



The All Party Parliamentary Group on Arts, Health and Wellbeing

## Arts, Health and Wellbeing Inquiry

### Executive Summary

#### Background

The All Party Parliamentary Group (APPG) on Arts, Health and Wellbeing was formed in January 2014. The secretariat for the APPG is provided by the National Alliance for Arts, Health and Wellbeing (NAAHW). Minutes of meetings of the APPG and other documents are available to the public on the APPG webpage: [www.artshealthandwellbeing.org.uk/appg](http://www.artshealthandwellbeing.org.uk/appg). Further information about the Group and its Terms of Reference are at **Appendix 1**.

#### The Arts, Health and Wellbeing Inquiry

The APPG will conduct an Inquiry, in collaboration with King's College London, which will build on the work of the Group so far and explore further themes and develop policy recommendations. The aim of the Inquiry is to inform a vision for political leadership in the field of arts, health and wellbeing in order to support practitioners and stimulate progress. A report will be produced, with the assistance of leading practitioners and researchers, and in the light of its findings the APPG will seek to influence the thinking and practice of politicians and other decision-takers. We anticipate that the Group will seek meetings with ministers and officials, table questions, initiate some debates and participate in others, and disseminate ideas widely in conjunction with stakeholder organisations and networks. Detailed aims of the Inquiry are at **Appendix 2**.

We will work with two main partners, representing practice and research: Guy's and St Thomas' Charity and its portfolio of arts and health projects, and The Royal Society for Public Health (RSPH) Special Interest Group (SIG) in Arts, Health and Wellbeing.

More information about the Partners and the Advisory Group is at **Appendix 2**

#### Structure

The Inquiry will follow a threefold cycle of meetings between 2015 and 2017. Parliamentarians, our partners and advisers, and officials will be invited to attend all the meetings.

**Round tables:** Experts in the field, both academics and practitioners, will be invited to identify and discuss key issues related to specific themes. Our round tables will be open to and, we hope, in some case held jointly with other APPGs such as those on Wellbeing Economics, Health in All Policies, Dementia, Mental Health, Medical Research and Mindfulness. See **Appendix 2** for a more detailed draft programme.

**Advisory Group Meetings:** Individuals from stakeholder organisations and groups such as health and social care charities, professional organisations, statutory bodies, artists and cultural bodies will be invited to meet to discuss issues and themes emerging in the Inquiry.

**Inquiry Meetings:** Parliamentarians will be invited to discuss policy proposals with key witnesses.

**Other meetings:** Meetings will be sought as appropriate between the APPG, Ministers, officials and key people in arms length bodies (e.g. PHE, NHS, ACE) in order to inform the development of our recommendations.

**Research and administrative support:** A researcher will be appointed to support the Group, including with the provision of briefing on current policy across all government departments and other public bodies, academic research, and case studies.

**Outputs:**

- A Report with policy recommendations
- Launch in Parliament
- Launch at Culture, Health and Wellbeing International Conference due to take place in Bristol in June 2017<sup>1</sup>
- Regional seminars with local decision makers (commissioners; local authorities; providers)
- Parliamentary activity eg debates, questions.

**Outcomes:**

- Raised awareness of benefits and value of arts for health and wellbeing among MPs and Peers of all parties and across range of government departments and stakeholders
- Evidence of influence on Ministers and on health, social care and arts policy of all parties during this parliament
- Change in attitudes towards arts and health within medical and care professions
- Support to practitioners and academics in the field

**Target audience for the Inquiry report and policy recommendations:**

MPs and Peers

Officials and ministers across government

Commissioners in local authorities and Clinical Commissioning Groups

Health and Wellbeing Boards and Directors of Services in Health and Social Care

Arts Organisations, museums, heritage and libraries

Voluntary and community sector in health and social care

**We are grateful to the Paul Hamlyn Foundation and the Wellcome Trust for their support**



<sup>1</sup> [www.culturehealthwellbeing.org.uk](http://www.culturehealthwellbeing.org.uk)

## **APPENDIX 1 The All Party Parliamentary Group on Arts, Health and Wellbeing**

The Terms of Reference for the All Party Parliamentary Group on Arts, Health and Wellbeing have been agreed as to:

- Enable backbench parliamentarians, of all parties and in both Houses, to be informed about significant practice and developments in the field of the arts, health and wellbeing;
- Examine and discuss relevant government and opposition policies;
- Enable Ministers and others in significant decision-making roles to make presentations and be questioned;
- Provide a forum for regular discussion between politicians and practitioners;
- Provide a springboard for parliamentary action, such as debates and questions for oral and written answer;
- Work with other APPGs on areas of shared interest;
- Encourage the evaluation of arts and health work and the dissemination of evidence;
- Support the sharing of knowledge and information about good practice and facilitate access to arts and health provision for the general public;
- Contribute to the development of policy.

In 2014 -15 the APPG organised a series of round table events to explore the challenges and opportunities for arts, health and wellbeing. The Officers of the APPG met the Culture Minister, the Rt Hon Ed Vaizey, and the Secretary of State for Health, the Rt Hon Jeremy Hunt. The APPG Officers have contributed to round tables hosted by the Department for Culture Media and Sport on arts and health, and the Cabinet Office on wellbeing, and been instrumental in the Department of Health commissioning Public Health England to conduct an evidence review on arts, health and wellbeing.

### **The Officers of the All Party Parliamentary Group**

**Co-Chairs:** Rt Hon. Lord Howarth of Newport CBE; Jason McCartney MP

**Vice-Chair:** Rt Hon. Fiona Mactaggart MP

**Treasurer:** Maggie Throup MP

**Secretary to the Group:** Alex Coulter [APPGAHW@gmail.com](mailto:APPGAHW@gmail.com)

## APPENDIX 2 The Inquiry

**The aim of the Arts, Health and Wellbeing Inquiry** is to identify policy objectives and make recommendations. The APPG will work towards fully establishing the arts as a mainstream contributor to health and social care services in promoting good health and wellbeing during this parliament.

We expect to:

- Clarify desirable political and public policy initiatives.
- Involve partners, advisors and stakeholders to ensure that our Inquiry does not duplicate but builds on work already happening.
- Produce an analysis and overview of current practice in arts, health and wellbeing with case studies highlighting best practice.
- Discuss the evidence base, highlighting current work on evidence reviews and gaps analysis as well as other significant developments as identified by our research partners and advisors.
- Identify innovative approaches to integrating the arts into health and social care training and continuing professional development, with recommendations for the future.
- Support and inform the development of a consensus on the training and professional development needs of artists and arts managers working in arts, health and wellbeing practice.
- Contribute to the wider wellbeing debate and ensure that the relationship between the arts and wellbeing is clearly articulated.
- Showcase examples of good practice in commissioning arts for health and wellbeing and identify good routes to commissioning and integrating the arts into care pathways.
- Build on recent work in evaluating the costs and benefits of arts interventions and support the development of evaluation frameworks for measuring their cost effectiveness.

### Context

The Inquiry will take into consideration the wider context of current strategies, policies and priorities within health and social care and the arts. It is increasingly recognised that the arts can offer a professional, value-for-money contribution to mainstream health and social care and offer personalised non-medical health strategies that support priorities identified in the NHS Five Year Forward View<sup>2</sup>, in particular the focus on:

- Prevention
- Self-management and greater individual control over health and wellbeing
- An integrated approach to health and care and the move towards combining primary and secondary care as well as greater community provision
- Parity of esteem between mental and physical health
- A more personalized and person-centred approach to healthcare that recognises the diversity of our populations

The Inquiry will take into account ongoing developments at Public Health England including their work on the evidence review of arts, health and wellbeing commissioned by the Department of Health, a scoping review of the economic benefits with LSE, and the forthcoming publication of an evaluation framework for arts and public health. The Inquiry will be pursued in the context of the identified need for a coherent framework for commissioning, delivery and evaluation of arts interventions that contribute to specific NHS and PHE priorities within recognized care pathways.

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<sup>2</sup> <https://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf>

The Inquiry will be grounded in a clear understanding of the challenges and opportunities provided by developments in commissioning by local authorities and Clinical Commissioning Groups, and with reference to recent legislation including the Care Act<sup>3</sup>, as well as new legislation providing for more devolution of powers. It will be informed by current developments with personalized budgets and acknowledge the need for better integration of the arts sector with the wider voluntary community sector and private providers of health and social care.

Arts, health and wellbeing interventions and programmes support Arts Council England (ACE) goals<sup>4</sup>, in particular Goal 2: ‘Everyone has the opportunity to experience and be inspired by the arts, museums and libraries’. Under the leadership of Sir Peter Bazalgette, Arts Council England has shown a commitment to arts, health and wellbeing and the APPG will build on this support in our engagement with ACE. As the Charter of the National Alliance for Arts, Health and Wellbeing states: “the arts, creativity and the imagination are agents of wellness; they help keep the individual resilient, aid recovery and foster a flourishing society. They encourage active engagement with the world around us, help people to keep learning, connect with each other and contribute to their communities. The arts and humanities have a crucial role to play in medical training, clinician well-being and awareness. The arts can contribute to a culture within health services that is more supportive, empowering, enlightened, personal and humane.”

### **Partners**

**The National Alliance for Arts Health and Wellbeing (NAAHW)** is formed of representatives from the regions of England and is funded by Arts Council England, via the London Arts in Health Forum, an Arts Council National Portfolio organisation. The NAAHW will ensure that the work of the APPG is informed by practice and research in the field and that our findings can be widely disseminated. The NAAHW provides the secretariat for the APPG in the person of Alex Coulter, Director of Arts & Health South West ([www.ahsw.org.uk](http://www.ahsw.org.uk)). Arts & Health South West, also an Arts Council National Portfolio organisation, will manage the Inquiry including the financial aspects of it. Case studies from the networks of the National Alliance for Arts, Health and Wellbeing, will inform the Inquiry process and policy recommendations.

**King’s College London** will host the APPG’s researcher and offer advice on the Inquiry structure, drafting and delivery of the final report. The researcher will be jointly managed by Alex Coulter, Secretary of the APPG and Director of Arts & Health South West, and Katherine Bond, Director, Cultural Institute at King’s College London, and will be supported by Anne Marie Rafferty, Professor of Nursing Policy and Culture and Care at King’s. King’s College London will also provide expert advice and support on communications, particularly around the launch of the Inquiry.

**Guy’s and St Thomas’ Charity and its portfolio of arts and health projects**<sup>5</sup> will provide a valuable set of case studies. Guy’s and St Thomas’ Charity supports new ideas to tackle major health and care challenges in Lambeth and Southwark. The Charity is independent of the NHS but works closely with it and the whole healthcare system. It partners with the academic health science centre King’s Health Partners, and the organisations that are part of it – Guy’s and St Thomas’, King’s College Hospital and South London and the Maudsley NHS Foundation Trusts and King’s College London. The Charity has an especially close relationship with Guy’s and St Thomas’ NHS Foundation Trust.

**The Royal Society for Public Health (RSPH) Special Interest Group in Arts, Health and Wellbeing**<sup>6</sup> will inform the process of the Inquiry ensuring access to the current evidence base. The Special Interest Group brings together academics from across the country and has developed out of the UK Arts, Health and

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<sup>3</sup> <http://www.legislation.gov.uk/ukpga/2014/23/contents/enacted/data.htm>

<sup>4</sup> <http://www.artscouncil.org.uk/what-we-do/mission/>

<sup>5</sup> <https://www.gsttcharity.org.uk/what-we-do/our-strategy/fund/arts-and-health>

<sup>6</sup> <https://www.rsph.org.uk/en/membership/special-interest-groups/arts-and-health/>

Wellbeing Research Network. The network aims to develop research projects of the highest quality and of national and international significance and has recently completed a series of seminars funded by the ESRC. This Inquiry will build on the RSPH's report Arts, Health and Wellbeing: Beyond the Millennium, published in 2013<sup>7</sup>. Dr Paul Camic, professor of psychology and public health, from Canterbury Christ Church University, is the RSPH liaison to the APPG.

### **Crediting and references to partners**

A clear credit or role descriptor will be agreed with each partner at the outset, as well as guidelines on use and positioning of logos. A light touch process will be put in place to ensure that all partners have sight of and approval, where appropriate, of any communications relating to the Inquiry.

### **The Inquiry process will be supported by an advisory group from a wide range of organisations e.g.:**

The Inquiry partners

The Faculty of Public Health Special Interest Group on Arts and Health

The British Psychological Society

Arts Therapies

Allied Health Professionals

Medical Royal Colleges and Faculties

Public Health England

Arts Council England

What Works Wellbeing Centre

The Cultural Commissioning Programme

Public Health Commissioners

CCG commissioners/GPs

Voluntary Community Sector health and social care organisations

Local Authority commissioners

Peer panel of artists representing a range of artforms

### **Proposed Terms of Reference for the Advisory Group are to:**

- Review evidence gathered at Round Tables and through background research
- Advise on policy priority areas
- Attend meetings when appropriate to discuss specific areas of practice, research and policy to inform the Inquiry Meetings
- Advise on the draft report

### **Research and administrative support:** A researcher will:

- Gather robust evidence on the impact and value of arts, health and wellbeing;
- Provide briefings on current policy, where this relates to arts, health and wellbeing, across all government departments and other public bodies and third sector organisations;
- Identify good practice in the embedding of the arts in medical and health care training;
- Provide support in organising the Inquiry programme and document the proceedings;
- Meet with parliamentarians and others as necessary;
- Attend all Inquiry meetings;
- Draft a report with policy recommendations.

### **The Inquiry will draw on expert witnesses from previous APPG events on:**

- The Care Act and the Francis Inquiry (July 2<sup>nd</sup> 2014) – how the arts and culture can contribute to wellbeing with particular reference to staff training in healthcare. **Case study:** Guy's and St

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<sup>7</sup> <https://www.rsph.org.uk/en/policy-and-projects/areas-of-work/arts-and-health.cfm>

Thomas's Charity and Guy's and St Thomas's NHS Foundation Trust – Clod Ensemble Performing Medicine and the Simulation and Interactive Learning Centre

- The Care Act: Commissioning arts and culture for wellbeing delivered jointly with the APPG on Wellbeing Economics (November 5<sup>th</sup> 2014). **Case study:** South West Yorkshire Partnership NHS Trust Creative Minds project, winner of the Health Service Journal Compassionate Care Award 2014
- Music and Health – how music can have a positive impact on specific health conditions (23<sup>rd</sup> February 2015). **Case study:** Live Music Now
- Dementia and the Arts (July 6<sup>th</sup> 2015) **Case Study:** Guy's and St Thomas's Charity and RADIQL: Reminiscence arts in dementia care research programme for Age Exchange

### Draft Programme of round tables

We will hold a further series of round tables, at which experts will be invited to brief us and to identify and discuss key issues. In discussion with our partners and advisers we will further refine the themes:

November 9 <sup>th</sup> 2015	<b>The Arts and Palliative Care, Dying, Bereavement</b>	De-medicalising death; care homes; hospices; healing environments;
December 2015	<b>Post-traumatic stress and the Arts</b>	Armed Services, ex-services personnel and their families; others traumatised by war
February 29 <sup>th</sup> 2016	<b>Museums and Health</b>	Community assets; access; museums on prescription; place-based commissioning
March 2016	<b>Young people, Mental Health and Resilience</b>	Educational contexts; young people's voice; self-esteem
June 2016	<b>Arts-based Social Prescribing</b>	Prevention; voluntary sector; wider social prescribing agenda; personal budgets
July 2016	<b>Community Arts and Public Health; community cohesion</b>	Intergenerational work; community development; migration and integration; equality
October 2016	<b>Arts and Healthcare Environments</b>	NHS Estates; Arts in Hospitals; architecture and design; service design

### Advisory Group meetings

Following an initial scoping meeting, the Group will agree a schedule of meetings to review the findings of the round tables and to inform the policy recommendations to be discussed at the Inquiry meetings.

### Inquiry meetings

A series of meetings, somewhat on the model of Select Committee meetings, will be events at which a panel of parliamentarians listen to witnesses, question them and invite ideas in relation to specific policy areas. These policy areas will emerge through the processes described above but are likely to cover main areas of responsibility within government departments such as Culture; Health; Education; Communities, as well as cross-cutting thematic areas such as:

- Integration of services
- Devolution and localism
- Inclusion and diversity
- Parity of Esteem between mental and physical health
- Prevention and early intervention
- Training and education
- Long-term conditions and self-management
- Wellbeing, including staff wellbeing
- What works
- Cost-effectiveness