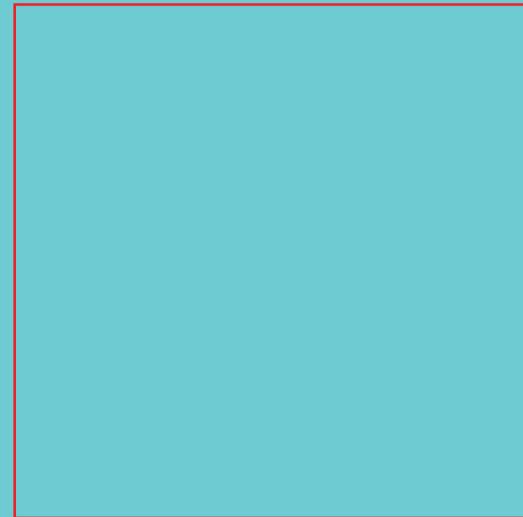
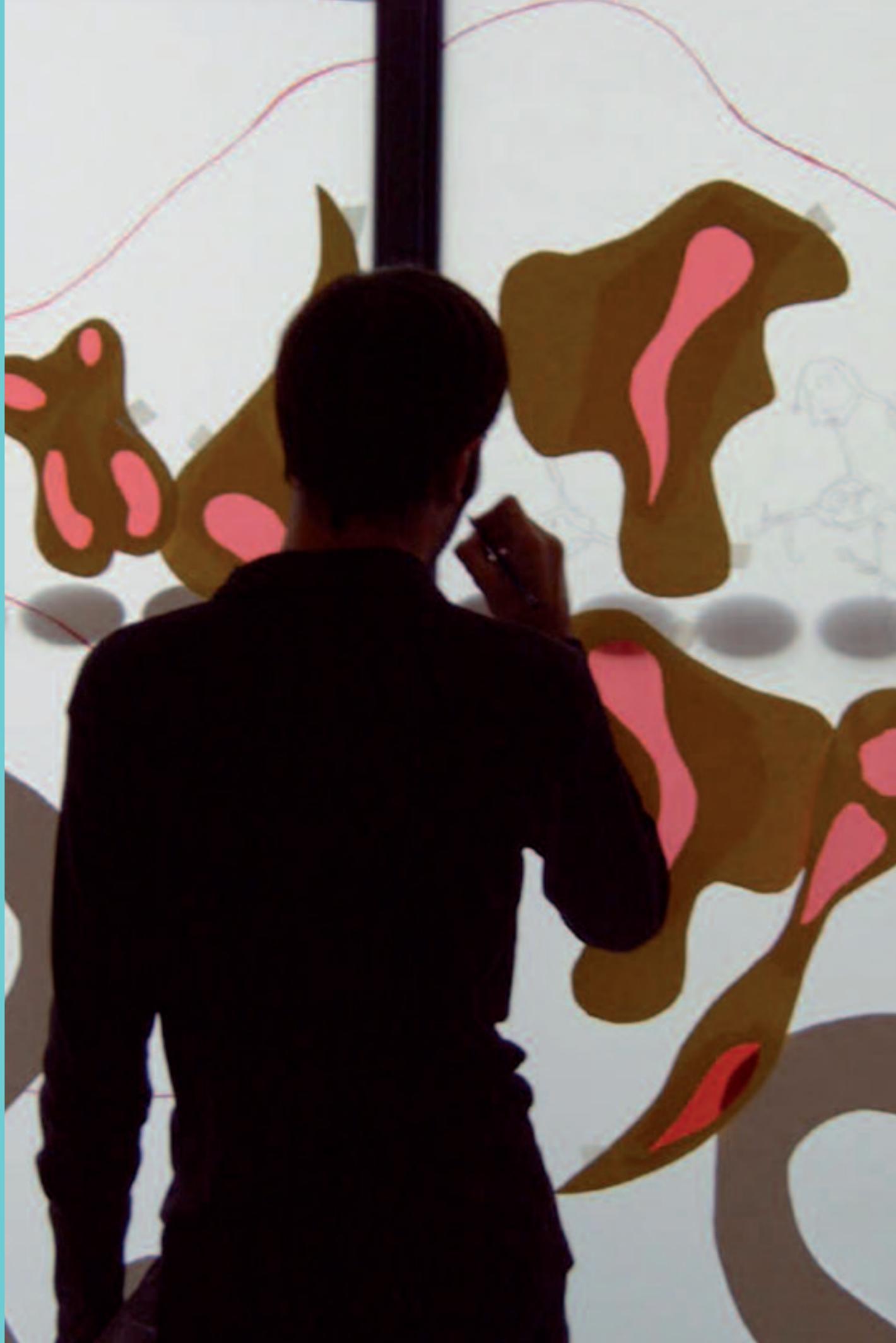


5 Further information





“the NHS is incorporating the arts in a number of ways”

A very large number of individuals and organisations are involved in arts and health. This document can only begin to list them. Set out on the following pages are some of those individuals and organisations, and their contact details, which will give some idea of the type and range of arts and health initiatives.



Arts for Health

Arts for Health (AfH) works with and unites artists, designers and healthcare professionals in improving the quality of life for all those involved in providing and receiving health and community care. Based at the Manchester Metropolitan University, and now part of MIRIAD and the Academy of Health and Wellbeing, AfH was established in 1988. Through its information, advice and consultancy service, the centre assists with the practical development of art and design projects and events, giving advice on appropriate funding, planning, management, monitoring and evaluation of art and design projects. It provides a network of links between new and existing arts projects and organisations concerned with the arts, architecture, design and craft, health authorities and funding bodies. The Centre also holds a worldwide archive of developments in this field dating back to 1973. AfH also has a major research function, and is currently leading a research programme into the impact of arts and health, funded through the Treasury's Invest to Save programme. In April 2007 the second world symposium 'Culture Health and the Arts' will take place at Manchester Metropolitan University, succeeding the first and extremely successful world symposium held in 1999.

Contact

W: www.mmu.ac.uk/artsforhealth

Centre for Arts and Humanities in Health and Medicine, University of Durham

The Centre for Arts and Humanities in Health and Medicine (CAHHM) was set up in 2000 by Sir Kenneth Calman, the Vice Chancellor of Durham University and former Chief Medical Officer for England, to follow on from the Nuffield Trust's influential pre-millennium conferences on arts and humanities in medicine. CAHHM aims to meet the groundswell of interest from many areas of social policy and academic disciplines in the importance of the arts as a force for improving the health and wellbeing of communities and individuals. CAHHM currently runs research and project work in three priority areas:

- arts and health in community settings
- architecture and design of health service buildings
- medical humanities

Contact

For arts in health: Mike White

E: mike.white@durham.ac.uk

For medical humanities:

Dr Jane Macnaughton

E: jane.macnaughton@durham.ac.uk

T: 0191 334 2913

W: www.dur.ac.uk/cahbm

Music in Hospitals

Music in Hospitals' mission is to improve the quality of life of adults and children with all kinds of illnesses and disabilities in hospitals, hospices, day care centres, special needs schools and nursing and residential homes through the joy and therapeutic benefits of professionally performed live music.

Contact

Diana Greenman
Chief Executive
Music in Hospitals
74 Queens Road
Hersham
Surrey KT12 5LW

T: 01932 252809

E: diana@music-in-hospitals.org.uk

W: www.music-in-hospitals.org.uk

Paintings in Hospitals

Paintings in Hospitals is a registered charity that provides original works of art on loan to NHS hospitals, hospices and other healthcare facilities to enhance the healing environment for the benefit of patients, staff and visitors. Founded in 1959, the charity holds a collection of 4,000 works of art by modern British and contemporary artists. Today, the charity provides this service to over 250 hospitals, hospices and other healthcare facilities across England, Wales and Ireland and benefits many millions of NHS patients, staff and visitors each year.

Contact

Stuart Davie, Director
Menier Gallery
Menier Chocolate Factory
51 Southwark Street
London SE1 1RU

T: 020 7407 3222

Fax: 020 7403 7721

W: www.paintingsinhospitals.org.uk

The University of Sheffield, School of Architecture Research Team

The research team, led and coordinated by Professor Bryan Lawson and Dr Michael Phiri, is based at The University of Sheffield, School of Architecture. The Higher Education Funding Council awarded the school a top rating of 5 for any School of Architecture and a rating of 'excellent' for teaching. It is thus ideally qualified to conduct the work with an appreciation of training outcomes.

The research team has, for some time, been working with NHS Estates, Department of Health and other bodies to investigate the impact of the designed environment on patients, staff and visitors. Due in part to this work, a major database of worldwide research has been established and published by NHS Estates as the Safer Environment Database and on the Department of Health KIP (Knowledge Information) portal. This work, corroborated by parallel research in the USA, now shows over 1,000 items of worthwhile research. Taken together, this research indicates strong relationships between certain features of the designed environment and patient levels of satisfaction and health outcomes. The evidence shows the possibility of reducing treatment times, lowering levels of analgesic medication, reducing levels of aggression and improving patient regime compliance. Parallel evidence shows that staff levels of satisfaction, performance, recruitment and retention can all be affected by careful design.

Contact

Dr Michael Phiri
School of Architecture
The University of Sheffield
Arts Tower
Western Bank
Sheffield S10 2TN
T: +44 (0) 7710 065 062
Fax: +44 (0) 114 279 8276
E: m.phiri@sheffield.ac.uk

Professor Bryan Lawson
Dean
Faculty of Architectural Studies
School of Architecture
The University of Sheffield
Sheffield S10 2TN
W: www.shef.ac.uk

Sidney De Haan Research Centre for Arts and Health

The Sidney De Haan Research Centre for Arts and Health is committed to researching the contribution of music and other participative arts activities in promoting the wellbeing and health of individuals and communities. Its current objectives include:

- undertaking scientific research into and evaluation of the potential benefits for wellbeing and health of active engagement in music making
- documenting and providing the research evidence base for establishing 'Singing on Prescription' for its wellbeing and health benefits
- working in partnership with health and social care agencies and service users in the south-east to promote the role of music and arts in healthcare and health promotion
- contributing to the wider development of the field of arts and health research and practice through membership of national and regional networks, publications and educational activities

Contact

Professor Stephen Clift
Canterbury Christ Church University
11 Church Street
Folkestone
Kent CT20 1SE

T: 01303 220870

E: s.clift@btinternet.com

E: sdhcentre@canterbury.ac.uk

W: <http://www.canterbury.ac.uk/centres/sidney-de-haan-research/>

London Arts and Health Forum (LAHF)

This is a London-based networking organisation for health and arts professionals and health-related organisations. They work to promote and support arts in health activity across London and nationally.

The organisation is free to join and offers regular events, a monthly newsletter, training sessions and advice and support for artists, architects, clinical staff and anyone with an interest in arts in health.

Contact

London Arts in Health Forum
Floor 1, Menier Chocolate Factory
51 Southwark Street
London SE1 1RU

T: 0845 602 0825

E: info@lahf.org.uk

W: www.lahf.org.uk

South East Arts and Health Partnership

The South East Arts and Health Partnership is supported by Arts Council England, South East, the South East Cultural Consortium and the South East Regional Public Health Group, and brings together people with a strong commitment to developing links between arts and health across the south-east region in both community and health and social care settings. The partnership aims to act in a strategic and advisory capacity for arts and health issues, and as a network that brings together arts and health 'champions' across the south-east region, in order to develop and promote evidence-based practice.

Contact

Professor Stephen Clift
Chair, Partnership Steering Group
Sidney De Haan Research Centre for Arts and Health

T: 01303 220870

E: s.clift@btinternet.com

W: www.seah.org.uk

Arts & Health South West

Arts & Health South West aims to raise the profile and influence the development of the arts and health sector across the region, provide information and support for those working in the sector and encourage partnerships between health and arts professionals. Arts & Health South West provides information and support about every aspect of the arts and health sector from arts therapies to arts in primary care; from public art, dance, music, creative writing and theatre development to evaluation, funding, training and strategies.

Contact

Emma Williams
Co-ordinator
Arts & Health South West
PO Box 2696
Bristol BS2 2AL
T: 0117 907 3861
E: info@ahsw.org.uk **w:**
www.artsandhealthsouthwest.org.uk

Zest

The health community in the Plymouth area is delivering the Vanguard Health Programme, a series of service reviews and a major building programme which will transform the area's facilities and create a more patient-centred environment. Zest: arts for health has been established to work as an integral part of the Vanguard and LIFT projects, and is working closely with the design teams in realising Plymouth's ambition for the built environment and delivering a vibrant programme of arts projects. Zest has one full-time employee (funded by Arts Council England, South West) supported by two part-time workers, and is based in the Planning Department, reporting to the Director of Planning, and working jointly with Plymouth Hospitals Trust and Plymouth Primary Care Trust.

Contact

Trystan Hawkins
Artistic Programme Co-ordinator
T: 01752 437006
E: Trystan.Hawkins@phnt.swest.nhs.uk

The arts therapies

The arts therapies comprise the four separate professions of art therapists, music therapists, dramatherapists and dance movement therapists. A registered art, music or dramatherapist is someone who has undertaken an approved training in one of the arts psychotherapies at postgraduate, MA or MSc level and who is registered with the Health Professions Council (HPC). Registration with the HPC is a legal requirement in order to be able to practice.

Art therapy

Art therapy is a form of psychotherapy that uses art media as its primary mode of communication, to create 'safe spaces' and relationships in which skilled practitioners can help users to 'express the inexpressible' in safety. Practitioners work with children, young people, adults and the elderly, and these clients have a wide range of difficulties, disabilities or diagnoses. Using art materials to make images which can be thought about with a qualified and registered art therapist may help relieve difficult or painful feelings and can help increase general wellbeing.

Contact

British Association of Art Therapists
24–27 White Lion Street
London N1 9PD

T: 020 7686 4216

E: info@baat.org, www.baat.org

Dance movement therapy

Dance movement therapy is the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration. It is founded on the principle that movement reflects an individual's patterns of thinking and feeling. Through acknowledging and supporting clients' movements the therapist encourages development and integration of new adaptive movement patterns together with the emotional experiences that accompany such changes. Dance movement therapy is practised as both individual and group therapy in health, education and social service settings and in private practice. Dance movement therapists work with a wide variety of clients including people who are emotionally distressed, people with learning difficulties, those with physical or mental illness and people who want to use the medium for personal growth.

Contact

The Professional Association for Dance
Movement Therapy in the UK (ADMTUK)
32 Meadfoot Lane
Torquay TQ1 2BW

E: queries@admt.org.uk

W: www.admp.org.uk

Dramatherapy

The Health Professions Council's Standards of Proficiency for Arts Therapists, document 2003, defines dramatherapy as: 'a unique form of psychotherapy in which creativity, play, movement, voice, storytelling, dramatisation, and the performance arts have a central position within the therapeutic relationship'. Extensive knowledge of the performance arts is combined with theories of psychotherapy to create an inclusive methodology which can be adapted to serve the needs of clients. Dramatherapists are both artists and clinicians.

Contact

British Association of Dramatherapists
Waverley
Battledown Approach
Cheltenham
Gloucestershire
GL52 6RE
T: 01242 235515
W: www.badth.org.uk

Music therapy

Music therapists are trained both as highly skilled musicians and as therapists who are able to work psycho-therapeutically. Training is at MA level with students already having a first degree in either music or a related field such as psychology, social work or teaching – although a high degree of musicianship is essential to training.

Music is a powerful emotional medium. The ability to listen to and respond to music is universal and may remain unimpaired by illness, injury or disability. Music therapy draws on this ability to enable clients to communicate through music. By providing a safe, therapeutic environment in which to express and explore feelings and experiences in the context of a trusting music-therapeutic relationship, awareness and self-insight can grow and develop. Music therapy predominantly uses improvised music-making between client and therapist as an immediate and personal form of communication and expression of feeling. Together, therapist and client build a shared understanding through their music making which informs the ongoing aims and direction of the therapy.

Contact

Association of Professional Music Therapists (APMT)
APMT Administrator
61 Church Hill Road
East Barnet
Herts EN4 8SY
T/Fax: 020 8440 4153
E: APMToffice@aol.com
W: www.apmt.org