

NEWSLETTER FOR PCTs AND GPs

January 2012

ARTS & HEALTH SOUTH WEST

Arts & Health South West is an information, support and advocacy organisation for people who believe in the value of creativity in enhancing people's health and wellbeing. This bi-annual newsletter informs PCT Chief Executives and Directors of Public Health and GP's about current developments in arts and health in the South West. Arts & Health South West has recently re-developed the website www.ahsw.org.uk to provide better access to the evidence base and examples of good practice. Arts & Health South West (AHSW) is a FREE membership organisation. To receive our monthly Ebulletin you can join at: www.ahsw.org.uk

ARTS & HEALTH SOUTH WEST AWARDS

Arts & Health South West are pleased to announce the launch of the **Arts & Health South West Awards** sponsored by the Fine Family Foundation. These awards will celebrate inspirational arts and health work in the South West. The deadline for entries is March 30th and the awards ceremony will be in June 2012. The Arts & Health South West Awards are for:

- * An arts and health project delivered in the South West during 2011, submitted by a health organisation **£4000**
- * An arts and health project delivered in the South West during 2011, submitted by an arts organisation **£4000**
- * An individual who has made an outstanding contribution to the field of arts and health in the South West during 2011 **£1000**

To find out more and enter for an award go to www.ahsw.org.uk

REGIONAL NEWS



Young people who had been in care since their early years do not always have access to information such as relevant family medical history or even how much they weighed at birth. In response to this, **Arts for Health Cornwall** in conjunction with care leavers and health and social care professionals has developed a 'health passport'. The need was identified by the Children in Care health team for young people to have access to their health information as they make the move to independent living. Calling the document a 'Health

Passport' came from one of the young people involved in the consultation. The health passport is designed to give them relevant information, stored in one place, and to make registering with a GP or other health professional easier. More information from: www.artsforhealthcornwall.org.uk/projects/health-passports-overview

UWE Bristol third year Animation student Hywel Roberts has created a short animated film featuring a character called TRAN-MAN, that explains the benefits of a cheap drug called tranexamic acid, which helps reduce clot breakdown. The animation will be promoted to doctors worldwide. Hywel's uncle is a professor at the London School of Hygiene and Tropical Medicine. Professor Roberts was disappointed that despite strong evidence from a large international clinical trial (The CRASH-2 trial) that tranexamic acid saves lives in bleeding accident victims, doctors in Britain and overseas were still not using the drug more than a year later. The CRASH-2 trial was published in the Lancet medical journal in March 2010 and showed that tranexamic acid could prevent thousands of accident victims from bleeding to death. More information from: www.ahsw.org.uk



A new Creative Mental Health Support Service called '**Creative Links**', will be led by **Creativity Works**, a leading creative community development organisation working within the Bath and North East Somerset area and beyond. The service will serve B&NES and support creative engagement to enable active participation in community activity. **Creative Links** will work closely with B&NES Community Facilitators and Mental Health teams including the Enablement team, Floating support and Building Bridges service. Development of this project is embedded within B&NES Health and Social Care, Supporting People Partnership. The project, over the course of three years, will support early intervention, prevention and progression work to inform the development of GP Commissioners. More information from: www.creativityworksforeveryone.co.uk

LATEST EVIDENCE

The evaluation of the Art Lift project by the University of Gloucestershire is now available at: www.gloucestershire.gov.uk/artlift. Art Lift is a primary care based art intervention where health professionals refer patients for a ten week art programme, usually delivered in a primary care setting. Patients are referred for a range of reasons (to reduce stress, anxiety or depression; to improve self esteem or confidence; to increase social networks; alleviate symptom of chronic pain or illness; distract from behaviour related health issues; improve overall wellbeing). The ten week intervention involves art activities delivered by eight artists within GP surgeries, including working with words, ceramics, drawing, mosaic and painting. Some of the headline results from the evaluation include:

- High attendance and completion rates when compared with other primary care based health referral programmes such as exercise referral schemes.
- For those that completed, a significant improvement in wellbeing after ten weeks of art sessions.
- Successful recruitment of people from a broad range of socio-economic backgrounds
- Patients revealed self reported benefits with regard to increased confidence, distraction from illnesses and everyday life, enjoyment, a new interest, offering therapeutic value and providing social interaction and support.
- Referrers' interviews confirmed that Art Lift is perceived as a valuable resource for health professionals and felt it should be a commissioned service.

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