

ANNA WOOLF  
FRSA



ROYAL CENTRAL  
SCHOOL OF SPEECH & DRAMA  

---

UNIVERSITY OF LONDON





the health tree

# ARTS & CULTURE: SOCIAL PRESCRIBING

# MYTH BUSTER

LAH IS A SECTOR SUPPORT ACE CORE FUNDED ORGANISATION SUPPORTING AND CHAMPIONING CREATIVE HEALTH ACROSS LONDON. WE DO THIS THROUGH A YEARLY NATIONAL FESTIVAL, TRAINING, EVENTS AND STRATEGIC ADVOCACY.



## Artists' Represent Recovery Network

SUPPORTED BY  
**MAYOR OF LONDON**

+ LONDON ARTS AND HEALTH  
ARTS & HEALTH HUB  
RAW MATERIAL MUSIC AND MEDIA



GET CREATIVE GET OUTDOORS  
CREATIVITY AND WELLBEING WEEK 2022  
16TH - 22ND MAY

### OUR PARTNERS



GREATER LONDON AUTHORITY



# PHD CANDIDATE

MY PRACTICE RESEARCH PROJECT EXPLORES ADOLESCENT PERSPECTIVES ON INVISIBLE CHRONIC ILLNESS. I HAVE CO-PRODUCED RESEARCH IN TWO CREATIVE LABS, EXPLORING YOUNG PEOPLE'S PERSPECTIVES ON ARTHRITIS, BOTH IN A CULTURAL AND ONLINE SETTING.

MY RESEARCH LEANS INTO DIGITAL STORYTELLING, SITUATED RELATIONAL DIGITAL PRACTICES AND IDEAS CIRCULATING DEBILITY, WELLNESS, APPLIED THEATRE AND ONLINE METHODOLOGIES LIKE TIK TOK. THE WORK CREATES SPACES WHEREBY YOUNG PEOPLE CAN CHALLENGE THE SYSTEMS THEY EXPERIENCE HEALTH IN.









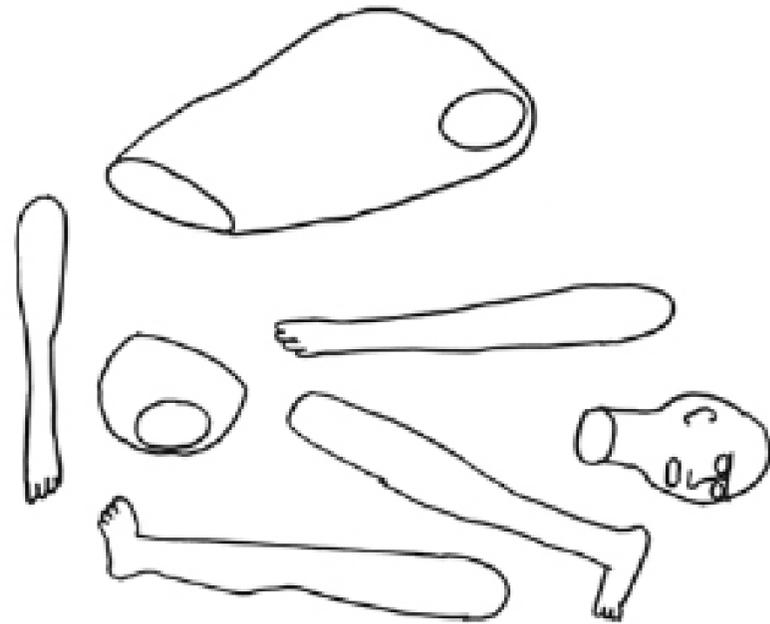




# POETRY AND MOTHERHOOD



# Creative Health: The Arts for Health and Wellbeing



THE ARTS CAN RECONSTRUCT YOU

## Arts in Health and Care Environments

This includes hospitals, GP surgeries, hospices and care homes.



A mental health recovery centre co-designed by service users in Wales is estimated to save the NHS

**£300k**

per year.

Visual and performing arts in healthcare environments help to reduce sickness, anxiety and stress.



The heart rate of new-born babies is calmed by the playing of lullabies. The use of live music in neonatal intensive care leads to considerably reduced hospital stays.

## Participatory Arts Programmes

This refers to individual and group arts activities intended to improve and maintain health and wellbeing in health and social care settings and community locations.

After engaging with the arts

**79%** of people in deprived communities in London ate more healthily

**77%** engaged in more physical activity

**82%** enjoyed greater wellbeing.

£1 spent on early care and education has been calculated to save up to £13 in future costs. Participatory arts activities with children improve their cognitive, linguistic, social and emotional development and enhance school readiness.

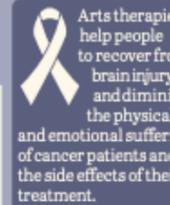
## Arts Therapies

This refers to drama, music and visual arts activities offered to individuals, usually in clinical settings, by any of 3,600 practitioners accredited by the Health and Care Professions Council.



Music therapy reduces agitation and need for medication in

**67%** of people with dementia.



Arts therapies help people to recover from brain injury and diminish the physical and emotional suffering of cancer patients and the side effects of their treatment.



Arts therapies have been found to alleviate anxiety, depression and stress while increasing resilience and wellbeing.

## Attendance at Cultural Venues and Events

This refers to attendance at concert halls, galleries, heritage sites, libraries, museums and theatres.



Attendance tends to be determined by educational level, prosperity and ethnicity.

Cultural engagement reduces work related stress and leads to longer, happier lives.

Of **2,500** museums and galleries in the UK, some

**600** have programmes targeting health and wellbeing.



## Arts on Prescription

Part of social prescribing, this involves people experiencing psychological or physical distress being referred (or referring themselves) to engage with the arts in the community (including galleries, museums and libraries).

An arts-on-prescription project has shown a 37% drop in GP consultation rates and a 27% reduction in hospital admissions. This represents a saving of

**£216**

per patient.

A social return on investment of between £4 and £11 has been calculated for every £1 invested in arts on prescription.

## Medical Training and Medical Humanities

This refers to inclusion of the arts in the formation and professional development of health and social care professionals.

Within the NHS, some 10 million working days are lost to sick leave every year, costing

**£2.4bn**

Arts engagement helps health and care staff to improve their own health and wellbeing and that of their patients.



## Everyday Creativity

This might be drawing, painting, pottery, sculpture, music- or film-making, singing or handicrafts.

There are more than **49,000** amateur arts groups in England

involving **9.4 million** people

that is **17%** of the population.



Over the past two centuries, life expectancy has increased by two years every decade, meaning that half of people being born in the West can expect to reach 100. Arts participation is a vital part of healthy ageing.



Participatory arts activities help to alleviate anxiety, depression and stress both within and outside of work.



## The Built and Natural Environments

Poor-quality built environments have a damaging effect upon health and wellbeing.

**85%** of people in England agree that the quality of the built environment influences the way they feel.

Every £1 spent on maintaining parks has been seen to generate

**£34** in community benefits.





**TEA  
AND  
TOAST**

Poems  
for  
New  
Mums

# TEA AND TOAST

POEMS FOR NEW MUMS

POEMS FOR NEW MUMS WAS FUNDED  
BY UCLH ARTS, AND DISTRIBUTED ON  
WARD TO NEW M/OTHERS.

THE PROJECT WAS LAUNCHED WITH A  
RANGE OF LIVE READINGS FROM THE  
BOOK.



## POETS INCLUDED

CLARE POLLARD

HOLLIE MCNISH

WENDY FRENCH

PHOSILE MASHINKILA

CARIAD LLOYD

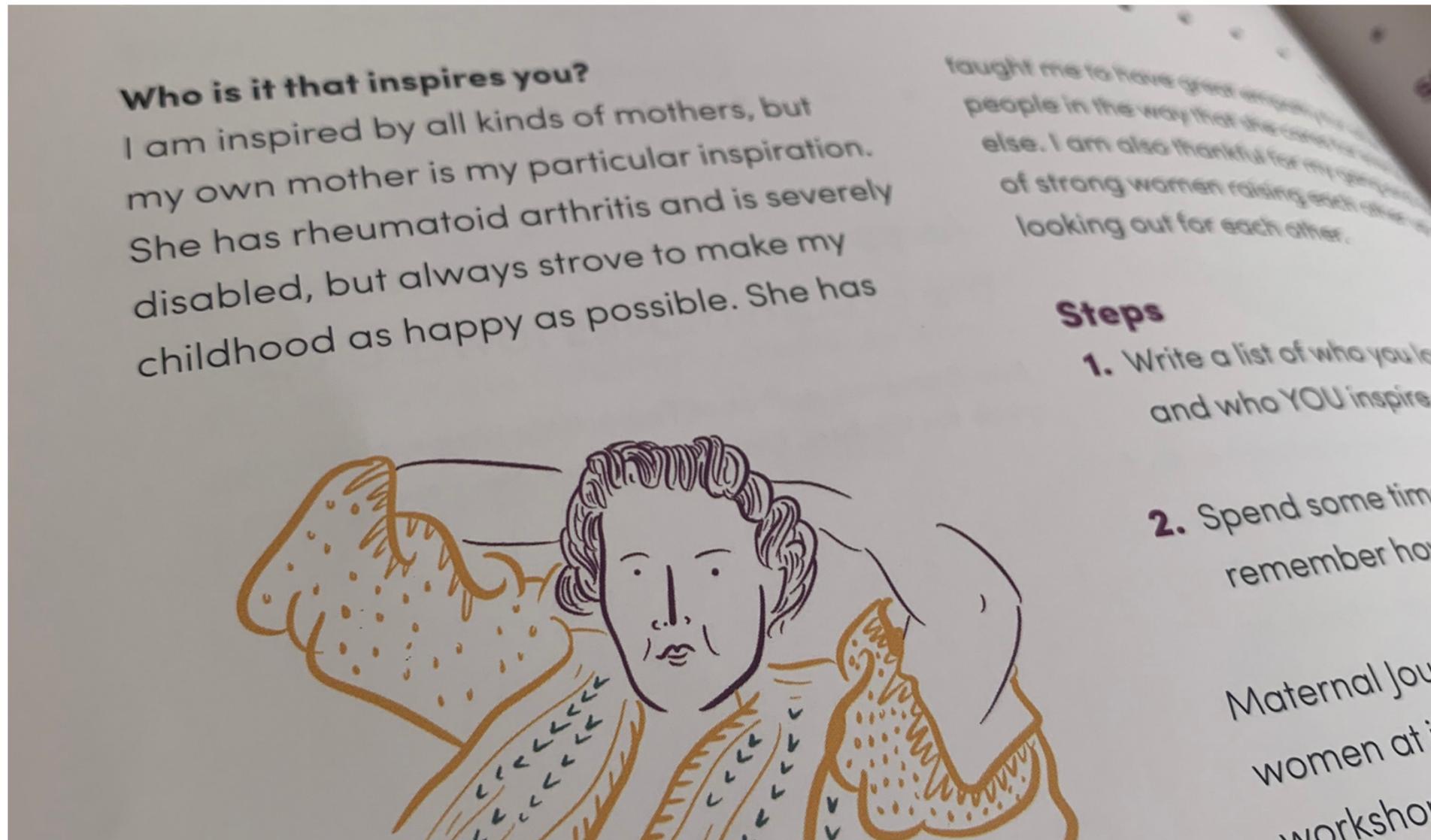
KATIE KIRBY

HELEN THORN



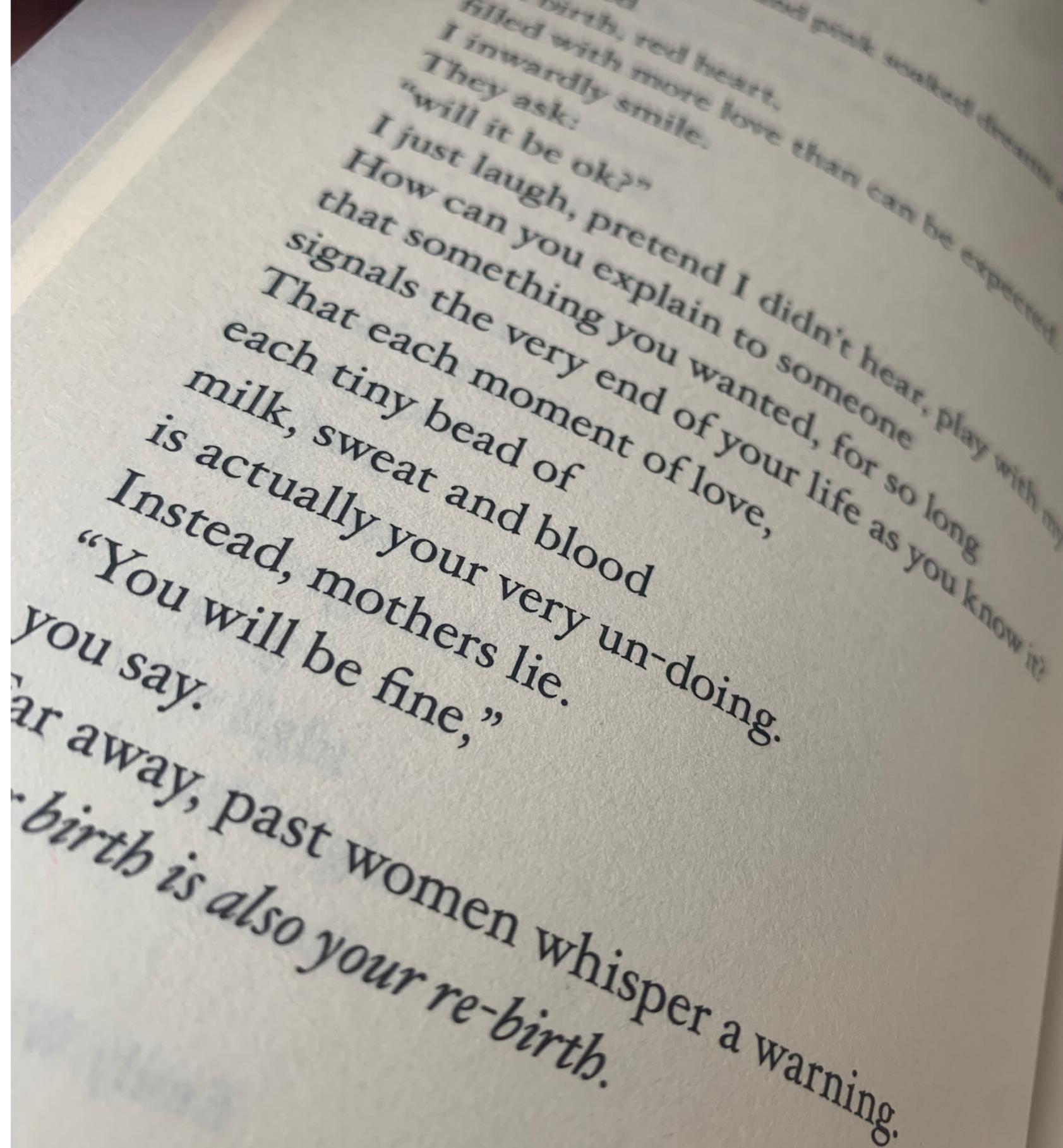
# MATERNAL JOURNAL

JOURNALING FOR WELLBEING



# MUM POEM PRESS

SONGS OF LOVE AND STRENGTH: AN  
ANTHOLOGY OF POEMS ON  
MOTHERHOOD.



The tender spring  
yields  
me a crawler.  
Swivel hipped, determined.  
A vine snaking her way across the  
floor.  
Awkward Spider-Man,  
tiny objects are her downfall.  
Marbles, buttons, beads and stones  
will not stop her.  
If summer, a walker?  
What then?  
Towards whose empty arms will she  
place one foot in front of the other?



ANNA WOOLF  
FRSA

[ANNA@LONDONARTSANDHEALTH.ORG.UK](mailto:ANNA@LONDONARTSANDHEALTH.ORG.UK)

[WWW.LONDONARTSANDHEALTH.ORG.UK](http://WWW.LONDONARTSANDHEALTH.ORG.UK)

