



The role of arts interventions

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3 December 2018

Where we are: Creative Health Report

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

**Creative
Health:**
The Arts for
Health and
Wellbeing
The Short Report

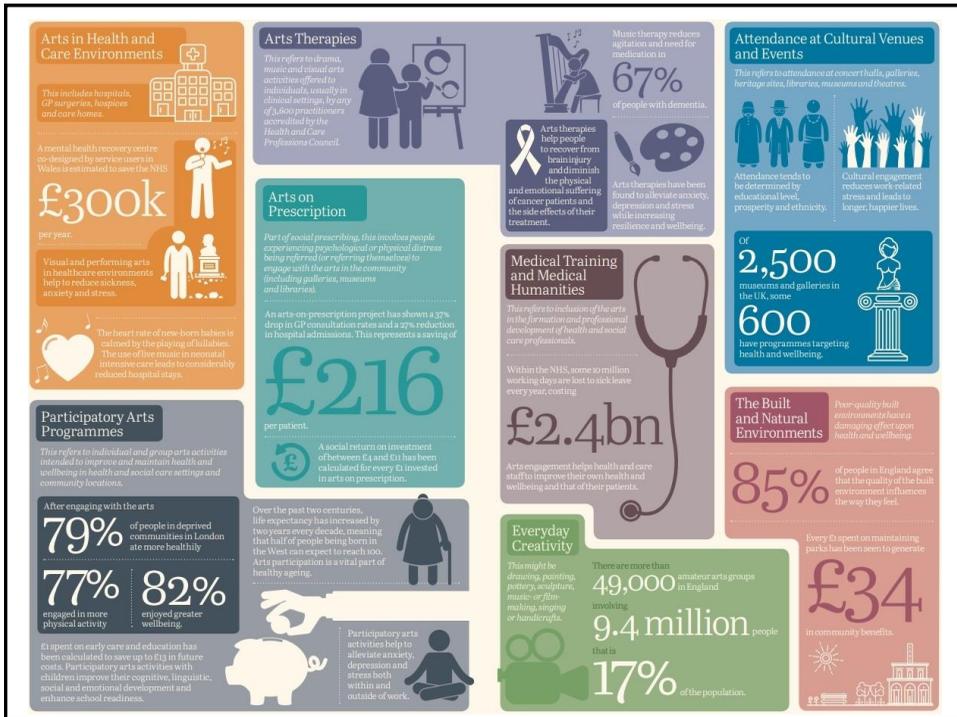
July 2017



The arts can help keep us well, aid our recovery and support longer lives better lived

The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health

The arts can help save money in the health service and social care



Where we are: A connected society

HM Government
A connected society
A strategy for tackling loneliness – laying the foundations for change

‘Engagement with the arts, museums, and creative practice can help people become more connected’ (p. 54)

ACE to work with public health providers to provide arts and cultural programs as part of planned expansion of social prescribing

DCMS to work with ACE to utilise new loneliness measure across relevant projects

Where we are: Research studies and evidence (I)



Group drumming can enhance social resilience among mental health service users and carers, provide a space for non-verbal connections, facilitate feelings of belonging, acceptance, safety and new social interactions

(Fancourt et al., 2016; Perkins et al., 2016, Ascenso et al., 2018)



Learning to make music in older adulthood can enhance social interactions both in and beyond the classes

(Perkins & Williamon, 2014)



Singing, over and above playing, can enhance perceived mother-infant closeness

(Fancourt & Perkins, 2018; Perkins et al., 2018)

Where we are: Research studies and evidence (II)

HEartsO

Health, Economic, and
Social impact of the ARTs

- ❖ Secondary analysis: Using ELSA, we have demonstrated that more frequent engagement with certain cultural activities appears to be associated with lower odds of loneliness over time (under review)
- ❖ Primary data collection: UK-wide study investigating the relationships between cultural engagement, loneliness and social connectedness (in progress)

Where next: Network and collaborations

- Advancing research
 - research on specific mental health conditions and the role that the arts may play in supporting social connections: effects and mechanisms
 - interventions focusing on how the arts can reduce loneliness and support mental health in general population
- Advancing ways of knowing
 - arts-based accounts of loneliness and mental health (e.g. through drawings or creative accounts)
 - development of new methodological approaches that draw upon multiple disciplines

References

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Acknowledgments

- Aaron Williamon
- Daisy Fancourt
- Kate Gee
- Louise Atkins
- Neta Spiro
- Sara Ascenso
- Ula Tymoszuk