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All Party Parliamentary Group
on Arts, Health and Wellbeing
Inquiry

Creative Health: The Arts for Health and Wellbeing

The Short Report

July 2017



Participatory arts projects in healthcare settings:

Improve Wellbeing

- Make people feel valued and empowered
- Enhance self-esteem and confidence
- Provide positive distraction from anxieties
- Provide routine and structure through daily or weekly participation

Contribute to Personal Development

- Support longer lives lived better
- Positively affect self-perception of wellbeing
- Allow people to connect in new ways with fellow participants
- Enhance general quality of life

Enhance Community Spirit

- Improve social cohesion and create a sense of belonging
- Facilitate communication with other participants and help to build or strengthen a social network
- Reduce feelings of isolation and prevent loneliness



Early Prevention

Intervention

Resilience

Health

Inequalities

Vulnerability

Person-centred Care

Self-management

Realistic Medicine

Needs Assessment



ROOM FOR ART

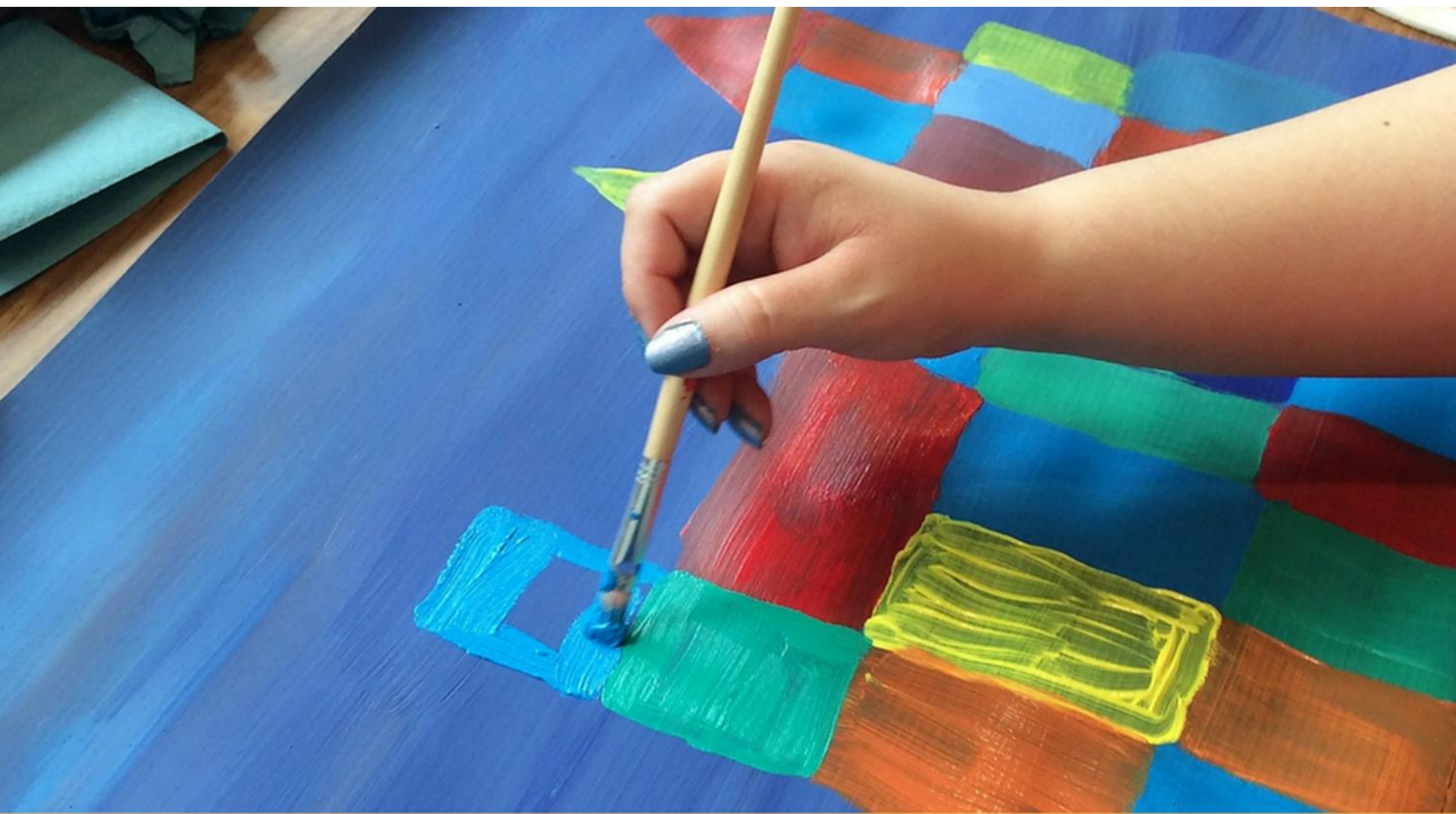
Art workshops for health and
wellbeing

NO ART EXPERIENCE
NECESSARY





"We came together, we didn't talk about why...it was just great knowing that people are in the same boat..."



"For me to put a picture up on the fridge...to have pride in something was amazing...because I had lost that..."



"It was really relaxing...just chatting
and drawing and just being me for that
little while..."

Visual arts in healthcare settings:

Improve Wellbeing

- Create a welcoming environment for patients
- Contribute to a more positive experience of the received care
- Provide staff with a positive and pleasant work environment, shown to affect staff retention rates

Reduce Negative Emotions

- Reduce patients' symptoms of stress, anxiety and depression
- Affect patients' perception of pain

Provide Positive Distraction

- Distract patients from worrying about their illness or treatment
- Make patients feel valued and help them to maintain a sense of dignity

Stimulate Holistic Healing

- Support the view that physical and mental wellbeing are interconnected
- Reduce length of the healing process and amount of drugs needed

The purpose of art is washing the dust of daily life off our souls
Pablo Picasso



QUESTIONS