

Arts & Wellbeing in Hertfordshire

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Current projects

- * Dacorum
 - * Arts and Health
- * St Albans
 - * Arts on Prescription
- * Stevenage
 - * Healthy Hub
- * Three Rivers
 - * Community outreach projects using the arts
- * May be other projects with an Arts & Health focus

Dacorum Arts & Health

- * Target group – young people at risk of or living with mild mental health issues
- * Delivery model
 - * 2 x 12 week arts and health programmes
 - * September 2016, Spring 2017
 - * Arts Awards
 - * Counselling
- * Delivery partners – Trestle Theatre and Signpost Counselling Service
- * Funding - £130k over 3 years

St Albans Arts on Prescription

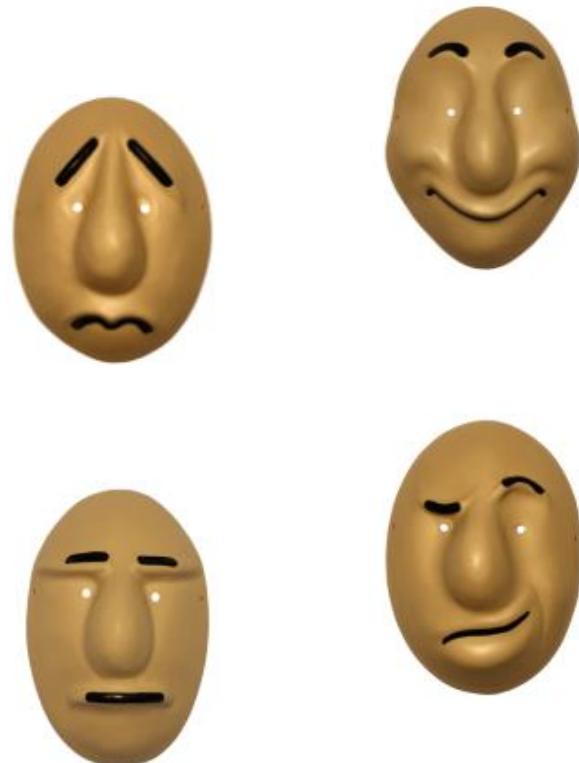
- * 9 week intervention for over 18s with poor mental health
 - * Phase 1 - visual arts
 - * Phase 2 – visual arts & drama (Trestle Theatre)
- * Funding - £5.5k
 - * Public Health offer / 1Life management fee
 - * Bidding for funding for Phases 3 & 4



St Albans Arts on Prescription

* Evaluation

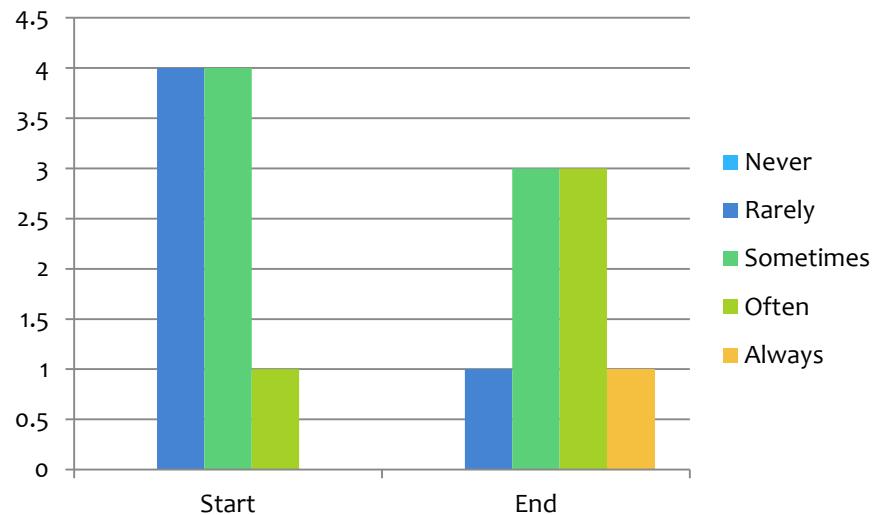
- * Variety of approaches
 - * Check in/check out using Trestle masks
 - * 'Change' evaluation based on Warwick Edinburgh questions
 - * Artist's diary/observations
 - * Case study
 - * Follow ups – participants & referral agencies



St Albans Arts on Prescription

* Results

Feeling good about myself



* Participant comment

* “...I feel more energetic and alive. ... Everything has improved in my life and I find I'm moving forward again with confidence.”

St Albans Arts on Prescription

- * Challenges
 - * Raising awareness and trust with GPs & other referral agencies
 - * Understanding how individual's external circumstances might affect evaluation results
- * Learning outcomes
 - * Be prepared to be flexible
 - * 'Looking after' the group heavy on time resources
 - * Future emphasis on prevention – opportunity to really make a difference
 - * Consider extending referral routes (less formal?)

Stevenage Healthy Hub

- * A one –stop-shop where partners are under one roof offering health and wellbeing services to the community.
 - * Multi agencies within the Hub make the referral pathways easier to access
 - * Situated within Stevenage Arts and Leisure Centre = Central location
- * Funding - £100k
 - * Public Health offer



it's estimated that 40,000 people in STEVENAGE could benefit from the healthy hub



Healthy Hub is a one stop shop providing information, advice and support to improve the health and wellbeing of our community. A team of professionals are on hand to help you every step of the way.



healthy hub
Stevenage

www.healthyhubstevenage.co.uk 01438 242 638
Stevenage Arts & Leisure Centre, Lytton Way, Stevenage, SG1 1LZ

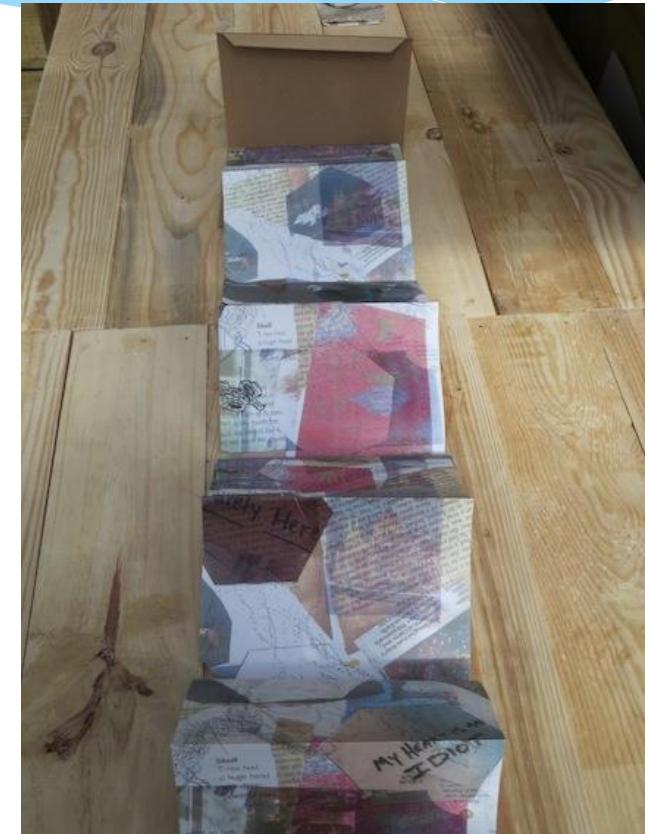
Stevenage Healthy Hub

- Delivery model
 - Drop in service
 - Provides private rooms & community space for training, support groups, etc
- Referrals from
 - Medical Professionals
 - Community partners
 - Self referral via Hub Buds
- Results
 - First 4 months - 1024 including 100 'walk ins'

Three Rivers Community Outreach

* **Beyond the Page**

- 3 groups - vulnerable adults; the elderly; those in long term dementia care
- Promoting creativity, lifelong learning and skill sharing.
- Sharing stories
- Evaluation (vulnerable adults group)
 - Online feedback
 - Warwick-Edinburgh based evaluation
 - Qualitative information based on staff observations
 - Verbal feedback from participants and carers/families.



Three Rivers Community Outreach

* **Creative Textiles**

- * Weekly artist led sessions for adults
- * Targeting those at risk of isolation
- * Promoting life long learning and creativity
- * Evaluation through written and verbal feedback forms, plus artist led discussion

* **Mini-Makers**

- * 4 week partnership with South Oxhey Children's Centre
- * Targeting vulnerable families - encouraging parent and child interaction
- * Written feedback captured via Children's Centre and discussion with parents and carers.



Countywide View

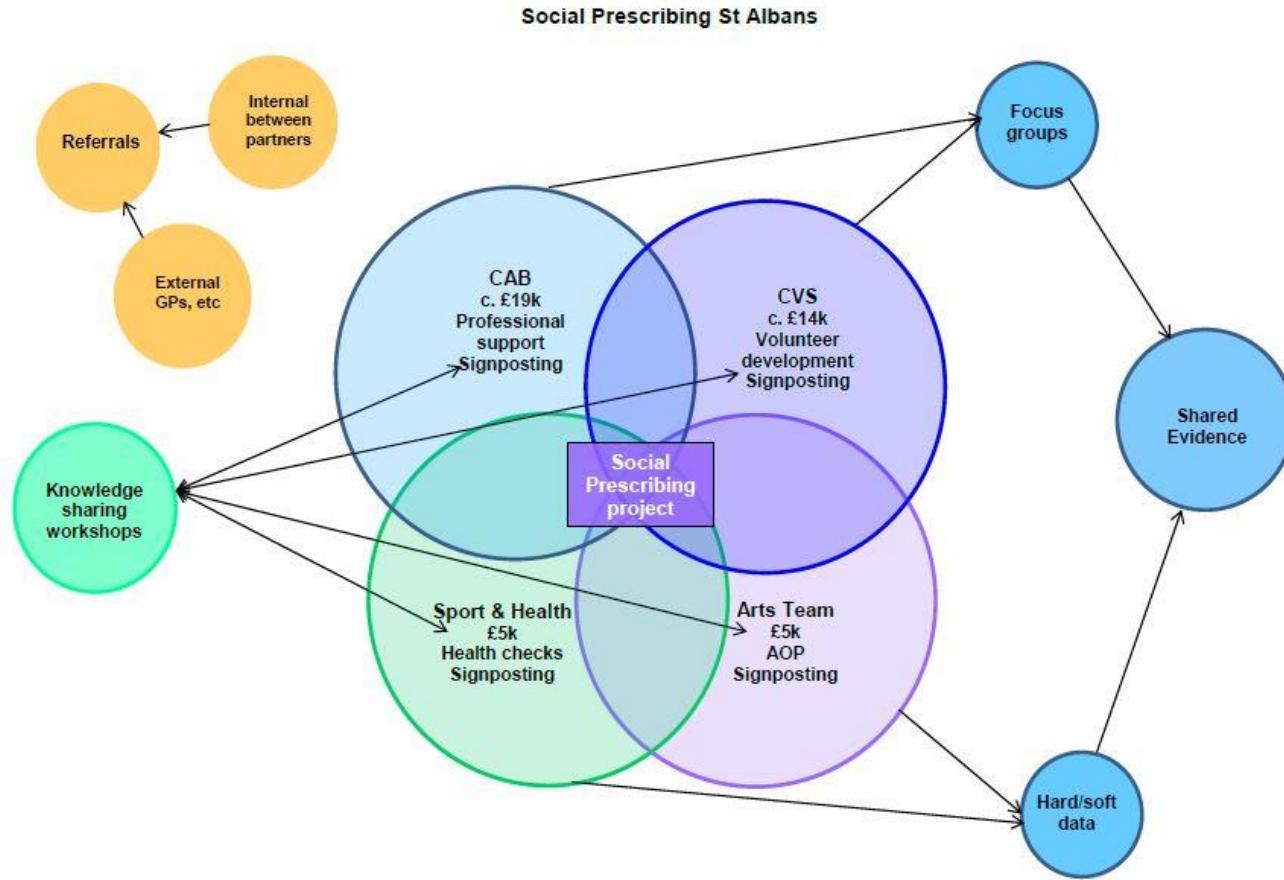
- * County Arts on Prescription group meets regularly
 - * Opportunity to share learning and best practice
 - * Discussion of benefits of different evaluation methods
- * Different district approaches allow Hertfordshire to trial range of models
- * Range of partnerships
 - * Local Authorities
 - * Public Health
 - * Clinical Commissioning Groups
 - * Voluntary Organisations & Community Groups
 - * Arts Organisations
 - * Leisure Trusts
 - * Children's Centres

What happens next?

- * Ambition for a shared Hertfordshire Evaluation Framework
 - * Building a body of evidence to support a larger bid
- * More all-embracing Social Prescribing model
 - * ***“Social prescribing simply means a programme which links patients to non-medical support in their community.”***

* <http://www.compactvoice.org.uk/blogs/compact-voice/2014/11/20/just-what-doctor-ordered-social-prescribing-and-partnership-working>

St Albans Social Prescribing Model





Any Questions?

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