

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

ARTS COUNCIL ENGLAND Supported using public funding by ARTS COUNCIL ENGLAND A&H HUB LONDON ARTS AND HEALTH Rawmaterial

OUR PARTNERS



GREATER
LONDON
AUTHORITY

LONDON ARTS AND HEALTH

CREATIVITY AND WELLBEING WEEK 2022

GET CREATIVE GET OUTDOORS

16TH - 22ND MAY

Roche

ARTS COUNCIL ENGLAND

Arnold Clark COMMUNITY FUND

CULTURE HEALTH & WELLBEING ALLIANCE

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.



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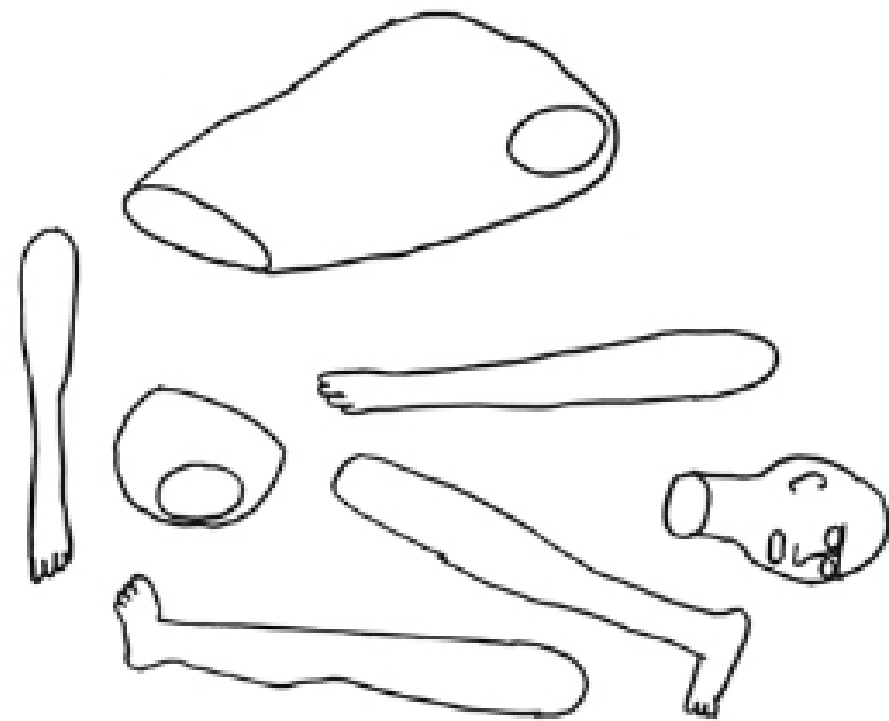




POETRY AND MOTHERHOOD



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.



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.

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.



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.

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.



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.



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

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

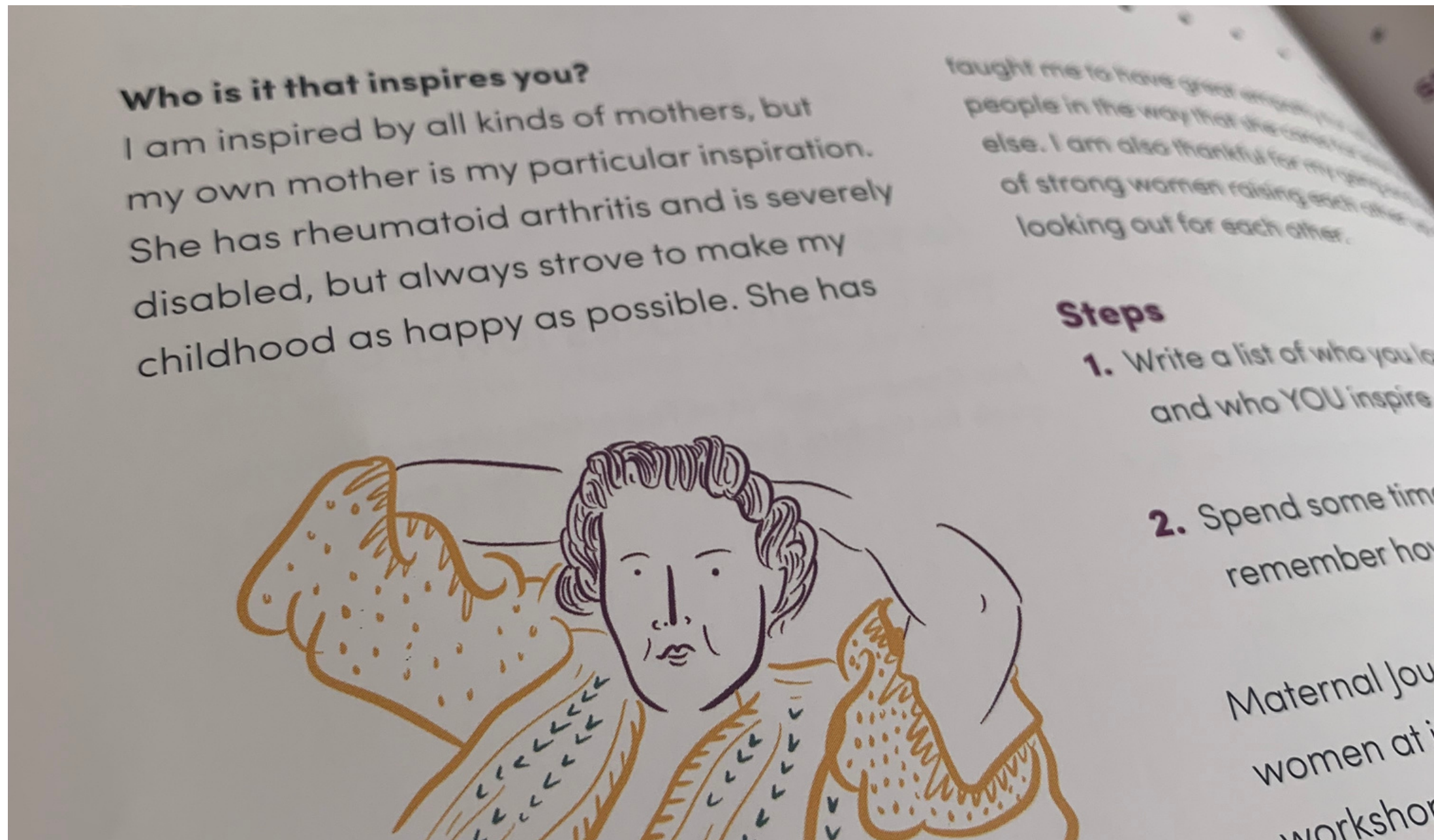
CARIAD LLOYD

KATIE KIRBY

HELEN THORN

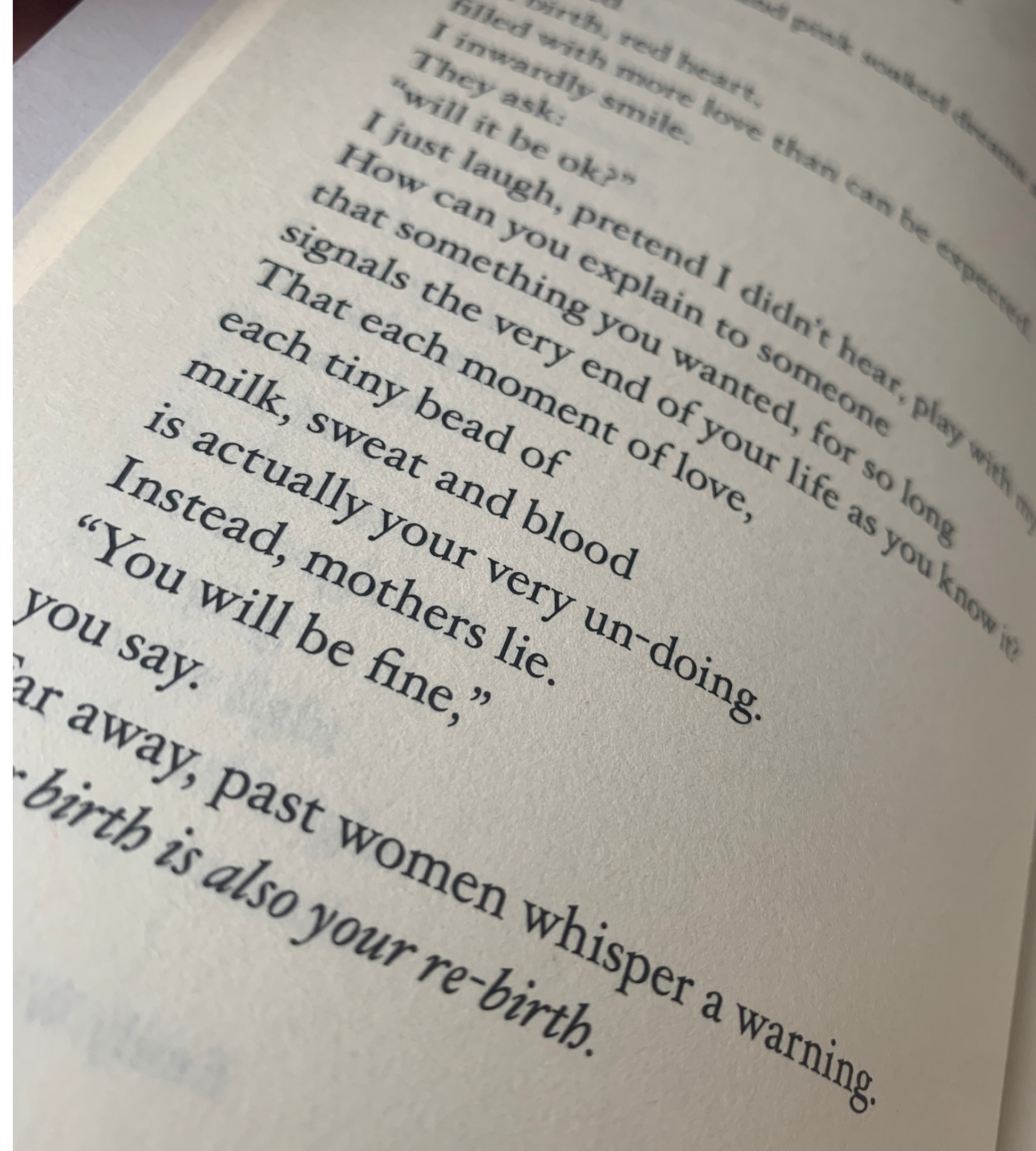
MATERNAL JOURNAL

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 hiped, 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?



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