



NEWSLETTER FOR PCTs AND GPs

July 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 (AHSW) is a FREE membership organisation. To receive our monthly Ebulletin you can join at: www.ahsw.org.uk

ARTS & HEALTH SOUTH WEST AWARDS

The 2012 Arts & Health South West Awards attracted over 50 entries from across the region. The winning projects were announced on June 26th.

HEALTH AWARD Winner: £4000

Berkeley Vale Health Community, in Gloucestershire, is an integrated health community serving 38,000 people. This pioneering arts and health project involves collaboration at all levels of healthcare including clusters of GP practices and the Primary Care Trust. Art is seen as an integral part of a holistic approach to treatment. GP surgeries in Berkeley Vale provide Arts on Prescription and the evaluation shows a reduction in GP consultation rate and health costs. Salsa on Prescription has over 120 patients referred annually. World Jungle, a local activity provider, has been commissioned to deliver dance lessons in every school. The Try to Remember project takes place in GP surgeries and care homes throughout the locality. Poet Karen Hayes constructs a poem with the patients' own words, which is then given back to the patient, filed in GPs notes, and given to relatives and care homes.

ARTS AWARD Winner: £4000

Double Elephant Print Workshop in Exeter has been working with mental health service users for over 10 years. Artists run printing sessions at the studio and take portable equipment to hospitals, mental health units and supported housing. Print on Prescription provides weekly sessions for two groups of people referred by their GP. Participants create their own prints in a professional workshop and can then move on to follow-on afternoon drop-in sessions. Print on Prescription participants are now making a huge woodcut in partnership with Exeter University.



INDIVIDUAL AWARD Winner: £1000

Louisa Newman, arts on referral manager, NHS Bristol has developed and manages, Artshine, the arts on referral service for inner city Bristol. She has taken Artshine from a fledging idea to a popular and respected project, embedding it as a valued service within surgeries and health centres in the inner city and East Bristol areas. Notable achievements include raising the profile of arts in health among Bristol's GPs and primary care professionals; developing a service that compliments and fits with general practice; and implementing a code of practice that ensures artists working with Artshine deliver a quality service and receive training and supervision to support their work.

LATEST NEWS

In partnership with the Royal Society for Public Health, Arts & Health South West is delivering an international conference on Culture, Health and Wellbeing in Bristol on June 24th, 25th & 26th 2013. The conference will inform international perspectives on:

- Healthy and Creative Ageing
- Global Health Inequalities
- Culture and the Social Determinants of Wellbeing

The conference Chair is Professor Richard Parish, Chief Executive of the Royal Society for Public Health. Keynote speakers include Lord Alan Howarth who says:

'I hold strongly that the arts can enhance wellbeing and health and that more needs to be done through public policy to ensure that as many people as possible have the opportunity to benefit from the life-enhancing and therapeutic experience of the arts. We need to learn from best practice in this field across the world.'

Registration for the conference and submissions of abstracts opens in August 2012. You can pre-register for conference alerts at www.ahsw.org.uk/IntConf.aspx

LATEST EVIDENCE

Light Box provides creative workshops that introduce people to effective strategies for promoting good mental health. The strategies that Light Box advocates are taken from Positive Psychology's evidence base. In the first phase of the Happiness Project there were 487 attendees including young people with psychosis, women offenders, GP referrals and the general public. Willis Newson and the University of West of England's Knowledge Transfer Partnership mentored the project evaluation. Download the evaluation report at www.willisnewson.co.uk Lightbox has recently been awarded a £200,000 Big Lottery grant to continue their work for a further 3 years.



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