

**ROCKET  
SCIENCE**



# **Creative Scotland - Mapping of Arts and Health Provision**

**Final Report**

December 2021



# Contents

<b>Executive Summary</b>	<b>2</b>
<b>1. Introduction</b>	<b>6</b>
<b>2. Mapping of arts and health provision</b>	<b>10</b>
<b>3. Survey analysis</b>	<b>13</b>
<b>4. Details about arts and health activities</b>	<b>35</b>
<b>5. Conclusions and recommendations</b>	<b>56</b>
<b>Appendices</b>	<b>58</b>
Appendix 1 Methodology	58
Appendix 2 Organisations responding to the survey	60
Appendix 3 Initiatives detailed in the survey	62
Appendix 4 Artists who responded to the survey	63



# Executive Summary

There is growing interest in the connection between art and health/wellbeing. This study was commissioned by Creative Scotland to understand the scale and scope of the current involvement of professional artists in the area of health and wellbeing, and to explore the role that Creative Scotland can play in supporting this activity and helping the artists who wish to develop their skills in this area.

The scope of the work was tightly defined to cover *arts-related activity led by one or more professional artists, created with explicit artistic and health or artistic and wellbeing objectives, and designed to enhance the health and/or wellbeing of those with a health related condition or illness, the wider public, and the healthcare workforce.*

We have identified **119 organisations delivering arts and health provision** in Scotland. Of these, **44 responded to a detailed survey** about arts and health provision. We also had responses from **9 professional artists** involved in health and wellbeing work.

The map shows the expected clustering of provision in Glasgow City, Edinburgh and across the central belt, and more limited provision in local authority areas including Highland, Moray, Angus, Perth and Kinross, Aberdeen and Dundee, largely reflecting variations in population size across the country. However, it should be noted that many organisations with base locations in Glasgow and Edinburgh also operate Scotland-wide, or in a range of other local authority areas. Although this map has been developed by drawing on extensive interviews with those involved in the sector, it is unlikely to be a complete mapping of all relevant organisations in Scotland.

Most of the organisations who responded to the survey were *registered charities* and their main areas of involvement in the arts were *participatory art, music, visual arts and performance art*. The main focus for their work was with *children and young people, older people, disabilities, hospitals, health inequalities and community led health*. Most organisations were engaged with a range of art areas and with a range of audiences.



The main points emerging from the survey were:

- **Creative Scotland was the most frequently cited funder** of activity, but Local Authorities, the NHS and a range of Trusts and Foundations were also involved
- Most of the organisations have an **equality, diversity and inclusion action plan**
- In terms of the **impact of COVID-19**
  - Most said their *work had been highly disrupted by COVID-19*, with staff furloughed, and a reduction in capacity. COVID-19 had slowed the development of new projects due to restrictions and additional contingencies.
  - Most organisations have also been *creative in adapting to COVID-19* and the restrictions it has imposed, identifying new opportunities as a result of the pandemic.
  - Some organisations, artists and initiatives were able to *transition support to online delivery. Digital connectivity had improved reach into some groups and hindered this with others.*
  - Organisations noted how COVID-19 has exposed and widened inequalities in society, and therefore increased demand for their services. They note this as a call to action, requiring imaginative thinking and practical solutions.
- Organisations were asked about the **challenges and barriers to delivering the arts and health/wellbeing agenda**. Artists were asked to share key challenges and barriers to practicing in the area of arts and health / wellbeing. The key challenges noted by organisations were:
  - Challenges related to *funding*
  - A need for *increased understanding of the role arts can* play in tackling health inequalities and improving health, social and cultural outcomes
  - Finding and keeping *practitioners with the required skillsets and confidence* to deliver the arts and health/wellbeing agenda
  - *Integration of arts into healthcare* and for the arts not to be seen as an 'extra'
  - Reaching disengaged people who could most benefit from services, particularly those with *multiple and complex needs*
  - *Building partnerships* between arts organisations and health care providers.
  - The *reporting and evaluation* process.



- The **main challenges** noted by artists were related to *funding, COVID restrictions and a lack of understanding of the value and role of the arts by organisations and staff*.
- Organisations and artists were asked about their **ambitions for delivering the health and wellbeing agenda**. The main ambitions noted by organisations and artists were:
  - *Continuing with the delivery* of current provision
  - Expanding methodologies and models to *reach larger or more diverse groups*, or into other cities / areas
  - Further *integration of arts into healthcare*
  - Building *new partnerships and networks*, to strengthen the impact of existing projects
  - Fostering a better understanding of the value of work in arts and health, including its benefits, cost effectiveness and areas for improvement
  - *Improving inclusion* of people with a wider range of health-related challenges
  - *Upskilling* members of staff and artists.
- The main ways organisations and artists would **like Creative Scotland to support them** are:
  - Provide *long term, flexible funding*, which focuses on “tried and tested” work in addition to newer initiatives
  - Improve *advocacy for the importance of the arts and health/wellbeing sector*, including advocacy to Government
  - *Share best practice across projects*, establishing networks which enable cross-organisational working both nationally and internationally
  - Support the sector with *evaluation and impact measurement*
  - Support the creation of *a strategy for arts and health/wellbeing* across Scotland
  - Championing and resourcing *social prescribing* around arts based activity
  - *Improve inclusivity* for artists with health conditions and disabilities.

Artists were asked about their practice in health and wellbeing, including questions about their engagement with scientists, healthcare staff and academics, what they bring from their practice into work in arts and health, and their views on the skills required to work in this area. We had 9 responses and the themes emerging from these responses were:

- Artists thought that the *engagement with scientists, healthcare staff and academics positively influenced their practice*
- Artists felt that *their practice, and their work in arts and health/wellbeing, were connected, with each aspect informing the other*.



- The most important skills artists used or developed in their work in arts and health were *collaboration, flexibility and communication skills*. Artists specifically noted *skills around working effectively with those working in fields outside the arts*.

Our **recommendations** for Creative Scotland, drawing on the views of the organisation and artists responding to the survey, are:

- 1 Creative Scotland should *use their funding leverage to create funding partnerships* with other interested parties to scale up the involvement of professional artists in the area of health and wellbeing
- 2 Related to this, Creative Scotland should combine this with *advocacy about the importance of art in the area of health and wellbeing*, notably with Government, but also with others who fund arts and/or health and wellbeing related work. This should include *championing and resourcing social prescribing around* arts based activity.
- 3 Given the range of activity and experience in this area it would be appropriate for Creative Scotland to *support the rolling out and scaling up of approaches that appear to be valuable* for participants and viewers, as well as innovative practice.
- 4 Creative Scotland could play a valuable role in *promoting and helping to share good practice across projects and supporting networks* which enable cross-organisational working both nationally and internationally
- 5 Many of these activities are held back by the lack of persuasive insights and descriptions of the difference that the activity makes to those engaged and involved. It would be helpful for Creative Scotland to sector with *evaluation and impact measurement support* – and to draw on the insights emerging to inform both its funding leverage and its advocacy roles.
- 6 There is a widespread view that Creative Scotland should support the creation of *a strategy for arts and health/wellbeing* across Scotland: this would allow it to create a coherent approach to funding and support, to the professional development of artists, and to scaling up the beneficial impact on those involved or engaged
- 7 Consistent with the focus of the activity, it was felt that it would be helpful for Creative Scotland *to work actively to improve inclusivity for* artists with health conditions and disabilities.
- 8 Finally, in terms of professional development, there should be a specific focus by Creative Scotland on the key skills of *collaboration, flexibility and communication*. Artists specifically noted the need to develop *skills around working effectively with those working in fields outside the arts*.



# 1. Introduction

The purpose of this mapping project is to gain a greater understanding of the scale and range of arts projects which aim to increase or maintain good health across Scotland. The mapping aims to enable Creative Scotland to consider where their contribution to this area of practice might be most useful.

The mapping demonstrates the geography of arts and health provision across Scotland, the nature of the practice, information around key expertise relevant to the practice, key resources within arts and health, and the diversity of the workforce.

## Background and context

### The relationship between art and health

Links between improved health outcomes and engagement in art and cultural activities have been long-established in the academic world and have been increasingly recognised in the policy world since the Windsor Declaration of 1998 for the Arts, Health and Wellbeing<sup>1</sup>. Since the declaration, many projects have been established across the UK that incorporate creative activities into processes around recovering from illness, substance use, disease and injury. A seminal study found that people who attend the fewest cultural activities had a 60% higher risk of death than those who attend the most.<sup>2</sup> Arts activities are also increasingly being used to maintain wellbeing in healthy people and carers.<sup>3</sup>

While the NHS is showing its recognition of these links through its increased activities around social prescribing related to arts activities, many of the organisations that primarily deliver programmes around art and health are charities, community interest companies and individual practitioners.<sup>4</sup>

The increasing understanding of the important impact of engagement with arts on health culminated in the formulation of the All-Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) in 2014. It is important to note that this is a UK parliament group, rather than a Scottish Parliament

---

<sup>1</sup> <http://www.artshealthresources.org.uk/wp-content/uploads/2017/01/2002-Philipp-Windsor-Declaration-arts-health-and-well-being.pdf>

<sup>2</sup> Lars Olov Bygren, Boinkum Benson Konlaan and Sven-Erik Johansson, 'Attendance at Cultural Events, Reading Books or Periodicals, and Making Music or Singing in a Choir as Determinants for Survival: Swedish Interview Survey of Living Conditions', British Medical Journal, 313, 21–28 December 1996, p. 1577.

<sup>3</sup> [http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017.pdf](http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf)

<sup>4</sup> [http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017.pdf](http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf)



group; there is no equivalent Cross-Party Group within the Scottish Parliament. The APPGAHW's 2017 'Creative Health' report emphasised three key messages:

1. The arts aid recovery and help people to live longer and better lives
2. The arts can help to tackle major problems in health and social care such as ageing, long-term conditions, loneliness and mental health
3. The arts can save money in health and social care.<sup>5</sup>

Increased engagement in arts activities is also believed to decrease health inequalities. Arts engagement is believed to reduce chronic stress, aid childhood development, overcome social isolation and tackle perinatal mental health, all of which disproportionately affect people from the most deprived data zones in Scotland.<sup>6</sup>

Including arts activities in healthcare has also been found to save health services money, with an estimated SROI of between £4 and £11 for every £1 invested in arts on prescription.<sup>7</sup> This is a result of significant reductions in hospital admissions and GP consultations (one arts-on-prescription project showed a 27% and 37% decrease respectively).<sup>8</sup> These cost benefits are becoming increasingly important as research is suggesting that the costs associated with the common mental health conditions (that arts activities can be shown to alleviate) may become unsustainable by 2026.<sup>9</sup>

There are many examples of well-established arts and health organisations and projects across Scotland, including Art in Healthcare, Art in Hospital, Artlink, Voluntary Health Scotland's 'Keeping the Conversation Going' initiative and the Scottish Mental Health Arts Festival. Several NHS boards, including NHS Lothian, NHS Greater Glasgow and Clyde and NHS Highland, are increasingly incorporating cultural approaches into their strategies and priorities.<sup>10</sup>

---

<sup>5</sup> [http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017.pdf](http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf)

<sup>6</sup> <https://vhscotland.org.uk/wp-content/uploads/2017/12/Voluntary-Health-Scotland-Briefing-on-the-Culture-Strategy-and-Health.pdf>; [http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017.pdf](http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf)

<sup>7</sup> [http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017.pdf](http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf)

<sup>8</sup> *Ibid.*

<sup>9</sup> <http://www.artshealthandwellbeing.org.uk/sites/default/files/APPGAHW%20submission%20to%20DCMS.pdf>

<sup>10</sup> <https://services.nhslothian.scot/asenseofbelonging/Whats/Documents/ASOBFullStrategy.pdf>





## Art and health – the policy landscape

The policy landscape around art and health in the UK, and specifically in Scotland, has altered significantly in the past decade. The NHS (which has historically concentrated on clinical interventions) has increased its focus on wellbeing following the UK-wide 'Measuring National Well-being' programme.<sup>11</sup> In Scotland, since the Chief Medical Officer's 2014 annual report, NHS Scotland has been working towards a Realistic Medicine<sup>12</sup> approach, which focuses on preventative approaches, building on the focus on prevention that featured in the Christie Report of 2011. In 2019, six national public health priorities were set out for Scotland<sup>13</sup>, immediately prior to the creation of Public Health Scotland in 2020.

In February 2020, the Scottish Government announced its new Culture Strategy, which included the development of Arts, Culture, Health and Wellbeing Scotland.<sup>14</sup> The aim of this network organisation is to provide information and support for anyone working across arts and culture, health and wellbeing in Scotland. They focus on creating a network of experience and expertise open to anyone, including artists, organisations, healthcare providers and researchers, to be a collective voice for arts and health in Scotland. .

It is against this background that this piece of research has been commissioned from Rocket Science by Creative Scotland. The intention is to more fully understand the range, scope and significance of arts and health activities across Scotland, to explore the role that the organisations and artists involved in arts and health practice feel that Creative Scotland can play in supporting this activity and helping the artists who wish to develop their skills in this area.

---

<sup>11</sup> [http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017.pdf](http://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf)

<sup>12</sup> <https://www.realisticmedicine.scot/>

<sup>13</sup> <https://publichealthscotland.scot/our-areas-of-work/improving-our-health-and-wellbeing/scotlands-public-health-priorities/>

<sup>14</sup> <https://www.gov.scot/news/a-culture-strategy-for-scotland/>



## Definitions

The mapping of arts and health provision in Scotland included *arts-related activity led by one or more professional artists, created with explicit artistic and health or artistic and wellbeing objectives, and designed to enhance the health and/or wellbeing of those with a health related condition or illness, the wider public, and the healthcare workforce.*

Definitions of some key terms were used to inform the mapping exercise:

- **Arts:** Creative Scotland is the public body that supports the arts, screen and creative industries across all parts of Scotland. As such, the organisation supports various areas of practice, including visual art, dance, literature, music, theatre, film, digital, comedy and cross-disciplinary practice and all these were included in the scope of the work.
- **Artist:** Scotland based professional artists and professional groups such as bands, or ensembles. Artists will include visual or performance artists, composers, musicians and writers.
- **Health and wellbeing related:** Projects, initiatives and activities which have arts and health and wellbeing objectives/outcomes
- **Beneficiaries:** Principally, those with a health related condition or illness, including mental and physical illnesses as well as disabilities, and the wider public, for example, visitors at health facilities, as well as the healthcare workforce
- **Health and community settings:** includes Hospitals, Clinics and Primary Care Practices, Rehabilitation Centres and Nursing Homes.

## Structure of Report

This Report is structured as follows:

In **Chapter 2** we provide an introduction to the overall distribution and profile of arts and health/wellbeing activity

In **Chapter 3** we present our analysis of the survey responses by organisations and artists

In **Chapter 4** we set out the details about relevant organisations by region, with case studies

In **Chapter 5** we describe our conclusions and recommendations for Creative Scotland.

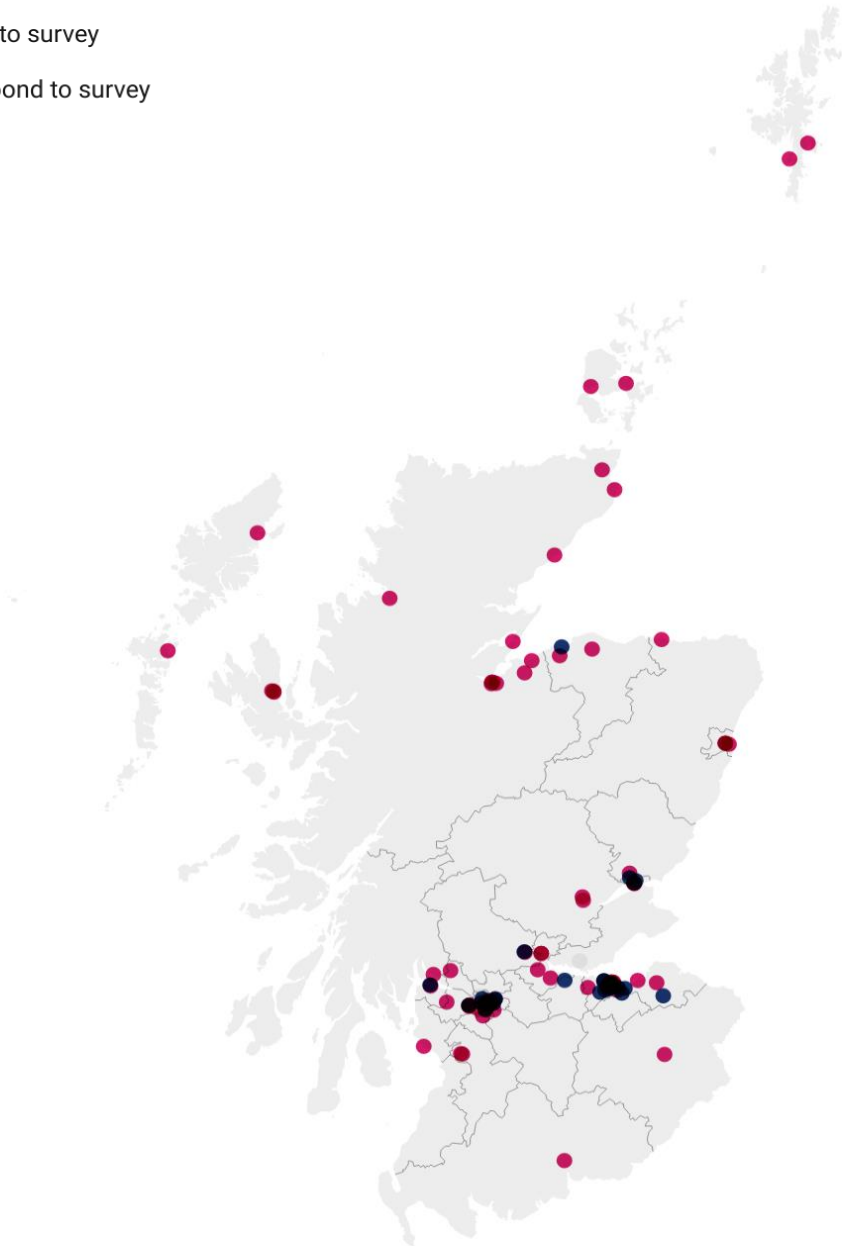
# 2. Mapping of arts and health provision



The following section outlines arts and health provision in Scotland by geographical area. Mapping information has been drawn from desk research, interviews with key stakeholders and the survey. The mapping is not a definitive list of all organisations, initiatives and artists working in this area in Scotland. Instead, mapping presents a snapshot of provision across Scotland.

The map below shows the base locations of **119 organisations delivering arts and health provision** in Scotland. Of these 119, **44 responded to a detailed survey** about arts and health provision.

- Responded to survey
- Did not respond to survey



Map data: © Crown copyright and database right 2019 • Created with Datawrapper

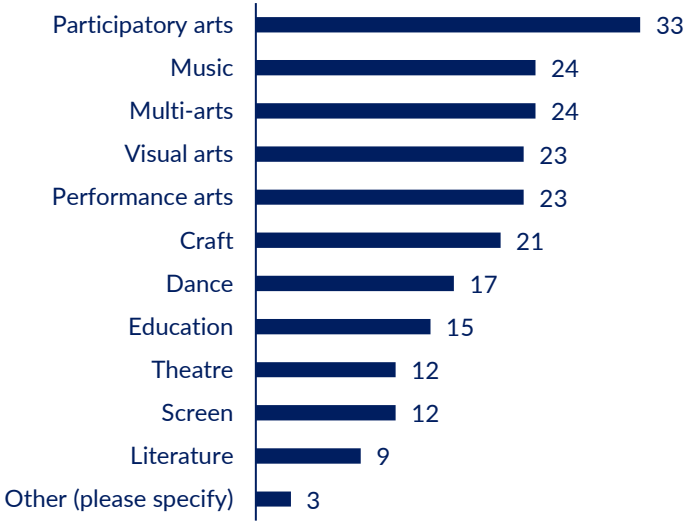


The map shows the expected clustering of provision in Glasgow City, Edinburgh and across the central belt, and more limited provision in local authority areas including Highland, Moray, Angus, Perth and Kinross, Aberdeen and Dundee, largely reflecting variations in population size across the country. However, it should be noted that many organisations with base locations in Glasgow and Edinburgh also operate Scotland-wide, or in a range of other local authority areas. Although this map has been developed by drawing on extensive interviews with those involved in the sector, it is unlikely to be a complete mapping of all relevant organisations in Scotland.

Survey responses from 44 organisations involved in arts and health across Scotland give an indication of the scale and nature of activity around arts and health in Scotland:

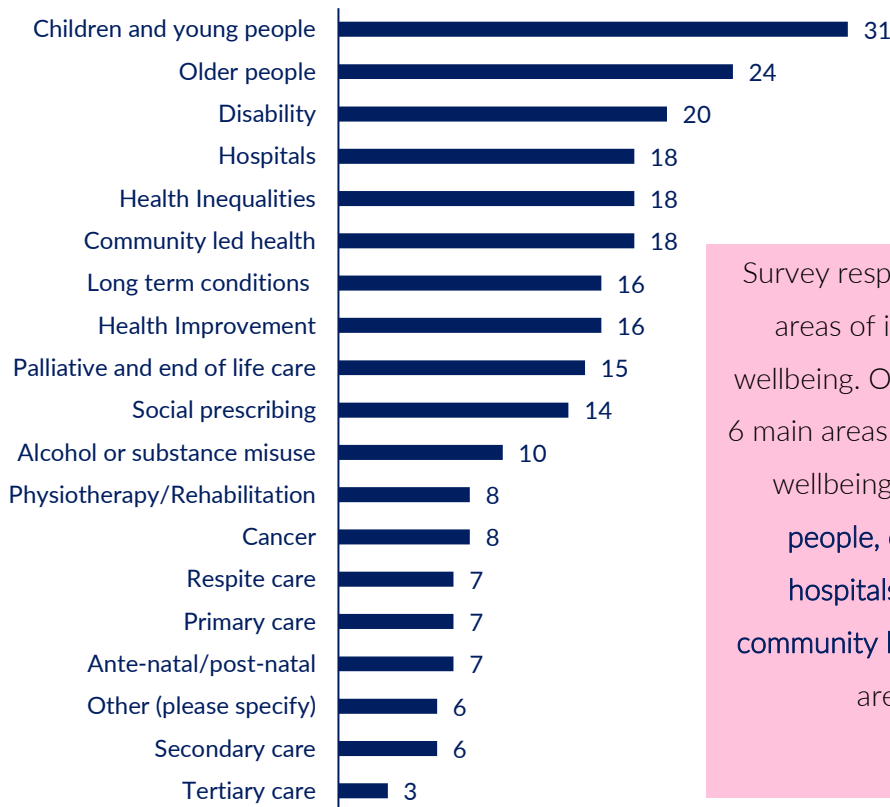


**Figure 1: Types of organisations who responded to the survey (number of organisations)**



**Figure 2: Main areas of involvement in the arts among survey responders (number of organisations)**

Survey respondents selected their main areas of involvement in the arts. Most respondents identified as being involved in **participatory arts**, in addition to **music**, **visual arts** and **performance arts**. On average, organisations had 5 main areas of involvement.



Survey respondents selected their main areas of involvement in health and wellbeing. On average, organisations had 6 main areas of involvement in health and wellbeing, with children and young people, older people, disabilities, hospitals, health inequalities and community led health the most common areas of involvement.

**Figure 3: Main areas of involvement in arts and health (number of organisations)**

**81%** of the organisations surveyed said they had specific objectives around health and wellbeing

9 artists responded to the survey. Full details of the artists who responded and their area of practice in arts and health/wellbeing in Scotland can be found in [Appendix 3](#). 7 artists described their career stage as 'established', with the remaining 2 artists identifying as being 'mid stage'. 7 said they frequently engage with healthcare staff and/or academics, while one said they do this sometimes, and another did not provide a response. Artists who responded had a wide range of reliance on income from health and wellbeing projects, with some gaining limited income from these sources, while 2 received 75-100% of their income from these projects.

The following sections detail a regional breakdown of organisations and initiatives operating across Scotland. In each section, a list of organisations working in arts and health/wellbeing is provided, with interactive links to further information. Although these lists are based on an extensive range of interviews with those involved in the area of practice, the lists may not be comprehensive, but they do provide a detailed overview of the range and scale of provision regionally. Case studies of initiatives delivered in each area provide in-depth examples of initiatives which currently run in Scotland.



## 3. Survey analysis

This chapter presents our findings from a national survey of organisations and artists working at the intersection of arts and health in Scotland.

48 individuals responded to the survey, representing 44 organisations and 9 artists, with 5 respondents in both categories. These responses provided a sample of the range of organisations detailed in [Appendix 2](#). The following research questions are addressed in this chapter:

- What is the profile of organisations and artists working in the area in terms of diversity?
- How has Covid-19 affected arts and health activities in Scotland?
- What are the challenges and barriers to delivering the arts and wellbeing agenda?
- What ambitions do organisations and artists have for delivering the arts and health/wellbeing agenda in Scotland?
- How can Creative Scotland best support artists and organisations working in the area of arts and health?
- What are the skills used in the area of arts and health – and what are the main skill development needs?

13 respondents also described initiatives they were involved which focus on arts and wellbeing. A full list of the 22 initiatives detailed can be found in [Appendix 3](#) and some of these initiatives are detailed as case studies in [Chapter 4 – provision by region](#).

In the rest of this chapter we describe the main findings from the survey.



## Equality, diversity and inclusion

While most organisations surveyed have an equality, diversity and inclusion action plan, few consider themselves disabled or minority ethnic led

85% of organisations surveyed have an equality, diversity and inclusion action plan. 18% consider themselves to be disabled-led, and just 3% consider themselves to be minority ethnic led (Figure 4).



Figure 4: Responses to Equality, Diversity and Inclusion questions (number of responses)

Artists were also asked questions related to diversity. As only 9 artists responded to the survey, their responses cannot be extrapolated to all artists across Scotland working in arts and health.

## Artists' practice in health and wellbeing

**9 artists responded to the survey.** Artists were asked about their practice in health and wellbeing. This included questions about their engagement with scientists, healthcare staff and academics, what they bring from their practice into work in arts and health, and their views on the skills required to work in this area. Themes emerging from these responses are set out below.

**Artists thought that the engagement with scientists, healthcare staff and academics positively influenced their practice**

Artists thought this engagement deepened their understanding of their perceptions of the patients and other beneficiaries they worked with, and the impact they could make on patients' and beneficiary's daily lives.



“I am very interested in learning what [healthcare staff] feel about art in hospitals and healthcare settings, their expectations, and whether they find the arts help them in their daily lives and clinical practice.” - Artist

Artists gave examples of situations where healthcare staff had helped to inform their work:

“I have developed...training for artists of all art forms...This was developed with input from artists of a variety of art forms and a dementia nurse specialist.” – Artist

Artists felt that their practice, and their work in arts and health/wellbeing, were connected, with each aspect informing the other. The most important skills artists used or developed in their work in arts and health were collaboration, flexibility and communication skills.

Artists specifically noted skills around working effectively with those working in fields outside the arts:

“How to collaborate with others outside art, from scientists and medical professionals to families with diverse social needs.” - Artist

“The ability to work with others across interdisciplinary fields, speak to people working in very different areas, and take them on a journey of uncertain development...negotiation and relationship building.” – Artist

“The ability to build confidence in people in other fields, in what the arts can bring to situations and its value.” – Artist





Artists feel it would be helpful to have some additional training and skills development to improve their practice in arts and health/wellbeing.

Specific skillsets and associated training that were identified as valuable included:

- Working with non-arts professionals and healthcare users
- Working with children, young people and their families
- Project management
- Digital skills
- Knowledge of the structure of the NHS.

“I would probably put learning social engagement skills as a high priority when it comes to getting the most out of public arts opportunities and residencies.” - Artist

“I think training in how to work with non-arts professionals and users of healthcare provision, while maintaining a professional distance, and know when to shut the studio door and when to open it, could be helpful.” - Artist

“It’s important to know how to access independent support when undertaking commissioned projects and residencies.” - Artist

“Knowing how to set out boundaries and accept that we can’t be all things to all people is important as well.” – Artist



## Funding for arts and health in Scotland

Individuals who provided details about specific initiatives in arts and health/wellbeing were asked about the main sources of funding for those initiatives.

Creative Scotland was the funding source reported most frequently by respondents. Other sources were various trusts and foundations, local authorities, NHS and universities.

The table below summarises the funding sources mentioned in the survey with the frequency of these mentions:

Funding source	Number of initiatives funded
Creative Scotland	8
Local authority	4
NHS	3
Life Changes Trust	2
Multiple trusts foundations	2
Paul Hamlyn Foundation	2
William Grant Foundation	2
Baillie Gifford	2
University	2
Wellcome Trust	2
Glasgow Life	1
Fundraising events	1
Grampian Hospitals Art Trust	1
Gordon and Ena Baxter Foundation	1
Edinburgh International Festival	1
Nimar Charitable Trust	1
Inverclyde Endowments	1
Health Improvement Funds	1
Shared Care Scotland	1
Glasgow Criminal Justice	1
Arts & Ethics Research Group	1
Centre for Data, Culture and Society	1
Personally funded	1
In kind support from allied organisations	1



## Impact of COVID-19 on arts and health activities in Scotland

Organisations and artists were asked about the impact of COVID-19 on arts and health activities in Scotland.

- Most said their **work had been highly disrupted by COVID-19**, with staff furloughed, and a reduction in capacity. COVID-19 slowed the development of new projects due to restrictions and additional contingencies.
- Most organisations have also been **creative in adapting to COVID-19** and the restrictions it has imposed, identifying new opportunities as a result of the pandemic.
- Some organisations, artists and initiatives were able to **transition support to online delivery**. **Digital connectivity improved reach into some groups and hindered this with others.**
- Organisations noted how **COVID-19 has exposed and widened inequalities in society**, and therefore increased demand for their services. They note this as a call to action, requiring imaginative thinking and practical solutions.

### Most organisations said their work had been highly disrupted by COVID-19

Furloughing of staff, reduced capacity and other restrictions due to COVID-19 slowed the development of new projects and reduced delivery. Initially, most work in health care, social care and community settings was paused. However, some organisations experienced an increase in demand, particularly for mental health services.

“We're working with teens and young adults who now have to wait over 10 months for a first appointment with the mental health support team. It is a nationwide/ global crisis that needs to be addressed with extra resources as an immediate response.” - Organisation

Uncertainty generated by COVID-19 made it hard for organisations to plan ahead. Therefore, it was difficult to offer a sense of security to participants. Partnerships were also affected, with some organisations reporting a reduction in partnerships due to closures or furloughed staff.

**Some organisations have struggled during the pandemic with a lack of support or management from the NHS, due to the substantial demands on NHS capacity.**



## COVID-19 had a major negative impact on artists' work

Most artists had their work and projects cancelled or delayed:

“Planned events have not been able to take place yet, installation was delayed, and work relating to the ultimate completion of the work has been slowed up”; “there was almost no work whatsoever - much of it is participatory and relies on being in shared spaces working communally.” – Artist

## Organisations have had to be agile and flexible in their approaches and responded with great creativity

Organisations reported ways they changed their approaches to respond to the changes posed by the restrictions and the needs of their participants:

“While it has significantly reduced our output, it has also forced our hand creatively to engage online and develop virtual and distanced creative opportunities for our participants, which have been very successful.” - Organisation

“When we first had to close our premises in March 2020, we responded as quickly as we could by offering different types of activities and ways of engaging... We also sent out weekly creative care packs to all our members and organised a crafts collection service.” – Organisation

## Some organisations, artists and initiatives were able to transition support to online delivery. Digital connectivity improved reach into some groups and hindered this with others

Many initiatives moved to online provision:

“The immediate impact of COVID-19 was the cessation of all live group work. Overnight we became very reliant on organisations working outwith the council IT restraints to move activities on-line.” - Organisation

“[The impact of COVID-19 was] significant, but delivery was adapted and continued using digital and other means.” - Organisation

Organisations and artists had a varied experience with the transition to online delivery. While this was challenging for everyone, some organisations experienced **benefits from online delivery**, such as improved reach, for example to those living in rural areas, and those experiencing long-term illness and social anxiety.



A few projects experienced an increase in engagement due to the way that their initiative could be adapted to online delivery. Some initiatives described how the adaptation and continuation of the initiative was beneficial for patients that were shielding and isolated:

“Our engagement figures actually increased by over 1,000%. We also worked with creatives to simply ‘change the channel’, recreating all planned art activities through digital platform with huge success.”

– Organisation

“We are reaching many more children and families as a result of technology.” – Organisation

“For long term patients or patients who are shielding in hospital... to provide the opportunity to connect at a distance, we created packs which could be taken home by a parent/guardian and done simultaneously, creating a shared experience.” – Organisation

“It’s been incredible to see and witness how everyone has adapted so well to moving everything online. Even though it may not be as authentic and special as meeting in person, it can still work wonderfully in reaching people. ...this required me to rethink and reassess how I could still bring the essence of this class, but then restructure it in such a way, that it would be able to work within an online capacity.” - Artist

However, many projects described **drawbacks of the transition to online delivery**, experiencing a drop in participation numbers following the transition, with some participants not willing or able to engage online. Many participants, particularly young people, reported a sense of isolation and a desire to return to live group work:

“Engagement rates have dropped for the programme overall, though we do remain connected with participants that have chosen not to or are unable to join online...It has been challenging to recruit new participants whilst classes are online.” – Organisation



The table below illustrates further examples of the positive and negative impact of the transition to online delivery as described by organisations, initiatives, and artists.

Examples of positive impact of online delivery	Examples of negative impact of online delivery
<p>“Overall, we have seen engagement levels remain about the same, with support staff recognising the benefits of accessing creative activity online within accommodation settings where young people were restricted in their movements.”</p>	<p>“I think online has removed an element of the humanistic approach of what we do. Despite adapting to an online community, we miss the simple interactions that make all the difference.”</p>
<p>“We have re-imagined the project to be delivered online. The project was originally developed and delivered as a series of residential programmes in different parts of Scotland... the online delivery has made it Scotland wide.”</p>	<p>“We have concerns that some young people are less able to access [online delivery] and that some participants are dropping out and have not been seen for some time. We have been unable to arrange our usual meet ups with groups of peers on specific topics.”</p>
<p>“[There were] over 90 online workshops for participants. They were also open to anyone. We had a lot of positive feedback from people from all over the world. We also created a regular newsletter which provided regular updates and information and was a creative platform for participants work.”</p>	<p>“The main barrier has been access into schools and communities to deliver in person sessions. These sessions can be so layered due to the positive relationships that are built [in person]. We have also found it hard to reach the participants who do not have regular access to the internet or appropriate technology/platforms.”</p>

### Organisations noted the detrimental effect of the pandemic on participants’ and artists’ mental health and wellbeing

The pandemic and the transition to online delivery increased feelings of isolation and affected the mental health of both artists and participants. Many experienced “Zoom fatigue”, particularly young people who were also using video conferencing for school related activities.

“I am finding it harder to support my own wellbeing, whilst supporting others in my work and practice.” - Artist



## Some positive impacts of COVID-19 were noted by organisations, including creating opportunities to adapt work and be inventive

Respondents noted that the pandemic had necessitated adaptation and invention from arts organisations, and in some cases, this allowed organisations to pilot new approaches:

“[With] funding from the Art Fund and assistance from Creative Informatics and the Centre for Design Informatics, University of Edinburgh enabled The Fruitmarket Gallery to develop a downloadable app. [This was] one of the biggest hits of last year’s Edinburgh International Festival – Janet Cardiff and George Bures Miller’s Night Walk for Edinburgh on an individual’s own device. The experience is reimaged for our times, remaining in line with social distancing regulations, whilst enabling participants to immerse themselves in the surreal world of Cardiff and Miller.” – Fruitmarket Gallery

**Organisations noted how COVID-19 has exposed and widened inequalities in society, and therefore increased the demand for their services. They note this as a call to action, requiring imaginative thinking and practical solutions.**

The pandemic both exposed and exacerbated existing inequalities, due to digital exclusion and to the pandemic disproportionately affecting people living in hardship/already disadvantaged situations. Organisations and artists working with people who were more at risk of being isolated and unwell were more likely to have had disruptions in their practice. This led to participants becoming more disconnected and disengaged with the activities.

“Covid has not affected all people equally. The people we work with are at risk of becoming isolated and unwell, support systems have been disrupted, and mental health and personal care limited. People have lost their confidence, independence and self-agency. Building back will take time and will stretch budgets as we deliver individualised activity working with people at their direction.” - Organisation



## Challenges and barriers to delivering the arts and health/wellbeing agenda

Organisations were asked about the challenges and barriers to delivering the arts and health/wellbeing agenda. Artists were asked to share key challenges and barriers to practicing in the area of arts and health / wellbeing. The key challenges noted by organisations were:

- Challenges related to **funding**
- A need for **increased understanding of the role arts can play** in tackling health inequalities and improving health, social and cultural outcomes
- Finding and keeping **practitioners with the required skillsets and confidence** to deliver the arts and health/wellbeing agenda
- **Integration of arts into healthcare** and for the arts not to be seen as an 'extra'
- Reaching disengaged people who could most benefit from services, particularly those with **multiple and complex needs**
- **Building partnerships** between arts organisations and health care providers.
- The **reporting and evaluation** process.

The main challenges noted by artists were related to **funding, COVID restrictions** and a **lack of understanding of the value and role of the arts** by organisations and staff.

### Challenges related to funding were the most commonly noted barriers to delivering the arts and health/wellbeing agenda

Funding limits the number of people organisations can reach, and the long term impact they can make. A lack of core funding and longer-term funding causes insecurity and affects staff morale. Respondents noted a lack of investment in ongoing programmes; with more funding geared towards new initiatives it is more difficult for them to justify the continuation of existing activities compared with initiating new projects:

“Funders tend not to want to re-fund work that is tried and tested, but that's what people want and need.” – Organisation





More funding was geared towards programmes with higher participation numbers over smaller groups where there may be more intensive support. Some respondents also noted an underinvestment in prevention:

“There needs to be more recognition of the value of this work, backed up by increased and more sustained funding commitment.” – Organisation

### **Organisations identify a need for increased understanding of the role arts can play in tackling health inequalities and improving health, social and cultural outcomes**

Organisations and artists felt that there is a general lack of understanding about, and recognition of, the potential benefits of the arts on health and wellbeing:

“[There is a] lack of value placed at a regional and national level of the contributions that the arts make to our society.” – Organisation

“Poor advocacy within healthcare sector regarding the significant impact of creativity on health outcomes.” - Artist

Both artists and organisations would like to see improved understanding of the potential benefits of the arts on health and wellbeing throughout the healthcare sector.

### **Finding and keeping practitioners with the required skillsets and confidence to deliver the arts and health/wellbeing agenda is a frequently noted challenge**

Delivering arts and health related activities requires skills and training. Organisations said that there was a lack of recognition of the skills required and inappropriate pay for the level of skill and experience:

“Our work... is often limited by the skills, confidence and interests of care providers and freelance artists.” - Organisation

Artists are not trained to address complex health needs as this is not their role, but organisations note that there is a need for some knowledge and skill in understanding particular health needs. Artists working in the healthcare sector require further support with this.



Artists noted that healthcare staff could also benefit from training on the benefits of the arts within healthcare.

**While the arts are increasingly valued within healthcare, they are typically seen as optional and ‘an extra’**

Artists noted that some senior healthcare staff do not take the health/wellbeing value of the arts seriously, and that this is often due to not having enough time to engage with the work.

Organisations felt that there was a lack of balance between artistic aims and health and wellbeing aims. Some organisations said that it is challenging to ensure participatory projects are not tokenistic, and fit into the wider objectives of the organisation, with funders not giving enough merit to the arts aspect:

“[It is challenging] to ensure that this programme of activity is rooted in our artistic policy and that it maintains a connection with our performance programme...Often, funding streams focus on the health and wellbeing elements with no real regard for the artistic merit of a project. We believe that these projects should have their own creative standing and be regarded as equally important as our performance and professional development strands.” – Organisation

Organisations and artists would like an integration of arts into healthcare and for the arts not to be seen as an ‘extra’. On the other hand, some organisations said the health and wellbeing aspect is seen as secondary to the delivery of the artistic aspect. This was largely dependent on the nature of the organisation.

**Some organisations struggle to reach disengaged people who could most benefit from services, particularly those with multiple and complex needs**

Some organisations noted barriers to engagement for specific groups, such as barriers for young people with care experience (poor self-esteem, low confidence, disrupted schooling – all of which prevent access to opportunities) and learning difficulties (challenges engaging with online support). Respondents noted some ways to overcome these barriers, including finding effective partners and building positive relationships with them, encouraging dialogue with participants around their barriers to accessing support, and co-producing activities.



## High quality engagement is fundamental to the value of experiences to beneficiaries, but quality is sometimes neglected when the focus is on increasing participation

Some organisations said it can be a challenge getting high numbers of participants in arts and health related activities. However, others noted that there is a need to focus on the quality of engagement, which is sometimes neglected when the focus is on increasing participation. High quality engagement is fundamental to the value of the experience to beneficiaries.

## Organisations need a strong third sector interface as a useful network to share services and enhance / promote participation

Organisations noted that it is a challenge to build partnerships between arts organisations and health care providers. There is currently limited engagement with Health and Social Care Partnerships, though there are likely to be regional variations in this. Referral mechanisms also need to be better integrated across sectors.

## The reporting and evaluation process was noted as a challenge by many organisations

Rigorous evaluation requires the cooperation of wider services. Organisations noted that this was a challenge. The cooperation of health and social care services is needed for gathering data and reporting in a way that helps stakeholders to advocate for the continuation of funding:

“While we are able to track improvements in mental and physical wellbeing, we are unable to demonstrate some of these wider instrumental benefits without greater co-operation from local health and social care services.” – Organisation

Other challenges noted by organisations and artists include the availability of accessible venues, the promotion of arts and health work, and the lack of recognition for organisations with general health and wellbeing aims

# Ambitions for delivering the arts and health/wellbeing agenda



Organisations and artists were asked about their ambitions for delivering the health and wellbeing agenda. The main ambitions noted by organisations and artists were:

- **Continuing with the delivery** of current provision
- **Expanding methodologies and models** to reach more people or more diverse groups, or into other cities / areas
- Further **integration** of arts into healthcare
- **Building new partnerships and networks**, to strengthen the impact of existing projects
- **Fostering a better understanding of the value of work in arts and health**, including its benefits, cost effectiveness and areas for improvement
- **Improving inclusion** of people with a wider range of health-related challenges
- **Upskilling members of staff and artists.**

Some organisations are focusing on continuing their current provision, with respondents noting the current “fragile” period of time for the arts

Organisations want to continue to serve their beneficiary groups, to deliver their projects and work in the healthcare context. This requires securing continued, multi-year funding along with increased staff capacity. Organisations also note that investment needs to be built into the prevention agenda:

“Greater investment is what is ultimately required. This investment should be built into the prevention agenda which, 10 years after the Christie Report, is still struggling to attract the appropriate level of investment.” - Organisation

**Other organisations are aiming to expand methodologies and models**

This expansion aims to reach larger or more diverse groups, or extend into other cities / areas, Organisations note they require additional funding to deliver this expansion.

“We’ve developed a progressive model of recovery, using creative participation for positive mental health, and this enables us to engage the hardest to reach, those who’ve been housebound and isolated for a significant time. Our ambition is to roll out this model of engagement and support communities across the city and nationally to deliver through a tried and tested programme, which evidences significant success.” – Organisation



## Further integration of arts into healthcare is an ambition across multiple organisations

Organisations note that to foster this integration nationwide requires recognition of the value of arts in health and wellbeing, and the integration of arts into public health policy:

“Systems need to be disrupted in Cultural and Health Policy to build on the work happening in our communities. The expertise and knowledge are there; how we structure scaling this up to effect change is about integrating arts into Public Health Scotland Policy.” – Organisation

Often artistic ambitions are siloed, and organisations want to see genuine embedding of arts and health and wellbeing:

“Ultimately we want to "mainstream" creativity within social care provision, and this aim informs our work. To genuinely embed creativity will require an extensive developmental programme including advocacy, professional development and project work across the country.” – Organisation

Organisations would like to see Creative Scotland further promote the message of the therapeutic benefits of participating in arts activities, and advocate for the greater integration of arts into healthcare.

## Organisations want to build new partnerships and networks, to strengthen the impact of existing projects with joint delivery and improve signposting and referral pathways

Organisations want to see more robust links with community and primary healthcare providers to become more embedded in the ‘jigsaw’ of support:

“[We are] currently developing partnerships to bring trained mental health professionals together with artists to deliver projects.” – Organisation

“To realise our ambition we would benefit from more and stronger connections... in health and social care sectors and in the academic sphere.” – Organisation



Multiple organisations noted the value of working with community link workers, who work alongside GPs to function as social prescribers, as a vehicle for referrals, and said that they aim to further develop this model.

### **Organisations want to foster a better understanding of the value of work in arts and health, including its benefits, cost effectiveness and areas for improvement**

For some organisations this includes reviewing current evaluation processes, including how impact is measured. Research and evaluation was a common theme in organisations' ambitions, with respondents detailing their aims around learning from existing projects to inform practice in other areas. Some organisations want to take an academic approach to understanding impact and how to improve this:

“[Organisation] is exploring the development of a Centre of Excellence model based within a community...The aim would be that the learning from the work that takes place would inform our community engagement practice in other parts of Scotland... As we develop our Centre of Excellence model, we also want to explore the potential for a longitudinal study to understand our impact on the community in the long term.” – Organisation

### **Improving the inclusion of people with a wider range of health-related challenges, including breaking down barriers to participation, is an ambition of many organisations and artists**

This could include accessing training on supporting particular groups, and funding is needed to support this.

“As ever, we would welcome support from the sector to help us reach everyone in the music sector, across all genres, regardless of gender, sexual identity, age, ethnicity, job role, etc.” - Organisation

### **Multiple respondents detailed ambitions for upskilling members of staff and artists, and noted that increased funding is required to deliver this training and support**

“[One ambition is to] educate healthcare specialists and clinicians on the practical use of the arts in treating patients and supporting the redesigning of care pathways to incorporate this provision... this seems vital for elevating this work beyond individual standalone projects.” - Organisation



The UK All-Parliamentary Group on Arts, Health and Wellbeing 2017 report on Creative Health: The Arts for Health and Wellbeing, is considered relevant for Scotland

Though this report is focused on England, its recommendations are considered relevant for Scotland. Some organisations said that drawing on these recommendations would help to support their longer term ambitions around arts and health/wellbeing.



## How Creative Scotland can support organisations and artists involved in arts and health/wellbeing

Organisations and artists were asked how their work in arts and health/wellbeing could be better supported by Creative Scotland. The main ways organisations and artists would like Creative Scotland to support them are:

- Provide **long term, flexible funding**, which focuses on “tried and tested” work in addition to newer initiatives
- Improve **advocacy for the importance of the arts and health/wellbeing sector**, including advocacy to Government
- **Share best practice across projects**, establishing networks which enable cross-organisational working both nationally and internationally
- Support the sector with **evaluation and impact measurement**
- Support the creation of **a strategy for arts and health/wellbeing** across Scotland
- Championing and resourcing **social prescribing** around arts based activity
- **Improve inclusivity for artists with health conditions and disabilities.**

Provide long term, flexible funding, which focuses on “tried and tested” work in addition to newer initiatives

Respondents reported that funding tended to focus on new initiatives. More comprehensive funding was needed, funding longer term projects with flexibility in requirements, and funding to build staff capacity. Some respondents also noted the need to resource ambitions around inclusion such as training for organisations on addressing specific barriers to engagement.

“Fund the 'tried and tested' work, as it's the work the often makes the biggest difference, as we know how to do it well and local people trust us.” – Organisation





## Improve advocacy for the importance of the arts and health/wellbeing sector, including advocacy to Government

Organisations think that Creative Scotland should more strongly advocate the value of the arts in the health and wellbeing agenda to the government, as a crucial element in policy making, and emphasise its cost effectiveness particularly around health prevention:

“There is also a key role around advocacy to Government - including within the realms of health and social care as well as culture. Creative Scotland's active engagement with this work is extremely valuable.” – Organisation

“Be the leading voice/advocate on the importance of quality arts engagement important to resist a medical model/reductive itemised used of arts... [it is] important to advocate for quality. Being marginalised or vulnerable doesn't mean poor quality within existing frameworks.” – Organisation

Artists would also like Creative Scotland to advocate more to health organisations, lobbying for arts and health practice and the role of artists:

“...developing a robust strategy to support these participatory arts practices away from the normal hospital art therapy... projects that push boundaries meet resistance in NHS projects.” – Artist

Artists and initiatives called for further visibility of their work, raising awareness, and giving them the same importance as the wider arts sector:

“By giving high quality arts-in-health engagement and the sector the same level of kudos, spotlight and level of funding, as mainstream arts engagement.” – Organisation

“Spotlighting and highlighting this work alongside other projects in a way that presents arts and health practices as equally important and professional facets of the wider arts sector.” – Artist



## Share best practice across projects, establishing networks which enable cross-organisational working both nationally and internationally

Organisations and initiatives want Creative Scotland to actively maintain links between projects, and set up networking events to share best practice and avoid duplication across projects:

“Collate and amplify examples of good practice of arts and health/wellbeing projects in Scotland... to highlight examples of international best practice that we can learn from...creating an Arts in Health/Wellbeing network.” – Organisation

This should include financially supporting the time and resources needed to make partnerships work well and developing a central bank of resources to support best practice sharing. Initiatives would also like Creative Scotland to liaise between arts organisations and the health sector:

“Helping to develop partnerships between Arts Organisations and Health Care Providers and the NHS... act as a liaising agent to engage external support to sustain programmes.” – Organisation

## Support the sector with evaluation and impact measurement

Respondents felt that Creative Scotland needs to support the wider sector to consider how impact can be measured and communicated to inform wider policy making decisions. Understanding impact would also help generate funding streams for projects.

“One area of possible development might be to work with [organisation] to build on existing research to develop a series of frameworks that can assist with comparison across projects nationwide...There are so many stand-alone arts health projects that are being undertaken that it would be valuable to understand the impact of these in their totality.” – Organisation

This might include supporting individual organisations to understand and evidence their own impact.



## Support the creation of a strategy for arts and health/wellbeing across Scotland

A strategy would provide a long term view for the sector and help it move towards more sustainable models:

“Work strategically with Health Scotland to challenge and support Health Boards to write Evidence based Arts and Health Action Plans.” – Organisation

A strategy needs to consider balance between funding of initiatives in Edinburgh and Glasgow and other health board areas, which survey respondents think are currently under resourced:

“The quality of work, scale and influence of the arts in areas outwith [Glasgow and Edinburgh] are limited, and increased support and influence in helping HSCPs and NHS trusts to develop their ambitions and strategies would be helpful.” – Organisation

## Championing and resourcing social prescribing

Organisations think that social prescribing of arts related initiatives can be further developed in Scotland:

“Social prescribing is a particularly interesting area of work that we would like to see appropriately resourced and championed nationally. Arts Council England recently supported the Thriving Communities Fund, which brought together place-based partnerships to improve and increase social prescribing community activities – especially for those people most impacted by COVID-19 and health inequalities. This is an area of work that could be developed further in Scotland.” – Organisation

## Improve inclusivity for artists with health conditions and disabilities

One artist said that they would like Creative Scotland to be more inclusive of artists with health conditions and disabilities of all ages. Another artist suggested funding for peer support or mentoring:

“Working within arts-in-health straddles the arts and health sector, it is often a lonely place for individual artists. Funding for peer support, mentoring schemes and networking might also be useful.” – Artist

## 4. Details about arts and health activities



In this chapter we present more detail about the organisations involved in arts and health/wellbeing related activity across Scotland. We start by identifying organisations which are involved in relevant activities across Scotland and following this we describe activity by region. After each of these sections we include some case studies of the specific types of activity that are going on in each area.

### Scotland-wide provision

Organisations delivering arts and health/wellbeing related activity across Scotland are included below. Organisation names can be clicked to access their website and discover more about their work in arts and health/wellbeing.

[An Lanntair](#)

[Art in Healthcare](#)

[CHAS](#)

[Dance Base](#)

[Drake Music Scotland](#)

[Gallery of Modern Art](#)

[Glasgow Children's Hospital Charity](#)

[Heart for Art](#)

[Hearts and Minds](#)

[Help Musicians](#)

[Impact Arts \(Projects\) Ltd](#)

[Journeys in Design](#)

[Kibble Care and Education Centre](#)

[Life Changes Trust](#)

[Live Music Now Scotland](#)

[Luminate](#)

[Making Music](#)

[Media Education](#)

[Mischief La-Bas](#)

[MS Society](#)

[Music in Hospitals & Care](#)

[Musicians Union](#)

[National Theatre of Scotland](#)

[Nevis Ensemble](#)

[Nordoff Robbins](#)

[Parkinson's UK](#)

[Plantation Productions SCIO](#)

[Quarriers](#)

[Regional Screen Scotland](#)

[Round Table Projects](#)

[Saint Cecilia's Hall](#)

[Scotland Chamber Orchestra](#)

[Scottish Artist Union](#)

[Scottish Ballet](#)

[Scottish Music Centre](#)

[Sense Scotland](#)

[Starcatchers](#)

[The Fruitmarket Gallery](#)

[Theatre Nemo](#)

[Tinderbox Collective](#)

[YDance \(Scottish Youth Dance\)](#)



## Dance for Parkinson's Scotland

**Organisation:** Dance Base and Scottish Ballet

**Location:** Delivered nationwide

**Number of people supported:** 101-250

**Arts area of focus:** Dance

**Health area of focus:** Long-term conditions (Parkinson's)

**Main participant groups:** People living with Parkinson's and their families/carers.



Dance for Parkinson's Scotland is a nationwide programme consisting of 10 hub locations delivering weekly creative movement classes for people living with Parkinson's and their families/carers.

**Dance for Parkinson's Scotland has specific objectives in arts and health/wellbeing:**

- Exercise is evidenced as positively affecting Parkinson's symptoms
- The movement sessions are specifically designed to address common Parkinson's concerns such as balance, flexibility, coordination, gait and social isolation
- The classes are delivered by trained dance artists and musicians (live music is a key component)
- The creative and artistic focus centres the individual participant's experience and, alongside physical benefits, develops confidence, creativity and expression (ie mental wellbeing)
- The sessions are more than just exercise classes, there is a strong focus on the social element and the supportive relationship that participants nurture with each other.

**How has Dance for Parkinson's Scotland been affected by Covid-19?**

Covid-19 forced all classes to take place online and the practitioners have adapted to online delivery. Engagement rates dropped for the programme overall, though the programme remains connected with participants that have chosen not to or are unable to join online, ready to welcome them back following the return to in-person working. Classes have begun to return to in-person working from September 2021.

**How can Creative Scotland support and encourage this project?**

- Spotlighting and highlighting this work alongside other projects in a way that presents arts and health practices as equally as important as other professional facets of the wider arts sector
- Advocating for further specific funding support for projects that directly address health and wellbeing outcomes to strengthen this part of the sector
- Supporting the Scottish conversation around social prescribing
- Facilitating direct links with health and social care sectors and the arts organisations/practitioners that Creative Scotland supports and is linked with.

**Find out more about Dance for Parkinson's Scotland:** <https://www.dancebase.co.uk/about-dance-for-parkinsons-scotland/dance-for-parkinsons-scotland-1722>

Photo by Amy Sinead Photography



## BOLD



**Organisation:** Queen Margaret University and Edinburgh University

**Location:** Delivered Scotland wide

**Number of people supported:** 26-100

**Arts area of focus:** Literature, multi-arts, participatory arts, performance arts, visual arts

**Health area of focus:** Long-term conditions (dementia)

**Main participant groups:** People living with dementia - those who have a dementia and those living and working with them.

BOLD (Bringing Out Leaders in Dementia) is a social leadership programme for people living with dementia - those who have a dementia and those who work or live with them. They use a mixture of different creative methods to encourage creativity, innovation and personal flourishing. Many participants are artists who in turn will take the methods into care homes and communities. After taking part in the **bold** social leadership programme partners join the **bold** community to collaborate, learn from each other, support and co-create with a shared purpose of working towards a world where everyone with dementia can flourish.

### **BOLD has specific objectives in arts and health/wellbeing:**

- To change misconceptions about living with dementia to create a Scotland where having dementia doesn't matter for who we are as people or how we live our lives.
- To bring diverse communities together on an equal footing, providing free development opportunities that enable all persons to maximise their leadership potential for making a difference.

### **How has BOLD been affected by Covid-19?**

The project has been re-imagined to be delivered online. The project was originally developed and delivered as a series of residential programmes in different parts of Scotland; online delivery has enabled a Scotland-wide approach and a greater potential for national impact.

### **Impact from the bold programme**

The bold programme is already making an impact in the wider community and dementia world, creating spaces for people to flourish. Partners have fed back that "Being part of bold has been a special, nurturing experience... I am really grateful for that." "It's made me look at the world in a different way." "Bold has made me appreciate that the little things can make a big difference."

**Find out more about BOLD:** <https://bold-scotland.org>



## Celebrate ART

**Organisation:** The Fruitmarket Gallery

**Locations:** Edinburgh, Glasgow and Argyll

**Number of people supported:** 26-50

**Arts area of focus:** Education, multi-arts, participatory arts, performance arts and visual arts

**Health area of focus:** Mental health / wellbeing

**Main participant groups:** Young people aged 16 - 24, who are NEET, socially excluded, or have experience of mental health issues or autism.



Celebrate ART was a collaborative project developed by five partner organisations to showcase and celebrate the talent and creativity of young people aged 16–25 in and through the visual arts. This project used creative arts to support the mental health and wellbeing of young people, providing a safe space in which participants could express their thoughts and feelings using a variety of media.

**Celebrate ART had specific objectives in arts and health/wellbeing:**

- Deliver a co-production project with disadvantaged young people, with the focus on working with young people who are NEET, socially excluded, or have experience of mental health issues, Asperger's or Autism.
- Deliver in partnership with Access to Industry to provide progression routes for long-term engagement with art that enables the development of personal and professional skills and supports positive destinations into education, training and employment.
- Work with a small group of participants to help to reduce anxiety, the intense feeling of nervousness, apprehension, unease or tension that can interfere with an individual's ability and willingness to engage in activities.

**How has Celebrate ART been affected by Covid-19?**

The project was delivered in 2018 so was not affected.

**How can Creative Scotland support and encourage this project?**

- Provide funding to deliver arts and wellbeing projects and help to develop partnerships between Arts Organisations and Health Care Providers and the NHS.

**Find out more about Celebrate ART:** <https://engage.org/happenings/celebrate-art/about-celebrate-art/>



## Highlands and Islands

This region comprises the following local authorities:

- Comhairle nan Eilean Siar
- Orkney Islands
- Shetland Islands
- Highland
- Moray.

Organisations delivering arts and health/wellbeing related activity across the Highlands and Islands include:

[An Talla Solais](#)

[Atlas Arts](#)

[Caladar Arts](#)

[Circus Artspace](#)

[Climavore](#)

[Cromarty Community Cinema](#)

[Dance North Scotland](#)

[Findhorn Bay arts](#)

[Gaada](#)

[Highland Print Studio](#)

[Lyth Arts Centre](#)

[Nairn Book & Arts Festival](#)

[NHS Highland](#)

[Out of the Darkness](#)

[Pier Arts Centre](#)

[Shetland arts](#)

[Site Collective](#)

[Taigh Chearsabhagh](#)

[Taisbean](#)

[Timespan](#)

[University Highlands and Islands](#)





## North-East – Grampian and Tayside

This region comprises the following local authorities:

- Aberdeen City
- Aberdeenshire
- Angus
- Dundee City
- Perth and Kinross.

Organisations delivering arts and health/wellbeing related activity across Grampian and Tayside include:

[Aberdeen Performing Arts](#)

[Art Angel](#)

[Grampian Hospital Arts Trust \(GHAT\)](#)

[NHS Grampian](#)

[Plus Perth](#)

[Portsoy Community Enterprise](#)

[Shaper/Caper](#)

[The ARCHIE Foundation](#)

[Tayside Healthcare Arts Trust](#)



## Grampian Hospital Arts Trust - Resonate:Disseminate

**Organisation:** Mike Inglis Studio

**Location:** Aberdeen/Inverurie/Elgin

**Number of people supported:** 26-100

**Arts area of focus:** Dance, multi-arts, participatory arts, performance arts, screen, visual arts

**Health area of focus:** Children and young people, older people, community led health, disability, health improvement, hospitals, palliative and end of life care, primary care

**Main participant groups:** Adults and older people encountering the health and social care environment

The Resonate: Disseminate project will develop a new model of working for Grampian Hospital Arts Trust (GHAT), extending access to the arts in rural and remote audiences.

### Resonate: Disseminate specific objectives are:

- To improve what is being done well and better promote the work of the artists, participants, partners and users they work with, to become more efficient and sustainable
- Explore and develop the potential for creative experiences to be accessible regardless of location

### Impact of Resonate:Disseminate:

The project was awarded a "highly commended" award in the Building Better Health Care Awards 2019 for Best Collaborative Arts Project.

Patients and staff gave testimonials about their experience of the project:

"I recently attended the silent disco on the [unit, hospital]. It was a truly inspirational experience. The positive impact for patients, their families and staff alike was palpable. We cannot underestimate the power of music in bringing joy to patients, often struggling in difficult circumstances during an acute hospital admission". - Quality Improvement Facilitator

"Seeing everyone dancing, I just wanted to get up and dance". - Patient

"It's brought back so many memories". - Patient

### How can Creative Scotland support and encourage this project?

Funding progressive projects to a stage 2, longer term with real testing and more robust approach.

Find out more about Resonate:Disseminate : <https://resonateartists.wordpress.com/>



## Well Good



**Organisation:** Shaper/Caper and NHS Tayside

**Location:** Tayside (Dundee, Perth and Kinross and Angus)

**Number of people supported:** 49 000

**Arts area of focus:** Dance, education, participatory arts, performance arts, theatre

**Health area of focus:** Smoking related issues

**Main participant groups:** School pupils

Well Good is a preventative health programme funded by the NHS on awareness of smoking issues for upper primary children.

**Well Good is developing a consistent offer to participants:**

- It was started in 2010, and the partnership was inherited by Shaper/Caper in 2015
- Sessions are delivered across 116 schools in Tayside each year, reaching 7,000 pupils, teachers and parents per year
- This year a film version was created, which will complement the live sessions, reaching more schools from now onwards.

**How has Well Good been affected by Covid-19?**

Covid-19 meant in-person delivery was impossible and so a film version was created.

**Is there any evidence of impact?**

There is qualitative data available regarding parents and adults quitting and contacting the NHS after children have experienced this programme at school. There is no quantitative data specifically linked to this programme. However, an NHS report on smoking cessation identifies a decline in smoking rates for young people, in part due to the awareness programme of the NHS Tayside Schools Team, of which Well Good is one of their projects.

**How can Creative Scotland support and encourage this project?**

- Showcasing the work even though it is not directly funded by them.

**Find out more about Well Good:** <https://www.shapercaper.com/well-good>

Photo by Laura Mumby



## West - Greater Glasgow

This region comprises the following local authorities:

- Argyll and Bute
- East Dunbartonshire
- East Renfrewshire
- Glasgow City
- Inverclyde
- North Lanarkshire
- South Lanarkshire
- Renfrewshire
- West Dunbartonshire.

Organisations delivering arts and health/wellbeing related activity across Greater Glasgow and Clyde include:

[Art in Hospital](#)

[Create Paisley](#)

[East Renfrewshire Council](#)

[Glasgow City Health & Social Care](#)

[Partnership](#)

[Glasgow Piano City project](#)

[Inverclyde Council](#)

[NHS Greater Glasgow and Clyde](#)

[Paragon Music](#)

[Project 31](#)

[Project Ability](#)

[Renfrewshire Health and Social Care](#)

[Partnership](#)

[RIG Arts](#)

[STAR Project](#)

[SWAMP](#)

[Toonspeak](#)

[Vox Liminis](#)



## Arts in the City

**Organisation:** Glasgow Health and Social Care Partnership

**Location:** Glasgow City

**Number of people supported:** 101-250

**Arts area of focus:** Craft, dance, literature, multi-arts, music, participatory arts, performance arts, screen, theatre, visual arts, comedy

**Health area of focus:** Mental health and well-being

**Main participant groups:** Care experienced young people.

Arts in the City is a Social Work project which exists to help improve the lives and life chances of care experienced children and young people through engagement and involvement in the arts.

### Arts in the City has specific objectives in arts and health/wellbeing:

- To support young people in and leaving care in Glasgow to develop their social networks, skills and confidence through participation in community-based arts activities
- To increase the number of young people in and leaving care participating in the Arts in Glasgow through a distinct programme of activity, alongside the delivery of support in pursuing other mainstream arts opportunities

### Arts in the City's main activities are:

- Delivering a programme of participatory arts activities in city centre locations designed and developed to meet the needs of care experienced children and young people
- Signposting children and young people and supporting staff to appropriate community arts provision
- Identifying and breaking down barriers preventing young people taking an active part in the arts
- Brokering and developing creative interventions with well-established internal and external agencies who serve this client group.

### How has Arts in the City been affected by Covid-19?

The immediate impact of COVID-19 was the cessation of all live group work. This created difficulties as they became reliant on organisations working out with the council IT restraints ie most organisations used Zoom whereas the council platform was Microsoft Teams. Several organisations stepped in to help provide the IT means to connect to young people.



Initially there was a drop in participants with Zoom workshops, then "Art Packs" were created and delivered to young people, to support the Zoom workshops.

The Citizens Youth Group had been planning a theatre production, but this was changed to create a radio voice and music production. This was successful and even gained new participants.

### **Is there any evidence of impact?**

An external evaluation of the project took place in the second year of the projects life and internal evaluations have been carried out on an on-going basis since. Arts in the City also took part in a research project with CELCIS focusing on accessing musical activities within residential care settings. More information about this research project can be accessed here: <https://www.celcis.org/knowledge-bank/search-bank/creative-consortium-children-and-young-people-residential-care-engagement-music/>

### **How can Creative Scotland support and encourage this project?**

- Having a member of Creative Scotland staff given Care Experienced young people priority in their portfolio is encouraging for this project. This role can act as a central networking focus for all organisations working in this field, to allow sharing of best practise and support developing work in this area.
- Creative Scotland could support by helping raise the awareness of young peoples' support staff in the benefits of creative engagement.

### **Find out more about Arts in the City:**

<https://www.yoursupportglasgow.org/directory/providerdetails/148219>



## Deep in the Heart of Your Brain

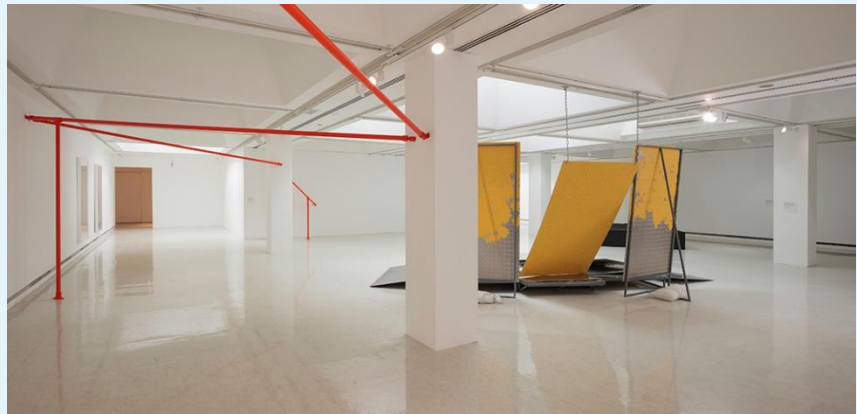
**Artist:** Dr Jacqueline Donachie

**Location:** Glasgow city with nationwide coverage

**Number of people supported:** 501+ people

**Arts area of focus:** Visual arts

**Health area of focus:** Long-term conditions (muscular dystrophy)



**Main participant groups:** Women affected by an inherited form of muscular dystrophy, Gallery of Modern Art attendees and healthcare professionals.

Deep in the Heart of Your Brain was a solo exhibition at the Gallery of Modern Art in Glasgow of new work made from research and collaborative work on inherited genetics, including a series of interviews with women affected by inherited myotonic dystrophy. The exhibition ran for 6 months until November 2016 with a substantial education programme connecting healthcare professionals. There was also a publication.

**Deep in the Heart of Your Brain had specific objectives in arts and health/well-being:**

- Increase awareness of the effects of inherited disability
- Connect practitioners from varied medical/social backgrounds through the exhibition (ie research scientists and GP's, nurses.)
- Offer new ways of visualising disability

**How did Creative Scotland support and encourage this project?**

- Creative Scotland awarded a substantial Open Fund Award grant to Jacqueline Donachie for the year of working on this show. The work would have been impossible without this.
- Maintaining funding that goes directly to artists that includes research time would support other similar projects

**Find out more about Deep in the Heart of Your Brain:**

<https://galleryofmodernart.blog/portfolio/jacqueline-donachie-deep-in-the-heart-of-your-brain/>



## New Greenock Health and Care Centre: Strategy- Lochs Rivers Sea

**Organisation:** NHS Greater Glasgow and Clyde

**Location:** Greenock

**Number of people supported:** 501+

**Arts area of focus:** Visual arts

**Health area of focus:** General practice, mental health, speech and language therapy

**Main participant groups:** Patients and staff of New Greenock Health and Care Centre

The New Greenock Health and Care Centre: Strategy - Lochs Rivers Sea is about integrating art and architecture into the new Greenock Health and Care Centre.

### **The project has specific objectives in arts and health/wellbeing:**

The aim of the programme is to support the planned modernisation of services and improve health through innovative and cost-effective approaches to person-centred care. It does this by providing leadership to enable delivery of art and therapeutic design strategy into a new capital build, and green space which connects and celebrates locality.

### **How has New Greenock Health and Care Centre: Strategy- Lochs Rivers Sea been affected by Covid-19?**

The project was delayed by 6 months as a result.





## Public Spaces Exhibitions, Live and Digital Arts Events



**Organisation:** NHS Greater Glasgow and Clyde

**Location:** Glasgow City and Clyde area

**Number of people supported:** 501+

**Arts area of focus:** Music, performance arts, visual arts

**Health area of focus:** The performing arts and exhibitions work is situated in acute hospitals and supports the mental health and wellbeing of hospital patients, visitors and staff

**Main participant groups:** NHS Greater Glasgow and Clyde patients, families and workforce.

Many exhibitions and performing art events have been delivered at the Greater Glasgow and Clyde Hospitals under the programme. Publicly available pianos were installed by Glasgow Piano City at the New Victoria, Stobhill, Queen Elizabeth University Hospital and Royal Alexandra Hospitals.

**Specific objectives in arts and health/wellbeing include:**

To provide distraction and the bio-therapeutic benefits that music and exhibitions bring to healthcare environments as well as supporting the patient, visitor and staff experience.

**How has Public Spaces Exhibitions, Live and Digital Arts Events been affected by Covid-19?**

The live arts events have stopped for the time being but exhibitions are resuming with two new freelance posts brought in during lockdown 2020 - an exhibitions curator and a digital live arts programmer. A bi-monthly digital programme has been made with arts partners is circulated across the whole of NHS Greater Glasgow and Clyde.

**How can Creative Scotland support and encourage this project?**

The project would like to gain support for 2 fixed term internal posts: a curator to take on exhibitions programming and a fixed term live arts events programmer to work across Glasgow City Hospitals.

**Find out more about Public Spaces Exhibitions, Live and Digital Arts Events:**

<https://www.nhsggc.org.uk/your-health/public-health/health-improvement/arts-and-health/>



## Shared Sentences

**Organisation:** Media Education

**Location:** Glasgow

**Number of people supported:** 40+

**Arts area of focus:** Screen

**Health area of focus:** Alcohol or substance misuse, community led health, health improvement, mental health and wellbeing

**Main participant groups:** Those with experience of criminal justice

Five 12-week Shared Sentences programmes were delivered between 2013 and 2021, working in co-production with men and women with experience of criminal justice to produce short documentary content for use as training resources. The 2019 Shared Sentences group created films designed to be part of a resource within Community Justice Glasgow, and for a wider general audience, promoting available support.

**Shared Sentences has specific objectives in arts and health/wellbeing:**

- Build skills
- Increase confidence
- Create films that represent lived experiences
- Show the range of services offered by Glasgow Criminal Justice so people can access them.

**How has Shared Sentences been affected by Covid-19?**

It has continued online

**How can Creative Scotland support and encourage this project?**

- Wider funding for this area

Find out more about Shared Sentences: [www.mediaeducation.co.uk](http://www.mediaeducation.co.uk)

For examples of Shared Sentences work: <https://vimeo.com/showcase/6697143>



## South and Southwest – Ayrshire, Dumfries and Galloway

This region comprises the following local authorities:

- East Ayrshire
- North Ayrshire
- South Ayrshire
- Dumfries and Galloway
- Scottish Borders.

Organisations delivering arts and health/wellbeing related activity across Ayrshire and Dumfries and Galloway include:

[Artist Working in Public Places \(AWiPP\)](#)

[North Ayrshire Foodbank](#)

[Centre Stage Music Theatre](#)

[The Stove Network](#)

## East – Edinburgh and the Lothians, Fife, Scottish Borders

This region comprises the following local authorities:

- City of Edinburgh
- East Lothian
- Fife
- Midlothian
- West Lothian.

Organisations delivering arts and health/wellbeing related activity across Edinburgh and the Lothians, Fife and Scottish Borders include:

[Artlink](#)

[NHS Lothian - NHS Edinburgh and Lothians](#)

[Coyote Initiatives](#)

[Health Foundation \(also Tonic Arts\)](#)

[Edinburgh Children's Hospital Charity](#)

[North Edinburgh Arts](#)

[Edinburgh College of Art](#)

[Queen Margaret University Edinburgh](#)

[Generation Arts](#)

[Royal Infirmary of Edinburgh NHS Trust](#)

[Heavy Sound CIC](#)

[WHALE Arts](#)

[Lung Ha Theatre Company](#)



## Central

This region comprises the following local authorities:

- Clackmannanshire
- Falkirk
- Stirling.

Organisations delivering arts and health/wellbeing related activity across central Scotland include:

[Artlink Central](#)

[Reach Out with Arts in Mind](#)

[Resonate Arts House](#)

[Stirling Community Media](#)



## Stirling Health and Care Village Arts Programme

**Organisation:** Artlink Central (NHS Forth Valley Arts Coordination and Participatory Arts)

**Location:** Stirling

**Number of people supported:** 251-500

**Arts area of focus:** Environmental Arts and Design, Participatory Arts

**Health area of focus:** Community led health, long-term conditions and older people

**Main participant groups:** Stirling Health and Care Village older patients and workforce.



Artist duo Heinrich and Palmer demonstrating use of lighting technology for outdoor dementia-friendly digital lanterns

The project is a £200k arts and design programme and creative projects for Stirling's new health and care village.

**Stirling Health and Care Village Arts Programme has specific objectives in arts and health:**

There are a range of objectives around the environment and social opportunities in a new integrated health, social care and third sector hub for rehabilitation for mainly older people including people living with dementia.

**How has Stirling Health and Care Village Arts Programme been affected by Covid-19?**

The project has been paused as the building was closed to all except NHS/council staff and residents.

**Is there any evidence of impact of the Stirling Health and Care Village Arts Programme?**

The programme has had a positive response at the initial stages of the art and design project from the Care Inspectorate and NHS Scotland. Evaluation of the programme is still in progress.

**How can Creative Scotland support and encourage this project?**

Some match or partnership funding would aid in supporting, guiding and influencing NHS commissioning and procurement practices to be better suited to engaging artists and arts organisations, as the current conditions, based on models of purchasing pre-defined products and services can be challenging and often unsustainable for the freelance artists and arts organisations to take up.



## 5. Conclusions and recommendations

In this report we have described the current scale and nature of activities in the area of arts and health/wellbeing. This will not be a complete picture – but it does show that across Scotland there is a wide range of activities which involve professional artists.

Our survey identified a range of issues being experienced by the organisations and artists – notably a feeling that the value of arts based practice in the areas of health and wellbeing is yet to be fully recognised, and sustained issues about the availability and continuity of funding, with an underlying issue about the difficulty of sustaining tried and tested practice, compared with a funder focus on innovation.

Although the organisations and artists involved are clear about the difference that they have seen their activities make on those who have been engaged and involved, there is a limited ability to capture and describe this difference in persuasive ways – and this in turn makes the task of funding the activities harder. The availability of these insights would also help Creative Scotland play a valuable advocacy role with Government.

Our **recommendations** for Creative Scotland, drawing on the views of the organisation and artists responding, are:

- 1 Creative Scotland should *use their funding leverage to create funding partnerships* with other interested parties to scale up the involvement of professional artists in the area of health and wellbeing
- 2 Related to this, Creative Scotland should combine this with *advocacy about the importance of art in the area of health and wellbeing*, notably with Government, but also with others who fund arts and/or health and wellbeing related work. This should include *championing and resourcing social prescribing* around arts based activity, including social prescribing carried out within primary care practices by community link workers, and capacity building the provision of socially prescribed arts activities.
- 3 Given the range of activity and experience in this area it would be appropriate for Creative Scotland to *support the rolling out and scaling up of approaches that appear to be valuable* for participants and viewers, as well as innovative practice.



- 4 Creative Scotland could play a valuable role in *promoting and helping to share good practice across projects and supporting networks* which enable cross-organisational working both nationally and internationally
- 5 Many of these activities are held back by the lack of persuasive insights and descriptions of the difference that the activity makes to those engaged and involved. It would be helpful for Creative Scotland to sector with *evaluation and impact measurement support* – and to draw on the insights emerging to inform both its funding leverage and its advocacy roles.
- 6 There is a widespread view that the Scottish Government, Public Health Scotland, Creative Scotland and ACHWS should collaborate to support the creation of *a strategy for arts and health/wellbeing* across Scotland. This should create a coherent approach to funding and support, to the professional development of artists, and to scaling up the beneficial impact on those involved or engaged
- 7 Consistent with the focus of the activity, it was felt that it would be helpful for Creative Scotland *to work actively to improve inclusivity* for artists with health conditions and disabilities.
- 8 It is important to *maintain a focus on reaching marginalised groups*, and to acknowledge the role that voluntary organisation whose primary focus is supporting people’s health and wellbeing. can play in this area. They can be a useful conduit and bridge for arts organisations and practitioners to reach these groups, and they should be a part of any Creative Scotland action in this area of work.
- 9 Finally, in terms of professional development, there should be a specific focus by Creative Scotland on the key skills of *collaboration, flexibility and communication*. Artists specifically noted the need to develop *skills around working effectively with those working in fields outside the arts*.



# Appendices

## Appendix 1 Methodology

An iterative methodology was used for this mapping exercise, to improve completeness of the mapping output.

### Stage 1 – Initial mapping exercise

Drawing on key contacts in the area, an initial database of relevant organisations, activities and stakeholders was produced, building a first cut of the picture of Scottish-based art and health activities, contacts and networks. This database was used as the starting point from which the mapping exercise was expanded.

### Stage 2 – Interviews with key stakeholders

Key stakeholders identified in the initial database were interviewed to more fully develop the database of art and health activities and identify those who should receive the survey. 12 stakeholders were interviewed in depth at this stage.

### Stage 3 – Survey of wider stakeholders

The wider database of contacts created at Stage 2 was then sent an online survey. The online survey explored the experiences and views of organisations and artists on arts and health provision in Scotland, covering the following research questions:

- What is the scale and nature of activity around arts and health in Scotland?
- What does its geographical distribution look like?
- What is the profile of the participants/beneficiaries of this work?
- What is the profile of organisations working in the area in terms of diversity?
- What is the profile of artists working in the area in terms of diversity?
- How can Creative Scotland best support artists and organisations working in the area of arts and health?
- What are the skills used in arts and health – and what are the main skill development needs?
- How has Covid-19 affected arts and health activities in Scotland?





There were 48 responses to the survey in total. 44 responses were from people working for organisations involved in arts and health/wellbeing. A full list of organisations represented can be found in Appendix 1. 9 were professional artists involved in arts and health/wellbeing, 5 of whom also work for organisations involved in arts and health/wellbeing. 13 respondents also detailed initiatives they were involved in focusing on arts and wellbeing. A full list of the 22 initiatives detailed can be found in Appendix 3.

## Appendix 2 Organisations responding to the survey



Organisations who responded to the survey were:

- Art Angel
- Art in Hospital
- Artlink
- Artlink Central
- CHAS
- Dance Base and Edinburgh Children's Hospital Charity
- Dance North Scotland
- Drake Music Scotland
- Edinburgh Children's Hospital Charity
- Edinburgh College of Art
- Glasgow City Health & Social Care Partnership
- Generation Arts
- Hearts and Minds
- Help Musicians
- Impact Arts (Projects) Ltd
- Journeys in Design
- Live Music Now Scotland
- Luminare
- Lung Ha Theatre Company
- Making Music
- Media Education
- Music in Hospitals & Care
- NHS Greater Glasgow and Clyde
- North Edinburgh Arts
- Paragon Music
- Plantation Productions SCIO
- Project Ability
- Queen Margaret University Edinburgh
- Regional Screen Scotland
- RIG Arts
- Round Table Projects
- Scottish Music Centre



- Shaper/Caper
- STAR Project
- Starcatchers
- Tayside Healthcare Arts Trust
- The Fruitmarket Gallery
- Tinderbox Collective
- Toonspeak
- Tumim and Prendergast
- WHALE Arts
- YDance (Scottish Youth Dance).



## Appendix 3 Initiatives detailed in the survey

Initiatives detailed by those responding to the survey are outlined in the table below:

Name of initiative/project	Affiliated organisation / artist
Arts in the City	GCHSCP, Glasgow City Health & Social Care Partnership
BOLD	Initiative between QMU and Edinburgh University, funded by the Life Changes Trust. Creative Director – Magdalena Schamberger
Celebrate ART	The Fruitmarket Gallery
Dance for Parkinson's Dundee & Fife hubs	Shaper/Caper
Dance for Parkinson's Scotland	Dance Base
Deep in the Heart of Your Brain	Jacqueline Donachie (Artist)
Fresh Fruit Creative Outreach Workshops at Edinburgh Children's Hospital Charity, 2020	The Fruitmarket Gallery
Grampians Hospital Arts Trust – Resonate:Disseminate	Mike Inglis (Artist)
In the Light of Day	Freelance and 'BOLD', an initiative between QMU and Edinburgh University, funded by the Life Changes Trust
Making Memories	The Fruitmarket Gallery
New Greenock Health and Care Centre: Strategy -Lochs Rivers Sea	NHS Greater Glasgow and Clyde
Our Connected Neighbourhoods	Artlink Central
Public Spaces Exhibitions, Live and Digital Arts Events	NHS Greater Glasgow and Clyde
Respire	Shaper/Caper
Right Here Among Them	Jacqueline Donachie (Artist)
Self-Directed Support	Artlink Central
Shared Sentences	Media Education
Stirling Health and Care Village Arts Programme	Artlink Central
We began as part of the body	Edinburgh College of Art (Beverly Hood, Artist)
Well Good	Shaper/Caper
Wild Weaving	Journeys in Design



## Appendix 4 Artists who responded to the survey

- Alex Allan
- Anthony Schrag
- Beverley Hood
- Christina Liddell
- Jackie Sands (also provided NHS Greater Glasgow and Clyde organisational response)
- Jacqueline Donachie
- Magdalena Schamberger
- Matilda Tumim
- Mike Inglis.

**Richard Scothorne, Director, Rocket Science**

**Jenny Paisley, Lead Consultant, Rocket Science**

**Jacqueline Donachie, Artist, Project Advisor to Rocket Science**

**Claire Stevens, Chief Executive, Voluntary Health Scotland, Project Advisor to Rocket Science**

**Offices in Edinburgh, London and Newcastle**

**[www.rocketsciencelab.co.uk](http://www.rocketsciencelab.co.uk)**



Rocket Science UK Limited 2021