



**Arts Development : UK**

Working nationally, delivering locally



**TUESDAY**  
**1<sup>ST</sup> DECEMBER 2015**

**ST DAVID'S HALL**  
THE HAYES  
CARDIFF CF10 1AH

# ARTS, HEALTH & WELLBEING

NATIONAL SEMINAR

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NATIONAL SEMINAR



This programme and booking form is also available in Welsh.  
If you prefer a Welsh version, please contact ADUK at  
[artsdevuk@aol.com](mailto:artsdevuk@aol.com)

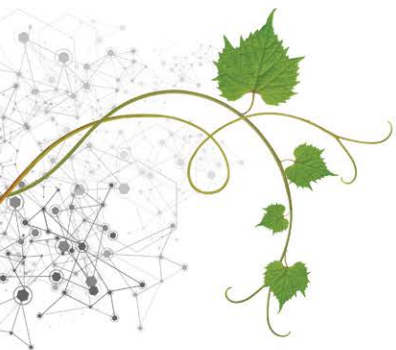
**This next national seminar in our professional development programme is aimed at officers involved in both policy and practice related to arts, health and wellbeing commissioning and service provision.**

Our training needs survey and previous seminar feedback indicated that arts officers across England and Wales are keen to learn more about how arts support the health and wellbeing agenda. It will also assist health professionals to learn more about the benefits of applying arts and cultural participation to improve health and wellbeing.

Please note that you can book this year using Eventbrite if you wish to pay by credit card by clicking:

<http://www.eventbrite.com/e/arts-development-uk-arts-health-and-wellbeing-national-seminar-tickets-18991772904>

Arts Development UK member	£85	(+ £17 VAT)
Combined 2 member place	£125	(+ £25 VAT)
Student/Unemployed person	£40	(+ £8 VAT)
Non-members	£125	(+ £25 VAT)



The seminar will illustrate best practice arts services in both England and Wales, giving delegates networking opportunities and an opportunity to take part in a series of activities illustrating arts, health and wellbeing. The seminar will demonstrate how working through arts participation, individuals, organisations and communities can increase participation and access to health and wellbeing; also increasing confidence and ability, community development and social cohesion, and bringing groups of disadvantaged or hard to reach people to increase their quality of life. The day will allow delegates to hear about policy and practice from a range of informed speakers and presenters from Wales and England.

The morning will include keynote presentations from Clive Parkinson, Director of Arts for Health at Manchester Metropolitan University, and Alexandra Coulter: Director of Arts & Health SW



followed by a series of breakout sessions with presenters drawn from good practice case studies from a national perspective with opportunities for debate and information sharing.

The day is aimed at arts and cultural organisations, artists, those in the health, wellbeing and social care sectors, local and national government policy makers, and those working in the voluntary and independent sectors. We very much hope that you will be able to join us for an enlightening and informative day that should enable you to support better cultural practice and delivery with communities in your own areas.

The programme is supported by the Arts Council of Wales and in association with St David's Hall, Cardiff.

# PROGRAMME

## TUESDAY 1<sup>ST</sup> DECEMBER



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9.15 **Registration and refreshments**

9.40 **Seminar Introduction and overview:**  
Chair of the seminar (Katherine West: Vice Chair of ADUK)

9.50 **Keynote Speaker: Clive Parkinson, Director of Arts for Health at Manchester Met University**

10.15 **Questions from the Floor**

10.30 **Refreshment Break**

11.00 **Breakout Sessions:**  
Local Communities & Health and wellbeing.

*A choice of one of four discussion forums in the following areas:*

- **Breakout 1: Working in partnership:** Sally Anne Evans, Community Arts Development Officer with Newport Live discussing working with St David's Hospice and the Creative Living Group
- **Breakout 2: Singing out for health:** Kate Strudwick and David Jones (Head 4 Arts) explore how singing and choir development has positive effects on community health with benefits to families and carers, illustrating good practice in Wales and England. The session will be facilitated by Kate.

- **Breakout 3: Sharing together:** engage Cymru have developed an all-Wales arts, health and wellbeing network with ACW Sharing Together funding, presently with over 40 members. With Seed Funding from Artworks Cymru, the Network have developed an Artists in Hospital Toolkit which will be launched in December. Angela Rogers and other Network members will discuss this, and other projects.

- **Breakout 4: Working with cultural partners:** Artefact is a partnership of 4 museums and galleries in N Wales working with people with mental health problems. Led by Dr Maria Hayes, Project Manager of Artefact.

12.00 **Breakout Session repeated**  
*(choose a second breakout from the above)*

13.00 **Lunch**

14.00 **Keynote Presentation: Alexandra Coulter: Director of Arts & Health SW**

14.20 **Afternoon Breakout sessions:**  
Working towards practical problem solving, including a choice of one of four practical case studies in the following areas:

- **Breakout 1: Designer Maker:**  
Jo Marsh, Learning & Engagement Officer at Oriel Wrecsam



(Wrexham CBC) will be presenting on the gallery's 'Designer Maker' project which has been delivered in partnership with mental health charity Advance Brighter Futures. Participants facing a variety of mental health challenges have worked with local artist Rhi Moxon to create a new product to be sold in Oriol Wrecsam's retail space. The project has developed from earlier work around health and wellbeing issues affecting people on the Plas Madoc estate.

- **Breakout 2: Evidencing Impact:**

A presentation by Natalie Jode (Executive Director; Creative Arts East) regarding the Norfolk Arts and Wellbeing Programme, a project aiming to establish a county-wide arts & community development consortium to deliver Action Research work with key health and wellbeing service user groups.

- **Breakout 3: Gwent Arts in Health:**

Sarah Goodey introduces the work of Garth (Gwent Arts in Health), a charity that delivers an arts and health programme for patients and public in healthcare and community settings throughout the Aneurin Bevan University Health Board area. Sarah will present the Healing Words project in partnership with Literature Wales and local

authorities, a project that uses creative writing and visual arts as a tool for positive mental health. There will be a hands-on opportunity to participate in this breakout.

- **Breakout 4: Working with older people:**

Imagine Nottingham. This is a three year project, one of four nationally funded by Arts Council England and The Baring Foundation's Arts and Older People in Care fund. Now in its second year the project has been demonstrating both pros and cons of working within this sector and developing ways of engagement, utilising training of artist and care staff and the use of digital technology. It's been a journey of discovery with an overall aim of using the arts to change attitudes to the role of care homes in our communities. Presented by Sharon Scaniglia, Nottingham City Council.

**15.10 Refreshment Break**

**15.30 Breakout Session repeated**  
(choose a second breakout from the above)

**16.30 Conference Summary:  
Conference Chair**

**Changes to programme:** The programme was correct at the time of going to press. Arts Development UK reserves the right to change speakers and the conference schedule as appropriate.

# ARTS, HEALTH AND WELLBEING National Seminar Booking Form

Tuesday 1st December 2015  
St David's Hall, Cardiff

Please book me  places at the National Seminar: Arts, Health and Wellbeing.

Please note that you can book this year using Eventbrite if you wish to pay by credit card by clicking:

<http://www.eventbrite.com/e/arts-development-uk-arts-health-and-wellbeing-national-seminar-tickets-18991772904>

Name(s)

Job Title(s)

Authority/Organisation

Address

Postcode  Phone number

Email address

Please advise us in advance of any access requirements

Please advise of any specific dietary requests

**Arts Development UK member**

☐ YES ☐ NO

## Seminar fees

Arts Development UK member

### Fee

£85 (+ £17 VAT)

### Number of delegates

Combined 2 member place

£125 (+ £25 VAT)

Student/Unemployed person

£40 (+ £8 VAT)

Non-members

£125 (+ £25 VAT)

## Special 2 events discount

If you are attending the ADUK Conference in Norwich on 23/24th Feb, you qualify for a discounted delegate fee to this event of just £50 (+ £10 VAT).

**Will you be attending the ADUK Conference:** ☐ YES ☐ NO

**Please invoice me**

☐ YES ☐ NO

**I enclose a cheque for** £  **made payable to "Arts Development UK" or**

**Please invoice me against Order Number:**

## Choice of Breakout Sessions

### Morning Breakout Session

(please choose **two** from the following):

- ☐ 1. Working in Partnership
- ☐ 2. Singing out for health
- ☐ 3. Sharing together
- ☐ 4. Working with cultural partners

### Afternoon Breakout Session

(please choose **two** from the following):

- ☐ 1. Designer Maker
- ☐ 2. Evidencing Impact
- ☐ 3. Gwent Arts in Health
- ☐ 4. Working with older people

☐ We have an online member's directory and occasionally share information with other arts and cultural organisations. Please tick the box if you do not wish your information to be shared.

**Please return this booking form to:**

Arts Development UK Administrator, Oak Villa, Off Amman Rd, Lower Brynamman, Ammanford,  
Wales SA18 1SN Tel/Fax: 01269 824728 Email: [artsdevuk@aol.com](mailto:artsdevuk@aol.com) [www.artsdevelopmentuk.org](http://www.artsdevelopmentuk.org)

Company Registration: 7983980 Charity Registration: 1146670

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