

Agenda Item 7

DERBYSHIRE HEALTH AND WELLBEING BOARD**1 March 2018****Report of the Director of Public Health****LAUNCH OF THE ALL PARTY PARLIAMENTARY GROUP REPORT ON
THE BENEFITS OF THE ARTS IN HEALTH AND WELLBEING:
CREATIVE HEALTH****1. Purpose of the report**

To inform the Health and Wellbeing Board about *Creative Health: The Arts for Health and Wellbeing*, the report of the All-Party Parliamentary Group on Arts, Health and Wellbeing, and provide information on the regional launch to be held in Derbyshire.

2. Information and analysis

The All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) was formed in 2014 and aims to improve awareness of the benefits that the arts can bring to health and wellbeing. During 2015–17, the APPGAHW conducted an Inquiry into practice and research in the arts in health and social care, with a view to making recommendations to improve policy and practice. Partners in this Inquiry have been the National Alliance for Arts, Health and Wellbeing, King's College London, the Royal Society for Public Health and Guy's and St Thomas' Charity, and funders are Wellcome, Paul Hamlyn Foundation and the Arts and Humanities Research Council.

The Inquiry Report, *Creative Health: The Arts for Health and Wellbeing* presents the findings of two years of research, evidence-gathering and discussions with patients, health and social care professionals, artists and arts administrators, academics, people in local government, ministers, other policy-makers and parliamentarians from both Houses of Parliament. It presents a compelling and evidence-based case for using the arts across many different areas of health and wellbeing, from primary care to mental health in the community, from falls reduction for elders to educating the next generation of health workers. The impact on health outcomes and return on investment, as summarised in the report, are attached as Appendix 1.

The report includes 10 recommendations and next steps to challenge key organisations to take this work forward, acting as catalysts for the change of thinking and practice that can pave the way for the enormous potential of the

arts in health to be realised. Of particular relevance to Health and Wellbeing Board members are the following recommendations:

- Recommendation 3: We recommend that, at board or strategic level, in NHS England, Public Health England and each clinical commissioning group, NHS trust, local authority and health and wellbeing board, an individual is designated to take responsibility for the pursuit of institutional policy for arts, health and wellbeing.
- Recommendation 4: We recommend that those responsible for NHS New Models of Care and Sustainability and Transformation Partnerships ensure that arts and cultural organisations are involved in the delivery of health and wellbeing at regional and local level.
- Recommendation 6: We recommend 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.
- Recommendation 7: We recommend that Healthwatch, the Patients Association and other representative organisations, along with arts and cultural providers, work with patients and service users to advocate the health and wellbeing benefits of arts engagement to health and social care professionals and the wider public

The National Alliance for Arts, Health and Wellbeing are supporting the All-Party Parliamentary Groups (APPG) to launch the report and its findings in 9 regional events for health and social service colleagues, showcasing best practice and calling on health and wellbeing services and other key organisations to take on the challenges held within the recommendations.

The East Midlands event is being organised by Helena Reynolds, the East Midlands representative for the Alliance, and will be held at **the Post Mill, South Normanton, on Friday 29th June 2018** (more details to follow). The event will showcase the breadth and depth of arts in health work across the East Midlands, and will be supported by APPGAHW MPs and peers. The Keynote address will be given by Baroness Ruth Lister of Burtersett. Baroness Lister is an active member of the APPG, an East Midlands peer, and a great advocate for the arts in health. Health and social care colleagues are warmly invited to attend.

3. Links to the Health and Wellbeing Strategy

Arts in Health and Wellbeing work contributes to positive outcomes cross-sector and at every life stage. It keeps people healthy and independent in their own home, builds social capital, creates healthy communities and supports the emotional health and wellbeing of children and young people.

RECOMMENDATIONS

The Health and Wellbeing Board is asked to:

1. Note the contribution that creative arts can play in improving health and wellbeing, as outlined in *Creative Health: The Arts for Health and Wellbeing* (<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>)
2. Consider how the report's recommendations can be implemented locally, to see how the arts in health and wellbeing can be developed and supported at all levels and across organisations
3. Support the regional launch event on 29th June (details to follow) through attendance by senior representatives of organisations represented on the Health and Wellbeing Board

Dean Wallace
Director of Public Health
Derbyshire County Council

Arts in Health and Care Environments

This includes hospitals, GP surgeries, hospices and care homes.



A mental health recovery centre co-designed by service users in Wales is estimated to save the NHS

£300k

per year.



Visual and performing arts in healthcare environments help to reduce sickness, anxiety and stress.



The heart rate of new-born babies is calmed by the playing of lullabies. The use of live music in neonatal intensive care leads to considerably reduced hospital stays.

Participatory Arts Programmes

This refers to individual and group arts activities intended to improve and maintain health and wellbeing in health and social care settings and community locations.

After engaging with the arts

79%

of people in deprived communities in London ate more healthily

77%

engaged in more physical activity

82%

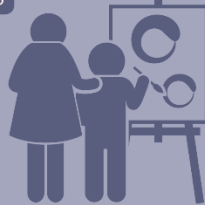
enjoyed greater wellbeing.

£1 spent on early care and education has been calculated to save up to £13 in future costs. Participatory arts activities with children improve their cognitive, linguistic, social and emotional development and enhance school readiness.



Arts Therapies

This refers to drama, music and visual arts activities offered to individuals, usually in clinical settings, by any of 3,600 practitioners accredited by the Health and Care Professions Council.



Arts on Prescription

Part of social prescribing, this involves people experiencing psychological or physical distress being referred (or referring themselves) to engage with the arts in the community (including galleries, museums and libraries).

An arts-on-prescription project has shown a 37% drop in GP consultation rates and a 27% reduction in hospital admissions. This represents a saving of

£216

per patient.



A social return on investment of between £4 and £11 has been calculated for every £1 invested in arts on prescription.

Over the past two centuries, life expectancy has increased by two years every decade, meaning that half of people being born in the West can expect to reach 100. Arts participation is a vital part of healthy ageing.



Participatory arts activities help to alleviate anxiety, depression and stress both within and outside of work.



Music therapy reduces agitation and need for medication in

67%

of people with dementia.



Arts therapies help people to recover from brain injury and diminish the physical and emotional suffering of cancer patients and the side effects of their treatment.



Arts therapies have been found to alleviate anxiety, depression and stress while increasing resilience and wellbeing.

Medical Training and Medical Humanities

This refers to inclusion of the arts in the formation and professional development of health and social care professionals.

Within the NHS, some 10 million working days are lost to sick leave every year, costing

£2.4bn

Arts engagement helps health and care staff to improve their own health and wellbeing and that of their patients.



Everyday Creativity

This might be drawing, painting, pottery, sculpture, music- or film-making, singing or handicrafts.

There are more than **49,000** amateur arts groups in England

involving **9.4 million** people

that is **17%** of the population.



Attendance at Cultural Venues and Events

This refers to attendance at concert halls, galleries, heritage sites, libraries, museums and theatres.



Attendance tends to be determined by educational level, prosperity and ethnicity.



Cultural engagement reduces work-related stress and leads to longer, happier lives.

Of **2,500** museums and galleries in the UK, some

600

have programmes targeting health and wellbeing.



The Built and Natural Environments

Poor-quality built environments have a damaging effect upon health and wellbeing.

85%

of people in England agree that the quality of the built environment influences the way they feel.

Every £1 spent on maintaining parks has been seen to generate

£34

in community benefits.

