



**The Arts and Public Health  
Round Table  
Monday July 11th  
House of Lords Committee Room 1  
3.15-4.45pm**

The Arts and Public Health Round Table is hosted by the All Party Parliamentary Group on Arts, Health and Wellbeing. It is one in a series of round tables in which practitioners, academics, policy makers, those with lived experience and managers of services are invited to share their knowledge and experience with parliamentarians. The information gathered will be used to inform policy recommendations for the Inquiry into Arts, Health and Wellbeing. You can find out more about the APPG and Inquiry here:  
[www.artshealthandwellbeing.org.uk/appg](http://www.artshealthandwellbeing.org.uk/appg)

The round table will be chaired by **Baroness Young of Hornsey**

Participants have been asked to consider the following questions:

**What are the benefits of the arts to public health?**

**What changes to policy or practice at local, regional, national (or international) level would facilitate more arts and public health work happening?**

After a discussion with the participants listed below, the Chair will open the discussion to the audience.

**Participants:**

**Amal Azzudin**, Community Development Facilitator, Mental Health Foundation

**arthur+martha**, artists Philip Davenport and Lois Blackburn

**Lizzi Stephens**, Chair of the Dover Breatheasy Group, musician and leader of singing for health groups

**Dr Nayreen Daruwalla**, Programme Director for Prevention of Violence against Women and Children, SNEHA, Mumbai, and **David Osrin**, Professor of Global Health, UCL

**Thompson Hall**, Artist and **Sheryll Catto**, Co-Director of ActionSpace

**Tim Harrison**, Creative Director, SICK! Festival

**Louisa Newman**, Public Health Workforce Development Manager, PHE South West and **Shona Arora**, National Workforce Development Lead PHE

**Connie Junghans**, Public Health Commissioner, Westminster Borough Council and **Jennifer Wood**, Arts Officer, The Royal Borough of Kensington and Chelsea

**Deborah Munt**, National Alliance for Arts, Health and Wellbeing

**Eva Okwonga**, Peer Support Advisory Board Member for Mind and Music Workshop Leader at Music In Mind

**Professor Richard Parish CBE**, PHE Board Member and University of Chester

**Catherine Swann**, Deputy Director of Health and Wellbeing (Healthy People) PHE

**Audience:**

An invited audience will include representatives from King's College London, with whom we are collaborating on the APPG Arts, Health and Wellbeing Inquiry, and our other partner organisations: Nicola Crane, Head of Arts Strategy, Guy's and St Thomas's Charity and, on behalf the Royal Society for Public Health Special Interest Group in Arts, Health and Wellbeing, Professor Paul Camic, Canterbury Christ Church University.

## Participant Biographies

**Shona Arora** is National Workforce Development Lead for Public Health England. She was previously Director of Public Health in Cheltenham and Tewkesbury PCT, joint Director of Public Health in Gloucestershire and PHE Centre Director for Avon, Gloucestershire and Wiltshire. Shona trained as a doctor at Cambridge University and worked in general practice in inner London and was a visiting Fellow at the King's Fund, working on health improvement and diversity issues.

**Amal Azzudin** is a campaigner for human rights and social justice. Within the Mental Health Foundation she manages the Amaan project and develops new, innovative work with asylum seekers and refugees. Amal has a BA in Community Development and an MSc in Human Rights and international politics. Amal is well known as one of the Glasgow Girls, a group of seven school girls from Drumchapel High School who campaigned to stand up against dawn raids, detention and deportation of asylum seekers in Glasgow. The Glasgow Girls story has since been turned into two BBC documentaries, a stage musical and a television musical drama. Amal continues to campaign and is a member of Scotland's Taskforce set up by the First Minister in response to the Refugee Crisis.

**arthur+martha** help marginalised people find their creative voice and be heard, using challenging art and poetic techniques. The organisation is directed by artist Lois Blackburn and poet Philip Davenport. They collaborate with homeless people and older people with dementia to construct ambitious projects in public places. They celebrate their resourcefulness, bravery and tenacity - and the insights that those on the edge of society can bring to the heart. More information at <http://arthur-and-martha.blogspot.co.uk>

**Sheryll Catto** is Co-Director of ActionSpace, a London-based organisation that supports artists with learning disabilities and creates innovative projects for people with learning disabilities to engage with the visual arts. Her interest is in supporting the development of creative practices and she was attracted to ActionSpace because of their commitment to providing people with learning disabilities with the same creative and professional development opportunities as their non-disabled peers. ActionSpace is particularly successful in working with people who have more severe learning disabilities, limited communication skills and challenging behaviour; those who are often excluded from other projects and activities due to the extent of their support needs. [www.actionspace.org](http://www.actionspace.org)

**Dr Nayreen Daruwalla** is a clinical psychologist and director of programs for Prevention of Violence against Women and Children and Adolescent health at SNEHA (Society for Nutrition, Education and Health Action: [www.snehamumbai.org](http://www.snehamumbai.org)), Mumbai. She has a longstanding interest in creative engagement with communities on public health issues and gender-based violence. She co-directed a large public engagement project, the Dharavi Biennale, a two year process of integrating health with art leading to an exhibition. The Biennale was structured around workshops that brought slumdweller artists together with mentor artists and health scientists to develop artworks that raised questions about urban health.

**Thompson Hall** is a studio artist at ActionSpace's North London Studio. Primarily a painter, Thompson uses colour to convey a mood or a theme rather than an accurate re-creation of what he sees. Recent exhibitions include "Postcards from Brighton" at Brighton Dome in May 2014 and "Postcards of Glasgow" at Trongate 103 in March 2015. Earlier this year Thompson was commissioned by House Festival and Outside In to create an exhibition for HOUSE 2016, part of Brighton Festival. "Home Away from Home" at The Regency Townhouse captured the experience of visiting Brighton from his home in London. Thompson hopes his success will inspire others. [www.actionspace.org/artists/thompson-hall](http://www.actionspace.org/artists/thompson-hall)

**Tim Harrison**, SICK! Festival Creative Director. Tim has a PhD in Art History and 13 years experience of working in contemporary arts organizations. From 2005 to 2008 he worked as Live Art & Dance Co-ordinator at Arnolfini (Bristol). Between 2008 and 2009 he worked as Officer for Live Art & Dance at Arts Council England. He has worked at The Basement since 2009 alongside Helen Medland developing and delivering SICK! Festival. He has been responsible for developing a programme working with leading academics in the fields of medicine, ethics, psychology, social sciences and the arts, as well as clinicians, health professionals, charities and policy-makers.

**Louisa Newman** BA (Hons), MA, MSc has worked in public health for 10 years, bringing a range of experience from education, mental health and creative arts sectors. In 2010 she took up the post of Arts & Health Manager with Bristol Public Health, setting up GP arts on referral service 'Artshine', and in 2011 was awarded 'Outstanding Contribution to Arts & Health' by Arts & Health South West. Louisa joined Public Health England in 2014 as Public Health Workforce Development Manager in the South West. She also works within the national Organisational & Workforce Development team, and is committed to developing innovative and creative approaches to leadership and workforce development.

**Connie Junghans** PhD MB BS MSc, currently epidemiologist at the Department of Public Health Intelligence Royal Borough of Kensington & Chelsea, Hammersmith & Fulham and Westminster City Council. Connie trained as a medical doctor and has always maintained an interest in public health. She helps shape the evaluation framework for Public Health and links with academia to inform policy and services at the councils. She is committed to writing health into the DNA of the council and has been leading on the evaluation of the Sing to Live Live to Sing programme. She is keen to find ways of incorporating singing and other community activities into day to day Primary care.

**Eva Okwonga**, is a singer, musician and practitioner of community music, leader of the music, mental health and peer support project Music in Mind. She advises the charity Mind on their national peer support programme. She is a Masters graduate in Cross-Sectoral and Community Arts from Goldsmiths College (University of London). In 2016 she was awarded a Winston Churchill Memorial Trust Travelling Fellowship to research music, mental health and peer support. She will be travelling to the USA to work with the peer-led Me2/ classical orchestra.

**David Osrin** is Professor of Global Health at UCL and Wellcome Trust Senior Research Fellow in Clinical Science. Based in Mumbai since 2004, he works in an urban health research collaboration with SNEHA. He is interested in the meeting of art and science and in public engagement around health issues. He coordinated Dekha Undekha, a program in which artists from informal settlements co-created works responding to local health concerns. This was followed by The Dharavi Biennale, and in 2015 the Alley Galli Biennale, a festival of art and health that included four galleries and 17 events and was seen by 10,000 people ([www.dharavibiennale.com](http://www.dharavibiennale.com)).

**Richard Parish** is a biologist with a special interest in population biology. Formerly an NHS Chief Executive, Principal of the first NHS multidisciplinary higher education college and CEO of the Royal Society for Public Health. A Fellow of the Royal Society of Biology and Honorary Fellow of the Royal Society for Public Health, he was awarded Honorary Fellowship of the American Public Health Association in 2006 for his international work and is one of a small number of people to be awarded Honorary Fellowship of the Royal Pharmaceutical Society. He received a Doctor of Science degree from Brunel University and was made a CBE in 2014.

**Lizzi Stephens** has been a Registered Nurse since 1983 and spent 17 years as a Care Manager for Kent County Council Social Services. Having always been an intuitive musician, in 2009 she became a self-employed community musician and began working as a singing facilitator for the Sidney De Haan Research Centre for Arts and Health, Canterbury Christ Church University on several research projects to evaluate the value of group singing and mental health and well-being and singing and COPD. She was inspired to help found Breathe Easy Dover in 2012. Although a lifelong, non-smoking, asthmatic, 4 years ago she was diagnosed with COPD. She is also the lay member of the British Lung Foundation Scientific Committee.

**Catherine Swann** began her career at UCL as an academic chartered psychologist specialising in health. She spent nine years as Associate Director in public health at the National Institute for Health and Social Care Excellence (NICE) developing national public health guidelines and local government briefings. She came to Public Health England after a second stint at UCL, working as a senior researcher leading the National Collaborating Centre for Social Care evidence review team. She is a voluntary director of Healthwatch Brighton and Hove, where she combines personal and professional interests in ensuring patients and service users play a central role in improving and delivering care for everyone.

**Jennifer Wood** leads on the Royal Borough of Kensington and Chelsea's community arts programmes, from within the Borough's Arts Service. The success of her work depends on collaboration across Council services and with arts, health and community organisations, and businesses across the borough, to engage a diverse range of residents who are often vulnerable or excluded. Jennifer has managed the development of the Council's flagship arts and health programme Sing to Live, Live to Sing since its inception in 2014. The programme has forged a strong partnership between the Arts Service and Public Health, which has enabled the project to flourish and maximises the beneficial impact of group singing on the health and wellbeing of those involved.