



Derby City Council

HEALTH AND WELLBEING BOARD

21 January 2016

ITEM 10

Report of the Acting Strategic Director of Adults
& Health/ Director of Public Health

The Role of Art and Culture in Health and Wellbeing

SUMMARY

- 1.1 The arts and cultural sector in Derby has a long track record in delivering activity that meets priority economic and social outcomes for local people and the wellbeing of individuals and communities.
- 1.2 Participation in arts and culture plays an important role in prevention of ill health. Being creative gives a sense of achievement and boosts self-esteem, whilst taking part can reduce isolation and loneliness. This supports people to remain independent and live healthy and happy lives.
- 1.3 The arts and cultural sector recognises the role it can play in the health and wellbeing of the local population. It is well placed to support the system transformation of health and social care by providing alternatives to medical models of care.
- 1.4 There is now opportunity to better align arts and cultural activity with health priorities in Derby, and take a strategic approach to effective partnership working with those delivering health and social care outcomes for the city.

RECOMMENDATION

- 2.1 To note the role that participation in arts and culture can play in the prevention of ill health.
- 2.2 To acknowledge and proactively support the arts and cultural sector as a partner in improving the health and wellbeing of the local population.

REASONS FOR RECOMMENDATION

- 3.1 To support the Board in implementing its Health and Wellbeing Strategy.

SUPPORTING INFORMATION

Evidence review of arts and health practice

- 4.1 The Department of Health report (2007), considered over a 1000 studies that demonstrated a significant evidence base that Arts and health are, and should be firmly recognised as being, integral to health, healthcare provision, and healthcare environments. Overall an understanding that health is a product of the whole person, not just medical treatment, lay at the heart of many of the successful approaches reported.
- 4.2 In conclusion the report states, “The research has significant implications for the NHS, in that it demonstrates how arts and health can contribute to major priorities such as improving health, healthcare, wellbeing and quality of life, working with all sections of the population” (Department of Health, 2007, p.17).

Arts and health context in Derby

- 4.3 There is an established Arts and Health Group in Derby. This is open to organisations working in the city with a commitment to using arts activities to achieve health outcomes. The group is coordinated by Derby City Council Leisure and Culture Department with members including Air Arts at Derby Hospital, Artcore, Déda, Derby Theatre, Hubbub Theatre Company, Opus Music, QUAD and Sinfonia Viva.
- 4.4 In June 2015 the group successfully applied for one of five places on the Cultural Commissioning Programme’s Localities Project. This is a national programme providing specialist consultancy support to align the interests of arts and cultural organisations with those of public service commissioners, build relationships and develop action plans for joint working.
- 4.5 A mapping document of the commissioning landscape in Derby has been compiled through desk research of key documents and one-to-one interviews with contacts in the Southern Derbyshire Clinical Commissioning Group, Public Health and Adult Social Care. The arts offer responding to this was presented to senior healthcare commissioners at a facilitated meeting with arts organisations in October 2015. This stimulated discussion on how arts and culture can further align to corporate needs and priorities.
- 4.6 The following areas were identified as priorities where arts and culture could improve health and wellbeing outcomes for individuals and communities in Derby:
- Help people to live a full and varied life
 - reduce isolation and loneliness
 - Improve self-esteem and self-confidence
 - Support child readiness for school (speech and language)
 - Develop creative approaches to health screening
 - Help control of long term conditions.
 - Improve core stability, falls prevention.
 - Support ordinary living for young adults with complex needs
 - Increase opportunity through widening locality programming

- 4.7 In May 2016 representatives from Derby's arts and health sectors will participate in a series of national events to capture learning from the Localities Project. These will debate and inform next steps for national Arts and Health policy.

References

- 4.8 Department of Health. (2007). *Report of the Review of Arts and Health Working Group*. Department of Health.

OTHER OPTIONS CONSIDERED

- 5.1 None

This report has been approved by the following officers:

Legal officer Financial officer Human Resources officer Estates/Property officer	
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Service Director(s) Other(s)	
For more information contact: Background papers: List of appendices:	Put-your-name-here 01332 XXXXXX xxx.xxx@derby.gov.uk None Appendix 1 – Implications

IMPLICATIONS

Financial and Value for Money

- 1.1 Arts and Culture can support the prevention of ill health and provide options for non-medical models of care. This is expected to reduce reliance on formal health and social care provision.

Legal

- 2.1 None

Personnel

- 3.1 None

IT

- 4.1 None

Equalities Impact

- 5.1 Much arts and health activity in the city is focussed on vulnerable groups and communities and is anticipated to have a positive impact on health inequalities.

Health and Safety

- 6.1 None

Environmental Sustainability

- 7.1 None

Property and Asset Management

- 8.1 None

Risk Management

- 9.1 None

Corporate objectives and priorities for change

- 10.1 Reducing health inequalities and improving the quality of life of people in Derby supports the delivery of the objectives set out in the Derby Plan and Council Plan.