

NEWSLETTER FOR HEALTH EXECUTIVES AND GPs

September 2013

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 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

ARTS & HEALTH SOUTH WEST AWARDS

The **Arts & Health South West Awards**, sponsored by the Fine Family Foundation, celebrate inspirational arts and health work in the South West.



This year the winner of the £4000 Health Award was Arts for Health Cornwall and the Isles of Scilly for their 'Celebrating Age and Ambition' project, involving a creative approach to working with older people. The mature dancers company 'Inner Ground', formed as part of the project, opened the Arts & Health South West Awards Ceremony with a performance of their piece 'I am myself again' (www.artsforhealthcornwall.org.uk).

The winner of the £4000 Arts Award was Creativity Works in Bath for their 'Mental Health Creative Support Service'. The award was received with representatives from the Tiny Monuments Artists Collective that grew from the service into a peer-led support group that now meets regularly in Bath (www.creativityworks.org.uk).

THE CULTURE, HEALTH AND WELLBEING INTERNATIONAL CONFERENCE

The Culture, Health and Wellbeing International Conference was held in Bristol from June 24th – 26th 2013. It brought together 390 delegates and speakers from 22 countries to share, discuss and enjoy presentations, performances and workshops on the themes of Healthy and Creative Ageing; Global Health Inequalities and Culture; and Culture and the Social Determinants of Wellbeing. The conference was delivered by Arts & Health South West on behalf of the National Alliance for Arts, Health and Wellbeing and in partnership with the Royal Society for Public Health. Academic partners were Canterbury Christ Church University,

Durham University and the University of the West of England. Conference Chairs included Professor Richard Parish and Professor Gabriel Scally.

In his opening address, John Wyn Owen presented issues of the arts and health in the context of new realities for health globally and in supporting resilient people and communities. Lord Howarth of Newport spoke about his work to set up an All Party Parliamentary Group on Arts and Health and said that by: 'patiently, persistently, reasonably explaining to clinicians, commissioners and managers, as well as to social workers and local authority officers across the country, that what you offer works, is inexpensive and cost-effective, is loved by patients and frail elderly people, is loved too by staff, you will increasingly succeed in changing practice, improving the culture, developing a new wisdom. It will be a long march through the NHS and Social Services, but you will increasingly find acceptance.' It was an impassioned call to action and all who heard it feel newly energised.



Lord Howarth of Newport



Professor Richard Parish



Sizzle Ohtaka

Other keynotes gave delegates an opportunity to be inspired by the opportunities arising from Derry-Londonderry City of Culture, the benefits of dance for people with Parkinson's and Kate Wells' research about how crafts can help women in KwaZulu-Natal to express their concerns about HIV/AIDS. Further information about the programme and webcasts of the keynotes can be found on the conference website: www.culturehealthwellbeing.org.uk. A huge range of talks, workshops and performances enabled delegates to discuss and experience research and practice around subjects from wellbeing in post-earthquake New Zealand to creative ageing in Japan and Finland. International panel discussions and a world café enabled the exchange of ideas and aspirations for the future. The conference feedback has been overwhelmingly positive including the comment: 'This was quite simply the best conference I have been to in my 20 year career as an NHS Consultant. I say this as an evidence-based doctor.'

LATEST EVIDENCE

The recently formed UK Arts and Health Research Network has recently received ESRC funding for a series of seminars to share the latest research and evidence on arts and health. The second of these was in Bristol in September and focused on developing methodologies for Arts and Health Research. At the international conference research sessions included recent work done with LSE to consider the cost-effectiveness of arts and health interventions using reading for chronic pain patients; music with young offenders and arts on prescription for those with mild to moderate mental health problems. The final reports will soon be available on the Arts & Health South West website at www.ahsw.org.uk.

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