

## Arts, Health & Wellbeing Group - Hove Town Hall

18.11.19

### ACTION NOTES

**Attendees:** [AudioActive](#) (Adam Joolia), [Brighton & Hove City Council](#) (Branwen Lorigan, Madeleine Wilson), [NHS Clinical Commissioning Group](#), [Creative Future](#) (Jane McMorrow), [Community Works](#) (Laura Williams), [Impact Initiatives](#) (Juliet O'Brien), [Moving Sounds](#) (Lex Tettersington), [New Writing South](#) (Sarah Crompton), [Public Health BHCC](#) (Alistair Hill, David Brindley), [Robin Hood Health Foundation](#) (Emma Drew), [Sew Fabulous](#) (Susie Deadman), [Soul Sofa](#) (Vikki Parker), Sussex University student (Nuala Friedman - Music in Social Care), [The Trust for Developing Communities](#) (Athol Halle), [Together Co](#) (Jo Crease), [University of Brighton](#) (Stuart Hedley, Aristea Fotopoulou),

**Apologies:** [RISE](#) (Polly Irvin), The Trust for Developing Communities (Kaye Duerdoth), Fabrica (Clare Hankinson)

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### 1. Welcome

#### Public Health

No comments received on previous minutes.

Arts, Health & Wellbeing group currently has 60+ members, on average 20 attending meetings and 15 regulars. Currently looking at a restructure: potentially with a lead group & sub-networking group. In addition, there need to be clear terms of reference.

Current conference sub-group: Community Works (Laura Williams), Public Health (David Brindley), Robin Hood Health Foundation (Emma Drew), Sussex University student (Nuala Friedman - Music in Social Care).

### 2. Arts, Health & Wellbeing 2020 conference

**Public Health** gave a brief outline of proposed *Event Manager* tender proposal, for the planned arts and health conference to be held in spring 2020.

Four overarching goals are: *Designing effective arts & health interventions / Developing stronger pathways between the arts, health & social care / Measuring how providing arts programmes affects population health / Ensuring free & affordable provision*. The tender documents will be sent out to all members of this group and through Community Works list.

- Currently reviewing other summits / festival activity in the city to see when best to schedule.
- Attenborough Centre for Creative Arts suggested as location, awaiting response.
- Aim: mixture of speakers and workshops throughout the day. Any necessary payments will be managed by the event manager from within the £10k budget.
- Addressing health inequalities as strategic aim: reflecting diversity of Brighton & Hove.
- Aim: clear post-evaluation report & suggestions for next steps. Not just delivery & then 'goodbye'.
- Timescale for tender: return by 5 December, evaluation/scoring 6-12 Dec, moderation by 16 Dec, notify all by 17 Dec. Inception meeting and in-post by January. Application by proposal (£10k must cover everything - all event costs, including Event Manager fee).

Comments on draft:

**Brighton & Hove Council:** The Annual Cultural Summit, focusing on inclusion and mixing mainstream arts, will be on 30th March, daytime. Should timing align? This will also be held at the Attenborough Centre. Will be a creative, hands-on approach. There could be a taster session at Cultural Summit conference to point towards the Arts, Health & Wellbeing conference? Your Event Manager could attend, to align thinking and promote? Capacity at Attenborough Centre is flexible, depending on how space is used.

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**Creative Future:** Need to think about who Arts, Health & Wellbeing want to align ourselves to - which partners regionally and particularly nationally? E.g. [The Culture Health & Wellbeing Alliance](#). I suggest cost applied to tickets, when free it's too easy not to turn up - may generate additional income to support event. Is location obstacle to get to? High profile speakers need to be booked in as priority.

**AudioActive:** Is this a one-off event or a repeat? Ideal if it's a beacon from afar, spotlights innovation, but also allows room to be upscaled/sustained further afield - how to attract delegates outside of city?

**Public Health:** Re: Location, trying to get away from the city centre. This £ is a one-off budget at the moment. Aiming for 200+ delegates.

**Robin Hood Health Foundation:** Southwark are doing something similar. Need to creatively showcase conference and be clear what it is about. We need to complement and build on the Cultural Summit (Brighton & Hove City Council), to draw out the distinction.

**Creative Future:** This conference is specifically about Public Art and Health.

**Brighton & Hove Council:** The 2020 Cultural Summit is focusing specifically on marginalised groups within the neighbourhood, e.g. those working on the '[Your Place](#)' initiative in Knoll & Hangleton. It also has a regional focus, not purely local and is an opportunity to see what's happening across the 5 strands of the Brighton & Hove [cultural framework](#). Marginalised groups will be present and be running events.

**Nuala Friedman:** Can it also encompass social care? Similar issues across health & social care.

**Public Health:** Difference is our conference is specifically aimed at engaging the Health sector. The health as well as arts and creative sector. The health sector won't come to the Cultural Summit – generally.  
Let's make sure the brief that attracts those in the health sector. Don't want to exclude social care.

### ACTIONS

- **Public Health** to send out draft *Event Manager* Job Description: any additional thoughts email David directly by Wednesday 20 November. **[David Brindley]**
- **Cultural Frameworks** sent to group - after 25th November. **[Madeleine Wilson]**
- Please contact Brighton & Hove City Council (Branwen/Madeleine) for further details on Cultural Summit conference.

Sub-group next meeting January 2020 date TBC.

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### 3. [Together Co](#) - Social Prescribing

Social prescribing enables GPs to refer people to non-clinical services – community / friendship / activity groups to increase social well-being and improve health.

#### Update on activity:

- Citywide service has had funding confirmed till March 2021, at the current level.
- Social prescribing+ money also confirmed.  
GP clusters are coming together in a formalised way as Primary Care Networks (PCNs) – to make more 'localised decisions on services they want for geographical clusters e.g. link workers, community paramedics, pharmacists.
- NHS England long-term plan = significant commitment to 4000 link workers for social prescribing.

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- Brighton & Hove are ahead of the game, as have been doing so for a while. Together Co doing for 5 years+.
- Groups currently designing how citywide (clients, volunteers) and PCNs complement the service.
- Thinking about referral pathways process, in future referrals from police, fire and self-referrals also.
- Hope to have a system up and running in 2020. Need integrated, high quality, consistent process.
- PCN money allows us to specialise: one link worker for Universities/students for example. Looking at variety of specialisms. Brighton & Hove can handle this well, due to strong partner relationships.
- Current top 3 referrals – advice, loneliness and isolation, groups.
- Overwhelm concerns over *referral out* system (= link worker to relevant support group), national conversation, but it's down to us locally how we allocate resources. There are cohorts of people who don't go to the GP. More investigation to understand how to offer support services for these groups.
- Waves of PCNs developing. Groups will be confirmed in January 2020.
- Looking at running themed networking events e.g. building connections with referrers etc.
- [National Academy of Social prescribing](#) launched in last three weeks seems to be a communications exercise, little previous experience of working with community groups. They don't mention supporting the voluntary sector.

### Comments

**Creative Futures:** What's the process for Arts organisations to become a partner and support the social prescribing system?

**Together Co:** Ad hoc currently. Link workers supporting this. Organic process. We always want to hear from people that we don't already know about. Our operations lead is the main point of contact.

**Brighton & Hove Council:** Arts organisations don't have clinical training. How do you monitor how Arts organisations provide quality support?

**Together Co:** When I mention quality – it's the process of referral. Person-centred approach and the quality of their experience contacting / being understood, heard. Onus is on the client to govern themselves.

**Public Health:** There's a link with our conference here. Find out more about social prescribing. Awareness raising and problem solving.

**Moving Sounds:** Social prescribing through a regenerative lens? Sustaining it and how do we keep it moving forward and keep it creative?

### **ACTION**

- ALL to email Jo Crease at **Together Co** if have any questions.
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## 4. European Erasmus

**Public Health:** We've been successful in a joint bid with other EU cities (in Germany, Sweden, and Belgium & Holland). This is a knowledge exchange of initiatives surrounding older people who don't currently participate in creative activities, particularly those from lower education backgrounds & our collaboration between the Arts & Health sector in Brighton & Hove.

- Site visit to Brighton & Hove due 22 – 25 September 2020. Representatives will travel to Brighton & Hove and we will host, putting together a programme for them e.g. University research regarding Arts & Health relating to older people, providers demonstrating what they do. It's a chance to show off initiatives within the city. Visit will coincide with Aging Well festival, to showcase this.

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- Everyone else is from cultural sector – whereas David Brindley representing Health sector.
  - Other cities really excited about our Arts, Wellbeing & Health group. Berlin impressed. Munich excited that we are engaging arts & public health members, thought very forward-thinking.
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### 5. Evaluation processes

**Nuala Friedman:** Background in Adult social care at Brighton & Hove council: reviewing social care. Also a musician and runs workshops for older people with dementia, in care homes. *I'm interested in evaluating outcomes of the benefits of music within health and looking at evaluation processes in general & interplay between arts and health services. Currently studying at Sussex University.*

- Want to help arts organisations find appropriate evaluation methods and increase consistency across the board, so that outcomes are more comparable across services.
- Interested to know what the pressing challenges are for organisations and service users. Will then develop a survey that goes out to all. Further research will depend on funding.

#### What's the most pressing need for evaluation in your organisation?

- Making sure there's someone responsible to collect the evaluation data.
- Making sure the want of evaluation is aligned – that all funders / partners needs are covered.
- Need more parity across funding sector.
- **Community Works:** Dignity – participants maintaining dignity when involved in evaluation. We have collated data on this and could share.
- Monitoring evaluation impact in the sector in general.
- Finding the balance - rigorous enough evaluation for funders.

#### ACTION

- ALL please email Nuala Friedman with any further ideas on [nif20@sussex.ac.uk](mailto:nif20@sussex.ac.uk)
  - **Community Works** - to share collated data re: dignity within evaluation processes. **[Laura Williams]**
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### 6. AOB

- Videos for RSA event up & will be circulated.
- Mental health / spoken word project 16-25 YAC near St Peter's Church, up and running again – contact Audio Active for more info.
- Robin Hood Health Foundation - to share video case study.
- Culture, Tourism & Sport – Donna Chisholm from Scottish Highlands. Invite to next meeting?
- The Arts, Wellbeing & Health group sits within the Brighton & Hove cultural framework, as one of five strands/groups. The chairs of each of these group meet quarterly – so as to ensure alignment between.
- **Brighton & Hove Council:** We need to make sure we are working cohesively - please direct anyone wishing to apply for a council [community fund grant](#) to read and align their application with the [cultural framework](#) - really important.

**Next meeting: Wednesday 26 February, 09:30 – 11:00, Old Market, Hove.**

#### Suggested agenda topics

- Look at *Pay it Forward ticket scheme* again for Brighton Fringe / Festival?
- How to communicate as a group, slack>? Branwen to lead.
- Creativity & Wellbeing week is now 18-24 May. Thinking of ideas for.

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- By February we'll know what art work will be shown in Fringe // Festival. RISE, OASIS, WHITEHAWK GROUP – have commissioned 3 artists to produce based on health data. More info to follow.