

South Tees Arts in Health Movement

To:	Live Well South Tees Health and Wellbeing Board	Date:	31 January 2019
From:	Edward Kunonga, Director of Public Health; Public Health South Tees	Agenda:	5
Purpose of the Item	To provide an update on the Arts in Health day delivered by Damian Hebron, Programme Manager at Nesta’s Health Lab on the 23 rd November 2018.		
Summary of Recommendations	<p>The Live Well South Tees Health and Wellbeing Board is recommended to:</p> <ol style="list-style-type: none"> 1. Note the update on the Arts in Health day. 2. Confirm the commitment to a broader consideration of “wellbeing” including arts, culture and heritage 3. Confirm the commitment to increasing arts, culture and heritage as a priority for the Board and member organisations. 4. Agree the full commitment of Board member organisations to support the implementation of partnership activities with Arts Council England and other strategic funders. 5. Confirm the commitment of the Board as system leaders to help address issues in the system where there are identified issues preventing progress. 6. Confirm the commitment of all relevant organisations to sign up to the Movement for Arts in Health 		

1.0 Purpose

To provide an update on the Arts in Health day delivered by Damian Hebron, Programme Manager at Nesta’s Health Lab on the 23rd November 2018.

The day was delivered to 35 delegates from across the cultural and public health sectors and was commissioned by the South Tees Health and Wellbeing board. This paper outlines the content discussed and the aims of the South Tees Movement for Arts in Health and requests the full commitment of Board member organisations to support future partnerships.

2.0 Background to Arts in Health.

Redcar and Cleveland Council and Middlesbrough Council are committed to culture and are part of the Tees Valley City of Culture bid for 2025. Both councils are working collaboratively on the Creative People and Places bid, a programme of cultural activity that aims to engage local people in

The Tees Valley Combined Authority is one of two combined authorities in the UK that places culture in its strategic economic plan. One of the key strategic priorities outlined in the Tees Valley Combined Authority's cultural strategy is health and wellbeing.

The most recent Arts Council England research has shown that people who take part in the arts are 38% more likely to report good health. Arts and culture has been shown through a range of project examples and evaluations to contribute to primary and secondary prevention, which aim to prevent harm occurring, and reduce the impact of a disease or injury that has already occurred. According to analysis of the Arts Council England Taking Part survey '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. By contrast, disadvantaged and marginalised groups are disproportionately affected by ill health and, as a result, are well represented within publically funded arts activities experienced through health routes.'

Arts in Health initiatives can help to unblock barriers to cultural participation by offering and promoting arts activities aimed at promoting health and wellbeing. The All-Party Parliamentary Group on Arts, Health and Wellbeing recommends 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.'

Middlesbrough Council and Redcar and Cleveland Council are responding to the national policy developments in Arts in Health, with a view to developing relationships with strategic funders and piloting new ways of using arts as a strategic tool to improve health and wellbeing in South Tees.

3.0 The Arts Health Day

Commissioned by the South Tees Health and Wellbeing Board, Redcar & Cleveland Borough Council and Middlesbrough Council worked with Damian Hebron to explore the following:

- Recent Arts in Health policy developments
- Examples of best practice in the UK and globally
- Evaluation frameworks and relevant resources
- Key funding partnerships such as Arts Council England, Nesta, and Esme Fairbairn
- Place based practice, our local assets and how we might use them

During the day the following projects were proposed as pilots through collaboration between the cultural sector and the health sector. Projects proposed included:

M.A.P: Arts Practitioners mapped as assets across South Tees: A website/resource where people could find information about local practitioners, skill sets, art form.

Museum In My Care Home: An intergenerational project that is co-curated with school children and older people, objects are sourced and chosen to exhibit by participating schools and care homes, exploring shared oral histories.

The Greenhouse: A Community Arts Facility and hub for wellbeing and arts. Projects to include - arts practice (Theatre, Dance, etc.), horticulture, community café, produce from local makers and local designers.

Art in Social Care: artists can bring a different perspective to the commissioning of social care, to develop engaging, meaningful activities that engage people accessing social care in different ways. Consideration of how services are commissioned, and the potential benefit of involving an art perspective in commissioning has a potentially huge impact across health, social care and cultural engagement agendas.

Art in Parks: this has the potential to link the increased use and vibrancy of our parks intended through the development of the Sport England “Community Activity Model” and increasing involvement in art and culture. Using parks as a platform for engaging communities with the arts through arts development to develop local creativity. Locating art in parks brings people to parks who wouldn’t usually visit; and can connect people to art who wouldn’t normally have access to it.

These projects are intended to be illustrative of the sort of activities that could deliver to both the cultural and health and wellbeing agendas. Some projects may be progressed by changing the way we work, others are reliant on external funding.

Outcomes for the day were as follows:

- Presentation of report to the board
- Sector mapping exercise by Tees Valley Combined Authority
- Agreement to adopt 5 ways to wellbeing and evidence framework as a group
- Exploration of Nesta funding for the arts in health South Tees social movement

The vision for Arts in Health South Tees:

Arts in Health South Tees is a social movement, our vision is to create whole system change in health inequalities by disrupting traditional approaches to wellbeing and engagement using culture. This will impact people in South Tees who will have access to culture as a fundamental element of

health and social care provision. We believe that health is a ‘**state of complete physical, mental and social well-being** and not merely the **absence of disease or infirmity**’.

4.0 Role of the Joint Health and Wellbeing Board

Art and culture are a critical part of a broader consideration of “wellbeing”. This is an important step for the Board to develop their broader consideration and influence over “wellbeing” being much greater than considering “health and wellbeing” as being limited to what can be delivered by the NHS.

The joint Health and Wellbeing Board can play an important advocacy and leadership role in the South Tees Movement for Arts in Health.

To this end, the role of the Joint Health and Wellbeing Board includes:

- To publicly commit to support the development of the South Tees Arts in Health movement
- To promote arts, heritage, and culture as a key priority for the Board and a critical element of a broader consideration of “wellbeing”.
- Confirm the full commitment of Board member organisations to support partnerships with strategic funders
- All relevant organisations to sign up to the Movement for Arts in Health

5.0 Recommendations

The Live Well South Tees Health and Wellbeing Board is recommended to:

- a. Note the update on the Arts in Health day.
- b. Confirm the commitment to a broader consideration of “wellbeing” including arts, culture and heritage
- c. Confirm the commitment to increasing arts, culture and heritage as a priority for the Board and member organisations.
- d. Agree the full commitment of Board member organisations to support the implementation of partnership activities with Arts Council England and other strategic funders.
- e. Confirm the commitment of the Board as system leaders to help address issues in the system where there are identified issues preventing progress.
- f. Confirm the commitment of all relevant organisations to sign up to the Movement for Arts in Health

