

Culture: Living Well Resources pages

We have compiled the following list of information resources that might be of interest to you.

The list details resources and example projects that have come to light during consultation and in the planning of this event.

Health and Wellbeing	Fragment/description	URL
Torbay Health and Wellbeing Strategy	This Strategy sets out how the Health and Wellbeing Board will encourage organisations in Torbay will work together to meet the needs the community. It explains what the health and wellbeing priorities are in Torbay and how joint action will be taken to make a real impact on people's lives. It provides the framework for action: promoting prevention, early intervention and targeted support.	http://www.torbay.gov.uk/index/yourservices/publichealth/healthiswellbeing/healthwellbeingstrategy.htm
Commons Health Select Committee	The Health Committee is appointed by the House of Commons to examine the policy, administration and expenditure of the Department of Health and its associated bodies. Dr Sarah Wollaston, MP for Totnes Constituency (includes Brixham, Totnes, Dartmouth and Kingsbridge) is the current chair of this select committee.	http://www.parliament.uk/business/committees/committees-a-z/commons-select/health-committee/
The Kings Fund	The King's Fund is an independent charity working to improve health and health care in England. We help to shape policy and practice through research and analysis; develop individuals, teams and organisations; promote understanding of the health and social care system; and bring people together to learn, share knowledge and debate. Our vision is that the best possible care is available to all.	http://www.kingsfund.org.uk

Culture, Health and Wellbeing

All Party Parliamentary Group for Arts, Health and Wellbeing	Peers and MPs with a shared interest in the field of arts and health come together for regular events to hear about and discuss the latest developments relevant to current policy priorities. Minutes from meetings are available via the website	http://www.artshealthandwellbeing.org.uk/APPG
Chief Cultural and Leisure Officers Association (cCLOA)	The Chief Cultural & Leisure Officers Association (cCLOA) exclusively represents senior strategic leaders managing public sector cultural, tourism and sport services. It works closely with central government and key national organisations to influence the development of national policies and to lobby for positive change in the cultural and leisure sectors. It is also a founder and leading member of the National Culture Forum.	http://www.cloa.org.uk
cCLOA Health and Wellbeing Guidance	In recognition of the vital role culture and leisure play in improving the health and wellbeing of local communities, cCLOA have published a guidance document that aims to help commissioners and providers of culture and leisure services in England understand and engage more effectively and collaboratively with this key agenda. The URL provided links to the guidance document but also to case studies of culture, health and wellbeing projects.	http://www.cloa.org.uk/current-issues/key-issues/144-health-a-well-being
cCLOA The role of Culture and Sport in improving health and wellbeing	Whilst this document is aimed at providers of culture and leisure services and health commissioners, it highlights the importance of collaborating on the health and wellbeing agenda. To achieve this, local authorities will need to work closely with their leisure operators, voluntary groups and organisations to support and enable them to welcome people with the poorest chances of good health outcomes. For some authorities this will mean repositioning their cultural services so that they become more focused and better targeted.	http://www.cloa.org.uk/images/stories/Print_version_-_The_role_of_culture_and_sport_in_improving_health_and_well-being.pdf
Professor John Ashton essay 'Let's invest in real health' in Create, A journal of perspectives on the value of Arts and Culture; Arts Council England Nov 2014 pp89 -96	The essay 'Let's invest in real health' written by former President of the Faculty of Public Health, Professor John Ashton. "The arts must be an explicit part of a healthy society".	http://www.artscouncil.org.uk/media/uploads/value-sota-create/Create_Digital_Singles_V1.pdf

Arts

Arts & Health South West	Arts & Health South West is an information, support and advocacy organisation for everyone who believes in the value of creativity in enhancing health and wellbeing. Our aim is to encourage the development of the arts and health sector across the region. We support good practice through providing high quality resources, information and support. Arts and Health is a free membership organisation creating a strong vibrant network of people who can support each other, show the strength of the sector and advocate for the sector at a regional and national level. The Arts & Health SW resources webpages include links to case studies, fact sheets, reports, policy documents, toolkits and guides, media and publications as well as information about practicing artists and arts organisations.	http://www.ahsw.org.uk
Creativity Works	The organisation run creative activities and courses suitable for those living with mental health challenges or facing difficulties in their lives; support and develop the work of artists and socially engaged practitioners through the 'Co Create' programme; and deliver social prescriptions and creative commissions.	http://www.creativityworks.org.uk
Arts For Health Cornwall and the Isles of Scilly (Arts and older people in Care)	Our projects are led by trained and experienced creative practitioners who share their art-forms with all sorts of people to positively impact on their lives helping more people to be happier and healthier through getting creative. Recent projects include 'Celebrating Age and Ambition', 'Reading Allowed', 'Art of Money Skills'. See the website for example projects.	http://www.artsforhealthcornwall.org.uk
Pavilion Dance South West	Pavilion Dance South West is the national dance development organisation for the region and an Arts Council England National portfolio organisation. They support dance strategy across the South West and their vision is of a world where everyone has the chance to be happier and healthier by experiencing dance and dancing. The Breathe strand of their dance development programme focuses on this area and brings together regional dance partners and arts and health organisations to set strategy and discuss issues through the Breathe Action Group.	http://www.pdsw.org.uk
AESOP Arts Enterprise with Social Purpose	AESOPS core programme is a pipeline of 'aesops', arts enterprises with a social purpose, created to deliver artistic and social impact, grow and be taken to scale; linking with major institutions facing challenges which arts enterprises may help to address; developing an AESOP Toolbox to help arts and social organisations; exchanging knowledge through sharing best practice, offering training, consultancies and publications, developing public engagement and advocating changes in practice and policy. The 'Dance to Health' project responds to the issue of older people's falls and challenges faced by current falls prevention services.	http://www.ae-sop.org
Time to Change Funded Projects	Engagement projects, funded by 'Time to Change' in order to promote conversations about mental health are listed on the Time to Change website. In the South West, this included printmaking projects by Exeter's Double Elephant Print Workshop, the 2BME project with was a youth led project that targeted stigma among Bristol's Somali and African Caribbean communities in which young people with lived experience of mental health problems (either as a service user or carer) worked together to design a workshop and interactive materials (film, poetry, photography) to take out on tour across the city. Summaries of all other funded projects in the South West and across the UK are featured on the website.	http://www.time-to-change.org.uk/grants/funded-projects
Music for Health Research Centre	The main objective of the Music for Health Research centre is to initiate and undertake qualitative and quantitative based research enquiry in the broadly based fields of music therapy, music and health, and music for human wellbeing. The role of music in society is fundamental to the research activities of the centre, complementing current and future government initiatives to enhance the role of music in education, health and the community.	http://ww2.anglia.ac.uk/ruskin/en/home/microsites/music_for_health_research_centre.html

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Lapidus - The Writing for Wellbeing Organisation	Lapidus provides networks and information for people interested in writing and creativity for personal development and in working with others	http://www.lapidus.org.uk
The Vine Day Centre	The Vine Day Centre is based in the community of Aldershot, North East Hampshire / Blackwater Valley and supports homeless and vulnerable adults aged 25 and over. We aim to reduce social isolation, enable change and improve quality of life. With G4A funding, the Vine will offer year long programme of bi-weekly sessions including painting, sculpture, writing, drawing and crafts will be provided at the centre by local artists with experience in working with marginalised individuals.	http://www.vinedaycentre.org.uk
Dorset County Hospital: Arts in Hospital	Arts in Hospital is a small, charitable organisation based at Dorset County Hospital. We aim to enhance the healing environment, raise patients' spirits and give pleasure to all who are concerned with their welfare. The website features 'Music and Dementia - 'A Right Old Song and Dance'', 'Blood Makes Noise' and 'A room with a view' which projects live webcam views of nature and landscape into wards and isolation units to distract and relax patients and visitors.	http://www.dchft.nhs.uk/about/arts/Pages/default.aspx
Exeter Healthcare Arts	Once hospitals were forbidding, austere places but over recent years, with encouragement from the Department of Health and others, many hospitals have transformed the healthcare environment by using the special skills of artists and craftspeople. The organisation's work has three main strands: live art events, exhibitions and capital projects - environmental schemes in public and clinical areas, inside and out.	http://www.rdehospital.nhs.uk/patients/services/arts/

Museums and Heritage

Royal Albert Memorial Museum, Exeter	The Royal Albert Memorial Museum & Art Gallery (RAMM) works with local people to explore our past, present and future through its unique collections. We support groups to devise bespoke, innovative activities to meet precise needs and make a real difference to people's lives. For example, we provide artistic workshops, culture cafes, family activities, learning courses, discussions, object-handling sessions, performance events and storytelling.	http://www.rammuseum.org.uk/about-ramm/participation
Museums, Health and Wellbeing in the East Midlands	Museums, Health and Wellbeing was an action research project focused around the creation Handling an artefact of a Network of museums and health / social care partners in the East Midlands region of England to explore the contribution museums can make to the health and wellbeing of their communities. The Network brought people together from different museum contexts in collaboration with partners from public health, adult social care and a Hospital School to explore how museums can support the health and wellbeing of their communities and develop projects which would contribute to health and wellbeing agendas.	http://www2.le.ac.uk/departments/museumstudies/rcmg/projects/museums-health-and-wellbeing/museums-health-and-wellbeing
+Cultureshots	+Cultureshots is a series of free 'drop in' events across eight Manchester hospitals, run by museums and galleries. The events are planned to fit around a busy working day, offering individuals an opportunity to be enthused by culture in the hospital environment.	http://www.healthandculture.org.uk/culture-shots/
Museopathy: Exploring the Healing Potential of Handling Museum Objects	Results of a study by University College London which demonstrated an increase in self-reported measures of life satisfaction and health status after handling museum objects.	https://www2.le.ac.uk/departments/museumstudies/museum-society/documents/volumes/chattergeevreelandnoble.pdf
Touch and Wellbeing	Over the past few years we have been researching the role of museums in improving health and wellbeing with a special focus on the benefits of touch and object handling for people in hospitals and healthcare settings.	http://www.ucl.ac.uk/museums/research/touch

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Heritage Counts 2014	Heritage Counts 2014 proves the vital role heritage plays in our national life by measuring its value and impact on individuals and communities. A study commissioned for the 2014 report measured the value of visiting eight different types of heritage over the past year, from historic towns, to industrial sites, places of worship and archaeological sites. The good effect on wellbeing was found to be the same or more than doing other activities, including sports, and visiting historic towns and buildings has the greatest impact.	https://www.english-heritage.org.uk/about/news/heritage-makes-you-happy/
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Libraries

Reading Well	Books on Prescription Supported by Torbay Libraries: a fantastic new initiative to help people understand and manage health and well-being, and that of others, by using self-help reading.	http://www.boosttorbay.com/reading-well-books-on-prescription-supported-by-torbay-libraries/
The Reading Agency: News	The role of libraries in helping to improve the health and well-being of local people.	http://readingagency.org.uk/news/blog/libraries-can-help-to-improve-health-and-well-being.html
Public library activity in the areas of health and well-being	This study identifies a future vision for libraries' health and well-being work that builds upon a clearly defined, universally available but locally relevant, public library health and well-being offer that integrates information and referral services with more creative aspects of service delivery, and allows for future innovation.	http://www.artscouncil.org.uk/media/uploads/mla_research_files/library-health-final-report-20-May-2010.pdf

Sport

£2 Million national sport programme to tackle mental health	England's first large scale programme using sport to improve the lives of 75,000 people experiencing mental health problems, run by Mind, the mental health charity, and grassroots sports body Sport England.	http://www.mind.org.uk/news-campaigns/news/gameon/#.VQE4AlvIfI
Fitness in Torbay	In Torbay the G.P. Referral scheme has been set up to increase the number of adults participating in regular moderate intensity exercise or activity as part of a planned preventative and/or rehabilitation programme, as a prescribed treatment from their local G.P. Physical activity has been proven to have a positive effect on health and fitness. In addition there is evidence to show that physical activity can help reverse or have a significant impact on medical conditions or ailments that you may suffer from. This can lead to reduction in medication, fewer visits to the doctor, and a huge improvement in your well being.	http://www.torbay.gov.uk/fitnessintorbay
Fitness in Torbay Exercise Referral	A 10 week exercise referral programme supervised by fully qualified exercise professionals at 12 Torbay Leisure Centres.	http://www.torbaycaretrust.nhs.uk/yourlife/healthy_lifestyles/fitness_in_torbay/Pages/Default.aspx
Fitness in Torbay Exercise Provider Information Booklet	PDF booklet outlining programmes offered by Leisure Centres participating in 'Fitness in Torbay'.	http://www.torbaycaretrust.nhs.uk/yourlife/healthy_lifestyles/Documents/Exercise_provider_information_booklet_version_6_02-02-2015.pdf
Active Devon	Active Devon is the County Sports Partnership (CSP) for Devon. We are part of a network of 49 CSPs across England. Our central office is at the Sports Park at the University of Exeter and we also have teams who work from the Life Centre in Plymouth and at one of our partner offices in Torbay. Projects in Torbay include 'Active Mums'	http://www.activedevon.org

Environment

Walking for Health. Torbay: Bay Walks	Walk your way to better health and discover the stunning landscape Torbay has to offer. It's fun and sociable to walk with others, and in the process you will discover interesting and beautiful parts of the Bay, enjoy the view... and feel healthier!	http://www.walkingforhealth.org.uk/walkfinder/south-west/torbay-bay-walks
Promoting wellbeing through environment: the role of urban forestry	This paper explores the existing research and theory on the value of nature in the built environment for the wellbeing of city-dwellers, focusing on the role of urban forestry. It also raises questions about what we still have to learn about these less tangible benefits of urban trees and woodlands.	http://www.forestry.gov.uk/pdf/Trees-people-and-the-built-environment_Gilchrist.pdf

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Health and the Natural Environment	A Natural England resources page, linking to articles and reports including 'A sense of freedom: the experiences of disabled people in the natural environment', 'Green Exercise Programme Evaluation' and 'An evaluation of the Walking for Wellness project and the befriender role', 'Outdoors for All' case studies, amongst many more	http://publications.naturalengland.org.uk/category/127020
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Play

Play England: Resources	Play England are a leading publisher of play news, information and research. Their website holds a rich resource of play activities, policy documents and research.	http://www.playengland.org.uk/resources.aspx
Play and health: Making the links	Play is crucial to children's healthy development and happiness. This policy briefing for health improvement specialists, primary care teams and healthy schools coordinators, provides information on why play is crucial to children's health and explores possibilities for joint working between the health and play sectors.	http://www.playengland.org.uk/resources/play-and-health-making-the-links.aspx
Play Torbay	Our aim is to improve the quality and quantity of play provision for children and young people living in Torbay and raise awareness about the importance of play in children's lives. Play Torbay activities include the FUNK project in which young people 'meet and make' - 'meet' to help initiate and run projects for young people in the area, then participate in a wide range of creative activities during the 'make' session.	http://playtorbay.org.uk/about/

The Voluntary Sector

South West Forum	South West Forum supports voluntary groups to be better at doing what they want to do. But we also work with local authorities, health agencies, universities and other public bodies as well as businesses to help them build strong relationships and partnerships with voluntary and community groups. Membership is free and open to voluntary and social purpose organisations operating in the South West.	http://southwestforum.org.uk
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