

What arts can offer in a health context, and how to use them

'People all over the country are using the arts to make a real difference to health and healthcare. [...] Arts and health is not a new, untested or fringe activity. It has long been delivering robust improvements to our health services.'

A Prospectus for Arts and Health,
 Department of Health with Arts Council England, 2007

Why art?

The arts can help with:

- ✓ Building confidence, a sense of achievement, and empowerment - moving beyond a service user identity.
- ✓ Improving mental and physical energy, encouraging movement.
- ✓ Promoting social interaction and companionship; encouraging involvement and collaboration; reducing social exclusion.
- ✓ Improving communication and the ability to express one's feelings – verbally and non-verbally; stimulating empathy and trust through sharing in a safe environment.



- ✓ Reducing stress, anxiety and depression; encouraging relaxation and a sense of calm, wellbeing and happiness.
- ✓ Mental, sensory and emotional interest and stimulus, keeping the brain active and alert, increasing problem solving, concentration and fine motor skills.
- ✓ Widening aspirations and opportunities, allowing people to be more receptive to change.
- ✓ Providing coping mechanisms and distraction from troubles and pain.

... for staff and carers, as well as service users.

And in the health-care context, arts can be used:

- ✓ to support staff and for workforce development, using creative approaches.
- ✓ to identify service user needs and engage them with developments that affect them in interesting ways.
- ✓ to promote positive messages about healthcare work and organisations.
- ✓ to create better health-care environments.
- ✓ to reduce dependency on medication.



What's on offer?

What is art?

Art as an umbrella term can include activities such as:

Crafts, woolcrafts, felting, textiles, rug-making, pictures, embroidery, painting, drawing, glass painting, face painting, mosaic, sculpture, pottery, willow weaving, junk sculpture, digital art...

Singing, percussion, music, DJing, digital music, circus skills, photography, theatre, poetry, film-making, film watching, creative writing, reflective reading, storytelling, dance, chair-based dance, tea dance, streetdance, ballroom, folk, salsa...



How service users can access the arts:

- Arrange transport to attend a community group, class or activity.
- Hire a personal assistant or carer to enable access to a community group, class or activity.
- Get together with others to hire in an artist or arts organisation for a series of workshops or even one-offs, and hire a venue.
- Volunteer in a local arts group, for example Live and Local, or a film group.
- Ask if your local arts group could offer a befriending scheme.



There are many ways to get involved even without a budget or with only a small budget, through community arts organisations, local clubs or classes and through volunteering.

The arts offer in Derbyshire



www.artsderbyshire.org.uk

The one-stop shop for arts activities and news across Derbyshire and Derby City, including a directory of Derbyshire artists and arts organisations.

- ✓ Click on 'Find an artist' to search our local artist database for individuals or organisations who can help you – you can search by keyword, by name, or by artform.
- ✓ Find out about upcoming arts activities by searching for events on the 'What's on' page, or have selected events delivered straight to your inbox by signing up for the 'What's on' eBulletin.
- ✓ Keep up-to-date about Arts and Health work and developments in the county and beyond, and sign up to the arts and health newsletter, on www.dapartsandhealth.weebly.com
- ✓ Get useful links to funding websites and further Arts and Health sites and resources via the 'Links' page: www.artsderbyshire.org.uk/header/links
- ✓ Find out about funding opportunities as they arise on www.artsderbyshire.org.uk/news/funding_opportunities
- ✓ You'll find advice on getting funding and employing an artist on the 'advice and information' section: www.artsderbyshire.org.uk/advice_information

There are many individual artists and arts organisations in the County who work on projects which promote and support good health.

They include:

Arthur and Martha: www.arthur-and-martha.co.uk

Cathy Grindrod: www.cathygrindrod.co.uk

First Movement: www.first-movement.org.uk

First Taste: www.firsttastecharity.co.uk

Glassball Arts: www.glassball.org.uk

Harlequin Arts: www.harlequinarts.co.uk

High Peak Community Arts: www.highpeakarts.org

Junction Arts: www.junctionarts.org

People Express: www.people-express.org.uk



Some specific projects which service users may wish to get involved in are:

Derbyshire Libraries Wellbeing Project

For the past couple of years Derbyshire Libraries Wellbeing Project has been encouraging people with mental health issues to read and talk about their reading with others, or to develop their creative writing skills. For those who are feeling isolated, depressed or anxious, joining a book group, being read to or taking part in a creative writing workshop can be a good way to socialise, relax, build up confidence and make new friends. Many people find developing their creative skills, and working collaboratively to share and discuss their work with others can be beneficial to their mental wellbeing. There are established groups around the county, and the Libraries Service are keen to support group development in other areas.



For more information see the Advice, information and publications section of www.dapartsandhealth.weebly.com

Derbyshire Film

Derbyshire Film is a network of voluntary promoters that uses state of the art cinema equipment to provide film screenings in alternative venues, particularly in areas where cinema might not otherwise be available. For a list of local promoters or to find out how set up a group yourself see:

http://www.derbyshire.gov.uk/leisure/arts_entertainment/arts_development/film/

Live & Local

The Live & Local Community Touring Scheme helps voluntary groups to choose and promote high quality professional performances for their local community venue. At the heart of the scheme is the opportunity to bring people together to enjoy high quality, affordable, memorable and uplifting live entertainment, keeping people in touch with their communities and enhancing their quality of life. In addition to attending the shows, a service user may like to volunteer as part of the organising team.



For local shows and more information see the website:

<http://www.liveandlocal.org.uk>

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For more evidence, research, and arts and health activity, see:

<http://dapartsandhealth.weebly.com>

http://www.artsderbyshire.org.uk/header/links/arts_and_health_links

http://www.artscouncil.org.uk/publication_archive/a-prospectus-for-arts-and-health/

For further information, contact us at: arts.team@derbyshire.gov.uk