

Culture, Health and Wellbeing: Creative Commissioning for Better Outcomes
28th April 2016
Torbay

Story Gathering. Multiple Voices.

1 - 2- 3 - 4 - From the beginning, here we go!
Jiggling knees - nodding heads - tapping feet.

Our shared meals are an opportunity to relate to people. People you know well, know a little bit, don't know at all. It's more than health.

It's about making the vision a reality, it's all about relationship building. TRUST. Converting discussion into joint working takes time.

Place your feet firmly on the floor. See that balloon in the middle of the circle. You are like that balloon - with a head like helium and a spine like ribbon.

It was a valued intervention. I think the best way forwards is for the doctors to see it in action. "Just get on with it" is my advice. It's cheaper than sending people to hospital,

- Let's stand up.
- Can we change that bit.
- We could make a dance.
- We'll try that. We've all said 'yes' to this process, now pick an instrument and then we'll make a dance like you suggested.

I'm energised by the current tone of conversations around mental health becoming less stigmatised.

After all, older people are a resource not a problem.

He was looking for a safe place to be. His head teacher had certainly noticed a big difference in him because he was coming to us. At the Christmas radio broadcast he told us - I feel confident when I talk to people now. More alive inside, connected to other people. I LOVE IT, there's nothing better I can be doing right now.

There are bridges to be built in realising the links between Arts and Culture and Health and Well-being. Torbay should become known for it's innovative responses to its problems. We need to start thinking differently.

Reach up - stretch your spine - and - **POP** - the balloon.

- *Where's the money coming from?*
- *I've got nothing in my budgets*
- *Where's the evidence base?*
- *These projects are the first to go.*
- *These are demanding times.*
- *Cuts, cuts, cuts.*
- *4% of the total national health budget is spent on prevention.*

And from your deflated position - uncurl your spine - pass on the imaginary balloon - a chance to look at your neighbour's face.

(sung) AAAHHH (laughter) Ha ha ha - hee hee hee - ho ho ho. There's always laughter. All of you, without exception have more focus. Now, it's your turn to sing without me.

We're going to evaluate the HELL out of it!

92% of young people said they were less likely to take these risks in the future.

There's an alchemy that can happen between arts and culture and commissioners, a kind of magic, although it's not for the faint hearted. We need to start thinking differently.

- That was amazing. I wish I could start everyday like that.
- It was great. I hate singing but there was no pressure, they were so skilled at getting us involved.
- I wish doctors could just write a prescription to join a choir or a dance class.
- It's hard to get people over the bridge, if the doctor says 'this will help you get out and see your friends more or get out into the garden,' that'd be great.
- How much does that cost?
- It's value for money in the long run.

Commissioners need to see it in action, there's more reason than ever to collaborate.

You filled the room with song. That was 29 seconds of perfection. We are geniuses.

With your feet firmly on the floor - spine long - walk a mile in each other's shoes - make this vision a reality for Torbay.

Sara Hurley.

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