Welcome to

'The Pandemic and Beyond: the Future of Creative Health'

We'll be starting the webinar shortly…

#CreativeHealth

Co-convened by Pandemic and Beyond, Culture Commons and the National Centre for Creative Health

The 'Pandemic & Beyond' Arts & Health cluster

Key themes, findings & recommendations

Key themes

- Responses to social isolation & loneliness
- Adaptation & innovation - ways of working across arts, culture, social & healthcare organisations & systems, creating new spaces
- Focus on lived experience & responses to health inequalities

Key findings & recommendations

- Arts have supported physical & mental health, and coping with the pandemic - integration with cultural, health & social care systems needed
- Cultural assets & creativity have alleviated social isolation, created & enhanced connections
- Creation of spaces for recovery & renewal - equity of access must be addressed
- Digital & hybrid programmes have been positively received & can be scaled up & adapted for wider benefit - support is needed to maintain & develop these

Covid-19 CARE - Culture and the Arts, from Restriction to Enhancement: Protecting Mental Health in the Liverpool City Region

Professor Josie Billington (English Literature, PI)
Professor Katia Balabanova (Communication & Media, Co-I)
Dr Joanne Worsley (Research Associate)
Dr Tonya Anisimovich (Research Associate)
Dr Wendy Asquith (Research Associate)
Ms Melissa Chapple (Research Associate)
Mr Richard Snowden-Leak (Research Associate)

https://www.liverpool.ac.uk/english/research/featured-research/covid-19-care/

@COVID_19CARE

Research Aim: To assess the impact of COVID-19 on arts and cultural provision in the Liverpool City Region and on the mental health of those whom arts and cultural organisations serve

- Before pandemic, LCR had some of poorest mental health outcomes in UK

- Recent research shows those most affected by the impact of Covid-19 were already at risk.*

- Since 2020 lockdown, NW England has seen highest concentrations of adults seeking mental health services nationally

*Young people (Kwong et. al, 2021), women (Niedzwiedz et. Al, 2021), black and ethnic minorities (Proto & Quintana-Domeque, 2021), those socially disadvantaged or with pre-existing mental health conditions (O'Connor et. al, 2021)

Objectives

To capture:

Changes in access to arts and culture especially for those at risk of mental health problems

- Examples of innovation in provision and their accessibility

- The effect on the psychological wellbeing of public beneficiaries

- The impact of renewed accessibility to 'new normal' arts and cultural provision

Research Methods

Two surveys in three (3-monthly) waves:

Survey 1: Online interviews with 15 arts organisations, including civic institutions and community programmes

Survey 2: Online questionnaire (and supplementary online or telephone interviews) with arts' audiences and beneficiaries

National Museums Liverpool

brazUKa
connecting communities

The Royal Liverpool and NHS
Broadgreen University Hospitals
NHS Trust

FACT

OPEN EYE GALLERY

DaDaFest

NHS
Mersey Care
NHS Foundation Trust

r

Metal

the choir with no name

movema

NHS
Liverpool
Clinical Commissioning Group

e

LIVERPOOL PHILHARMONIC

COLLECTIVE ENCOUNTERS

WOW
WRITING ON THE WALL

Published Findings

The Mental Health Impact of Restricted Access to Arts and Culture, Heseltine Institute for Public Policy Covid-19 Policy Brief Series (2021)

The Mental Health Impact of Restricted Access to Arts and Culture, Pandemic & Beyond Policy Brief (2022)

'Regional innovation in arts provision spawned by COVID-19: "It became a lifeline for a lot of people who are stuck at home"', *Frontiers in Public Mental Health,* (2022)

Podcast
Arts, Culture and Mental Health

Blogposts
https://www.liverpool.ac.uk/english/research/featured-research/covid-19-care/news-blog-publications/

Key Findings

Opportunities
- **Highly collaborative** and creative response by LCR arts/cultural organizations (**arts** essential in addressing social isolation – **a 'lifeline'**)
- Arts/cultural organizations working **in partnership** with health and social care providers most successful in reaching vulnerable, isolated, disadvantaged populations.
- Vital importance of **hybrid** provision in reaching more people more often
- Those who engaged in arts and cultural activities **often** and **all of the time** during full lockdown had **lower anxiety and depression scores** and **higher wellbeing scores**. This finding is statistically significant.

Challenges
- Loss of tactile and immersive nature of in-person activities
- Digital exclusion means certain vulnerable populations remain out of reach
- Those attending arts events 'often' before Covid-19 did so 'rarely' or 'never' during lockdown
-

Recommendations
- Support sustainable partnerships between health and arts providers
- Co-ordinate local initiatives
- Maintain alternative/hybrid provision of arts/cultural activity
- Train all stakeholders in digital know-how

LivCARE

Liverpool

Art of Care

A co-created digital resource showcasing innovative arts in mental health in Liverpool City Region

In partnership with Liverpool City Region Combined Authority Policy and Strategic Commissioning Directorate

Liverpool

Art of Care.

Showcasing innovative arts in health partnerships from the Liverpool City Region

Culture Box

Remote and digital creative activities for older people with dementia living in care homes.
https://www.cultureboxstudy.org

Professor Victoria Tischler, University of Exeter

The Culture Box team

- Dr Hannah Zeilig, University of the Arts, London

- Dr Chloe Asker, University of Exeter

- Dr Mary O'Malley, University of West London

- Julian West, Royal Academy of Music

- Dr Errol Francis, Culture&

- Emma Barnard, visual artist

- Hilary Woodhead, National Activity Providers Association (NAPA)

- Lynne Phair, Dementia the Montessori Way

- Gail Elliot, DementiAbility

People with dementia in care homes

- Amongst hardest hit during pandemic
  - Black & Minority ethnic groups

- Visits & enrichment activities (incl. art & music) ceased

- Culture Box responded- aiming to alleviate social isolation & provide stimulation using interactive activities & resources

What we did

- Weekly Culture Boxes (sent via post/digitally) to care homes across England for 12 months

- Boxes contained activities incl. music, visual art, film, suitable for diverse communities

- Designed materials/commissioned new work/collaborated with other organisations

- Assessed impact of the project

spare tyre

drawinglife

MIND THE GAP
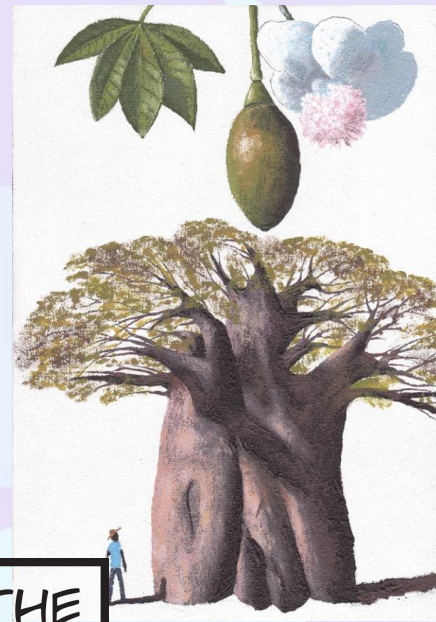
paintings in hospitals

LIVE MUSIC NOW

Key messages

- Promotion of socialisation

- Improved communication

- Residents were calm & engaged

- Art making, musical & nature-based activities
were especially popular

- Care staff felt inspired & supported

Recommendations

- Remote & digital delivery of arts & creative resources should be used more widely, incl. assessment of cost effectiveness

- Materials suitable for diverse communities & clear guidance are needed

- Care home staff attrition & digital poverty must be addressed

- Future projects should involve people with dementia from diverse communities

Community COVID:
Combating Social Isolation through Creative and Community Engagement

Aims: *Mixed methods study to understand how participants experiencing lockdown, self-isolation and shielding, engage with community resources.*

https://culturehealthresearch.wordpress.com/community-covid/

Positive aspects of activities

- Fitness and exercise good for mental and physical health and wellbeing
- **Focus on creativity** to forget other worries and pressures
- **Connecting and sharing**, keeping in touch
- **Keeping occupied + giving structure to the day**
- Learning new information + skills, **keeping brain active**
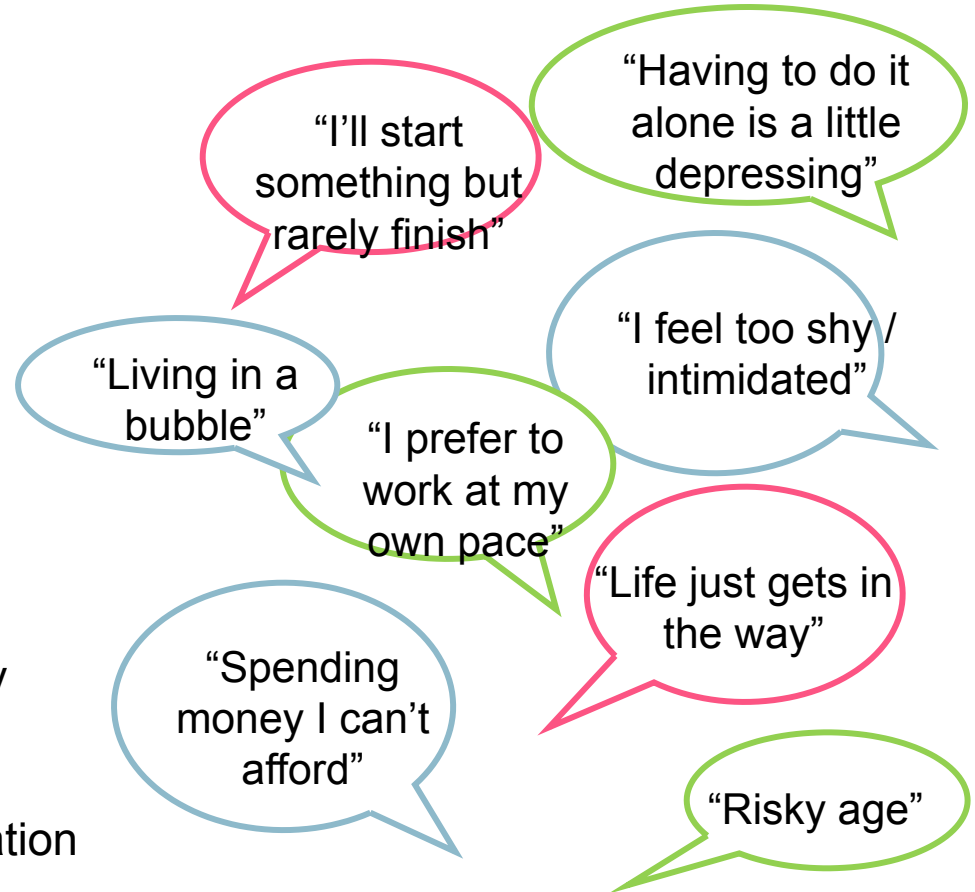- Escapism, distraction + switching off

Negative aspects of activities

- **Aches, pains and injuries**, eye strain, weight gain
- **Cost** of activities, buying tools, materials etc.
- Solitary activities, being alone
- **Lack of physical contact**
- **Difficulty using online platforms**

R^2 Linear = 0.259

$y = 25.9 - 1.5 \cdot x$
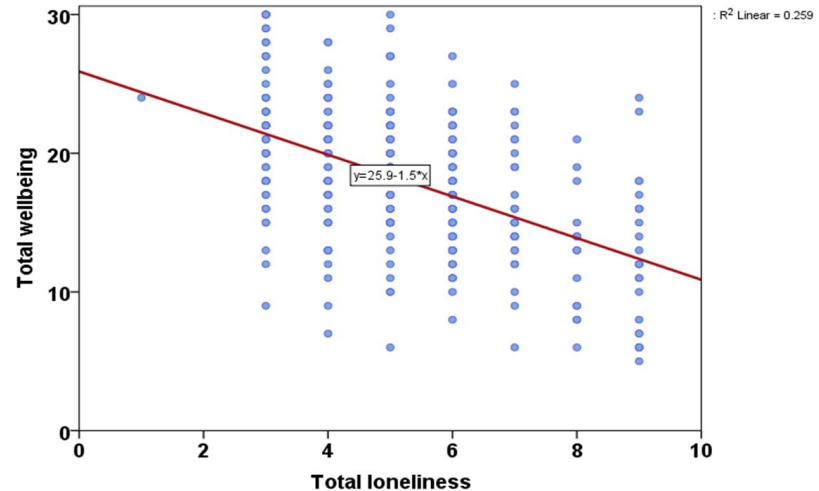
Decrease in wellbeing significantly associated with increase in loneliness

Barriers to participation

- Significant barriers to participation in activities for vulnerable people and non-vulnerable people alike.

- Main barriers are:

  - Lack of digital literacy skills
  - Insufficient resources
  - Opportunities limited
  - Lack of transport
  - Financial
  - Activities are solitary / without family
  - No real social interaction / personal contact
  - Requires self-motivation / concentration
  - Feeling like it is time wasted

"I'll start something but rarely finish"

"Having to do it alone is a little depressing"

"I feel too shy / intimidated"

"Living in a bubble"

"I prefer to work at my own pace"

"Life just gets in the way"

"Spending money I can't afford"

"Risky age"

Health/Community Professionals survey (N=200)

- Social prescribing link workers; public sector workers; third sector/ charity /community professionals.

- Some have formed new and interesting partnerships with other community organisations and local 'at risk' registers.

- Many felt their work positively impacted participant wellbeing, but that impact measurements they were using were not an accurate reflection of the work they were conducting.

- Link workers felt a disparity between the job description and day to day work:

"we wear several 'hats' from social worker to teacher, and most recently vaccine co-ordinator"

"Art allows me to travel in ways I no longer can due to being mainly housebound. There is flow and energy and movement, everything my disability has taken from me."

Key Findings

- Creative health partnerships and unexpected collaborations

- Significant barriers to participation

- Surge in Social Prescribing referrals

- Changing needs of the health service

- Fragility of the community ecosystem
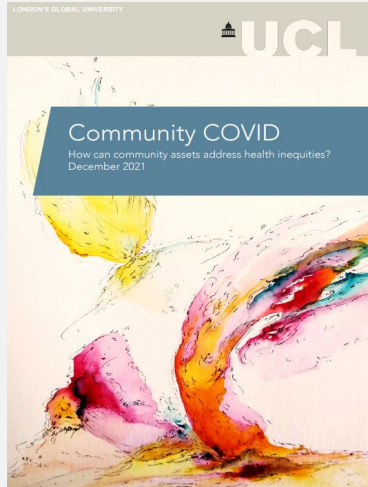
DISCOVERIES IN DISTANCED ARTS:

Investigating the design, delivery, and impacts of Entelechy Arts' Staying Connected Programme
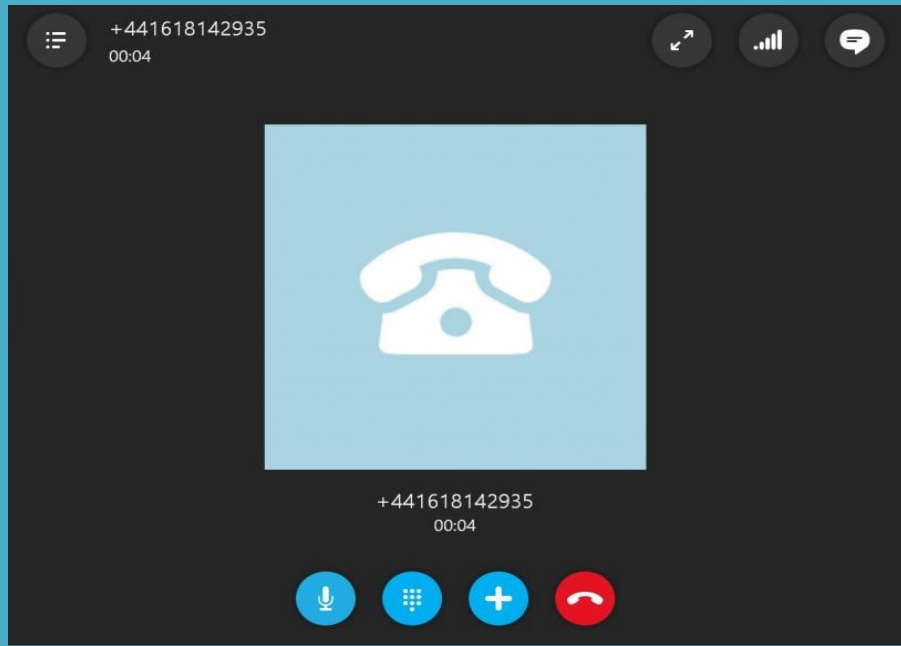
Dr Janelle Jones
Queen Mary University of London

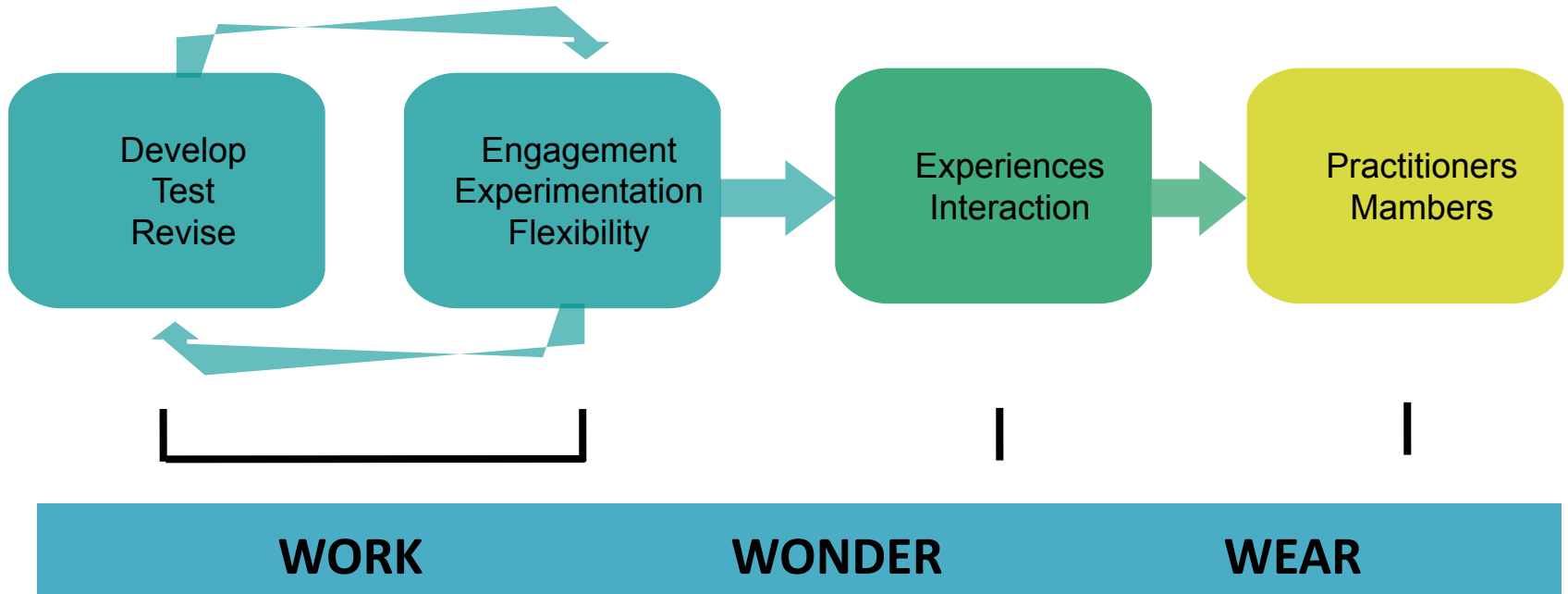| Develop Test Revise | Engagement Experimentation Flexibility | Experiences Interaction | Practitioners Mambers |

WORK **WONDER** **WEAR**

| Social Connection | Creative Engagement | Programme Benefits & Challenges | Well-being |

FRIENDS　　　　　　**FUN/FUNCTION**　　　　　　**FEELINGS**

Dear makers and crafters,

Please find enclosed a wooden sea creature for use during the Making session by phone on Tuesday 12th at 2pm. We will phone you then.

We've included some art materials too, and it's up to you how you might use them!

Before the session, we'd like to you have a think about the different

06/01/2021
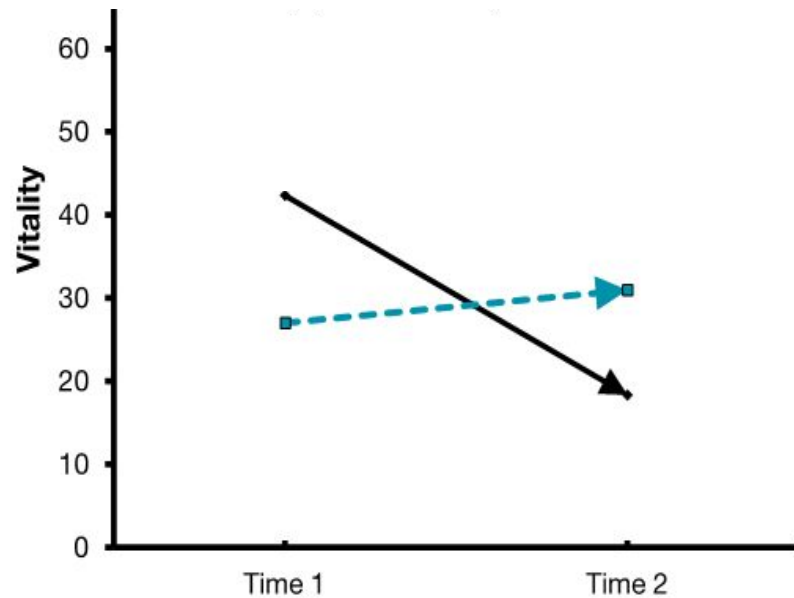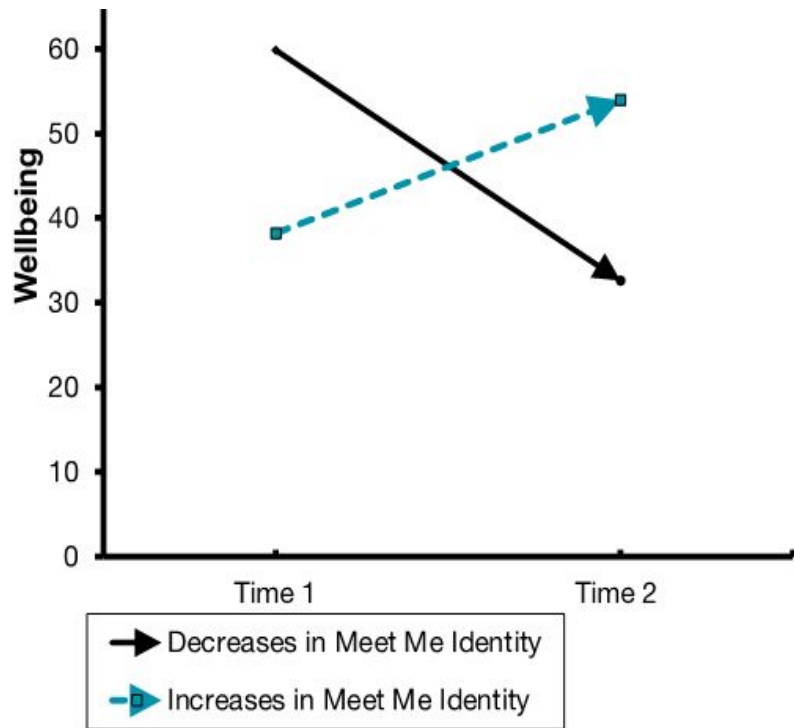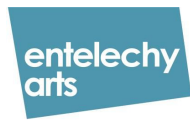
THANKS TO…

OUR PROJECT FUNDERS

ENTELECHY ARTS
- Maddy Mills, Christine Lee, David Slater
- Artists, Staff, Volunteers, and Members

QMUL
- Dr Claire Howlin
- Elizabeth Quinn
- Dr Emily Bradfield

Thank you for joining us for …

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Please stay on to complete a very quick survey

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UKRI — Arts and Humanities Research Council

THE **PANDEMIC** AND **BEYOND** ▶▶
The Arts and Humanities Contribution to Covid Research and Recovery

National Centre for Creative Health

CC CULTURE COMMONS