

NEWSLETTER FOR GPs AND PUBLIC HEALTH

February 2015

ARTS & HEALTH SOUTH WEST

Arts & Health South West is an information, support and advocacy organisation for everyone who believes in the value of creativity in enhancing health and wellbeing. This bi-annual newsletter informs NHS Chief Executives, Directors of Public Health and GPs about current developments in arts and health in the South West. Arts & Health South West's website www.ahsw.org.uk provides 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

WORK WITH GPs

Alex Coulter, Director of AHSW, Bill Boa, AHSW Trustee and Dr Simon Opher GP gave a presentation to Finance Directors of South West CCGs in November and presented Arts on Prescription as a model for delivering health and wellbeing benefits for people attending GP surgeries with a range of health issues including depression, anxiety, bereavement and loneliness. [Artlift](#) continues to deliver Arts on Prescription in Gloucestershire and Wellspring Healthy Living Centre provides [Arts on Referral](#) as part of IAPT provision in Bristol. Public Health in Wiltshire is initiating an Arts on Prescription pilot and AHSW is currently in discussion with organisations in North Somerset to develop a scheme there.



AHSW is also involved in a national initiative to develop a coherent delivery and evaluation framework for Arts on Prescription as an arts-based form of social prescribing. Practitioners came together with academics from organisations across the country on February 9th to share knowledge and experience of delivering Arts on Prescription schemes. Recent research by LSE on the [Arts & Minds](#) scheme in Cambridgeshire shows positive outcomes for 78% of participants in terms of self-reported improvement in levels of social isolation, anxiety, depression and wellbeing and that it is cost effective in comparison with CBT.

We have a [Special Interest Group for GPs](#) on the AHSW website. You can join the group if you are interested in being informed about meetings and developments in the region.

Femme Vital 10 metre high sculpture containing 10 years medication for one woman: 27,774 pills by [Pharmacopoeia](#)

WORK WITH PUBLIC HEALTH

The Peninsula Public Health Network 9th annual conference on March 13th, the "Art of Creating Health & Wellbeing", will showcase arts and health work from the region. Arts for Health Cornwall is leading a workshop on [Reading Allowed](#), a project for people with dementia; Mean Feet Dance's Director, Viv Gordon, will show how dance can be a transformative experience for people experiencing mental ill-health in [One Step Forward](#).



Creativity Works will present [My Time My Space](#) for mothers with post-natal depression and Plymouth Music Zone's Singing Group developed with the Stroke Association are performing. There is an article here about the group in the [Plymouth Herald](#). Professor Richard Parish will chair a panel discussion on "Is the Evidence for Arts and Health interventions good enough" with Dr Justin Varney, National Lead for Adult Health and Wellbeing at PHE.

One Step Forward by Mean Feet Dance

OTHER REGIONAL DEVELOPMENTS

We are very pleased to be working with Hampshire Hospitals NHS Foundation Trust and Winchester University on the next phase of our [Arts and Dementia Care in Acute Hospitals](#) project. We will be developing work with Winchester, Portsmouth and Poole Hospitals, funded by a Wessex Academic Health Science Network Accelerator Fund and Lottery funds. Winchester University will do an in-depth evaluation of the cost and health benefits at Winchester Hospital which will inform the spread of the work across the Wessex region if the findings are positive.

NATIONAL DEVELOPMENTS

The Officers of the [All Party Parliamentary Group on Arts, Health and Wellbeing](#) met with Jeremy Hunt in July to discuss the evidence base for arts and health. As a result of this meeting the DOH commissioned PHE to conduct an evidence review. This informed a roundtable discussion on the Care Act: commissioning arts and health for wellbeing in the House of Lords in November. Steven Michael, CEO of South West Yorkshire NHS Trust, spoke passionately about their [Creative Minds](#) project which subsequently won the 2014 HSJ Award for Compassionate Care.

Public Health England has issued a new framework to address the specific health needs of young people including an emphasis on enabling young people to explore their creativity as a tool for maintaining wellbeing. It notes that the two factors young people reported as helping them cope with emotional challenges were talking to family (53%) and doing something creative (49%).

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