



HEALTH AND WELLBEING BOARD PAPER FORMAL PUBLIC MEETING

Report of: Greg Fell

Date: 30th March 2023

Subject: Improving Health Outcomes through Culture, Arts and Heritage

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Summary:

In November 2022 Sheffield City Council and Sheffield Museums facilitated a Culture and Health Symposium that showcased the excellent work already happening across Sheffield and South Yorkshire to improve health and wellbeing through the arts. The Symposium recommended that each of South Yorkshire’s Local Authorities create a Culture, Arts & Health Group (similar to that already operating in Doncaster) that can feed into their HWBBs. The Group members would contribute to a South Yorkshire Arts & Health Network that provides a focal point for regional, local and micro-local strategies linking the arts to health improvements.

Questions for the Health and Wellbeing Board:

- Does the Board understand and value the role art and culture can play in improving health outcomes?
- Will the Board support the creation of a Sheffield Culture, Art and Health Group and a regional Arts & Health Network?
- Will the Board include arts and culture in plans moving forward?

Recommendations for the Health and Wellbeing Board:

- Endorse and support the creation of a Culture, Arts and Health Group for Sheffield.

- Include arts and culture in the Board's agenda and workflow moving forward
- Co-opt a Board member to join Sheffield's Culture, Arts and Health Group

Background Papers:

Improving health outcomes through culture, arts and heritage: Opportunities for the Integrated Care Strategy (ICS) (Appendix A)

[South Yorkshire Integrated Care Strategy - Sheffield Museums Trust](#)

[SYMCA-Culture-Arts-and-Heritage-Engagement-Report-20-06.pdf \(southyorkshire-ca.gov.uk\)](#)

Which of the ambitions in the Health & Wellbeing Strategy does this help to deliver?

Starting well

- Every child achieves a level of development in their early years for the best start in life

Ageing well

- Everyone has equitable access to care and support shaped around them
- Everyone has the level of meaningful social contact that they want

Who has contributed to this paper?

- Karen Harrison - Health Improvement Principal, Sheffield City Council
- Kirstie Hamilton – Director of Programmes, Sheffield Museums
- Kim Streets – Chief Executive, Sheffield Museums
- Professor Steve Haake, Sheffield Hallam University

IMPROVING HEALTH OUTCOMES THROUGH CULTURE, ARTS AND HERITAGE

SUMMARY

In November 2022 Sheffield City Council and Sheffield Museums facilitated a Culture and Health Symposium that showcased the excellent work already happening across Sheffield and South Yorkshire to improve health and wellbeing through the arts. In order to improve health outcomes through culture, arts and heritage the Symposium recommended that each of South Yorkshire's Local Authorities create a Culture, Arts & Health Group (similar to that already operating in Doncaster) that can feed into their HWBBs. The Group members would contribute to a South Yorkshire Arts & Health Network that provides a focal point for regional, local and micro-local strategies linking the arts to health improvements.

This paper and the report (appendix A) give examples of how Culture, the Arts and Heritage can improve health outcomes across Sheffield and asks the board to:

- Endorse and support the creation of a Culture, Arts and Health Group for Sheffield.
- To commit to including arts and culture in the Board's agenda and workflow moving forward
- Co-opt a Board member to join Sheffield's Culture, Arts and Health Group

1.0 HOW DOES THIS IMPACT ON HEALTH INEQUALITIES IN SHEFFIELD?

- 1.1 Many of the case studies in the attached document demonstrate that engagement in the arts enriches the lives of local people, making our communities happier, healthier, and more cohesive.
- 1.2 The case studies detail how engagement in the arts can have a positive impact on reducing health inequalities in Sheffield. This includes people who are socially disadvantaged, families at risk, people with learning disabilities, people who are socially isolated and/or living with poor mental health.
- 1.3 Endorsing a culture and health collaboration in Sheffield and working through the People Keeping well partnerships; Holiday activity and Food partners; and local arts organisations will identify the best route to supporting small and grass roots organisations to bring arts and culture to communities (adults and children) especially those most disadvantaged, thus reducing inequalities.
- 1.4 A lot of culture and arts interventions are relatively low cost to deliver and can be delivered in a variety of venues. The prevalence of project/short term funding in the sector can make delivering regular activities challenging. However there is a considerable untapped resource in the range of organisations and localities, and

significant skills and enthusiasm to work with people in communities to improve health outcomes. where planning aligns and the funding model be viable.

Taking a connected, city-wide life course approach to this work will ensure inclusivity, improve effective use of resource and realise the benefits that intergenerational interventions can achieve.

2.0 THE EVIDENCE FOR THE ROLE OF THE ARTS IN IMPROVING HEALTH AND WELLBEING

2.1 In 2019, the World Health Organisation (WHO) produced a report titled, ‘What is the evidence on the role of the arts in improving health and wellbeing?’ The report demonstrated that engagement in the arts has a direct, positive impact in the prevention of ill health, the management and treatment of disease and illness, and the promotion of good health (Fancourt and Finn, 2019).

2.2 The All Party Parliamentary Group (APPG) on Arts, Health and Wellbeing published the second edition of their report on The Arts for Health and Wellbeing in 2017 . They gave a plethora of evidence showing that the arts can help meet many of the challenges facing health and social care, namely, ageing, long-term conditions, poor mental health and loneliness. Specifically, they suggested that each organisation involved in health and social care should have a dedicated individual to leverage the benefits that the arts can bring. This was particularly recommended for those organisations like the Integrated Care Systems (ICS) responsible for new ways of working and for transformation.

2.3 The APPG recommended that social prescribing workers be linked to those providing interventions in the arts and ought to work with patients to showcase the benefits to health.

2.4 In 2020, a Department for Digital, Culture, media and sport (DCMS) Evidence Summary for Policy considered the role of arts in improving health & wellbeing and concluded that there was enough evidence to support the following outcomes being used to guide policy:

- The use of music to support infant social development
- The use of book reading to support child social development
- The use of music or reading for speech and language development amongst infants and children
- The use of the arts to support aspects of social cohesion
- The use of the arts to improve wellbeing (i.e. positive psychological factors) in adults
- The use of the arts to reduce physical decline in older age.

2.5 They also found evidence for the following outcomes can be trusted to guide policy in most situations:

- The use of the arts (other than reading) to support child social development
- The use of the arts to support wellbeing in children and young people
- The use of the arts to support cognition in older age

2.6 The benefits from a typical programme are detailed in the DCMS report and are exemplified by Arts on Referral in Barnsley that calculated approximately £7 in social value being created for every £1 invested, with the return on investment shared between the individuals, the health sector and the arts organisations.

2.7 The National Institute for Health & Care Excellence (NICE) has published guidance that links health interventions and the arts. Nice Guidance 32 recommends group activities with more than one component to support independence and mental wellbeing for older people. Suggestions for activities include singing programmes, art, crafts and other creative activities and community based schemes. Nice Guidance 96 also suggests group activities and social clubs for those with learning disabilities as they grow older. PH16 suggests physical activity programmes that might include dance sessions would support mental wellbeing in older adults while NG16 also advocates physical activity as a way to promote health lifestyles to delay or prevent onset of illness in later life. PH9 and PH49 provide guidance on behaviour change that emphasise that programmes should build on communities and relationships: these are the key attributes of interventions in the arts.

2.8 There are many case studies available that address specific problems such as physical or mental health. What hasn't been documented is the role of the arts in the prevention of illness and disease at a population level, and the positive impact on society that the arts bring. More studies are needed to address a lack of evidence – such as in the NICE guidance –the lack of evidence appears to be driven by a lack of studies rather than null findings.

3.0 SHEFFIELD CULTURE AND HEALTH SYMPOSIUM (NOV 2022)

3.1 Following the Symposium, a paper was written for ICS (Appendix A). This document was designed to re-state the benefits of interventions in the arts to the health and social care system, to describe real case studies from across the region that demonstrate how the arts has impacted beneficially on improving health and well-being, and to recommend to the ICS how it can leverage existing opportunities to help it deliver its 5-year plan.

3.2 A key recommendation is that the ICS and the South Yorkshire Mayoral Combined Authority should together work with local authorities, Arts Council England, Universities, hospital charities and other arts providers such as Sheffield Museums and community arts providers. The arts can be accessed and enjoyed by anyone irrespective of age. Taking a life course approach to this work will assure inclusivity and realise the benefits that intergenerational interventions achieve.

4.0 ASSET BUILDING

- 4.1 A recent report on the culture, arts and heritage sector for the South Yorkshire Mayoral Combined Authority [SYMCA-Culture-Arts-and-Heritage-Engagement-Report-20-06.pdf \(southyorkshire-ca.gov.uk\)](https://www.southyorkshire-ca.gov.uk/SYMCA-Culture-Arts-and-Heritage-Engagement-Report-20-06.pdf) found that the sector is worth £860m with a value added of £1.35 billion p.a. This provides a credible sector for the ICS to work with. With ICS leadership and coordination, the arts sector could be better connected into NHS services and clinical pathways and able to make a sustained, positive impact on health outcomes for the Sheffield and South Yorkshire population.
- 4.2 The insight gleaned from the case studies show that Sheffield and surrounding South Yorkshire is already home to world-class cultural and heritage assets, significant creative and cultural expertise and a breadth of high-quality initiatives in the arts.
- 4.3 The key issue is that the role of the arts in improving health and wellbeing is not fully recognised or harnessed and as a result the arts and health projects are often poorly and sporadically funded. In short, the opportunity to use the arts for the prevention of ill health is lost (Fancourt and Finn, 2019).
- 4.4 Robert Webster, part of the APPG on Health and Wellbeing puts it as follows: “The therapeutic value of art is an asset we must use. A partnership between arts organisations and health organisations has the power to improve access to the arts and to health services for people neglected by both. Through our Creative Minds programmes in Yorkshire, I also know these partnerships can both save lives and make lives.”
- 4.5 What is currently missing is strategic leadership and better coordination across the system. If this could be achieved in Sheffield and then in the wider South Yorkshire area then the following could be achieved:
1. Sharing of best practice and learning across the City
 2. An increased understanding of the benefits of the arts to health and wellbeing
 3. Clearly identified assets for signposting by both primary and secondary care, and link workers
 4. Re-direction of those in treatment pathways to external delivery partners
 5. Large benefit cost ratios to health and social care system.
- 4.6 The outcomes for the ICS – and for Sheffield’s HWBB would be:
1. Improved patient outcomes
 2. Reduction in non-elective episodes and A&E attendance (achieved through creative interventions such as movement to music that increases strength and balance to prevent falls)
- 4.7 Ultimately, achieving these outcomes would alleviate pressure on Adult Social Care and therefore Sheffield City Council, enabling more residents to live healthy lives.

5.0 THE SHEFFIELD CULTURE, ART AND HEALTH GROUP/ SOUTH YORKSHIRE ARTS AND HEALTH NETWORK

5.1 It is proposed that each South Yorkshire local authority creates a Culture, Art and Health Group that feeds into each Local authority Health and Wellbeing Board. The members of each group will form a South Yorkshire Arts and Health Network that can act as a focal point for regional, local and microlocal strategies, emphasising place in their development.

5.2 The purpose of the South Yorkshire Arts and Health Network will be to do the following:

1. Create an asset map of arts and health interventions in the region
2. Identify short term gains and long term priorities
3. Identify clear processes for connecting health practitioners and link workers with stakeholders in the arts
4. Co-create a cross-sector plan that achieves improved health and wellbeing outcomes for Sheffield and South Yorkshire
5. Work with Arts Council England and the Culture, Health and Wellbeing Alliance to develop a local Creative Health Quality Framework
6. To collate and publish robust evidence for what works with art interventions in health and social care settings
7. Work with SYMCA and the ICS to create a funding strategy that supports the arts to deliver the outcomes needed by Sheffield and the South Yorkshire region

6.0 MAKING IT HAPPEN: RECOMMENDATIONS

6.1 The following are recommendations for the HWBB to realise the opportunities described in this document:

- Endorse and support the creation of a Culture, Arts and Health Group for Sheffield.
- To commit to including arts and culture in the Board's agenda and workflow moving forward
- Co-opt a Board member to join Sheffield's Culture, Arts and Health Group

7.0 QUESTIONS FOR THE BOARD

- Does the Board understand and value the role art and culture can play in improving health outcomes?
- Will the Board support the creation of a Sheffield Culture, Art and Health Group and a regional Arts & Health Network? Will the Board include arts and culture in plans moving forward?

8.0 RECOMMENDATIONS

- Endorse and support the creation of a Culture, Arts and Health Group for Sheffield.

- To commit to including arts and culture in the Board's agenda and workflow moving forward
- Co-opt a Board member to join Sheffield's Culture, Arts and Health Group