

## Welcome to the Spring issue of the SIG newsletter

As I am writing this we are still in the grips of a global pandemic and in the UK are currently in our third national 'lockdown'. However, despite all the grim news here at least the vaccination programme has started, and spring is on its way. This issue of the newsletter features inspiring projects from across the globe where people are working and continuing to develop innovative responses to public health challenges despite the situation we find ourselves in. It has been a pleasure to read all the items that have been shared by health, social care and arts practitioners and academics and I hope that the articles in this issue are also of interest to the members of our Special Interest Group.

Thank you to all our many contributors. Our goal is to publish newsletters three times per academic year. If you are a SIG member please consider contributing to future issues by sending us information relevant to any of the categories below (details at the end of the newsletter). It would also be appreciated if SIG members would send copies of the newsletter to those you think may be interested in the work of the Arts, Health and Wellbeing special interest group here at the RSPH. New SIG members are welcome from the broad area of public health including researchers, practitioner-researchers, and practitioners in public health, the arts and healthcare. For more information about the SIG and the RSPH please go to: <https://www.rsph.org.uk/membership/special-interest-groups/join-our-arts-and-health-group.html>

Follow us on Twitter @RSPH\_artshealth

## Taking Part in Research

*This section of the newsletter provides information about how to participate in current research projects.*

### An Invitation: Healthcare professionals' perceptions of Arts on Prescription: A cross national study Dr Anita Jensen and Dr Hilary Bungay



We are undertaking a cross national qualitative study exploring the perceptions of healthcare professionals' perceptions and experiences of Arts on Prescription/ Arts on referral. For this research we are conducting interviews in Sweden in the UK, and the interviews in Sweden

are now completed but we are still looking for participants in the UK. If you know healthcare professionals who refer or have referred in the past two years to Arts on Prescription/Arts on referral who would consider being interviewed for this study, we would be very grateful if you could forward this invitation to them with my contact details Hilary Bungay ([hilary.bungay@aru.ac.uk](mailto:hilary.bungay@aru.ac.uk))

Many thanks, Anita Jensen and Hilary Bungay



## Calling creative practitioners, community health professionals, link workers and nature connectors!

As part of UCL's Community COVID Research Project – <https://culturehealthresearch.wordpress.com/community-covid/> we would like to know about how you are connecting with people during the COVID-19 pandemic who might be considered *vulnerable, isolated, shielding and people from disadvantaged backgrounds*. We are keen to learn about how best to reach

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the most marginalised members of society. Please tell us what works, what doesn't and share your experiences by completing this short survey:

<https://communitycovid.wordpress.com/professionals-survey/>

Thank you!

For more information visit: <https://culturehealthresearch.wordpress.com/community-covid/>

Contact: Dr Rabya Mughal, Culture & Health Research Group, UCL Biosciences, University College London, Email: [rabya.mughal.14@ucl.ac.uk](mailto:rabya.mughal.14@ucl.ac.uk)

## News from the Sector

### UCL Masters in Creative Health



**Applications are open for University College London's new Masters in Creative Health.**  
<https://www.ucl.ac.uk/arts-sciences/>

UCL's MASc in Creative Health will create a new generation of socially engaged scholars and practitioners to meet the needs of a changing health, social care and voluntary third sector, where personalised care, social prescribing, health inequity and the

patient experience are mainstreamed into public health. This programme is the first of its kind in the world, both in terms of the qualification (Masters in Arts & Sciences) and the academic field of study (Creative Health).

*"I am delighted to support the development of UCL's exciting new MASc in Creative Health which directly addresses Recommendation 8 in the All Party Parliamentary Group for Arts, Health and Wellbeing's Inquiry Report 'Creative Health'." Rt Hon. Lord Howarth of Newport CBE, Co-Chair, All-Party Parliamentary Group on Arts, Health and Wellbeing.*

*"At the Culture, Health & Wellbeing Alliance we're delighted to be working with UCL on the new MASc - there is an urgent need for more interdisciplinary approaches like this one in higher education and working with UCL is an important part of our broader aim to support the relationships between scholarship, policy and practice".*

Victoria Hume, Executive Director, Culture, Health & Wellbeing Alliance.

*"It is exciting to learn about UCL's new interdisciplinary MASc in Creative Health. This sounds like an ideal opportunity to create a new talent pipeline of practitioners who will develop socially engaged approaches to health and wellbeing through arts and culture. I am delighted to learn*

*that the course will also be a means by which to build a more diverse and inclusive workforce to tackle the inequalities in the arts and health sectors".* Dr Errol Francis, Artistic Director and CEO, Culture& and UCL Alumnus.

*"I have worked for years to bring the fields of medicine, science, creativity and the arts together within a hospital context. I have seen at first-hand how creativity improves communication and empathy in our doctors, how it can amplify patient voices and bring communities together to celebrate difference. I am thrilled to be involved in the launching and teaching of this new initiative particularly at a time where social isolation is the norm and it is even more vital to work in creative ways to challenge health inequalities".* Guy Noble, Arts Curator, UCL Hospitals Arts & Heritage.

For more information visit: <https://www.ucl.ac.uk/basc/study/postgraduate-study/masc-creative-health-0>



To apply visit:  
<https://www.ucl.ac.uk/prospective-students/graduate/taught-degrees/creative-health-masc>

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## BAAT Guidelines on Art Therapy for People with a Psychosis- Related Diagnosis



the british association of  
**art therapists**



### New guidelines on art therapy for people with a psychosis- related diagnosis

#### Dr Sue Holttum a senior lecturer

Salomons Institute for Applied  
Psychology, Canterbury Christ Church  
University.

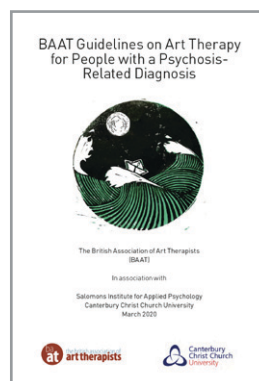
The British Association of Art Therapists (BAAT) has produced the first national guidelines on art therapy for people with a psychosis-related diagnosis. People who receive these diagnoses may hear voices or see visions and may have beliefs that others do not share and that can come across as unusual. It can be helpful to see these kinds of experiences as on a continuum, and as part of the human condition rather than signs of a disease process. Indeed, there is growing research evidence suggesting that they are ways of coping with certain kinds of prolonged interpersonal stress. The arts therapies are recommended in the National Institute for Health and Care Excellence Guidelines for psychosis, especially to help with so-called 'negative symptoms' of social withdrawal and apparent lack of motivation.

The BAAT Guidelines document is in three parts. Part 1 presents the guidelines on art therapy practices for people with a psychosis-related diagnosis. There are 10 broad principles. Art therapists' core practice

is adapting to individuals in context, within these broad principles. The authors illustrate these principles with examples and quotations from both art therapists and service users who were consulted during the creation of the Guidelines. Part 2 explains how the authors developed the guidelines and includes a detailed review and synthesis of the evidence on art therapy and an evidence-based theory of why people may be able to benefit from it. Part 3 describes how the authors understand psychosis.

You can access the BAAT Guidelines here: <http://dx.doi.org/10.13140/RG.2.2.24275.60965>

If you would like to complete an online questionnaire about your perceptions of the BAAT Guidelines, you can find it here: [https://cccusocialsciences.az1.qualtrics.com/jfe/form/SV\\_9p4gflC3KrD3zil](https://cccusocialsciences.az1.qualtrics.com/jfe/form/SV_9p4gflC3KrD3zil)



### Humanizing Healthcare Education through the use of Storytelling – an innovative EU project – Eli Anderson

Current healthcare training relies upon a comprehensive understanding of the bio-medical model of medicine. However, it has been recognised that a curriculum that incorporates a more rounded model is crucial. At the same time Europe faces increased demand for health services due to ageing populations, rising patient mobility, and a diminishing supply of health workers caused by retirement rates that surpass recruitment rates. This changing reality creates an even greater need for the health workforce to understand and value humanism. Exploring a new model of healthcare education with an interprofessional approach, StoryAidEU aims to humanise healthcare education. Storytelling can become a crucial tool for educators to show the hidden and silent stories of patients, healthcare professionals, loved ones, and vulnerable people.

Information about the project can be found and downloaded at <https://storyaid.eu>. The website includes research information, and new theoretical perspectives to advance healthcare delivery and the way Inter-professional Education can be applied.

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email [mcordery@rsph.org.uk](mailto:mcordery@rsph.org.uk) or call 020 7265 7314

## Current Practice and Case Studies

### Wellbeing through the Arts Online

Laura Waters, (laura@airarts.net) Head of Arts at the University Hospitals of Derby and Burton shares an exciting new project focussed on the wellbeing of junior doctors.

Thanks to funding from Health Education England and a Government Culture Recovery Grant, Air Arts at the University Hospitals of Derby and Burton has embarked on a pilot programme of 'Wellbeing through the Arts' online sessions for Junior Doctors.

The project to deliver a series of participatory arts workshops to boost mental health, wellbeing and resilience had originally been planned for April – July 2020 but had to be cancelled due the pandemic. This coincided with the publication of a survey by the British Medical Association showing that almost half of British GPs were suffering from burnout, depression, anxiety, and stress relating to, or made worse by, their work due the pandemic. The course leaders at our medical school were therefore keen to find a way to deliver a Covid-safe version of our training for their students, who were understandably under even more stress at this time.

The workshops were redesigned to take place online from January 2021, and students attend weekly as part

of tutor time. The project comprises 36 sessions, enabling 3 groups of 30 students to attend 2 sessions of 45 minutes each of painting, drawing, craft, poetry, drama, and music. The artists demonstrate activities encouraging students to take part at home and share how the activities benefit their own wellbeing as well patients and staff.

Students rate their mood pre- and post-session on a digital survey platform. It is very early days but after three weeks our weekly word cloud is showing a clear reduction in stress with many reporting feelings anxious or tired before the session, but relaxed and energised afterwards.

The sessions are planned to continue as part of the training course for new doctors and we would be happy to share our findings. For further information contact Laura Waters, (laura@airarts.net) Head of Arts at the University Hospitals of Derby and Burton

### Active Ingredients

The Centre for Cultural Value are publishing a series of learning case studies online whereby cultural practitioners share their reflections and learning honestly, so others can learn from and build on their experience. You can read the case study

from Aesop which shares learning from the Dance to Health programme and the role research and evaluation played in the programme itself and the learning it generated here <https://www.culturehive.co.uk/wp-content/uploads/2020/11/Case-study-Aesop-Oct-2020-FINAL.pdf>

Tim Joss and Aesop detail how a more nuanced approach is needed to evaluate arts-in-health collaborations in their particular, situated contexts, drawing on the impacts of specific arts experiences, rather than generic health and wellbeing benefits. The work requires close collaboration and co-design of socially purposeful arts interventions with and by social, health and education partners.

The case study also shares Aesop's 'active ingredients' logic model that seeks to identify how specific activities contribute to the generation of particular outcomes. The Active Ingredients logic model



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differs from typical logic models in that it does not simply seek to identify which activities are the ones that produce a set of intended outcomes. It also identifies how these activities contribute to the generation of particular outcomes. Specifically, the Aesop development work to date has enabled us to identify and distil a set of 'Active Ingredients' in participatory arts work, describing the moments (in anticipation of as well as during the experience) when context-specific arts successfully engages with a particular target group.

For more information on Aesop's work, including details of their professional development programme for health and arts professionals with an interest in devising and running successful arts in health programmes, and their Active Ingredients programme and toolkit, as well as associated evaluation reports and resources, visit their website: [ae-sop.org/active-ingredients](https://ae-sop.org/active-ingredients). For more details on the Dance to health programme, resources, and information visit: <https://www.dancetohealth.org>

**Royal Liverpool Philharmonic and Mersey Care NHS Foundation Trust - Lucy Geddes Partnerships & Evaluation Manager Royal Liverpool Philharmonic**

Since 2008, Royal Liverpool Philharmonic and Mersey Care NHS Foundation Trust have been working

in partnership to deliver a Music and Mental Health programme across Liverpool City Region. The programme aims to co-create a whole system approach to recovery and wellbeing, enabling a city region where anyone experiencing mental ill-health can access, enjoy and benefit from music.

The programme began as a pilot in two trust sites and has expanded to delivery in all Mersey Care Clinical Divisions including inpatient mental health services, community settings, high secure facilities and dementia services. Music-making courses, supported rehearsal visits and live performances also take place at Liverpool Philharmonic Hall, alongside employability pathways which enable progression opportunities for service users in their recovery journey.

Over 50 musicians from Royal Liverpool Philharmonic have engaged with 12,000 adult service users since the programme's inception, supporting people with a range of needs including mental ill-health, addictions, brain injuries, learning disabilities and living with dementia. The musicians collaborate with clinicians, for example Occupational Therapists, to lead and facilitate musical and creative activities with patients and service users.

A 10-year evaluation by Dr Susanne Burns concluded activity improves people's confidence and self-actualization, reduces isolation, develops new skills and opportunities for independent living, and improves



service user – carer relationships. The programme has embedded effective non-clinical approaches to recovery within Mersey Care's services.

By 2023, Liverpool Philharmonic aims to benefit 10,000 more people across Liverpool City Region through NHS and social care partnerships, and social prescribing referrals with adults and young people. Cheshire and Wirral Partnership NHS Foundation Trust has recently joined the programme through delivery at Springview mental health inpatient unit. During Covid-19, music-making activities moved online through NHS digital platforms and included free access to Royal Liverpool Philharmonic Orchestra streamed concerts.

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## Face to face, remotely | How arts & health went digital

**Holly Petrie** Marketing & Administration Officer, Participation & Progression Co-ordinator

In March 2020 when national restrictions were put in place in response to the Covid-19 pandemic organisations across the UK were challenged to drastically transform the way in which they supported the people they worked with.

The team at HOOT Creative Arts rose to the challenge, and developed and implemented a number of new ways people could access creative activities that benefitted their mental health and wellbeing at a time when many more people were experiencing isolation, loneliness and mental ill health.

HOOT's Creative Pathways project focuses on offering creative activities for wellbeing to people with

enduring mental health difficulties who are receiving inpatient care, or living within supported accommodation.

Drawing on his experience in using everyday technology to support access to activities, and with some inspiration from a famous TV series, Project Manager Michael set to work developing a model of delivery that could ensure that the people living in supported accommodation could



continue to meet and work together on something creative, whilst crucially still being guided by and interacting with a HOOT artist in real time.

Running sessions in this way was not without its challenges and Creative Pathways focused on making delivery as simple as possible for all involved. Some art forms translated more readily to this format than others, and the artist needed to respond and interpret quickly and sensitively, to see beyond the limitations of camera and screen.

Visit <https://www.hootcreativearts.co.uk/news/face-face-remotely-how-hoot-went-digital> to find out more about the digital transformation of the Creative Pathways service as HOOT explored a new way of delivering arts activities for mental health and wellbeing.

To get in touch about Creative Pathways, please contact: [info@hootmusic.co.uk](mailto:info@hootmusic.co.uk) or [Michael@hootmusic.co.uk](mailto:Michael@hootmusic.co.uk)

## National Online Singing Group to Improve Health & Wellbeing in New Mums

New mothers can often experience feelings of loneliness, anxiety and low self-esteem, these feelings are increased by the lived reality of COVID.

In 2016, Imperial College and the Royal College of Music carried out a piece of research that scientifically demonstrated that bespoke social singing groups can significantly reduce symptoms of postnatal depression (PND) or anxiety in new mums.

As a result of this research, Breathe Arts Health Research set up Melodies for Mums, and have been able to help over 200 new mothers through difficult times over the last three years.



Melodies for Mums are delivering two new nationwide programmes online. The first starts on Tuesday 16th February and is part of a bigger research study programme, led by King's College London and University

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College London (UCL). The second programme is funded by The National Lottery Response Fund, starting Wednesday 17th February.

Both programmes include an hour-long singing and music-making session weekly over 6 weeks. Each session is led by one of our talented music facilitators and open to any women who have recently had a baby in the last 9 months and are experiencing low mood, stress, or anxiety, with a focus on supporting the mother.

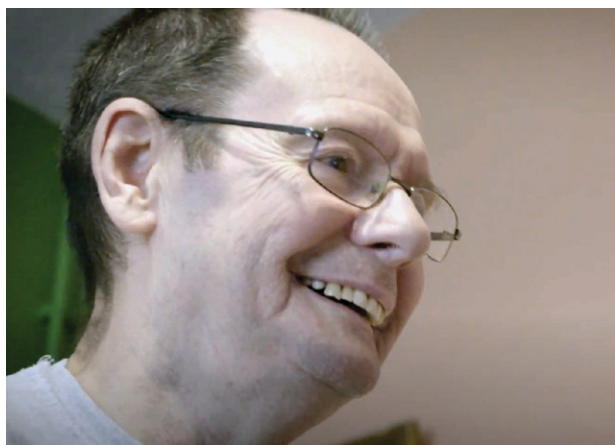
In addition to the singing sessions, the research study programme will include additional clinical screening with a clinician and follow up. Anonymised information gathered will contribute to a wider study on the impact of singing on the mental and emotional health of new mothers and the baby.

*Findings from the research have shown that the programme can lead to a 41% reduction in symptoms of PND and a recovery in 73% of mothers who took part.*

To sign up or learn more contact:  
m4m@breatheahr.org  
07858 296855  
breatheahr.org/melodies-for-mums/

## Singing for Lung Health during COVID-19

Breathe Arts Health Research are pleased to release the first of four short films about *Breathe Sing for Lung Health*, a creative intervention



for patients with long-term lung and respiratory conditions. This new series of short videos follows the story of four *Breathe Sing* participants: Alan, Santa, Maria and Andy, each with very different experiences of breathlessness.

Originally developed in partnership with Guy's and St Thomas' NHS respiratory team through which patients are typically referred, *Breathe Sing* aims to improve lung health and help manage symptoms of breathlessness through physical warm-ups, vocal exercises and group singing led by a vocal coach. Adapted for online delivery at the start of COVID-19, the programme has flourished and also become a place of social connection, helping combat isolation for those living alone.

Particularly vulnerable during the pandemic, the group has continued to report positive impacts and benefiting from the increased regularity of sessions, motivation and engagement.

During COVID-19, 93% report highly positive impacts on their wellbeing, 80% report a positive sense of connection and 93% report a positive impact on their experience of life at home.\*

The group has welcomed new members through lockdown, including patients experiencing symptoms of 'long-COVID' and breathing difficulties having been on a ventilator:

***'The singing session today was great - I truly enjoyed it. COVID-19 left me in such despair - I thought I have to give up singing forever. However today's session gave me hope and boosted my confidence level.'***  
***Breathe Sing participant***

Breathe Arts Health Research hope to provide a blended offer of both online and in-person sessions in future to increase accessibility to the programme.

See the first film here: <https://youtu.be/9vm3qGPF7yU>

Find out more about Breathe Sing for Lung Health: <https://breatheahr.org/breathe-sing/>

\*Figures from external evaluation undertaken in 2020.

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***Dance & Time with the University of Cambridge Museums – reducing feelings of loneliness and isolation for older people through engagement with culture.***

**Ruth Clarke, Inclusion Associate**

In 2018, with the ambition of extending the Dance and Time – <https://www.museums.cam.ac.uk/blog/2017/05/31/dancing-in-the-museum/> with the Museum programme and to better understand the impact and qualities of this, the University of Cambridge Museums secured funding from the Building Connections Fund.

The investment has enabled the programme to become a valued part of the lives of older people in Cambridgeshire using day care services, those living in the City's sheltered housing schemes and residential care homes, those in hospital and those using hospice services. Activities have taken place in the museums, in community and health settings and with the advent of

COVID 19, remotely via telephone, online, through pre-recorded films, support sessions for staff and the creation of bespoke materials.

Co-production is at the heart of the programme, with museum

professionals, creative practitioners, workers in health and social care and the participants themselves coming together in a spirit of enquiry and experimentation to explore the individual and collective outcomes experienced when connecting through works of art.

How to effectively measure impact has been key. The stigmatisation of loneliness was observed as being a barrier to participants' evaluation responses, specifically the Campaign to end Loneliness tool used in year one. During sessions people often shared experiences appertaining to isolation and loneliness, however they did not choose to share these in the evaluation form.

To understand the impact better, the decision was taken to revise the approach, combining the ONS single-item measure with three open questions to broaden the narrative. Although this material is still to be analysed, it is apparent that many of the participants are highly aware of the

'dangers' of loneliness and isolation and as a result have active strategies to 'keep them at bay', which include engaging in the cultural offer provided by the museums. These strategies frequently map to the Five Ways to Wellbeing, adding specificity to the innate ability of cultural activity to find connections, foster exchange, share learning, invite us to be present and critically to process and take note.

The full report on the programme will be available, April 2021.

## Good news highlights

### **Arts, Creativity and Health: A Special Issue for the Journal Public Health**

Editors: Dr Hilary Bungay, Associate Professor in Health and Wellbeing, Anglia Ruskin University; Professor Helen Chatterjee, Professor of Biology, University College London; Professor Susan Hogan, Professor of Arts & Health, University of Derby.

Last year we had a call for papers for a special issue "Arts, Creativity and Health" for the RSPH *Public Health* an international, multidisciplinary peer-reviewed journal. We welcomed submissions from across the spectrum of arts and culture to include: performing arts (incl. music, dance, theatre), visual and creative arts (incl. painting, drawing, sculpture, photography, crafts, design, photography, film), museums, libraries

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(including reading and creative writing), archives and other types of heritage, such as archaeology and natural heritage, where creative tasks and activities have been invoked to support health and wellbeing.

We were delighted with the response from across the globe with a total of 62 original papers and short communications submitted – a record number of submissions for a special issue in this particular

journal. Currently articles are still in the review process and we thank all those who have submitted articles and those who are contributing to the review process.

Some articles have already been accepted and are in production, in the next issue of this newsletter we hope to include a comprehensive list of all the articles published in the special issue.

## Recent articles

Bourne, P. & Camic, P. M. & Crutch, S. J. (2020). The psychosocial impact of dyadic arts interventions for people with a dementia and their informal caregivers: A systematic review. *Health & Social Care in the Community*. <http://dx.doi.org/10.1111/hsc.13267> (Open Access)

Lai, L.L. D., Crutch, S. J., West, J., Brotherhood, E., Harding, E., Takhar, R., Firth, & Camic, P. M. (2020). Development of the visual analysis scale of engagement (VASE) tool for people with advance dementias. *Wellcome Open Research*, 5, 230. <http://dx.doi.org/10.12688/wellcomeopenres.16189.1> (Open Access)

Camic, PM, Hulbert, S, Strohmaier, S., Crutch, S., Homans, K & Brotherhood, E. (2020). *Canterbury Wellbeing Scales: Directions and scales*. Open access with Creative Commons Attribution International licence (CC By 4.0): [https://zenodo.org/record/4063768#.X\\_8ZRun7Rds](https://zenodo.org/record/4063768#.X_8ZRun7Rds)

Bungay, H., Wilson, C., Dadswell, A., Munn-Giddings, C., (2021) The role of collaborative working between the arts and care sectors in successfully delivering participatory arts activities for older people in residential care settings *Health and Social Care in the Community* <https://onlinelibrary.wiley.com/doi/full/10.1111/hsc.13290> (Open access)

## Research

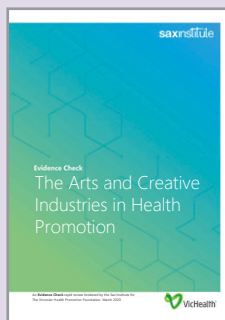
*Each issue highlights examples of recently published books, monographs, research articles and conference papers in arts and health by SIG members. For future submissions, please include the full reference and a link to the published URL (for publications). Open access articles are particularly welcomed.*

### “The Arts and Creative Industries in Health Promotion”.

**Dr Christina Davies and Dr Melanie Pescud**

“The Arts and Creative Industries in Health Promotion” is a recent rapid review commissioned by The Victorian Health Promotion Foundation (VicHealth) – one of Australia’s leading health promotion agencies - to support delivery of their Arts Strategy for 2019-2023. The review addresses questions related to improving engagement in the arts and utilising the arts to promote health and wellbeing. The focus of the review was on VicHealth’s five ‘imperative areas’: encouraging health eating, physical activity, reducing tobacco and alcohol use, and improving mental wellbeing. The review also focused on VicHealth’s eight priority groups: young people 12-25, Aboriginal and Torres Strait Islander people, people from diverse ethnic backgrounds, refugees, people in rural and remote areas, LGBTI people, people with a disability and those who are socially isolated.

The report is available through the Arts and Health Resource <https://www.artshealthresources.org.uk/docs/the-arts-and-creative-industries-in-health-promotion/>



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## Conferences

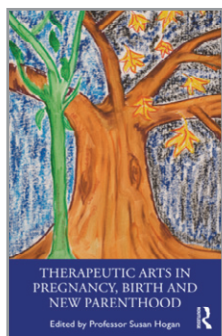
### 3rd International Social Prescribing Network Conference. 4th-5th March 2021 online

Want to understand more about social prescribing? see how other people are doing it? see examples of great social prescribing schemes and be revitalised?

This is the only conference in the world bringing together the latest research and developments in social prescribing, unpicking what makes social prescribing work best, how it can address inequalities and also sustain communities.

The conference is being broadcast over 2 days, but to be Covid-proof, all delegates will be able to access recordings of each session for a whole month after the conference has happened - we know it is hard to take time out of schedules right now.

Great value for money, even better CPD opportunities. View the conference programme here – <https://www.socialprescribingnetwork.com/conference> and book your place! For all enquiries email [spnc@salford.ac.uk](mailto:spnc@salford.ac.uk)



**Free half-day  
symposium  
and book  
celebration:  
Therapeutic Arts  
in Pregnancy,  
Birth and New  
Parenthood.  
12th March 2021  
9.30am-12.30pm**

Therapeutic Arts in Pregnancy, Birth and New Parenthood edited by Professor Susan Hogan is the first book specifically looking at the role of the arts in health with respect to the pregnancy journey, from infertility and conception to new parenthood. It has international compass, with contributions from Australia, Canada, Chile, England, Ireland, Scotland, Spain, Sweden & the U.S.

The aim of this seminar is to introduce participants to the various ways in which art is being used with women who are unable to conceive, or are undergoing infertility treatment, as well as those who experience miscarriage, and are struggling with a sense of loss. Art making offers a means for feelings to be expressed and understood by women experiencing ambivalence, prenatal anxiety, depression, re-kindled feelings of grief towards deceased parents, birth trauma or the death of a baby. Contributors will explore the explicitly therapeutic use of art in new parenthood and how art can also be of help for exploring and supporting new family relationships with partners involved. Book contributors will share short presentations on their work followed by Q & A.

Zoom Link: <https://us02web.zoom.us/j/84670025682>

### A Culture of Care: Culture, Health & Wellbeing Alliance National Conference. 21st-23rd April 2021

The Culture, Health & Wellbeing Alliance national conference will be

held online across 3 days, 21-23 April 2021, ending with the celebratory CHWA 2021 Awards Gathering. The core theme of care includes caring for each other, caring for the environment and caring economies.

*"We will be delving into conversations about the big topics that have been amplified by Covid-19, including practitioner support and grappling with the sector's role in challenging health inequalities, reflecting on how we can work more collaboratively and more intersectionally to address the multiple emergencies we face; a global health pandemic, the climate and ecological emergency, and rising inequality."*

<https://www.eventbrite.co.uk/e/a-culture-of-care-culture-health-wellbeing-alliance-national-conference-tickets-136827814677>

### International Conference on Culture, Health and Wellbeing. 21st-23rd June 2021

Because of the on-going uncertainty with the global pandemic the International Conference on Culture, Health and Wellbeing will be fully digital to maximise the opportunity for engagement. The overarching themes for the Conference are Inequality, Power, and Sustainability. For details of the conference please see the conference website where you can also sign up for the conference newsletter to receive updates <https://www.culturehealthwellbeing.org.uk/home>. Please note the closing date for abstract submissions has now passed.

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## Submitting to the Newsletter

We welcome your contributions to future issues of the newsletter. To submit material please do so in a *Word document that is attached to an email* with the subject line "RSPH SIG newsletter". Please keep submissions to about 300-400 words (briefer is fine).

Send submissions to the newsletter's new coordinator, Hilary Bungay [hilary.bungay@anglia.ac.uk](mailto:hilary.bungay@anglia.ac.uk). **Copy deadline for the next issue is noon on 15th June (Volume 2, issue 3).** Publication dates will be about 15 days of this date so please keep this in mind regarding dated submissions for conferences and CPD events.

The newsletter can also accept up to two photos per submission; if people can be identified in a photograph (frontal views) you will need to submit a photo consent form obtainable from Meghan Cordery at: [mcordery@rsph.org.uk](mailto:mcordery@rsph.org.uk). Once completed and signed please return directly to Meghan.

For more information on group activities, or to join the group, please contact Meghan Cordery email [mcordery@rsph.org.uk](mailto:mcordery@rsph.org.uk) or call 020 7265 7314