resistance in the charitable sector to acting as a substitute for statutory funding.

4.7.4

Private-Sector Funding

The Private Investment in Culture Survey, commissioned by ACE, found that, in 2014–15, £480m of private investment went to culture, of which £245m came from individuals, £139m from trusts and foundations and £96m from businesses,³¹⁰ but the extent to which funding was channelled to health and wellbeing was not stated. At our Funding round table, Daniel Gerring, of the City law firm Travers Smith, explained that decisions on funding for the arts are strongly influenced by staff priorities for charitable giving, by the impact of their giving on the image and reputation of the partnership and by other business development considerations. In chapter seven, the commitment of law firms and other businesses to arts and health approaches will be considered in relation to workplace wellbeing.

It is worth considering the potential of Social Impact Bonds (SIBs), whereby investors fund interventions in areas of interest to public commissioners; if social outcomes improve, commissioners repay the original contribution to investors plus a return for their financial risk. This scheme aims to encourage preventative interventions and reduce demand on acute services.³¹¹

The organisation Social Finance is supporting Age UK Herefordshire and Worcestershire to provide Reconnections, a service set up in 2015 to help 3,000 older people overcome loneliness. It is the country's first SIB to focus on loneliness and, as investor repayments are only made for measurable reductions in loneliness, establishing the best evaluation tools is a key part of the support the Social Finance advisors provide.

In March 2017, the Cabinet Office announced a partnership with the University of Oxford, known as the Government Outcomes Lab, which seeks to

improve the outcomes of public sector commissioning.³¹² The House of Lords Select Committee on Charities has noted that the Office for Civil Society's Centre for Social Impact Bonds is encouraging other government departments to develop and commission SIBs and gives the example of a DH initiative to support people with mental health problems into work.³¹³ Among 32 current SIBs, attention is being paid to improving self-care and promoting sustained lifestyle change in people living with long-term health conditions.³¹⁴ However, evidence received by the Committee pointed to the limited viability of SIBs due to the difficulty of attracting investment in complex projects and monitoring their effects. This led the Committee to conclude that SIBs 'are only relevant where they produce a saving that can be transferred to a private investor, and that limits their potential contribution to the mix of alternative finance options for charities'.³¹⁵ Given that there are likely to be costs involved in demonstrating financial viability, this scheme may be better suited to larger consortia than small arts organisations.

As it is, the vast majority of health-orientated arts initiatives are funded by one-off grants. They depend on dedicated and indefatigable individuals, and their services are vulnerable to the unpredictability of funding. The team evaluating the ACE-funded Be Creative Be Well project noted that 'For many years, participatory arts projects have been observed to make a significant contribution to the health and wellbeing of local communities – only for beneficial outcomes to disappear without trace when short-term project funding runs out'.³¹⁶ The detrimental effect of this lack of continuity, on those who benefit from and contribute to activities, cannot be overstated. We make the case for integration of the arts into existing and developing health and care strategies and delivery mechanisms while also calling for arts and culture providers to consider health and wellbeing as core to their work.

We may foresee that, in the health and social care services of the future, the balance will have shifted from the paternalistic to the self-directed, and the boundaries between patients and commissioners will have broken down. Primary and acute care will work in a more integrated and horizontal way, with each other and with social care, and services will be organised locally, focused on community needs and assets. In this vision, the arts have a crucial part to play in the prevention of illness and infirmity and in the maintenance of health and wellbeing. In the next chapter, we see how this conception of the future is evolving, through the devolution agenda and beyond, and how the arts form a vital part of the social movement in health that is underway.



Maggie's Centre, Dundee
Architect: Frank Gehry
Sculptor: Antony Gormley
Photographer: Keith Hunter

Place, Environment, Community

5

5 Place, Environment, Community

“The effect in sickness of beautiful objects, of variety of objects, and especially of brilliancy of colours is hardly at all appreciated [...] People say the effect is on the mind. It is no such thing. The effect is on the body, too. Little as we know about the way in which we are affected by form, colour, by light, we do know this, that they have a physical effect. Variety of form and brilliancy of colour in the objects presented to patients are actual means of recovery.”

Florence Nightingale, *Notes on Nursing*, 1859

In a 2014 report, entitled *Culture and Poverty: Harnessing the power of the arts, culture and heritage to promote social justice in Wales*, Baroness Andrews gave special consideration to the concept of ‘place’. As she wrote, ‘Each of us is shaped by the place in which we live, and each generation reshapes that place in its own image’.³¹⁷ In Roman times, *genius loci* referred to the guardian spirit of a place; nowadays, the same term is taken simply to refer to the spirit of a place, its distinctive atmosphere.³¹⁸ Transcending generations, sense of place is bound up with our location, identity, memories, traditions and connections.

This chapter looks at the ways in which our local environment impacts upon our health and wellbeing. It looks at a possible future arts and health infrastructure. It outlines a political vision, acknowledging the greater latitude wrought by devolution. It highlights what may be possible if the political will is there. In the process, it explores the renewed interest in community that has characterised recent debates. This leads us to consider how local decision-making, grounded in a sense of place, is coming to the fore in building a healthier society.

5.1

The Natural and Built Environments

The WHO Commission on Social Determinants of Health took account of the natural and built environment in which people reside. The natural environment has a part to play in maintaining healthy lives.³¹⁹ In 2014, Lord O’Donnell chaired a team, including Lord Layard, which produced a report entitled *Wellbeing and Policy*. This noted that ‘physical or visual access to green spaces, water, or natural light appears to have a surprisingly powerful direct impact on subjective wellbeing’.³²⁰ The National Planning Policy Framework embraces the value of open space to health and wellbeing.

The National Trust took Sheffield as a case study to discover that parks and green spaces were great city assets, with every £1 spent on maintaining them generating £34 in community benefits.³²¹ Facing a 90 percent decrease in parks funding, Newcastle City Council has invested £1m of anti-obesity funding from the public health budget into

parks while new governance arrangements are being researched.³²²

Nature deficit disorder, brought about by human alienation from the natural world,³²³ is being compensated for by initiatives such as green gyms, pioneered by an Oxford-based GP and a group of conservation volunteers in the 1990s, which involves weekly conservation or gardening work.

The arts and culture – including architecture, design and heritage – enrich environments, making them beneficial to our health and wellbeing.

The 2015 Spirit of the Forest pilot, delivered by Hampshire Art for Recreation and Therapy in collaboration with the New Forest National Park Authority, aimed to improve the mental health and wellbeing of participants through outdoor art therapy activities.³²⁴ Engagement with the outdoors is also an integral part of walk and talk therapies.

In 2016, a report commissioned by the National Gardens Scheme from the King’s Fund pointed to evidence that gardens and gardening have a range of impacts upon health and wellbeing across the life course, from encouraging healthy eating to ameliorating loneliness and reducing anxiety, depression and stress.³²⁵ Gardening, as a creative activity, is already enjoyed by many people and could be by many more. Gardens are integral to many healthcare environments. Gardening is often offered alongside arts activities in community organisations orientated towards the restoration of health and wellbeing, and there are calls for it to be made available on the NHS.³²⁶

Exposure to green environments has been found to reduce the effects of income deprivation, particularly in relation to all-cause mortality and circulatory disease.³²⁷ A study of more than 21,000 urban residents in 34 European nations found that access to open spaces also helped to diminish wellbeing inequalities.³²⁸ Marmot argues that ‘there is evidence in abundance that living near and using green space is good for mental health. The key issue is urban green space as a majority of us, worldwide, now live in cities’.³²⁹ The Government has made a commitment to supporting garden cities, towns and communities.³³⁰ Greening Grey Britain, a Royal Horticultural Society campaign, encourages the conversion of concrete and asphalt areas everywhere into green spaces.³³¹

At the round table on the Arts and Healthcare Environments, Paul Williams of Stanton Williams Architects spoke of the ‘power of architecture, the

power of space to be uplifting’ and described how architecture and space ‘profoundly engage the senses of sight, touch and sound’. Analysis of the Taking Part data suggests that people who visit heritage sites are happier than those who do not.³³² In a similar vein, analysis of data from the Understanding Society survey has shown that visiting heritage sites – particularly historic towns and buildings – increases life satisfaction. Research informed by English Heritage calculated this gain at the equivalent of £1,646 per person per year.³³³ People who identify their local area as beautiful enjoy better mental and physical health, but the perception of environmental beauty is unevenly distributed across the social gradient.³³⁴ Networked

Heritage – a collaboration between the Heritage Lottery Fund and the Royal Society for the encouragement of Arts, Manufactures and Commerce – seeks to understand how to strengthen the links between heritage, identity and place, including through health.³³⁵

The poorest people in the UK tend to live in environments with the greatest number of hazards, such as pollution, noise and flooding.³³⁶ Lynsey Hanley has drawn on personal experience to note that:

*[...] you can blame higher incidences of poor health and premature death, to a large extent, on the concentration of poorer people in a single area, where there are fewer fresh food markets, fewer open and green spaces, fewer sports amenities and fewer opportunities to have a social life outside the family. Council estates have the effect of making people feel worse about themselves, and in turn, physically worse than other members of society’.*³³⁷

The Marmot Review advised that ‘The physical and social characteristics of communities, and the degree to which they enable and promote healthy behaviours, all make a contribution to social inequalities in health’.³³⁸

In the late 1990s, recognition of the damage caused by poor-quality built environments, including their impact upon health and wellbeing, gave rise to the foundation of the Commission for Architecture and the Built Environment (CABE), funded by DCMS and DCLG, and to the Government’s Better Public Buildings campaign. A review of public space conducted by CABE in 2004 found that 85 percent of people in England agreed that the quality of the built environment influenced the way they felt.³³⁹ To coincide with a DCLG White Paper about the powers of local planning authorities in 2006,³⁴⁰ CABE published a

guide for community groups working to improve public space. This advised that ‘Good design is about creating a place that functions well, both now and in the future. It should also be attractive, providing an inspirational and special place for people’.³⁴¹

In April 2011, CABE was integrated into the Design Council. Recognising the deficit caused by this downgrading, the House of Lords Select Committee on National Policy for the Built Environment published a report in February 2016, entitled *Building Better Places*.³⁴² This sought a coordinated long-term and high-quality approach to the built (and natural) environment, predicated on a sense of place and a consideration of health impacts. More specifically, the report argued that ‘The places that we create have a profound effect upon the quality of life, behaviours and experiences of people who live and work in them’.³⁴³ Acknowledging government recognition of the value of the built environment to health in a debate on the Select Committee’s report in January 2017, Lord Howarth argued that ‘We need environments that support health and help to heal not only the individual but society. When the sun shines, it lifts our spirits. When we are in a beautiful built environment, we feel better. We are happier, saner and more secure – we are more optimistic, and our lives are better’.³⁴⁴ Several of our interlocutors reiterated the need for a long-term approach to building that prioritised the health and wellbeing of users.³⁴² In this regard, recognition by the Foresight Future of Cities project of the contribution of cities to health and the role of culture within cities is encouraging.³⁴⁶

At the round table on Place, Environment, Community, Andrew Simpson from Dominic Lawson Bespoke Planning asserted that ‘planning ought to be regarded as part of the arts’. The National Planning Policy Framework contains a section dedicated to the promotion of healthy communities, which acknowledges the role

a part in reducing health inequalities.³⁴⁸ It is important, therefore, that new developments are planned on a co-production basis, with artists, architects and designers genuinely responding to the needs and priorities expressed by local people.

5.2 Healthcare Environments

In the introduction to *Better Public Buildings*, DCMS noted that ‘The best designed hospitals help patients to recover their spirits and their health’.³⁴⁹ In response to this and to the advocacy of CABE, in 2001 NHS Estates founded the Centre for Healthcare Architecture and Design, and, coinciding with a shift to patient-centred care, DH launched an initiative called Better Health Building. Since then, it has been standard practice to consider the psychosocial properties of healthcare environments.³⁵⁰ A review commissioned by DH from the School of Architecture at the University of Sheffield compiled studies showing that the physical environment of healthcare facilities contributed to health and psychological and social wellbeing.³⁵¹

Chairing the round table on Place, Environment, Community, Sunand Prasad, former President of the Royal Institute of British Architects (RIBA), said that ‘The environment of the arts and beauty and spirituality can all be part and parcel of recovery, whether it be from physical or mental conditions’. Director of the London branch of CF Møller, Teva Hesse, referred to the substantial expertise that had been dedicated to thinking about healing buildings and pointed to the vital qualities of daylight, gardens and natural materials.³⁵² Associate Director of East and North Hertfordshire CCG, Jacqui Bunce, told us that good design need not cost more and could be made part of the approval process.³⁵³ Gellinudd Recovery Centre – a co-produced mental health facility, funded through the Welsh Government’s Invest to Save scheme and the Big Lottery – is estimated to save NHS Wales £300,000 per year.³⁵⁴

At the round table on the Arts and Healthcare Environments, Guy Eades, who manages Healing Arts on the Isle of Wight, noted that new health building were usually entirely defined by healthcare professionals and technicians. At the round table on Place, Environment, Community, it was noted that this often leads to a noisy, mechanical system when what is required is patient comfort and dignity and a calm environment for staff. If artists are involved in the process of designing health buildings, Eades

argued, they can provide a conduit between patients and the hospital, informing spaces and activities in which people can breathe, think and reflect. Rather than this being a temporary post limited to the construction phase, the artist’s role was felt to be most significant when it was integrated into the continuing work of the healthcare team, operating as a system translator and developing new opportunities for creative activity to promote recovery.

DH issues guidance on the design and planning of new healthcare buildings and residential supported living. One of the tools used to evaluate new healthcare buildings is known as the British Research Establishment Environmental Assessment Method (BREEAM) UK New Construction scheme. BREEAM requirements are intended to encourage sustainable approaches to

and Clyde described how she had used these criteria to legitimise arts strategies within construction schemes while also using a percent for art scheme as a lever for securing external funding. However, in the most recent version of BREEAM (2014), these criteria have been removed. A healthcare sector advisory group, containing representatives from DH, NHS Scotland and Wales and the Department of Health in Northern Ireland, determined that the involvement of an art coordinator in building projects was now considered standard practice, meaning that BREEAM was no longer needed to drive best practice in this area.

We suggest that the wording of the BREEAM UK New Construction scheme is revisited in the area of arts policy, strategy and coordination, in discussion with arts coordinators. We believe that planning guidance should make clear that new developments should normally be subject to post-occupancy evaluation, after an interval sufficient to enable an assessment of the impact of a development on the health and wellbeing of those whose lives it affects. We also support the

continued use of design review panels, which are unevenly distributed around the country. Some of them should be expanded to include heritage professionals.

While these observations concern new healthcare constructions, the arts can make a significant impact within extant buildings. In 2000, in partnership with NHS Estates and DH, the King’s Fund launched a £2.25m programme called Enhancing the Healing Environment (EHE). This worked on the understanding that environment was crucial to how we live and recover, with art and design playing an integral part, and that hospital environments were needed ‘which encourage patients to feel welcomed, looked after and cared for, and in which staff feel valued’.³⁵⁵ Initially centred on acute trusts in London, the programme was extended to mental health trusts and primary care trusts in the capital before being rolled out nationwide to encompass community trusts, care homes and hospices and involve more than 250 health and social care organisations. In each organisation, a multidisciplinary team, led by a nurse and involving estates staff, patients, artists and arts coordinators, took part in staff development activities and was given £35,000 to undertake a programme of environmental improvement.

In addition to significantly altering environments and enhancing recognition of the value of the arts and design, early evaluation showed that the EHE programme improved the ways in which people related to each other and

Arts in healthcare facilities help to diminish our anxiety and connect us with our humanity.

building design which go beyond the regulatory minimum or demonstrate best practice in specific areas. In the 2011 version of BREEAM, the incorporation of visual art was encouraged, according to the criteria that:

- An art coordinator has been appointed for the specific project

OR

- An art policy and an art strategy have been prepared for the development at the feasibility/design brief stage i.e. RIBA stage B (or equivalent) and endorsed by the senior management level. The policy and strategy addresses the following:
 - o Enhancing the healthcare environment
 - o Building relationships with the local community
 - o Building relationships with patients and their families
 - o Relieving patient and family anxiety by contributing to treatment or recovery areas, e.g. post-operative areas, paediatric units, etc.
 - o Greening the healthcare environment with inclusion of living plants (where appropriate)
 - o Training generating creative opportunities for staff

At the round table on Devolution, Jackie Sands, working in arts and health at NHS Greater Glasgow

Access to green space and natural light improves our wellbeing and speeds our recovery from illness.

planning can play in ‘facilitating social interaction and creating healthy, inclusive communities’.³⁴⁷ To this end, the framework advises community involvement in the development of residential areas and facilities. In a briefing to local government, NICE recognised that community engagement – with people being involved in decisions that affect their wellbeing, including new building or housing developments – may play

navigated buildings; it changed ambiances, provided a positive distraction and created an increased sense of calm; staff morale was improved, and local culture was celebrated. Moreover, the programme provided understanding of the ways in which environment affects wellbeing.³⁵⁶ Longer-term benefits that

our best selves and it nourishes the soul'. Gilly Angell, expert patient at UCL Hospitals Cancer Centre, noted that, in an art-filled hospital environment, 'Acute medicine and art walk hand in hand day and night [...]. The first saves lives, the second nudges our spirit, allowing us to know what it is to be human, to know ourselves, others'.

Established in London in 1959 and now working across England, Wales and Northern Ireland, Paintings in Hospitals has amassed a collection of over 4,000 artworks, with the specific purpose of helping to reduce sickness, anxiety and stress. The collection forms the

basis of the organisation's loan schemes, through which any health or social care site can borrow artworks for a nominal fee. Recognising the importance of placing patients and service users at the centre of decision-making processes, Paintings in Hospitals organises curator-facilitated sessions to aid in the selection of artworks.³⁶² Artworks may help visitors to navigate often-forbidding facilities by providing distinctive landmarks.³⁶³

Art in Hospital, a centre for best practice in visual art and medicine, which has operated in Greater Glasgow since 1991, seeks to place the artist and their practice alongside the patient. As we saw in the example of the Manchester Hospitals Arts Project, artists sometimes create site-specific works in hospitals. The performing arts can also create a benign atmosphere for patients, visitors and staff in healthcare environments. Across Guy's and St Thomas' NHS Foundation Trust, Breathe Arts Health Research runs the Performing Arts programme, bringing music, dance and poetry into clinical spaces, which has been found to reduce anxiety.³⁶⁴

Laura Waters, Arts Programme Manager at Derby Hospitals, observed that people who find themselves in hospitals are often in a heightened emotional state, and the arts can smooth their journey from diagnosis to treatment to monitoring to discharge. The Healthcare Innovation Exchange (HELIX) Centre, funded by the Helen Hamlyn Foundation at St Mary's Hospital, London, is a consortium of clinicians, researchers and designers from Imperial College London and the Royal College of Art (RCA), working together to improve the patient experience. In response to a perceived depersonalisation of care, designers at HELIX have produced a visual cartography of the care pathway traversed by cancer patients which is available in printed and interactive digital formats.³⁶⁵

Artists and arts therapists regularly lead participatory arts projects and programmes in healthcare environments. In 2009, the Centre for Medical Humanities at Durham University devised five guidelines for arts practitioners in healthcare settings in the Republic of Ireland. These were

that: the wellbeing of participants is paramount; practitioners attempt to draw out the creative potential of participants in a way that is both challenging and realistic; a collective creative process is generated through the building of mutual trust; practitioners recognise the importance of evaluation and their duty to contribute to it; practitioners abide by a code of good practice consistent with the ethos of the supporting institution.³⁶⁶ More recently, ArtWorks Cymru has produced a useful guide for artists working in hospitals, containing information ranging from contracts and rates of pay to advice on working with patients and staff.³⁶⁷ Both of these documents provide a useful reference point for health and social care commissioners and managers seeking to work with artists.

In each of the subsequent life-course chapters, attention is paid to the role of arts, architecture and design in health and care facilities.³⁶⁸

5.3 Devolution

In 1997, both Scotland and Wales voted in favour of the devolution of executive powers to the Scottish Parliament and Welsh Assembly respectively. The following year, the Northern Ireland Assembly was created as the result of prolonged power-sharing negotiations. Devolved governments in each nation have responsibility for health and culture budgets.

On the understanding that creativity 'makes an invaluable contribution to our health and wellbeing – both physically and mentally',³⁶⁹ the arm's-length arts funding body Creative Scotland works with all fourteen health boards in Scotland. Through a combination of NHS, lottery and endowment funding, strategic posts have been

arts strategy for 2016–17 seeks to increase access.³⁷⁰ This is complemented by recognition of the value of the arts and culture to education.³⁷¹ In the next chapter, we hear more about an arts-based educational initiative in Scotland that seeks to overcome childhood inequalities.

In Wales, while arts and health boards exist, art schemes operate in healthcare environments and arts coordinators are in post, arts and health strategy is less well developed than in the other devolved nations. A 2005 *Review of Arts and Health Activities in Wales* made a series of recommendations aimed at better coordination in the field and a national commitment to arts and health. In 2009, *Arts in Health and Well-being: an Action Plan for Wales* almost led to collaborative action between the Welsh Assembly and Arts Council of Wales, with the aim of enhancing the health and wellbeing of the population of Wales through arts and creativity, but it faltered through a change of minister.

In her *Culture and Poverty* report, Baroness Andrews conceived the arts as 'an aspect of social justice in itself and a powerful weapon against poverty'.³⁷² This urged the Welsh Government to 'articulate and promote the role of culture in supporting a broad range of policy objectives'.³⁷³ The Well-Being of Future Generations (Wales) Act 2015 outlined a policy of sustainable development through a 'process of improving the economic, social, environmental and cultural well-being of Wales'.³⁷⁴ The Welsh Government's cultural strategy now makes extensive recognition of the health and wellbeing benefits of engaging with creative and cultural activities as a supplement to medicine and care, and more than 50 percent of revenue-funded organisations are involved in arts and health projects.

In September 2016 a Cross-Party Group on Arts and Health was formed in the Welsh Assembly by Assembly Member (AM) Eluned Morgan.

The group is made up of AMs from across the political spectrum and convenes representatives from healthcare, adult social care, charities and special education from across Wales who use the arts therapeutically. The intention is to build on existing networks and to assess the impact of the arts on health and care in Wales. Working alongside policy-makers, academics and practitioners in

the field, the group aims to identify best practice in Wales and to develop a firm evidence base with a view to making the case for shifting resources into the arts to facilitate improvements to people's health and wellbeing in Wales. The group has promoted the commissioning of a study into the

The arts for health and wellbeing are integral to planning in the devolved nations of the UK; in Greater Manchester, the arts are at the heart of population health planning.

created to enable the development of arts and health strategies in response to local need. Sense of place is considered essential to developing community wellbeing. Acknowledging the inversely proportional relationship between poverty and arts engagement, Creative Scotland's

arts and health in Wales to be undertaken by Arts Council of Wales. In November 2016, the Cabinet Secretary for Economy and Infrastructure, Ken Skates AM (who has responsibility for the arts), harnessed the arts, libraries and heritage to the health and wellbeing agenda, including prevention and early intervention, and welcomed the formation of the group.

In Northern Ireland, Arts Care supports 18 artists-in-residence working across art forms to deliver a comprehensive weekly arts service in all five health and social care trusts in the province and across multiple health and community care services. The charity also enlists the services of many project artists who facilitate and coordinate participatory workshops and performances as well as taking responsibility for the content of six Arts Care galleries in healthcare environments.

5.4 Place-Based Commissioning

In recent years, the Government has moved in certain respects towards permitting greater exercise of powers at local level in England, particularly through the Localism Act of 2011. It has spoken of 'devolution of powers to citizens and grass roots organisations'.³⁷⁵ City and Growth Deals are seeing power and discretion over extensive areas of public service spending passed down from Whitehall. At the same time, the

the populations they served, orientated towards NHS priorities and involving local and specialist expertise.³⁷⁸ In 2016, the Place-Based Health Commission, chaired by Lord Adebawale, hailed the NHS and local government focus on place as the best hope for the future sustainability of the health system.³⁷⁹ In 2017, the *Next Steps on the Five Year Forward View* identified that 'Across England, commissioners and providers across the NHS and local government need to work closely together – to improve the health and wellbeing of their local population and make best use of available funding'.³⁸⁰ This acknowledged the inextricability of health from other factors under local control, such as housing, leisure and transport, and the relationship between the wider determinants of health and demand for services. It also explicitly avoided prescribing a particular organisational form and called for the targeting of resources at those experiencing the worst health outcomes and the genuine involvement of patients and communities.³⁸¹

This strategy of being 'local by default' challenges the standardisation and the presumption of economies of scale that have prevailed over many years.³⁸² It potentially enables the resources of a community to be harnessed more effectively to health and wellbeing. In this chapter, we see that Greater Manchester is developing its own commissioning arrangements, intended to encourage innovation by placing responsibility with those who have access to knowledge about patients, advances in health and care and the latest clinical evidence.

The 2016 Culture White Paper stated a desire for 'more local leaders to grasp the potential of culture to achieve their vision for their community, and to put culture at the forefront of their strategies'.³⁸³ An LGA report called *People, Culture, Place* published in 2017 looked at examples of cultural assets being used to shape the places in which we live. This argued that 'there has never

been a better time for councils to lead local action that builds on the contribution of the arts, culture and heritage in creating prosperous, healthier, stronger and happier communities'.³⁸⁴

The British Academy's *Where We Live Now* project found that 'At a time when, it is clear, many people feel increasingly disconnected from those who make decisions, place offers a means of reconnection, more sensitive and appropriate policy-making, and better outcomes in terms of our individual and societal wellbeing'.³⁸⁵ More specifically, the project urged greater attention to health, wellbeing and quality of life, through a long-term perspective and integrated planning responsive to local need.³⁸⁶ This led to the

Arts and cultural organisations have a valuable contribution to make to place-based commissioning strategies.

devolution of responsibility for public health to local authorities opens the way to a bigger role for the participatory arts, which are delivered locally and often regarded as a means of individual and community empowerment.

Along with the movement towards integration of primary and secondary health and social care is a focus on place-based health and care.³⁷⁶ In 2014, the Local Government Innovation Taskforce called for a 'stronger local dynamic in the design of services, anchoring them in the places they operate to build in responsiveness, relevance and impact for people'.³⁷⁷ In 2015, the King's Fund advised service providers to establish place-based systems of care that would best meet the needs of

Greater Manchester Devolution



In England, Greater Manchester has been the first region to take advantage of the transfer of health and social care powers away from central government.

This new era began on 1 April 2016, when the Greater Manchester Combined Authority (comprising 37 NHS organisations and local authorities) took control of health and social care budgets worth more than £6bn. For the first time, local elected leaders and clinicians are able to tailor budgets and priorities to meet the needs of local communities according to the Marmot principles. This will involve improving the health, wellbeing and long-term outcomes of 2.8 million residents, many of whom have a lower life expectancy and lower healthy life expectancy than people in other parts of England. In order to achieve a radical change, at scale and across the whole range of services, the focus is being put on people and place, rather than organisations, and it is taking account of the impact of air quality, housing, employment, early years, education and skills across the life course.

An ambitious five-year plan set out ways in which people will be enabled to start well, live well and age well, and it anticipated savings being made in the longer term.³⁸⁷ *Next Steps on the Five Year Forward View* cited Greater Manchester as an example of partnerships being formed between the NHS, local government and the third sector, giving rise to wider strategic leadership for health and social care.

The five-year plan was accompanied by a population health plan which acknowledged the long history of arts and health activity in the region and stated an intention to 'position the strong inter-relationship between arts and individual and community health as one of the key foundations of building sustainable

and resilient communities across Greater Manchester'.³⁸⁸ People will be encouraged to make art and to connect with the resources and capacity of local cultural organisations.

The next iteration of the population health plan will include a programme of arts activity in health and social care and in social action on wellbeing. The programme will make explicit the benefits for people of engaging in art, becoming active in their communities and gaining more control over their lives. This strategy will emphasise the social aspects of arts engagement and support individuals and communities to do more for their own health and wellbeing. It is intended that the arts and culture will be integrated into sustainable partnerships with health service commissioners and providers, making arts activity a core element of future planning. In the meantime, under the banner of Live Well Make Art, a grassroots group of arts and health commissioners and practitioners is helping to build health as a social movement by stimulating discussion of, and demand for, the arts based on a growing understanding that they are good for health and wellbeing.

recommendation that ‘specific place-based elements e.g. heritage, arts, culture and environmental attributes should form a positive part of plans rather than being seen as optional extras’.³⁸⁹ In the same publication, Professor Ruth Finnegan evoked ways in which the power of place is captured in music, poetry and colour.³⁹⁰

Increasingly organisations within and beyond health and social care are working together to serve whole communities.³⁹¹ In Halton – a Well North pathfinder and one of ten demonstrator sites being supported as part of the NHS England Healthy New Towns initiative – creative solutions are being applied to some of the most pressing health and social care challenges.³⁹² Studio-based organisations in Runcorn and Widnes have become strategic partners. Halton CCG has issued a Cultural Manifesto for Wellbeing, which recognised the context in which people live to be the most important determinant of life expectancy. The manifesto embraced a community-wide approach, aimed at addressing the root causes of health, and it acknowledged the importance and interdependence of the arts and heritage, environment and sport in this socially valuable endeavour.³⁹³

Equally, strategies responding to place enhance wellbeing. Poems on the Underground, which has received substantial funding over three decades from ACE, Transport for London and the British Council, displays 18 poems over the course of a year in underground train carriages.³⁹⁴ Estimated to reach 3.5m passengers every day, published versions of the collected poems have sold 250,000 copies as evidence of their popularity. Creator of Poems on the Underground, Judith Chernaik, said ‘What we’ve been told repeatedly is that people love the poems because they offer a moment of quiet reflection, they are pleasurable, consoling, illuminating’.

5.5 Arts on Prescription

In October 2013, the Prime Minister announced a new £50m Challenge Fund to improve access to general practice and stimulate innovative ways of providing primary care services; in September 2014, further funding of £100m was announced.³⁹⁵ In April 2016, the *General Practice Forward View* acknowledged the increasing demands being placed on GPs and announced an additional £2.4bn a year for general practice by 2020–21.³⁹⁶

An estimated one in five GP visits is made for psychosocial, rather than medical, reasons,³⁹⁷ which equates to the cost of 3,750 GPs’ salaries.³⁹⁸ Professor Stephen Pattison, Honorary Fellow of the Royal College of General Practitioners (RCGP), posits that the ‘job, the skill and the satisfaction of

GPs [is] to mediate between data and facts of various kinds and the subjectivity of patients, learning from both and arriving at a satisfactory outcome in which in some sense patients feel better able to engage with their lives’.³⁹⁹ The *General Practice Forward View* drew attention to the merits of social prescribing.

Consistent with WHO recommendations, social prescribing aims to address the broader causes of ill health by seeking solutions to psychosocial problems beyond the clinical environment.⁴⁰⁰ This might initially involve a GP, nurse, mental health professional or charity staff member referring someone to a voluntary, community or faith organisation offering access to advice, education, exercise, gardening, self-help, volunteering or arts activities. A range of community-based creative activity is also accessed without any kind of referral from a health professional. Despite the terminology of prescription,⁴⁰¹ a non-clinical link worker is often involved in co-designing programmes according to patient need. In Halton, for example, community navigators act as a bridge between GPs and patients, directing them to community-based services.

A 2015 review found that the most common outcomes of such community referral schemes were: increases in self-esteem and confidence; a greater sense of control and empowerment; improvements in psychological wellbeing; and reductions in anxiety and depression.⁴⁰² The Social Prescribing Network has identified the potential of social prescribing to ‘catalyse health-creating communities that strengthen their ability to care for themselves and each other’.⁴⁰³ As a consequence, areas in which social prescribing is in operation report reductions in GP visits.

While social prescribing tends not to be cost neutral at the start because of set-up expenses, it provides a cost-effective strategy in the medium to longer term. Rotherham CCG projects a return on investment of £3.38 for every £1 spent after five years.⁴⁰⁴ At the same time, such initiatives require continued investment if they are to remain effective.

Social prescribing is fast becoming a national priority in NHS England. Over 400 general practices in England regularly refer their patients to take part in activities in the community, often with a focus on prevention, early intervention and the management of long-term conditions.⁴⁰⁵ Dr Michael Dixon, Co-Chair of the Social Prescribing Network, has been appointed as National Clinical Champion for Social Prescribing by NHS England. Dr Dixon told us that every GP should have access to social prescribing by 2019. Training courses are being offered to public sector commissioners, and the RCGP offers an online course to clinical staff.⁴⁰⁶

London Voluntary Service Council and the Healthy London Partnership maintain a map of

Artlift Arts-on-Prescription Scheme



Arts on Prescription Gloucestershire is a primary care-based scheme set up by a GP, Dr Simon Opher MBE, in response to frequent visits by patients experiencing depression and anxiety.

Seed funded by ACE, the scheme is now supported by Gloucestershire CCG and Wiltshire County Council and operated by the charity Artlift across nine surgeries and community spaces in Gloucestershire and five pilots in Wiltshire, with reach into deprived areas.⁴⁰⁷ Health professionals refer patients with a wide range of conditions – from depression and anxiety to chronic pain to stroke – to take part in an eight-week course of two-hour sessions, led by a professional artist working in poetry, ceramics, drawing, mosaic or painting. Participants are encouraged to pursue their own creativity in a studio-like, rather than medical, environment. Artists have regular training in clinical supervision and safeguarding, to ensure they are able to identify cases where patients need to be referred back to their clinician. Adopting an assets-based approach to health and wellbeing, the goal of the programme is to encourage and assist the self-management of long-term conditions in the community.

Russell, who was referred to Artlift with physical and mental health problems after suffering a serious stroke, attended for six months. He began painting expressionistic portraits of people who interested him, which helped to rid him of anxiety and stress. He no longer takes anti-depressants and, although his depression has not completely gone, Russell describes how he locks himself away and paints until he feels better. Among the portraits Russell has painted is that of Bishop Rachel at Gloucester Cathedral, which has been purchased by the

diocese. Russell has had several exhibitions and received ACE funding; he now mentors others at Artlift.

In 2009–10, University of Gloucestershire conducted an evaluation of Artlift. The quantitative aspect looked at the nature of referrals and their effect on subjective wellbeing (WEMWBS); the qualitative aspect focused on the experiences and opinions of the artists, health professionals and patients involved. This found a significant improvement in wellbeing, improved mood and enjoyment of creative activity.⁴⁰⁸ The University has continued to collate data for the project, and, in both 2014 and 2017, the evaluation was updated and reported the same results but with much larger sample sizes.⁴⁰⁹

A cost benefit analysis of Artlift counted face-to-face GP consultations in the year before and the year after an artist had seen patients; at the same time, health spending data (hospital admissions) were collected. This showed that GP consultation rates dropped by 37 percent and hospital admissions by 27 percent. Taking account of reductions in costs to the NHS against the cost of Artlift interventions, this represented a saving of £216 per patient.⁴¹⁰ Herein lie significant potential savings for the NHS as part of a wider place-based, person-centred commissioning strategy.

Many Artlift participants have been inspired to continue pursuing their creative practice, either at home or by setting up new groups.⁴¹¹ This represents an example of the kind of independent peer-to-peer activity incited in the *Five Year Forward View*, at no extra cost to the NHS.

social prescribing in London.⁴¹² A Local Information System for Scotland signposts people to health and wellbeing services in the community, including those which might be described as social prescribing. Responding to the prevalence of chronic conditions and an ageing population, the LGA has produced a useful guide for local authorities, linking social prescribing with services being offered by councils and via their public health work.⁴¹³ Tower Hamlets offers a social as well as a medical prescription, and Gloucestershire is about to follow suit.

A 2007 review of social prescribing in Scotland included a section dedicated to arts on prescription.⁴¹⁴ Yet, despite the fact that arts on

and physical distress. Such activities generally comprise non-clinical, group-based art programmes—such as drawing, painting, sculpture, printmaking and pottery—which aim to improve the health and wellbeing of participants.⁴¹⁸ Consistent with the approach advocated by the Mental Health Taskforce, they tend to treat the person and not the diagnosis; they are person-centred, rather than illness-centred, and encourage a multidimensional approach. As part of the Cultural Commissioning Programme, NCVO has produced a useful overview of landmark arts-on-prescription schemes and their methods of evaluation.⁴¹⁹

At the round table on Arts on Prescription, Director of Arts and Minds, Gavin Clayton, emphasised that such activity was active, rather than passive, requiring the involvement of the referring GP and the patient. Andrew Marr notes that ‘Perhaps it’s partly that painting, like gardening, like making music, is a physical activity as well as a mental one. You have to stand and mix and

grind and stab’.⁴²⁰

Arts participation has been made integral to some healthcare facilities, such as the GP practices in Gloucestershire and Wiltshire mentioned in the case study provided in this chapter. At the round table on Place, Environment, Community, we heard from the Director of Kentish Town Improvement Fund, Melissa Hardwick, about the efforts being made to engage the community in flexible creative spaces housed inside Kentish Town Health Centre.

Another Greater Manchester-based exemplar of this way of working is Inspiring Minds, funded by Salford CCG and run by Start in Salford, an organisation shaped by local service users. People experiencing mild, moderate or more severe and enduring mental health problems are referred to the programme through primary or secondary mental health services. Inspiring Minds offers members two-hour weekly studio-based creative workshops for between six and 18 months, combined with a personalised support and recovery package designed to build confidence, resilience and self-esteem. Professional artists lead each group, and participants are encouraged to consider themselves aspiring artists, rather than mental health service users. In addition to various validated wellbeing scales, Start subscribes to a theory of change model, which uses self-evaluation to gauge the impact of activities from participants’ perspectives. This is captured in a short film exploring the relationship between Start’s approach and the ‘five ways to wellbeing’.⁴²¹

The example of Start in Salford shows that some people who discover an aptitude for art through

health and wellbeing routes go on to excel at art school. This was identified as an area for development by a service user at our Young People, Mental Health and the Arts round table, who distinguished between art as an activity and art as a practice and called for viable career paths for people discovering the arts through health and wellbeing. In this regard, Arts Award—a nationally recognised series of qualifications that support people up to the age of 25 to develop as artists and arts leaders—may be relevant.⁴²²

In 2012, the Mental Health Policy Group, chaired by Professor Lord Layard at LSE, established the cost-effectiveness of psychological interventions for people with physical symptoms.⁴²³ The year before, NHS England had invested £400m in Improving Access to Psychological Therapies (IAPT), extending for a further four years a programme that had been provided by the NHS since 2007. Arts-on-prescription activities have been found to enhance the results of IAPT.⁴²⁴

NICE advises low-intensity psychosocial interventions for mild to moderate depression, including mindfulness-based cognitive therapy, but, surprisingly, no recognition is made of the arts as a form of psychosocial intervention.⁴²⁵ We hope that NICE will look afresh at arts-on-prescription programmes for psychological and physical pain. We believe there are good reasons for NICE to review its guidance in relation to the arts.

Dr Theo Stickley at the University of Nottingham has conducted qualitative research into arts on prescription, holding numerous interviews with service users and referrers. This shows that people first need to feel safe and accepted for who they are in a non-judgemental environment. At the round table on Arts on Prescription, Dr Stickley described how, once this condition has been met, what emerges is a ‘very natural peer support that we cannot prescribe’; in turn, this produces a sense of belonging and social identity. As he put it, ‘We need to trust in humanity’ for the value of this work to be realised.

An evidence dossier, published by Arts and Minds in 2015, stated that ‘Looking forward, one of the long-term aspirations of the movement is that care packages for people with chronic conditions include payments for arts interventions, as they currently do for medication and other clinical interventions’.⁴²⁶ To achieve this, more needs to be done to improve understanding and take-up of arts-on-prescription programmes.

In the first place, awareness needs to be raised of the existence of arts-on-prescription programmes and how they fit into the social prescribing landscape. The majority of GPs are said to be still unaware of them. Organisations delivering arts on prescription would do well to make themselves known to the Social Prescribing

Network so that they may be included in any future databases of activity. Similar strategies might be relevant in Scotland, Wales and Northern Ireland.

At the round table, Programme Manager at Arts for Health Milton Keynes, David Hilliard, noted that social prescribing sits in a ‘grey area between clinical provision and social activities’. While the non-medical atmosphere is attractive to participants, it is less so for health professionals with a duty of care to their patients. Several strategies for overcoming this were discussed. They included establishing a better standing for arts-on-prescription activities outside the category of ‘self help’, and offering courses not only to GPs but also to arts professionals working with vulnerable people. At the Social Prescribing Network launch, City and Guilds health training was mentioned; at the round table, accreditation was mooted.

Once clinicians have been persuaded to prescribe the arts, clear and trackable pathways need to be in place, including the option of people being referred back to their GP if necessary. At the round table, a representative from HEE, Gaye Jackson, suggested that arts on prescription might be made part of the Making Every Contact Count agenda for all clinicians and support staff.⁴²⁷

Just as is happening in the health and social care sectors, infrastructure and leadership will need to be developed in the community sector. As in the wider arts and health landscape, gaps in provision will have to be filled. Some local authorities, such as Hackney Council, are working with the health service to co-create much-needed services.⁴²⁸ In Rotherham, representatives of VCSE organisations to which patients are referred attend case conferences at which patient needs are discussed. No complaints have been received from either doctors or patients, despite more than 4,000 people passing through the system, and community organisations are in receipt of three-year rather than short-term funding.

More than 60 percent of social prescribing schemes lack formal evaluation, with those funding the activity tending to be reluctant also to fund evaluation. At the round table, it was agreed that better evaluation was needed. Ideally, a consortium of organisations offering arts-on-prescription activities would pool evaluations to yield a sizeable dataset. If such collective evaluation would benefit from coordination, the new strategic centre for arts and health which we recommend could perhaps become involved. There is also scope for international cooperation on evidence gathering, and we learnt that Denmark has a €1m social prescribing fund for cultural organisations.

As an effective antidote to physical and psychological pain, arts participation forms a vital part of social prescribing.

prescription predates discussions of social prescribing, there remains an absence of emphasis on the arts within current thinking.⁴¹⁵

In 1984, the incoming minister of the church at Bromley by Bow, Andrew (now Lord) Mawson, and his wife Susan founded a community-based centre.⁴¹⁶ The centre quickly came to include a dance school and various art studios and workshops and eventually led to the creation of the UK’s first Healthy Living Centre, incorporating a GP surgery, in 1997. Nowadays, the centre is committed to overcoming deprivation in the area by focusing on vulnerable young people, adults and families.

A decade later, an arts-on-prescription service was set up in Stockport, offering visual art and music projects to women with postnatal depression and those at risk of developing it. Evaluation showed that all of the mothers taking part in arts activity experienced improvements in their general health (using the General Health Questionnaire 28) and all but one a reduction in their levels of depression (using the Edinburgh Postnatal Depression Scale).⁴¹⁷ This was later substantiated with evidence of diminishing GP visits and increasing social participation. One of the conclusions drawn from this pilot was that arts engagement might be considered as a preventative measure during the antenatal period. While funding for the Stockport service was lost, access to participatory arts activity has since been prescribed around the UK.

Many organisations exist to offer arts activities, whether explicitly termed arts on prescription or not, to people experiencing psychological

5.6

Museums, Libraries and Health

The Museums Association estimates there are some 2,500 museums and galleries in the UK.⁴²⁹ A survey conducted by the National Alliance for Museums, Health and Wellbeing found over 600 different museum-based programmes targeting health and wellbeing outcomes.⁴³⁰ The great majority of these programmes were for older adults, particularly people with dementia, but there was also activity supporting mental health service users and delivering public health education programmes.⁴³¹

Museums and galleries offer a non-clinical, non-stigmatising environment in which to undertake journeys of self-exploration.⁴³² PHF's Our Museum initiative encourages museums and galleries to play a significant and enduring role in their community,⁴³³ and the case is being advanced for them to be considered part of the public health milieu.⁴³⁴ Much more could be done to address health and wellbeing by cultural institutions as part of their wider role within the VCSE sector. However, at a round table on the Care Act, Dr Dave O'Brien made the point that many arts organisations are struggling to survive and will find it very hard to elaborate their work.

The Heritage in Hospitals research project (2008–11), run by UCL, took items from the collections of the British Museum, Reading Museum and Oxford University Museum into hospitals and care homes. The project involved over 300 patients and residents and assessed the impact of a 30- to 40-minute museum object-handling session. Psychological and subjective wellbeing measures were used before and after sessions, alongside qualitative analysis.⁴³⁵ Quantitative measures showed significant increases in participants' wellness and happiness scores.⁴³⁶ Qualitative analysis revealed that museum objects provided personal routes to stimulation, self-exploration and distraction.⁴³⁷ In follow-up work, the Museum Wellbeing Measure and Toolkit was developed, containing various approaches for assessing the impact of museum activities on psychological wellbeing.⁴³⁸ A national framework for evaluating the community impact of museums engagement is being developed by the University of Cardiff and the National Museums of Wales.

Not So Grim Up North is a research project (2015–18) funded through the ACE Research Grants Programme. A collaboration between researchers at UCL and the Whitworth Gallery, Manchester Museum and Tyne & Wear Archives & Museums, its objective is to develop a framework for assessing the impact of activities across different audience groups

and settings. A preliminary study showed that creative museum sessions improved confidence, sociability and wellbeing in participants accessing mental health and addiction recovery services.⁴³⁹ Full findings will be available in late 2017 and will provide another framework for assessing the impact of museums and galleries.

In 2015, the Association of Suffolk Museums received funding from the Heritage Lottery Fund and Suffolk County Council to use the arts and heritage to improve mental health and wellbeing under the title of Creative Heritage in Mind.⁴⁴⁰ This one-year project, supported by staff at Norfolk and Suffolk NHS Foundation Trust and led by an artist, brought small groups of people together to respond creatively to intriguing objects and artworks from various museum collections. The project culminated in exhibitions of participants' artworks, three exhibition booklets and a short film. Quantitative measurement (WEMWBS) showed improvements in subjective wellbeing, and qualitative evaluation pointed to increased engagement with the arts and heritage having generated improvements in confidence, motivation and insight.

Another Heritage Lottery Fund project, delivered by Manchester Museum and the Imperial War Museum in Salford (2013–16), looked at the impact on people from deprived communities of volunteering in 10 museums and galleries in Greater Manchester. Among the 231 participants to Inspiring Futures, 75 percent reported significant improvements in wellbeing after a year and 60 percent sustained these improvements over two to three years. Several people found their way into education or employment, and a social and economic return of £3.50 was calculated for every £1 invested.⁴⁴¹

While the contribution of cultural venues to health and wellbeing is being recognised in certain quarters, access continues to pose a challenge. In chapter two, we saw that visitors to museums and galleries are predominantly prosperous, well educated and in the 55–74 age range. By contrast, the over-74s and older people who are isolated, frail, from minority ethnic backgrounds, living on low incomes or outside their own homes tend not to visit museums and galleries. This points to a range of economic, social, psychological and logistical barriers. A study of people aged between 60 and 92, who made three visits to contemporary art galleries in the north-east of England, found that participants with a higher educational level and a history of arts engagement tended to respond differently to the art and its interpretation to those who had not previously engaged with the arts.⁴⁴² This suggests that museum programmes need to be tailored to visitors. Recognition of the health and wellbeing benefits of the arts might be made in the Museums Association's Code of Ethics for Museums.

UNESCO articulates a belief in public libraries as a 'living force for education, culture and information, and as an essential agent for the fostering of peace and spiritual welfare through the minds of men and women'.⁴⁴³ As well as being repositories of knowledge and literature, libraries are accessible safe spaces that are essential to people's wellbeing and can play a central part in the happy, healthy lives of people of all ages.⁴⁴⁴ In this report, examples are given of the library network being used to encourage reading among children and adults and to offer creative sanctuary to refugees. However, 500 libraries and almost 9,000 librarians have been lost in the UK since 2010.⁴⁴⁵

Healthy Libraries is a partnership between public health and the libraries information service in Norfolk which has the aim of turning all libraries in the area into health and wellbeing hubs. In response to local need, Norfolk libraries are offering a range of information and activities including exercise, arts and crafts. The initiative has been welcomed by staff and public alike, and the activities have become integrated into the day-to-day running of libraries.⁴⁴⁶ Building on the position of libraries at the centre of communities, a similar approach could be adopted throughout the library network, which would fit well with ACE's role as a development agency.⁴⁴⁷

5.7

Age-Friendly Cities and Communities

In an era of urbanisation, the Age-Friendly Cities and Communities initiative, launched by WHO in 2006, recognises the contribution of older people to society, makes provision for their diverse needs and promotes their inclusion in all aspects of community life.⁴⁴⁸ It thinks about: outdoor spaces and buildings; transport; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; community support and health services. London and Edinburgh are taking part in this initiative,⁴⁴⁹ and all 22 of the local authorities in Wales have signed up to it.⁴⁵⁰

Although the arts are not specifically mentioned as part of the Age-Friendly Cities initiative, examples are provided in this report of the arts intersecting with several vital areas of urban life – including the design of public spaces and buildings, employment and social participation.⁴⁵¹ In 2007, Age-Friendly Manchester was launched, uniting 19 cultural organisations in Greater Manchester 'to extend the reach of the city's world-class arts and culture to older people in Manchester'.⁴⁵² Four years later, a cultural

champions scheme was inaugurated, which sees ambassadors within local communities raising awareness of the cultural events taking place there and encouraging older people to attend and contribute. An age-friendly cultural coordinator, funded through public health and based at the Whitworth, supports cultural organisations and more than 150 cultural champions to tell a different story about urban ageing.

Since 2010, the Baring Foundation has been concentrating its funding on older people experiencing deprivation and discrimination (beyond ageism), including poverty, isolation, health problems, racism and sexism.⁴⁵³ The Age-Friendly Museums Network, supported by the Baring Foundation and hosted by the British Museum, encourages the sharing of good practice and partnership working between health, social care and museum professionals.⁴⁵⁴ A report by the Oxford Institute of Population Ageing on the challenges and benefits of an ageing population for museums and galleries examines the changing demographics not only of audiences but also of volunteers.⁴⁵⁵

Dovetailing with the age-friendly museums initiative is that of age-friendly hospitals, an international phenomenon that is beginning to be adopted in the UK. Trafford General Hospital, for example, aims to become a centre for excellence for the rehabilitation and care of frail older patients. In this undertaking, it recognises the therapeutic benefit of the arts not only for patients but also for carers and staff.⁴⁵⁶

5.8

Dementia-Friendly Communities

Alzheimer's Society defines a dementia-friendly community as a 'city, town or village where people with dementia are understood, respected and supported, and confident they can contribute to community life. In a dementia-friendly community people will be aware of and understand dementia, and people with dementia will feel included and involved, and have choice and control over their day-to-day lives'.⁴⁵⁷ The Society has looked at the role of arts centres within such communities and published a guide to creating dementia-friendly arts venues, funded by the Prime Minister's Dementia Friendly Communities initiative.⁴⁵⁸ This is based on an understanding that the 850,000 people in the UK diagnosed with dementia and their informal carers (approximately 700,000 people) represent a significant audience that arts venues may have overlooked.

Carers play an essential part in enabling people with dementia to remain in their own homes and

out of residential care, which represents considerable savings to the social care system. Alzheimer's Society recommends a proactive approach in which the needs of people with dementia and their families and carers are acted on as part of a networked strategy involving specialist dementia-based organisations. House of

with dementia to do something they love 'From going for a stroll in the park to joining an art classtogether'.⁴⁵⁹

As a separate initiative in Wakefield, all museum staff have undergone Dementia Friends training, Alzheimer's Society has provided advice about space and signage, and five multi-sensory resource boxes have been developed for people with dementia who are unable to reach the museums.⁴⁶⁰ This work suggests that other cultural venues should become dementia-friendly.

Dementia Action Alliance aims to precipitate a society-wide response to dementia, supporting communities and organisations across England to take practical action to enable people with dementia

to live well while reducing the risk of costly crisis intervention.⁴⁶¹ The alliance has almost 5,000 members, and there is scope

Memories in Liverpool offers training programmes for the carers of people with dementia. Alzheimer's Society also calls for volunteers to help someone

Cultural venues, including museums, galleries and libraries, will increasingly play a part in communities which are healthy, age- and dementia-friendly and compassionate.

The Dragon Café



The Dragon Café, in the crypt of St George of the Martyr Church in Southwark, is open on Mondays between midday and 8:30pm.

Founded by service users in 2003 and initially funded by GSTC and SLaM, the café was a response to the model of day centres in which people were 'parked' between periods of residential care. It is open to everyone who registers as a patron (by providing minimal personal details at the door). There are around 200 patrons, including people with lived experience of mental ill health. Patrons come from all over London. This non-hierarchical charity is run by a board of people with experience of mental ill health, which oversees eight members of staff and 50

volunteers, all of whom have undertaken safeguarding training.

As well as being a safe space with low-priced food and drinks, the café adopts what its founder, Sarah Wheeler, described as a 'multidimensional approach' to offer a free programme which conceives the arts as nourishment. The programme explores mental illness, recovery and wellbeing through a variety of creative activities such as dance classes, performances, open mic events and an art table. The focus is on quality and accessibility, with creative activity centred on personal narratives. The layout of the space allows for periods of relaxation and animation, and it encourages the sharing of tables and conversations.

Evaluation of the café, using the Mental Wellbeing Impact Assessment method, has pinpointed the impact of environment, culture and creativity on mental wellbeing. It has also identified that structure, routine, trust and safety confer confidence and self-belief.⁴⁶²

for many more cultural organisations to become involved.

The Greater Manchester devolution deal for health and social care is taking dementia as one of its priorities, including the creation of dementia-friendly hospitals. Dementia United aims to 'make Greater Manchester the best place in the world to live for people with dementia'.⁴⁶³ This implies the pursuit of measurable increases in quality of life for people with dementia and their carers through evidence-based co-produced interventions. Manchester Museum and the Whitworth, together with the University of Manchester, piloted Coffee, Cake and Culture, offering tours around the collection for people with dementia and their carers. This is now part of the Health + Culture strand of work being conducted in Manchester. In light of the evidence presented in chapter eight, we hope that Greater Manchester's embrace of the arts in health will extend to the dementia strands of its work.

5.9

The Arts and Marginalised Communities

The concept of social capital recognises the importance of networks in sustaining solidarity and mutual support. In the words of the late arts and health researcher Mike White, 'good relationships are a major determinant of health'.⁴⁶⁴ The American social scientist Robert Putnam has identified trust as a vital feature of social organisation.⁴⁶⁵ Jane Jacobs, who advocated place-based, community-centred approaches to urban planning in the 1960s, pointed to casual social contact at a local level as central to building trust. Arts engagement – which often involves casual social contact at a local level – is regularly cited as a forum for building trust.

Being marginal in society has a deleterious effect upon health.⁴⁶⁶ The concept of marginalisation takes account of age, disability, social class, race and ethnicity, educational and housing status, experience of the criminal justice

psychological therapies, and opportunities for early intervention are being missed. This means that the first contact members of BAME communities have with mental health services may well be detention under the Mental Health Act, causing unnecessary distress and placing pressure on acute services.⁴⁶⁸ By contrast to the prevailing pattern, BAME participants are well represented within arts activities orientated towards the restoration and preservation of mental health.

There is a relationship between homelessness and mortality, with the average life expectancy for homeless people being 47.⁴⁶⁹ As in other marginalised groups, the incidence of mental health problems among homeless people (four in five) is much higher than in the general population (one in six). The Homeless Library, a collaboration between Arthur + Martha and Manchester's homeless population, invites people to reflect on their personal histories through art and poetry.⁴⁷⁰ In this context, art-making offers a temporary haven for people who have no home of their own; it offers time away from fear and intimidation; it offers scope to begin healing. This is just one of the personal histories that has emerged from the Homeless Library:

*Laurence is a man who grew up witnessing extreme violence. As a child, he was malnourished and often ate dog food because he didn't have anything else. Now, instead of self-medicating with continuing substance abuse, he writes poetry and grows a garden. He's self-medicated with art. He treasures both the poetry and the gardening. Laurence says, 'There's a genius in everyone and this has the ability to bring it out. I was a piece of detritus on the street and they found gold winning, cup winning me. I was excrement and I found a garden. From excrement I have become compost.'*⁴⁷¹

On a related note, the high proportion of addiction among marginalised people was addressed in an international project led by Portraits of Recovery between 2012 and 2014.⁴⁷² The Director of Arts for Health, Clive Parkinson, involved disenfranchised people from the UK,

Italy and Turkey in high-quality artistic experiences, with artists acting as facilitators of social change within recovery from substance misuse. Building on ideas in the USA Bill of Recovery Rights, a shared statement –

The Recoverist Manifesto – was developed, which attempted to dispel the myths associated with substance misuse, reframing addiction as a cultural issue and recovery as a civil rights concern.⁴⁷³

Participatory arts activities generate a safe space for marginalised communities.

system, sexuality and gender identity. Marginalised people are at greater risk of developing mental health problems than people with social support.⁴⁶⁷ BAME communities, for example, are less likely to seek access to

The organisation Charter for Compassion seeks to establish and sustain cultures of compassion locally and globally through diverse sectors including the arts, education, the environment, healthcare and social justice. As part of this initiative, Compassionate Communities have been envisaged which ensure that:

*[...] the needs of all the inhabitants of that community are recognised and met, the wellbeing of the entire community is a priority and all people and living things are treated with respect. [...] A community where compassion is fully alive is a thriving, resilient community whose members are moved by empathy to take compassionate action, are able to confront crises with innovative solutions, are confident in navigating changes in the economy and the environment, and are resilient enough to bounce back readily from natural and man-made disasters.*⁴⁷⁴

Such a community is part of a mature, preventative public health strategy, an exemplar of which is provided by the West Midlands, which has adopted Marmot principles to tackle health inequalities.⁴⁷⁵

The emphasis on place as an organising principle for public service design and delivery, combined with the integration of public budgets to commission services, signals an important opportunity for arts, health and wellbeing to feature in local health and wellbeing strategies. This will be particularly relevant to arts providers working at a level at which they can be part of a local ecology with other VCSE organisations.

Our vision is of the arts playing a central part in the healthy communities of the future. New health and social care buildings will be designed with healing in mind, and public spaces will encourage fruitful human interaction. Social relations in a multiplicity of aspects will nurture good health and social care ecologies. There will be a better balance between the management of crisis and the maintenance of health and wellbeing. We will draw upon resources found within communities, with third-sector organisations, including arts organisations, playing an integral part in networks of care.

GP surgeries, hospitals, care homes and hospices will welcome artists and harness their artistry to improving the health and wellbeing of citizens. Staff in health and social care organisations will express their creativity, enlivening their working lives and those of their patients. Community hubs, among them cultural venues, will be home to participatory creative activities for people of all ages and means, and doctors will confidently refer their patients to them. People taking part in creative activities will be healthier, happier and more resilient, and these positive effects will reach into the surrounding community.



Lady Nade Trio at the Fresh Arts Festival, Southmead Hospital Bristol
Producer: Willis Newson
Photographer: Clint Randall

6 Childhood, Adolescence and Young Adulthood

6 Childhood, Adolescence and Young Adulthood

“When I look back, I am so impressed with the life-giving power of literature. If I were a young person today, trying to gain a sense of myself in the world, I would do that again by reading, just as I did when I was young.”

Maya Angelou

The *Marmot Review* told us that ‘The foundations for virtually every aspect of human development – physical, intellectual and emotional – are laid in early childhood. What happens during these early years (starting in the womb) has lifelong effects on many aspects of health and well-being – from obesity, heart disease and mental health, to educational achievement and economic status’.⁴⁷⁶ Studies show that children who grow up in poorer households are more susceptible to disease in later life and have lower life expectancies.⁴⁷⁷ The Children and Young People’s Health Outcomes Forum, established by the Secretary of State for Health in 2012, found that ‘more children and young people under 14 years of age are dying in this country than in other countries in northern and western Europe’, leading to the recommendation that closer attention be paid to inequalities within the wider health system.⁴⁷⁸ As we begin our journey through the life course, let us look at how the conditions in which we are born and grow affect our health and how the arts contribute to the betterment of both.

6.1

Gestation and Birth

A review conducted by UCL Institute of Health Equity, set up to implement the recommendations of the *Marmot Review*, highlighted the importance of mothers’ actions before and after the birth of their children, particularly in terms of nutrition, smoking, consumption of alcohol, substance misuse and breastfeeding.⁴⁷⁹ Looking more closely at one of these factors, the British epidemiologist, the late Professor David Barker, showed that maternal under-nutrition, even for a short period, during the second half of gestation, led to babies with a low birth weight and a greater likelihood of

developing coronary heart disease, stroke and diabetes.⁴⁸⁰ A study conducted within deprived communities in London found that, of those people who engaged with the arts, 79 percent ate more healthily, 77 percent engaged in more physical activity and 82 percent enjoyed greater wellbeing.⁴⁸¹

The most common reason for hospital admission in England is childbirth. The duration of labour has been found to be more than two hours shorter and requests for pain relief lower when an artist-designed screen has been installed in the delivery room.⁴⁸² Listening to self-selected music distracts women from the pain of childbirth⁴⁸³ and diminishes anxiety about caesarean section.⁴⁸⁴ As part of Creative Practice as Mutual Recovery: Connecting Communities for Mental Health and Well-being – an international health humanities initiative supported by the AHRC – the Birth Project found that arts participation could enhance understanding of the birth experience, aid in the transition to motherhood and increase the confidence, self-esteem and wellbeing of mothers.⁴⁸⁵ This suggests normalising arts interventions in maternity units.

The heart rate of new-born babies is positively affected by the playing of lullabies.⁴⁸⁶ The use of live music in neonatal intensive care has been found to lead to statistically significant improvements in clinical and behavioural states in premature babies, leading to considerably reduced hospital stays.⁴⁸⁷ A Celtic harp played in the Special Care Baby Unit at Gloucester Royal Hospital calms babies and mothers alike and assists parent–child bonding.⁴⁸⁸ A visual art project at Southern General Hospital in Glasgow alleviates the stress of parents waiting at bedsides, simultaneously providing a welcome distraction from, and a focus of artistic attention onto, their premature babies.⁴⁸⁹

6.2

Perinatal Mental Health

One in five mothers suffers from anxiety, depression or, in some cases, psychosis during pregnancy or in the first year after childbirth. Suicide is the second leading cause of maternal death after cardiovascular disease.⁴⁹⁰ Maternal depression in the period immediately before or after birth is estimated to carry a long-term cost to society of about £8.1bn for every annual cohort of births in the UK. This equates to just under £10,000 for every birth in the country, 72 percent of which relates to adverse impacts on the child rather than the mother.⁴⁹¹

After the CQC identified a need for better consultation with the families of people with mental health needs at Devon Partnership Trust, Consultant Psychiatrist and regional and associate national lead for perinatal mental health at NHS England, Dr Jo Black, worked with the Director of ForMed Films, Emma Lazenby, to produce an animation called *My Mum’s Got a Dodgy Brain*.⁴⁹² This is an excellent example of a narrative-based arts approach in public health education.

In September 2014, a Children and Young People’s Mental Health Taskforce was set up, co-chaired by DH and NHS England. This acknowledged the strong link between parental (particularly maternal) mental health and that of their children.⁴⁹³ Early intervention is crucial, yet the *Five Year Forward View for Mental Health* estimated that ‘fewer than 15 per cent of localities provide effective specialist community perinatal services for women with severe or complex conditions, and more than 40 per cent provide no service at all’.⁴⁹⁴ The Health Select Committee recommended that this uneven provision be addressed urgently.⁴⁹⁵ The *Five Year Forward View for Maternity Care*, which emerged from a National Maternity Review chaired by Baroness Cumberledge, highlighted an urgent need to compensate for historic underfunding and provision in perinatal and postnatal mental healthcare.⁴⁹⁶ *Next Steps on the Five Year Forward View* stated an aim of helping 9,000 more mothers by 2018–19.⁴⁹⁷

Psychosocial factors, such as stress and social isolation, are known to have an impact on perinatal mental health. The chronic stress precipitated by low income adversely affects parent–child bonding

and parenting ability, which has a knock-on effect on children’s long-term development.⁴⁹⁸ The *Marmot Review* argued that depression and isolation (which follow the social gradient) have a negative impact upon mother–child bonding and that this can be overcome by supportive interventions.⁴⁹⁹ In the previous chapter, we reviewed evidence of an early arts-on-prescription activity in Stockport that helped to both prevent and overcome postnatal depression. More recently, a study, a pilot project and an ongoing community initiative have demonstrated the value of the arts to perinatal mental health.

The study – led by the Centre for Performance Science, a consortium comprising Imperial College London, the Royal College of Music and Chelsea and Westminster Hospital, funded under the ACE Research Grants Programme and involving 148 participants – looked at the impact of group singing on women with postnatal depression, as compared to either creative play or a combination of antidepressants and psychotherapy. Every week for ten weeks, in hour-long weekday afternoon music workshops, women listened to, learnt, wrote and sang songs with their babies. Affection shown by parents to their offspring in the early days of life has been seen to produce a lifelong reduction in the stress hormone cortisol.⁵⁰⁰ The Music and Motherhood study suggested that singing led to faster recovery from postnatal depression than in either of the control groups, reducing cortisol, stimulating a positive emotional response and promoting mother–child bonding. The impact was more pronounced in mothers with severe postnatal depression, who recovered a month faster than either of the control groups.⁵⁰¹

The pilot – initiated as a co-production between Southwark Council’s nurse-led Parental Mental Health Team and South London Gallery, funded by GSTC and led by artists at the gallery and three local children’s centres – worked with mothers experiencing mental distress and their children under the age of five. Between January 2013 and December 2014, six Creative Families programmes ran with a total of 46 mothers and 61 children. Only 28 percent of participants identified as white British, which serves as further evidence of the overrepresentation of members of BAME communities within mental health services and the success of arts and health programmes in reaching this demographic. Over the course of the 10-week art and craft programme, mothers experienced a 77 percent reduction in anxiety and depression and an 86 percent reduction in stress. They increased in confidence and self-determination, and their sense of isolation decreased. Mother–child attachment improved, and the emotional,

Visual art and music relieve the pain and anxiety of childbirth, lead to weight gain in premature babies and encourage parent–child bonding.

social and cognitive development of the children was stimulated.⁵⁰² Following the pilot, funding from the mental health team was secured to enable the project to continue.

The ongoing initiative – Dreamtime Arts, delivered by Wellspring Healthy Living Centre, part of Bristol Arts on Referral Alliance, in one of the most deprived parts of Bristol, with a BAME population of 55 percent – uses the arts as a therapeutic activity for mothers of pre-school

develop their talents, proportional investment needs to be made across the social gradient.

It has been found that 20,000 fewer words per day are addressed to children from poor socio-economic backgrounds than their wealthier counterparts, which compromises linguistic development.⁵⁰⁶ But the relationship between family income and early childhood development is not fixed.⁵⁰⁷ Engagement with the arts can aid physical, cognitive, linguistic, social and emotional development. A wealth of evidence demonstrates a link between reading aloud to children and greater literacy and comprehension, informing such initiatives as Read On Get On and the Book Trust's guidance on reading aloud.⁵⁰⁸ Reading Well for young people, a programme run by The Reading Agency, is available in public libraries across England

as part of a wider books-on-prescription scheme.⁵⁰⁹

Housing quality correlates with mental health. Creative Homes acknowledges the household environment to be one of the paramount influences on a child's healthy brain development.⁵¹⁰ With 25 percent of children in London living in overcrowded conditions, rising to 43 percent in the social rented sector, and low incomes putting a strain on family relationships, Creative Homes identifies the need to avert consequential health and care challenges. The charity facilitates live arts experiences in London homes, including households in social or sheltered housing and dependent on income support, with one or more children under five. Trained artists, including storytellers, dancers and musicians, share with families skills that directly tackle the stresses of daily life. Funding comes from a range of sources including GSTC, ACE, local authorities and housing organisations. An analysis of Creative Homes showed a 64 percent improvement in the quality of household routines, a 23 percent increase in play at home and a 27 percent increase in singing with children.⁵¹¹ This type of environmental improvement can be expected to reduce future demand on health services.

Addressing the needs of young children, especially those with diminished economic, social, physical and/or cognitive capacities, the research-driven organisation MovementWorks provides dance movement programmes designed to accelerate learning. Physical difficulties are often early indicators of developmental disorder as they mirror the neurological organisation of the brain. The Developmental Dance Movement programme is a multi-sensory whole-body learning experience which uses dance activity as a kinaesthetic tool to accelerate children's development in the early years. Weekly sessions of

Art, craft and singing help mothers to overcome postnatal depression, promote parent-child bonding and improve children's mental health and wellbeing.

children who are experiencing poor mental health and wellbeing, including postnatal depression. Many of the participants face persistent social issues, including poverty, unemployment, poor housing and social isolation. Some are asylum seekers; others are survivors of domestic violence and abuse. Three 10-week arts courses run throughout the year while children are cared for in a nearby crèche. Activities absorb participants, offering respite from their anxieties (57 percent reduction). At the same time, Dreamtime Arts is a bridge to primary mental health services, about which there is persistent stigma, with many mothers going on to access services and other support.⁵⁰³

These three examples suggest that local authorities might ensure that health visitors, midwives, GPs and antenatal teachers are informed of the health and wellbeing benefits of arts participation for expectant mothers and those with pre-school and school-age children, and that these benefits are communicated to expectant and new mothers. Where there is little or no provision, local authorities might encourage partnership projects with local arts organisations.

6.3

Early Childhood Development

The *Marmot Review* advocated policies that 'Give every child the best start in life'. This was repeated in the 2012 report of the Chief Medical Officer,⁵⁰⁴ and it resulted in DH making an explicit commitment to giving every child the best start in life.⁵⁰⁵ For all children to have a fair chance to

Participatory arts and arts therapies enhance social, emotional and behavioural development in young people.

35 to 45 minutes across the academic year involve various movement-based games and activities. Sessions are not focused on learning any particular dance style or steps, but they encourage children to practise physical and cognitive skills which aid overall developmental progress. Mixed-methods research shows accelerated learning and significant improvements in visual-motor integration and developmental maturity.⁵¹²

Programmes like Creative Homes and Developmental Dance Movement increase school readiness,⁵¹³ defined by the Government as the level of preparedness to succeed cognitively, socially and emotionally in school.⁵¹⁴ School readiness is unevenly distributed across the social gradient. Two in five children in London are not ready for school (increasing to four in five in poorer boroughs outside the capital), yet £1 spent on early care and education has been calculated to save up to £13 in future costs.⁵¹⁵ Sure Start Children's Centres could be sites for delivery of the arts for health and wellbeing, but one third of them have been lost since 2010.⁵¹⁶

At UCL Institute of Education, Professor Susan Hallam reviewed evidence on the impact of music-making on the intellectual, social and personal development of children and young people. She concluded that 'There is considerable and compelling evidence that musical training sharpens the brain's early encoding of sound leading to enhanced performance on a range of listening and aural processing skills'.⁵¹⁷

Reading aloud to children increases literacy and comprehension and helps to narrow socio-economic differences in educational attainment.

Transformations in the brain develop quickly, but music practice needs to be sustained over time for these effects to be retained. Once developed, neurological shifts lead to improved motor skills and speech perception, contributing to language development, literacy and spatial reasoning, bearing a lifelong impact. Formal music practice requires sustained attention and the encoding of musical passages into memory, while playing in an ensemble requires goal-directed, pro-social behaviour and performing to an audience

heightens self-belief. People who have learnt to play a musical instrument score better on tests across subjects and display a high degree of conscientiousness, openness to new experiences and enhanced emotional intelligence. The case study in this section looks at an ambitious programme that encourages young children, particularly those from disadvantaged backgrounds, to learn to play a musical instrument.⁵¹⁸ In November 2016, DfE committed £300m over four years to a series of music education hubs administered by ACE.⁵¹⁹

Children with additional needs are able to express themselves through music. The connection between music therapy and autism spectrum disorder (ASD) has been explored since the 1970s.⁵²⁰ A Cochrane Review of literature in this area found that 'music therapy may help children with ASD to improve their skills in primary outcome areas that constitute the core of the condition including social interaction, verbal communication, initiating behaviour, and social-emotional reciprocity'.⁵²¹ Music therapy is recognised as a psychological therapy by NHS England, NICE and the Office for Standards in Education, Children's Services and Skills (OFSTED).

The Time-A study is an RCT being conducted at 10 sites around the world, looking at the effectiveness of music therapy for children with ASD. The UK part of this project is being coordinated at Imperial College London and Anglia Ruskin University, funded by NIHR, and is due to report in 2017. Live Music Now delivers music workshops throughout the UK, in mainstream schools and for children with disabilities, learning difficulties and SEN.⁵²² Jessie's Fund helps children with additional and complex needs or serious illness to communicate by using music.⁵²³

The Key Club, run by Turtle Key Arts since 2003, responds to the lack of activity being offered to people with ASD leaving the education system (aged 16 to 30).⁵²⁴ Easing the transition to adulthood and providing continuity with peers, monthly two-hour sessions of participatory visual and performing arts are offered in London and High Wycombe at an annual cost of £10. Evaluation points to the social and emotional benefits derived from group creative activity by both participants and parents.⁵²⁵

Sistema Scotland: Big Noise



In Scotland, there is a focus on the early years, and the arts play a part in this.

The Big Noise project, run by Sistema Scotland, works on the basis that ‘children from disadvantaged backgrounds can gain significant social benefits by playing in a symphony orchestra’.⁵²⁶ Drawing on a model established in Venezuela, tailored to local circumstances, Sistema Scotland has a mission to transform lives through music. In Raploch in Stirlingshire, Big Noise has been active since 2008, offering an immersive orchestral programme to pre-school and school-age children and young people. In Govanhill in Glasgow, it has been operating since 2013, initially during and after school for children in the first three years of primary education. Funded by the Scottish Government, local authorities and private sources, Big Noise pays explicit attention to the role that musical learning may have in tackling health inequalities. Neither an audition process nor a fee is necessary to participate, and efforts are made to involve children with complex needs in areas of low arts engagement. Excellence is pursued, with teaching provided by professional musicians and highly skilled and motivated participants being sought for public performances.

Longitudinal, mixed-method, controlled evaluation is planned over the life course of the children and young adults taking part in Big Noise, at the individual, familial, social, community and societal levels. The first phase of evaluation – conducted by the Glasgow Centre for Population Health in partnership with Audit Scotland, Education Scotland and Glasgow Caledonian University – was completed in March 2015. This demonstrated potential for improvements in health and wellbeing via seven pathways: engagement with learning (improved school attendance, confidence, diligence, linguistic and other skills); life skills (creativity, adaptability, problem-solving and decision-making skills, collaboration, cooperation and self-discipline);

emotional wellbeing (gained from the enjoyment of playing music in a safe environment and a sense of belonging); social skills and networks (increasing cultural tolerance); respite and protection (from home stresses, alcohol, drugs and antisocial behaviour); musicianship; healthy behaviours (including diet and exercise). An analysis of tangible and intangible benefits showed a substantial net gain in social value, realised within six years of the programme beginning and increasing over the lifetime of participants.

Several local authorities in Scotland have expressed an interest in hosting a Big Noise project, and Torry in Aberdeenshire began one in 2015. A similar project is being coordinated by Sistema England, supporting programmes in Lambeth, Newcastle, Norwich, Liverpool, Telford and Stoke. In West Everton, where 52.9 percent of children are classed as living in poverty (two and a half times the national average), In Harmony is integrated into the school curriculum, in association with the Liverpool Philharmonic Orchestra. Statistical analysis has shown significant improvements in age-related achievements, leading researchers to conclude that the programme has a ‘contributory effect on child development’.⁵²⁷ In 2016, DfE committed to In Harmony £500,000 per year to 2018.⁵²⁸

The benefits of music have also been experienced by young people fleeing war and persecution.⁵²⁹ Following a 2007 tour of Bosnia with a chamber opera, composer, Nigel Osborne, Emeritus Professor at the University of Edinburgh, was invited by the Bosnian Government to develop a youth musical theatre in Srebrenica. At the round table on the Arts and Post-traumatic Stress, Professor Osborne described how the Ministry of

The Art Room is a national charity offering therapeutic interventions for children and young people who find it hard to engage with learning because of emotional or behavioural difficulties.⁵³⁵ These difficulties may arise as a result of family circumstances, bereavement, trauma or maltreatment. Every week, the Art Room works with over 500 children and young people aged between five and 16, providing a safe and inspiring studio environment within more than 40 primary and secondary schools in Oxfordshire, London and Edinburgh. Trained practitioners work with groups of children to raise their confidence and self-esteem and help them to develop social skills essential to their wellbeing and engagement with

Creative activities improve the quality of the household environment, stimulating healthy brain development in children.

Health hailed the project as a therapeutic success, which led to its continuation and expansion into Kosovo, Chechnya, Palestine and East Africa. Music Action International, which works with young asylum seekers, refugees and torture survivors in the UK, won the *Guardian* Charity of the Year Award in 2016.⁵³⁰

A 2015 literature review published in the USA explored ways in which early childhood engagement in not only music-based activities (including singing, playing musical instruments and dancing) but also drama and the visual arts and crafts was linked to socio-emotional development.⁵³¹ The review compiled research showing a positive association between the development of socio-emotional skills and all the branches of the arts under investigation, while noting that low socio-economic level could delay or distort socio-emotional development and act as a significant barrier to arts participation.

Each child with untreated behavioural problems costs an average of £70,000 by the time they reach 28, 10 times the cost of their peers.⁵³² Two reviews have examined evidence relating arts engagement to health and behavioural outcomes in young people. The first of these studied the impact of performing arts in extracurricular school environments or community settings for 11 to 18 year olds. Literature published between 1994 and 2004 showed positive impacts for young people, especially in the areas of peer interaction and the development of social skills.⁵³³ Building upon this, a second review examined literature published between 2004 and 2011, looking at the impact of music, dance, singing, drama and visual arts undertaken in non-clinical settings over the same age range. This established that ‘arts/creative projects have the potential to address young people’s sense of self-worth and life skills as a mechanism for promoting behaviour change and healthy lifestyles’.⁵³⁴

learning. Groups of no more than eight children attend sessions lasting up to two hours every week for at least a term. Sessions are centred on the creative transformation of everyday objects that the children use in their school or home lives. An independent evaluation of the Art Room showed that sessions significantly reduced students’ emotional and behavioural problems and increased their pro-social behaviours, especially within their peer groups. Children who had clinical levels of difficulty at the beginning of the sessions showed an 87.5 percent improvement in their self-reported mood and self-esteem by the end of the programme.⁵³⁶

Conduct disorders, manifested as sustained disruptive and violent behaviour, affect 5.8 percent of children under 15. Children with conduct disorders are ‘twice as likely to leave school without any qualifications, three times more likely to become a teenage parent, four times more likely to become dependent on drugs and 20 times more likely to end up in prison’ than those without.⁵³⁷ The lifetime cost associated with early conduct disorders is estimated at £260,000 per child,⁵³⁸ leading DH to advocate evidence-based and cost-effective treatment of childhood conduct disorders.⁵³⁹

In two special schools for children and adolescents with social, emotional and behavioural difficulties in London, a three-year research project looked at the provision of art, music and drama therapies. Many of the young people involved had experienced insecure attachments to caregivers, which had negatively impacted on their emotional development, usually combined with experience of trauma such as domestic or street violence or abuse. This had resulted in poor regulation of emotions, aggressive behaviour and diminished empathy and sometimes led to post-traumatic stress or conduct disorders. A sample of 52 young people

Dance accelerates development and learning and improves hand–eye coordination.

engaging in arts therapies was assessed over the course of a year and compared to a control group on the waiting list. Participants undergoing arts therapy showed significant improvements in their social, emotional and behavioural development, particularly in relation to emotional and conduct difficulties. Qualitative analysis revealed that the young people felt safer and more comfortable communicating traumatic experiences through the arts than through verbal therapies.⁵⁴⁰ It is unfortunate, therefore, that children in special schools have less support for the arts than children in mainstream education. Provision should, at the very least, be uniform across the two sectors. We advocate that resources should be distributed according to need.

The savings that can be achieved through participatory arts programmes, as a form of upstream early years intervention,⁵⁴¹ should be recognised and acted upon more extensively. We urge DH and DfE to recognise the arts as a form of evidence-based and cost-effective treatment of childhood behavioural problems and conduct disorders and make provision accordingly. In light of this evidence, NICE might revise its guidance on social and emotional wellbeing in the early years.

A useful tool in mainstreaming arts activities will be the Partnership Investment Programme, brokered by Arts Connect, which is designed to encourage shifts in commissioning that support behaviour change in children and young people.⁵⁴² We look forward to other such organisations

Learning to play music enhances cognitive development and improves health and wellbeing.

informing themselves about the health and wellbeing benefits of the participatory arts, and advocating for them with local authorities, health services and cultural organisations across the country.

6.4

Education

Education is one of the determinants of health, but the benefits of education are unevenly distributed across the social gradient.⁵⁴³ Children born into families enjoying a high socio-economic position are able to maintain high scores at school or improve their scores over time from a lower starting point, whereas the performance of high-scoring children from poorer backgrounds tends to diminish over time, and their lower-scoring counterparts show little improvement.⁵⁴⁴ The London Challenge – a government-funded school improvement programme that took place in the capital between 2003 and 2011 – coincided with a dramatic overhaul of failing schools and helped to bridge the attainment gap.⁵⁴⁵ A 2017 update of the ImagineNation report, published by the Cultural Learning Alliance (chaired by Lord Puttnam) noted that a quarter of children in the UK were living in poverty and that cultural learning had a vital part to play in addressing the inequalities in educational attainment and health arising from this.⁵⁴⁶

A study in Australia found that ‘arts education not only has intrinsic value, but when implemented with a structured, innovative and long-term approach, it can also provide essential extrinsic benefits, such as improved school attendance, academic achievement across the curriculum as well as social and emotional wellbeing’.⁵⁴⁷ Drawing on this and other international research in his 2013 review of the arts in Welsh schools, Professor Dai Smith observed that provision both within and outside the curriculum was uneven, leading to the recommendation that the Welsh Government embed the arts in schools, so as to improve literacy and numeracy and narrow the attainment gap. This implied

that ‘students should be presented throughout their school years with a plethora of arts experiences, whether delighting or provoking or challenging, across the gamut of field trips to events, galleries, performances, critical appreciation talks, and soon, including arts residencies in schools, in order to make every school in Wales an arts-rich school in either achievement or ambition’.⁵⁴⁸ It was envisaged that this would require an enhancement of the primary and secondary curriculum, the fostering of arts

champions and a joined-up approach involving arts and educational practitioners, the arts council, museums and galleries.

Drawing upon Professor Smith’s analysis, *Culture and Poverty* made a connection between arts engagement and academic achievement,⁵⁴⁹ and it recommended that cultural enrichment activities were integrated into the Flying Start programme, for children under four in the most deprived areas of Wales, with the arts being encouraged within and outside school. In February 2016, the Public Policy Institute for Wales published an analysis which found that ‘There is a compelling evidence base regarding the potential impacts of school-based strategies that are designed to promote social and emotional learning’ and led to the recommendation of both universal and targeted approaches in schools.⁵⁵⁰

Large cohort studies show that a combination of aspirational parents and an ambitious school can transform life outcomes.⁵⁵¹ In June 2016, the Royal Shakespeare Company collaborated with King Ethelbert’s secondary school and Cliftonville Primary, both located in an area of multiple deprivation in Thanet, to stage *A Midsummer Night’s Dream* in the streets, on the beach and at cultural venues in Margate. The head teacher of King Ethelbert’s School said that the project had ‘transformed teaching in all departments, raised aspirations and increased parental involvement’.⁵⁵²

The school achieved its best ever exam results, exceeding government targets by a considerable margin. My Primary School is at the Museum, an initiative of Garbers and James architects coordinated by King’s College London, relocated children from schools in Tyne and Wear, Swansea and Liverpool to a nearby museum for a term to explore the benefits of cultural learning.⁵⁵³

Arts-based programmes improve school readiness, yielding considerable cost benefits.

In England, the arts remain a statutory part of the curriculum until key stage three, but the arts and humanities are being cut back from primary school onwards. The introduction of the English Baccalaureate (EBacc) – which is awarded when grade C or higher is achieved across five subjects including English, maths, history or geography, the sciences and a language but no arts subjects – is being blamed for a decline in pupils choosing music in secondary schools.⁵⁵⁴ Supported by Lord Puttnam, Lord Bichard and Baroness McIntosh,

the educational company Artis works to fill the gap in cultural education, using music, drama and movement in the classrooms of state secondary schools to stimulate imaginative thinking that relates to classroom learning.⁵⁵⁵ Feedback suggests that sessions – which map onto the curriculum – increase the self-esteem and confidence of pupils in a way that can impact upon the whole school.

The 2016 Culture White Paper acknowledged that ‘being taught to play a musical instrument, to draw, paint and make things, to dance and to act’ is an important part of every child’s education and pledged that DCMS would ‘put in place measures to increase participation in culture, especially among those who are currently excluded from the opportunities that culture has to offer. In particular, we will ensure that children and young people from disadvantaged backgrounds are inspired by and have new meaningful relationships with culture’.⁵⁵⁶ Responding to this, the ACE Cultural Citizens programme will give an initial 600 schoolchildren in disadvantaged communities exclusive access to cultural institutions. In the 2016 Autumn Statement, a scheme was announced to promote cultural education in schools.⁵⁵⁷

When inspecting schools, OFSTED considers the ‘spiritual, moral, social and cultural development of the pupils’.⁵⁵⁸ In response, ACE has instigated a scheme called Artsmark, which ‘enables schools and other organisations to evaluate, strengthen and celebrate their arts and cultural provision’.⁵⁵⁹ This pays heed to the elements of the OFSTED framework with the most relevance to the arts and culture, particularly the requirement that pupils are reflective, imaginative and curious, that they develop an appreciation of theatre, music, art and literature and that they respond positively to a range of artistic and cultural opportunities. Health also enters into the school inspection framework,

particularly the requirement that ‘learners understand how to keep themselves safe and healthy, both physically and emotionally’.⁵⁶⁰ At present, however, no connection is made between health and the arts. DfE and OFSTED could usefully encourage all schools to recognise the role of the arts in the cultural development,

mental health and wellbeing of pupils and to adopt the Artsmark application.

Of course, efforts to realise the extrinsic benefits of the arts cannot be confined to schools, as this would miss children and young people who have been excluded. An independent review of cultural education in England, commissioned from Darren Henley by DCMS and DfE, argued for the ‘rich provision of Cultural Education both in school and out-of-school’.⁵⁶¹ The Kick Arts programme, supported by the Heritage Lottery

Participatory arts have the potential to enhance educational outcomes across whole schools.

Fund and run by the Oxford Youth Action Partnership in Oxford and Banbury, is aimed at 11 to 16 year olds who do not attend school or are at risk of exclusion. It encourages a wide range of creative activity and visits to cultural venues, helping young people to negotiate identities beyond the school environment. Participants relish respite from school and stress and the chance to explore and experiment; they have also spoken of immersion in creative activity overcoming anxiety and negative feelings. Re-engaging with learning, young people involved in the programme have achieved different levels of Arts Award.⁵⁶²

The Roundhouse Trust provides ‘space to create’, with a particular focus on young people who have been failed by institutions and lack trust in society. The charity involves young people in its governance and provides neutral territory in which 11 to 25 year olds from all walks of life can come together. It offers access to music, performing arts and broadcast media, through open programmes, in schools and on housing estates. Creative activity has been observed to stimulate an understanding of the process of making, giving rise to a greater sense of responsibility and self-reflection, increased confidence and self-esteem and better mental health.⁵⁶³

The Durham Commission on Creativity and Education, supported by ACE, will look at ways in which an inspiring and creative cultural education can be secured for all young people, which will inform ACE’s strategy for 2020–30.⁵⁶⁴ DfE, DCMS and DCLG might work together to ensure that participatory arts provision is made available both inside and outside of school.

A review conducted by Lord Laming in 2015–16 looked at why, when only one percent of children went into care in England and Wales, 33 percent of boys and 61 percent of girls in custody had been in care. Aside from multiple levels of risk, to which children in care had been exposed since birth, this found lower than average educational attainment and higher than average behavioural difficulties and mental health problems.⁵⁶⁵ The review detailed examples of good practice aimed at diverting children in care away from the criminal justice system, but none of these mention the arts.

The Social Care Institute for Excellence (SCIE) has been commissioned by DH and DfE to improve the mental health and emotional wellbeing of children and young people in care.⁵⁶⁶ Guidance for looked-after children and young people published by SCIE and NICE urges social workers and social work managers to ensure access to the creative arts,

to ‘support and encourage overall wellbeing and self-esteem’.⁵⁶⁷ Arts Care’s Twilight Zone project for looked-after young people (13 to 18 year olds), initiated in 2011 and funded by the Public Health Agency of Northern Ireland, aims, through high-quality arts participation, to build skills, develop self-confidence and assist young people in preparing for the transition into life after residential care.⁵⁶⁸ In light of the evidence presented in this report, SCIE, the Care Leavers Association and others might wish to consider the inclusion of arts-based activities in the repertoire of services.

The relationship between children in care and young people in the criminal justice system confirms what we already know: that a bad start in life can have profound consequences. On top of this is the relationship between marginalisation and poor life chances. Muslim communities make up 4.2 percent of the population in England and Wales but up to 23 percent of the population of young offender institutes, along with high numbers of black and white working class boys. A review conducted by Baroness Young paid specific attention to the ways in which outcomes might be improved for young black and/or Muslim men in the criminal justice system. This identified persistent stereotyping as a major obstacle in refashioning lives.⁵⁶⁹ We have seen that the arts provide a place of safety and freedom from judgement.

A review of youth offending services conducted by the former Chief Executive of the National College of Teaching and Leadership, Charlie Taylor, noted that more than a third of children in the youth custodial estate had a mental health problem and that physical health was generally poor. Acknowledging the connection between low educational level and offending, the review positioned education at the heart of system reform and called for a multi-agency response, including health, social care and other services, to help prevent problems from manifesting themselves in offending.⁵⁷⁰ In the process, the review acknowledged music-making as a form of meaningful activity that kept children occupied and much less likely to offend.

Research has shown that making culturally relevant music increases self-confidence and motivation, proving effective with disaffected young people, the positive effects of which have been observed among young people in the criminal justice system.⁵⁷¹ A team at Bath Spa University has conducted an evaluation of Birmingham Youth Offending Service Youth Music Project, which offers weekly two-hour one-to-one music sessions

to young people, typically over three months followed by ten mentoring sessions. Mixed-methods evaluation of the programme showed statistically significant improvements in musical ability and wellbeing. Many of the young people interviewed spoke about increases in confidence and social skills, with several re-engaging with education as a result of the programme.⁵⁷²

As part of the Connecting Communities (C2) project, more than 1,000 children have attended TR14ers dance workshops, which takes its name from the postcode for Camborne, one of the most deprived towns in the UK with high levels of antisocial youth behaviour and low levels of educational attainment. The workshops have been credited with a drop in antisocial behaviour, a 90 percent reduction in truancy and increased educational attainment, and police estimate that ten young people a year have been prevented from being labelled a persistent young offender as a result of the workshops.⁵⁷³

6.5

Recovery from Illness and Management of Long-Term Conditions

Between January and June 2013, a study was conducted at Alder Hey Children’s NHS Foundation Trust in Liverpool.⁵⁷⁴ This looked at the impact of improvised somatic dance on children and young people (14 months to 17 years) suffering from acute pain following surgery or rehabilitation from brain injury, on the orthopaedic, cardiac and neuromedical wards. Somatic dance focuses on the body to emphasise internal physical perception and experience; using a non-directive approach to creative dance and movement, a duet is developed between practitioner and participant, ranging from small muscular movements to more expansive gestures. A consistent finding across all the

Art therapy for children with chronic conditions, such as that provided by the Teapot Trust in Scotland and at Great Ormond Street Children’s Hospital, diminishes fear and pain and helps to build coping strategies.⁵⁷⁶ Creative writing has been seen to increase not only literacy but also wellbeing in adolescents with conditions that prevent them from attending school.⁵⁷⁷

A fifth of children in England are overweight or obese when they start school, which rises to one third by the time they leave primary school.⁵⁷⁸ Obesity affects not only health and mortality but also emotional and behavioural development. If it carries over into adulthood, there is an increased risk of developing type 2 diabetes. In 2014–15, an estimated £5.1bn was spent on overweight- and obesity-related ill health. The Government’s plan for action on childhood obesity, published in August 2016, acknowledged that the problem of obesity was greatest among children from low-income backgrounds, with children of five being twice as likely and children of 15 three-times more likely to be obese than their better-off counterparts; obesity patterns also show a racial bias. The Government declared its aim to reduce childhood obesity significantly over the next decade, seeking improvements to diet and encouraging active sport.⁵⁷⁹ The arts have been seen to benefit the management of childhood obesity.

A 2012 study of Norwegian adolescents found that boys and girls (13–19 years) who engaged in social activities were more likely to be obese in adulthood (24–30 years), whereas girls who participated in cultural activities were less likely to be obese. These results were amplified when considering those girls who were at the recommended weight when the survey began and when watching television was excluded as a cultural activity. The researchers concluded that arts participation offered a protective effect against obesity.⁵⁸⁰

Between 2006 and 2012, Healing Arts, in partnership with the Isle of Wight NHS Trust, received funding through the Invest to Save budget to pilot a series of projects, collectively known as A

Lifetime’s Health Delivered Creatively. One of the three programmes developed under this banner was Time Being 7, a 20-week arts and creative play course which sought to divert children away from sedentary leisure pursuits, such as television viewing and playing computer games, to stave off weight-related health problems.

At the outset, more than half the group spent a considerable amount of time with screen-based electronic media; by their own account, 38 percent of children reduced the time they spent watching

Arts participation has a part to play in the management of long-term conditions such as childhood obesity.

sessions was that participants became less anxious and better able to move, which points to a role for improvised dance within paediatric healthcare and pain management.⁵⁷⁵

television and playing computer games; by their parents' account, 46 percent of the children reduced their screen time compared to increases across the cohort.⁵⁸¹

6.6

Improving Mental Health and Wellbeing

The most recent figures on the mental health of children and young people date from the ONS prevalence study of 2004. At that time, an estimated one in ten children (aged five to 16) in Britain had a mental health problem, including anxiety (3.3 percent of all children), serious depression (0.9 percent) and hyperkinetic disorders (1.5 percent, including ADHD).⁵⁸² Reports of anxiety and depression in children have doubled since the 1980s.⁵⁸³ Children from low-income families are up to three times more likely to experience mental ill health.⁵⁸⁴ As in the wider population, children with mental health problems are more likely to have physical health problems, some of which are connected to smoking and obesity (with psychotropic drugs causing weight gain and the Government prescribing a reduction in their use).⁵⁸⁵ Among the 12 percent of young people living with a long-term physical condition, there is a greater likelihood of developing mental health problems.

In October 2014, the House of Commons Health Committee published a report on children's and adolescents' mental health and the main service for them (CAMHS). The report identified 'serious and deeply ingrained problems with the commissioning and provision of children's and adolescents' mental health services. These run through the whole system from prevention and early intervention through to inpatient services for the most vulnerable young people'.⁵⁸⁶ The Select Committee condemned the lengthy waiting times, raised referral thresholds and scarcity of local inpatient services caused by increased demand and diminishing funding.

Around a quarter of mental health problems are preventable through early intervention during childhood and adolescence, representing both a considerable saving and a significant difference to the quality of life of many young adults. The Chief Medical Officer has highlighted prevention and early intervention as a priority.⁵⁸⁷ The Select Committee report recommended that priority be given to early intervention, that patchy provision be ironed out and that attention be paid to securing stable, long-term funding.

Responding to these findings, the Government accepted that current provision fell short and pointed to the work of the Children and Young People's Mental Health Taskforce.⁵⁸⁸ In March 2015, the taskforce published a report, *Future in Mind*, which cited data showing that only 25 to 35 percent of young people with a diagnosable mental health condition accessed support, and what little support was accessed was geographically dispersed, subject to lengthy waiting times and unresponsive to individual need.⁵⁸⁹ *Future in Mind* advocated a more accessible, locally organised and responsive system providing appropriate care. It also prioritised resilience, prevention and early intervention and urged a reduction of inequalities in access and outcomes. While the arts were not mentioned in the taskforce report, *Culture and Poverty* recommended the integration of arts activities in the Families First programme, which emphasises prevention and early intervention for families in Wales, particularly those living in poverty. We believe the arts should be part of a locally organised and responsive young people's mental health system.

Key Changes offers music engagement and recovery services in the community and hospitals for children and adolescents experiencing mental health problems. Every year, more than 1,000 music workshops in inpatient settings and 1,500 studio sessions in the community are delivered to over 3,000 people in London, Manchester, Sheffield, Woking and Chelmsford, including a programme of tailored one-to-one sessions and group support at professionally equipped music studios. Targeting marginalised people, particularly young BAME men, Key Changes offers culturally relevant musical activities including production and recording sessions, performance skills, concerts and work experience placements. Key Changes has been the subject of several documentaries, and it won the National Positive Practice in Mental Health Award for 2014.⁵⁹⁰

In Northern Ireland, Youth Action works across the sectarian divide to help young people explore their identities and realise their full potential through the performing arts.⁵⁹¹ Between 2009 and 2014, Youth Action was one of four lead organisations in the Right Here project, managed by PHF and the Mental Health Foundation and aimed at improving the mental health and wellbeing of young people aged between 16 and 25 in the UK.⁵⁹²

Most serious mental health problems begin before the age of 24, with half of conditions being manifested by the age of 14.⁵⁹³ To take one example, most first episodes of psychosis happen in adolescence or early adulthood. The longer conditions like psychosis remain untreated, the worse the eventual outcome can be, and the largest group in which such conditions remain undetected is 16 to 24 year olds.⁵⁹⁴ *No Health Without Mental Health* advocated early intervention for psychosis,⁵⁹⁵

Samantics: Smile All the Time



Depression is widely accepted to be a debilitating condition, affecting approximately 120 million people worldwide and predicted to become a leading cause of disability by 2020.

It causes low mood, loss of appetite, disrupted sleep patterns and diminished functioning; it can also precipitate dementia. At its worst, depression can lead to suicide. It is associated with a million deaths per year worldwide.⁵⁹⁶ Between one in 12 and one in 15 children and young people self-harm, leading to 25,000 hospital admissions every year.⁵⁹⁷

At the round table on Young People, Mental Health and the Arts, we watched a music video, called *Smile All the Time*, which had been posted on the internet under the name of Samantics.⁵⁹⁸ Its author, Sam, has suffered severe anxiety and depression since the age of 20, and we received a moving testimony from him:

Towards the end of my twenties I couldn't cope. I tried everything I could think of, but I was in a lot of pain. It was a pain that nobody else could see, so it didn't feel justifiable to me. It didn't feel like it should have been there. It got to a point where I was determined that the only way out was to take my own life.

It's important to mention here that I had, and still have, amazing support from my family, and I only just made it. A lot of people, and especially young people, don't have that same kind of support. I wouldn't be here if it wasn't for my mum and my girlfriend especially. They helped me get help at the end of the day.

About my darkest time, I made a decision that I had one more thing to try and that was to stop hiding. I couldn't keep up this double life of portraying happiness to everybody. So it started

with a poem. Putting it into poetry made it somehow easier to say. I filmed it and I posted it onto social media, which was terrifying, but quite necessary for me, because the support that I got from that was amazing, and it changed how I saw everything that was happening. Because, for the first time, I wasn't as afraid to talk about it. That was the biggest step for me.

Poetry then turned into music when I realised that these words that I'd written could be lyrics. Then that became my next weapon, I guess, in this battle against depression. It's kind of strange that when I write a song like Smile All the Time, I'm able to be far more honest than I would be if I was just in a general conversation. When I perform, I release so much energy that it becomes very cathartic for me. So there's two massive releases from writing and performing. It helps to calm me down, just release these negative feelings.

I think one of the most important aspects of music is the people it can reach. Music is a platform which allows me to spread a message. Since that video has gone live, I've been contacted by so many people. One example is a 14-year-old girl who told me she had nobody else to talk to. There were students and young adults who were scared to be open with the people around them. They thanked me for saying what they feel and couldn't. Some of them really opened up to me and even listened to what advice I could give them to seek further help. That gives me a purpose and it makes me feel kind of happy to be me, which is rare.

and the Children and Young People's Mental Health Taskforce advanced a 'compelling moral, social and economic case for change'.⁵⁹⁹ The Alchemy Project, using dance as an early intervention in psychosis, which is taken as a case study in this chapter, illustrates how the arts can be used to remarkable effect in mental health.

NHS spending on psychosis is currently skewed towards inpatient care, with an average cost of £350 per day and an average stay of 38 days (equating to £13,300 per non-compulsory admission), as compared to interventions in community settings estimated at £13 per day. Early intervention in psychosis is calculated to save £6,780 per person over four years, or £15 in costs avoided per £1 invested over ten years, putting it well within the NICE guidelines for cost effectiveness.⁶⁰⁰ Early intervention diminishes the need for antipsychotic medication, which is not only costly but also has adverse side effects.

There is a growing body of research linking the onset of psychosis with social adversity across the life course.⁶⁰¹ After controlling for socio-economic factors, people from minority ethnic groups and of mixed race are at increased risk of all psychotic illnesses.⁶⁰² The incidence of manic psychosis in black African communities is six times higher and in African-Caribbean communities eight times higher than in the white population in the UK.⁶⁰³ This calls for urgent action in tackling the social determinants of psychosis in marginalised groups.⁶⁰⁴ The Alchemy Project provides an example of an arts and health initiative overcoming the barriers to early intervention that persist in BAME communities.

From April 2016, the target for access to NICE-approved care packages within the first two weeks of experiencing a psychotic episode has been set at 50 percent, rising to at least 60 percent by 2020–21.⁶⁰⁵ The NICE guidance for psychosis and

need to embrace the healing properties of the arts in relation to anxiety, depression, stress and more severe mental health problems.

In November 2014, more than 90,500 members of the UK Youth Parliament identified young people's mental health as a concern, leading the topic to be set as a UK-wide priority for the following year and form the subject of an inquiry for the 2015 Youth Select Committee.⁶⁰⁷ The Committee found that triggers for mental ill health in young people included academic pressure and exam stress.⁶⁰⁸ DfE has been charged with responsibility for child and adolescent mental health in schools. Natasha Devon, who served briefly as children's mental health tsar, championed the creative arts as a route to emotional intelligence and self-esteem and an antidote to a relentless curriculum and endless testing.⁶⁰⁹

Among its recommendations, the Youth Select Committee included targets for young people's mental health akin to those for physical education in schools.⁶¹⁰ This would mean early introduction of emotional exploration, training of teachers to recognise the signs of mental distress and more extensive provision of counsellors in schools. We believe arts therapies and participatory arts should be included in guidance on school counselling services.⁶¹¹

DfE's policy for child and adolescent mental health includes a role for the voluntary sector, supported by a £25m grant scheme. Head of Youth Arts at Ovalhouse Theatre, Naomi Shoba, noted at a round table that activity outside the school environment could support the making of friendships transcending class, race, gender and area. Music in Mind – run by Rhythmix, a music, social welfare and education charity based in South East England – offers music-making activities to vulnerable children and young people.⁶¹² A three-year external evaluation found

that Music in Mind diminished anxiety, stress and self-harm and increased communication and coping strategies.⁶¹³

DH's Closing the Gap report noted that far too many young people were lost to the system as they made the transition to adult services.⁶¹⁴ This has been described by NHS England and others as a 'cliff edge'.⁶¹⁵ It is

disproportionately the case for vulnerable and disadvantaged young people, whose exposure to stressful life events – including problems with employment, benefits, debt and housing – are a common cause of relapse. The Youth Select Committee suggested that the upper age limit for accessing children's and adolescent mental health services (currently 18) might be made more flexible at the same time as funding was targeted at better communication between health professionals and

Creative activity is a powerful tool in overcoming anxiety, depression and stress in young people.

schizophrenia in adults recommends that clinicians 'Consider offering arts therapies to all people with psychosis or schizophrenia, particularly for the alleviation of negative symptoms'.⁶⁰⁶ The use of the participatory arts and arts therapies should be considered across the mental healthcare system. When NHS mental health trusts and CAMHS are developing support for children and adolescents, particularly in the areas of prevention and early intervention, they

The Alchemy Project



Psychosis is particularly prevalent in Lambeth, Southwark, Lewisham and Croydon, where a quarter of children live in poverty and the rate of new cases of psychosis is double the UK average.

which are often overlooked within psychiatry as a factor in overcoming mental illness. In a meeting with the Inquiry team, Nicola Crane from GSTC observed that participants arrived in one way and left as better versions of themselves, more joyful and confident.

The project was evaluated by independent assessors using WEMWBS and EQ-5D. Both cohorts demonstrated clinically significant improvements in wellbeing, communication, concentration and focus, level of trust in others, team working and quality of life. The project helped participants to develop relationships with their peers and restore relationships with their families. At the round table on Young People, Mental Health and the Arts, Dr Lauren Gavaghan, psychiatrist on the Alchemy Project, told us that the project had enabled young people to escape from the labels that had been assigned to them and rewrite their own stories.⁶¹⁶

A 40-minute film, documenting the Alchemy Project, was screened in Parliament by the APPG on 23 May 2016. Commissioners may find this film to be impressive evidence.⁶¹⁷

The Alchemy Project used dance as a form of early intervention in psychosis. It was an action research project, developed in 2015 as a co-production between Dance United and the early intervention in psychosis team at SLAM, with input from King's College London, funded by GSTC, Maudsley Charity and ACE. Two cohorts of 12 participants (18 to 35 years old), with no previous experience of dance, were encouraged to work with professional dance artists within a team that also included healthcare professionals and peer mentors. Groups were mixed, and an effort was made to involve young adult males. Participants were not labelled according to their conditions but treated as dance artists working as part of a company and pushed to achieve all they could. The groups shared healthy meals and took part in trust- and team-building exercises, many of which focused on touch and developing connections, helping to overcome isolation while also addressing bodily awareness and physical fitness. After just four weeks, each of the two groups performed a specially commissioned 20-minute contemporary piece, *El Camino* [The Path], in front of an invited audience, at the Shaw Theatre and the Lilian Baylis Studio, Sadler's Wells Theatre, respectively. Patients had become dancers.

The physical activity of dancing alleviates symptoms of mental ill health and the effects of medication, such as apathy, lethargy and lack of motivation, and it rebalances the mind-body relationship. Dance involves touch and closeness,

service users.⁶¹⁸ We suggest that community-based arts activity could offer valuable continuity as young people make the transition to adulthood. As well as helping to stabilise young people's mental health and wellbeing, these activities would serve as a conduit for maintaining contact with specialist services as necessary.

The transition from inpatient services to the community can be smoothed through the arts. Raw Material, a youth-led organisation in Brixton, seeks to 'improve the lives of young people and their economic position, their opportunities, progression and development, including mental and physical health issues'.⁶¹⁹ It does this by providing facilities and training in the world of music production. With more than 400 referrals to its Raw Sounds mental health programme, 75 percent of which come from BAME communities, the organisation provides evening access from hospital wards (primarily SLAM) and the community.⁶²⁰

Children experiencing poor wellbeing are more likely to experience poverty, unemployment and ill health as adults.⁶²¹ Research conducted by the Cabinet Office in 2014 suggested an overall reduction in health-damaging behaviour, such as smoking, drinking and drug misuse, among children and young people.⁶²² However, an index of child wellbeing in the European Union showed the UK to have the highest number of children in jobless households and poor child health, educational attainment and relationships with parents and peers, all of which contributed to diminished wellbeing.⁶²³ A collaboration between the Children's Society and the University of York looking at subjective wellbeing in children has suggested that increases in life satisfaction evident from 1994 halted from 2007 onwards.⁶²⁴ This research has also found quality of relationships with family and friends to be a determinant of wellbeing.

The Mental Health Foundation has called loneliness in young people a 'silent plague'.⁶²⁵ The School Health Education Unit's 2014 survey of more than 78,000 youngsters found a decline in emotional health and a clear association between poor wellbeing and heavy social media usage.⁶²⁶ NICE has published guidance on social and emotional wellbeing in children and young people, but this omits to mention a role for the arts. We hope that NICE will look at the benefits of the arts for this age group as part of a wider review of the arts in relation to wellbeing.⁶²⁷

The move to university can be an unsettling time for young adults as they depart from familiar support structures and face an uncertain future. A 2016 report by the Higher Education Policy Institute found that the majority of students experienced low wellbeing,⁶²⁸ with one in three affected by depression and loneliness. Universities UK has acknowledged the positive impact of

creativity upon mental wellbeing,⁶²⁹ and there is evidence that arts therapy decreases anxiety in undergraduates.⁶³⁰

Consistent with the recommendations of both the Children and Young People's Mental Health Taskforce and the Youth Select Committee, digital applications have been designed to improve mental health, such as the Start wellbeing thermometer and the Mind Emoodji, both of which promote creative thinking and have had a high take-up rate among students.⁶³¹ We would encourage the Healthy Universities Network, coordinated from MMU and the University of Central Lancashire, to recommend arts-related activities as part of a whole-university approach to health and wellbeing.⁶³² At the same time, AMOSSHE, the Student Services Organisation, could include evidence of the benefits of arts activities to students within the materials it disseminates.⁶³³

6.7

Children's Healthcare Environments

Young people spending time in hospital experience a range of anxieties, partly as a result of separation from their families, an unfamiliar environment, investigations and treatments and a loss of self-determination.⁶³⁴ The discomfiting experience of being in hospital can be salved by good information and involving young patients in the design and delivery of their care. Child-friendly healthcare environments and stress-reducing activities can also improve wellbeing. A book has been published about the role of applied theatre in enhancing the social and mental wellbeing of children in hospitals.⁶³⁵

Bristol Royal Hospital for Children, which opened in 2001, was the first new children's hospital to be built in the UK for two decades. Following extensive consultation with architects, artists, designers and patients, the arts and design were made integral to the building and furnishing of the hospital. The results of this are evident from the large lollipop-shaped stick figure at the front entrance to the welcoming reception area with its interactive artworks, while each of the seven storeys of the building is painted in a different rainbow colour. The work of more than 20 artists is to be seen in the hospital, from cartoon characters in the lifts to below-banister pictures in the stairwells. An evaluation by the University of the West of England showed much greater satisfaction with the new hospital among parents (94 percent compared with 71 percent in the old hospital). Parents particularly valued art and design for

A well-designed environment in children's hospitals helps to overcome fear and pain.

diverting children from fear, pain, illness and unfamiliar surroundings.⁶³⁶

While Bristol Royal Hospital for Children provides an example of the arts being integrated into hospital design from the outset, there are many other ways in which the arts enter into the healthcare environments of children and young people. Funded by the Children's Hospital Charity at Sheffield Children's Hospital, the Artfelt Workshop Programme offers twice-weekly sessions, through which a variety of art, craft and music sessions are made available to young patients (from birth to 16). Workshops are designed to provide a distraction during anxious moments, such as before an operation, and to break up long stays on the wards, helping children to socialise and express themselves. They take place where there is most demand, which tends to be on inpatient wards or in the Theatre Admissions Unit. Distinct from either arts therapy or a focus on aesthetic outcomes, workshops emphasise the enjoyment of arts participation. They give a creative outlet to children who may not usually have access to art, and they are open to parents, siblings and staff. Participant feedback is universally positive, and the main problem the programme reports is in keeping up with demand.⁶³⁷

For over ten years, the National Portrait Gallery has partnered with Great Ormond Street, Evelina London Children's Hospital at Guy's and St Thomas', the Royal London Hospital and Newham University Hospital. As part of this collaboration, Magical Journeys (2014–17) offered creative arts activities to young people (aged three to 16) and their families, often as respite from long-term health conditions. Centred on holiday periods when hospital schools were closed, Magical Journeys aimed to enhance the wellbeing of participants by stimulating creativity and increasing visual literacy. Through one-day workshops led by artists working in pairs, a multidisciplinary approach lent variety. An annual average of 55 free workshops was provided for approximately 500 children who might not otherwise have engaged with the arts. External evaluation suggested that the young people taking part gained physical, cognitive, social and emotional benefits. Young patients said how much they looked forward to the workshops, and parents expressed joy at seeing their children deriving so much pleasure from creative activities. Staff shared the enthusiasm of parents, while the artists gained satisfaction from the opportunity to make a positive difference to people's experience of hospital.⁶³⁸

The significance of place in relation to healthcare environments is not confined to hospitals. The Youth Select Committee received evidence suggesting that GPs are often at the front line for young people presenting with mental health difficulties. As well as doctors being friendly, bright and welcoming environments were said to help,⁶³⁹ which might be borne in mind during the modernisation of primary care premises currently underway. Various initiatives address this, from community knitting projects to Poems in the Waiting Room.⁶⁴⁰

We hope that the evidence presented in this chapter is sufficient to demonstrate that the arts can be a powerful and cost-effective agent of better health and wellbeing. During this crucial life stage, arts engagement contributes to an improved environment and leads to enhancements in health and wellbeing. Proportional investment in such opportunities across the social gradient would bring untold societal benefits and avoided costs.

The first Culture White Paper to be published in the UK, in 1965, said that 'If children at an early age become accustomed to the idea of the arts as a part of everyday life, they are more likely in maturity to accept and then demand them'.⁶⁴¹ At the round table on Museums and Health, it was noted that families bringing babies and toddlers to museums and galleries represented their most diverse audiences, but this picture changed as children aged. Work is needed to nurture lifelong habits of arts engagement beginning in early childhood.



Lowry Figures Heading to
the Match
Photographer: Member of
Start in Salford

7

Working-Age Adulthood

7 Working-Age Adulthood

“A man at work, making something which he feels will exist because he is working at it and wills it, is exercising the energies of his mind and soul as well as of his body”

William Morris

The challenges faced at this stage in life are manifold and can include the search for work, the establishment of a home and relationships and possibly also the onset of ill health. This chapter looks at the ways in which the arts can enhance the quality of our work, health and wellbeing.

7.1 Workplace Health

Work is one of the determinants of health, but access to high-quality work is unevenly distributed across the social gradient. The social isolation that comes from worklessness increases the risk of coronary heart disease by 50 percent. Common among responses to the call for practice examples, we received evidence of arts-based approaches giving people the confidence and skills to enter into employment.

Not all work is good for our health. Marmot identifies that health-damaging work is ‘characterised by high demand with no control over the work task, by high effort and little reward, by social isolation at work, by job insecurity, by organisational injustice, and by shift work’.⁶⁴² These detrimental psychosocial conditions are experienced across factories, warehouses, construction sites, offices and the service sector, and they challenge conventional wisdom about work strain being confined to high-status jobs. A briefing on workplace health and wellbeing commissioned by PHE from UCL Institute of Health Equity emphasised the importance to public health and reduced health inequalities of improving psychosocial working conditions.⁶⁴³ In Britain, the number of working households in poverty has been increasing.⁶⁴⁴ This is causing chronic stress for affected families, with damaging physical effects.

Accordingly, the *Marmot Review* prescribed ‘fair employment and good work for all’.

In 2015–16, an estimated 30.4 million working days were lost to illness and injury in the UK.⁶⁴⁵ Absence from work annually costs the Government around £13bn in health-related benefits and £2bn in healthcare, sick pay and foregone taxes. Employers’ share of sick pay amounts to around £9bn, while individuals lose out on earnings of £4bn per year.⁶⁴⁶

A cross-governmental initiative, known as Health, Work and Wellbeing, has been set up to improve and protect the health of working-age people.⁶⁴⁷ At the time of writing, no mention is made of the arts in this strategy. The Workplace Wellbeing Charter supported by PHE enables employers to commit to improving the health and wellbeing of their workforce; as yet, it does not include the arts in its support guides.⁶⁴⁸ A review of health at work by Professor Dame Carol Black recommended prevention and early intervention for those in work and improved conditions for those out of work.⁶⁴⁹ At a meeting held by the Inquiry, Dame Carol told us that people she interviewed about workplace wellbeing had wanted singing, dance classes and reading groups.

In the USA, creative activity undertaken outside of work has been seen to hasten recovery from work strain and enhance work-related performance, leading researchers to conclude that organisations ‘may benefit from encouraging employees to consider creative activities in their efforts to recover from work’.⁶⁵⁰ *The Five Year Forward View* suggested that ‘There would be merit in extending incentives for employers in England who provide effective NICE recommended workplace health programmes for employees’.⁶⁵¹ The arts do not yet feature in NICE guidance on workplace health; we hope this will be looked at in conjunction with a wider consideration of the arts in health.⁶⁵²

7.2

Improving Mental Health and Wellbeing

One in six adults has a diagnosable mental health condition,⁶⁵³ almost a third of which can be attributed to adverse childhood experience. In 2012, mental health problems in the under-65s accounted for almost half of all health problems diagnosed by the NHS, the majority of them manifesting as anxiety and depression.⁶⁵⁴ The main causes of sickness absence from work are anxiety, depression and stress (11.7 million days).⁶⁵⁵ This is estimated to cost the economy £100bn per year, just under the entire budget of the NHS. The proportion of mental health-related benefit claims has grown to twice those for musculoskeletal complaints, and mental illness has a detrimental impact upon employability.⁶⁵⁶

In 2017, a survey of 2,290 people commissioned by the Mental Health Foundation found that nearly three quarters of people within the lowest household income bracket reported poor mental health (compared to three fifths in the highest

bracket). The picture that emerged from the survey prompted the observation that, ‘Despite many areas of advances in human health we are not seeing these reflected in mental health. If anything, the signs are that we are slipping back’.⁶⁵⁷ In the process, the power of the arts – to overcome stress and lift the mood – was acknowledged.

A significant proportion of people with minor to moderate mental health problems recover completely. As we saw in the discussion of arts on prescription in chapter five, creative activities have shown beneficial effects in recovery from psychosocial problems. The case study in this section looks at an example of visual art on prescription aiding recovery from anxiety and depression.

A Cochrane Review of RCTs found that individual music therapy combined with standard care (psychotherapy and medication) tended to show more significant improvements in mood than standard care alone.⁶⁵⁸ This result was replicated in an RCT of working-age people with depression in Finland, which conceived music as a preverbal form of communication, a prelude to symbolic expression and verbalisation.⁶⁵⁹ NICE has issued guidelines for depression in adults with and without chronic

Arts and Minds



Arts and Minds is a mental health charity covering rural Cambridgeshire and Peterborough, where one in six people is estimated to have a diagnosable mental health problem at any given time.

The art-on-prescription programme run by Arts and Minds comprises a series of weekly art workshops for people experiencing mild to moderate anxiety and depression. Access is by self-referral or via health or social care workers, and funding comes from the Heritage Lottery

Fund among other sources. Led by a professional artist and qualified mental health counsellor, sessions offer the chance to work with a wide range of materials and techniques. Workshops last for two hours, are open to all abilities and offer the opportunity to undertake a creative, stimulating and absorbing activity.

In 2014–15, a mixed-methods evaluation of Arts and Minds sought to determine whether participants experienced changes in levels of anxiety, depression, social inclusion and wellbeing, using valid and reliable psychological measures. Seventy-one percent of participants reported a decrease in anxiety, and 73 percent reported a decrease in depression. Sixty-nine percent of participants reported an increase in social inclusion, while 76 percent of participants reported an increase in wellbeing. Participants rated their experience very favourably; 77 percent reported a development in their art skills; 64 percent reported an increase in confidence; 71 percent reported an increase in motivation and 69 percent reported feeling more positive about themselves after taking part.⁶⁶⁰

Mental health problems in the under-65s account for almost half of all health problems diagnosed by the NHS.

physical health problems,⁶⁶¹ but no mention is made of the arts in either case.

Between 2013 and 2015, as part of Creative Practice as Mutual Recovery, a study was led by the Centre for Performance Science at the Royal College of Music.⁶⁶² Adults experiencing mild to moderate mental distress were recruited to the study via hospitals, psychologists and psychiatrists and invited to participate in weekly 90-minute group drumming sessions over six or 10 weeks. Without having any specific therapeutic aims, the facilitator increased the complexity of the activity over time. A mixed-methods evaluation used a range of psychological scales, interviews, blood pressure tests and saliva analyses. During single sessions, stress and tiredness significantly decreased and happiness, relaxation and energy levels increased. Over the course of the study, group drumming led to reductions in cortisol and an enhancement of immune responses, which was combined with a reduction in inflammatory activity over a six-week span and the activation of an anti-inflammatory response over 10 weeks.⁶⁶³

Numerous arts organisations offer music-making and music therapy to overcome mental health problems. Sound Minds, in the basement of Battersea Methodist Mission in Clapham, houses a spacious rehearsal room with en suite recording facility, a smaller studio for recording, mixing and video editing, a visual art studio, lounge, kitchen, teaching studio, three house bands and a BAME

environments.⁶⁶⁵ The organisation also maintains an online forum intended to build mutual support structures. A survey conducted within this virtual community elicited 3,545 responses from 31 countries, including from participants with depression. Participants reported feeling calmer and happier the more they knitted as well as indicating increases in cognitive functioning.⁶⁶⁶ Research also suggests that knitting helps to mitigate the pain associated with long-term conditions.⁶⁶⁷ We suggest that this might be an area for attention as NICE considers the benefits of the arts in dealing with pain and mental health problems.

In Australia, SuperFriend has been set up as a 'national mental health promotion foundation focused on creating mentally healthy workplaces to reduce the incidence of suicide and the impact of mental illness on individuals and organisations'.⁶⁶⁸ Drawing on another Australian model, DH introduced Mental Health First Aid (MHFA) England in 2007 – an educational course that enables people to identify, understand and support mental health problems.⁶⁶⁹ Neither initiative yet includes the arts. We would very much like to see NHS England including the arts in its work to improve the mental health of employees.

The Civil Service Health and Wellbeing agenda focuses on mental health and musculoskeletal complaints. At present, the programme does not include arts participation, but local wellbeing representatives in different departments engage their colleagues in a range of wellbeing initiatives, which may include trips to the theatre, the cinema and other cultural events, based on staff consultation and dependent upon interest. We hope that the central agenda might be revised in light of this report. Similarly, the Thrive initiative, instigated

by the Mayor of London, would benefit from embracing the cultural resources of the capital.

The Trades Union Congress (TUC) in the Midlands has devised a cultural manifesto, recognising the need for culture in creating healthy and vibrant economies and communities.⁶⁷⁰ We hope that, in implementing the cultural manifesto, the TUC will build on this recognition, including reference to the workplace.

A survey conducted by the Institute of Directors (IoD) found that more than half its members had been approached by staff complaining of poor mental health yet only 14 percent had a formal

policy to deal with it.⁶⁷¹ As part of the Heads Together campaign, the IoD has committed to

Listening to music, singing and music therapy aid recovery from stroke.

improving the conversation around mental health, and has gone as far as to recommend mindfulness but not yet the arts.⁶⁷²

Founded by representatives of law firms and professional service companies such as Linklaters and KPMG, with the support of MHFA England and Mind, the City Mental Health Alliance seeks to improve the climate for mental health in the City of London.⁶⁷³ Leading members of the alliance have well-funded health and wellbeing strategies and work with large cultural organisations and the arts-inflected Mental Wealth Festival.⁶⁷⁴ We hope this work will be extended to arts engagement for employees at all levels.

7.3

Recovery from Illness and Management of Long-Term Conditions

In the UK, over 152,000 people per year experience a stroke, a third of whom are left with disabilities, including partial paralysis, depression and cognitive and communicative difficulties (aphasia).⁶⁷⁵

A body of evidence is accumulating which shows that arts engagement can alter the morphology of the brain and help speed recovery from neural damage. Listening to music soon after a stroke activates regions of the brain responsible for attention, motor function, memory and emotional processing.⁶⁷⁶ People with aphasia singing in a community choir in Australia experienced increased confidence and motivation, enhanced mood and better communication.⁶⁷⁷ People recovering from stroke and brain injuries attending twice-weekly concerts by Live Music Now showed improvements in cognitive functioning, pain and wellbeing.⁶⁷⁸ A Cochrane Review of studies combining music therapy with standard care, on its own or in combination with other therapies, found that rhythmic auditory stimulation improved the speed, rhythm, stride length and symmetry of patients' gait following an acquired brain injury.⁶⁷⁹

The case study in this section demonstrates physical, cognitive and emotional benefits of

music-making for stroke survivors. Another initiative, Stroke Odysseys – a collaboration between Rosetta Life, GSTC and King's College London – explores the efficacy and cost effectiveness of singing and movement interventions in reducing anxiety and depression in stroke survivors. The project has successfully co-designed models for clinical and

community delivery. The model is being tested and integrated in four hospital trusts and community settings across London.⁶⁸⁰

Arts engagement also yields improvements in emotional health and wellbeing.⁶⁸¹ In Australia, where stroke is the second highest cause of death, a study found that participation in group-based community art programmes, centred on drawing and painting, stimulated participants' physical and cognitive abilities while increasing their confidence, self-determination and quality of life.⁶⁸² The UK equivalent – a qualitative feasibility study, funded through NIHR's Research for Patient Benefit programme, called HeART of Stroke – offered 10 two-hour sessions within an artist-facilitated community group over 14 weeks in Bournemouth and Cambridge.⁶⁸³ The increased and sustained self-confidence reported by participants provided justification for a national multi-centred version of the project.⁶⁸⁴

At the round table on Museums and Health, stroke survivor Jason welcomed the sociability of the hospital's art therapy group:

It provided me with something I could focus on other than myself. It provided me with an interest that was more normal and not hospital led. Something which I could explore together with others. Somewhere that was safe and secure, where I could relax. The art therapy group also developed new skills, boosted my confidence. It helped me to slowly regain my physical skills. It was something to look forward to each week. It made me feel better about myself. It gave me a sense of achievement. It also boosted my mood. I found I could talk to others and help them to regain their confidence.

The strength of the evidence base in this area renders arts initiatives for stroke particularly worthy of consideration by all CCGs.

Parkinson's Disease is a progressive, degenerative neurological condition, affecting an estimated 127,000 (one in 500) people in the UK. It kills dopamine-producing cells in the brain, in turn affecting physical, motor and sensory functions, cognition and communication. In addition to physical symptoms, such as compromised coordination, people with Parkinson's may experience diminishing mental

Arts therapies and participatory arts (including arts on prescription) have a proven impact upon mild to moderate and more severe mental health problems.

service user group. Sound Minds is the winner of numerous awards, including a special commendation from the RSPH, and it has been featured in a Channel 4 News special on schizophrenia.⁶⁶⁴ Housed in non-secular buildings, both Sound Minds and the Dragon Café (taken as a case study in chapter five) demonstrate the value of community space. It would be beneficial if local authorities made unused buildings available at low or no cost to community groups with health and wellbeing aims.

Since 2006, Stitchlinks has been pioneering therapeutic knitting in clinical and community

health, including memory loss, mood swings and psychotic episodes. Policy tends to focus on helping people with Parkinson's to maintain their independence for as long as possible. While drugs

approaches, focusing on factors that support wellbeing, so that people with Parkinson's and those closest to them are better able to adjust to the health changes caused by the condition. In both therapeutic and salutogenic models, the arts can play a significant part.⁶⁸⁵

Listening to music, singing and music therapy aid physical and cognitive recovery from brain injury; visual arts activities contribute to emotional recovery.

are known to be effective in managing some of the symptoms, they have undesirable long-term side-effects. This has led to the use of non-medical therapies, such as speech and language, music, Tai chi and massage. It has also led to use of salutogenic

Singing has been found to have a beneficial effect in a number of health conditions across the social gradient, enhancing cognition, communication and physical functioning as well as wellbeing. Singing has been observed to have a positive impact upon people with Parkinson's disease, half of whom experience problems with their voice.⁶⁸⁶ Parkinson's UK maintains a database of singing activities for people with

Parkinson's.⁶⁹⁰ Among these is Skylarks in Canterbury, about which the Sidney De Haan Research Centre has commissioned a short film.⁶⁹¹

Inspired by the Mark Morris Dance Group's Dance for PD in Brooklyn, English National Ballet developed Dance for Parkinson's in 2010 with funding from Westminster City Council, PHF and West London CCG.⁶⁹² This programme draws upon a classical and contemporary repertoire to provide weekly classes for people with Parkinson's, their family, friends and carers at a charge of £5 per session. Since 2012, with the support of PHF, the model has been extended into areas covered by MDI (Liverpool), DanceEast (Ipswich), National Dance Company Wales and Oxford City Council. Mixed-methods evaluation has been carried out at the University of Roehampton over three years, from physiological, social, emotional and artistic perspectives.⁶⁹³ As might be expected, participants' physical condition degenerated over the course of the study, but improvements were perceptible in coordination and fluency of movement. Participants felt their balance and gait to have improved, even if this was not measurable by researchers. Participants also appreciated the mental stimulus of the classes and experienced reductions in depression, anxiety and apathy compared with a control group.⁶⁹⁴

Between September 2011 and June 2012, a team led by Professor Clift undertook to study a weekly group-singing programme for people with COPD. This showed encouraging results in relation to improved lung function and quality of life.⁶⁹⁵ In June 2017, a similar team published results of a trial involving 60 people with breathing difficulties

hospital provider trusts are looking at integrating singing into their care pathways for serious lung conditions. We suggest that the efficacy of such non-pharmacological interventions merits consideration when NICE reviews its guidance on COPD in the over 16s.⁶⁹⁹

A 2013 study showed a connection between singing – as a form of guided breathing – and heart rate.⁷⁰⁰ A 2014 analysis of cystic fibrosis pointed to the beneficial impact of singing on respiratory function and psychological wellbeing.⁷⁰¹ Scottish Opera and Gartnavel General Hospital Cystic Fibrosis Service collaborated on Breath Cycle, funded by Wellcome and Creative Scotland, a pilot investigation into the impact of classical singing techniques on cystic fibrosis patients.⁷⁰² As a result of fortnightly lessons with an opera singer over 12 weeks, patients reported increased psychological wellbeing.⁷⁰³

Cancer affects one in three of us, approaching one in two, but survival rates are improving. Both music therapy (active engagement with music) and what is sometimes referred to as music medicine (listening to pre-recorded music) have been observed to diminish the physical and emotional suffering of cancer patients and the side effects of its treatment. A Cochrane Review identified 52 randomised and quasi-randomised controlled trials investigating the relationship between musical interventions and the physical and psychological effects of cancer.⁷⁰⁴ This found that music interventions were associated with modest reductions in heart rate, respiratory rate and blood pressure and modest to moderate reductions in fatigue; by far the largest physical effect was on pain reduction. Art therapy has been seen to relax cancer patients and make them feel

better physically,⁷⁰⁵ with technical satisfaction, aesthetic beauty and pleasure being implicated in the reduction of symptoms.⁷⁰⁶ The evidence base for arts-based therapies in palliative care continues to expand.

A trilogy of *Lancet* articles published in 2014 examined the relationship between cancer

and depression.⁷⁰⁷ Analysing data from over 21,000 patients, major depression was found to be most prevalent among patients with lung cancer (13.1 percent) followed by gynaecological cancer (10.9 percent) and breast cancer (9.3 percent). The aforementioned Cochrane Review found that music interventions might have a beneficial effect on anxiety in people with cancer and a moderately strong positive impact upon depression. In South Wales, Tenovus Cancer Care employs professional musicians to lead choirs for people affected by cancer.⁷⁰⁸

Another Cochrane Review explored the stress-reducing impact of music in coronary heart

Strokestra



*Between May and October 2015, Strokestra, a pilot collaboration between the Royal Philharmonic Orchestra (RPO) and Hull Integrated Community Stroke Service (HICSS) within Humber NHS Trust was funded through a £48,000 grant from Hull Public Health.*⁶⁸⁷

specially trained in musical leadership by the RPO.⁶⁸⁸

Strokestra sessions ranged from percussion to conducting, and culminated with a live performance at Hull City Hall. Evaluation of this pilot project, approved by the Humber NHS Trust Research and Development Department, was centred on individual progress, evaluated through Stroke Impact Scale scores and semi-structured interviews. Eighty-six percent of patients felt the sessions relieved their symptoms, citing improved sleep, reduced anxiety and fewer dizzy spells and epileptic episodes. The same proportion of patients indicated that the project conferred cognitive benefits, including improved concentration, focus and memory, and they felt that the project provided emotional benefits, citing increases in confidence, morale and a renewed sense of self. Added to this, 71 percent of patients achieved physical improvements, including walking, standing, upper arm strength and increased stamina, while 91 percent of patients reported social benefits, including enhanced communication skills and relationships. Each of the carers involved reported improvements in their own wellbeing, by virtue of respite from their role as a carer and better relationships with their relative.⁶⁸⁹

Over a fortnight, professional musicians led intensive music-making sessions with stroke survivors and their carers for two days, interspersed with one-day sessions led by HICSS staff who had been

Group singing and dance improve the voice and movement of people with Parkinson's Disease.

attending ten-month community singing groups. This showed a significant improvement in symptoms, self-management of conditions and mental wellbeing.⁶⁹⁶ Various groups have been set up around the country to encourage singing so as to improve breathing and wellbeing in people with COPD.⁶⁹⁷ At the round table on Arts and Public Health, the Chair of Breathe Easy Dover, Lizzi Stephens, described how she had reduced her dependence on inhaled medication, including steroids, since joining a singing group.

The British Lung Foundation has embraced the health and wellbeing benefits of singing for chronic lung conditions,⁶⁹⁸ and we heard that some

disease. This found that musical interventions had a modest beneficial effect on distress and brought about moderate reductions in anxiety, which were maximised if patients selected the music themselves. These effects were most pronounced for people who had experienced heart attacks.

that the tempo of music influences heart rate and blood pressure.⁷¹⁰

Also in relation to distress and anxiety, two further Cochrane Reviews explored the impact of music upon patients awaiting surgery and patients being mechanically ventilated. The first of these acknowledged the possible physiological effects of pre-operative anxiety, including slower wound healing and increased risk of infection. It found that listening to pre-recorded music significantly diminished patients' anxiety, bringing about a small reduction in heart rate and

diastolic blood pressure, and 'One large study found that music listening was more effective than a sedative in reducing preoperative anxiety and equally effective in reducing physiological responses'.⁷¹¹ With mechanically ventilated patients, the second review found that listening to

Several studies showed that listening to music reduced the heart and respiratory rates and systolic blood pressure, while two or more music sessions led to mild but consistent pain reduction.⁷⁰⁹ In the management of cardiovascular disease, researchers have found

Singing enhances lung function and quality of life in people with chronic respiratory disorders.

The Reader



The Reader engages with 2,000 people in 400 groups in the North West and other regions of the UK, in workplaces, prisons, libraries, mental health wards, care homes, schools and local communities.

Group leaders facilitate the reading aloud of serious literature – poems, short stories and novels – and group discussion. Participants recognise in great literature experiences in their own lives, and, in sharing and discussing these with fellow-participants, they gain insight and mutual support.⁷¹²

The Centre for Research into Reading, Literature and Society (CRILS) at the University of Liverpool is principal research partner of The

Reader. Adopting an interdisciplinary, mixed-methods approach, researchers at CRILS have investigated the experience of shared reading in contexts such as prisons.⁷¹³ They have found that the act of reading aloud, in combination with the literature being read, creates a non-judgemental, compassionate space in which moments of reflection and realisation can occur.⁷¹⁴ CRILS has established the value of shared reading for mental health, particularly depression and dementia.⁷¹⁵ Researchers have also explored the benefits of literature for mental agility and emotional flexibility and found it to bridge the gap between a current unwell self and a past healthy self,⁷¹⁶ enabling integration of fragmented parts of the self into a functioning whole.⁷¹⁷ Research in the field of reading and neuroscience suggests that the reading of complex text and the neural processing of language can stimulate brain pathways and influence emotional networks and memory function.⁷¹⁸ CRILS research emphasises the potential for reading to bypass ingrained neural channels and find new paths.⁷¹⁹ Analysis of the Reader's Shared Reading Scheme, conducted by CRILS as part of the Cultural Value Project, showed an enhanced sense of purpose in life among participants.⁷²⁰

Listening to music and singing diminishes the physical and psychological effects of cancer and coronary heart disease.

music diminished anxiety and respiratory rate and caused systolic blood pressure to be reduced, which suggested relaxation in an otherwise stressful situation.⁷²¹

NHS England's Health as a Social Movement programme is working with Stockport Together across Greater Manchester to build on the successful People Powered Health programme. This entails co-production with people managing long-term conditions and seeks to improve emotional wellbeing through the arts.⁷²² At the round table on Commissioning, we learnt about a digital application being developed in Bath and North East Somerset called Rover, which integrates health and social care data. This will allow people to view their NHS records and receive test results. It will provide details of any long-term conditions and provision available in the community to help manage these. It could also keep track of any arts activities undertaken and potentially generate data about whether they enhanced outcomes.

7.4

Adult Healthcare Environments

Professor Jane Macnaughton at Durham University has noted that the increase in hospital-building around the millennium facilitated innovative design and the construction of dedicated display areas, providing a community cultural resource.⁷²³ A more recent example is Southmead Hospital in Bristol, which opened in 2014. In this scheme, Willis Newson managed a £1.1m programme, involving professional artists working alongside the hospital community to enhance the physical care environment and the culture of care. This led to six substantial public art commissions integrated into the building and grounds, a recurring arts festival and a series of interventions to aid the transition from old to new hospitals.⁷²⁴ Andrea Young, Chief Executive of North Bristol NHS Trust, who commissioned the work, has noted that 'The art at Southmead Hospital Bristol helps to create a more aesthetically pleasing environment, which is important for people's sense of wellbeing. There are special places where people can have a quiet moment for reflection; there are things to help you feel more cheerful and things to comfort you. The art is helping to make Southmead Hospital a better place

to be for patients, visitors and staff'.⁷²⁵ The relationship between Willis Newson and the trust continues, leading to new artistic commissions and an ongoing community arts room programme.⁷²⁶

A study published in 1984 found that post-operative patients who had a view of nature from their windows recovered more quickly and needed less pain relief than patients whose rooms faced on to a brick wall.⁷²⁷ Informing and informed by the National Gardens Scheme research mentioned in chapter five, Horatio's Garden is a charity dedicated to providing restorative gardens in NHS spinal injuries unit in Glasgow, Salisbury and Stoke Mandeville.⁷²⁸

The £10m Kentish Town Health Centre, uniting health and art, was shortlisted for the Stirling Prize in 2009.⁷²⁹ Housing a large GP practice and a wide range of community health services, the design was informed by community consultation and funded via charitable donations and ACE. The building has a large roof terrace, a formal garden off the main waiting room and several informal gardens, creating a pleasing environment for patients and staff.⁷³⁰

Since the mid-1990s, work has been underway to create Maggie's Centres at all the major British hospitals treating cancer. Named after Maggie Jencks and co-founded with her husband, the landscape designer and writer Charles, these caring centres have been built for healing on a human scale. Designed by renowned architects, including Zaha Hadid, Rem Koolhaas and Richard Rogers, and adorned with art, the centres have given rise to a new genre – the architecture of hope. The focus of the centres is psychosocial, helping those who use them to embrace life and live well.⁷³¹

7.5

The Criminal Justice System

The prison population has more than doubled over the past two decades, and we have seen that marginalised people and those from the lower end of the social gradient are more likely to enter the criminal justice system. Through a combination of factors, the life expectancy of prison inmates is between 15 and 20 years lower than that of the general population.⁷³² In public health circles, it is acknowledged that 'Health inequalities experienced by people in contact with the criminal

justice system are well above the average experienced by the general population'.⁷³³

It is estimated that up to 90 percent of prisoners have mental health problems, including anger, anxiety, depression, insomnia and substance misuse, likely to be exacerbated by being in prison. Rates of self-harm and suicide in prisons in England and Wales are at an all-time high. Over 70 percent of prisoners have two or more diagnosable mental disorders and up to 7 percent of male prisoners and 14 percent of female prisoners have probable psychosis, 14 and 23 times the level in the general population.⁷³⁴ This grim reality is reflected in several reports, from the *Five Year Forward View for Mental Health to Investing in Recovery*. DH's *Closing the Gap* set out plans to introduce a national liaison and diversion service, so that the mental health needs of prisoners could be identified sooner and the necessary support provided.⁷³⁵ *Next Steps on the Five Year Forward View* pointed to mental health provision for people in secure and detained settings being put in place during 2017.

Re-offending costs the Government between £9.5bn and £13bn per year. Much of the literature surrounding criminal justice and the arts focuses on desistance – the process of personal growth

disabilities in a young offenders' institution (HMP Aylesbury).⁷³⁸

Also at the round table, a former prisoner, Arthur, set the scene:

If you are sent into prison, it is a truly remarkable and challenging experience. And ultimately you need some way of expressing that. I don't need to tell anyone that there's a crisis in terms of self-harm, in terms of violence. Ultimately, these are pockets of trapped individuals with limited skills in terms of coping mechanisms, in an environment where it's not socially acceptable perhaps to talk about their feelings. So expressing these things is really important. For me, my art became a way of externalising certain emotions, certain thoughts, almost stabilising them. So, once I got them out there onto a canvas, it felt like that took up less space in my head perhaps. And there was a physical distance between me and them, and that made it much more easy to manage them.

In this way, the arts enable greater insight and expression among people facing otherwise unbearable crisis.

At the same event, Professor Sarah Colvin outlined three things that happen when prisoners engage in arts projects: their relationship with themselves changes; their relationship with others changes; their relationship with education changes. In the process, she corrected a common misapprehension: 'There's a lazy way of looking at the arts as a soft option or something fluffy. They're actually really hard. If anybody [...] has ever done theatre or has ever prepared for an exhibition

or has ever prepared for a concert, it's severely nerve wracking. It tests your nerves' capacity. It tests your stamina. It absolutely tests your determination'. Professor Colvin described how the sense of achievement gained from creative accomplishment increased self-esteem and confidence that life's challenges could be met. Added to which, the collaborative aspect of participatory projects builds social skills, develops empathy and trust, encourages mutual support, emotional openness and self-reflection and enables interpretation of the thoughts of others.

A 2016 review of prison education, conducted by Dame Sally Coates, positioned education as the key to rehabilitation and laid responsibility upon Prison Governors for designing and delivering an appropriate curriculum. The review called for 'greater provision of high quality creative arts', to improve self-knowledge and confidence and ease the transition into formal learning.⁷³⁹ It also stipulated that 'There should be no restriction on the use of education funding to support the creative

arts'.⁷⁴⁰ This route to education among people who may not have succeeded in conventional learning environments is relevant to our consideration of education as a determinant of health.

In the prison regime where the arts are available through education, this is often limited to a six-week City and Guilds course. At the round table, the case was made that the arts should be available to all prisoners, not only woven into educational activities but also in leisure time as an alternative to passive forms of entertainment. Arguing for a more sustained approach than one-off courses permit, Arthur suggested that resources for self-improvement, such as paints and brushes, should be made available in cells. At the same time, more peer mentoring could be organised, with prisoners explaining to others the importance of engaging in creative activity.

Imprisoned by fascists during the Spanish Civil War, Arthur Koestler established a trust in his name in 1962, dedicated to encouraging creativity

in prisons. The trust runs an awards scheme across more than 50 categories of artistic activity, offers mentoring and artistic feedback and holds exhibitions of the artwork of prisoners, annually in conjunction with the Southbank Centre and throughout the year in cities outside London.⁷⁴¹

Women account for five percent of the prison population, but they are responsible for a quarter of self-harming incidents. Many of the women in the criminal justice system have experienced abuse and trauma, which manifest themselves in mental health problems and substance misuse.⁷⁴² Clean Break was set up by two women in prison 37 years ago, with the intention of putting women's stories on stage and delivering theatre education in prison. Alumnae were recently involved in an all-female Shakespeare trilogy at the Donmar Warehouse. Clean Break creates an environment in which women can establish agency by building an emotional toolkit that can enable them to manage their mental health and self-care and

In the criminal justice system, arts participation aids self-reflection and empowerment, leading to better health and wellbeing.

through which offenders may become non-offenders. This concept implies consideration of identity and selfhood over an extended period.⁷³⁶ As Lord Ramsbotham put it at an Inquiry Meeting, the self-esteem that comes from taking part in arts activity is likely to strengthen desistance, as a stepping stone rather than an end in itself. The provision of opportunities to participate in arts activities in criminal justice settings has been shown to carry economic benefits.⁷³⁷

The APPGAHW, in conjunction with the National Criminal Justice Arts Alliance (NCJAA), has looked at the role of the arts in improving health and wellbeing in prisons. At the round table on Arts, Health and Wellbeing in the Criminal Justice System, Head of Health in the Justice System for NHS England, Hong Tan, told us that the 'criminal justice system is all about addressing inequalities' and drew attention to the success of arts interventions in achieving constructive participation. He singled out the work of Geese Theatre Company with people with learning

Combat Stress



Combat Stress is the UK's leading veterans' mental health charity, providing free specialist multidisciplinary clinical treatment and welfare support to former soldiers aged 18 to 97.

with emotions, imagery and bodily sensations. An adaptive form of art therapy has been developed in response to the specific needs of traumatised veterans. Informed by neuroscience, this model is mindful of military culture and shaped by a framework of short-stay admissions. Art therapy supports veterans who may respond to a non-verbal approach by connecting with the particular qualities inherent in art-making such as symbolic and sensory expression. In this way, veterans are able to connect with and express emotions that they may find difficult to put into words.

The art therapy groups are 75 minutes long and comprise free art making, in response to a theme, followed by a discussion. Post-session group reflection on what has been created promotes insight, incorporates adaptive information and aids the development of a meaningful narrative of trauma. Between 2012 and 2014, 87 percent of veterans who completed the programme saw a reduction in their PTSD symptoms and co-morbid anxiety and depression, anger and alcohol use, and this was maintained at their six-month follow-up.

It is the only charity in the UK to have offered veterans access to art therapy since 2001.⁷⁴³ This forms the core of an Intensive Treatment Programme for PTSD, offered at residential centres in Ayrshire, Shropshire and Surrey. This works on the basis that traumatic memories are not stored in a coherent narrative format but dysfunctionally retained in the central nervous system and triggered by sensory, trauma-related cues. By contrast, art therapy is perceived as an insight-orientated psychological treatment that accesses non-verbal areas of the brain associated

stimulate personal change and growth. At the round table, Eleanor, a student at Clean Break, overcame her nerves to relay powerfully her experience of self-exploration, through role-play and drama, in safe, non-judgemental space. Echoing the sense of disenfranchisement articulated by the writers of the Homeless Library in chapter five, Eleanor contrasted isolation and addiction to connection and bonding, and told of how this experience had given her the freedom to believe she had a 'right to a life again'.

Jessica Plant, manager of the NCJAA, noted at the round table that people's experience of the arts in prisons was contextualised in many studies held in the alliance's library.⁷⁴⁴ While there is a need for further research, there is sufficient evidence from case studies and evaluations of a range of arts interventions to inform policy. Embedding the arts in programmes for education and health would add value, enhancing job prospects and improving health and wellbeing. As the first few weeks after release from prison are particularly vulnerable, there is scope for preventative arts programmes in the community.

7.6 Post-Traumatic Stress

The Government's mandate to the NHS subscribes to the Armed Forces Covenant, which requires that all those who have been physically or mentally injured while in military service are cared for in a way that reflects the nation's moral obligations to them.⁷⁴⁵ Yet, 'Only half of veterans of the armed forces experiencing mental health problems like Post Traumatic Stress Disorder [PTSD] seek help from the NHS and those that do are rarely referred to the right specialist care'.⁷⁴⁶ *Closing the Gap* committed to ensuring that provision was made available to service personnel and evaluation was strengthened. *Next Steps on the Five Year Forward View* announced the inception of Transition, Intervention and Liaison mental health services for veterans, which will be available in four areas of England from April 2017.

The NICE guidance for PTSD recommends that all sufferers are offered a 'course of trauma-focused psychological treatment (trauma-focused cognitive behavioural therapy or eye movement desensitisation and reprocessing)',⁷⁴⁷ but the arts are not mentioned. The case study provided in this section examines the role of art therapy in overcoming post-traumatic stress. Group drumming has also been found to facilitate the sharing of powerful emotions in young men (aged 20 to 23) with traumatic military experience.⁷⁴⁸ While the evidence base for use of the arts in the aftermath of trauma has yet to be fully established, there are some compelling practice examples.

Founded in 2009, Combat Veteran Players focuses on Shakespearian verse and the controlled breathing needed to deliver it. This award-winning company has performed full-length plays both nationally and internationally.⁷⁴⁹ Foundation for Art and Creative Technology, in partnership with Liverpool Veterans Project HQ, deploys mainly collaborative visual and digital arts strategies as part of the Veterans in Practice programme, founded in 2012.⁷⁵⁰ Danish Wounded Warriors, in association with the Royal Danish Ballet Foundation, draws upon the physical fitness and self-discipline required of both soldiers and ballet dancers to offer a Pilates-inflected programme designed to improve motor control and functional movement of battle-worn bodies.⁷⁵¹

The arts also have a role in conveying the horrors of war. *Give Me Your Love*, a two-hander staged by Ridiculusmus at Battersea Arts Centre, explored states of consciousness precipitated by post-traumatic stress and altered by recreational psychoactive drugs. *Five Soldiers* by Rosie Kaye Dance Company, inspired by serving and former soldiers, 'provides an intimate view of the training that prepares soldiers for the sheer physicality of combat, for the possibility of injury, and the impact conflict has on the bodies and minds of everyone it reaches'.⁷⁵²

At the round table on the Arts and Post-traumatic Stress, several people mentioned the immersive quality of war – the smells, sounds and feeling of danger – and the need to be immersed in another kind of environment upon leaving. The arts potentially provide another kind of immersion. Richard, a veteran, described how, for him, the 'logical, disciplined, military left brain had stopped communicating properly with the emotional, symbolic right brain'. He had found that this dissociation could be resolved by using the creativity of the right brain and the skills of the left brain, forcing the two halves to communicate with each other.

In the USA, 'policy recommendations have promoted the inclusion of creative arts therapies within healthcare teams across the military continuum from pre-deployment/active duty status to post-deployment reintegration and veteran status', which has contributed to the recognition and use of arts therapies in a military context and their funding by the National Endowment for the Arts (NEA).⁷⁵³ At the round table, another veteran, Jason, sketched a world in which people were trained not to show weakness. An eloquent advocate of the arts as the 'notation of our soul, our humanity',⁷⁵⁴ he spoke of the value of creativity in aiding veterans to express emotion and re-enter civilian life. Rather than subjecting soldiers to a psychological assessment or diagnosis, he advised offering workshops introducing creative approaches such as art, music and comedy to all those leaving military service.

Art therapy unlocks pathways to recovery from post-traumatic stress while participatory arts aid the transition from military to civilian life.

This is a proposal that we hope the MoD will consider.⁷⁵⁵

Of course, soldiers are not the only people to experience post-traumatic stress. In the previous chapter, we encountered children suffering as the victims of war, violence or abuse. A service user who contributed to the Inquiry described how, when recovering from post-traumatic stress, she 'found engagement in arts activities absolutely crucial, both in surviving the hospital environment and in integrating back into the community'. At the round table, we heard about Nigel Osborne's *Bosnian Voices*, which saw Liverpool Philharmonic giving voice to women raped during the Balkan conflict. At the same event, we also learnt about the work of the Mental Health Foundation with asylum-seeking women in Glasgow, using the arts to help overcome the trauma of migration and raise awareness of the women's plight via the libraries network.⁷⁵⁶

ACE, PHF and the Baring Foundation have championed a role for the arts in creating understanding, community cohesion and mutual acceptance between host communities and refugees while also improving the confidence and skills base of new arrivals.⁷⁵⁷ This suggests a role for the arts within the UK-wide City of Sanctuary initiative.⁷⁵⁸

At the round table on the Arts, Health and Wellbeing in the Criminal Justice System, the Director of Music in Detention, John Speyer, distinguished between detention and the prison system. In detention, days are counted up rather than down. In both contexts, incarceration compromises autonomy and assaults the sense of self, but the arts 'nourish the spirit and help people get through that profound challenge'.

7.7 The Arts in Health Education

The House of Lords Select Committee on the Long-term Sustainability of the NHS has identified the 'absence of any comprehensive national long-term strategy to secure the appropriately skilled, well-trained and committed workforce that the health and care system will need over the next 10–15 years' as the 'biggest internal threat to the sustainability of the NHS', arguing that a 'radical reform of many training courses for medical recruits is desperately needed'.⁷⁵⁹

Literature reviews examining the use of arts-based approaches in healthcare education show growing scale and momentum.⁷⁶⁰ At a round table, Dr Iona Heath – former GP and President of RCGP – regretted the fact that medicine has 'prioritised theory over practice, the disease over the experience of the patient and number over description' and argued 'that the arts can play a huge role in redressing this balance'. The arts and humanities can address deficits in patient care by, for instance, promoting patient-centred approaches and empathetic doctors and creating an intellectual culture within healthcare which values critical thinking and social engagement.

Between 2005 and 2009, serious failings by Mid Staffordshire NHS Foundation Trust caused hundreds of patients to undergo unnecessary suffering and, in some cases, avoidable deaths. The Inquiry into these failings, conducted by Sir Robert Francis QC, insisted on the priority of patients within a committed, compassionate and caring health service.⁷⁶¹ The values of commitment, compassion and care inform the Care Act and lie at the heart of arts and health work.

Care involves attending to the needs and experiences of others. Care, in the true sense of the term, is altruistic and empathetic; it involves patience, trust and encouragement, and it offers hope. Care is to be found in abundance within the NHS and social care, and the most successful arts projects in healthcare involve artists who care. Beyond facilitating sessions and imparting skills, this implies a sensitive and reflective practice which can be refined in response to human interactions.⁷⁶² At a discussion of the Care Act held by the Inquiry, Sir Robert expressed his belief that the arts had a role in delivering better healthcare.

NHS trusts and educational institutions have been re-examining how commitment, compassion and care can be nurtured and developed within education and training. At medical school, there is often a component addressing the social determinants of health, which provides scope for considering the evidence linking the arts with health and wellbeing.

Some of the research considering how and why the arts and humanities might be used in healthcare education has come from the field of medical humanities.⁷⁶³ Medical humanities are typically rooted in departments of literature and medicine, history or philosophy of medicine or medical ethics.⁷⁶⁴ Themes explored within this discipline include the aesthetics and narratives of

medicine and conceptualisations of health and illness. Academics in this field have drawn on the humanities to highlight some of the deficits within medicine and healthcare. There is scope for medical humanities academics to be more aware of arts and health work and for more embodied approaches to be adopted in medical education.⁷⁶⁵ The arts can make a powerful contribution to the education and development of healthcare professionals at undergraduate and postgraduate level, and to professional development training.

7.7.1 Undergraduate and Postgraduate Education

The examples of undergraduate and postgraduate training provided in this section are primarily taken from medical schools, because this is where most progress has been made, often at the instigation of an enthusiastic medical educator with a passion for the arts or humanities but not necessarily an academic background.

At Plymouth University Peninsula Schools of Medicine and Dentistry and Exeter School of Medicine, core and integrated medical humanities programmes are part of the medical curriculum, and specialist medical humanities academics are part of the faculty. A new curriculum at Bristol Medical School seeks to embed medical humanities in a similar way, and Dr Louise Younie, GP, has connected students with arts projects based at her surgery. There are many examples of universities that have both medical schools and medical humanities departments, which overlap or collaborate on optional courses for medical students. Some of the arts and humanities interventions in healthcare education seek to develop skills in doctors, while others aim to teach students about how arts can be used in healthcare, with patients or service users.⁷⁶⁶ An example of the latter is provided by Creative and Therapeutic Activities in Health and Social Care, a unit offered as part of the Cambridge Technical certificate in Health and Social Care.

In most arts-based programmes in medical schools, artists and arts organisations are invited in to provide expertise or deliver a specific aspect of a programme, with medical students sometimes being taken into cultural environments. At present, it is rare for arts-based activities within medical schools to involve deeper collaboration with artists or arts organisations. An exception to this is the work of theatre company Clod Ensemble, led by artist Dr Suzy Willson, who is an Honorary Senior Lecturer at Barts and the London School of Medicine and Dentistry, Queen Mary University of London.⁷⁶⁷

Since 2001, Clod Ensemble's Performing Medicine programme has delivered educational courses and workshops, using arts-based methods to train medical students and practising health professionals, as part of undergraduate medical curricula, professional development within NHS trusts and in public events. Practical courses – delivered by associate artists from backgrounds including dance, theatre, voice coaching and sculpture – focus on a range of clinically applicable skills, such as non-verbal and verbal communication, spatial awareness, leadership and teamwork. Participatory approaches stimulate collaboration and critical thinking, with students encouraged to embody what they learn with a view to practising it. Performing Medicine delivers compulsory courses throughout the core curriculum at Barts and The London, courses focusing on long-term conditions and student wellbeing at King's College London (supported by GSTC) and courses for foundation-year doctors at Royal United Hospitals in Bath.

Another example of engagement with practising artists is provided by the work of Professor Roger Kneebone, Director of the Imperial College Centre for Engagement and Simulation Science. Professor Kneebone runs the UK's only Masters of Education (MEd) course in Surgical Education, which involves experts from the social sciences, humanities and crafts in the learning of surgeons. Underlying both teaching and research is the aim of developing shared insights beyond those of individual disciplines. So, for example, a group of future surgeons was taken to a pottery class at Central St Martins, which gave rise to a conversation about thin materials on the verge of collapse, both clay and blood vessels.⁷⁶⁸

In the faculty of Life Sciences and Medicine at King's College London, Dr Richard Wingate has worked with textile maker Celia Pym to encourage students to explore the similarities between tailoring and dissection. *The Anatomy of Value* was part of a wider Crafts Council collaboration called Parallel Practices, which aimed to explore the mutual benefits of makers and medical or scientific academics working together, the results of which are finding their way into the undergraduate teaching of health and science students.⁷⁶⁹

There are also examples of workshops and courses that use the visual arts to enhance observational skills in trainee doctors. A three-month pilot course for trainee dermatologists in Manchester involved workshops focusing on single paintings in the collection of Salford Museum and Art Gallery. Discussions were centred on close scrutiny of the colour, texture, pattern and composition of artworks, and the development of descriptive languages was encouraged. Participants reported improvements in their

observational skills that could be applicable to dermatology practice; the majority also believed their written and verbal descriptive skills had been enhanced.⁷⁷⁰

In 2012, Jane Cummings, the Chief Nursing Officer for England, and Viv Bennett, Director of Nursing at DH and Lead Nurse at PHE, supplemented Sir Robert's three Cs with competence, communication and courage.⁷⁷¹ At the Florence Nightingale Faculty of Nursing and Midwifery (FNFNM), King's College London, it is understood that the 'creative arts in nursing and midwifery education offers one route to explore, expand and enhance students' non-normative ethics and values that underpin the sustained delivery of person-centred compassionate care'.⁷⁷² The Culture of Care programme brought sustained arts interventions into the faculty, including photography, performance, musical composition and group singing. Student feedback indicated that the arts programme stimulated empathy and reflexivity.

Since the early 2000s, an undergraduate elective module in nursing and the arts has been offered to trainee nurses in FNFNM; more recently,

work with peer groups and signposting to community resources – provides a potential bridge to creative approaches.⁷⁷³ We hope to work with the RSPH, FPH and UK Public Health Register to ensure that the arts enter into public health training and professional development.

7.7.2 Improving Staff and Patient Wellbeing

With over 1.3 million staff, the NHS is one of the UK's largest employers. A review of health and wellbeing in the NHS, conducted by Dr Steven Boorman in 2009, found that NHS organisations which valued staff health and wellbeing had better outcomes, higher levels of patient satisfaction, better staff retention and lower sickness absence.⁷⁷⁴ Within the NHS, some 10 million working days are lost to sick leave every year, costing £2.4bn – around £1 in every £40 of the total budget. The Boorman Review estimated that this could be cut by a third, equating to almost 15,000 full-time staff and saving £555m.

The Royal College of Physicians has made explicit the relationship between staff health and patient care.⁷⁷⁵ The workforce strand of STPs will be crucial to influencing the public's health from a preventative perspective. In September 2015, NHS Chief

Executive Simon Stevens announced a major drive to improve and support the health of healthcare staff, dealing with burnout and stress, diet, exercise and physical and mental health.⁷⁷⁶ In February 2016, NHS England's Health as a Social Movement programme set out to work with 32 CCGs, five major acute NHS Trusts and their charities across London to address workplace health and wellbeing.⁷⁷⁷

Fifty-one percent of ambulance staff and 43 percent of mental healthcare staff cite work-related stress as the reason for their absence from work.⁷⁷⁸ A study of emergency service workers in Canada found that attending cultural events during leisure time improved physical health. Cultural events included concerts, ballet, theatre and museums, and were found to be means of coping with stress.⁷⁷⁹ This suggests that arts attendance may be particularly useful in improving staff wellbeing, which then has an impact on patient wellbeing and outcomes. In addition to this, 'Art therapy-based interventions

The arts have a contribution to make to the committed, compassionate and caring health service envisaged in the Francis Inquiry, making them central to training and development.

a separate module has been offered to midwives, and both have proven very popular with students. Over the same period, ArtsCare has been running the Arts in Health Education training and research development programme. This facilitates access to expert education and training in the role of the arts in healthcare for healthcare professionals, family and professional carers, nursing and medical staff and artists.

In many cases, the arts and humanities enter into the training of healthcare professionals on an optional basis with little or no assessment. This will need to be addressed if the arts are to gain a firmer foothold within health, and we hope that the General Medical Council (GMC) and medical royal colleges will recognise the importance of the arts in education and continuing professional development. This might be dovetailed with efforts to introduce social prescribing into the medical curriculum. Public health training – centred on a shared understanding of health and wellbeing, communication skills,

can bring much needed creativity to address work-stress and increase resilience and well-being.⁷⁸⁰

Strategies to counter burnout have focused on improving the health and wellbeing of staff outside work. A £450m NHS initiative, operational from April 2016, seeks to promote healthy staff lifestyles.⁷⁸¹ None of the three pilot sites for this initiative has embraced the arts, but there would seem to be clear merits in doing so. A Taiwanese RCT looking at the effect on nursing students of listening to music twice a week for ten weeks found a statistically significant decrease in depression.⁷⁸² During the Inquiry, a case was made for out-of-hours reading groups and creative arts groups to be organised for staff.⁷⁸³

Self-care is increasingly seen as an essential part of daily professional practice, and it is beginning to feature in wellbeing-based strategies in medical schools. Within the workplace, self-care contributes to creating a caring environment. In turn, there is scope for artworks made by health and social care staff to be shared publicly.⁷⁸⁴

Since 2014, Performing Medicine has been collaborating with the Simulation and Interactive Learning Centre at Guy's and St Thomas' Trust to design and deliver courses for healthcare professionals, supported by GSTC. An outcome of

normal practice, encourage staff to engage with the arts and culture as a route to preserving their own health and wellbeing and that of their patients. The GMC might also acknowledge that self-awareness and self-care are crucial to high-quality care and should be prioritised as part of professional practice, to prevent burnout and improve patient outcomes, and that evidence-based arts methodologies can be used to teach these skills.

7.8

Health and Care as Routes for Arts Professionals

There are upwards of 3,600 arts therapists in the UK and a growing number of courses training arts therapists to work in specific ways with patients, such as music therapists working with lung health through singing.⁷⁸⁸ Arts therapists are accredited by the HCPC and recognised as Allied Health Professionals (AHPs), and there is a growing call for AHPs to become involved in transforming health and care.⁷⁸⁹ At present, funding constraints limit access to continuing professional development for arts therapists compared to their medical and AHP colleagues.

Artists who find their way to working in the field of health are not infrequently people who have rejected the competitive professional arts world. The artists of the Hospital Arts

Team that formed in Manchester in the 1970s, for example, describe how they found they wanted to practise their art for the community rather than the market.⁷⁹⁰ At the same time, research shows that, 'whereas artists find solace in the production of music, the working conditions of forging a musical career are traumatic'.⁷⁹¹ The physical and mental rigours of the performing arts, combined with the precarious nature of performative work lead to anxiety and stress, and depression in professional performers is three times higher than in the general population.⁷⁹²

At the round table on Commissioning, Basil Wild made the point that high-quality arts and health provision requires trained and experienced practitioners with good awareness skills. John Killick, a poet and former teacher who took part in the round table on Arts and Dementia, also noted that practitioners needed proper training, support and standards. In terms of training, there is a need for courses and workshops that focus on the specific skills required of arts professionals working in healthcare. Educators will need to

develop their understanding of how the ways of thinking and skills that can come from the arts can be employed in health and social care.

There are currently modules within applied theatre courses which consider how the arts can be applied in various settings, such as that at Queen Mary University of London and the Royal Central School of Speech and Drama. At the University of Wolverhampton, Professor Ross Prior – Principal Editor of the *Journal of Applied Arts and Health* – explores the pedagogical role of theatre in relation to health and wellbeing. Performing Medicine helps artists to apply their knowledge in healthcare education settings. Artis (mentioned in the previous chapter) recruits, trains and supports professional performing artists to work in the school environment.

The Bachelor of Music (BMus) course at Birmingham Conservatoire includes an introductory Community Engagement module which paves the way to a Further Community Engagement module. It also operates a postgraduate module called Music, Community and Wellbeing. All of these modules involve training students in workshop facilitation techniques and interactive performance skills and taking them into a range of community settings, including hospitals and care homes. The conservatoire partners with Music in Hospitals, whose musicians mentor students in these settings; Live Music Now, Lost Chord: Music for Dementia and Ex Cathedra Singing Medicine at Birmingham Children's Hospital are also involved, and the module teaching staff are experienced workshop leaders and interactive performance practitioners – in one case, a qualified music therapist.

Picking up where the Masters of Arts (MA) in Participatory and Community Arts at Goldsmiths left off, the MA in Inclusive Arts Practice at the University of Brighton is aimed at artists working in healthcare, education and the community.⁷⁹³ A Masters in Arts and Health is being developed by Arts for Health and Wellbeing at MMU, which already runs an MA in Arts, Public Health and Wellbeing. At Loughborough University, an MA in Animation for Health and Wellbeing encourages students from a wide range of backgrounds to 'explore how animation can both facilitate and communicate models of health and wellbeing'.⁷⁹⁴ Looking overseas, Arts in Medicine at the University of Florida offers a range of undergraduate and postgraduate courses to arts practitioners seeking to humanise the healthcare experience. A Masters course is available online

and centred on training artists-in-residence to make their own art and encourage the creativity of others in environments for health and wellness.⁷⁹⁵

Healthcare and Design, hosted by Imperial College London and the RCA, comprises two overlapping Masters programmes respectively aimed at health and design professionals. Offered part-time over two years and building on the work of the HELIX Centre, the RCA course aims to 'equip students [...] with the tools and techniques to instigate and lead innovations in healthcare systems, services and environments'.⁷⁹⁶ Two skills councils (Skills for Care and Creative and Cultural Skills) are paying attention to the arts in the training of artists and care workers.⁷⁹⁷

UK art schools and universities might offer health pathways as part of arts courses. Mentoring can also work well,⁷⁹⁸ and apprenticeships in social care could include a creative element.⁷⁹⁹ Across the arts and health field, artists are increasingly working freelance. More needs to be done to provide economic security for arts professionals venturing down a health route.

7.9

Public Engagement Platforms

Within the healthcare milieu, there is increasing interest in creating platforms that encourage dialogue, across disciplines and with the general public, about health, medicine and our bodies at all life stages. These involve a wide range of voices from healthcare, science and the arts in conversations, performances and workshops. An example of this way of working is provided by exhibitions on medical themes at the Wellcome Collection; another is the work of Operating Theatre, which uses drama to contemplate health and wellbeing.⁸⁰⁰ Public engagement has a powerful role in advancing healthcare by sharing perspectives and ways of seeing, improving understanding of the social contexts in which healthcare takes place and creating respect for different areas of expertise and methods of research.

Medicine Unboxed is a non-profit organisation which holds an annual international event that is part conference, part festival, curated by Dr Sam Gugliani and funded by Wellcome, Summerfield Trust and Gloucestershire Hospitals NHS Trust. The event brings together artists, scientists,

Arts engagement has a part to play in the self-care of health and social care professionals.

this collaboration has been the creation of a new framework called Circle of Care, which helps healthcare professionals to think about, and practise the skills involved in, compassionate care.⁷⁸⁵ This framework acknowledges the importance of self-care by healthcare professionals and the relationship between staff wellbeing, care between colleagues and the experiences and outcomes of patients.⁷⁸⁶ The Circle of Care framework articulates skills which can help create a compassionate healthcare service. These are: self care; verbal and non-verbal communication; appreciation of the person; situational and spatial awareness; leadership; teamwork; decision-making; learning from success and error. Arts-based methodologies can help to develop these skills.⁷⁸⁷

In the social care sector, Equal Arts is in receipt of CCG funding to deliver artist-led staff training for creative care involving 30 care homes in partnership with the Tyne and Wear Care Alliance. The discussion in this section suggests that NHS trusts and social care providers might, as part of

Within the NHS, around £1 in every £40 is spent on sick leave, including anxiety, depression and stress.

writers, theologians, poets, patients, philosophers, musicians, politicians and doctors. In a contribution to the Inquiry, the organisation made a succinct statement which contains resonance for our work:

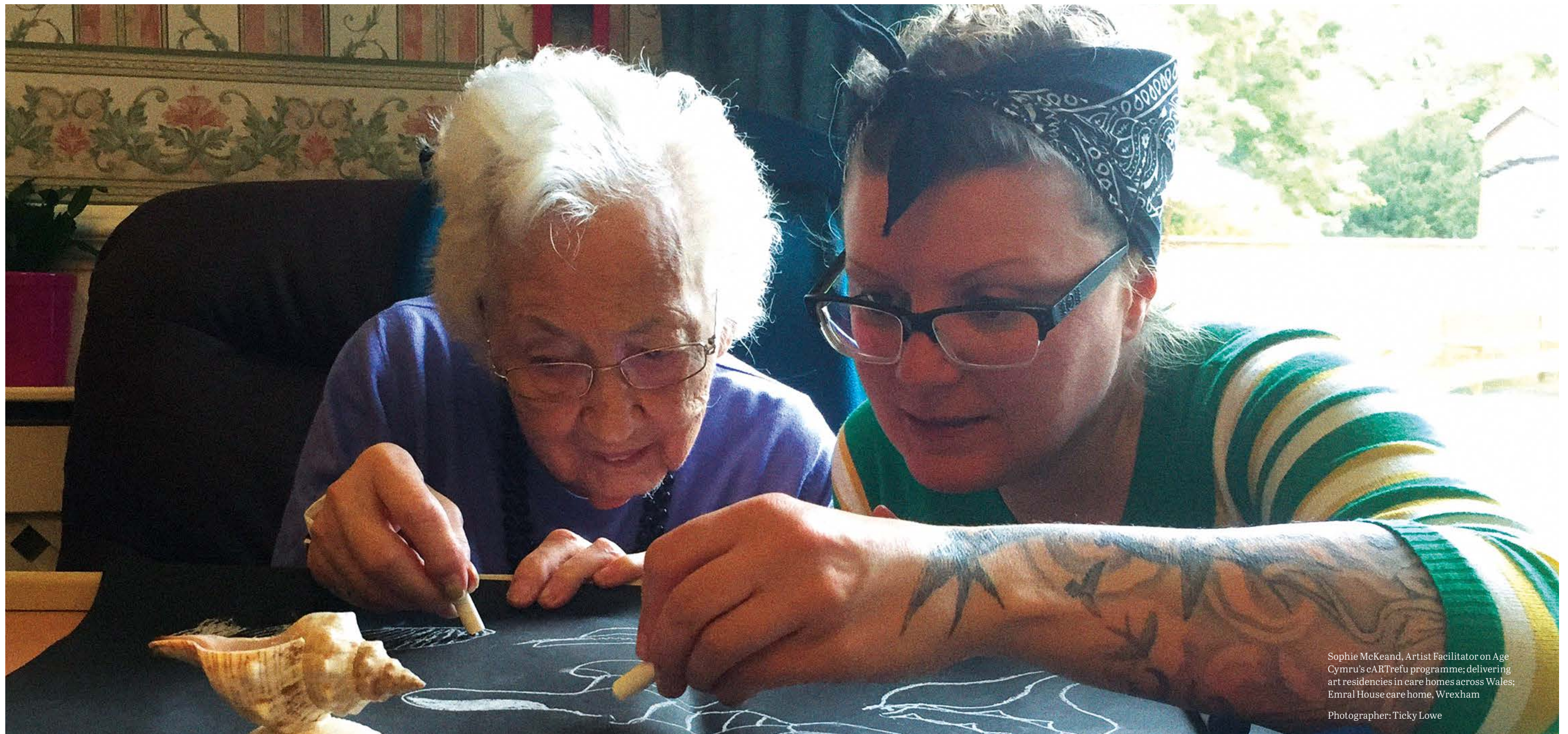
We contend that good medicine cannot be understood simply as a sound evidence base for the right technical decisions and interventions; it demands more from the practitioner, a wider kind of knowledge characterised by: empathy, morality, the recognition of human suffering and wisdom. These attributes are not always prioritised in the selection and training of healthcare professionals. Further, there is a hiatus of trust, understanding and expectation between medicine and society around the possibilities and limits of medicine. [...] We contend that arts and humanities can illuminate this perspective, bring us to debate and foster awe, wonder and perhaps humility.

At Imperial College, Professor Kneebone leads a creative research group, made up of clinicians, scientists and artists, which coordinates arts-based public engagement projects. Aiming to examine medicine beyond the medical environment, events have included pop-up operating theatres involving audience members in the simulation of surgical procedures at more than 100 scientific and literary festivals. The Sick of the Fringe is a ‘celebration of the body – its problems and potential’.⁸⁰¹ This series of events and performances in Edinburgh and London includes workshops, installations, performances and artists’ talks that provoke engagement with the body. Clod Ensemble also presents talks, conversations, performances and workshops, exploring themes within medicine, healthcare and the arts and encouraging people to reimagine the place of medicine in our culture, now and in the future.

This kind of public engagement has flourished in recent years, partly as a result of work by Wellcome, which supports artists to engage the public with themes relevant to 21st century medicine, science and healthcare across the life course. This enables the exploration of particular issues and the facilitation of dialogue, as distinct from art improving health or wellbeing while possibly retaining elements of both. An example is provided by the Barometer of My Heart, supported by Wellcome and ACE, an artistic exploration of erectile dysfunction and impotence and the relationship between the former and heart disease.⁸⁰²

The territory covered in this chapter is broad. As before, we see that inequalities experienced in early life have a continuing effect when we reach maturity and that our position on the social gradient to a large extent determines our health and wellbeing in adulthood. Engagement in the arts has a central role to play in overturning predestined outcomes.

Position on the social gradient also influences the likelihood of an interaction with the criminal justice system and determines the extent to which we are equipped to deal with incarceration and trauma, but the arts can help make up deficits by enabling the expression of experience and emotion and assisting self-reflection.



Sophie McKeand, Artist Facilitator on Age Cymru's cARTrefu programme; delivering art residencies in care homes across Wales; Emral House care home, Wrexham

Photographer: Ticky Lowe

8

Older Adulthood

8 Older Adulthood

“I have always believed that arts need no other justification than their own intrinsic value, their capacity to lift the spirit and give us experiences of transcendental and inspirational power. And that remains true. But there are adjacent benefits that hold particular force in the lives of the elderly”

Baroness Bakewell, *Ageing Artfully*, 2009

In the developed world, people are living longer than ever before. 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 100.⁸⁰³ If health and care remain unchanged, this will have a marked impact upon public spending.

Freed from the ties of work, people in older adulthood may enter a creative age.⁸⁰⁴ Longitudinal research, as noted in chapter three, suggests an association between arts engagement and healthy life expectancy. This chapter considers the role of the arts in the lives of older adults. While remaining mindful of the barriers to participation, it explores the proposition that arts engagement may lead to longer lives better lived.⁸⁰⁵

8.1 Healthy Ageing

Older people in good health and full possession of their faculties are referred to as being in the Third Age, whereas older people whose health, mobility or mental acuity is compromised are said to be in the Fourth Age. Frailty denotes an accumulation of health deficits which increases the risk of adverse outcomes and the likelihood of hospital admission and long-term care.⁸⁰⁶ The House of Lords Select Committee on the Long-term Sustainability of the NHS noted that:

Increased longevity of life was one of the triumphs of the 20th century. The challenge for today is to ensure that those extra years are healthy years. The health service in this country

*– in common with most of those in the developed world – was designed primarily to treat short-term episodes of ill health and today continues to operate around individual conditions and body parts. Consequently, it is less adapted for frail, elderly people with multiple health conditions.*⁸⁰⁷

NHS England recognises the imperative to adapt to the needs of frail elderly people and points to the deceleration in hospital admissions in vanguard areas.⁸⁰⁸ We argue that the arts are of great value in preventing and postponing frailty.

A 2016 Foresight report responded to the opportunities and challenges of an ageing population to advocate not only significant adaptations to health and care systems but also working until later in life, appropriately designed housing and lifelong engagement with mentally stimulating activities.⁸⁰⁹ Several of the specific policy areas the report identified for ensuring wellbeing across the lifecourse overlap with those covered in this report, including increased access to social networks and reduced loneliness, increased independence; reduced incidence of cognitive disorders such as dementia; increased health and wellbeing and reduced avoidable inequalities in health outcomes.

There is growing recognition that people beyond working age ‘can be creative, productive, carers, lovers, citizens, consumers and enjoyers of what society has to offer’.⁸¹⁰ Yet, while many older people lead satisfying and fruitful lives, health in older age is determined by income and by current and previous experience.⁸¹¹ Educational level predicts life expectancy, and disability-free life expectancy is unevenly distributed across the social gradient.⁸¹² Older people living in deprived neighbourhoods are significantly more likely to

experience mobility difficulties than those in less-deprived neighbourhoods,⁸¹³ with high-status people experiencing the vitality of people fifteen

Arts engagement is central to healthy ageing.

years younger at the bottom of the social gradient.⁸¹⁴ In turn, a lack of mobility exacerbates social isolation, has a negative impact upon health and diminishes participation in leisure activities.

In Scotland, a 2007 plan for the ageing population included the ambition that older people should contribute to building thriving local economies, playing their part in the voluntary sector and fully participating in sport, culture and the arts.⁸¹⁵ A Scottish action plan on ageing for 2014–16 included a section dedicated to the arts and cultural activities. It acknowledged the benefits of the arts in improving and maintaining health and physical and mental wellbeing, and it advocated the promotion of local and national arts festivals and cultural activities to older people.⁸¹⁶

The Welsh Government’s *Strategy for Older People in Wales 2013–23* set out a vision for

improving social, economic and environmental wellbeing as key components in building a good quality of life. Advocating lifelong learning and other activities, the strategy made mention of the arts and creative activities. Specifically, it promoted the ‘participation of older people in the arts throughout the year’, with the aim of enhancing the ‘mental and emotional health and well-

being of older people in Wales by enabling engagement with artistic and creative activity’.⁸¹⁷

In Northern Ireland – where the number of people aged 70 plus was projected to increase by 74 percent in the twenty years from 2009 – the Office of the First Minister and Deputy First Minister published a crosscutting strategy for older people, entitled *Ageing in an Inclusive Society*, which addressed economic exclusion, health and wellbeing.⁸¹⁸ In response, Age NI took the lead on developing a national Positive Ageing strategy, which recommended that addressing the challenges of an ageing society should focus on maximising the positive contribution made by people in later life. However, this 2009 strategy omitted consideration of the arts.⁸¹⁹ The Northern Ireland Executive’s Active Ageing Strategy for 2016–21 included the provision that older people

Silver Song Clubs

The charity Sing for Your Life offers participatory music activities to older people.

three months into the project the singers reported significantly improved quality of life and lower anxiety and depression; after six months, these benefits had diminished but still exceeded those measured at the outset.⁸²⁰

In a large-scale survey of choral singers in England, Austria and Germany, the majority of participants endorsed the idea that singing enhanced their wellbeing.⁸²¹ It was found that singing involved focused attention and controlled breathing, which counteracted anxiety and stress; offered social support, helping to overcome isolation and loneliness; promoted learning as an antidote to cognitive decline; provided a regular commitment that discouraged inactivity; raised the spirits and made people happy.⁸²²

Community singing takes place in its Silver Song Clubs, promoting healthy ageing under the slogan ‘a song a day keeps the doctor away’. In 2012, an RCT was conducted to explore the effects of community singing. Five new singing groups were set up in East Kent, and volunteers aged over 60 were randomly assigned to one of these groups or to a non-singing group. Participants in the singing groups took part in a 12-week programme led by Sing for Your Life. Compared to the control group,

should have access to the cultural resources of society, but it made no recognition of the value of arts participation.⁸²³

In 2009, the Government published *Building a Society for All Ages*, which signalled an intention to enable older people to continue working beyond retirement age, collaborating with NESTA to address the health impediments to doing so; in the process, inclusive design standards were embraced but not the visual arts.⁸²⁴ A report by the NEA finds that:

*Design and visual arts play an important role in the well-being and quality of life for older people. The design of residential buildings for older people can affect the amount and quality of social interaction, physical activity, cognitive stimulation, and emotional well-being of residents. The landscaping, traffic flow, building materials, and design of activity hubs all contribute to the success or failure of a residential facility as a thriving community.*⁸²⁵

Between 12 January and 19 February 2017, the New Old exhibition at the Design Museum – curated by the Helen Hamlyn Professor of Design at the RCA and supported by the Helen Hamlyn Foundation – examined ways in which designers could help to meet the challenges of our rapidly ageing society. In the visual arts, the focus tends to be on youth, and even relatively successful artists become less visible as they age, yet the argument is made that both visibility and value could be enhanced through the arts.⁸²⁶

In the USA, the late Dr Gene Cohen led the Creativity and Ageing Study, supported by the NEA at George Washington University, which looked at the impact of weekly participatory arts programmes over two years. This involved 300 ethnically diverse participants (half of whom formed a control group) aged between 65 and 103 and dispersed across three states. Activities included painting, pottery, dance, music, poetry and drama. The study found ‘true health promotion and disease prevention effects’, including increases in self-reported health and

‘reducing risk factors that drive the need for long-term care’, including falls.⁸²⁷ Dr Cohen later reviewed research suggesting that social, psychological, and neurobiological mechanisms were at play.⁸²⁸

The Mental Health Foundation advises reading books and playing musical instruments as a way to preserve mental health in older age.⁸²⁹ In chapter five, we saw that NICE recommends singing, arts, crafts and other creative group activities to safeguard mental health and wellbeing in older people.⁸³⁰ The European project, Long Live Arts (2014–16) championed creative ageing for its individual, communal and societal benefits, particularly for older people experiencing poverty or isolation or in need of care.⁸³¹

As people age, quality of life is ‘largely determined by their ability to access needed resources and maintain autonomy, independence, and social relationships’.⁸³² During the round table on Music and Health, Dr Jane Povey, GP and Founding Director of Creative Inspiration Shropshire CIC, a social prescribing initiative, noted that ‘We spend a lot of time in health and care propping people up, trying to keep them alive, trying to cure, but sometimes what we’re really doing is extending the length of life without doing an awful lot about quality of life. My premise is that [...] we can grow and maintain individual wellbeing and resilience using the creative arts’.

In February 2017, Age UK published work on wellbeing in later life. Data gathered from more than 15,000 respondents was analysed against 40 wellbeing indicators drawn from Understanding Society. This found that, of those older people experiencing the lowest wellbeing, 80 percent had not achieved a GCSE qualification, underlining the connection between educational level and wellbeing. Engagement in creative and cultural activities was found to make the highest contribution to overall wellbeing.⁸³³ This suggests that, in seeking to improve quality of life for older people, frontline charities should include the arts in their strategies.

In chapter six, we saw that children who learn to play a musical instrument benefit from better aural processing and speech perception than their non-musical peers. A research team led by Professor Nina Kraus, Director of the Auditory Neuroscience Laboratory at Northwestern University in Illinois, has found that lifelong engagement with music improves the ability of older people to differentiate speech from background noise, which is a common difficulty, caused by the slowing of neural activity in the midbrain.⁸³⁴ The team also found that, even in non-musical older adults, short-

term auditory training increased the plasticity of the brain, aiding speech recognition in noisy environments, though the effects were only partially sustained after the training stopped.⁸³⁵

The What Works Centre for Wellbeing review of literature analysing the relationship between music, singing and wellbeing in healthy adults found that:

*Regular group singing can enhance morale and mental health-related quality of life and reduce loneliness, anxiety and depression in older people compared with usual activities. Participatory singing can maintain a sense of wellbeing and is perceived as both acceptable and beneficial for older participants. Engagement in music activities can help older people to connect with their life experiences and with other people, and be more stimulated. Singing can maintain a sense of wellbeing in healthy older people.*⁸³⁶

A large-scale mixed-methods study funded by the Baring Foundation and conducted by Live Music Now between June 2015 and July 2016 looked at the impact of singing on older people in care homes.⁸³⁷ This resulted in the establishment of a consortium, with academic research led by

combined responsibilities for the arts, public health and wellbeing, social inclusion, community cohesion and older people’s services.⁸⁴² This is echoed by the LGA strategy for healthy ageing, which recognises social prescribing and the arts.⁸⁴³

To demonstrate the contribution of the arts to healthy ageing and beyond, a handful of examples is considered in this chapter, complementing the account of Age-Friendly Cities and Communities given in chapter five. This evidence suggests that local authorities, PHE and local directors of public health, the RSPH and the FPH should promote engagement in creative activity as a component of successful ageing.

8.2 Dance and Falls Prevention

People are likely to become more sedentary as they age, but dance provides a form of aerobic exercise that can be adapted to individual capabilities. Dance has physical health benefits, including improvements in balance, strength, gait, posture and reaction time. The alertness required for dancing increases mental acuity, while the social nature of dancing is an antidote to isolation and increases subjective wellbeing.⁸⁴⁴

Equal Arts has been working across art forms in the North of England since the 1990s, particularly with older people experiencing long-term health

conditions. Between January and May 2014, research conducted as part of the Cultural Value Project studied the Grand Gestures dance project run by Equal Arts. Seeking to identify the somatic properties of dance, the research focused on sensory awareness, connectedness and being in the moment. This found that, as a by-product of the creative process, dance stimulated an expanded sense of self and of community, providing a ‘set of tools for enhancing everyday life and navigating the ageing process’.⁸⁴⁵ Local dance projects to enhance the health and wellbeing of older people have been set up in many places.⁸⁴⁶

Ageing is generally accompanied by a decline in sensorimotor, cognitive and physical performance. Falls are the most significant cause of emergency hospital admission for older people and a major factor in people moving from their own homes into long-term care, estimated to cost the NHS £2.3bn per year.⁸⁴⁷ Falls prevention strategies are calculated to reduce falls by 35 to 54 percent, but they are generally quite unappealing.⁸⁴⁸ One hour

Dancing strengthens balance and posture, sharpens mental acuity and reduces the likelihood of falls.

Professor Clift. A literature review found that ‘research on group singing for older people shows convincingly that singing can be beneficial for psychological and social wellbeing’.⁸³⁸ This suggested an overarching recommendation indicated by the project’s title – A Choir in Every Care Home – which has been heeded in a programme endorsed by the CQC.⁸³⁹

The Baring Foundation has conducted research into older people’s theatre in the UK, shining a light on 25 initiatives and presenting 14 case studies.⁸⁴⁰ Another Baring Foundation report documents a significant number of organisations, across the UK, dedicated to bringing the participatory arts to older people – in their own homes or through community organisations, hospitals, hospices, day centres or nursing homes – with many more organisations having a strand of work for older people as part of a larger remit.⁸⁴¹ A further report looks at the position of local authorities in securing a creative and healthy older age for their populations by exerting their

Regular group singing can enhance morale and mental health-related quality of life and reduce loneliness, anxiety and depression in older people.

wellbeing and reductions in medical appointments and requests for medication. At the same time, arts participation led to greater independence,

of dancing per week for six months by healthy older people has been shown to benefit cognitive, tactile and motor performance while proving engaging and popular.⁸⁴⁹

Dance to Health, a falls prevention exercise programme for older people (aged 60 to 95), is being piloted by Aesop in partnership with ACE NPOs specialising in dance in Cheshire, London and Oxfordshire, with funding from a range of sources.⁸⁵⁰ Trained dance artists embed physiotherapy in regular, fun, sociable and creative dance. The programme is aimed at both primary and secondary prevention – in other words, at those who are at high risk of experiencing their first fall and those who have already had a fall. Evaluation has shown completion rates of 72 percent, which potentially represents better cost-

effectiveness than NHS falls prevention exercises with much lower retention rates. In recognition of their physical and mental health benefits, Age UK supports dance classes for older people,⁸⁵¹ but demand outstrips supply.⁸⁵²

8.3

Combating Social Isolation

Age UK estimates that 1.2 million older people in the UK are chronically lonely.⁸⁵³ The *Marmot Review* found that social participation increased healthy life expectancy. Social participation in older age is considered even more beneficial for health than giving up smoking.⁸⁵⁴ By contrast, social isolation – defined as less than weekly contact with family, friends or neighbours – is estimated to affect more than two million people over 60 in the UK, with those on low incomes twice as likely to feel trapped and lonely than their

Engagement in arts activities helps to overcome social isolation, acting as a protective factor against dementia.

Dancing in Time

Leeds has an ambition to be the best city in which to grow old, and it has its own Older People Forum.

In January 2015, Public Health Leeds commissioned Yorkshire Dance and the University of Leeds to investigate the feasibility of implementing a dance programme to improve the health and wellbeing of older adults (aged 60 to 85) living in the community. The project considered factors known to contribute to falls, including fear of falling.

Contemporary dance is a low-impact physical activity open to all, regardless of physical condition. It offers the opportunity to interpret music, either individually or as part of a larger group, through movement which includes elements of aerobic exercise, balance activities, low-level resistance exercise and moves that

enhance flexibility. During 2015, three dance courses were offered in Leeds over 10 consecutive weeks, each comprising twice-weekly sessions of 90 minutes, led by specially trained dance artists. There was an 85 percent adherence rate for those who took part in the project, compared to 40 percent for standard NHS falls prevention courses.

Researchers from the School of Biomedical Sciences at the University of Leeds used a variety of questionnaires and motor activities to examine the impact of participation on physical activity patterns, balance, fear of falling and mood. A group discussion with participants explored their perceptions of the ways in which the programme had affected them. This showed decreases in sedentary time and increases in physical activity, decreases in fear of falling and increases in happiness. Additional benefits attributed to the dance programme included reduction of pain, easing of joint stiffness, increased energy levels, better balance and coordination and feeling more relaxed. Dancing in Time thus moderated the physical and psychosocial risk factors for falls.⁸⁵⁵

more affluent counterparts. Isolation, which accounts for up to a third of GP visits, is associated with poor physical and mental health and significantly increases the risk of dementia.⁸⁵⁶

Arts engagement often involves social interaction, which helps to overcome loneliness. Ow Bist [How Are You?], a two-year project funded by PHF, aims to tackle isolation in rural communities in Shropshire. A pilot project (May–June 2016) offered a programme of art, craft and dance at a charge of £5 per session. Evaluation of the pilot showed creative strides being made by participants and new relationships being forged. An extension of the project began in September 2016.⁸⁵⁷

The Campaign to End Loneliness – led by a coalition of organisations including Age UK

Oxfordshire, Independent Age, Sense, Manchester City Council and WRVS and funded by the Calouste Gulbenkian Foundation – has embraced arts strategies, partly for their role in creating social connections and empowering older people.⁸⁵⁸ The Arts Council of Northern Ireland has implemented a programme called Not So Cut Off, which aims to alleviate both isolation and loneliness in older people through the arts.⁸⁵⁹ On the strength of the evidence, the Jo Cox Commission on Loneliness, founded in 2017, might consider arts approaches when developing its work.⁸⁶⁰

Staying Well

In November 2014, the Staying Well project was set up across the area covered by Calderdale Metropolitan Borough Council, which is made up of semi-rural areas peppered with population centres containing diverse communities and areas of deprivation.

The project seeks to reduce isolation and loneliness among older people and enable prevention and early intervention. It is hoped that this will diminish pressure on health and social care resources. Staying Well workers were initially placed within four community anchor organisations, taking responsibility for identifying isolated and lonely people and signposting them to appropriate community activities. A devolved micro-commissioning budget of £50,000 was

allocated to each of the four community hubs, supporting local activity providers to increase provision and create new opportunities, tackling barriers to people accessing activities. Engagement with community groups and individuals enabled funding to be directed to meeting local needs. A wide range of art and craft activities was provided, including painting and drawing, music, singing and cinema at a charge of less than £5 per session.

Evaluation of the first 18 months of the project by the University of Lincoln showed almost half of the 779 participants to have a long-term condition and over a third to have two or more long-term conditions.⁸⁶¹ Among the 55 percent of participants drawn from deprived communities, there was a higher incidence of long-term health conditions, lower quality of life and greater isolation and loneliness. Three of the four hubs showed a reduction in loneliness over the initial period, with some participants also reporting improvements in their health.

Initially intended as a 12-month pilot project, with funding from Calderdale CCG matched by the NHS Vanguard programme, the project has been extended three times. It has expanded in scope to become a universal adult service across the whole borough with funding from the council.

8.4

Museums on Prescription

An AHRC-funded research project (2014–17) led by Professor Helen Chatterjee at UCL is investigating the potential of museums on prescription as part of the wider social prescribing landscape for older adults.⁸⁶² Building on previous work with older adults,⁸⁶³ ten weekly two-hour programmes are being offered to vulnerable or lonely older adults (65–94) across seven museums in central London and Kent. The sessions combine activities such as gallery talks and tours, discussions, museum object handling and collections-inspired creative activities. The research involves exploration of the value of cultural heritage in overcoming social isolation and of the relationship between touch and wellbeing mediated by cultural artefacts.⁸⁶⁴ A range of qualitative analyses and quantitative scales is being used, including measurement of wellbeing and loneliness. Interim findings show

A Museum Directory of Social Prescribing and Wellbeing Activity in North West England has been published by HEE, showing a £3 return on every £1 invested.⁸⁶⁷ In seeking to expand their range of visitors, more cultural organisations might make it part of their strategy to reach older people in their communities who are at risk of social isolation.⁸⁶⁸

8.5

Residential Care

More than 580,000 people over 65 live in residential care in England and Wales,⁸⁶⁹ over 33,000 in Scotland⁸⁷⁰ and around 15,000 in Northern Ireland.⁸⁷¹ Sense of meaning and purpose in life can diminish with age.⁸⁷² An estimated 40 percent of older people living in care homes are affected by depression, compared with 20 percent of older people living in the community.⁸⁷³ The

Royal College of Psychiatrists estimates that 85 percent of older people receive no NHS help for depression, and suicide rates are higher among older people than in the general population.⁸⁷⁴ People with depression have a 50 percent higher risk of early death than their contemporaries without depression, which is comparable to the risk

associated with smoking; in the over-65s, this risk jumps to 75 percent.⁸⁷⁵

The Commission on Residential Care, chaired by Rt Hon. Paul Burstow MP, placed an emphasis on ‘self-determination, self-reliance, fun and community bonding among residents, employees and families’ and made due recognition of the arts, suggesting the colocation of care homes with arts and adult education colleges.⁸⁷⁶ In chapter four, we saw that the CQC encourages care homes to provide meaningful activity. NICE states that people should be encouraged to take an active role in choosing and defining activities that are meaningful to them, which the guidance anticipates may include ‘leisure activities such as reading, gardening, arts and crafts, conversation, and singing’.⁸⁷⁷ A growing body of evidence and practical experience shows that engagement in the arts increases the wellbeing of healthy older adults in residential care.⁸⁷⁸

In England, 11 percent of care home provision is by local authorities. There is increasing recognition of the arts among the bodies representing both non-profit and for-profit care home providers (the NCF and the English Community Care Association). The Living Well through Activity in Care Homes toolkit, developed

by the College of Occupational Therapists, includes the arts and crafts, music and singing in its list of suggestions to care home owners and managers.⁸⁷⁹

In its work with older people, the Baring Foundation has looked at good practice in the arts in care settings across the NCF. This yielded a report, *Creative Homes: How the arts can contribute to quality of life in residential care*, which found that 82 percent of NCF members encouraged some form of arts activity, brightening care home environments and their grounds and improving quality of life.⁸⁸⁰ The participatory arts were seen to inspire residents and staff in care homes, helping to maintain physical health and flexibility as well as cognitive functioning and a sense of identity. Some examples of innovative participatory practice that we were told about as a result of the call for practice examples are mentioned here.

In 2012–13, the Wallace Collection was awarded funding from the National Institute of Adult Continuing Education and Community Learning Innovation Fund to develop a series of resource boxes for loan to care homes, with the aim of providing museum access to older people. Six themed loan boxes were created, containing reproduction images and objects, intended as a stimulus for discussion and appreciation. A booklet was written for each theme, and a tablet with relevant digital content was included so that trained care home staff and volunteers could deliver their own sessions with residents. Sometimes a visit was made to a local museum. Beginning in London, the project was extended elsewhere in southern England, engaging more than 350 participants. The project stimulated and revived interest in the arts, inspired new conversations, ignited memories and improved wellbeing. It also demonstrated a hunger for arts-based activities in care homes, and several of the partner organisations continue to use loan boxes as a popular part of their activity programmes.⁸⁸¹

In April 2015, Age Cymru began delivering cARTrefu [reside], a two-year project which aimed to improve the wellbeing of care home residents through the participatory arts, jointly funded by the Baring Foundation and Arts Council of Wales. Four lead mentors were recruited from performing arts (dance, drama), music, visual arts and writing (poetry, prose) to oversee the work of a further four practitioners in each art form. The 16 artists delivered weekly two-hour participatory sessions over a period of eight weeks in up to 128 care homes, reaching almost 2,000 residents and making cARTrefu the largest project of its kind in Wales. The project is being independently evaluated by the Dementia Services Development Centre Wales at Bangor University, which aims to explore the impact of the residencies on all those involved. Interim evaluation suggested improvements in residents’

wellbeing and the quality of care being provided by staff.⁸⁸²

Also in April 2015, Magic Me,⁸⁸³ an arts charity mentioned by the Commission on Residential Care, began running a two-year programme of artists’ residencies, in partnership with Anchor, England’s largest non-profit care home provider, and four arts partners.⁸⁸⁴ Funded by PHF and Wakefield and Tetley Trust with a contribution from Anchor, the focus was on high-quality artistic activity. At the Greenhive Care Home in Southwark, for example, Punchdrunk Enrichment used immersive design to transform a room into an English village square, complete with hedgerows, a post box and a pub. On a grassy area at the centre, a long white table was installed. Care home residents were invited to take a seat at the table and become part of the Greenhive Green Committee, engaging in weekly creative activities related to village life. Interim evaluation showed the project to have been popular with participants and carers alike, animating and personalising the care environment.⁸⁸⁵ We support the proposal of artists’ residencies in every care home made by Alice Thwaite from Equal Arts.⁸⁸⁶

In May 2016, CQC published a five-year strategy highlighting the importance of person-centred care.⁸⁸⁷ CQC Chief Inspector of Adult Social Care, Andrea Sutcliffe, has pointed to the role of the arts in enabling people to live full and meaningful lives. She identified the best care homes to be ‘flexible and responsive to people’s individual needs and preferences, finding creative ways to enable people to live a full life’.⁸⁸⁸ We hope that this positive view will lead to more examples of the arts benefiting social care being included in the CQC guidance. This would encourage care home providers to secure culturally stimulating environments for their residents and staff and incorporate the arts into care packages. In turn, an imaginative and holistic approach which impacts on the wellbeing of individuals should make care homes more attractive to commissioners.

Inspiring architecture makes an immense difference to the quality of life of people in residential care. There are many examples of well-designed residential care, such as homes provided by MHA, the Belong Village in Wigan and the Abbeyfield dementia care home in Winnersh. We would like to see care homes and villages that are comparable in the quality of their design to the Maggie’s Centres mentioned in the previous chapter.

8.6

The Arts and Dementia

In 2015, an estimated 850,000 people in the UK were living with a form of dementia. The same number was thought to be undiagnosed. As the population ages, it is estimated that this figure will increase to over one million by 2021 and two million by 2051 (with a seven-fold increase in BAME communities compared to a two-fold increase in the general population).⁸⁸⁹ Replicating the health inequalities that persist in society, higher educational levels and occupational attainment, as well as participation in the intellectual, social, physical and creative aspects of life, are associated with slower cognitive decline in older adults.⁸⁹⁰ Diet, drinking, exercise and

families; and the option of personal budgets, so that resources can be used in a way that works best for individual patients'.⁸⁹³ The NICE quality standard for dementia independence and wellbeing included the recommendation that 'People with dementia are enabled, with the involvement of their carers, to take part in leisure activities during their day based on individual interest and choice'.⁸⁹⁴ People with dementia can be challenged to take part in activities they might not have previously contemplated, with positive outcomes.

The arts have a part to play in many aspects of dementia, from delaying its onset and diminishing its severity to improving quality of life for people with dementia and their carers.⁸⁹⁵ At one of our Inquiry meetings, Dr Sebastian Crutch – a clinical and research neuropsychologist working in the Dementia Research Centre at UCL's Institute of Neurology and on a Wellcome-funded project exploring dementia and the arts called Created Out of Mind⁸⁹⁶ – pointed out that there are many different types of dementia and everyone will have a different journey, but creative activity has more flexibility to address that

complexity than generic therapies or drugs.⁸⁹⁷

Chair of the APPG on Dementia, Baroness Greengross, has said of people with dementia that 'It is vital for their wellbeing that when given a diagnosis that their brain is degenerating, they should at the same time be directed to creative activity as cognitive rehabilitation'.⁸⁹⁸ Resonate in the City of Westminster provides an example of person-centred pathway-based care for people with dementia. Group sessions in the community and one-to-one activities in people's homes are offered involving music, visual arts, poetry, dance and the performing arts. Funded by Central London, West London and Hammersmith & Fulham CCGs and a range of trusts and foundations including the City Bridge Trust, the programme follows people through the dementia care pathway from diagnosis onwards. This provides familiarity with people's life stories and capabilities, opening the way for people with dementia to benefit through the arts.⁸⁹⁹ We urge NHS England to include the arts in personalised post-diagnostic support for people with dementia.

We are treating this conjunction between arts, health and wellbeing at greater length than other sections because dementia is a national challenge of outstanding importance, and there are considerable bodies of both practice and research in this field. We believe lessons learned in regard to dementia can have application in other fields.

smoking also modify the risk of dementia. Older people who live in more deprived areas are more likely to experience an earlier onset of dementia and to die younger from it than those who live in more affluent areas.⁸⁹¹

While dementia is not confined to older adulthood and there are approximately 65,000 people under 65 living with dementia in the UK, onset is most common in older adulthood, with one in 14 people over the age of 65 developing it. It is the main cause of disability in later life, affecting an estimated 70 percent of care home residents. The rate of deaths with a mention of dementia has been steadily increasing to become one of the top five causes in the population and the main cause of death in women. In 83 percent of cases, dementia is present alongside, and often exacerbates, other health conditions (particularly circulatory and respiratory diseases), extending the length of hospital stays by up to seven times and accounting for a quarter of inpatients (3.2m bed days).⁸⁹² The annual cost of dementia to the UK is £26.3bn; this is expected to exceed £50bn over the next three decades. Two thirds of the cost of dementia is borne by affected families, and there are approaching 700,000 informal carers for people with dementia.

The *Five Year Forward View* advocated a 'consistent standard of support for patients newly diagnosed with dementia, supported by named clinicians or advisors, with proper care plans developed in partnership with patients and

8.6.1

Delaying Onset

If the onset of Alzheimer's disease (which accounts for 62 percent of dementias) could be delayed by five years, savings between 2020 and 2035 are estimated at £100bn.⁹⁰⁰ For every person with dementia living at home rather than in residential care, savings of £941 per month (£11,296 per year) are made; if five percent of admissions could be delayed by a year, £55m would be saved.⁹⁰¹

As already mentioned, research suggests that sustained later-life musical training enhances

Arts participation enhances brain function, improving resilience to dementia.

neural plasticity, potentially bolstering resistance to dementia.⁹⁰² A study of the Rhythm for Life project at the Royal College of Music probed this preventative effect and found a positive impact for older adults learning to play an instrument.⁹⁰³

A longitudinal study of 469 people aged over 75, who showed no signs of dementia at the outset, had found dancing in particular to be associated with a reduced risk of dementia.⁹⁰⁴ This drew upon data from the Bronx Ageing Study and focused on the preventative rather than the palliative. A larger longitudinal study of 1,375 people in Sweden found that both participatory creative activity (including painting and drawing, classified as mental activity) and cultural attendance (understood as a social activity) had a protective effect against dementia.⁹⁰⁵

In March 2012, the Prime Minister launched a dementia challenge, advancing a moral, as well as economic, argument for innovative research in this area.⁹⁰⁶ Gathering evidence of a positive effect of the arts upon people with dementia is difficult because the moment of onset is often uncertain and the condition worsens over time. Further research is needed into delaying onset and admission to residential care for people with dementia.

8.6.2

Cognitive Functioning

NICE and SCIE advocate that people with mild to moderate dementia 'should be given the opportunity to participate in a structured group cognitive stimulation programme'.⁹⁰⁷ Dr Crutch advised us that, while cognitive stimulation

therapy may make a statistically significant difference, creative activities make an existentially significant difference to the lives of people with dementia and their carers.

A 2014 study of post-retirement adults found that – as compared to a group engaged in art appreciation – participants who actively produced art over 10 weeks showed greater functional connectivity in the brain, which was related to stress reduction and psychological resilience.⁹⁰⁸ In 2015, researchers at the University of Newcastle worked with BBC Two's *Trust Me, I'm a Doctor* to establish which activities boosted brain function. Healthy but fairly sedentary adults aged between 50 and 90 were randomly assigned to groups undertaking brisk walking, Sudoku or life drawing. In terms of enjoyment, the art classes were the most popular. When it came to cognitive functioning, all the groups showed improvements, but the clear winners were the art group. The combination of

learning something new, developing psychomotor skills and staying physically and socially active (standing while drawing or painting and socialising with others in the group) was thought to account for the benefit observed.⁹⁰⁹

An RCT in Finland involved coaching the caregivers of people with early dementia to introduce listening to music or singing into their daily routines. This found that both listening to music and singing improved mood, orientation, remote episodic memory and, to a lesser extent, attention, executive function and general cognition. Singing also enhanced short-term and working memory in people with dementia.⁹¹⁰

A 2016 review of research into community-based literary, performing and visual arts for people with dementia showed that 'arts-based activities had a positive impact on cognitive processes, in particular on attention, stimulation of memories, enhanced communication and engagement with creative activities'.⁹¹¹ Yet, while arts attendance followed by art-making was found to improve episodic memory, the impact of such sessions on mood, confidence and social engagement were regarded as equally important.⁹¹²

One approach that is often used for people with dementia is reminiscence, which focuses on the stimulation of memories. The National Museums of Liverpool has been running reminiscence programmes since 2000. The best known of these is House of Memories – started by Executive Director of Education and Visitors, Carol Rogers, and funded by DH – which began by offering dementia-awareness training programmes to health and social care workers. Toolkits have been produced for developing reminiscence sessions in regional and national museums, on themes that

encourage diverse participation, and the model has received national and international accolades.⁹¹³ However, remembering can be distressing and not all reminiscence programmes have been found helpful.⁹¹⁴

8.6.3

Personhood and Quality of Life

The concept of personhood in dementia care rejects the idea that the mind is predominant in defining the self, in favour of the experiential and relational. At the round table on Music and Health, the musician Julian West eloquently articulated the value of experiencing creativity in the moment.

Reminiscence Arts & Dementia: Impact on Quality of Life (RADIQL)



Art Exchange's project Reminiscence Arts & Dementia: Impact on Quality of Life (RADIQL) is a 24-week structured psychosocial intervention, developed over 30 years, which combines a reminiscence-based approach with arts activities.

A report on the project by Royal Holloway University London (RHUL) notes that 'Reminiscence Arts recognises and values embodied and sensory memories as well as verbal or narrative recall. The arts activities extend reminiscence practices, which often rely on verbal discussion, by involving all the senses and enabling participants to communicate non-verbally through mark making and movement'.⁹¹⁶ A mixed-methods evaluation measured the quality of life, wellbeing and behaviours of participants, before, during and after the sessions and three weeks and three months later. Levels of wellbeing among RADIQL participants were seen to improve by 42 percent, and positive behaviour increased by 25 percent, discernible in the first 50 minutes of the activity, remaining for 30 minutes afterwards and steadily improving over the 24-week period of the study.

An assessment was also undertaken of the cost effectiveness of the programme, following methods consistent with the HM Treasury Green Book. This calculated the costs incurred in achieving improvements in behaviour (£5,754 for a one-point change), mood and engagement (£1,252 for a one-point change), paving the way for a comparison with the cost of care without these improvements or a monetisation of the improvements themselves.⁹¹⁷ A further evaluation determined that the project created a total of 2.271 Quality Adjusted Life Years (QALYs) for the 35 participants across 24 weeks; this means that, for every £1 spent on the RADIQL intervention, there is a return of £1.35 in QALYs. The benefits to quality of life outweigh the costs of the project on the accepted QALY measurement scale used by DH.

Between 2012 and 2015, GSTC funded an LSE study of RADIQL, working with people diagnosed with dementia in 12 care homes in Lambeth and Southwark.⁹¹⁵ Two specially trained artists encouraged the development of non-linear narratives from long-term memories, communicated through speech, drama, literature, song/utterances, art/craft, listening to/making music, handling objects/sensory materials/props, dancing to music or embodied through movement. A total of 35 people participated in the RADIQL programme of 300 sessions; six of the 12 care homes did not receive the intervention and thus formed a control group.

At the round table on Arts and Dementia, held jointly by the APPGAHW and the APPG on Dementia, the Director of Green Candle Dance Company, Fergus Early OBE, observed that artistic languages enabled communication. This salutogenic approach suggests that arts professionals are well placed to facilitate meaningful relationships in the here and now, providing a 'style of communication and self-expression that is particularly able to capitalize on the emotional and social capabilities of people with dementia'.⁹¹⁸ Here, the focus is on engaging the creative capacity of people with dementia, rather than treating symptoms or addressing disease aetiology.⁹¹⁹

This approach is accompanied by calls for greater attention to be paid to subjective wellbeing, enabling arts encounters to be better tailored to participants, on the understanding that 'when people are allowed to *live with* dementia, rather than exclusively fight against it, the condition becomes a "manageable disability"'.⁹²⁰ DH's 2009 national strategy for living well with dementia made passing reference to arts therapy.⁹²¹

The arts have repeatedly been shown to energise and inspire people with dementia and their carers. A seminal programme at the Museum of Modern Art (MoMA) in New York City saw small groups of people with early Alzheimer's being invited to monthly educator-led tours of four or five artworks, each lasting up to an hour and a half.⁹²² Meet Me at MoMA focused on feelings rather than words and involved observation, description, interpretation and interaction. Evaluation showed an uplift in mood in both cared

for and carers, as well as an increased interaction between them and with the rest of the group; the experience was assessed very positively by participants.⁹²³ A UK equivalent is Meet Me at the Museum at the Pitt Rivers Museum, run by Oxford University Museums Partnership in collaboration with the Creative Dementia Arts Network, which offers monthly dementia-friendly access to the museum collections leading to co-produced exhibitions.⁹²⁴

8.6.4

Music

A 2013 DH report on dementia in England made passing reference to the beneficial sensory aspects of arts engagement in general and music therapy in particular.⁹²⁷ An RCT comparing standard care with music therapy over six weeks found that agitation increased in the first group and decreased in the second, leading to a diminution of medication in the group receiving music therapy.⁹²⁸ NICE advises that people with all types and severities of dementia who also experience agitation may be offered 'therapeutic use of music and/or dancing'.⁹²⁹

Music in Mind is a creative music therapy initiative run by the Manchester Camerata chamber orchestra, which seeks to improve quality of life for people with dementia and enhance communication, relationships and physical mobility and improve care practice through music-making. Evaluation showed that 67 percent of participants experienced reduced levels of anxiety, frustration or anger and diminished use of outpatient services and medication.⁹³⁰

Several quantitative and mixed-method studies have demonstrated a relationship between dementia and music.⁹³¹ An overview of some of this evidence, alongside examples of practice, is provided in Arts 4 Dementia's report, *Music Reawakening: Musicianship and access for early to mid stage dementia*.⁹³² Another useful overview of music and singing projects for people with dementia is provided by Age UK.⁹³³ The What Works Centre for Wellbeing review of music and singing in people with dementia pointed to a role for music listening in enhancing wellbeing.⁹³⁴

Music for a While, a project led by Arts & Health South West in partnership with the Bournemouth Symphony Orchestra, provided music for people with dementia in three acute hospitals in Poole, Portsmouth and Winchester. The project was

Across art forms, creative activity improves quality of life for people with dementia and their carers.

Research validates this approach, with an access programme for people with dementia at the National Gallery of Australia demonstrating immediate value for participants.⁹²⁵ In the UK, 12 people with mild to moderate dementia and their carers took part in two-hour exploratory and

for and carers, as well as an increased interaction between them and with the rest of the group; the experience was assessed very positively by participants.⁹²³ A UK equivalent is Meet Me at the Museum at the Pitt Rivers Museum, run by Oxford University Museums Partnership in collaboration with the Creative Dementia Arts Network, which offers monthly dementia-friendly access to the museum collections leading to co-produced exhibitions.⁹²⁴

funded by the Wessex Academic Health Science Network, and the University of Winchester conducted a research project at Winchester Hospital. Weekly two-hour music sessions – involving listening, singing, playing percussion instruments and occasional composition – shortened the length of stay (by 6.2 percent), reduced the number of falls (from 47 to 31) and decreased the use of antipsychotic drugs (by 4.26 percent during the intervention and by 27.7 percent on music days).⁹³⁵ This suggests that arts strategies could be considered in government initiatives to reduce the use of antipsychotic medication.⁹³⁶

A psychosocial model of music in dementia has been developed, predicated on the ‘accessibility of music for people at all stages of dementia, close links between music, personal identity and life events [and] the importance of relationship-building through music-making’.⁹³⁷ The part of the brain responsible for storing emotional memory is unaffected by dementia, which means that the evocative effects of music endure throughout life. A musician described at a round table how ‘Seemingly disengaged patients, as soon as we started with old war time standards, jumped up, were singing, they were bright-eyed, they were full of life’.⁹³⁸

Running since 1993 and managed by Wigmore Hall since 2009, Music for Life offers participatory music projects to people with dementia, from diagnosis to end of life, with a focus on late-stage dementia in care homes. Professional musicians work with professional care staff to deliver improvised music sessions over the course of eight weeks. The core aim of the project is to improve quality of life for people with dementia, with the secondary aim of empowering staff to take the project forward. Internal evaluation (Dementia Care Mapping) has suggested that Music for Life has a positive effect on communication; reduces signs of depression; increases involvement in activities and personal care; enhances appetite; improves mood; and amplifies interaction with others. External evaluation showed that the programme enhanced staff sensitivity to personhood and nurtured key skills for musicians working with people living with dementia.⁹³⁹

8.6.5

Singing

A Choir in Every Care Home found that ‘Singing activity can positively engage people with dementia across a spectrum of severity from mild to late-stage’.⁹⁴⁰ Singing is thought to stimulate several different areas of the brain and influence a feedback loop between the auditory and the sensory-motor systems. Behavioural and

neuroimaging studies show that singing activates regions of the brain associated with working memory.⁹⁴¹ Added to this, group singing has been found to have a positive impact on the partners and carers of people with dementia.⁹⁴²

In 2003, Alzheimer’s Society piloted Singing for the Brain in Newbury, Berkshire, combining singing and gesture in a social setting. Led by a specialist in speech and singing, the programme has been seen to aid communication by strengthening neural pathways to the vocal and breathing mechanisms. The relative complexity of the songs being practised stimulates cognition; the immersive nature of sessions contributes to stress reduction, and their social aspect increases confidence and encourages friendships.⁹⁴³ Singing for the Brain has been the subject of a short film,⁹⁴⁴ and the programme featured in a BBC Radio 4 documentary.⁹⁴⁵

As part of a project exploring the civic role of the arts supported by the Calouste Gulbenkian Foundation, community musician and storyteller Sal Tonge held a series of creative conversations around group singing with people with dementia in Shropshire. The film that resulted helps us to understand the ways in which artists ‘animate the human infrastructure of society’.⁹⁴⁶

8.6.6

Dance

A Cochrane Review of evidence about dance movement therapy for people with dementia highlighted the connection between movement, thoughts and feelings. The review found that dance movement therapy delayed cognitive deterioration while reducing challenging behaviours, improving mood and enhancing quality of life.⁹⁴⁷ Positing dance as a form of non-verbal communication, the review paraphrased literature speculating that movement might unlock embodied memories, allowing an expression of self that does not rely on cognition or speech. A systematic review of dance for people with dementia in care homes found evidence of improvements in fine motor skills, balance and gait, self-management and hope.⁹⁴⁸ South West Yorkshire Partnership NHS Trust hosts the world’s first centre of excellence for dance and dementia, where kinetic neuroscience research is looking at the impact of movement on the body.⁹⁴⁹

Committed to improving the health and wellbeing of older people through dance and movement, Green Candle Dance Company has developed programmes specifically for people with dementia. Remember to Dance has been offered free of charge to people with early- to mid-stage dementia and their carers, in the community and in the dementia unit of Mile End Hospital in

East London.⁹⁵⁰ The programme was the subject of a two-year evaluation by the Sidney De Haan Research Centre. This found that, in both community and hospital settings, Remember to Dance made a positive contribution to the quality of life and mental wellbeing of people in different stages of dementia.⁹⁵¹

8.6.7

Visual Arts

The aesthetic preferences of people with Alzheimer’s and frontotemporal dementia have been seen to remain constant even when they have no memory of specific artworks.⁹⁵² Research conducted at Dulwich Picture Gallery suggested that the episodic memory of people with dementia could be enhanced through aesthetic responses to visual art.⁹⁵³ Added to this, various individual and social benefits were reported, including improved mood and cognitive capacities and a greater sense of inclusion.⁹⁵⁴

Supported by the Big Lottery Fund between July 2015 and May 2016, Drawing Life brought life drawing classes to people with dementia. Led by two art teachers and involving an experienced male life model, a total of 10 classes took place at Hastings Court, a residential care home in West Sussex. The main medium was charcoal, and completed artworks were selected for exhibition in public galleries.⁹⁵⁵ In a submission to the Inquiry, one of the teachers involved in the project observed that ‘The act of drawing is a kind of language for those who have lost some or all speech, and facilitates participants and carers to communicate in other ways. [...] The drawings reveal something fascinating about life and memory to both the participants themselves and others who view their work’.

Canterbury district has the highest number of people with dementia in Kent. A 2015 study at the Beaney Museum and Gallery in Canterbury, involving 66 people with early stage dementia and their carers, was the first to compare the wellbeing impact of three activities: handling museum objects, viewing and discussing art and a social, non-art activity (refreshment break).⁹⁵⁶ Using a rigorous crossover design and the Canterbury Wellbeing Scales, both the object handling and art viewing activities were shown to be statistically significant in increasing subjective wellbeing as compared to the social activity alone.⁹⁵⁷ A further research study, using the same scale to examine the subjective wellbeing of 80 participants at the Tunbridge Wells Museum and Art Gallery, compared people with early- and middle-stage dementia who handled museum objects. Results showed a significant increase in wellbeing for both stages of dementia, with those at an earlier stage

showing the most difference. This led the research team, headed by Professor Camic, to ‘feel confident that for most people with early- to middle-stage dementia, handling museum objects in a supportive group environment increases subjective wellbeing and should be considered part of a health promotion strategy in dementia care’.⁹⁵⁸

The Dementia and Imagination project takes as its starting point that ‘Observing art and making art seems to make a difference’ in people with dementia.⁹⁵⁹ Jointly funded by the AHRC and ESRC, this research programme is adopting a realist method to look at how and why art might improve life for people with dementia and their carers. At the same time, it is considering ways in which people with dementia might be better connected to their communities.⁹⁶⁰

8.6.8

Digital Arts

A 2012 Baring Foundation report called *Digital Arts and Older People* distinguished between digital technology being used as a tool (to research and disseminate creative practice) and as a medium (through which artwork is created).⁹⁶¹ It also pointed to the personalised and multi-sensory experiences digital technology could provide for people with dementia. A 2015 update presented case studies of the creative use of digital technology by older people including House of Memories and the following example.⁹⁶²

The Armchair Gallery – part of the Imagine project, delivered by a consortium in Nottingham including the local authority and funded by the Baring Foundation and ACE (2014–17) – worked with artists and digital technology to enable the viewing of artworks by older people with dementia whose circumstances do not allow for visits to collections. Participants included people in residential care homes and their own homes in isolated settings. The study was both formative (helping shape the programme) and summative (informing best practice and future arts interventions). An analysis of the Imagine study calculated an SROI of £1.63 for every £1 spent.⁹⁶³ The results of this study may be used to inform the LGA’s plans to transform social care through the use of technology.⁹⁶⁴

The Cardiff-based arts organisation Chapter offers dementia-friendly screenings of films without adverts or trailers and with slightly brighter than normal auditorium lighting.⁹⁶⁵ The British Film Institute has a Dementia Services Development Centre.⁹⁶⁶

8.6.9

Performing Arts

The Elderflowers programme, operated by Edinburgh-based charity Hearts and Minds, offers performing arts activities to people with dementia in hospital care across Scotland.⁹⁶⁷ Funding comes from a range of sources, with 10 percent from the Scottish Government. The aim is to improve quality of life for residents through verbal and non-verbal communication with a humorous edge.

The New Victoria Theatre in Newcastle-under-Lyme, Staffordshire, is particularly noted for its development of documentary theatre as a genre. A multidisciplinary study of the role of theatre in the lives of older people – established as a collaboration between Keele University and the New Vic – explored lived experience and representations of ageing within a particular cultural context. This found the performing arts challenged stereotypes about the capacity of older people for exploring their creativity and helped older people to adjust to transitions in their lives.⁹⁶⁸ West Yorkshire Playhouse has issued a guide to dementia-friendly performances.⁹⁶⁹

At the Inquiry's round table on Arts and Dementia, Managing Director of Ladder to the Moon, Chris Gage, made the point that the arts should be considered as an opportunity to develop the workforce and wider organisational culture. *Inside Out of Mind* is a 90-minute play developed by Nottingham Lakeside Arts and Meeting Ground Theatre Company in association with the University of Nottingham. It depicts the experience of basic-grade health and social care support workers caring for older people with advanced dementia. Based on first-hand accounts and scripted by a professional writer-actress using verbatim dialogue, its aim is to alter the perceptions of healthcare professionals and reinforce recognition of the personhood of people with dementia. With Lottery funding from ACE and HEE, the play was toured to six cities in southern and central England between February and March 2016, and a recording of the play was subsequently screened at conferences and festivals. A diverse audience of almost 7,500 mainly working-age people saw the production as it travelled. Telephone interviews conducted a month after the tour demonstrated that the majority of those who saw the play discussed it with friends and colleagues and said it had improved the quality of dementia care they provided.⁹⁷⁰

8.6.10

Written and Spoken Word

While the use of a linguistic medium with people who are losing their words might seem counterintuitive, creative writing projects have generated good results. A collection of writings by eight people with dementia, with a foreword by Jo Brand, was published in 2014 under the title *Welcome to our World*. The book is full of personal reminiscences – of being evacuated from Ramsgate to Stafford during the war, and running classes for spies and murderers at Wormwood Scrubs. It provides an insight into the reality of living with dementia, with Rose writing that 'there are times when I really don't know what I'm doing: "Why am I here, what's happening?" But we've got to keep going'.⁹⁷¹

Controlled analysis of TimeSlips – a group storytelling programme that encourages creative expression in people with dementia and their carers in care homes across 10 states in the USA – found participants to be more engaged and interactions between residents and staff to be more frequent and of better quality.⁹⁷² In the UK, the Storybox Project is an exercise in creative story-making which engages, enlivens and empowers people living with a dementia alongside the people that support them.⁹⁷³ Originally funded as a pilot by Manchester City Council in 2010, the project was further developed with three years of funding from PHF and is now predominantly a commissioned project involving CCGs, public health teams and individual care homes.⁹⁷⁴

Poetry appeals to similar parts of the brain as song, and the case has been made that performed poetry escapes the definitional constraints of the written word to communicate through repetition, rhythm, syntax and movement experienced in the moment.⁹⁷⁵ John Killick has pioneered a method of co-writing poetry with people with dementia, which 'has persistently emphasised the existence of selfhood, the ability to communicate in language, and to exercise creative choice even at relatively late stages of a dementia'.⁹⁷⁶

8.6.11

Community Festivals

Since 2012, Arts Care has run Here and Now, a seven-month annual festival across Northern Ireland which seeks to enhance the wellbeing and quality of life of people over the age of 60 through participation in a variety of arts including dance, music, drama, visual art, digital art, puppetry, poetry, filmmaking and photography. In association with more than 85 organisations, the festival prioritises people living with dementia,

Parkinson's disease and respiratory conditions. The festival has led to new links between participants and healthcare staff and among neighbours in rural areas.⁹⁷⁷

All this evidence suggests that, in responding to the dementia challenge, PHE, health commissioners and local authorities will do well to promote the arts as community-based cognitive and emotional engagement. PHE could usefully inform all HWBs, GPs, diagnostic and memory services of the efficacy of the arts in improving brain function and enhancing communication and quality of life, so that, when people receive a diagnosis, they may be offered a referral to an arts organisation.

8.6.12

Dementia-Friendly Design

An estimated 25 per cent of people accessing acute hospital services have dementia. The busy hospital environment and disruption to routine can be unsettling, inducing confusion and anxiety, causing feelings of isolation and precipitating a decline in social and functional skills. In 2008, the King's Fund submitted a report to DH, outlining ways in which learning from the EHE programme could be integrated into the health service and proposing to improve the environment of care for people with dementia. As a result, the King's Fund was commissioned to oversee a programme fostering supportive design for people with dementia.

Research showed that an inability to differentiate between coloured, shiny and shadowed surfaces presented spatial challenges to people with dementia. As a result, modifications were made to dementia care environments in acute, community and mental health hospitals at 26 sites. Such dementia-friendly design was found to: reduce falls, agitation and the need for antipsychotic medication; promote independence; improve nutrition, hydration and engagement in meaningful activity; encourage greater carer involvement; and improve staff morale, recruitment and retention. This led to cost savings and enhanced wellbeing among patients and staff, and these design recommendations were endorsed by the Royal College of Nursing.⁹⁷⁸ The report arising from the King's Fund project specified a role for the arts in providing meaningful activity, enhancing familiarity and aiding way-finding and orientation.⁹⁷⁹

In October 2012, the Secretary of State for Health announced the creation of a £50m Dementia Friendly Environments Capital Investment and Pilot Scheme for 2013–14, for local authorities working with social care providers to improve design. In the same year, Dementia

Services Development Centre in Stirling launched the Virtual Care Home – an interactive online resource showing how dementia-friendly design could work in care settings or at home.⁹⁸⁰

In March 2015, DH issued comprehensive design guidance which paid heed to the layout and sensory properties of health and social care environments intended to help people live well with dementia. This advised the provision of space for expressive activities, including music and singing. It also recommended the installation of artwork on the understanding that 'Artwork can support people with dementia live a life as close as possible to how they were living prior to the onset of dementia (e.g. eat, sleep, dress and do activities); objects of art can help overcome sensory, cognitive and physical impairments'.⁹⁸¹ Where possible, DH's dementia-friendly design guidance should be adopted by all NHS trusts and health and social care providers.

In 2015, Imperial College NHS Healthcare Trust developed a new patient-centred dementia strategy which aimed to provide more creative stimulation to inpatients. This led to the inception of Paper Birch Workshops, which are held on either a one-to-one basis at the bedside or in groups within communal areas. Workshops encourage communication through a selection of activities exploring the power of scents, handling craft materials and writing and engaging in sculpture and fine art. The sensory properties of materials are central to the workshops, particularly colour, intended to stimulate the occipital lobe, which is often affected by dementia. Workshops are designed to facilitate discussion and are focused on process rather than product, tailored to each participant's needs and preferences. There is recognition within the dementia team that the workshops have contributed to the wellbeing of patients and staff, humanising what can otherwise be a forbidding environment.⁹⁸²

The ageing population poses one of the greatest challenges to health and social care. This particularly applies to adults in the Fourth Age, with health inequalities having a profound impact upon disability-free life expectancy. Frail older adults place unsustainable demand on an already overloaded system, with faltering transitions between health and social care leading to extended, expensive hospital stays and accusatory headlines about ‘bed blocking’. A Chief Executive of an NHS trust, consulted as part of the Inquiry, referred to the ‘oceans of suffering behind closed doors’ that lie behind these headlines.

Until the health inequalities in our society have been substantially eliminated, it will be a struggle to keep older people fit and active. A viable route for this is engagement in the arts. Numerous examples have been provided of the ways in which the arts can contribute to healthy ageing, from singing for general health to dance for falls prevention. We have also seen the protective effect of social participation and the ways in which the arts provide a nexus for meaningful social activity in both urban and rural locations. This leads us to the conclusion that every effort must be made to ensure that the current generation of older adults has access to the arts-based resources it needs.

While there is much debate about the types of arts activity that should be offered to people with dementia, there is widespread agreement as to their positive effects. People with dementia and their carers prefer ongoing programmes, rather than one-off experiences, but even one-off experiences have a positive impact. The Website of Arts 4 Dementia provides a database of relevant creative activities, searchable by region,⁹⁸³ and the Creative Dementia Arts Network connects people with dementia, carers, commissioners, artists, academics, representatives of arts and care organisations and others working in the field.⁹⁸⁴ This kind of information would benefit from being made available in offline formats, for people with a dementia diagnosis who are not web-literate, accompanied by relevant, face-to-face advice.



Dawne Solomons, *Rocks*,
produced during an art
therapy session with
Michèle Wood at Marie
Curie Hospice, Hampstead

With thanks to Dawne's family

9

End of Life

9 End of Life

“We are mortal beings – fragile, finite creatures with some meaning attached to us. The arts tell us this truth very starkly and hold important questions for us against the hubris of science and ostensible progress”

Dr Sam Guglani, consultant oncologist

Around 500,000 people die in England every year,⁹⁸⁵ yet there remain taboo and embarrassment about death. Dr Iona Heath has written of how technical advances over the past century have meant that ‘The whole discipline of medicine has colluded in the wider societal project of seeking technical solutions to the existential problems posed by distress, suffering and the finitude of life and the inevitability of ageing, loss and death. Sickness and death have gradually come to be regarded as failures of medicine, even by doctors themselves, rather than inevitable constituents of what it is to be human’.⁹⁸⁶

Death has provided abiding subject matter for artists through the ages. Artists and arts therapists working with people nearing the end of their lives in hospices, hospitals, care homes and the community encourage creative reflections on the finitude of life. At the round table on Palliative Care, Dying and Bereavement, music therapist Bob Heath observed that people reaching the end of their lives are often drawn to creativity, finding new ways to express themselves, overcome their fears and maybe discover new hope and peace. Fiona Hamilton, Director of the Orchard Foundation, noted that ‘The desire to be creative and feel life is meaningful can be vibrant until the end of life, in spite of physical constraints and mental challenges’. This chapter looks at the ways in which the arts enable us to explore the passage between life and death, to the benefit of the dying, their loved ones and carers.

9.1

Dying Well: The Hospice Movement

In 1967, Cicely Saunders founded the modern hospice movement by opening St Christopher’s Hospice in London as a place where the dying and their families could be cared for by a team dedicated to giving physical, psychological, social and spiritual support. Saunders believed that every person was unique and remained important until the last moment of their lives. She committed herself to enabling people to live well until the moment they died.

The great majority of deaths in England are preceded by a period of chronic illness. Palliative care, provided by hospices, relieves the pain, symptoms and physical and mental distress of disease. At the round table, Consultant in Palliative Care, Dr Viv Lucas, said that the role of doctors in this context is not to cure disease but to heal their patients. This implies ‘addressing the subjective experience of human suffering and facilitating a process of inner change – not about the technological *doing to* of the disease-orientated model but of *being with*, bearing witness’. In this way, it is possible to die healed.

As the 2011 Arts for Health Manifesto put it, somewhat brutally, ‘Magic bullets don’t exist and we can’t cheat death by painting’.⁹⁸⁷ However, ‘The fact that the arts move us physiologically, psychologically and emotionally’ makes them ‘important tools when dealing with common responses to a terminal illness such as depression, lack of meaning and direction, and fear of the future’.⁹⁸⁸ Through the arts, we can transcend suffering and enable our own healing.⁹⁸⁹

The hospice movement acknowledges creative work to be a vital human activity and an integral part of lives lived to the full. This embraces the potential of creativity not only to make ill health more tolerable but also to enhance wellbeing. In hospices, creative activity is offered on an occasional or more sustained basis, as part of day care or as an inpatient activity.

A study of the impact of the arts on hospice staff showed that ‘art-viewing and art-making enabled relational processes and supported personal insight. Several participants [...] reported a positive impact on wellbeing, creativity and improved communication as well as some lessening of work-stress, attributed at least partially to the process [of art-viewing and art-making]’.⁹⁹⁰

In the palliative care environment, researchers have found that music therapy reduces anxiety, pain, tiredness and drowsiness⁹⁹¹ and increases wellbeing.⁹⁹² Psychotherapist Dr Christine Mason describes how unconscious, unresolved issues may exacerbate, or even cause, pain, and how the arts can help in raising levels of awareness and overcoming alienation from ourselves.⁹⁹³ Patient-directed art therapy in palliative care settings enables the expression of powerful, difficult

myself. I could get lost in this painting and forgot about everything that felt bad to me at that time. It was then that I realised that other patients could maybe get the same benefit from it that I did. And they did’.⁹⁹⁶

In 2008, the Director of Supportive Care (Nigel Hartley) and the Director of Psychosocial and Spiritual Care (Malcolm Payne) at St Christopher’s Hospice co-edited a book in which they described how:

*Palliative care brings to the arts the opportunity to interact with physical and mental deterioration, death, pain and loss. Arts practitioners in palliative care are present at a crucial transition in the lives of most families, shaped by powerful emotions and new personal relationships and social experiences for patients and their families. All this can bring inspiration and stimulation to artists, and generate important opportunities for new artistic expression.*⁹⁹⁷

In return, the authors note that ‘creative work permits patients to rehearse their personal reactions to their illness and impending death in a protected and sympathetic environment with others sharing similar experiences’.⁹⁹⁸ Creative activity helps patients come to terms with their own mortality.

St Christopher’s is one of around 300 hospices in the UK, where end-of-life care is offered. Yet, only four percent of deaths take place in hospices,⁹⁹⁹ which

remain on the fringes of the NHS system. This means that hospices have very limited reach into the surrounding community, and people being treated for terminal illnesses generally have little access to creative experiences.

9.2

Beyond the Hospice Movement

A majority of deaths in the general population (58 percent) occur in hospitals. At the round table on the Arts and Healthcare Environments, Director of Grampian Hospitals Art Trust, Sally Thompson, read out a letter from a woman whose husband had been diagnosed with terminal cancer:

To be given a terminal prognosis is devastating for both the patient and family. To take away your future, the opportunity to grow old and grey with your spouse and to watch your children grow and thrive. You lose your independence and your

During terminal illness, arts participation provides an antidote to physical and psychological pain.

emotions about dying, helping to relieve the psychological trauma of living with a terminal illness. Image-making is a form of communication that can enable new identities to be described and uncomfortable feelings left behind. People do not need experience to be able to benefit from this kind of psychological support; the process of making, the feelings aroused and the interaction with the therapist are what matter.⁹⁹⁴

In a diary entry dated 1 April 2005, Chris Rawlence, a filmmaker, writer, librettist and hospice artist-in-residence, observed how, ‘On several occasions, I’ve noticed that creative collaboration can have an analgesic effect. People who are dependent on high doses of morphine to alleviate pain may find that they don’t need the drug for a few hours a week that they are absorbed creatively. Rather than simple distraction – or diversion – this seems to be the positive outcome of creative engagement’.⁹⁹⁵ John Lieser, a day services patient at the Prince and Princess of Wales Hospice in Glasgow, related how ‘For the time I was sitting painting, I forgot all about my illness. It really took me to a new depth within

Dawne Solomons, An Art Therapy Journey



When my daughter suggested I try out art therapy I didn't know what to expect.

I had just had heart and lung surgery and was still in pain, and was having another round of chemotherapy. In other words, not in great shape really.

So I began art therapy. I never knew what I was going to draw so it was always a surprise to me when the pictures were finished, and then they were filed away and I forgot them.

I mostly talked during the sessions so the sketches were usually quickly finished and then my art therapist and I would always discuss them at the end of a session and what would emerge was often a surprise too. When we had a 'review' of the sketches I had made I was quite shocked and surprised to see them. I had forgotten what had prompted the drawings.

I have been in art therapy during three courses of chemotherapy, and I can see the progression, the journey if you like, starting with pain, then the struggle, the despair when it returned and I needed more chemotherapy, always the worry that it might return.

I have been able to release my feelings with the drawings, never knowing what would appear on the paper, but after each sketch, with my therapist's help, able to discern some hidden feeling, or discuss some real issue that often would only become apparent after the drawing was finished.

Art therapy isn't about being able to draw. Some are very quick sketches, others more involved.

I have some inner need to put my feelings on paper and I believe that it has helped me on an arduous and often impossible journey when I couldn't express myself in any other way.

Journal entry 15/01/05

I see the cancer as black with long slimy tendrils, and veiled by red.

I see needles piercing skin, turning it black and red.

Knives thrust deep. Huge splashes, torrents of red.

Journal entry 20/01/05

[...] drew a vicious-looking serrated knife, dripping blood – a big fist holding it – used charcoal. Very black.

It's about pain – to me – the cause of pain.

Journal entry 09/06/05

In Art Therapy – there seems to be a 'space' in my drawings – at the life class too – why? I seem to be deliberately leaving a part of the page blank – is it to do with the first surgery? Taking everything out and leaving a space? Is it the void in my life?

Journal entry 01/11/05

I try not to think about what's going on in my body – you can get so that every tiny twinge is a major catastrophe.

Journal entry 05/01/06

I did a huge violent drawing in Art Therapy.

It's how I felt.

How I've been feeling lately.

Maybe something is changing, but I need to deal with these feelings, not bury them.

Excerpted from Dawne Solomons, *An Art Therapy Journey*, published by Marie Curie Cancer Care in December 2007, based on art therapy with Michèle Wood at Marie Curie Hospice, Hampstead, begun in January 2005.

sense of self, your purpose and role in life. Yet in the midst of this suffering lies the Artroom. An oasis of positivity and fulfilment providing a different purpose. One of creativity and self-expression. It is a place where the self is rediscovered and allowed to flourish. A place where you feel valued and worth investing in. It's medicine for the soul and every bit as vital as drugs and chemotherapy. A life-fulfilling experience that has changed both our lives for the better.

Artroom is a shared studio environment for art and writing at the heart of two healthcare facilities run by Grampian Hospitals Art Trust (which also maintains a sizeable art collection). It is 'based on the understanding that everyone is creative and that doing art and writing can be surprising, meaningful, challenging, playful, absorbing, reflective and exciting – and offers participants the opportunity to be fully themselves'.¹⁰⁰⁰

Live Music Now provides a regular programme of interactive music sessions for people with terminal conditions in hospitals. These have therapeutic benefits and enhance quality of life. In a King's Fund report on end-of-life care, discussed more fully in the next section, the role of hospital

be invited to articulate their contribution to dying and bereavement.

9.3 Environment Design

In 2005, NHS Estates published a consultation document, written by its Design Brief Working Group and intended for NHS trusts, entitled *A Place to Die with Dignity: Creating a supportive environment*.¹⁰⁰³ This considered how hospital design might have a positive impact upon death and dying for patients, their families, visitors and staff. Consultation revealed demand for a homely environment for the dying; grieving areas for the bereaved; appropriate religious and cultural spaces; and quiet spaces for staff. The document set out key issues that should be borne in mind by trusts, the strategic objectives they should aim to meet and the ways in which these might be integrated into design briefs.

In response to *A Place to Die with Dignity* and practical experience gained during the EHE programme, the King's Fund launched a pilot across eight projects in England and Scotland known as Enhancing Care at the End of Life (ECOL), which ran between 2006 and 2008. A parallel literature review highlighted the importance of rooms of a domestic scale, allowing private facilities for patients, overnight accommodation for family

members and appropriate places for viewing the deceased.¹⁰⁰⁴ It also highlighted the importance of access to nature – whether directly or through the window – and the potentially soothing properties of colours and artworks. The focus of the consultative pilot projects was on mortuary viewing facilities, a bereavement suite, a visitors' room, palliative care rooms and patient rooms in a hospice. Among all the positive feedback these projects generated, a surprising amount of resistance was reported to changing preconceptions about appropriate environments for end-of-life care.¹⁰⁰⁵

The literature review for ECOL observed that the connection between spirituality and end-of-life care was notable by its absence from discussions of environment. As physical failure becomes all too evident, the internal world of psyche, soul or spirit comes to the fore. Elaborating the spiritual side of palliative care, Mark Cobb, a senior chaplain and clinical director at Sheffield Teaching Hospitals NHS Foundation Trust, finds a link between the arts and the transcendent. He describes faith as a 'space between' external reality and ourselves, the realm of the abstract and

Creative expression helps us to come to terms with human suffering and death.

porters was recognised.¹⁰⁰¹ GSTC is working with Breathe Arts Health Research to train hospital porters to discuss the art collection in Guy's and St Thomas' hospitals with bereaved relatives, which makes demands on the resilience of porters.

Around a fifth of deaths from all causes occur at home; in deaths with dementia, this figure falls to less than a tenth, with 58 percent of deaths occurring in care homes.¹⁰⁰² At the Inquiry round table, Academic Director of Digital Health Enterprise Zone Health and Wellbeing Centre, Allan Kellehear, pointed out that 95 percent of the experience of dying takes place outside healthcare environments. Nigel Hartley, now CEO of Earl Mountbatten Hospice on the Isle of Wight, made the point that artists were needed who could work with families and groups in the community, following people through the system and supporting them to experience the benefit of creativity.

At the round table, it was agreed that people would benefit from engaging with the arts much sooner than the final weeks and months of their lives. In the Compassionate City model mentioned in chapter five, cultural venues would

Environments for end-of-life care benefit from rooms of a domestic scale, overnight facilities for visitors, quiet spaces for family members and staff and soothing colours and artworks.

reflexive, which lies at the heart of both religion and art.¹⁰⁰⁶ Sacred spaces in hospitals and hospices provide respite from the medical, allowing stillness, reflection and contemplation, requiring ‘artistic and spiritual architecture that provides a shelter for the spiritual aspects of humanity and yet remains open to the play of the spirit’.¹⁰⁰⁷ As we move towards death, a creative response is demanded, and Cobb suggests that ‘Without the arts, the human psyche would stand naked in the face of personal extinction’.¹⁰⁰⁸

In 2008, Professor Lord Darzi, at the Institute for Global Health Innovation, Imperial College London, published a review of NHS England in which end-of-life care formed one of eight key clinical areas.¹⁰⁰⁹ In the same year, the King’s Fund pilot informed DH’s End of Life Care Strategy, which emphasised the heightened importance of environment to the dying – specifically, the extent to which it provided private and gathering places, communicated care and lingered in the memory beyond the death of a loved one.¹⁰¹⁰ The pilot also prompted DH to extend ECOL to 19 NHS trusts and a prison providing adult end-of-life care. Common to all projects was the aim of improving the patient and carer experience and an emphasis on consultation and engagement. Feedback from service users and visitors was overwhelmingly positive, and staff members reported increased learning in the face of persistent challenges. The final report for this project provides useful pointers for NHS trusts planning their end-of-life care, bereavement and mortuary facilities.¹⁰¹¹ We

hospices in North Wales. The bedrooms are painted in strong colours, and the centre has a music room and a multisensory room full of different stimuli.¹⁰¹²

Pioneers of the creative arts in palliative care encourage hospice patients to have a positive influence on environments through exhibiting their artwork.¹⁰¹³ Lucinda Jarrett, Artistic Director of Rosetta Life – an artist-led organisation founded in 1997 – has argued that ‘If a person is able to display their artwork on a hospice/hospital wall it enables him/her to hold some ownership of that space. The artist becomes a stakeholder in the institution because their artwork is displayed’.¹⁰¹⁴

Designers at HELIX are developing an end-of-life care toolkit for healthcare workers, aimed at improving the hospital experience for patients, friends, family and staff by encouraging better communication around treatment plans and emergency care. This design-centred approach includes technological innovation, and it is intended to have a community application in the future.

9.4 Finding Meaning in the Story of Life

At the round table, Dr Heath observed that, ‘As all great writers demonstrate, finding meaning in the story of life is an act of creation’. The arts can meet

the existential challenge of finding meaning in suffering, loss and death. The arts have the capacity to make sense of the apparent randomness and – at times – meaninglessness of life, bringing order and a new way of living. Professor Fiona Sampson, a poet who spent a

dozen years encouraging writing and reading in health and social care settings, described at the round table on the Arts and Healthcare Environments how poetry ‘speaks indirectly, tells at a slant’. It acts as a counterpoint to institutional jargon and case-note paraphrase to express experience in personal terms.

*There’s a game I play inside my head
Pretending that I am already dead
Just to be here to see
Those I’ve left behind me*

*Friends and lovers weeping
While I lie here sleeping
Some will never recall
I was ever here at all
And others will laugh out of hand
Or say I was a good kind man
While thinking deep inside
I was base, low and snide.
Who in this darkness
Who will hear my plea?
Who will remember me as me?*

Paul, blind cancer patient at Greenwich and Bexley Cottage Hospice, 2005

Artist Virginia Hearth has noted that ‘The arts offer us a way of making sense of the world and help us to define who we are and who we have been’.¹⁰¹⁵ The arts can provide access to deeper and more nuanced thoughts and feelings than we commonly experience. They contain the potential for ‘self-actualisation and self-realisation’.¹⁰¹⁶ They can foster creativity and fresh experiences, bring new understandings and insights and offer the ‘potential for pleasure, transcendence and beauty’.¹⁰¹⁷ Participation in the arts can be cathartic, enabling the dying and their relatives to deal with transitions, giving people confidence to talk to others about illness or dying. At the same time, the arts may disturb us, and ‘neither powerful arts products nor therapeutic effects are gained solely with ease and enjoyment’.¹⁰¹⁸ This places the onus on facilitators of end-of-life creativity to channel difficult emotions into the creative process.

In a collection of essays published as *Dying, Bereavement and the Creative Arts*, Gillie Bolton – who played an early role in the British Association for Medical Humanities – described how ‘Involvement in artistic processes can offer primary support in the rewriting of a hopeful, helpful life-towards-death narrative’.¹⁰¹⁹ She

Artistic activity generates a legacy that can be left behind for our loved ones.

outlined how such creative processes offer insights into ourselves and our place in the world, enabling us to reflect on memories, hopes and fears. Through metaphor, characterisation and plot, the creation of literary and dramatic works draws upon emotional and psychological depths. It is this use of the imagination, Bolton argued, which distinguishes humans from animals, increasing cognitive, psychological and spiritual insight into the otherwise inexpressible while diminishing stress and anxiety.

9.5 Legacy

Creative arts projects often yield something of value which can be left behind, and loved ones treasure the artwork of those they have lost. Even where creative activity has been undertaken on an individual basis, the act of giving creates relationships. Lynn Harmer, an artist at St Christopher’s, has recounted the story of Michael, a middle-aged man who was admitted to the hospice as an inpatient, suffering with acute back pain in the later stages of a terminal illness. Although he had not painted since school, Michael was keen to experiment with colour and technique, and he seemed to forget about his symptoms while he painted. Michael’s 10-year-old son, Joe, was having difficulty visiting his father, and the nursing staff asked if he would like to be involved in his father’s creative activities. This prospect provided Joe with the impetus he needed to visit the hospice, and father and son spent time together moulding baby elephants from clay, laughing and teasing each other as they worked. When Lynn took the clay elephants away to be fired, she left Michael and Joe painting together. After a sudden deterioration, Michael died a few days later, and Lynn ensured that the baby elephants were passed to Joe as a lasting memory of time spent with his father.¹⁰²⁰

9.6 Finding Voice

Dame Barbara Monroe has lamented that ‘one of the tragic consequences of our death-denying culture is that just when people most need social support, the world often retreats from them in

embarrassment, anxiety and dismay, creating a kind of social death long before physical demise occurs’.¹⁰²¹ Jarrett has argued that ‘For patients who are facing death, the process of disappearing from a cultural arena is one of increasing powerlessness. Finding voice

enables people to choose whether to regain their role in their social and cultural arena. [...] The creative arts clearly have a large role to play in enabling people to find a shape to hold their individual stories’.¹⁰²² Facilitating artists to work in palliative care settings, Rosetta Life works on the basis that everyone holds the potential for creative exploration and enables the dying to find and express the stories that matter to them.¹⁰²³

The experience of death and dying is difficult to put into words. Art therapist in palliative care

Creative expression lends a voice to the voiceless.

Michèle Wood has explained that ‘Many factors including social status, educational levels, and ethnic backgrounds influence the patient’s comfort in expressing and addressing their emotional responses to illness with health professionals’.¹⁰²⁴ However:

*An important aspect of art therapy is that it provides an opportunity to express emotions that may feel unacceptable to the patient. The patient may have stifled feelings of anger, envy, and sadness for fear of upsetting their family or staff. In art therapy, pounding clay, pouring paint, and scribbling violently on paper gives the patient permission to express strong feelings, and the presence of the therapist ensures the patient is not left alone with their distress. Art therapy also allows for the development and expression of more positive feelings such as tenderness, hope, or beauty.*¹⁰²⁵

The non-verbal nature of certain creative activity helps end-of-life care services to engage with communities in which different languages are spoken and provides a ‘welcome tool for patients negotiating their experiences of illness and treatment in a language and cultural setting that is not their own’.¹⁰²⁶

Memories and experiences are often retained as images whose non-verbal expression needs no interpretation. Rather than retreating into therapeutic models and professionalised languages, Hartley asserts that ‘the art is the therapy’.¹⁰²⁷ Through the process of creative

clients often feel that they have no control over their illness, their treatment, the progress and life in general. They may also have lack of control over bodily functions’.¹⁰²⁸ The issue of control is also important for others caught up in the maelstrom of terminal illness, and Jarrett has recounted how:

*At a personal level, families who may feel that they cannot cope with the management of a disease that is overtaking the person they love may manage to take control of their daily lives by becoming involved in a creative project. Sorting out the photos, editing a manuscript, viewing rough cuts of a film quickly becomes a family process and in this way carers are more able to get more involved in aspects of the management of the lives of those who are seriously ill.*¹⁰²⁹

Creative activity can increase a sense of control and self-determination, with mastery of materials and ideas forming part of the creative process.

9.7 Bereavement

In late 2010, the Scottish Government Health Directorates funded a study of the socio-economic cost of bereavement in Scotland as part of work to inform national policy on bereavement and care practice. Analysis of data from the Scottish Longitudinal Study found that the loss of a spouse made early demise of the surviving spouse more likely and led to extended hospital stays, translating into a recurring annual cost for NHS Scotland of around £20m.¹⁰³⁰ Analysis of UK-wide data from the British Household Panel Survey also suggested that the bereaved were significantly less likely than their contemporaries to be employed in the year of bereavement and two years after.

At the round table, Dr Simon Opher pointed out that bereavement was a normal part of life, which he increasingly saw being pathologised, leading to regular trips to the doctor and the prescription of anti-depressants and sleeping pills. The Scottish study identified costs of bereavement-related consultations in primary care at around £2.2m annually, and suggested that the actual figure was likely to be much higher. People seek bereavement support because they feel stuck and isolated in their grieving. The symptoms of grieving –

emotional pain, loss of sleep, appetite and energy – can often feel like an illness, but giving expression to grief can help to articulate loss and redefine the person left behind.¹⁰³¹ Dr Opher described grief as a pattern of circular thoughts that deprive survivors of peace and lead to anxiety and depression. Art, he argued, is a healer of bereavement, and he told of patients being released from circular thoughts after a few brief hours of immersion in art.

The process of creating something new after the death of a loved one can be part of fashioning a new life. Exploratory personal writing, for example, can function as an alternative or adjunct to psychotherapy. At the round table, Jane Moss – a writer and creative writing tutor who works in bereavement support – explained that writing could be used in a number of ways, including keeping a journal, penning unsent letters, describing personal belongings and resolving unfinished conversations. Writing can be a valuable means of self-help, with the page as a listening friend, available any time of day or night, hearing whatever the writer wants to say. The results of this can be powerful, and include people being able to

group activities, including drawing and painting sessions, and conveyed their perspectives on camera, with a view to sharing the video with their parents, teachers and members of the public. One of the young people involved in the project – which became known as No, You *Don’t* Know How We Feel – related how ‘Before, I couldn’t actually say that my dad had cancer, in case people might laugh – but now I can, and they don’t’.¹⁰³²

Life can end at any age, and every year an estimated 12,500 parents in the UK experience the loss of a child.¹⁰³³ At the round table, independent producer Anna Ledgard observed that, in intensive care wards, the voices of children are often least heard. She identified a role for art in providing an ‘other space’ in which terminally ill children could articulate what was happening to them and how it felt. She relayed the story of a 15-year-old boy, saying that ‘Death is simply a door in the room that we have not yet noticed, and we won’t until our eyes adjust to the dark’.

Surviving the Loss of Your World was established by two bereaved mothers in North London in 2007. Over 12 weeks in autumn 2014, six members of the group came together with artist Sofie Layton as part of a research and development programme called REST. The group explored different creative processes – including drawing, embossing, screen-printing, sewing and audio recording – to capture experiences and the essence and memories of lost children.

One participant commented that a shared process of embroidery was ‘rather similar to grief itself – slow – and allowing us to talk, bond, weep, laugh as we progressed our ideas and produced something that reflected our children’.¹⁰³⁴ The project culminated in a public presentation of the installations made during the workshops. Qualitative evaluation reported the value of the project to participating mothers and to stimulating a public conversation about childhood death.¹⁰³⁵

In children and young people, creative activity helps to facilitate conversation about terminal illness and death.

return to work and adjust more effectively after their loss, acquiring skills for their own self-care which will serve them through the rest of their life.

9.8 Children and Adolescents

In the UK, one in 20 children has lost a parent. At the round table, Professor Baroness Finlay described mismanaged bereavement in young people as a public health disaster. A team of palliative care social workers in East Berkshire provides an innovative example of the arts helping young people to deal with parental illness or death. The team enlisted an advocate and pioneer of participatory video and set up an action research project with young people (aged seven to 15), putting their voice, experience and expertise at the centre of a collaborative inquiry. Nine young people participated in seven weekly sessions, choosing which themes to cover, whether to appear in front of the camera or behind it and whether to accept or reject footage. Within a safe, therapeutic environment, participants engaged in

9.9 A Public Conversation About Death

DH’s End of Life Care Strategy identified the need for a better public conversation about death and dying, so as to change perceptions and allay fears.¹⁰³⁶ The National Council for Palliative Care, founded in 1991, serves England, Wales and Northern Ireland. In 2009, it established a coalition of 32,000 members across England and Wales, known as Dying Matters, to ‘help people talk more openly about dying, death and

Art can have a powerful effect in easing grief, helping those who have lost their loved ones to find solace in their bereavement.

activity, meanings may be released that have not yet surfaced into the conscious mind. Metaphor and imagery can invoke all the senses and express the experience of dying in ways that transform perception.

Patients at the end of their lives are often allotted a passive status, poked and prodded with medical instruments. As art therapist Samantha Dobbs has observed, ‘The issue of control is often present and powerful. In palliative care or after a particularly lengthy period of medical treatment,

bereavement, and to make plans for the end of life'.¹⁰³⁷

Hartley and Payne have observed that hospices 'demonstrate how the arts can help people deal with distress and difficulty [...]. People who experience the arts in this setting at this moment in their life experience may come to understand how they may participate in the arts more actively to better strengthen their resilience in dealing with future life experiences'.¹⁰³⁸ An example of this

9.10

Training and Professional Development

A survey of more than 500 GPs conducted by the King's Fund in 2009 found that three quarters acknowledged they had a role in helping patients approaching death, while almost half said they would appreciate help with this.¹⁰⁴¹ A survey of

more than 900 nurses conducted the following year found that 69 percent felt they did not know how to broach the subject of death, with 72 percent citing lack of training.¹⁰⁴² In 2014, a report jointly published by the Royal College of Physicians and Marie Curie

Cancer Care looked at the results of an audit of 131 NHS trusts comprising 150 hospital facilities.¹⁰⁴³

This found that mandatory training in care of the dying had only been required for doctors in 19 percent of trusts and for nurses in 28 percent, despite national recommendations that this be provided.

The training of healthcare professionals should prepare them to deal intellectually and emotionally with issues of mortality.¹⁰⁴⁴ The House of Lords Access to Palliative Care Bill, which is passing through Parliament at the time of writing, contains a section on education and training which requires all health and social care providers to understand the importance of pain control and palliative care.¹⁰⁴⁵

At the round table, nurse and psychotherapist Olwen Minford invoked evidence that integrating arts-based approaches in the training of healthcare professionals can build empathy, compassion and communication skills, and pointed to visual arts training in galleries being used in more than 50 US universities. At the same event, Dr Heath proposed that, in the care of the dying, healthcare professionals needed five forms of literacy: medical, physical, emotional, moral and cultural. As cultural literacy is undervalued in medical education, young doctors are deprived of a potent resource for making sense of both life and death.

Professional development is also necessary for artists who undertake this work. Artists working in palliative care need to have sensitivity, knowledge, skills and conviction, as well as an ability to understand and deal with a variety of experiences. There is a need for training and professional development as well as new paradigms for research and evaluation developed by artists working in this highly specialised field. At present, we lack a central organisation for artists, arts therapists and arts services working in palliative care. In 2016, an International

Community of Practice for End of Life Care was initiated in Canterbury, bringing together academics, researchers, clinicians, practitioners, policy makers and service users. This provides a nexus through which the arts in end-of-life care can be discussed more fully.

DH's End of Life Care Strategy for adults at the end of life identified the following features of a good death: 'being treated as an individual, with dignity and respect; being without pain and other symptoms; being in familiar surroundings; and being in the company of close family and/or friends'.¹⁰⁴⁶ The strategy acknowledged that this was not the experience for many, and it proposed a system-wide approach to caring for patients and their loved ones. Yet it did not mention the arts. The NHS England End of Life Care strategy made provision for palliative care,¹⁰⁴⁷ but neither this strategy nor related sector-specific guides, such as that for care homes, made reference to the arts.¹⁰⁴⁸ We hope that DH and NHS England will revisit their strategies on end-of-life care, taking full account of the benefits of arts engagement.

At its best, end-of-life care helps people to approach death as well as possible. In the UK, there is little awareness of the availability of end-of-life care and even less recognition of the role of the arts within this. Care of the dying needs to be recognised as one of the core purposes of the medical profession. At the same time, more has to be done to reconcile the physical, psychological, social and spiritual aspects of death, and the arts have an essential part to play in this. The training and professional development of many health and care staff, as well as of more artists, should enable them to gain understanding of the creative relationship that there can be between the arts and dying. Easing the relentless pressures on health and care staff would assist consideration of healing.

Further evidence is needed as to the financial savings achievable through the arts in end-of-life care and bereavement, particularly through reduction in GP visits, prescriptions and hospital admissions. Such research might be combined with a study of arts practices and processes, using qualitative, creative methods such as filmmaking, all with a view to persuading commissioners of the benefits of arts engagement at the end of life. It is, of course, self-evident that sensitive human contact alleviates suffering. The arts can provide such contact.

The arts can open up a public conversation about illness and death.

approach in action is provided by the Schools Project, run by St Christopher's, which brings end-of-life patients and their carers together with children around the age of 10.¹⁰³⁹ The aim of this project is to educate young people about death and dying through the eyes of those going through the process, thereby reducing anxiety about death. In one version of this programme, children visited the hospice together with their teachers and parents, after which the hospice arts team worked with the children in their school over two successive weekdays, facilitating the creation of art, music and writing on the theme of the journey. The project concluded with a return visit to the hospice, during which the children read out their poems, sang songs and talked about their experiences, to the appreciation of patients. The words of the children testify to this encounter helping them to overcome their fear of death.

Dr Sandra Bertman, author of *Grief and the Healing Arts*, uses the arts and humanities to educate the general public and care staff about death. She has elsewhere identified a synergy between aesthetic and therapeutic approaches, whereby 'the arts invite us into the world of human suffering and bereavement in a manner different from but no less penetrating than clinical analysis'.¹⁰⁴⁰ By being instructive and challenging, Dr Bertman argues, the arts enable us better to inhabit our own suffering and that of others. The Dying Matters coalition might consider the role of the arts in stimulating a public conversation about death.



Claudia Phipps, *Ripples*,
Rosie Maternity Hospital,
Cambridge University Hospitals
Managed by Addenbrooke's Arts
Photographer: Gilbert Park

Recommendations and Next Steps

10

10 Recommendations and Next Steps

We hope we have demonstrated in this report that the arts can make an invaluable contribution to a healthy and health-creating society. They offer a potential resource that should be embraced in health and social care systems which are under great pressure and in need of fresh thinking and cost-effective methods. Policy should work towards creative activity being part of all our lives.

The process of the Inquiry – in particular the exchanges of ideas and experience at round tables of service users, health and social care professionals, artists and arts professionals, funders, academics, people in local government, policy-makers and parliamentarians – has generated energy and commitment. We will continue to enlist the help of those who are willing and able to join forces to shape a shared vision for change and bring that change into being.

In this report, we have made a series of suggestions aimed at improving practice, research and funding. Here, we make ten specific recommendations as catalysts for the change of thinking and practice that can open the way for the potential of the arts in health to be realised.

- 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.**

Sustained and systematic work is needed to fill the extensive gaps in arts and health provision. Better coordinated research and evaluation will demonstrate more powerfully the effectiveness and value for money of arts-based approaches to health and wellbeing. The investment of funders will be more productive if made as part of a coherent strategy. If personal stories are more widely shared, they will do more to stimulate public interest and demand.

This is why we would like to see a range of partners establish a national strategic centre to coordinate leadership in the field, working to promote collaboration at all levels in the arts, health and social care sectors. We do not propose a

physical building but rather a gathering of networks, spanning practice, peer support, research, funding, communication, policy and international liaison. The aim of the centre would be to support local delivery and co-production; provide for shared learning and skills development; identify gaps in the evidence base and help to fill them; encourage coordinated approaches to funding; enhance the training of arts and health professionals; and secure greater awareness of the benefits of the arts for a healthy and health-creating society.

If this recommendation finds favour with the field and if so desired, the All-Party Parliamentary Group on Arts, Health and Wellbeing stands ready to assist with the formation of the centre, opening discussions with the bodies that might be involved and facilitating initial meetings.

While this initiative would be independent of government, we hope that the Government would support the project.

- 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.**

We will seek to persuade ministers that they can improve the effectiveness and value for money of services to support health and wellbeing and widen access to the arts if they work together to develop a cross-governmental strategy for the arts in health. It would recognise that the arts can help meet the major challenges facing health and social care. The national centre would provide expertise and capacity to support the design and implementation of the cross-governmental strategy. The strategy could be developed within the existing systems of the NHS, local authorities, Public Health England and Arts Council England, with joint targets and shared resources. It would develop approaches already initiated by the What Works Centre for Wellbeing. We suggest that our Government looks at international comparators such as Australia, Finland, Norway and Sweden, where national strategies have already been put in place.

- 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.**

The evidence is there that the arts can help meet major challenges facing health and social care including ageing, long-term conditions, mental

health and loneliness. We ask that all relevant institutions should ensure that a commitment to the arts, health and wellbeing becomes integral to organisational policy. A dedicated individual would ensure that each organisation attaches appropriate importance to matters relating to the arts, health and wellbeing. The national centre would help to get the message out and support those making decisions at every level to realise the opportunities provided by the arts. The national centre would mobilise effective local leadership and networking to support public bodies in maximising local opportunities. Public bodies must be ready to seize these opportunities and to collaborate in doing so. The Government's objective of increasing access to the arts for all will also be powerfully advanced if health and social care providers are willing to work with arts and cultural organisations.

- 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.**

There are already exemplars of effective partnership working, as shown in our case studies of Gloucestershire and Greater Manchester. Devolution of decision-making and budgets provides an opportunity for better engagement of the arts and culture in improving health and wellbeing on a local and regional basis. Partnerships with local health providers will enable arts and cultural providers to make their contribution to meeting major challenges in health and social care. Greater Manchester is the first of the city regions with a directly elected metro mayor to have made the arts and culture integral to its health and wellbeing strategy. We hope others will make a similar commitment.

- 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.**

Arts and cultural organisations will need to develop their knowledge and skills to enable them to make their full contribution to the development of a healthy and health-creating society. Many organisations would benefit from support in developing the skills to bid for health and social care funding and to work in partnership with others in the voluntary and community sector. Working with Arts Council England and the National Council for Voluntary Organisations to build on their recent Cultural Commissioning Programme, the national

centre could identify and coordinate means for providing this support.

- 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.**

Developments in social prescribing offer models for arts and cultural organisations to engage with the process of creating a healthy society. Arts-on-prescription activities help people to overcome physical and psychological pain, playing a vital role in the recovery and maintenance of health. Group creative activities in the community also help to overcome social isolation in people of all ages. As our case studies show, such initiatives improve health and wellbeing outcomes and save money. Steps need to be taken within the health service to ensure that these improvements and savings are realised. Just as is happening in the health and social care sectors, infrastructure and leadership will need to be developed in the community sector. Organisations delivering arts on prescription can become part of the Social Prescribing Network so that they are included in any future databases of activity. As in the wider arts and health landscape, gaps in provision will have to be filled.

- 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.**

The benefits of the arts for health and wellbeing are still not widely recognised. Practitioners and patients need to raise the profile of this work and encourage public demand for it. The many people who have already experienced these often transformational benefits are the best witnesses. We hope that arts and cultural organisations and those representing patients will help them tell their stories and make them heard. We will press for the voice of patients to be heard more clearly in service design, research and evaluation.

- 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.

Education must underpin culture change. Undergraduate and postgraduate courses and professional development for arts and health professionals and for artists, producers and facilitators exist in some places, but provision needs to be more coherent and widespread. We will challenge Health Education England, the Academy of Royal Medical Colleges, the General Medical Council and others responsible for the training and continuing professional development of health and care professionals to recognise the need to introduce into curricula a stronger arts and humanities dimension. We will also encourage art schools and universities to play their part in raising awareness of the opportunities for artists in health and social care.

- 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, long-term health surveys include questions about the impacts of arts engagement on health and wellbeing.**

We know already that the arts can help keep us well, aid our recovery from illness and support longer lives better lived. But there are gaps in the evidence base in areas such as prevention, management of long-term conditions and delaying dementia onset and admission into residential care. We need more evidence of sustained benefits in larger population groups over time.

- 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.**

We have been encouraged by the receptiveness of many organisations to whom we are making our recommendations, including the National Institute for Health and Care Excellence. Wider endorsement and dissemination of the developing evidence base is needed. We urge arts and health researchers to register as stakeholders with the National Institute for Health and Care Excellence and bring relevant evidence to the attention of reviewers.

The All-Party Parliamentary Group on Arts, Health and Wellbeing has developed policy briefings in collaboration with the Association of Directors of Public Health, Local Government Association, National Council for Voluntary Organisations, Social Care Institute for Excellence and What Works Centre for Wellbeing. Arts Council England and Public Health England have provided advice and have agreed to help with their dissemination. This is the first step in a strategy to ensure that all health and social care professionals are informed of the benefits of arts-based approaches to health and wellbeing and supported in adopting them. We are very pleased that the Arts and Humanities Research Council has made an award to our researcher, Dr Rebecca Gordon-Nesbitt at King's College London, to support the dissemination of evidence and innovative practice presented in this report and to continue working with us on advocacy of these recommendations for a year after publication.

We will continue to work with those who have been our partners in the Inquiry thus far. We will seek opportunities to increase understanding of the benefits of the arts for health and wellbeing, not only with ministers and in parliament but also among the health and social care professions and others across the country. We will develop our work with the Royal Society for Public Health to identify priorities for future research and curriculum reform. We will follow with close interest the pioneering work supported in London by the Guy's and St Thomas' Charity. With the National Alliance for Arts, Health and Wellbeing, we will carry our message to the regions. We are very fortunate that Paul Hamlyn Foundation and Wellcome have provided us with funding to enable us to mount a programme of events around the country over the next twelve months. We hope to engage local MPs and councillors, among many others, at these events.

The Inquiry process has brought together many people with diverse views and experiences, including those who have experienced the benefits of the arts for their own health and wellbeing. Their stories can help to convince others, and we ask all those who believe in the value of the arts for health and wellbeing to join forces with us and speak up. In this way, we will increase the tempo and volume of public discussion of the arts, health and wellbeing. We will welcome comments and suggestions from all who believe, as we do, that the arts offer an essential opportunity for the improvement of the health and wellbeing of the nation, and we will work with all who share our mission.



Parkinson's Dance Class,
Pavilion Dance South West

Acknowledgements

The members of the All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) are listed below. They include the former and current officers of the Group: Baroness Andrews OBE, Rt Hon. Frank Dobson, Rt Hon. Lord Howarth of Newport CBE, Rt Hon. Fiona Mactaggart MP, Jason McCartney MP, Sarah Newton MP, Chris Ruane MP, Maggie Throup MP, Rt Hon. Ed Vaizey MP and Dr Sarah Wollaston MP. Our thanks to Rt Hon. Professor Paul Burstow, formerly MP for Sutton and Cheam, who was a founding Co-Chair of the APPGAHW and has continued to support the work of the Inquiry as Chair of the Advisory Group. Other parliamentary colleagues, listed below, have contributed their time chairing and attending meetings and offering their knowledge and thoughts.

The National Alliance for Arts, Health and Wellbeing provides the secretariat to the APPGAHW in the person of Alexandra Coulter, Director of Arts & Health South West. We are extremely grateful to Alex for managing the Inquiry and to the Board of Arts & Health South West for their support.

The Inquiry has benefited greatly from a collaboration with King's College London, which has employed and supported our researcher, Dr Rebecca Gordon-Nesbitt, and administered the call for practice examples. Especial thanks to Deborah Bull, Ruth Hogarth, Katherine Bond and Professor Anne Marie Rafferty. We are deeply indebted to Rebecca for her extensive research and for drafting this report.

The Royal Society for Public Health Special Interest Group on Arts, Health and Wellbeing has provided much valued guidance on the research, specifically through the involvement of Professor Paul Camic, Professor of Psychology and Public Health at Canterbury Christ Church University. Guy's and St Thomas' Charity has been our practice partner for the Inquiry, and Nicola Crane, Programme Director and Head of Arts, has given us much valued advice and support. Our Advisory Group – the members of which are listed below – has provided expert oversight of this report as it has progressed.

The Inquiry would not have been possible without generous funding from Wellcome and Paul Hamlyn Foundation, and we would particularly like to thank both organisations for their thoughtful engagement in the process. Additional research funding has been provided by the Arts and Humanities Research Council.

We express our very warm thanks to the more than 300 people from all parts of the country who have taken part in round tables and meetings in the Houses of Parliament. We would particularly

like to acknowledge those who have been so generous in telling us of their own personal experiences of how the arts have benefited their health and wellbeing.

Members of the All-Party Parliamentary Group on Arts, Health and Wellbeing

Debbie Abrahams MP
Baroness Andrews OBE
Luciana Berger MP
Lord Berkeley of Knighton
Lord Bichard KCB
Lord Crathorne KCVO
Lord Crisp KCB
Thangam Debonnaire MP
Rt Hon. Frank Dobson
Baroness Finlay of Llandaff
Helen Goodman MP
Baroness Greengross OBE
Kelvin Hopkins MP
Rt Hon. Lord Howarth of Newport CBE
Rt Hon. Lord Hunt of Kings Heath OBE
Baroness Jolly
Rt Hon. David Lammy MP
Lord Layard
Baroness Lister of Burterset CBE
Lord Lupton CBE
Jason McCartney MP
Baroness McIntosh of Hudnall
Rt Hon. Fiona Mactaggart MP
Baroness Masham of Ilton DL
Baroness Meacher
Baroness Morgan of Ely
Rt Hon. Nicky Morgan MP
Rt Hon. Baroness Morris of Yardley
Baroness Neuberger DBE
Sarah Newton MP
John Nicolson MP
Dr Matthew Offord MP
Lord Ramsbotham GCB CBE
Lord Ribeiro CBE
Chris Ruane MP
Rt Hon. Lord Smith of Finsbury
Rt Hon. Lord Stunnell OBE
Maggie Throup MP
Rt Hon. Ed Vaizey MP
Rt Hon. Lord West of Spithead GCB DSC
Dr Sarah Wollaston MP
Baroness Young of Hornsey OBE

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Professor Norma Daykin, Professor of Arts and Health, University of Winchester
Professor Paul Dieppe, Emeritus Professor of Health and Wellbeing, Exeter University
Nick Ewbank, Director, Ewbank Associates
Martin Green, Chief Executive, Care England
Jessica Harris, Cultural Commissioning Programme Manager, National Council for Voluntary Organisations
Dr Iona Heath, Former President of the Royal College of General Practitioners
Damian Hebron, Director, London Arts in Health Forum
Ruth Hogarth, Director, Cultural Partnerships & Enquiry, King's College London
Dr Val Huet, Chief Executive, British Association of Art Therapists
Professor Jane Macnaughton, Professor of Medical Humanities, University of Durham
Dr Simon Opher MBE, GP Lead for Cultural Commissioning and Social Prescribing, Gloucestershire
Professor Richard Parish CBE, Professor of Health Development, University of Chester; Board Member, Public Health England
Heema Shukla, Public Health Consultant, Faculty of Public Health
Jane Steele, Head of Research, Paul Hamlyn Foundation
Professor Anne Marie Rafferty, Professor of Nursing Policy, King's College London
Alison Raw, Professional Advisor for Allied Health Professions, Department of Health
Dr Justin Varney, National Lead Adult Health and Wellbeing, Public Health England
Dr Nic Vogelpoel, Insight and Analysis, Wellcome

Presenters at Round Tables

July 2014: The Care Act and the Francis Inquiry
Chair: **Rt Hon. Lord Howarth of Newport**
Sir Robert Francis QC, leader of public inquiry into Mid Staffordshire NHS Foundation Trust; board member CQC; President of the Patients Association
Dr Ellen Storm, Paediatrician and winner of Hippocrates Prize for Poetry 2014
Nicola Crane, Programme Director and Head of Arts, Guy's and St Thomas' Charity
Dr Suzy Willson, Artistic Director, Clod Ensemble

November 2014: The Care Act and Commissioning Arts and Culture for Wellbeing
Joint event with the All-Party Parliamentary Group on Wellbeing Economics
Chair: **Rt Hon. Paul Burstow MP**
Valerie Little, Independent Consultant in Public Health and formerly Director of Public Health, Dudley
Steven Michael, Chief Executive of South West Yorkshire NHS Foundation Trust
John Nawrockyi, Director of Health and Adult Social Care at the Royal Borough of Greenwich
Dr Justin Varney, National Lead for Adult Health and Wellbeing, Public Health England

February 2015: Music and Health
Chair: **Lord Berkeley of Knighton**
Evan Dawson, Director, Live Music Now
Professor Norma Daykin, Professor of Arts and Health, University of Winchester
Phil Hallett, Chief Executive, Coda Music Trust
Julian Lloyd Webber, Patron, Live Music Now
Gillian Moore, Head of Classical Music, Southbank Centre
Professor Helen Odell-Miller, Professor of Music Therapy, Anglia Ruskin University
Dr Jane Povey, GP and Director of Creative Inspiration CIC, Deputy Medical Director for Primary Care, Faculty of Medical Leadership and Management
Dr Simon Proctor, Head of Music Services, Nordoff Robbins
Ian Ritchie, Artistic Director, the Musical Brain
Chika Robertson, Director of Mind Music Spirit
Paul Robertson, Director of Mind Music Spirit
Ian Stoutzker CBE, Co-founder with Yehudi Menuhin of Live Music Now
Gillian Stunnell, Music Therapist
Professor Michael Trimble, Emeritus Professor of Behavioural Neurology, National Hospital Queen Square, London

Dr Trish Vella-Burrows, Deputy Director, Sidney De Haan Research Centre, Canterbury Christ Church University
Julian West, Oboist and Creative Music Leader

July 2015: Dementia and the Arts
Joint event with the All-Party Parliamentary Group on Dementia

Chairs: **Baroness Jolly** and **Baroness Greengross**
Dr Alice Ashby, Acting Consultant Liaison Psychiatry, West London Mental Health NHS Trust

Professor Dawn Brooker, Director of Association for Dementia Studies, University of Worcester
Paul Cann, Director of Age UK Oxfordshire
Richard Coaten, Dance Movement Psychotherapist, South West Yorkshire Partnership NHS Trust
Professor Paul Camic, Professor of Psychology and Public Health, Canterbury Christ Church University

Dr Sebastian Crutch, Professorial Research Associate, Dementia Research Centre, UCL
Peter Dunlop, Expert Patient

Fergus Early OBE, Director of Green Candle Dance Company

Veronica Franklin Gould, Director of Arts 4 Dementia

Chris Gage, Director of Ladder to the Moon
John Killick, Poet

Keith Oliver, Expert Patient

Al-La Park, Assistant Professorial Research Fellow, London School of Economics and Political Science

Maria Parsons, Director of the Creative Dementia Arts Network

Professor Justine Schneider, Professor of Mental Health and Social Care, University of Nottingham

David Slater, Director of Entelechy Arts

Belinda Sosinowicz, RADQL project manager

Robin Sweeney, Dementia Friendly Communities, Alzheimer’s Society

Kate Whitaker, Music for Life project manager, Wigmore Hall

Gillian Wolfe CBE, Former Director of Learning and Public Affairs, Dulwich Picture Gallery; Learning, Arts and Heritage Consultant

November 2015: The Arts and Palliative Care, Dying and Bereavement

Chair: **Baroness Finlay of Llandaff**, Professor of Palliative Medicine, University of Cardiff and Chair of the National Council for Palliative Care

Dr Sam Guglani, Consultant Clinical Oncologist, Cheltenham General Hospital

Fiona Hamilton, Writer and Director of Orchard Foundation

Nigel Hartley, Director of Supportive Care at the St Christopher’s Group, London

Bob Heath, Music Therapist

Dr Iona Heath, Former President of the Royal College of General Practitioners

Jane Lings, Music Therapist

Professor Allan Kellehear, 50th Anniversary Professor (End of Life Care), University of Bradford

Anna Ledgard, Arts Producer and Researcher

Dr Viv Lucas, Medical Director, Garden Hospice, Letchworth

Olwen Minford, Nurse, Trainer and Psychotherapist

Jane Moss, Writer and Creative Writing Tutor

Dr Simon Opher MBE, GP Lead for Cultural

Commissioning and Social Prescribing, Gloucestershire

Kate Organ, Arts Adviser, The Baring Foundation

Dallas Pounds, CEO Royal Trinity Hospice

Christopher Rawlence, Co-Creative Director, Rosetta Life

Michèle Wood, Senior Art Therapist, Marie Curie Hospice, Hampstead

December 2015: The Arts and Post-Traumatic Stress

Chair: **Rt Hon. Lord West of Spithead**

Jason Bell, Veteran, Veterans in Practice, Foundation for Art and Creative Technology

Jojo Bowman, Artist, Danish Wounded Warriors

Nicky Clarke MBE, Chair of Trustees, Military

Wives Choirs Foundation

Kevin Dyer, Writer, Farnham Maltings

Colette Ferguson, Participant, Farnham Maltings

Emily Gee, Veterans in Practice, Foundation for Art and Creative Technology

Shaun Johnson, Veteran, Combat Veteran Players

Rosie Kay, Artist, Rosie Kay Dance

Professor Peter Kinderman, President-Elect of the British Psychological Society

Jessie Lee, Artist, Danish Wounded Warriors

Janice Lobban, Senior Art Therapist, Combat Stress

Jaclyn McLoughlin, Founder and Director, Combat Veteran Players

Lis Murphy, Creative Director, Music Action International

Professor Nigel Osborne MBE, Composer and formerly Reid Professor of Music at the University of Edinburgh

John Ryan, Co-Founder Lift the Lid Productions, Home Front

Maya Twardzicki, Public Health Lead, Home Front

February 2016: Museums and Health Organised with the help of the National Alliance for Museums, Health and Wellbeing

Chair: **Lord Lupton**, former Chair of Trustees of Dulwich Picture Gallery; Trustee, British Museum

David Anderson, Director General, Amgueddfa

Cymru – National Museum Wales

Professor Paul Camic, Professor of Psychology and Public Health, Canterbury Christ Church University

Professor Helen Chatterjee, Professor of Biology, UCL School of Life and Medical Sciences; Head of Research and Teaching, UCL Public and Cultural Engagement

Jane Grimshaw, Director of Nursing, Trafford Hospital

Sharon Heal, Director, Museums Association

Hilary Jennings, Director of the Happy Museum Project

Joanna Jones, Director, Canterbury Museums

Anne Kearton, Occupational Therapist, Trafford Hospital

Victoria Northwood, Head of Archives and Museum, Museum of the Mind

Dr Mark O’Neill, Director of Research and Policy, Glasgow Life

Laura Phillips, Head of Community Partnerships, British Museum

Helen Shearn, Head of Arts Strategy, South London and Maudsley NHS Foundation Trust

Jason Spruce, Expert Patient

Esmé Ward, Head of Learning and Engagement at the Whitworth and Manchester Museum, part of Manchester University

Gillian Wolfe CBE, Former Director of Learning and Public Affairs, Dulwich Picture Gallery; Learning, Arts and Heritage Consultant

March 2016: Arts and Health Policy and Devolution

Chair: **Baroness Morgan of Ely**

Dr Jenny Elliot, Chief Executive of Arts Care Northern Ireland

Professor Andrew Davies, Former Member of the Welsh Assembly; Chair of the Abertawe Bro Morgannwg University Health Board

Alan Higgins, Director of Public Health, Oldham Council

Sally Lewis, Portfolio Manager, Engagement and Participation, Arts Council of Wales

Maggie Maxwell, Head of Equalities, Diversity and Inclusion (EDI), Creative Scotland

Clive Parkinson, Director of Arts for Health, Manchester Metropolitan University

Jackie Sands, Health Improvement and Public Health, NHS Greater Glasgow and Clyde

Professor Carol Tannerhill, Director, Glasgow Centre for Population Health

Prue Thimbleby, Arts in Health Coordinator, Abertawe Bro Morgannwg University Health Board

April 2016: Arts, Health and Wellbeing and Commissioning

Chair: **Lord Bichard**

Paul Bristow, Director, Strategic Partnerships, Arts Council England

Jane Davis, Chief Executive, The Reader

Rob Elkington, Director, Arts Connect

Yvonne Farquharson, Managing Director, Breathe Arts Health Research

Jules Ford, Cultural Commissioning Programme Manager, Gloucestershire Clinical Commissioning Group

Emma Hanson, Head of Strategic Commissioning for Social Care, Health and Wellbeing, Kent County Council

Jessica Harris, Manager, Cultural Commissioning Programme, National Council for Voluntary Organisations

Sue McKie, Health Improvement Principal, Public Health, Wolverhampton City Council

Dr Cliff Richards, Chair, Halton Clinical Commissioning Group

Alice Thwaite, Director, Equal Arts

Basil Wild, Commissioner and Contracts Officer for Mental Health, Bath and North East Somerset Council

Martin Wilson, Director, Tin Arts

May 2016: Arts on Prescription

Chair: **Rt Hon. Lord Howarth of Newport**

Dr Hilary Bungay, Anglia Ruskin University

Professor Helen Chatterjee, Professor of Biology, UCL School of Life and Medical Sciences; Head of Research and Teaching, UCL Public and Cultural Engagement

Gavin Clayton, Director, Arts & Minds

Bernadette Conlon, Director, Start in Salford

Philippa Forsey, Manager, Creative Wellbeing Programme, Creativity Works

Thrisha Halder, Director, Artlift

Gaye Jackson, Programme Manager, Health Education England North West

Anita Jensen, PhD student, University of Nottingham

Tom Ling, Senior Research Lead, RAND Europe

Carolina Magdalene Maier MF, Spokesperson for Health and Quality of Life, Alternative Party, Denmark

Diane O’Neill, Founder and Group Leader of Changing Creations

Dr Simon Opher MBE, GP Lead for Cultural Commissioning and Social Prescribing, Gloucestershire

Sharon Paulger, Director, Arts for Health, Milton Keynes

Dr Marie Polley, Senior Lecturer, University of Westminster

Dr Gillian Rice, GP and Chair of Artlift

Lucien Paul Stanfield FRSPH, Chief Executive, Clarendon Project

Janet Stevens, Participant, Start in Salford

Dr Theo Stickley, Academic Lead for Public Engagement and Associate Professor of Mental Health, University of Nottingham

Lucy Wells, Inclusive Arts Manager, Bromley by Bow Centre

Dr Kerry Wilson, Head of Research, Institute of Cultural Capital, Liverpool

May 2016: Young People, Mental Health and the Arts, followed by showing of film about The Alchemy Project

Chair: **Baroness Meacher**
Susan Blishen, Advisor, Big Lottery
Mark Brown, Writer and social media activist
Carly Annable Coop, Project Director, The Alchemy Project
Catarina Dias, Founder, Silent Secret
Beth Elliott, Director, Bethlem Gallery
Dr Lauren Gavaghan, Senior Registrar in Psychiatry, South London and Maudsley NHS Foundation Trust
Catherine Hearn, Director, Helix Arts
Will Lang, Artist, Helix Arts
Dr Amelia Oldfield, Professor of Music Therapy, Anglia Ruskin University; Senior Music Therapist, Cambridge and Peterborough NHS Foundation Trust.
Jessica Plant, Project Manager, National Alliance for Arts in Criminal Justice
Stephen Sandford, Strategic Lead and Professional Head of Arts Therapies, East London NHS Foundation Trust
John Sayers, former patient of South London and Maudsley NHS Foundation Trust and a Bethlem Gallery artist.
Naomi Shoba, Head of Youth Arts, Ovalhouse
Sam Walker, Samantics

June 2016: Arts and Healthcare Environments, followed by an event at St Thomas’ Hospital as part of Creativity and Wellbeing Week

Chair: **Lord Crisp**
Gilly Angell, Expert Patient, University College Hospital Cancer Centre
Sir Quentin Blake, Artist
Paul Brooks, Associate Director of Patient Experience and Facilities Management, Derby Teaching Hospitals
Clare Devine, Executive Director Architecture, Built Environment and Design, Design Council Caba
Guy Eades, Director of Healing Arts, St Mary’s Hospital, Isle of Wight
Susan Francis, Programme Director, Architects for Health
Professor Fiona Sampson, Poet and Professor of Poetry at the University of Roehampton
Dr Sue Stuart-Smith, Psychiatrist and Psychotherapist
Sally Thompson, Director Grampian Hospitals Arts Trust
Chris Tipping, Artist
Laura Waters, Arts Programme Manager, Derby Teaching Hospitals
Paul Williams, Stanton Williams Architects
Jane Willis, Director of Willis Newson

July 2016: Arts and Public Health

Chair: **Baroness Young of Hornsey**
Shona Arora, National Workforce Development Lead, Public Health England
Amal Azzudin, Community Development Facilitator, Mental Health Foundation
Lois Blackburn, Artist, arthur+martha
Sheryll Catto, Co-Director, ActionSpace
Dr Nayreen Daruwalla, Programme Director for Prevention of Violence against Women and Children, SNEHA, Mumbai
Philip Davenport, Artist, arthur+martha
Connie Junghans, Public Health Commissioner, Westminster City Council
Thompson Hall, Artist, ActionSpace
Tim Harrison, Creative Director, SICK! Festival
Louisa Newman, Public Health Workforce Development Manager, Public Health England South West
Professor David Osrin, Professor of Global Health, UCL
Deborah Munt, Representative for Yorkshire and the Humber; Chair, National Alliance for Arts, Health and Wellbeing
Eva Okwonga, Peer Support Advisory Board Member for Mind; Music Workshop Leader at Music In Mind
Professor Richard Parish CBE, Professor of Health Development, University of Chester; Board Member, Public Health England
Lizzi Stephens, Chair of the Dover Breatheasy Group, musician and leader of singing for health groups
Catherine Swann, Deputy Director of Health and Wellbeing (Healthy People) Public Health England
Jennifer Wood, Arts Officer, The Royal Borough of Kensington and Chelsea

November 2016: Arts, Health and Wellbeing in the Criminal Justice System, organised with the help of the National Criminal Justice Arts Alliance, following a visit to the Koestler Trust Exhibition ‘We Are All Human’ at the Royal Festival Hall

Chair: **Baroness Young of Hornsey**
Graham Beck, Governor, HMP Kirkham
Alli Black, HMP Kirkham
Eleonor Byrne, Clean Break Graduate
Dr Laura Caulfield, Assistant Dean, College of Liberal Arts, Bath Spa University
Sarah Colvin, Schröder Professor, University of Cambridge
Alison Frater, Chair of the National Criminal Justice Arts Alliance
Arthur Mactaggart, Artist
Femi Martin, Spoken word poet and writer
Lucy Perman, Clean Break Theatre Company
Debbie Samuel, Engagement Worker, London Community Rehabilitation Company
John Speyer, Director, Music in Detention

Hong Tan, Head of Health in the Justice System, NHS England London
Richard Ward, Learning and Skills Team, National Offender Management Service
Andy Watson, Artistic Director, Geese Theatre Company

January 2017: Place, Environment and Community

Guest Chair: **Sunand Prasad**
Rachel Adam, Project Director (bait), Woodhorn Charitable Trust
Jacqui Bunce, Associate Director of East and North Hertfordshire Clinical Commissioning Group
Jane Duncan, Architect and President of the Royal Institute of British Architects
Melissa Hardwick, Director, Kentish Town Improvement Fund
Teva Hesse, Director, London Branch, C F Møller
Raheel Mohamed, Founder and Director of Maslaha
Professor Jeremy Myerson, Helen Hamlyn Chair of Design, Royal College of Art
Lenny Naar, Design Strategist, HELIX Centre, Imperial College London
Andrew Simpson, Planner and Development Manager and Advisor to Royal Institute of British Architects on healthcare design
Sandra Stancliffe, Head of Education and Inclusion, Historic England

March 2017: Funding for Arts, Health and Wellbeing

Chair: **Rt Hon. Lord Howarth of Newport**
Sally Bacon OBE, Executive Director, Clore Duffield Foundation
Bill Boa, Director of Finance, Cambridge University Hospitals NHS Foundation Trust
Elaine Burke, Arts and Health Specialist
Nicola Crane, Programme Director and Head of Arts, Guy’s and St Thomas’ Charity
Jane Davis, Chief Executive, The Reader
Liz Ellis, Policy Adviser Communities and Diversity, Heritage Lottery Fund
Daniel Gerring, Partner, Travers Smith
Rama Gheerawo, Director of the Helen Hamlyn Centre at the Royal College of Art
Lady Helen Hamlyn, Philanthropist
Rachel Hillman, Head of Engaging Science, Wellcome
Mary Hutton, Accountable Officer Gloucestershire Clinical Commissioning Group
Janet Morrison, Chair, The Baring Foundation
Mags Patten, Director of Policy and Communications, Arts Council England
Jon Siddall, Director of Funding, Guy’s and St Thomas’ Charity

Gillian Wolfe CBE, Former Director of Learning and Public Affairs, Dulwich Picture Gallery, Learning, Arts and Heritage Consultant

Participants in other Inquiry Meetings

Gabrielle Allen, Visual Arts Development Manager, Guy’s and St Thomas’ Charity
Professor Mark Baker, Director of the Centre for Guidelines, National Institute for Health and Care Excellence
Sir Peter Bazalgette, former Chair of Arts Council England
Dr Sam Bennett, Head of Integrated Personal Commissioning, NHS England
Professor Dame Carol Black, Principal, Newnham College Cambridge
Dr Jo Black, Consultant Perinatal Psychiatrist, Devon Partnership NHS Trust; Associate National Clinical Director for Perinatal Mental Health, NHS England.
Steve Chalke, Founder, Oasis
Dr Simon Chaplin, Director of Culture and Society, Wellcome
Shirley Cramer, Chief Executive, Royal Society for Public Health
Chris Day, Director of Engagement, Strategy & Intelligence, Care Quality Commission
Dr Michael Dixon GP, National Clinical Champion for Social Prescribing, NHS England
Dr Caroline Ellis-Hill, Senior Lecturer in Qualitative Research, Bournemouth University
Dr David Fearnley, Medical Director Mersey Care NHS Foundation Trust and Associate National Clinical Director for Secure Mental Health
Harriet Finney, Director, Creative Industries Federation
Dr Andrew Furber, President of the Association of Directors of Public Health
Susie Hall, Head of Arts, Great Ormond Street Hospital
Professor Susan Hallam, Emerita Professor of Education and Music Psychology, UCL Institute of Education
Darren Henley, Chief Executive, Arts Council England
Nancy Hey, Director, What Works Centre for Wellbeing
Poppy Jaman, Chief Executive of Mental Health First Aid England
Tim Joss, Chief Executive, Aesop
Faiza Khan, Director of Communications and Policy, Paul Hamlyn Foundation
Ian Leete, Senior Adviser Culture, Tourism and Sport, Local Government Association
Dr David McDaid, Associate Professorial Research Fellow in Health Policy and Health Economics, London School of Economics and Political Science
Ewen McKinnon, National Wellbeing and Civil Society Policy and Analysis, Cabinet Office

Lily Makurah, Deputy National Lead, Mental Health and Wellbeing, Public Health England
Professor Sir Michael Marmot, Director of the Institute of Health Equity, UCL
Dr Alan Maryon-Davis, Public Health doctor, writer and broadcaster
John Middleton, President, Faculty of Public Health
Peter Morton, Head of News, Public Health England
Catherine Mottram, Social Researcher, Evidence and Analysis Unit, Department for Culture, Media and Sport
Clive Niall, Artist Teacher
Paul Ogden, Public Health Lead, Local Government Association
Matthew Pearce, Senior Programme Manager, Gloucestershire Clinical Commissioning Group
Rosa Vaquero, Communications Lead, Guy’s and St Thomas’ Charity
Duncan Selbie, Chief Executive, Public Health England
Sir Nicholas Serota, Chair, Arts Council England
Moira Sinclair, Director, Paul Hamlyn Foundation
Anu Singh, Director of Public and Patient Participation and Insight, NHS England
Oliver Stannard, Marketing and Communications Manager, King’s College London
Duncan Stephenson, Director of Communications, Royal Society for Public Health
Bev Taylor, Volunteering and Development Manager, NHS England
Gillian Taylor, PR Consultant
Professor Bryan Stoten, former Chair of UK Public Health Register
Dr Matthew Taylor, Consultant Psychiatrist, South London and Maudsley NHS Foundation Trust
Robert Webster, Chief Executive South West Yorkshire Partnership NHS Foundation Trust
Katee Woods, Coordinator, Creativity and Wellbeing Week
Peter Wyman, CBE DL, Chair, Care Quality Commission

Inquiry Partners And Funders

Guy's and St Thomas' Charity

Guy's and St Thomas' Charity is an independent, place-based foundation. It works in partnership with Guy's and St Thomas' NHS Foundation Trust and others to tackle the major health challenges affecting people living in diverse and deprived urban areas, concentrating its efforts on the London boroughs of Lambeth and Southwark. One of the ways in which the Charity drives change is by working with, and connecting, artists, clinicians and others to bring fresh, creative thinking to health challenges. The Charity also has one of the largest fine arts and heritage collections belonging to a health charity, with over 4,500 items. Over the next decade, the Charity aims to both broaden its reach and narrow its focus. It will address its resources to complex challenges, such as reducing childhood obesity and improving the health and care of people with multiple long-term conditions.

King's College London

King's College London is an interdisciplinary, research-led university and part of King's Health Partners, one of the largest Academic Health Science Centres in the UK. Over recent years, King's has built on its extensive partnerships across the cultural sector to explore the potential of arts engagement in both research and education. Innovative collaborations bring together academics, students, patients, carers and healthcare professionals across all disciplines to trial and test new approaches to health and healthcare and provide new learning opportunities for healthcare professionals.

The National Alliance for Arts, Health and Wellbeing

The National Alliance for Arts, Health and Wellbeing is a consortium of regional organisations which aims to provide a clear, focused voice to articulate the role creativity can play in health and wellbeing. Supported since 2012 by Arts Council England, the Alliance seeks to act as a hub for information and research on arts and health work in England and further afield and to advocate on behalf of this work. The Alliance encourages the use of the arts by health and social care providers, and strives to raise standards in this sector by supporting artists, clinicians and patients through sharing knowledge, modelling good practice and bringing people together.

The Royal Society for Public Health

The Royal Society for Public Health is an independent health education charity, dedicated to protecting and promoting the public's health and wellbeing. It is the world's longest-established public health body, and it has over 6,000 members drawn from the public health community both in the UK and internationally. The Society's operations include an Ofqual-recognised awarding organisation, a training and development arm and health and wellbeing accreditation. It also produces a wide variety of public health conferences; the publishing division includes the internationally renowned journal *Public Health*, and policy and campaigns to promote better health and wellbeing are being developed. The Society's vision is that everyone should have the opportunity to optimise their health and wellbeing.

Paul Hamlyn Foundation

Established in 1987, Paul Hamlyn Foundation is one of the largest independent grant-making foundations in the UK. Its long-term mission is to help people overcome disadvantage and lack of opportunity, so that they can realise their potential and enjoy fulfilling and creative lives. The Foundation has a particular interest in supporting young people and a strong belief in the importance of the arts. Its enduring values draw on the beliefs and instincts of founder, Paul Hamlyn, with social justice as the golden thread that links all its work.

Wellcome

Wellcome exists to improve health for everyone by helping great ideas to thrive. It is a global charitable foundation, both politically and financially independent. The Trust supports scientists and researchers, takes on big problems, fuels imaginations and sparks debate.



Betty, Nottingham Carnival
Imagine, City Arts

Photographer: Kate Duncan

Abbreviations

ACE	Arts Council England
ADASS	Association of Directors of Adult Social Services
ADHD	Attention Deficit Hyperactivity Disorder
AHRC	Arts and Humanities Research Council
AHP	Allied Health Professional
AM	Assembly Member
APPG	All-Party Parliamentary Group
APPGAHW	All-Party Parliamentary Group on Arts, Health and Wellbeing
ASD	Autism Spectrum Disorder
BAME	Black Asian and Minority Ethnic
BBC	British Broadcasting Corporation
BCS70	British Cohort Study 1970
BREEAM	British Research Establishment Environmental Assessment Method
BUPA	British United Provident Association
CABE	Commission for Architecture and the Built Environment
CAMHS	Children's and Adolescents' Mental Health Services
CCG	Clinical Commissioning Group
CEO	Chief Executive Officer
CHWA	Culture, Health and Wellbeing Alliance
CIC	Community Interest Company
COPD	Chronic Obstructive Pulmonary Disease
CQC	Care Quality Commission
CRILS	Centre for Research into Reading, Literature and Society
DCLG	Department for Communities and Local Government
DCMS	Department for Culture, Media and Sport
DfE	Department for Education
DH	Department of Health
ECOL	Enhancing Care at the End of Life
EHE	Enhancing the Healing Environment
ESRC	Economic and Social Research Council
FNFM	Florence Nightingale Faculty of Nursing and Midwifery
FPH	Faculty of Public Health
GP	General Practitioner
GMC	General Medical Council
GSTC	Guy's and St Thomas' Charity
GVCSA	Gloucestershire Voluntary Community Sector Alliance
HCPC	Health and Care Professions Council
HEE	Health Education England
HELIX	Healthcare Innovation Exchange
HiAP	Health in All Policy
HICSS	Hull Integrated Community Stroke Service
HWB	Health and Wellbeing Board
IAPT	Improving Access to Psychological Therapies
IoD	Institute of Directors
JSNA	Joint Strategic Needs Assessment
KCC	Kent County Council
LGA	Local Government Association
LSE	London School of Economics and Political Science
MHA	Methodist Homes Association
MHFA	Mental Health First Aid
MMU	Manchester Metropolitan University
MoD	Ministry of Defence
MoJ	Ministry of Justice
MoMA	Museum of Modern Art
MP	Member of Parliament
NAAHW	National Alliance for Arts, Health and Wellbeing
NCF	National Care Forum
NCJAA	National Criminal Justice Arts Alliance

NCVO	National Council for Voluntary Organisations
NEA	National Endowment for the Arts (USA)
NEF	New Economics Foundation
NESTA	National Endowment for Science Technology and the Arts (UK)
NHS	National Health Service
NICE	National Institute for Health and Care Excellence
NIHR	National Institute for Health Research
NPO	National Portfolio Organisation
OFSTED	Office for Standards in Education, Children's Services and Skills
ONS	Office for National Statistics
PHE	Public Health England
PHF	Paul Hamlyn Foundation
PTSD	Post-Traumatic Stress Disorder
QALY	Quality Adjusted Life Years
RCA	Royal College of Art
RCGP	Royal College of General Practitioners
RCT	Randomised Controlled Trial
RIBA	Royal Institute of British Architects
RoI	Return on Investment
RPO	Royal Philharmonic Orchestra
RSPH	Royal Society for Public Health
SCIE	Social Care Institute for Excellence
SEN	Special Educational Needs
SIB	Social Impact Bond
SLaM	South London and Maudsley NHS Foundation Trust
SRoI	Social Return on Investment
STP	Sustainability and Transformation Partnership or Plan
TLAP	Think Local Act Personal
TUC	Trades Union Congress
UCL	University College London
VCSE	Voluntary, Community and Social Enterprise
WEMWBS	Warwick-Edinburgh Mental Wellbeing Scale
WHO	World Health Organization

A glossary of health terms is available on the website of the National Alliance for Museums, Health and Wellbeing.

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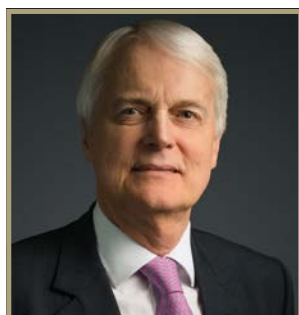
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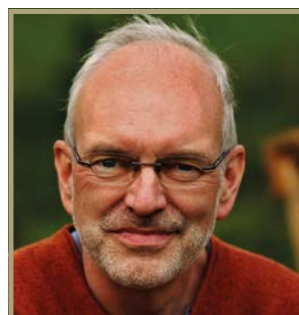
“As we grow to appreciate the social determinants and cultural contexts of health and wellbeing, it seems self-evident that the arts, broadly defined, will play an increasingly important role, eliding the boundary between the medical, social and cultural spheres. But, if we are to mobilise resource and effort effectively, we need to move beyond broad definitions and presumptions of efficacy and take a robust, critical and evidence-based approach to the interaction between arts and health. As an organisation that seeks to improve health for everyone, Wellcome is pleased to have been a supporter of the research which has informed this review.”
Dr Simon Chaplin, Director of Culture and Society, Wellcome



“As a dancer, I enjoyed the physical benefits of artistic practice; later on, working in community settings, I saw the psychological and social benefits that participation in arts and cultural activities brings. I’m very proud that King’s has played a role in this Inquiry, advancing the conversation about art’s potential to contribute to health and wellbeing throughout the various stages of our lives.”
Deborah Bull, Assistant Principal, King’s College London



“This is clearly a first class collation of evidence which provides powerful support for the importance of seeing as one the health and wellbeing of the individual, and of the vital role the arts can play in supporting both throughout our lives. The contribution the arts can make in this regard has been recognised since the time of Hippocrates but appears to have received less prominence in recent times. It could be argued that the huge advances in medicine in the last century have been at the cost of our forgetting the needs of our minds and bodies for the stimulation and nutrition offered by the creative arts. I would like to think that this report might result in a reversal of this trend.”
Sir Robert Francis QC



“The detail and breadth of Creative Health does justice to the exciting field of arts and health. Understanding the arts as ‘everyday human creativity’, it shows how working with that can bring something new across the life course. Engaging with arts and health means engaging with artists who think differently, are more ambitious, have high expectations of people. This report establishes a platform, and a challenge, to realise more of the enormous potential in the contribution of the arts to a different way of thinking about, and acting on, wellbeing.”
Alan Higgins, Director of Public Health, Oldham



“This excellent report highlights the important role that arts and culture can play in the lives of people who receive care and support. Access to arts and culture is vital to maintaining a sense of identity, and it clearly improves people’s quality of life. Care services that have embraced the arts and culture as an essential part of delivering holistic support are highly regarded by people who use services and their families, and there are also many benefits to the staff who work in care.”
Professor Martin Green, Chief Executive Care England; Independent Dementia Champion, Department of Health



“At a time of immense emotional stress and pressure, the critical analysis skills that I had been developing making art and the thought of my work kept me going, giving me the weapons to fight my own demons. I have noticed over time a marked increase in my own ability to rationally deal with the trials and tribulations of day-to-day existence and particularly in monitoring, regulating and adjusting my own behaviour and my emotions.”
Jason Bell, Veteran, Veterans in Practice, Foundation for Art and Creative Technology



“We know, through everyday examples from across the country, that the arts and creativity are making an important contribution to helping people stay well for longer, and live a better quality of life. These approaches support both the NHS and communities to meet the very real challenges of improving population health. I welcome this thought-provoking report; it is a significant milestone in making the case for the benefits of the arts in improving and sustaining good health and wellbeing.”
Anu Singh, Director of Patient and Public Participation and Insight, NHS England



“Having used artists to deliver care in GP surgeries for the last 17 years, I strongly believe that healthcare professionals need to take account of an ever-growing range of evidence which supports the premise that arts and culture can seriously improve people’s health. Some of the improvement in patients’ health has been astounding.”
Dr Simon Opher, GP Lead for Cultural Commissioning and Social Prescribing, Gloucestershire



“Our wellbeing is vital to our health, to our sense of who we are and to our self worth and effectiveness. The arts play a vital role in creating and supporting feelings of wellbeing. Exploring our creativity offers myriad ways to connect, move, give, learn and notice – the five ways to wellbeing.”
Alice Wiseman, Director of Public Health, Gateshead



“Art allowed my soul and spirit to be nurtured and fly as my physical and mental being collapsed with cancer. Art reminded me who I was before cancer, a conversational lifeline to the possibility of life post cancer. Art manifested hope, beauty and ultimately the sublime in the darkest moments of treatment hell.”
Gilly Angell, Patient Representative, Board, University College Hospital



“This is a fascinating report of interest to all who are looking for better ways of measuring the success of policies.”
Lord O'Donnell



“It has been heart-warming to hear about many examples in our system where, through involvement in the arts, people have been able to develop their talents and live fuller lives, taking more control of their health and wellbeing. We believe that the arts and cultural sector has a major part to play in the transformation of health and care in Gloucestershire.”
Mary Hutton, Accountable Officer, NHS Gloucestershire Clinical Commissioning Group and Lead for Gloucestershire Sustainability and Transformation Partnership

You can download the full report here:
www.artshealthandwellbeing.org.uk

To contact the All-Party Parliamentary Group on Arts, Health and Wellbeing, please email Alexandra Coulter: **coultera@parliament.uk**

More information about our work can be found here:
www.artshealthandwellbeing.org.uk

You can view submissions to the Inquiry's call for practice examples here:
www.artshealthandwellbeing.org.uk

The All-Party Parliamentary Group on Arts, Health and Wellbeing has developed policy briefings in collaboration with the Association of Directors of Public Health, Local Government Association, National Council for Voluntary Organisations, Social Care Institute for Excellence and What Works Centre for Wellbeing. Arts Council England and Public Health England have provided advice and have agreed to help with their dissemination.

You can download the policy briefings here:
www.artshealthandwellbeing.org.uk

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