



**Edge Hill
University**

Research Centre for
Arts and Wellbeing



JAMEEL ARTS
& HEALTH LAB

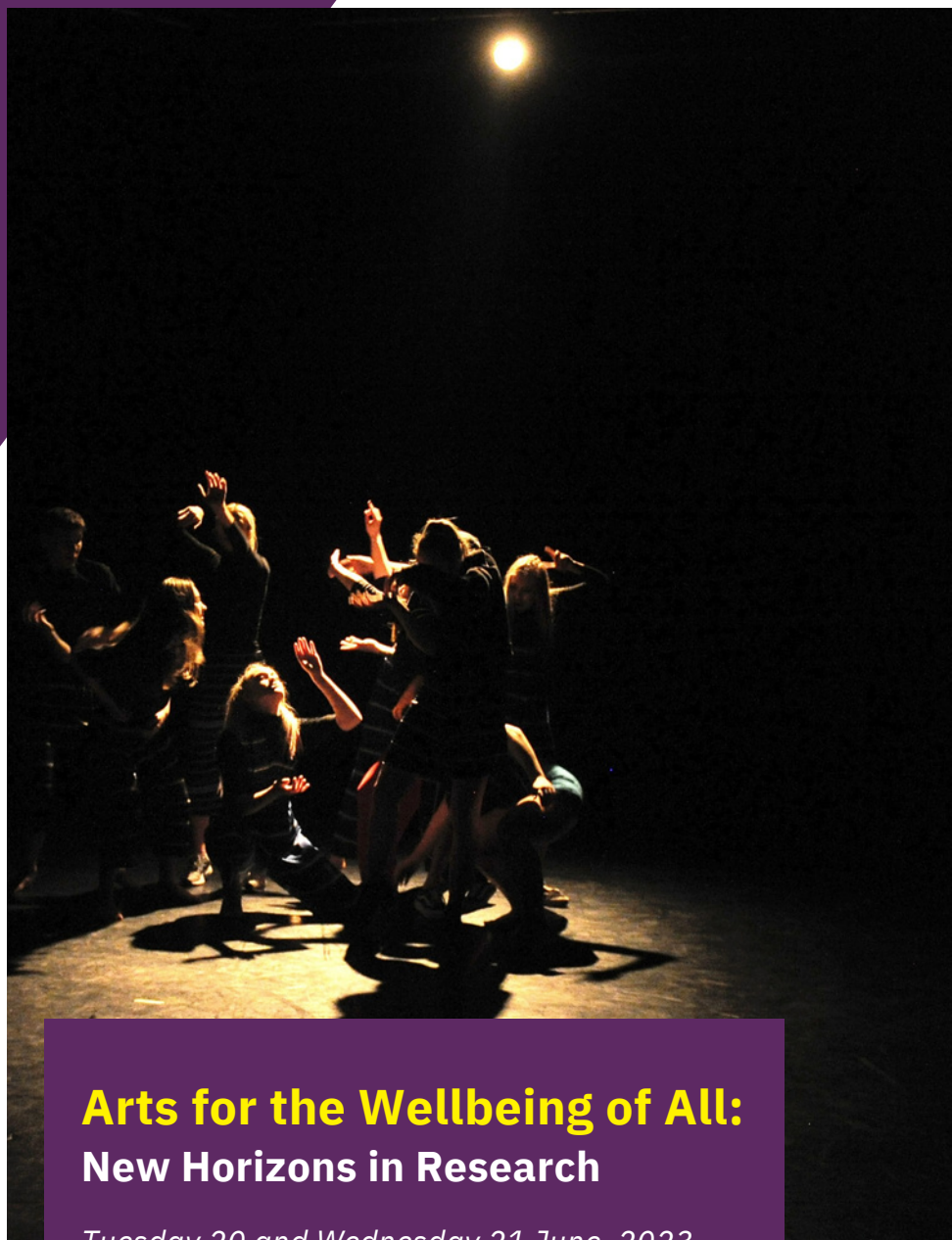


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Edge Hill
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Health Research
Institute (HRI)



Arts for the Wellbeing of All: New Horizons in Research

Tuesday 20 and Wednesday 21 June, 2023

Arts for the Wellbeing of All: New Horizons in Research

Day 1 Programme - Tuesday 20 June 2023

09:00 – 10:00 Registration

10:00 – 10:30 Introductions

10:30 – 11:00 Keynote 1: Dr Nils Fietje, WHO Europe, Jameel Arts & Health Lab

11:00 – 12:00 AHRC Health disparities - Arts for the Blues

12:30 – 13:30 Panel Discussion

14:30 – 15:00 Keynote 2: Dr Darren Henley, CEO of Arts Council England

15:00 – 16:30 Parallel Sessions: presentations, posters, workshops and performances

16:30 – 17:00 Immersive Performance

17:30 – 18:30 Performances

18:30 – 19:00 Q&A

Arts for the Wellbeing of All: New Horizons in Research

Day 2 Programme - Wednesday 21 June 2023

9:00 – 10:00 Registration

10:00 – 10:30 Introductions

10:30 – 11:00 Keynote 1: Dr Nisha Sajnani, International Creative Arts Therapies Research Alliance, Jameel Arts & Health Lab, New York University

11:00 – 12:00 Wellbeing of helping professionals and carers

12:30 – 13:30 Parallel Sessions: presentations and panel discussions on research across the life span from EHU and Alliance

14:30 – 15:00 Keynote 2: Dr Guila Clara Kessous, UNESCO Ambassador of Arts for Peace

15:00 – 16:30 Parallel Sessions: presentations, panel discussions, posters, workshops and performances

16:30 – 17:00 Immersive Performance

17:30 – 18:30 Performances

18:30 – 19:00 Q&A and plenary



Dr Nils Fietje is a Technical Officer within the Behavioural and Cultural Insights Unit at the WHO Regional Office for Europe. He has a background in English literature and the cultural history of medicine.

As part of the BCI Unit, he is leading efforts to understand how cultural contexts affect and interact with health and well-being, across the life-course and throughout the continuum of care.

Recently, this work has included a particular focus on arts and health, having published the first-ever WHO report on the evidence base for arts and health interventions.

Arts and health: the journey into global health politics.

Dr Nils Fietje, Technical Officer, Behavioural and Cultural Insights Unit, WHO Europe

Research into the impact of the arts on health has grown steadily over the past 50 years. With the publication WHO's 2019 scoping review on the evidence base for the arts to support health and well-being, the journey of the arts into global health politics began. Since then, significant progress has been made, both in Europe and beyond, to integrate arts and health into social prescribing mechanisms, and thereby into health systems. This talk will describe this journey, and provide some thoughts about which challenges are yet to be met.





AHRC Health disparities programme

Arts for the Blues: Support for people struggling with their mental health in deprived areas

Prof Vicky Karkou, EHU, Dr Joanna Omylinska-Thurston and Prof Scott Thurston, University of Salford

Introduced by:

Professor Helen Chatterjee, Professor Human & Ecological Health at UCL and Research Programme, Director for Health Inequalities within AHRC/UKRI

Helen leads on a national research programme coordinating a series of projects across the UK focussed on mobilising cultural and natural assets to combat health inequalities. The research will explore opportunities for embedding and scaling up community-based 'creative health' approaches across health systems, particularly Integrated Care Systems. The programme brings together a range of national partners including NHS England's Personalised Care Group, the National Academy for Social Prescribing, and the National Centre for Creative Health.



Lived experience experts:

Lesley May, Karen Roberts and Paul Mansell



Arts and
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Tuesday 20 June 2023

12:30 - 13:30

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International, national and regional perspectives

- Dr Guila Kessous, UNESCO Ambassador for Arts and Peace
- Dr Nils Fietje, Technical Officer, Behavioural and Cultural Insights Unit, WHO Europe
- Prof Helen Chatterjee, Professor of Human & Ecological Health at UCL and Research Programme, Director for Health Inequalities within AHRC/UKRI
- Alex Coulter, Director of National Centre for Creative Health
- Hollie Smith-Charles, Director, Creative Health and Change, Arts Council England
- Prof Sandeep Ranote, Mental Health lead for ICB Greater Manchester
- Stephen Sandford, Music Therapist, Chief Allied Health Professions (AHPs) Officer - NHS Lancashire and South Cumbria Integrated Care Board
- Sue Flowers, Lived Experience Expert (LENS)





The wellbeing dividend

Dr Darren Henley, CEO of Arts Council England

Creativity, culture and wellbeing have been connected for thousands of years. Darren Henley, the Chief Executive of Arts Council England, will look at the Arts Council's work in developing the field of Creative Health. He will explain how that work goes hand-in-hand with its commitment to work even more closely with communities and those in other sectors, and the benefits it can bring to those living in villages, towns and cities across England.

Darren Henley is chief executive of Arts Council England. Since joining the Arts Council in 2015, he has championed the positive impact of public investment in artists, arts organisations, museums and libraries on creating happier lives in villages, towns and cities across England.

His boardroom experience spans arts, media, education, charity and government. He currently chairs the UK National Lottery Forum and the National Lottery Promotions Unit management board, with previous roles including managing director of Classic FM and author of two independent government reviews into music education and cultural education. These resulted in England's first National Plan for Music Education, new networks of Music Education Hubs and Heritage Schools, the Museums and Schools programme, the BFI Film Academy and the National Youth Dance Company.

A certified coach, Darren has a doctorate exploring the role of the outsider as an agent for change, and degrees in politics, management, applied positive psychology and history of art. He was appointed OBE in 2013 for services to music and CBE in 2022 for services to the arts, receiving the British Academy President's Medal in 2015 for his contribution to music education, music research and the arts.

Developing an immersive performance - Creating connections through the arts

15:00 - 16:00

Arts for the Blues:
Creating Connections
– The Arts Council
project -
Prof Vicky Karkou

Co-production in the
theatre – Rebecca
Ross-Williams

Together
Un/tethered: Arts for
the Blues
performance
Prof Scott Thurston

Rose Theatre

Workshops

15:00 - 16:30

Workshop 1: Arts for
the Blues – the model –
adults – Leigh Gardner
Dance Studio 4

Workshop 2: Arts for
the Blues – the model –
children - Claire Quigley
Dance studio 5

Workshop 3: Creative
responses to research
themes – Georgina
Roberts and Anna
Smirnova
Rehearsal Room 1

Workshop 4:
Rest (is a political act) -
Niki Colclough
Rehearsal room 2

Immersive performance – Together Un/tethered

16:00 - 16:30
16:30 - 17:00

Julia Griffin, Scott
Thurston, George,
Meikle, Georgina
Aasgaard, Claire
Beerjeraz, Graham
Kellett and Rebecca
Ross Williams

Immersive performance
funded by the Arts
Council and co-created
with people with
mental health concerns,
artists and therapists
based on the Arts for
the Blues: Creating
Connections project.

Studio Theatre





Tuesday 20 June 2023

17:30 - 18:30

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Performances



Liverpool lighthouse
gospel choir – Conductor:
Anu Omideyi



Stepping through the pain -
Andrea-May Oliver,
Dramatherapist and PhD
candidate



Khula Dil – Open Heartedly
Choreography: Jessica Bennett in
collaboration with the dancers: Robbie
Garland, Lydia Horne, Sophie Moseley,
Leah Mullock



Witness This – Company
Chameleon, Choreography: Kevin
Edward Turner | Dancers: David
Colley and Kadafi Mulula





Dr. Nisha Sajnani is an Associate Professor and Director of the Program in Drama Therapy and Theatre and Health Lab; chair of the Creative Arts Therapies Consortium, and founding co-director of the Arts & Health initiative at New York University. She is also a co-founding, co-director of the Jameel Arts & Health Lab established in collaboration with the WHO to advance research on the health benefits of the arts and the integration of evidence in health systems.

The spaces between: Insights from a global series on the relationships between arts and health, arts therapies, and health equity.

Dr Nisha Sajnani, Director, Program in Drama Therapy; Founding Chair of the International Creative Arts Therapies Research Alliance, Co-founder and co-director, Jameel Arts & Health Lab, New York University

How should we move forward in our efforts to investigate and integrate evidence on the health benefits of the arts in health and care work while keeping health equity at the forefront of our organizing? This talk will draw on insights from a year-long open-access seminar series co-organized by New York University and University College London entitled “the spaces between” which has offered different perspectives on this question.





Supporting the wellbeing of helping professionals through creative interventions: recommendations and applications

Prof Vicky Karkou, Emma Perris, EHU, Dr Joanna Omylinska-Thurston, UoS, Dr Jane Hutton LUHFT

Arts enables discussion around difficult and diverse mother stories

Dr Lena Šimić, EHU

Wednesday 21 June 2023

11:00 - 12:00

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Children and young people

Moderated: Dr Michelle Howarth

· Tackling the Blues: Using sport, education and the arts to support the mental health literacy of children and young people - Dr Helen O'Keeffe and Prof Andy Smith

· Towards an effective approach to school-based arts therapies for improving children's quality of life and wellbeing: A pilot randomized controlled study in the UK and its adaptations for children and young people in Pakistan. – Dr Joanne Powell, EHU, Dr Zoe Moola, King's College, Dr Joanna Omylinska-Thurston, University of Salford, Prof Dr Zainab Zadeh Pill Pakistan (ONLINE) and Prof Vicky Karkou, EHU

· Adolescents' dramatic engagement as a psychodrama change factor that predicts in-session productive behaviors – Dr Hod Orkibi, Haifa University

· Lived experience expert - Harriet Dunn

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Adults

Moderated: Dr Irene Dudley-Swarbrick

· A cry for help, engaging with ICD-II: an opportunity for dramatherapists to take what we know about trauma into mental health care settings - Lee-Anne Widnall, EHU

· Neuroscience meets dance: towards a neuroscientific approach to mental health and wellbeing - Dr Valentina Cazzato, John Moore's University (ONLINE), Dr Stergios Makris and Prof Vicky Karkou, EHU

· Tranquilizers or the Rolling Stones!? Effects and applicability of music interventions for stress management - Dr Martina De Witte, University of Amsterdam and HAN University of Applied Sciences

· Supporting young stroke survivors using an arts-based intervention - Prof Rainbow T H Ho, University of Hong Kong (ONLINE)

· Lived experience expert - Katy McGunigle

H2 LT

Healthy aging

Moderated: Dr Michael Richards

· Aging better with an active mind - Dr Dorothy Tse, EHU

· Psychosocial impacts of online mindfulness-based dance movement therapy intervention for older adults with mild cognitive impairment during the COVID-19 pandemic - Dr Minjung Shim, Drexel University

· Dance Movement Therapy and Dementia in Germany – Clara Cornaro, Alanus University

· Playfulness in online and face-to-face interactions, from adulthood to aging – Dr Shoshi Keisari, University of Haifa

· Research for global impact: prioritising scaling up and minimising waste - Prof Felicity Baker, University of Melbourne

· Lived experience expert - Louise Evans

H3 LT





Dr. Guila Clara Kessous is a Peace Ambassador and a UNESCO Artist for Peace. She is a theatre artist, professor, and an executive coach. On the one hand, she is using theatre techniques as tools that can help heal those who have suffered from prior trauma and on the other role-playing games to enhance corporate communication. Recipient of a doctorate under Nobel Prize of Peace Elie Wiesel, Dr. Kessous has created the program "Theatre and Human Rights" at Harvard University and was knighted by the French government for her work using theatre to help women victims of sexual violence with Dr. Mukwege in Congo.

How the Arts are Making us Equal

Dr Guila Clara Kessous,
UNESCO Ambassador of Arts
for Peace

(ONLINE)

To honour International Day of Refugees, Guila Clara Kessous will talk about how the arts can tackle health inequalities by explaining her work as Peace Ambassador, UNESCO Artist for Peace and as an artist on the ground (Rwanda, Bangladesh and Congo) using drama to help refugees and victims with post traumatic concerns. Based on extensive research, she will explore how the arts can contribute to the mental health and physical health of survivors. She will conclude this opening talk making specific recommendations on how to use the arts to reduce health inequalities.



unesco

Guila Clara Kessous
Artist for Peace



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The Professionalisation of the Creative Health Sector:

Ethics and Opportunity around Education, Training and Cross-Sectoral Partnerships

Presentations and panel discussion

15:00 - 16:00

Training from the Arts for the Blues
Presentation of the training of practitioners from the AHRC-funded project Arts for the Blues – Prof Vicky Karkou, Dr Joanna Omylinska-Thurston, Prof Scott Thurston

The Creative Health Toolkit, a partnership between NHS England and the National Centre for Creative Health – Alex Coulter, Director of National Centre for Creative Health.

Creative health: how is the sector working and what do we need? – Victoria Hume, Culture, Health and Wellbeing Network – ONLINE

In conversation with:
Sue Flowers, Artist and Network Manager – CVAN NW

Nicola Hopson - Learning Project Manager, Royal Liverpool Philharmonic

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Workshops on creative interventions for helping professionals and other groups

15:00 - 16:30

Workshops 1: Arts-based interventions for helping professionals – Tania Konstant
Dance Studio 4

Workshop 2: Arts for the Blues for groups – Shirley Brocklehurst
Dance Studio 5

Workshop 3: Creative responses to research themes
Rehearsal room 1

The Creative Health Toolkit

The Creative Health Toolkit has been developed with four Integrated Care Systems: Gloucestershire; Shropshire, Telford & Wrekin; Suffolk & North East Essex; and West Yorkshire. It covers five interconnected domains: Leadership, Strategy and Governance; Planning and Commissioning; Workforce Development; Digital and Technology; and Evidence and Impact. The toolkit is a resource for other Integrated Care Systems to embed creative health approaches and activities at a strategic level. In this presentation Alex will focus on Workforce Development and the challenges and opportunities for developing a creative health workforce to meet the growing demand for this work.

Immersive performance – Together Un/tethered

16:00 - 16:30 | 16:30 - 17:00

Julia Griffin, Scott Thurston, George, Meikle, Georgina Aasgaard, Claire Beerjeraz, Graham Kellett and Rebecca Ross Williams

Immersive performance funded by the Arts Council and co-created with people with mental health concerns, artists and therapists based on the Arts for the Blues: Creating Connections project.

Studio Theatre



Alex Coulter, Director of National Centre for Creative Health

Alexandra Coulter is Director of the UK National Centre for Creative Health (NCCH) which launched in March 2021. It was established in response to Recommendation 1 in the Creative Health report, which was published in 2017 following a two-year inquiry by the All-Party Parliamentary Group on Arts, Health and Wellbeing (APPG). Alex has provided the secretariat for the APPG since 2015 and project managed the inquiry. The NCCH's mission is to advance good practice and research, inform policy and promote collaboration, helping foster the conditions for creative health to be integral to health and social care and wider systems.



Wednesday 21 June 2023

17:30 - 18:30

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Performances



Break - Tenderfoot theatre company, Director: Daniel Vernon
Performers: Fran Clover, Chrissie Handley, Joseph Roberts



Embodied Mothering - Emma Perris, Dance Movement Psychotherapist, dance artist, researcher and PhD candidate



Man's Answer - EHU dance student work. Choreography: Lydia Horne.
Dancers: Jess Bennett, Kirstie Green, Lydia Horne, Maisie Wellock



Residual - Fallen Angels. Choreographer: Paul Bayes Kitcher, Dancers: Sasha Cuttress, Tom Denbigh, Orlando Tirelli, Nicola Williams



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