

How arts projects that support mental health and wellbeing can grow bigger



Easy read booklet

Who we are



We are a group of people who work in different universities in the UK.



We all work in subjects like Arts, Health and Wellbeing.

Wellbeing means how healthy you feel and how much energy you have.



We've done some research together.

Research is when people collect information to help them think about problems and find ways to fix them.

Arts projects



We used an arts project called **Arts for the Blues** to help us do our research.

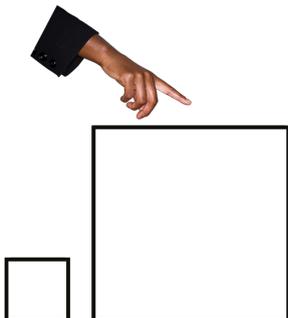


An **arts project** is somewhere you go to do activities like

- visual arts, like painting or crafts.
- music.
- writing, like stories or poems.
- dance.



Some arts projects help people improve their health and wellbeing.



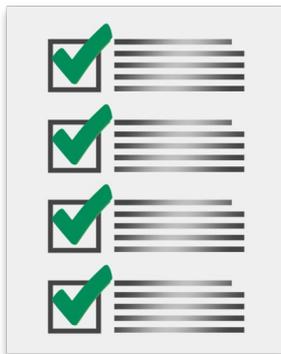
If you go to an arts project, we want to tell you how you can make it grow bigger.

Our research



Our research helped us think about what works and how arts projects can grow bigger.

This booklet tells you about



- **our promises.**

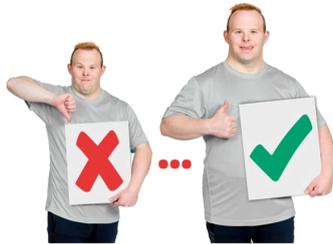
These are the things we will do to help arts projects.



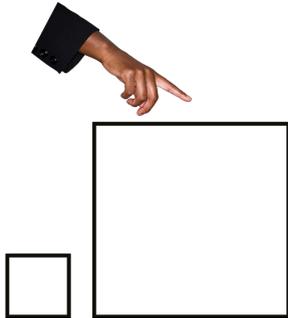
- **our recommendations.**

These are ideas that we think will help you make your arts project grow bigger.

Promise 1



We will work with people and organisations to help improve arts projects.



We found out from our research the ways that arts projects can work well so they can grow.

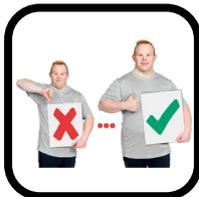
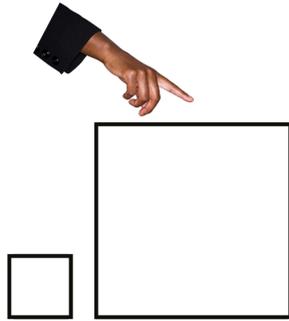


We want arts projects to be accepted.

Accepted means people agree that they are good.



We use the word **accept** on the next page to explain how arts projects can work well.



accept

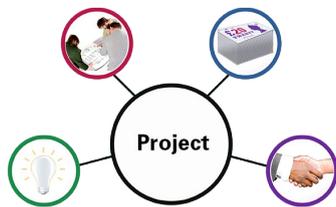
Recommendation 1

If you want your arts project to grow bigger, we think it needs to be

- a** **adaptable.**
This means it can change when it needs to.
- c** **clear.**
This means people can easily understand what it does.
- c** **collaborative.**
This means it can work with other organisations.
- e** **evidence-based.**
This means it keeps information about what works well.
- p** **personalised.**
This means each person can do the art they want.
- t** **transformative.**
This means the project improves lives.

The first letters spell out **accept**.

Promise 2



We will work with organisations that give health and care to help start new arts projects.



We found out from our research what organisations should have if they want to start new arts projects that improve health and wellbeing.

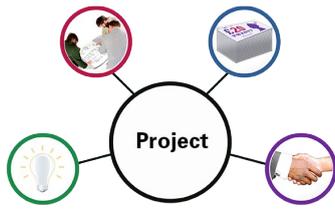


We want organisations to **nourish** good new arts projects.

Nourish means to start something and keep it going.



We use the word **nourish** on the next page to explain what you need to start good arts projects.



Recommendation 2

If you want to start a new arts project, you should have



n need.

This means there must be people who need it.

o understanding.

This means people know why it will help.

u resources.

This means the people, place and things to run the project.

r inspiration.

This means the idea and energy to make the project.

i skillset.

This means people who are good at the right things.

s help.

This means help from other people like us.

nourish

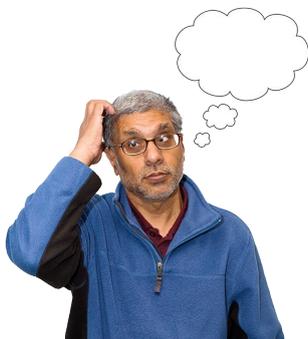
The first letters spell out **nourish**.

Promise 3



We will help change policies to improve arts projects in health and care.

Policies are sets of rules for organisations.



We found out from our research the things that organisations need to think about.

We want organisations to improve their policies in a targeted way.



Targeted means choosing the most important things.



We use the word **targets** on the next page to explain how organisations can help people better.



Recommendation 3

Organisations can help people if they think about



t

a **attitude changes.**

This means changing the way people think about the arts.

r

rules and guidance.

This means the rules and policies they follow.

g

gaps.

This means anything that is missing in their work.

e

early support.

This means helping people before a problem gets worse.

t

treatment choices.

This means having different choices for treatment.

s

service changes.

This means changing the support people can get.

targets

The first letters spell out **targets**.

Promise 4



We will work with people who know about arts projects and share what they learned.



We will work with people who

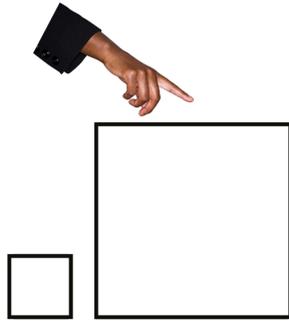
- took part in arts projects.
- helped run arts projects.



We want people all over the country to learn from projects that worked well.



This will help make more arts projects and bigger arts projects.



Recommendation 4

To help arts projects grow bigger, we think



- people and teams that run good arts projects can become **champions**.

Champions are people that talk about what they do and teach their managers more about it.



- managers need to support the people that run arts projects.



- arts projects can be copied so the same type of project is used in different places or with different groups.

Contact us



If you want to talk to us about how to make your arts project grow bigger, you can send an email to 1 of us who did the research.



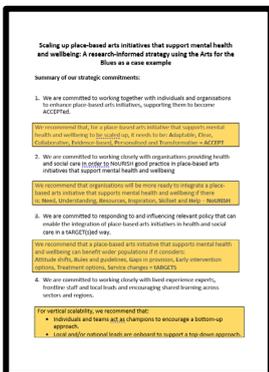
Professor Vicky Karkou
karkouv@edgehill.ac.uk



Dr Joanna Omylinska-Thurston
j.omylinska-thurston1@salford.ac.uk



Professor Scott Thurston
s.thurston@salford.ac.uk



Thank you to A2i for the words
www.a2i.co.uk (reference 36930)

The full version of this document is called
“Scaling up place-based arts initiatives that support
mental health and wellbeing: A research-informed
strategy using the Arts for the Blues as a case example –
Summary of our strategic commitments”