

## AGENCIES

### **Fusion Hospital Arts**

13a Spittal Street, Edinburgh EH3 9DY.  
T: 0131 537 6127.  
[www.fusion-artlink.co.uk](http://www.fusion-artlink.co.uk)

### **Project Ability**

18 Albion Street, Glasgow G1 1LH.  
T: 0141 552 2822.  
Email: [info@project-ability.co.uk](mailto:info@project-ability.co.uk)

### **The National Network for the Arts in Health (NNAH)**

118 Commercial Street,  
Spitalfields, London E1 6NF.  
T: 020 7247 6015.  
Email: [info@nnaah.org.uk](mailto:info@nnaah.org.uk)  
[www.nnaah.org.uk](http://www.nnaah.org.uk)

### **The Music Institute**

East Port, Dunfermline KY12 7JA.  
T: 01383 314 118.  
Email: [lesley.ohare@smtp5.fife.gov.uk](mailto:lesley.ohare@smtp5.fife.gov.uk)

### **Paintings in Hospitals Scotland**

Princess Margaret Rose Hospital,  
41-43 Frogston Road West,  
Edinburgh EH10 7ED.  
[www.pihs.org.uk](http://www.pihs.org.uk)

### **Grampian Hospitals Art Trust**

The Art Office,  
Aberdeen Royal Infirmary,  
Foresterhill, Aberdeen AB25 2ZN.  
T: 01224 552429.  
Email: [art.office@arh.grampian.scot.nhs.uk](mailto:art.office@arh.grampian.scot.nhs.uk)

### **Art in Hospital**

Blawarthill Hospital, Glasgow G13 3TG.  
T: 0141 211 9031.  
Email: [art.in.hospital@virgin.net](mailto:art.in.hospital@virgin.net)

### **PACE**

7 John Street, Edinburgh EH15 2EB.  
T: 0131 620 6020.  
Email: [pace@ednet.co.uk](mailto:pace@ednet.co.uk)

## RESEARCH

### **CAHHM – Centre for Arts and Humanities in Health Medicine**

University of Durham Business School,  
Mill Hill Lane, Durham DH1 3LB.  
T: 0191 374 7169.  
Email: [mike.white@durham.ac.uk](mailto:mike.white@durham.ac.uk)

### **Centre for Cultural Policy Research**

Gillmorehill Centre,  
University of Glasgow,  
Glasgow G12 8QQ.  
T: 0141 330 3558.

# TRY THIS FIRST!

# CREATIVE ROUTES TO HEALTH



## HI-ARTS

WORKING WITH YOU TO MAKE HIGHLAND THE HEALTHY PLACE TO BE

DYNAM, INVERNESS

# DEFINITION OF CREATIVE SPACE

It is widely recognised that the provision of “creative space” can break down barriers, allow ideas to flow naturally and evolve in a way that is inclusive and equal. It encourages freedom, individuality and promotes wellbeing.

Providing creative space is like opening the blinds to a darkened room, allowing those inside to be bathed in sunlight.

## CREATIVE ROUTES TO HEALTH

In recent years much debate and dialogue have taken place into the possible value that the arts can contribute to both current and proposed health initiatives. Particular and detailed discussion exploring the arts and mental health, and more specifically, the use/incorporation of the arts in mental health promotion has taken place nationally and locally.

As a means of relating this to a Highland context, HI-Arts and the Highland NHS Board commissioned a document to help raise awareness of this work and to illustrate the importance and value of creating **STRONG LINKS BETWEEN THE ARTS AND HEALTHCARE SECTORS.**

The result is “Creative Routes to Health – a toolkit for involving the arts” – a two-part document which, it is hoped, will foster the development of creative space in the principles, policies and practice of the healthcare sector.

**TRY THIS FIRST** summarises the main document and highlights the key findings.

Part two, **CREATIVE ROUTES TO HEALTH – A TOOLKIT FOR INVOLVING THE ARTS** is the main document, covering the various issues relating to arts and health practices, with a series of guidelines and principles and supported by case studies.

**THE TOOLKIT** suggests the following benefits of including the arts in healthcare initiatives:

- Increased confidence and self-esteem.
- More effective use of funding structures.
- Promoting the idea of “healthy citizenship”.
- Overcoming stigmas.
- Creating opportunities for community engagement.
- Encouraging and establishing collaboration between sectors.

### EXPLORATIONS THROUGH CREATIVE SPACE RESULT IN MENTAL ROBUSTNESS AND INCREASED CAPACITY FOR LIVING

And subsequently draws the following conclusions:

- A primary preventative approach needs to be adopted.
- Gaps between healthcare and arts sectors need to be bridged.
- Care plans should have an element of creative space built into them.
- This Toolkit to be included in the Highland NHS Lifestyle Strategy.
- Access to the arts from the healthcare sector needs to be improved.
- Outcomes need to be incorporated into existing services.
- Make connections – link artists to bureaucrats and bureaucratic infrastructure.
- Benefits to social inclusion and mental wellbeing need to be recognised.

**Survivors' Poetry Scotland (SPS):**

### DEVELOPING THE VOICE AND BUILDING SELF-ADVOCACY SKILLS THROUGH CREATIVE EXPRESSION

Survivors' Poetry Scotland, Templeton Centre,  
62 Templeton Street, Glasgow G40 1DA.  
T: 0141 556 4554. Web: [www.sp Scot.co.uk](http://www.sp Scot.co.uk)

### Dundee Rep Theatre – The Community Company IT'S ALMOST LIKE BEING A CHILD AGAIN, BEING ABLE AND ENCOURAGED TO PLAY. WE DON'T SEE THE MENTAL HEALTH, WE SEE THE PERSON

Dundee Rep Theatre, Tay Square, Dundee DD1 1PB.  
T: 01382 227684. Web: [www.dundeereptheatre.co.uk](http://www.dundeereptheatre.co.uk)

# THIS IS A SUMMARY OF THE MAIN PRINCIPLES WE CONSIDERED WHEN DEVELOPING ART AND HEALTH

## COMMITMENT

To achieve a shared vision for the availability of creative spaces.  
**FROM SMALL ACORNS, LARGE OAK TREES CAN GROW.**

## PLAN FOR LONG HAUL

It takes time to raise confidence and promote wellbeing.  
**DON'T BE IN A RUSH.**

## UTILISE LOCAL SKILLS

Realise your community's potential and tap into their skills, knowledge and enthusiasm.  
**BUILD ON WHAT YOU HAVE.**

## LET THE CLIENT TAKE OWNERSHIP

Engage with your local community and be prepared to meet halfway.  
**GO THAT EXTRA MILE.**

## BOTTOM-UP APPROACH ESSENTIAL

Project should be led from the bottom up, not prescribed down.  
**ALLOW THEM TO FORM THEIR OWN SHAPE.**

## CREATE A MISSION STATEMENT

This will help you to focus and give your project grounding and stability.  
**REMEMBER YOUR GOALS.**

## ARTS AND HEALTH SHOULD GROW TOGETHER

Let them evolve to be the cornerstones of a project.  
**MOVE FORWARD AS EQUAL PARTNERS.**

## WHAT IS ART, WHAT IS NOT?

Participation in the creative process is what is important, don't worry about definitions.  
**KNOW THE POSSIBILITIES.**

## A PROFESSIONAL BALANCE

Artistic success may be less important than the interpersonal skills and ability to engage with people.  
**PROFESSIONALISM EMBRACES OPPORTUNITY.**

## NETWORKING AND COMMUNICATION

Strengthen and reassure individuals, avoid duplication and encourage good practice.  
**IT'S GOOD TO TALK AND SHARE.**

## ARTLINK CASE STUDY

Artlink has been supporting opportunity and choice in the arts for people with disability since 1984. It recognizes that the arts can create opportunities for:

- Social action.
- Inclusion in local communities.
- Learning.
- Recreation.
- Structured training and supported employment.

Since their inception they have been running a variety of short and long term arts programmes in Edinburgh and the Lothians, and their vision remains "to make the arts accessible".

They currently run seven programmes and aim to ensure that everyone has the opportunity to access the arts according to their needs and interests.

Artlink  
13a Spittal Street,  
Edinburgh EH3 9DY.  
T: 0131 229 3555.  
[www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)



### ArtLink

**IT'S ABOUT EXPRESSION RATHER THAN SUPPRESSION, REVERSING THE OLD VIEW TOWARDS MENTAL HEALTH WHEN YOU WENT INTO HOSPITAL, WERE DUMPED THERE AND GIVEN MEDICATION**

Artlink, 13a Spittal Street, Edinburgh EH3 9DY.  
T: 0131 229 3555. [www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)

## COMMON KNOWLEDGE PROJECT CASE STUDY

The Common Knowledge Project on Tyneside places arts activity at the heart of community health development and clinical practice. It pioneers a new approach and a vibrant network of artists, health professionals, teachers, academics. Local Authority representatives, voluntary sector entrepreneurs and community participants are working together to achieve a common aim – to achieve and practise healthier citizenship through creative collaboration.

This healthy citizenship may be achieved through use of the following goals:

- To disseminate useful knowledge and information.
- To mutually define arts in health in the Tyne and Wear Health Action Zone.
- To achieve community participation.
- To support collective aspirations in community health.
- To change the way people work.
- To create a positive emotional environment for the project.

Mike White, CAHMH,  
The Business School,  
University of Durham,  
Mill Hill Lane,  
Durham DH1 3LB.  
T: 0191 374 7169.  
[mike.white@durham.ac.uk](mailto:mike.white@durham.ac.uk)

### Eden Court Theatre Outreach Programme

**ONE OF THE BIGGEST PROBLEMS IN MANY AREAS IS THE LACK OF GOOD OPPORTUNITIES AND INCENTIVES FOR YOUNG PEOPLE TO STAY OR RETURN TO THEIR OWN AREAS**

Eden Court, Bishops Road, Inverness IV3 6SA.  
T: 01463 239841. Email: [sonia.rose@highland.gov.uk](mailto:sonia.rose@highland.gov.uk)

# HIGH NEED TO BE HCARE PROJECTS.

## BEING ALLOWED TO MAKE MISTAKES

Reflecting on mistakes can be a positive learning experience and can increase capacity.  
**SHARE BOTH POSITIVE AND NEGATIVE EXPERIENCES.**

## KEEP LOCAL CULTURE AT THE HEART OF YOUR PROJECT

Have pride in what you are doing and don't change just for funding.  
**STICK TO YOUR PRINCIPLES AND KEEP YOUR MISSION STATEMENT ALIVE.**

## FLEXIBLE FUNDING

Too many constraints on projects stifle creativity.  
**AVOID BEING TIED TO A SPECIFIC SHAPE.**

## RESEARCH

Try and build into projects an evaluation method that allows research to progress in parallel.  
**QUALITY OF LIFE VERSUS QUANTITATIVE RESEARCH.**

## FOR MORE DETAILS OR HELP WITH DEVELOPING A PROJECT CONTACT:

**JERMAINE ALLISON – HIGHLAND NHS BOARD**  
T: 01463 704805. Email: [jermaine.allison@hnb.scot.nhs.uk](mailto:jermaine.allison@hnb.scot.nhs.uk)

**ROBERT LIVINGSTON – HI-ARTS**  
T: 01463 720884. Email: [robert@hi-arts.co.uk](mailto:robert@hi-arts.co.uk)

# CREATIVE ROUTES TO HEALTH

## CROMARTY ACTION FOR YOUNG PEOPLE **CASE STUDY**

CAYP grew out of an initial awareness in Cromarty of the need for decent facilities for children and young people of all ages.

Initially a determined group of parents set up a public meeting inviting representatives from, amongst others, the Highland Council and Ross and Cromarty Enterprise, asking the question:

### WHAT DO WE NEED?

- A dedicated space for pre-school child care, after-school care and youth club.
- Trained staff to ensure highest standards of care.
- Project and revenue funding.
- A suitable building.
- A committee with the skills and commitment to realise this.

Their Mission Statement "Together we can amaze" grew out of a collective ethos of offering further opportunities for children and parents to take part in a range of activities promoting healthy living, environmental awareness, equality issues, use of the arts (visual art, drama, music), the desire to offer practical help and support to vulnerable families and the desire to be part of a real solution for the disenfranchised youth of Cromarty.

Cromarty Action For Young People, East Hall, Burnside Place, Cromarty IV11 8XQ.  
T: 01381 600822.  
Email: [cayp@cali.co.uk](mailto:cayp@cali.co.uk)

### Age Concern

**EVERYONE HAS THE RIGHT TO FREELY PARTICIPATE IN THE CULTURAL LIFE OF THE COMMUNITY**

Age Concern, 113 Rose Street, Edinburgh EH2 3DT.  
T: 0131 220 3345. Web: [www.ageconcernscotland.org.uk](http://www.ageconcernscotland.org.uk)

### ArtsPlay (formally Stimulating Creativity)

**CREATIVE DEVELOPMENT IS FUNDAMENTAL TO SUCCESSFUL LEARNING**

HI-Arts, Suites 4 & 5, Ballantyne House, Academy Street, Inverness IV1 1LU. T: 01463 717091. Web: [www.hi-arts.co.uk](http://www.hi-arts.co.uk)