



The All-Party Parliamentary Group on Arts, Health and Wellbeing

Annual Report 2018-19



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1. Foreword

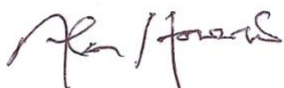
2018-19 has been a year of very exciting progress for the work of the APPG on Arts, Health and Wellbeing.

As the report details, we have continued to develop our strategies to gain acceptance of the ten recommendations in *Creative Health*, and good progress has been made on them. Arts Council England, with whom we have had a close working relationship, have published their draft ten year strategy explicitly embracing health objectives. The really positive shift has been a new willingness among clinicians and health policy makers to accept that the arts and culture have an important contribution to make in enhancing health and wellbeing. We have been encouraged by the attendance at our regional seminars of clinicians, members of Clinical Commissioning Groups, people responsible for the development of Integrated Care Systems and public health officers. We have been grateful for the opportunity to speak at conferences on health across the country. We were delighted to partner with the Southbank Centre for a major event in June in the Queen Elizabeth Hall, addressed by Rebecca Pow MP, Minister for Arts, Heritage and Tourism, Simon Stevens, Chief Executive of NHS England, and Rt Hon Matt Hancock MP, Secretary of State for Health and Social Care.

The Secretary of State made an important speech at the King's Fund in November in which he cited *Creative Health* and commended the work of the APPG. In his Long Term Plan for the NHS, published in January, he stressed the importance of prevention and of the arts and culture in social prescribing. He invited the APPG to make a presentation at a Round Table on Social Prescribing which he chaired in the Department in March. We are currently engaged in discussion with NHS England about how to carry forward its work on social prescribing.

We have also developed promising links with the devolved authorities and others in Greater Manchester, Northern Ireland, Wales and Scotland.

Once again, on behalf of the APPG, we pay tribute to Alex Coulter for the energy and creativity with which she has driven our agenda forward. We are very grateful to the board of Arts & Health South West for providing governance and financial management for the APPG. We also express our thanks to our funders, Wellcome and Paul Hamlyn Foundation, for their continuing and thoughtful support.



Rt Hon. Lord Howarth of Newport CBE
Co-Chair
APPG on Arts, Health and Wellbeing



Rt Hon. Ed Vaizey MP
Co-Chair
APPG on Arts, Health and Wellbeing

2. Introduction

This report covers the period from the 2018 Annual General Meeting of the All-Party Parliamentary Group on Arts, Health and Wellbeing (APPG) on 16th July 2018 to the Annual General Meeting on 15th July 2019. The work of the APPG during this period has continued to focus on the ten recommendations in the Inquiry report: [Creative Health: The Arts for Health and Wellbeing](#).

The speech by the Secretary of State for Health and Care at the King's Fund Social Prescribing conference in November 2018 was a significant milestone. He paid tribute to our Co-Chair, Ed Vaizey, and the All-Party Parliamentary Group for the *Creative Health* report and endorsed the key messages:

- *the arts and social activities can help keep us well, aid our recovery, and support longer lives better lived*
- *the arts and social activities can help meet major challenges facing health and social care – ageing, loneliness, mental health, and other long-term conditions*
- *and, the arts and social activities can help save money for the NHS and social care system*

He said: “*what pleased me most about Lord Howarth’s work with the APPG, what had the biggest positive effect, the common theme running through all the creative fields from literature, to music, to art is: personal creativity. Taking part. Having a go. Dusting off forgotten skills. Or learning new ones.*”

He highlighted the importance of libraries for social prescribing and particularly noted the potential for music to support people living with dementia.

He made the case that prevention is fundamental to the future of the NHS, that social prescribing is fundamental to prevention and that the arts are fundamental to social prescribing.

Building on this speech we planned a programme of further round tables to explore [Everyday Creativity](#); [Libraries and Health](#); and [Music and Dementia](#). We also held a round table to consider the role of the arts in supporting [Children and Young people’s Mental Health](#). More recently, the APPG has drawn *Creative Health* to the attention of the Institute for Fiscal Studies Deaton Review of Inequalities.

The APPG was a partner in the Creative Health Conference at the Southbank Centre on 10th June 2019. This launched Creativity and Wellbeing Week. Keynote speakers included the Minister for Arts, Heritage and Tourism, Rebecca Pow MP, Lord Howarth of Newport, Gillian Moore, Director of Music at the Southbank Centre, and Simon Stevens, Chief Executive of NHS England. The Secretary of State for Health sent a video message. There were many wonderful examples of practice and research including in panel discussions on Innovation and Loneliness.

3. Management and Governance

The Officers of the APPG in 2018-19 were:

Chair and Registered Contact: Rt Hon. Ed Vaizey MP
Co-Chair: Rt Hon. Lord Howarth of Newport CBE

Vice-Chair: Chris Ruane MP
Treasurer: The Baroness Andrews OBE

The Secretariat for the APPG has been provided by Alex Coulter, Director of Arts & Health South West (AHSW), on behalf of the Culture, Health and Wellbeing Alliance (CHWA). AHSW is the accountable organisation responsible for CHWA and Alex Coulter continues to manage the secretariat with the support of Victoria Hume, Director of CHWA. All the APPG and CHWA finances are managed by AHSW and governance oversight is provided by the Board of Trustees of AHSW.

The APPG has a memorandum of understanding with AHSW which covers the role of the secretariat and gives AHSW responsibility for maintaining personal data as the Data Processor for the APPG in accordance with the principles and legal obligations of the General Data Protection Regulation (GDPR) and related legislation.

A working group of people who have been involved in the Inquiry process has supported the Next Steps. We are very grateful to them and the many others who have contributed to the recent round tables. A full list is in **Appendix 1**.

4. Progress on the ten recommendations in *Creative Health*

Recommendation 1

We recommend that leaders from within the arts, health and social care sectors, together with service users and academics, establish a strategic centre, at national level, to support the advance of good practice, promote collaboration, coordinate and disseminate research and inform policy and delivery. We appeal to philanthropic funders to support this endeavour. We hope that the centre will also have the support of Arts Council England, NHS England and Public Health England as well as the Local Government Association and other representative bodies.

We have continued to work towards the establishment of the national strategic centre with regular meetings of the working group and negotiations with funders and potential health partners.

Recommendation 2

We recommend that the Secretaries of State for Culture, Media and Sport, Health, Education and Communities and Local Government develop and lead a cross-governmental strategy to support the delivery of health and wellbeing through the arts and culture.

The Minister for the Arts and the Secretary of State for Health's endorsement and support of the *Creative Health* agenda indicates a developing working relationship between DCMS and DHSC. The APPG has not had any engagement with other government departments, such as MHCLG and DfE and this is an area for future effort if a strategy is to be truly cross-governmental. The recent DCMS Select Committee report recommended that: *During 2019, the DCMS should establish and lead a new standing inter-ministerial group on the social impact of sport and culture, using this as a platform to reset cross-government work with these sectors. The priorities for this new group should encompass the issues that we have identified in our report, including health, education, criminal justice and regeneration.*

Recommendation 3

We recommend that, at board or strategic level, in NHS England, Public Health England and each clinical commissioning group, NHS trust, local authority and health and wellbeing board, an individual is designated to take responsibility for the pursuit of institutional policy for arts, health and wellbeing.

Lord Howarth spoke about *Creative Health* at a round table for NHS Trusts Chairs and CEOs, organised by NHS Providers, on 1st November 2018. He encouraged them to respond to Recommendation 3.

We currently have approximately 40 Creative Health Champions from NHS trusts, local authorities and clinical commissioning groups. A meeting for Champions was held in the House of Lords in February 2019. The minutes can be seen [here](#). A follow up working group meeting with the Local Government Association, NHS Providers and the Culture, Health and Wellbeing Alliance has led to collaborative work on a toolkit for Champions and further efforts to recruit more champions to the group.

Recommendation 4

We recommend that those responsible for NHS New Models of Care and Sustainability and Transformation Partnerships ensure that arts and cultural organisations are involved in the delivery of health and wellbeing at regional and local level.

A regional event in Reading was co-organised with the Kent Surrey Sussex Academic Health Science Network (KSS AHSN) to consider guidance for Integrated Care Systems. Following this we are working with the KSS AHSN on developing guidance for Integrated Care System planning.

An example of progress on this recommendation is the recent publication of ‘Living a Larger Life’ by Calderdale Council, South West Yorkshire Partnership NHS Foundation Trust, West Yorkshire and Harrogate Health and Care Partnership, Calderdale Clinical Commissioning Group, Creative Minds and other creative partners. The document sets out their plan to make Calderdale a leader in using arts and culture to support people’s health and wellbeing, whilst tackling health inequalities. It builds on the Creative Health report and gives a detailed response to the ten recommendations.

Recommendation 5

We recommend that Arts Council England supports arts and cultural organisations in making health and wellbeing outcomes integral to their work and identifies health and wellbeing as a priority in its 10-year strategy for 2020–2030.

The latest draft of Arts Council England’s ten year strategy includes reference to health and wellbeing and social prescribing. [Consultation on this draft](#) is open until 23rd September 2019.

Recommendation 6

We recommend that NHS England and the Social Prescribing Network support clinical commissioning groups, NHS provider trusts and local authorities to incorporate arts on prescription into their commissioning plans and to redesign care pathways where appropriate.

As stated above, the Secretary of State for Health’s speech at the King’s Fund last November made the case that prevention is fundamental to the future of the NHS, that social prescribing

is fundamental to prevention and that the arts are fundamental to social prescribing. Since the *Creative Health* report was published there have been significant developments in social prescribing nationally. The publication of the [NHS Long Term Plan](#) in January was followed by the publication of the [Social Prescribing and community-based support: Summary Guide](#) in February. The NHS has committed to 1000 link workers being based in Primary Care Networks across the country with a responsibility for social prescribing. In March, the Secretary of State hosted a round table on social prescribing where Lord Howarth spoke about the work of the APPG. A new Social Prescribing Academy is being set up by NHS England to bring together arms-length bodies involved in the provider side including Arts Council England, Sport England, Natural England etc.

Recommendation 7

We recommend that Healthwatch, the Patients Association and other representative organisations, along with arts and cultural providers, work with patients and service users to advocate the health and wellbeing benefits of arts engagement to health and social care professionals and the wider public.

The LENS, Lived Experience Network, is making progress in establishing its structure and constitution. The core steering group is made up of participants in the *Creative Health* inquiry. They have expanded to include champions in each of the nine regions of England. These champions are buddied with the Culture, Health and Wellbeing Alliance regional steering group members and have been involved in a number of regional events and meetings. For example the south west LENS champion worked with Arts & Health South West to deliver a Creative Wellbeing event at the Holburne Museum in Bath, during Creativity and Wellbeing Week. This event was led by people with lived experience (LENS champion and participants in the Holburne Museum's [Pathways to Wellbeing](#) programme) and was for people with lived experience of ill-health who were interested in exploring how creativity might help support their health and wellbeing.

Recommendation 8

We recommend that the education of clinicians, public health specialists and other health and care professionals includes accredited modules on the evidence base and practical use of the arts for health and wellbeing outcomes. We also recommend that arts education institutions initiate undergraduate and postgraduate courses and professional development modules dedicated to the contribution of the arts to health and wellbeing.

Following the two round tables on this recommendation in 2018, the APPGAHW has not been involved in further associated activity. This could be picked up in the programme for 2019-20.

Recommendation 9

We recommend that Research Councils UK and individual research councils consider an interdisciplinary, cross-council research funding initiative in the area of participatory arts, health and wellbeing, and that other research-funding bodies express willingness to contribute resources to advancement of the arts, health and wellbeing evidence base. We recommend that commissioners of large-scale, long-term health surveys include questions about the impacts of arts engagement on health and wellbeing.

The AHRC has commissioned Professor Helen Chatterjee (UCL), a member of the APPG Working Group, to do a scoping review of the field of research in arts and health which builds

on the *Creative Health* report. The APPG met with the AHRC to discuss the review, which will inform a potential future UK RI fund for arts and health research.

Recommendation 10

We recommend that the National Institute for Health and Care Excellence regularly examines evidence as to the efficacy of the arts in benefiting health, and, where the evidence justifies it, includes in its guidance the use of the arts in healthcare.

As stated in the Annual Report for 2018-19, NICE have committed to implementing this recommendation. A recent example is the inclusion of arts in recommendations for activities for people living with dementia in the updated guidance published in June 2019: <https://www.nice.org.uk/guidance/qs184/chapter/Quality-statement-5-Activities-to-promote-wellbeing>

5. Regional events

The last two regional dissemination events were in the South East and East, with the grand finale in London at the Southbank Centre on 10th June. At all the events delegates received copies of the *Creative Health* Short Report.

The event in the South East, in Reading, was on 2nd May 2019 and has already been referenced above under Recommendation 4. Keynotes on policy, by Lord Howarth, and research, by Professor Helen Chatterjee, were followed by examples of practice including moving presentations by people with lived experience. [Stroke Odysseys](#) works with people who have had a stroke to enable them to become part of a unique creative community. Three Stroke Odysseys ‘ambassadors’ took part in the event. [Music In Mind](#) engages children and young people with mental health problems in high quality music making activities. The project lead brought a young person from the project with them. Then there was a panel discussion with health professionals: Dr Kamal Mahtani, GP and Associate Professor, Centre for Evidence-Based Medicine, University of Oxford, Matt Pearce, Head of Public Health and Wellbeing, West Berkshire Council and Jane Hogg, Director of Strategy, Frimley Integrated Care System. Approximately 40 people attended the event and over a 100 have viewed the [video](#) of it.

The regional dissemination event for the East was in Ipswich on 16th May. 112 people attended with 43 from health and social care sectors. The speakers were Lord Howarth, Natalie Jode, Executive Director, [Creative Arts East](#); Lucy Oliver-Harrison, Director, [Arts & Minds](#), Miranda Stearn, Head of Learning, [The Fitzwilliam Museum](#); and Simon Glenister, Director, [Noise Solution](#). There was a panel discussion with: Dr Imran Qureshi, Clinical Executive Chair, NHS Ipswich and East Suffolk CCG; Ruth Sapsed, Director, [Cambridge Curiosity and Imagination](#); John McMahon, Senior Manager, Policy and Research, Arts Council England; Martin Seymour, Public Health Consultant, Norfolk County Council; and Alex Casey, Co-Director, [Suffolk Artlink](#).

6. International conferences

Alex Coulter spoke about *Creative Health* at a conference in Belfast in October 2018. Connections with health leaders in Northern Ireland have led to further engagement in recent discussions about Recommendation 1.

Lord Howarth gave a keynote speech in Manchester at the World Healthcare Congress Europe, in March 2019. Other keynote speakers included Jon Rouse, Chief Officer, Greater Manchester Health and Social Care Partnership.

Lord Howarth spoke at the International Art Therapy Practice/Research conference in July 2019, which was attended by 600 + delegates from 35 countries. This was an important opportunity to build relationships between UK arts and health policy and the international arts therapy professions.

7. Finance

The APPG holds no funds itself. Funding to support its work is held on our behalf by AHSW. £88,605.50 in grants was secured from Wellcome and Paul Hamlyn Foundation for 2018-19. This table covers income and expenditure from July 2018 – July 2019. The small deficit recorded will be offset by the final payment of £15,862.50 from Wellcome. There are additional commitments of £11,250 due by the end of September and a carry forward of £4,498 funds for October onwards.

Income and Expenditure statement for the period 17/07/18 – 9/07/19

A. Balance brought forward from previous year:	£44,561.06
B. Income received during the year:	
i. Membership subscriptions	£0
ii. Monetary donations	£0
iii. Trading income	£0
iv. Interest received	£0
v. Other (Grants)	£0
TOTAL Income	£0
C. Expenditure during the year	
i. Employment costs (salaries, NI, pensions costs)	£20,000
ii. Costs of contractors and freelance staff	£13,700
iii. Visits and events (UK)	£8456.49
iv. Visits and events (abroad)	£0
v. Cost of generating income	£0
vi. Office and communications costs	£2706.84
vii. Other (transport)	£162
TOTAL expenditure	£45,025.33
D. Balance carried forward (A+ total B - total C)	-£114.27

APPENDIX 1

Participants in round tables and other meetings

Everyday Creativity - 22nd October 2018

Chair: Tracy Brabin MP, Shadow Minister for Early Years

Participants:

Paul Clark, Delivery lead, Campaigns, NHS Digital
Daisy Fancourt, Senior Research Fellow, University College London
Nick Ewbank, Director Ewbank Associates
Stephen James-Yeoman, Editor Digital Development and Innovation, BBC Arts
Chris Rolls, Senior Project Manager, 64 Million Artists
Robin Simpson, Chief Executive of Voluntary Arts
Dr Simon Opher, GP and Clinical Lead for Social Prescribing at Gloucestershire CCG
Alan Higgins, expert in systems of health and wellbeing and former Director of Public Health for Oldham Council

Round Table on Libraries and Health - 21st January 2019

Chair: Lord Howarth of Newport, Co-Chair of the APPG on Arts, Health and Wellbeing

Introductory remarks: Gill Furniss MP, Chair of the APPG on Libraries

Participants:

Angela Baker, Deputy Director Health and Wellbeing, Public Health England Centre South East
Sheila Bennett, Head of Libraries, DCMS
Dr Neil Churchill OBE, Director for Experience, Participation and Equalities at NHS England
Bob Gann, Health Librarian and Digital Inclusion Specialist, NHS Digital
Debbie Hicks, Creative Director, The Reading Agency
Rachel Flowers, Director of Public Health, Croydon
Jan Holden, Head of Libraries and Information, Norfolk County Council Library and Information Service
Isobel Hunter, Chief Executive Officer, Libraries Connected
Nick Poole, Chief Executive Officer, CILIP
Dr Malcolm Rigler GP
Professor Nigel Sparrow OBE, Senior National GP Advisor, Care Quality Commission
Sue Williamson, Director of Libraries, Arts Council England

Meeting on *Creative Health Recommendation 1* - 4th February 2019

Chair: Lord Howarth of Newport, Co-Chair of the APPG on Arts, Health and Wellbeing

Participants:

Gilly Angell, Expert Patient and Representative for the Lived Experience Network
Helen Chatterjee, Professor of Biology, University College London
Ben Cook, Administrator APPG
Alex Coulter, Secretary and Project Manager APPG
Nikki Crane, Independent Arts and Health Consultant, Nikki Crane Associates
Jenny Elliott, Chief Executive and Artistic Director, Arts Care, Northern Ireland
Chris Fremantle, Senior Research Fellow, Gray's School of Art, Steering Group Member for Scottish Arts and Health Network
Rebecca Gordon-Nesbitt, Research Fellow, King's College London
Alan Higgins, Public Health Consultant, Greater Manchester
Val Huet, Chief Executive, British Association of Art Therapists
Victoria Hume, Director, Culture, Health and Wellbeing Alliance
Ellen Rule, Director of Transformation, Gloucestershire Clinical Commissioning Group
Dr Tony Stevens, Chief Executive, Northern Health and Social Care Trust, Northern Ireland
Sian Tomos, Director of Enterprise and Regeneration, Arts Council of Wales
Tony Woods, Wellcome/King's College Creative Health Programme Manager

Meeting for *Creative Health* champions - 11th February 2019

Chair: Lord Howarth of Newport, Co-Chair of the APPG on Arts, Health and Wellbeing

Participants:

Cllr Rod Ashford, Reigate & Banstead Borough Council
Paul Brooks, Derby Teaching Hospitals NHS Foundation Trust
Emma Carr, Frimley Hospitals NHS Foundation Trust
Neil Churchill, Director for Patient Experience, Participation and Equalities, NHS England
David Clayton-Smith, Kent Surrey Sussex Academic Health Science Network
Ben Cook, Administrator APPG
Saffron Cordery, NHS Providers
Alex Coulter, Secretary and Project Manager APPG
Anna Farthing, University Hospitals Bristol NHS Foundation Trust
Louise Hardwick, Suffolk and North East Essex STP
Cllr Cath Homer, Northumberland County Council
Victoria Hume, Culture, Health and Wellbeing Alliance
Ian Leete, Local Government Association
Dr Finola Lynch, NHS Shropshire CCG
Peter Phillips, Shropshire Community Health NHS Trust
Richard Rice, NHS Greenwich CCG
Catsou Roberts, Barts Health NHS Trust
Sumita Singha, Moorfields Eye Hospital NHS Trust
Cllr Susan Sullivan, Chelmsford City Council
Laura Waters, Derby Teaching Hospitals NHS Foundation Trust
Rob Webster, South West Yorkshire Partnership NHS Foundation Trust

Children and Young People's Mental Health and the Arts Round Table- 25th February

Chair: Ed Vaizey MP, Co-Chair of the APPG on Arts, Health and Wellbeing

Participants:

Kelly Allen, Head of Inclusion and Innovation, Curious Minds
Matt Champion, Creative Director, Spirit
Professor Prathiba Chitsabesan, Associate Director of Children and Young People's Mental Health, NHS England
Shirley Cramer CBE, Chief Executive, Royal Society for Public Health
Jules Ford, Senior Programme Manager Social Prescribing, Gloucestershire CCG
Blayne George, Programme Director, Theatre Royal Haymarket
Kate Massey-Chase, PhD Student, University of Exeter
John McMahon, Senior Manager, Policy and Research, Arts Council England
Lucy McNab, Senior Manager, Children & Young People, Arts Council, England
Alis Rocca, Head Teacher, Morgan's Primary School & Nursery, Hertfordshire
Charlotte Singer, Community Projects Manager, Hampshire Cultural Trust, Helen Dove, Hampshire CAMHS and Jennifer Tibbert, participant.
Marine Tanguy, Director, MTArt Agency
Dr Katherine Taylor, Clinical Psychologist

Music and Dementia Round Table - Monday 11th March

Chair: Lord Howarth of Newport, Co-Chair of the APPG on Arts, Health and Wellbeing

Participants:

Professor Paul Camic, Canterbury Christ Church University
Sarah Derbyshire, CEO, Orchestras Live
Martin Green, CEO, Care England
Sarah Metcalfe, CEO, Playlist for Life
Grace Meadows, Programme Director, Music for Dementia 2020
Nigel Osborne MBE, Emeritus Professor, University of Edinburgh, Field officer, SAWA for Development and Aid, Bekaa Valley, Lebanon
Douglas Noble, Strategic Director, Wellbeing, Live Music Now

Ian Ritchie, Artistic Director, Setúbal Music Festival, Artistic Director, The Musical Brain, Joint Chair, Music Action International

Carmel Steveson, Lead Nurse for Mental Health Care of Older Peoples Services, East London NHS Foundation Trust

Matthew Swann, CEO, City of London Sinfonia

Lisa Tregale, Head of BSO Participate, Bournemouth Symphony Orchestra

Julian West, Head of Open Academy, Royal Academy of Music and Co-director Created Out of Mind

Other meetings:

Minister of State for Prisons, Rt Hon. Rory Stewart MP

Parliamentary Undersecretary of State for Sport and Civil Society (including Loneliness), Mims Davies MP

Andy Burnham, Mayor of Manchester

Rowena Burns, Chair of Health Innovation Manchester

Jon Rouse, Chief Officer, Greater Manchester Health and Social Care Partnership

James Sanderson, Director of Personalised Care, NHS England

Carmel Sepuloni, Minister for Social Development, New Zealand