

Welcome to the third issue of the SIG's newsletter

With this issue we have completed our first volume of newsletters. Thank you to all our many contributors. Our goal is to publish newsletters 3 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, practitioners in public health, the arts and healthcare. For more information about the SIG and the RSPH please [click here](#) →

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WHO Scoping Review on Arts and Health

We reported in the last issue of the newsletter about the publication of this important WHO report but wanted to bring it to your attention once again. The WHO Europe Office has published for the first time

a review of the evidence on arts improving health and wellbeing. It is a landmark publication and a beginning to what we hope will be greater WHO involvement in arts and health. The report can be accessed by [clicking here](#) →

Taking Part in Research

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

The COVID-19 Social Study run by University College London is exploring the role of the arts in supporting mental health during the pandemic. The study, which includes over 75,000 adults who have been providing weekly data since before lockdown came in, is also focusing more broadly on the psychological and social experiences of adults in the UK. Participation involves completing a simple 10-minute online questionnaire. Full details and also results from the study published weekly are available at [www.covidsocialstudy.org](#)

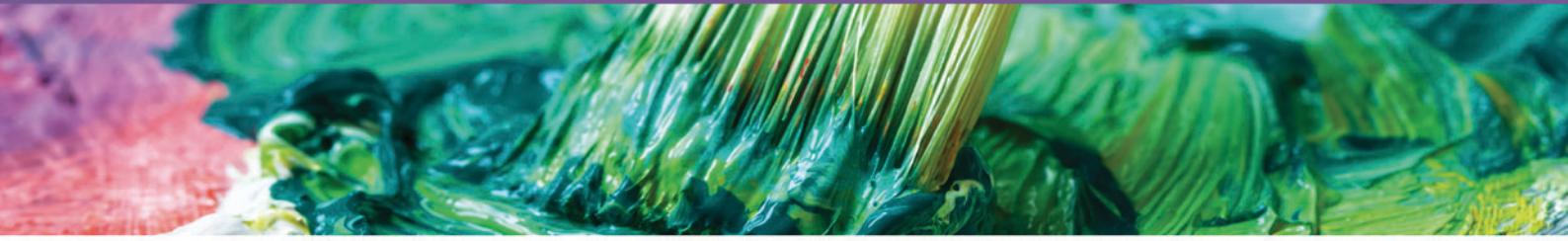
The Rare Dementia Impact Study funded by the ESRC and NIMH (2019-23) and led by University College London with partners at Bangor University and Nipissing University in Canada, is recruiting people with

rare forms of dementia and the people who care for them. One part of the project uses research poetry and Blue Routes, a newly developed visual arts activity, to explore different ways of understanding the experiences of having a rare dementia including accessing care and support. For more information about rare dementias please [click here](#) → and for information about the overall study [click here](#) →

Can virtual museum experiences help reduce social isolation and chronic pain?

Chronic pain is complex. It affects the body, the mind and social interactions. Since 2014, the University of California, Davis (UCD) health system and the Crocker Art Museum in Sacramento, CA have collaborated on research ([click here](#) →) that points toward benefits of museum programming for people with chronic pain. However, with the museum temporarily closed due to COVID-19, all programming was suspended. Fortunately, the museum programs are now being offered online and at no cost, allowing anyone with an internet connection anywhere in the world to participate. An international research team consisting of scholars from UCD, University College London and the University of Zurich want

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to know how these virtual museum experiences impact individuals with chronic pain and need participants. They hope to learn if two new virtual museum programs at the Crocker – Art Rx (click here →) and Artful Meditation (click here →) – can decrease the social disconnection and the unpleasantness of chronic pain.

For more information visit our study page by clicking here → or contact Ruchi Rawal, project manager, at ucdhartrx@gmail.com or (916) 619-3383. To enroll in this study, click here →.

This research is being done in collaboration with the Culture, Health and Wellbeing Alliance and the RSPH SIG Arts and Health. This project is supported by the National Center for Advancing Translational Sciences, National Institutes of Health, through grant number UL1 TR001860 and linked award KL2 TR001859. The content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH.

News from the Sector

New National Performance Advisory Group for Arts, Heritage and Design in Hospitals

A new national network for arts managers working in UK hospitals has been approved through the NHS National Performance Advisory Group (NPAG).

NPAG membership provides a structured forum for healthcare professionals to meet, discuss current issues and receive presentations on topics that they are interested in. Its prime purpose is to support managers in the continuous improvement of their own services.

Within this new group for Arts, Heritage and Design in hospitals, we share best practice, find solutions and offer support to those working within the field of healthcare. We aim to raise the profile of our profession, strive to improve and standardise our approaches to working. The group currently has around 40 members from hospitals throughout the UK and initial meetings have already included lively debates with leading NHS and Arts Council England representatives alongside talks by international artists such as Luke Jerram and Mark Titchner.

The group is a key strategic member for the Culture, Health and Wellbeing Alliance and is working closely with the APPG to deliver on recommendations set out in the 2016 parliamentary inquiry report.

The group is co-chaired by arts managers Laura Waters (Royal Derby Hospital) and Guy Noble (University College London Hospitals). Laura comments that “To have established a professional network of arts managers working in hospitals is

demonstrative of the distance arts in health has come over the past couple of years. Arts managers have generally worked in isolation in the past with arts management not being considered a profession in its own right within the NHS. The network is helping to change all of this by bringing a greater degree of professionalism to our work and by bringing us together to support national initiatives and each other to deliver some really fantastic work in the next few years.”

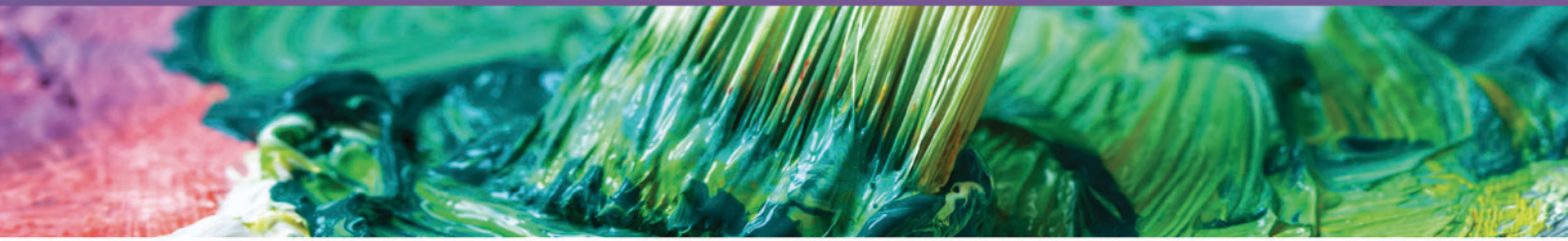
For further information on the network please contact Victoria Coombes: Victoria.Coombes@npag.eastamb.nhs.uk

Conducting arts-health research ‘without walls’ during COVID-19

Dr Ranjita Dhital, Lecturer in Pharmacy Practice and Jackie Skinner, Academic Liaison Librarian for Chemistry, Food and Pharmacy, University of Reading

How do we conduct arts-health research while following social distancing and other measures? COVID-19 pandemic has probably meant our research activities are on hold or we’re having to consider new ways of researching. With funding cuts underway in many HE Institutions and other organisations, this is likely to curtail our efforts to

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develop research in this field and it may no longer be a priority for some. This would be counter-productive, as the arts are needed more than ever during this crisis, especially research designed to reduce the burden of mental illness and promote wellbeing.

A way to keep our arts and health research alive could be by revisiting our libraries (albeit virtually). We could take this opportunity to discover additional resources to add to our collections to support literature-based research in this field. We could also explore ways to exploit our existing resources more effectively. To this end, at the University of Reading, we are developing our first Arts and Health Library Guide to simulate research in this area and build our arts-health collection. Our new guide will draw together resources currently spread across separate guides for Art, Pharmacy and Psychology, signposting students and researchers to relevant tools paid for by the Library or freely available.

The pandemic may allow us much-needed reflection space to review current evidence and identify knowledge gaps, which could stimulate new research to address current health and social problems and future planning. The rapid explosion of information technology has meant we've had to adapt to work remotely and find ways to

teach our students 'without walls', a pedagogical practice which is already available to us (click here →) This lockdown appears to have resulted in the explosion of creative online communities, especially those with a range of disabilities and health problems. Perhaps with the removal of traditional structural barriers and with the aid of technology we can all have a voice (click here →)

We agree, there are limitations to purely online research. It cannot be experienced fully with our senses and can be frustrating when attempting to engage with the arts. However, the full potential of technology for arts and health research needs to be explored. The current climate could be a wonderful opportunity to use technology to delve deeper into each other's disciplines and create new solutions. The pandemic has forced us to rethink and re-examine our research, arts and clinical practice. The virtual library could be a good starting point to develop our enquiry. We therefore need our libraries more than ever and they need us.

National survey on the measures taken by Singing for Health Groups and Community Choirs to keep singing, despite the lockdown

The Sidney De Haan Research Centre for Arts and Health at Canterbury Christ Church University has launched

a national survey on the measures taken by Singing for Health Groups and Community Choirs to keep singing, despite the lockdown.

The Centre has teamed up with Canterbury Cantata Trust (click here →), Live Music Now (click here →), and the Natural Voice Network (click here →) to gather information on how groups have used online platforms like Zoom to continue their work.

"The centre has undertaken research on singing for health for many years, and we are aware that many groups are keeping going online during the current lockdown in response to the Covid-19 pandemic.

"A national survey of the experiences of groups is very timely, and will help us to understand the challenges that groups have faced in keeping in contact, and the solutions musical directors have found to keeping groups singing together.

This initial survey will be the foundation for further research later in the year to look at the longer-term consequences for singing for health activity nationally."

For further information please contact Professor Stephen Clift, Director of the Sidney De Haan Research Centre for Arts and Health: Stephen.clift@canterbury.ac.uk

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Arts and Health in the Nordic Countries

The Nordic arts and health field has developed over the past few years with increased focus on how arts activities can be beneficial for health at local, regional and international levels. Attempts to collaborate, share resources and disseminate knowledge across the countries have increased. In order to progress these efforts the Nordic Arts & Health Research Network⁽¹⁾ was established in 2018. The network has recently gained funding from the Nordic Culture Fund to further develop the network over the next three years (2020-2023). Other avenues of work have been established. The World Health Organization (WHO) through its Regional Office in Copenhagen collaborated with the cultural department from Region Skåne, Sweden to host a 'Political Symposium on the Arts and Health in the Nordic Region' in March 2019⁽²⁾. The symposium was attended by academics and politicians who committed to promoting and advocating for the added value of arts in health.

A number of research studies, projects and initiatives that highlight this growing interest in the field are included in the recent article: Arts and public mental health: exemplars from Scandinavia⁽³⁾ published in WHO Panorama Journal's special edition:

Arts & Health: creative solutions to complex challenges.

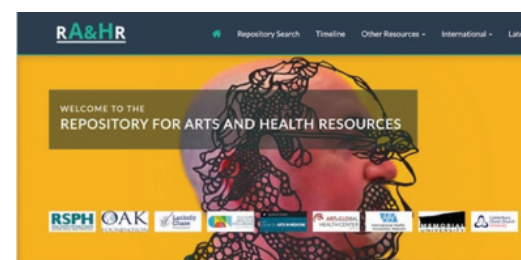
Furthermore, a new Nordic survey, focusing on the key needs and challenges of evaluating arts and health projects acts as the underpinning of an arts and health evaluation guide, has recently been published in Danish⁽⁴⁾; translations in Finnish, Norwegian and Swedish will follow.

The Nordic Journal of Arts, Culture and Health (NJACH) (5) is an open access journal established in 2019 and supported by a Nordic partnership of different educational institutions. The journal seeks to provide a platform for publication and debate in the interdisciplinary field of arts and culture in healthcare and health promotion. Aims include: strengthen the arts and health field globally; contribute to the growing knowledge in the field from an international point of view; document existing projects to ensure that valuable knowledge is maintained and shared.

NJACH accepts submissions with an international scope, on a continuous basis and welcomes original scholarship (systematic reviews, theoretical articles, interpretive research, methodological articles, academic essays), notes from the field (practice-based reports), opinion pieces and reviews. Publication languages: Danish, English, Norwegian and Swedish.

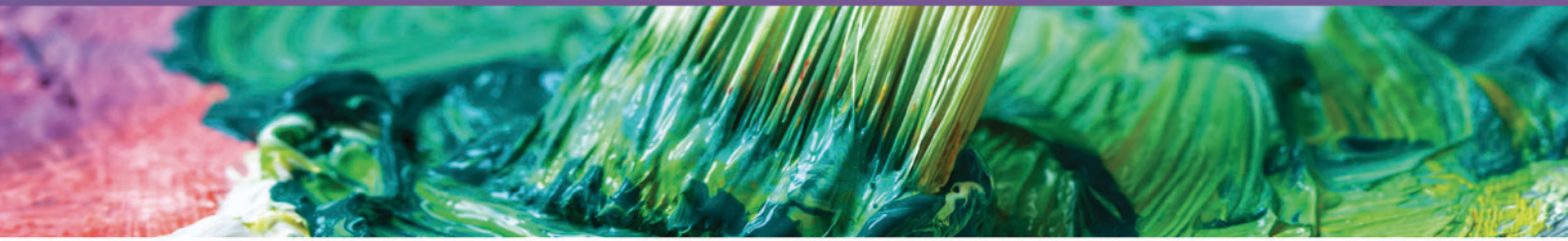
1. Nordic Arts & Health Research Network: <https://nordicartshealth.turkuamk.fi/>
2. World Health Organisation (2019). Political symposium on the arts and health in the Nordic region. State of the evidence. <http://www.euro.who.int/en/health-topics/health-policy/behavioural-and-cultural-insights-for-health/cultural-contexts-of-health-and-well-being/publications/political-symposium-on-the-arts-and-health-in-the-nordic-region.-state-of-the-evidence-2019>
3. Jensen, A, Torrissen, W., & Stickle, T. (2020). Arts and public mental health: exemplars from Scandinavia. WHO Public Health Panorama. 6:1, 193 – 200. <https://apps.who.int/iris/bitstream/handle/10665/331582/php-6-1-193-200-eng.pdf>
4. <https://www.musikterapi.aau.dk/nocks/videnscenter/evalueringsguide/>
5. Nordic Journal of Arts, Culture and Health. Published by Scandinavian University Press. https://www.idunn.no/nordic_journal_of_arts_culture_and_health?languageId=2

Repository for Arts and Health Resources



The Repository for Arts and Health Resources continues to be of value to a wide range of both health and arts professionals by providing an easy to access permanent archive of key

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documents in the development of the Arts and Health movement in the UK over last 20 years. Many of these grey literature documents provide examples and evidence of key initiatives, partnerships and project development that are distinct from the academic and peer reviewed literature that subsequently developed another level of robust evidence but are not always easily accessible to the wider range of professionals now seeing the value of the arts in relation to key health issues. The Repository is now expanding its international remit to include developments from Singapore, Finland and Africa. There is also a simple free subscription service so anyone can be notified of new additions and profiles of themes that we are now beginning to highlight such as Social Prescribing or Policy Trends over the decades. For further information please contact Angus McLewin editor@artshealthresources.org.uk or visit the website by clicking here: →.

International Award for Excellence

Dr Ceri Wilson, Anna Dadswell, Professor Carol Munn-Giddings and Dr Hilary Bungay from Anglia Ruskin University have been selected as the winners of the International Award for Excellence for the Journal of Aging and Social Change for their 2019 publication “The Role Of Participatory Arts In Developing Reciprocal

Relationships Amongst Older People”. In recognition of this award, this article is now available open access by clicking here →.

Below is the statement from the Journal’s website:

“This article makes a significant contribution to the growing arts and health field, by providing the first review of the impact of participatory arts activities exclusively on social outcomes for older people (as opposed to impacts on health, wellbeing, quality of life, and behavioural outcomes). The need for such a review is evident by growing concerns around loneliness and social isolation amongst older people which negatively impacts on wellbeing and quality of life, and the emerging evidence that the arts may help address these concerns. We review 44 studies which outline the impact of participatory arts in promoting reciprocal relationships for older people receiving care in residential or community settings between older people themselves, older people and caregivers, and older people and the wider community. We also explore the mechanisms behind this impact. We conclude that through enabling older people to have a voice, power, and to contribute within relationships, participatory arts can facilitate reciprocity, thereby promoting wellbeing. Through creating

deeper and more reciprocal social connections between older people, caregivers, and the community, participatory arts can help address the prevalence of social isolation and loneliness amongst older people.

This conceptual review forms part of a larger project, ‘Creative Journeys’, conducted in collaboration with the formerly named Essex County Council Culture and Community Engagement Team and the Older People’s Research Group Essex, which was funded by the Arts Council England Research Grants Programme 2016–2018. We are continuing to publish findings from this substantial project, which demonstrate the impact of arts in promoting social relationships and reducing loneliness amongst older people. The compelling findings from this project should prompt arts organisations, funders, and policy makers to utilise participatory arts in reducing social isolation and loneliness amongst older people.”

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.

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Results of the Aesop's falls prevention dance programme, Dance to Health: lessons for arts and health programmes

Dance to Health addresses the major health challenge of older people's falls. Fall-related fractures cost the health and social care system £4.4 billion per year. There are powerful, well-evidenced 26-week exercise programmes called Otago and FaME but these are 'dull', have implementation problems and follow-on maintenance programmes are rare. A 2017-19 £2.1 million

programme was delivered in partnership with dance organisations, parts of the health system and care homes. A model solution was tested: 40 dance versions of Otago and FaME followed by maintenance programmes hosted by 17 newly created financially sustainable 'Local Groups'.

Sheffield Hallam University evaluated the health and social impacts.



Their headline conclusions were:

- 'Dance to Health offers the health system an effective and cost-effective means to address the issue of older people's falls'
- A 58% reduction in falls
- 'Of the number of falls serious enough for the patient to go to A&E, 35% are admitted to hospital as an inpatient in the general case, but for Dance to Health participants that figure drops to 13%'

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- Dance to Health has positive side effects: participants had improved mental wellbeing (96%), were more physically active (96%) and made friends (87%)
 - Dance to Health's fidelity to Otago and FaME was confirmed
- Another important finding was that research has shown that the general statement 'dance reduces falls' is not

the full picture; there is something special about Dance to Health; it has artistic 'active ingredients'. During the Covid-19 pandemic, Dance to Health is operating online and on DVD, in partnership with housing associations and local Age UK organisations. The next step on Dance to Health's health evidence journey will be a randomised controlled trial.

1. <https://pubmed.ncbi.nlm.nih.gov/29697780/>
2. The full Sheffield Hallam University evaluation is available at <https://ae-sop.org/resources/>
3. Aesop's overall and volunteering evaluations are available at <https://ae-sop.org/resources/>
4. <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002112>



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Current Practice and Case Studies

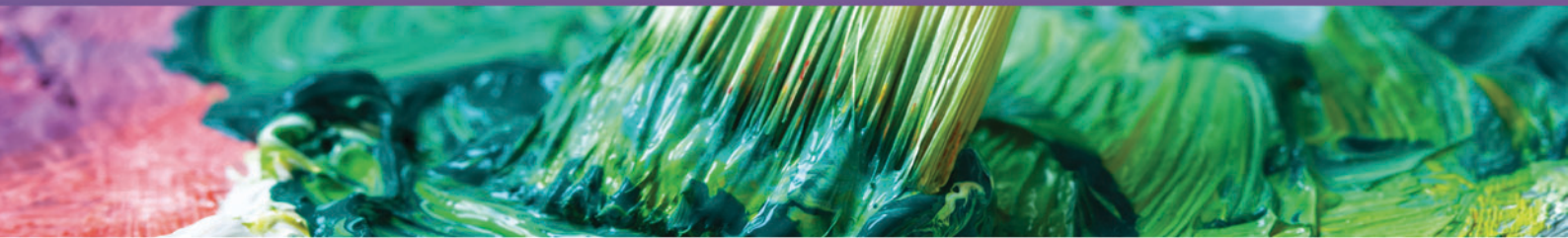
One artist's experience of the lockdown.
By Caroline Mawer

I locked myself in two weeks before the rest of the UK. I'm originally trained as an epidemiologist so I had a good idea of what was going to happen. I couldn't understand why the government weren't doing even the most basic things. I got formally shielded later on - not that it helped with anything important like food.

If you've ever not known when and where you are going to get your next meal, you'll know that food insecurity leaves NO SPACE in your head for anything else. Except, when one of my oldest friends died, I had to make more space. All the official announcements that it's only old people and those with long term conditions who are dying made me feel disposable. Worthless. Angry too. But you can't say anything when the 'NHS heroes' are risking their lives. Eventually - after I got some fresh food - I managed to remember that I

am an artist. So, I made an installation, shown in these three photos, in the space that I have - my front room - with bits and pieces I had. Except the prison uniform - I got that through the post. My installation pieces seen here show me feeling isolated, imprisoned, bereaved. And hungry. Angrier every minute as I learnt more and more about the slaughter in the so-called care homes, and the 'excess' deaths of people who keep being treated as though they are not equal members of society.

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From Research to Practice

Steering committee member Prof Susan Hogan is delighted to have produced two new short arts and health films made in collaboration with Eve Wood. The films have arisen out of an AHRC funded project exploring the use of the arts in

health for new mothers and birthing professionals.

The films are: Towards a Better Birth. Executive Producer. Co-edited with Eve Wood, Sheffield Vision. 8 mins. 2020 and If I were a Better Mother. Executive Producer. Co-edited with Eve Wood, Sheffield Vision. 8 mins. 2020.

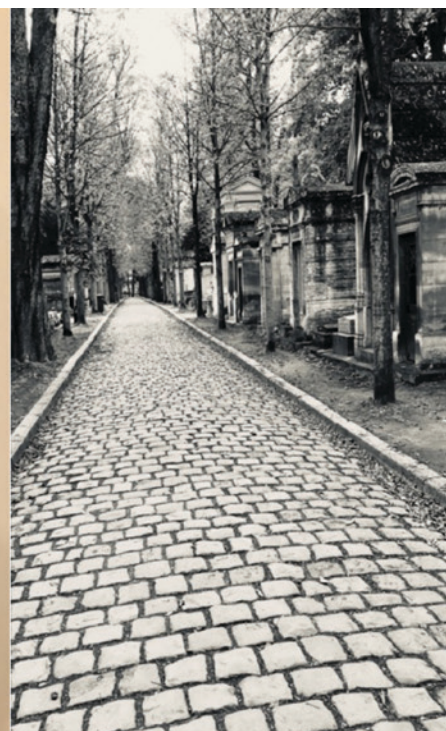
The films can be watched here:

Towards a Better Birth - click →

If I were a Better Mother - click →

Towards a Better Birth has been shortlisted for the Sheffield short-film festival.

For more information about the associated research click here →



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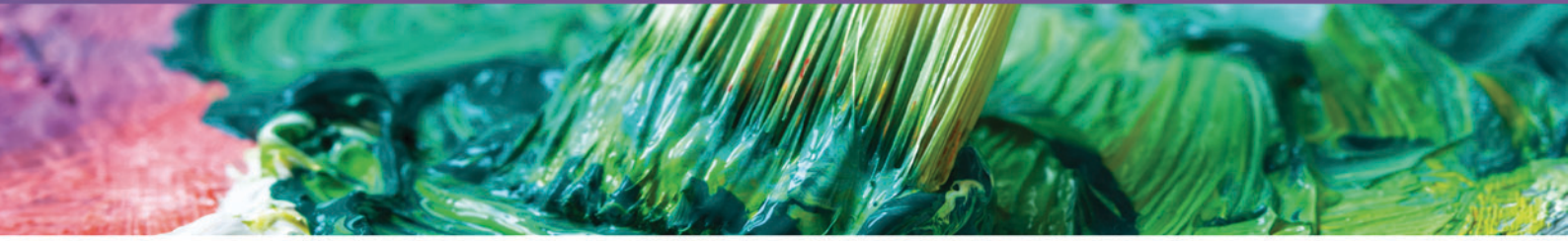
The Long View is a screen-printing project that Prof Paul Camic, a clinical health psychologist and public health researcher at UCL's Dementia Research Centre, has been working on before and during the Covid-19 pandemic.

Developing monotype screen prints from an image of a street in Pàre Lachaise cemetery in Paris, he has been considering how changes in the screen-printing process, different ink colours, papers and textures—focusing on the same street—

interact to change our perceptions of what we see.

Asking the questions, “What do you see?” and “What do you want to see?” he plans to explore the concepts of wonder and wondering in older people post lockdown.

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Conferences

International Conference on Culture, Health and Wellbeing, 21-23 June 2021

Update from Alex Coulter, Chair of the Conference Organising Committee

As you can imagine, the conference committee is debating the various options for next June in the light of the constantly changing global situation. We would anticipate that speakers and delegates will be less inclined to fly across the world, even if they are able to, and we plan to create an all-singing, all-dancing digital conference in addition to a smaller physical gathering in Bristol, UK. We would also like to invite organisations and networks in other countries to consider partnering with us to deliver local 'hub' conferences in their countries. These could be parallel events with some live link ups depending on time zones. Please email alex@ahsw.org.uk if you would like to discuss ideas.

Vacancy Announcement

The Steering Committee of the SIG has openings for two new members due to founding committee members Prof Norma Daykin and Prof Paul Camic stepping down after five years on the committee. We welcome interest from across the spectrum of arts and health researchers and

particularly would like to appoint people from black and ethnic minority communities and men, although all are welcome to apply. Deadline for applications is 1 August 2020. Please contact Meghan Cordery at the RSPH for a position description and application details: MCordery@rsph.org.uk

Call for Papers

Arts, Creativity and Health: A Special Issue for the Journal Public Health
Editors: Dr Hilary Bungay, Reader in Health Services Research, ARU; Professor Helen Chatterjee, Professor of Biology, UCL; Professor Susan Hogan, Professor of Arts & Health, UoD.

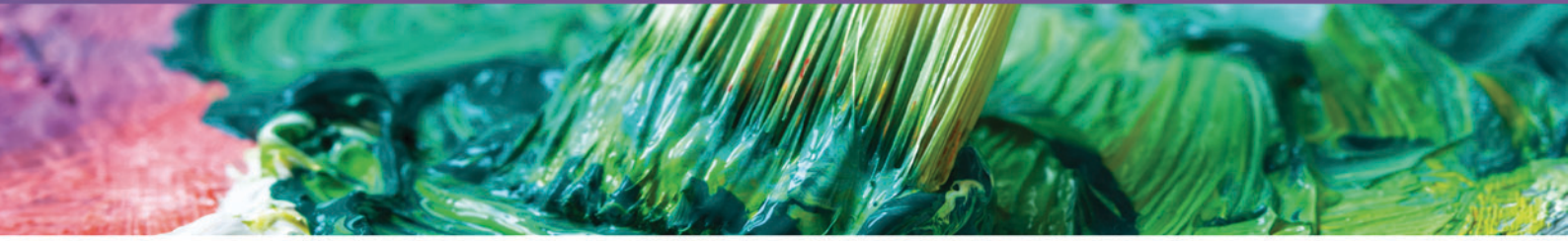
Public Health is an international, multidisciplinary peer-reviewed journal. It publishes original research papers reviews (up to 3000 word in length) and short reports (up to 1500 words) on all aspects of the science, philosophy, and practice of public health. It is aimed at all public health practitioners and researchers and those who manage and deliver public health services and systems. It is also of interest to anyone involved in provision of public health programmes, the care of populations or communities and those who contribute to public health systems in any way.

The issue will welcome 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 (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. Through a mix of commissioned articles and a dedicated call for papers, we will seek to attract submissions that cover original research and reviews across a diversity of topics including, but not limited to: intervention studies; programme evaluation; longitudinal studies; applied arts and health; arts-based methods, co-production and participatory methods and methods development; social prescribing; health humanities; topical papers (e.g. creative responses to the COVID pandemic).

Original research papers, reviews or short reports can deal with public health aspects from across the spectrum of arts cultural, heritage and natural environment engagement. Our aim is to publish rigorous original research, systematic reviews, meta-analyses, short reports and methodologies addressing public health issues

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



and research in the context of arts, cultural, heritage and natural environment engagement. We seek high-quality contributions from across health, arts, humanities and social sciences that will appeal to an international audience of public health practitioners and researchers, those who manage and deliver public health services and systems, educators, policy makers, and those developing, delivering and researching arts, cultural, heritage and natural environment interventions. Articles reporting original research questions that generate new and impactful knowledge on the contribution of arts cultural, heritage and natural environment engagement to health promotion, recovery and prevention, or evaluation of regional, national or international programmes or interventions in arts, cultural, heritage and natural environment engagement relevant to public health will be prioritised. Perspectives encompassing lived experience are very welcome.

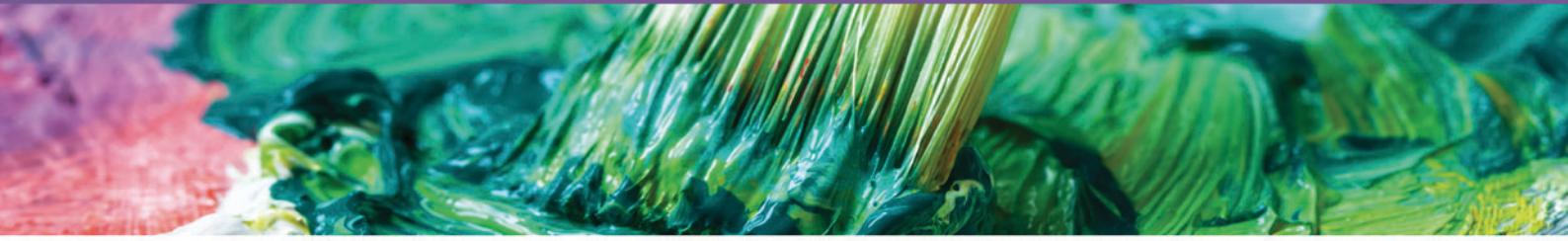
Potential topic areas include (but are not exclusive to) the following: Primary level interventions aimed at promoting mental health and wellbeing, and resilience; community level activities – public art projects, community allotments, community orchards; individual – social

prescribing, (arts on prescription, museums on prescription etc.) Secondary level – e.g. Interventions for specific conditions: singing for breathing, dance for Parkinson's etc. Tertiary Level – rehabilitation and recovery – e.g. post stroke, mental health; impact of variations in funding systems and sustainability for arts, cultural, heritage and natural environment programmes; evaluation of cost effectiveness and value for money in arts cultural, heritage and natural environment engagement (including: cost-benefit analyses, social return on investments, health economics as applied to arts, cultural, heritage and natural environment); outcome and quality measurement and improvement in arts, cultural, heritage and natural environment engagement, relevant to public health; evidence of effectiveness of collaborations between arts, cultural, heritage and natural environment engagement and the public health sector; policy reviews and translational research as applied to arts, cultural, heritage and natural environment (e.g. developing effective social prescribing referral models). The deadline for submission for the special issue will be 30 September 2020. Further information about submission requirements can be found by clicking here →

Second Call for papers: Arts-Based Research in Social Work

Arts-based research in social work specifically becomes a way to access the phenomenological embodied knowledge of service users and social workers, to co-produce, transform, and disseminate knowledge in ways. This book hopes to provide examples of rationales, theories, and methodologies for social workers to use arts-based methods in research. We are interested in any of the following and any additional uses that you are interested in: Research that evaluates, arts interventions in social work practice education and supervision; Research that use arts as method of research; Research that uses arts as an outcome or subject of research (for example, making a film or play or exhibition as the end product of the research; Use of the arts in specific methods such as research methods; Using the arts for a specific purpose such as social change, co-creation of knowledge, decolonizing research methods, arts and health arts as self-care for social workers and others. The book is part of the Policy Press, Research in Social Work series. For further information or to submit an abstract contact Tessa van Ham t.d.van.ham@hva.nl or Professor Ephrat Huss ehuss@bgu.ac.il. The deadline for abstracts is 15 July 2020 and for completed chapters, 30 September 2020.

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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. Copy deadline for the next issue is noon on 15 October (Volume 2, issue 1). 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. Once completed and signed please return directly to Meghan.

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