



Symposium: The Art of Wellbeing

A symposium exploring how meaningful arts engagement impacts on creativity, place and wellbeing

14 June 2019, 10.00 – 16.30

University of Central Lancashire, Burnley Campus
Victoria Mill, Trafalgar Street, Burnley BB11 1RA

A partnership between Creative People and Places and the Culture, Health and Wellbeing Alliance

As part of Creativity and Wellbeing Week, this symposium hosted by the Creative People and Places network will explore the meeting places between the culture and health sectors, with a focus on wellbeing.

The event will put the relationship between collaborative and participatory art and the wellbeing of individuals and communities under the magnifying glass. Does working collaboratively with people to choose and create art that is of, with and by their community have a lasting impact on wellbeing? What about art's capacities to unsettle and challenge? Can art really make people feel better?

If you are thinking about participatory approaches to culture, place and wellbeing, *The Art of Wellbeing* will give you the opportunity to debate these questions, reflect on recent practice, and to think about how we evidence and describe the impact of this work.

PROGRAMME

10.00-10.25 Registration with tea and coffee

10.25-10.40 Welcome

Welcome from the Creative People and Places network, the Culture, Health and Wellbeing Alliance, Arts Council England, and host Super Slow Way.

10.40-11.15 Katey Warran Keynote and Q&A: What is the impact of culture on wellbeing?

Katey Warran will give an overview of the current state of research on the impact of cultural interventions and everyday creativity on health and wellbeing, including key findings from the research behind the recently launched Great British Creativity Test.

11.15-11.40 Provocations

Short contributions to pose questions and offer critical reflections.

Speakers:

- Liz Postlethwaite (artist)

- Niina Molière Palapa (Creative People and Places Hounslow)
- Ros Abercrombie (Regional Arts Australia)
- Damian Hebron (Nesta)

11.40-12.00 Tea break

12.00-13.00 Choose from three discussion sessions

A chance to delve deeper into a particular topic: choose one of three expert panels for an open discussion around the particular topics below.

Option 1: Demonstrating impact and influencing policy

How can we best evaluate culture and wellbeing projects and what are the challenges? How can we gather further evidence of the impact of culture and wellbeing projects? How do we pitch this impact to influence commissioners and policy-makers? What do policy-makers need from arts and wellbeing organisations to make a change? What role does the social prescribing initiative play in this debate?

Panel speakers:

- Damian Hebron (Nesta)
- Patrick Vernon (health activist)
- Dr Yoon Irons (Derby University)
- Chair: Lisa Blaney (bait)

Option 2: Working with artists and participants on culture and wellbeing projects

How can we balance the needs of both participants and artists in the arts and wellbeing field? What do participants ask of an artist? Is there a risk that artists take on a role of social worker? How can we encourage responsible commissioning? Is it the role of the arts and artists to deliver a health and wellbeing agenda?

Panel speakers:

- Sheila Ghelani (artist)
- Francesca Joy (Imagine If Theatre)
- Niina Molière Palapa (CPP Hounslow)
- Chair: Laurie Peake (Super Slow Way)

Option 3: Collaborating at the intersection of art and wellbeing

What partnership opportunities are there between arts and non-arts organisations? How can we create an ecology that supports and encourages interdisciplinary collaborations? How do we set up successful partnerships between such different partners? What do we need to deliver them successfully?

Panel speakers:

- Claire Wellesley-Smith (artist)
- Deborah Clark (Community Solutions North West)
- Arti Prashar (Spare Tyre Theatre)
- Chair: Malcolm Fallow (East Durham Creates)

13.00-14.00 Lunch

14.00-15.00 Case study marketplace

An opportunity to hear from different culture and wellbeing projects from around the country and to ask questions about their learning, challenges and impact.

Organisations presenting their work:

- CPP Hounslow
- bait
- Arts and Minds
- Beyond Labels

15.00-16.00 Repeat of the discussion sessions or to lead your own discussion

This second round will allow you to attend another one of the three sessions above, or to join our flexible Unconference Session, in which you can set your own agenda.

16.00-16.30 Close

A summing up of the key points of the day with contributions from the panel chairs and delegates.

