

# Tell us why you do this work: what motivates you to be part of creative health?

## Major Themes

This is an AI summary of the responses using Microsoft copilot so may not be completely accurate.

### **1. Creativity as Fundamental to Human Wellbeing**

- Creativity is seen as essential for thriving, purpose, joy, and human expression.
- Many view arts engagement as a pathway to better mental, emotional, and physical health.

### **2. Lived Experience as Motivation**

- Numerous contributors have personally benefited from creative practices during illness, trauma, anxiety, or life challenges.
- This inspires them to support others through similar journeys.

### **3. Desire to Improve Health & Healthcare Systems**

- Strong belief that creative health offers benefits mainstream healthcare cannot always provide.
- Motivation to embed arts into healthcare, shape policy, and advance evidence-based practice.

### **4. Community, Connection & Reducing Loneliness**

- Creative activity is valued for building friendships, reducing isolation, and strengthening community bonds.
- Many emphasise joy, belonging, and shared experience as core outcomes.

### **5. Equity, Access & Social Justice**

- Contributors are driven to ensure marginalised groups can access creativity.
- Motivations include tackling inequalities related to race, class, disability, migration, and mental health.

### **6. The Transformative Power of the Arts**

- Repeated references to creativity as healing, empowering, restorative, and life-changing.
- Creativity is framed as a tool for expression, resilience, agency, and recovery.

## **7. Professional Identity & Passion**

- Many are artists, musicians, therapists, teachers, researchers, or health workers whose values align naturally with creative health.
- The work is described as fulfilling, meaningful, joyful, and purpose-led.

## **8. Evidence, Research & Curiosity**

- A significant number are motivated by the growing evidence base and want to contribute to research, evaluation, and sector development.

## **9. Supporting Children, Families & People in Distress**

- Creative approaches are valued for being accessible, non-verbal, expressive, and trauma-informed.
- Seen as especially powerful for children, neurodivergent people, carers, and those experiencing distress.

## **10. Creativity as a Human Right & Cultural Value**

- Many believe everyone should have access to creativity and cultural participation.
- Creativity is viewed as part of daily life, community identity, and societal wellbeing.