



# BUCKINGHAMSHIRE: *Uncovered*

*Arts & Culture: Creative Health*

**Shining a spotlight on our county of contrast**



# Contents

<u>Foreword</u>	<u>3</u>
<u>Introduction</u>	<u>5</u>
<u>Part I: Why Creative Health?</u>	<u>7</u>
• <u>What is Creative Health?</u>	<u>8</u>
• <u>Key Facts</u>	<u>11</u>
• <u>Buckinghamshire's Creative Health and Examples</u>	<u>12</u>
<u>Part II: Barriers to Creative Health</u>	<u>17</u>
• <u>Funding</u>	<u>19</u>
• <u>Data &amp; Impact in Arts and Culture</u>	<u>23</u>
• <u>Recruitment</u>	<u>26</u>
• <u>Health Sector Partnerships</u>	<u>27</u>
• <u>Case Study: Buckinghamshire Culture</u>	<u>29</u>
• <u>Social Prescribing</u>	<u>32</u>
• <u>Access</u>	<u>36</u>
<u>Part III: Recommendations</u>	<u>53</u>
<u>Conclusion</u>	<u>61</u>
<u>References</u>	<u>63</u>



# Foreword

The purpose of the arts and culture is to help people enjoy life more, to give them opportunities to see things from a different perspective, to engage with others as participants and observers. That is also the purpose of being healthy. We want to be healthy so that we can do the things we enjoy, seeing friends and family, going to concerts, films, art galleries. Even those who love running do not just want to be healthy, they want to be healthy so that they can run, and usually share their love of running with others. People love being creative, creating short-cuts when they walk, new recipes when they cook, creating gardens and games, computer programmes and jokes. It really does not matter if the short-cut leads to a hedge, the recipe fails and the garden floods. The great thing is that it is the taking part that matters, not that the output is worthy of a museum or gallery.

There is a solid evidence base for the idea that the arts and cultural activities have an important place in developing and sustaining health for individuals and communities. It is difficult to carry out formal research studies, similar to the Randomised Clinical Trials used for drugs, to prove that the arts and culture are beneficial for health. For a start it would be unethical to deny the control group any access to friends and any form of culture. However apart from the RCT the evidence is strong. In particular well-validated and recognised measures of “well-being” are strongly related to engagement in broad cultural activities and longer, healthier lives.



Life can be difficult and we all need ways of navigating and coping with those difficulties; those who do are called “resilient”. However we are not simply resilient/not resilient, we become resilient largely because of the support we can call upon, family and friends, because we have learned that listening to music, dancing, playing a computer game, going walking, or visiting an art gallery helps us get through the tough times.

Culture and the arts are not an add-on. In many ways they are the core of what we are. We are deeply social animals, we exist to interact, and the framework for that interaction is our culture. It may be based upon nationality, religion, love of animals, football or fashion. We will never solve all the challenges of health and social care, but we will get much nearer solving some of them if we remember that our wellbeing depends upon having a rich cultural life and that we want to be healthy to live well and happily, not just long!

I write this as the Co-chair of Buckinghamshire Culture whose purpose is to develop cultural opportunities and access in the County so that all residents can take part in something meaningful for them. I also happen to have trained as a doctor and know that active engagement in something you love is often the best medicine.



*- Julius Weinberg - Co-chair, Buckinghamshire Culture*





# Introduction

Buckinghamshire is a county of contrast. Whilst the county's historic image is an affluent one rich in heritage and culture, Heart of Bucks Community Foundation know first-hand that this is not the full picture. This contrast exists just as much in arts and culture as it does within any category - where disadvantage affects equality of access, awareness and financial pressure. Produced in collaboration with Buckinghamshire Culture, this Bucks Uncovered report seeks to understand the barriers, challenges and opportunities surrounding arts and culture in Buckinghamshire; specifically in terms of creative health and the impact of the arts as a vehicle for health and wellbeing.

Arts and culture encompass a wide range of activities and creative pursuits, including visual and performing arts, film and media, cultural practices, and heritage. Arts and culture bring meaning to our lives. They offer personal, communal, and emotional connection and insight into experience and identity. In a survey of 24 Bucks-based cultural partners, Buckinghamshire Culture report that there were 2,510,785 visits to Buckinghamshire's cultural sites from April 2022 - March 2023.







Nationally, only 10.3% of UK adults participate regularly in the arts, and people are spending less time per day on entertainment and other socio-cultural activities in 2024 compared to 2020. Similarly between March 2022 and March 2023, UK Government statistics show that only 33% of people visited a museum/gallery, 19% visited a public library, and 67% visited a heritage site. Numbers are still rebuilding after the Covid pandemic shut down a majority of cultural venues.

Buckinghamshire has a wide variety of cultural offerings; including museums (eg Chiltern Open Air Museum, Discover Bucks Museum, Wycombe Museum), theatres (eg Aylesbury Waterside Theatre, Wycombe Swan Theatre), and heritage sites (eg Waddesdon Manor, Stowe Gardens). A number of cultural festivals take place within the county (eg Chiltern Arts Festival, Buckinghamshire Culture Open Weekend). Many of these locations and events are run by charity organisations, and there are many more local charities working in the arts and culture space. The county is the home of the Paralympics and has twice as many creative industry jobs as the national average.

Despite this strong position, creative health in Buckinghamshire (and more general arts and culture for health and wellbeing) is challenged by numerous barriers and inequalities.





Part 1:  
Why Creative  
Health?

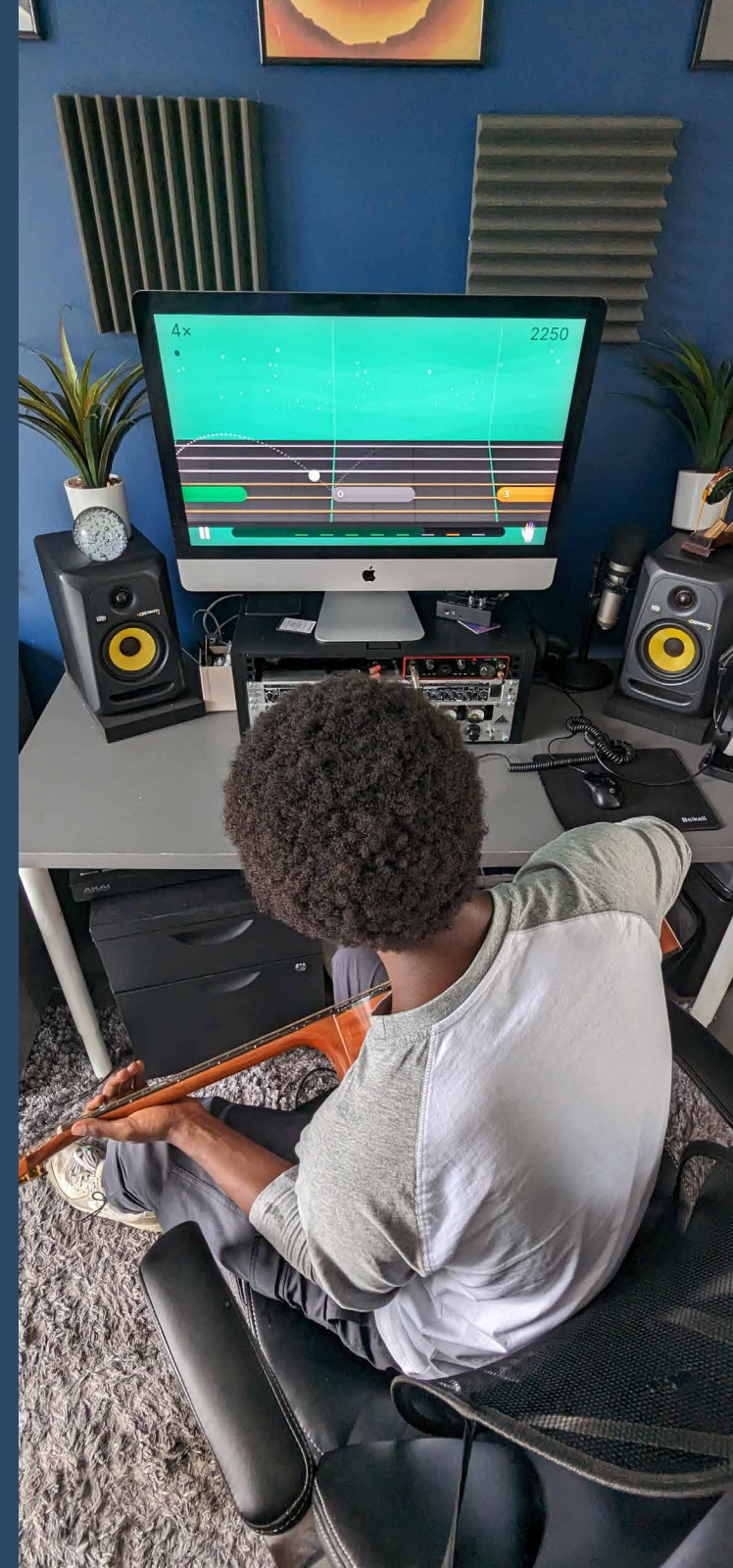


# What is creative health?

Creative health is defined as the process of integrating arts, culture and creativity into health and social care. Creative health activities can include music-making, dance, theatre, art, crafts, film, literature, cooking and gardening, and attending a whole host of cultural sites associated with the above (museums, concert halls, galleries, libraries and more).

The goal of creative health is to improve health and wellbeing through arts and culture.

It involves embedding arts and culture in public health systems, alongside non-medical, community-based programmes to facilitate opportunities for everyone to engage in creativity.







# The positive impact of creative health

Before we can answer our initial question, we must briefly consider another: does arts and culture contribute to the health and wellbeing of Buckinghamshire's residents?

There is significant evidence to show that arts and culture are vital in maintaining mental, physical and emotional health and wellbeing. The arts are integral for healthy ageing, reducing mental illness and improving children's development. They help a variety of patients awaiting care, during care, in management of long-term conditions, and during rehabilitation after surgery. The All-Party Parliamentary Group published a landmark Creative Health Report in 2017 which provides the foundation of current thinking on creative health.

One 2020 study by UCL and the Department for Behavioural Science & Health reviews over 100 academic journal papers and studies to display the integral role that arts can play in improving health and wellbeing. A similar World Health Organisation (WHO) report reviewed over 3,000 studies, arriving at the same conclusion. Further studies published by UCL and the National Academy of Social Prescribing provide more evidence for its efficacy.



Creative health research is ongoing, led by organisations such as Breathe, a nationally recognised non-profit developing evidence-based creative health programmes. King’s College London have undertaken a multi-million pound study into providing detailed evidence for the efficacy of arts projects: SHAPER (Scaling-Up Health Arts Programmes: Implementation and Effectiveness Research) aims to “upscale three known effective arts interventions” and embed them into clinical pathways to make a strong case for embedding such programmes within the healthcare system and for the financial benefits of doing so.

Attending cultural events is proven to reduce work-related stress, indirectly aiding in staff wellbeing and reducing sick leave. Visiting cultural sites is also effective at aiding health and wellbeing – and a 2014 Historic England study found that this positive impact had a monetary value of £1,456 per person annually. The 2024 Heritage Capital and Wellbeing report notes a yearly nation-wide benefit of £29 billion from cultural heritage sites’ impact on health and wellbeing.

Creative health can also reduce GP appointments and emergency services calls, saving significant costs by improving health and wellbeing:

- *In 2022/23, on average a 10-minute GP appointment cost £56 and ambulance call outs cost £287-£417.*
- *In 2024/25, the average cost of a low-level A&E admission is £91.*

As such, cultural and creative activities are proven to have a multitude of positive health benefits, and resultingly alleviate pressures on the NHS and social care system. They also reduce the reliance of patients upon the NHS. This makes a strong creative health system/network a core need for Buckinghamshire’s wellbeing.



# Key facts:



Music therapy reduces agitation and medication need in 67% of dementia patients.



Expressive writing reduces physiological stress, resulting in 14% improved lung function in adults with asthma.



Social participation by older people in arts-based community groups can have as positive an impact on health as giving up smoking.



Dance therapy saves the NHS £157 million/yr by reducing risk of Type 2 diabetes.



Dance therapy reduces the systolic/diastolic pressure of people with high blood pressure.



Dance therapy reduces fall-related fracture incidents by 58%.



Singing interventions have shown significantly faster improvement in symptoms for mothers suffering from moderate-severe postnatal depression.



Singing interventions result in 23% reduction in A&E admissions and 21% decline in GP appointments by COPD and asthma-sufferers.



Cultural engagement results in reduced risk of depression in adults over the age of 50.



Every £1 spent maintaining parks generates as much as £34 in community benefits.

# Buckinghamshire's Creative Health

It has been established that there are a wealth of benefits to be had from creative health. Creative pursuits can provide meaning to our lives. They can have significant benefits to mental health, social isolation, and make a considerable difference to a variety of health conditions.

There are a vast number of organisations delivering excellent work in the field of creative health in Buckinghamshire, and some of their work is highlighted in this report. Yet numerous barriers exist for the county, and these organisations face significant challenges to continuing and expanding their work.

As part of their Cultural Sector survey, Buckinghamshire Culture asked 24 organisations how many projects or activities they delivered with the aim of improving health and wellbeing outcomes:

*“Only a handful of organisations reported delivering work that aimed to improve health and wellbeing. Many referenced the Social Prescribing Pilot that Bucks Culture ran (included training and funding). For a number of organisations, it is clear that wellbeing aims are part of their core delivery, as they had a great deal to report, but for others it was less embedded.”*





# Case study: Chiltern Music Therapy

The Safe in Sound project, delivered by Chiltern Music Therapy in collaboration with musicians from the English Sinfonia, provided 12 weeks of group music therapy sessions for individuals living with dementia and their carers. The project aimed to enhance communication, foster relationships, and improve overall well-being through the therapeutic power of music. Participants experienced significant emotional and social benefits, culminating in a community performance that showcased their progress. To see the project in action, you can watch the community performance below:



# Case study: Chiltern Music Therapy

The following case study illustrates the profound impact that music therapy had on one participant, Frank, who reconnected with their love for music, found new friendships, and saw improvements in their emotional well-being and communication. Such personal stories highlight the vital role that arts and culture can play in supporting health and well-being across Buckinghamshire.

*Frank is 84 and has a diagnosis of Alzheimer's disease. He has difficulty in maintaining focus, engaging in meaningful tasks and expressing himself as words/language are getting increasingly difficult for him to use. He has also lost some confidence.*

*Frank attended the group with his wife Marion, who is his main carer. They both have had a lifelong love for music, attending choirs locally as well as seeing classical concerts and the Proms, which Frank is still able to watch in its entirety without falling asleep as quoted by Marion.*

*Frank was highly engaged in music making and singing from the outset, displaying great confidence within the group dynamic. He was able to listen and respond creatively in improvisations with a very acute sense of rhythm and meter musically. He also possessed a lyrical tenor voice and although expressing himself verbally was difficult, singing recognisable songs came easily to him.*

*Marion commented that he looked forward to the weekly sessions and always enjoyed them. He was less tired at home, could hold conversations for longer, and showed improved focus on tasks. She also commented that it was moving to see her husband genuinely partake and enjoy music making again. They have also found friendship with another couple who live independently in the community and Marion finds this particularly supportive. Marion said: "I've seen him come alive because Frank doesn't have much conversation at home...coming here, he comes alive. It's made a big difference to him."*



## More examples...

Buckinghamshire's charity sector boasts a wide variety of organisations developing and delivering creative health opportunities to the county's communities. Here are a few examples:

### Vache Baroque

- Vache Baroque are a prime example of a charity delivering creative health programmes.
- They have a team of professional musicians who perform baroque-era music.
- They aim to bring classical music (and the many health and wellbeing benefits from participating in it) to groups who would not otherwise normally access it.
- They produce a variety of live shows and concerts in a variety of locations, as well as fully-funded music and drama residencies for disadvantaged children.



Photo: Vache Baroque History of Sound project

## Invisible Folk

- Invisible Folk are running a meditation and poetry workshop in Chesham for older people struggling with grief and loss.
- They aim to provide a community outlet for people to “express their feelings in a safe and supportive environment” and share stories and memories through poetry.


## Women's Cultural Arena

- Based in High Wycombe, Women's Cultural Arena aim to provide a community to women of all cultures and backgrounds whilst celebrating these cultures through a wide variety of arts, crafts, creative writing, storytelling, food festivals and more.



Photo: Women's Cultural Arena, arts and crafts project



The background is a collage. At the top, there's a piece of brown fabric with the number '401' in black. Below that, a child's face is visible, looking upwards. The child is wearing a white shirt with colorful hearts. To the left, there's a lighthouse with a red and white striped top. The bottom right shows a blue and white striped pattern.

# Part II: Barriers to Creative Health





Creative health acknowledges that our wellbeing depends upon having a rich cultural life.

We have established why creative health is important, and showcased some examples of charity organisations delivering creative health in Buckinghamshire. Yet there are a number of real barriers that limit creative health delivery in the county.

These include funding in both the voluntary and health sectors, impact measuring, recruitment and awareness, and accessibility around creative health and cultural activities.

As we explore these barriers, we also aim to highlight some of the outstanding work taking place to address these challenges in Buckinghamshire and emphasise the importance of organisations striving to improve creative and cultural opportunities for wellbeing in the county.



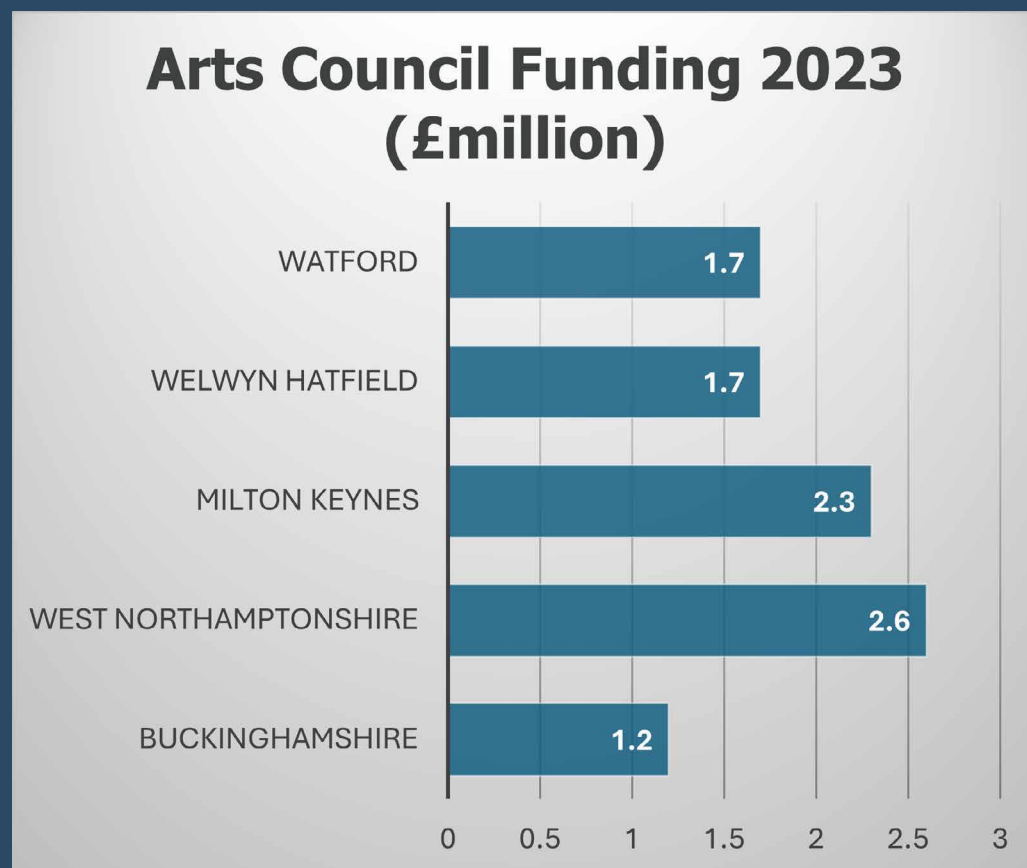
# Arts Council funding

Arts Council England (ACE) is the national development agency for creativity and culture. ACE invests Government and National Lottery money into the arts and culture sector across England.

ACE funding patterns since 2018 have been similar across the country, with large increases during the Covid pandemic before significant reductions over the past 3 years.

However as it stands Buckinghamshire is receiving significantly less Arts Council funding than surrounding Local Authorities. Buckinghamshire's funding reduced from £4.3 million in 2020/21 to £1.4 million in 2023/24. This amounts to just £2.63 per person in the county, compared to a national average of almost £14 per head.

Buckinghamshire's total population is also the largest of the local authority areas shown in the table, despite its funding being by far the lowest.





ACE also provides regular funding to 985 organisations through the National Portfolio investment programme. These organisations are hence called National Portfolio Organisation (NPOs). When comparing both the number of NPOs and their annual funding provided between Buckinghamshire and surrounding/South East areas, it becomes starkly evident that Buckinghamshire is underfunded.

### **ACE NPO 2023-2026 programme:**

<b>County</b>	<b>No. NPOs</b>	<b>NPO funding per annum</b>
Surrey	6	£2,912,000
Kent	21	£5,071,049
Sussex	28	£9,522,619
Bedfordshire	8	£1,440,041
Hampshire	23	£6,425,533
Milton Keynes	5	£1,321,364
Buckinghamshire	2	£201,840

From 2013-2023, Buckinghamshire received £30,933 per 1,000 people in National Lottery Heritage Funding – almost £10,000 per 1,000 people less than the national average.

Funding (or lack thereof), therefore, continues to be an overwhelming influence in all the challenges faced by Buckinghamshire’s arts and culture charities and organisations.



# Local funding

Funding for charity organisations working in the arts and culture space can be especially challenging. On top of the common funding challenges that all charities face (competition for limited resources, pressures to public sector funding streams, increasing demand, and lack of long-term funding options), grant-makers often do not prioritise these projects. They find themselves ineligible for funding in a large majority of available grant rounds due to limiting criteria and inflexible data requirements.

This makes developing new programmes, not to mention simply maintaining current services, a particular challenge for arts and culture organisations.

The common funding challenges noted above can also exacerbate historic issues in the arts and culture space: inability to plan on a longer timescale hinders the development of strategy and vision that could address some entrenched issues such as impact measuring, and underscores all other barriers facing this category.

Inclusion funding to improve accessibility and representation in the arts and culture space is also limited.

*“Budget is the limiting factor. We often have a waiting list and sometimes have to turn work down. The need outweighs our capacity due to funding levels.” – Chiltern Music Therapy*

*“Everyone’s competing for funds just to survive and cover core costs. We can’t fulfil our current requests let alone think about expanding our service to reach more vulnerable people. We want to do more, and know we can make a difference to so many people if we had the funding.” – Nick Cutts, Alina Orchestra*

*“Our greatest challenge is always funding. It can be a soul-destroying process to spend so much time on an application only to receive a rejection with no context. You wonder what you could have done better but there’s often no way to ask for feedback, and it gives no incentive to go through that again because you’re just shooting in the dark.” – Jane Gatfield, Sing Your Pain Away*

Funders and donors should aim to develop a better understanding of the integral role that arts and culture play in health and wellbeing, and to understand the particular limitations around impact reporting in this area.

# Why is it important to fund creative health?

In terms of cultural participation, Buckinghamshire ranks above the national average for adult engagement, and in the vast majority of cases is also above-average compared to the South East region.

From May 2023 - March 2024, 93.23% of Bucks' population engaged with the arts, compared to a national proportion of 87.58%.

Bucks follows the national trend of declining participation in cultural activities during and since the COVID-19 pandemic; however at no point do participation figures fall below the average.

There is clearly appetite for creative pursuits to enrich lives across our county.

This makes the arts and culture space a significant opportunity in Buckinghamshire, and high potential engagement should make it a priority for funders who seek to make real impact to local communities.





A blue pen is positioned diagonally across a document. The document features a bar chart with horizontal bars in shades of blue, red, and yellow. The chart is partially obscured by the pen. The background is a soft-focus, light-colored surface.

# Data in Arts & Culture

Creating an insight report on arts and culture poses a specific challenge. Whilst there is a wealth of national and international data and research on arts, culture and heritage, county-level information is not as readily available as in other areas that are more statistics-driven.

This leads to one key challenge facing charities and organisations working in arts and culture: gathering meaningful quantitative data (eg statistics) and measuring impact is often especially difficult compared with other sectors. Qualitative data (case studies, stories) abound, however it is difficult to be data-driven when there is a historic lack of quantitative data by which to measure needs, outcomes, and impacts.

This challenge is especially felt by smaller, grassroots organisations, where the reliance upon qualitative data becomes more acute. At this level there is little framework, and the methods that are used are not unified; rather they are fragmented from project to project, due to the wide variety of projects themselves. This is compounded by the reality that there are a range of different evaluative schemes linked to health and wellbeing (used in both arts and health fields). These include the Warwick and Edinburgh mental health survey, the Outcome Stars method and the UCL Museum Wellbeing Measures Toolkit. Each has its benefits and limitations, and is more or less useful depending upon the project being measured.

Whilst Arts Council England rolled out an [Impact and Insight Toolkit](#) in 2017 in attempts to create a more consistent benchmarking system for arts and culture, access is limited and there is still a strong sense in local organisations that data and impact measuring are a major challenge for the sector.



# Impact measuring

This limited data makes it hard for arts and culture charities to effectively showcase the work that they do, making impact measuring a huge barrier for charities working in creative health.

Difficulties around impact measuring and reporting factor into the funding challenges discussed earlier in this report. Being unable to provide the types of quantitative data required by grant-makers to evidence impact in a concrete way makes it much harder to access or maintain funding. It also makes it more difficult to justify health service expenditure.

“

*We have to find creative ways to measure impact and provide enough evaluation to keep getting grant funding. We know from experience that participating in music and being part of a creative group has huge impact on wellbeing and brings communities together; these are things you can see with the naked eye but are much harder to measurably justify on paper.*

– Nick Cutts, CEO Alina Orchestra

”





Rich qualitative data is, however, a core strength of the arts and culture charity sector in Buckinghamshire. Developing powerful case studies, storytelling and highlighting the emotional impacts of their work is something that these organisations thrive upon – and they could lead Buckinghamshire’s VCSE (Voluntary, Community, and Social Enterprise) sector to train others on the importance of qualitative data.

Funders can also educate their boards and grants panels on these challenges, to allow arts and culture charities to provide qualitative evidence - that best fits their work - as valid impact reporting markers.

“

*Impacts of music therapy sessions reach much wider than just the direct beneficiary to carers, family and community. This can be hard to quantify.*

– Chiltern Music Therapy

”

“

*Seeing is believing. The best way for us to engage funders is to build partnerships and bring them along to see the influence of the arts on our communities.*

– Sarah Lewis, CEO Queens Park Arts Centre

”

# Recruitment

Finding and recruiting trained professionals (such as therapists) is an ongoing challenge for charities working in this space:

- There is a limited pool of qualified individuals, and non-profit organisations struggle to match the salaries offered by the NHS and Public Health.
- Demand, on the other hand, is ever-increasing and there is a need for more professionals to meet it.
- Encouraging artists and health professionals to work in creative health should be a priority; however the wellbeing of these professionals is another challenge. Artists who are not trained therapists, for example, can find themselves in positions working with vulnerable people experiencing severe mental health challenges, life-changing illness or chronic conditions. Adequate training and support systems are often not in place.

A good example of implementation is Chiltern Music Therapy, who provide regular spaces and sessions for staff to talk about their experiences working with vulnerable people and to be supported in their own mental health.



- Tiredness of your systems – when you're young it's easy to turn off – not so easy when you're aging as many things
- Not being able to multitask – and stress on hormonal and cognitive and physical level
- Stress management
- Lifestyle – a lot of it is partially reversible
- Cognitive sphere influences physical sphere
- Physical wellbeing is affected by worsening
- Improves your sleep
- to do it all when you are still working



# Charity partnerships – the health sector

Whilst the evidence for creative health's benefits (not the least of which being financial savings to the NHS) seems so strong, creative health does not yet seem to be adequately embedded into Buckinghamshire's healthcare system (including NHS locations and the Integrated Care System). Indeed there is a lack of integration on a strategic level.

Buckinghamshire Healthcare NHS Trust (BHT) understand and embrace creative health's benefits for both staff and patients; however they are not provided with the resources by which to successfully and sustainably deliver creative health projects. Indeed, funding for creative health is as much an issue in Buckinghamshire's health sector as in the charity sector.

Currently, the vast majority of projects are done on a voluntary basis by staff going 'above and beyond' their day-to-day roles; and resourcing pressures often mean that these programmes are the first to fall by the wayside. This lack of resilience is endemic of a system that is failing to support the implementation of creative health in meaningful ways.

This observation of Bucks' current state mirrors the All-Party Parliamentary Group's Creative Health Review on a national scale:

*"These examples are the exception rather than the rule. Creative health is not universally available, and successful initiatives are often the result of the longstanding commitment of passionate groups and individuals rather than sustainable structures within systems."*

It is also reflected in the September 2024 [Lord Darzi Independent Review](#) into the NHS, which found the NHS to be in "critical condition" and emphasises the importance of community investment and wellbeing to help heal a "society in distress".





# Buckinghamshire Culture

Buckinghamshire Culture aim to bridge the gap between arts/culture and health, and to address the lack of embedded creative health on a structural level. They have been leading the way on improving the county's strategic approach to creative health for a number of years.

Buckinghamshire Culture's mission is "working together to shape, build and celebrate a bright cultural future for Buckinghamshire", and carries four main aims, shared by the Buckinghamshire Cultural Strategy:

- *A thriving economy and transformed places*
- *Equality of access to cultural activities and opportunities*
- *Improved health and wellbeing of the population*
- *An energised creative and cultural sector*

The independent charity work with colleagues across Buckinghamshire Council/Public Health, Bucks NHS Healthcare Trust, Bucks Health and Social Care Academy, The Clare Foundation and a variety of cultural partners. They open conversations around cultural social prescribing, cultural commissioning and creative health, and drive partnership working to create a joined-up approach to Buckinghamshire's creative health.



This strategic work has included:

- A Social Prescribing round table attended by the Public Health team and staff from Bucks NHS Healthcare Trust, hosted by Buckinghamshire Culture, Buckinghamshire Council and The Clare Foundation.
- Talks, presentations and discussions as part of a Culture, Health and Wellbeing Action Group.
- Direct contact with Social Prescribers.
- Getting Match Fit for Social Prescribing Training.
- Bucks Culture Lives advocacy sessions sharing inspiring case studies in culture and health.
- Social Prescribing Pilot Project funded by Buckinghamshire Council and the Clare Foundation – where five cultural organisations received training, mentoring and support to develop and evaluate their own bespoke interventions – resulting in at least one of the pilots getting further funding to continue.
- Pivoting towards Creative Health and outlining plans for a Creative Health Steering Group.





Charity partnerships can enhance the capabilities of the NHS, and there is a real opportunity for charities to bridge the gap between creativity and health:

- In partnership with Buckinghamshire Culture, the Rothschild Foundation funded an artist-in-residence for Bucks NHS Healthcare Trust after lockdown, running art workshops from which a permanent art installation was created at Stoke Mandeville.
- Florence Nightingale Hospice, Children's ward and Care of the Elderly ward at Amersham and Stoke Mandeville have an activities co-ordinator who are sometimes able to facilitate art/craft sessions.
- Horatio's Garden deliver arts programmes at Stoke Mandeville Hospital, improving the creative health of patients suffering from and recovering from (often severe) spinal injuries.

# Social prescribing

One way in which the NHS has tried to respond to community need is through social prescribing.

NHS England defines social prescribing as “an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.” It emphasises “non-medical community-based activities” as an effective form of helping improve individuals’ health and wellbeing in a wide variety of settings and scenarios.

Social prescribing has now been significantly integrated into NHS services, with many GP practices employing social prescribing link workers who can work with individuals and refer them to suitable community organisations and activities such as sports, arts and practical advice on issues such as financial wellbeing.

This vision aligns closely with the goals of creative health, and whilst social prescribing is not solely focused upon arts and culture, it should be a key vehicle for creative health in the community.






# The challenge to social prescribing

Social prescribers are now a more common sight in GP surgeries and Primary Care Networks across Buckinghamshire. However, having spoken to a Bucks-based social prescriber, social prescribing link-workers are also under significant pressure due to increasing workloads and case numbers. This means they are forced to prioritise those most in need and do not have the time to engage with all patients, let alone take the time to broaden their networks with local organisations and activities.

Social prescribing models rely on the availability of organisations, community groups and heritage sites to signpost individuals to, and upon the successful partnerships and communication between said organisations and the prescribing link-workers. This is where the reality is not currently meeting the vision behind social prescribing. Deprived areas also often have less of this “social infrastructure” to begin with, potentially widening inequalities.







*“One big challenge for us is actually linking up with Social Prescribers. It’s especially challenging to build long-term relationships when their staff turnover is high or their remit regularly changes.”*

– Jacqui Gellman, Chiltern Open Air Museum

*“I was inspired by the concept of social prescribing and hoped it would help us connect with the people who would benefit most. We reached out to a number of social prescribers but most of our participants were still self-referrals. The idea is great but it has been a little disappointing in practice.”*

– Jane Gatfield, Sing Your Pain Away





# Awareness of creative health

Whilst awareness of creative health, social prescribing and the benefits of arts and culture for health and wellbeing have increased significantly in recent years, there is still work to be done. Despite the wealth of evidence for its efficacy – and the increasing incorporation of social prescribing into the NHS – there is a sense that awareness in the general public, healthcare professionals and policymakers is still lacking.

*“Awareness of the efficacy of music therapy has grown over the last five years – but it is not at an adequate level yet. This impacts the availability of resources and our ability to meet demand.”*

– Chiltern Music Therapy

This is a major element that limits engagement in Buckinghamshire.

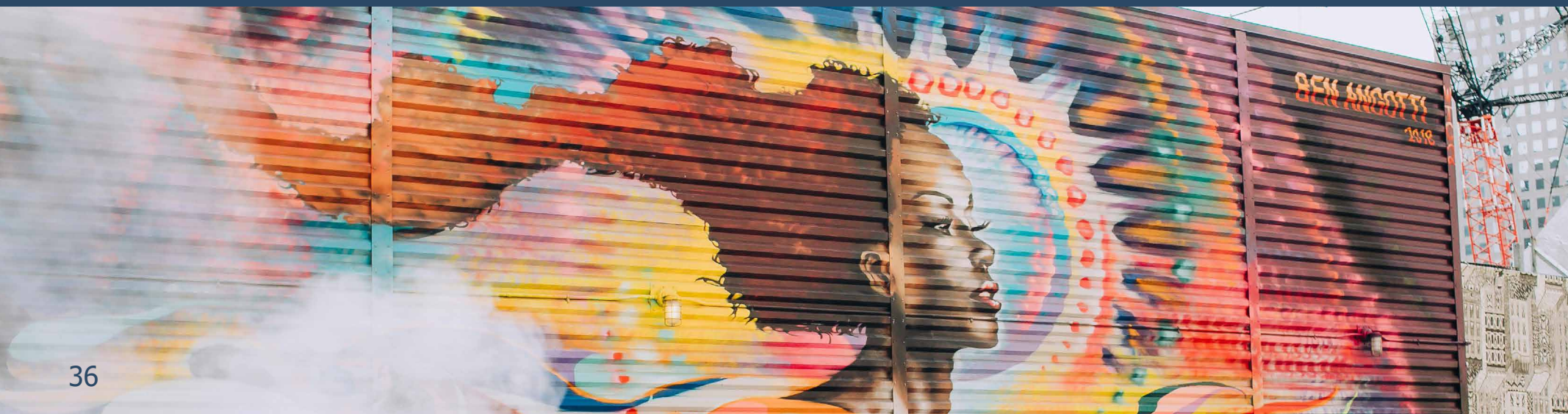
Raising awareness and connecting individuals with creative health projects would be an overwhelmingly positive outcome of a well-running social prescribing model. Awareness could also be promoted through Buckinghamshire Community Boards and networks, however this requires greater buy-in and understanding within the Boards themselves.

# Access

There are four key aspects to access barriers for creative health:

- ⊗ *Economic disadvantage*
- ⊗ *Isolation*
- ⊗ *Disability*
- ⊗ *Cultural Stigma*

These four aspects often intersect, making accessibility a key challenge to overcome. This is, however, an area in which charity organisations can and do make sizeable impact.





# Access – Economic disadvantage

It is precisely the people engaging the least with the arts and cultural activities that see the greatest benefit from them. Studies have found that people from disadvantaged and deprived neighbourhoods/lower socio-economic backgrounds display more benefit of the positive health outcomes (psychological, biological and social) for engaging in arts and culture compared to people from wealthier neighbourhoods.

This is because those living in areas of deprivation are at greater risk of experiencing health inequalities. Those living in deprivation in Bucks are more likely to have poor health and to have poorer life expectancy than those living in less deprived areas, as well as higher likelihood of developing long-term health conditions.

For example, residents in deprived wards in Aylesbury have the highest emergency admission rate for mental health in the county, higher proportion of depression diagnoses and higher likelihood of loneliness in older people.

Economic and social disadvantage can result in financial barriers to accessing creative health opportunities and heritage sites for many families and individuals in Buckinghamshire.



# Cost

Nationally, people living in the most affluent areas are 21% more likely to engage in the arts and twice as likely to engage in cultural activities as people living in areas of medium deprivation. Meanwhile those in the most deprived areas are 17% less likely to engage in the arts and 64% less likely to engage in cultural activities than those in areas of medium deprivation.

Whilst Buckinghamshire may boast a strong cultural offering and is generally considered an affluent county, there are pockets of inequality and significant deprivation. This means that many residents in Buckinghamshire are unable to access many of the opportunities on offer. This contrast is therefore just as prevalent in the space of arts and culture, and addressing economic inequality must be a core consideration.

Many cultural activities and heritage locations come with costs and financial barriers, which can be prohibitive for those struggling with the Cost-of-Living (COL) Crisis. Indeed, the Audience Agency note that, as of Summer 2023, COL concerns remain the driving reason for declining participation and attendance at cultural venues. For example, the county has a high number of National Trust properties but entry fees are costly or require annual membership:

*Hughenden - £15 Adult/£37.50 Family*

*Cliveden - £19 Adult/£47.50 Family*

*Stowe Gardens - £15 Adult/£37.50 Family*

Whilst we are fortunate to have plenty of free green spaces in Buckinghamshire, cultural/heritage sites provide unique opportunities for engaging in creative activities.





# Buckinghamshire libraries

A positive example of breaking down cost-related access barriers is in the partnership work carried out by Buckinghamshire Libraries.

Buckinghamshire libraries do much more than loan books. They act as community hubs and offer a huge variety of free services, support and opportunities to local communities. They partner with charities such as Alina Orchestra, support the Summer Reading Challenge and engage artists in a range of projects as part of the Healthy Libraries programme.

- The libraries team run the Rekindle Project in Buckingham, Aylesbury, Chesham, High Wycombe and Burnham. This project focuses on bringing creative and cultural experiences to rural and underserved communities through libraries – as well as support the creative wellbeing of library staff.
- The Singing Stories project led by CreateEd began in September 2024 and provides engaging musical storytelling sessions for pre-school children. Implemented in six libraries across the county, these sessions provide creative communication, sensory exploration through instruments, and Makaton language to communicate with children with learning disabilities.
- Art Unites: Our Stories project partners with artists to create archives and museum workshops in Marlow, Bourne End, Princes Risborough and Amersham libraries.

Providing free and subsidised services such as these improve accessibility and make funding said services all the more important. Libraries are generally located in accessible areas for their communities, giving them the potential to provide more partnership services.

*“The strategic plan for the library service aims to make libraries welcoming and safe spaces for everyone to access reading, culture, and the information and services they need to learn, discover, imagine, and thrive”*

– Katie de Joux, Culture and Outreach Services Manager, Buckinghamshire Libraries





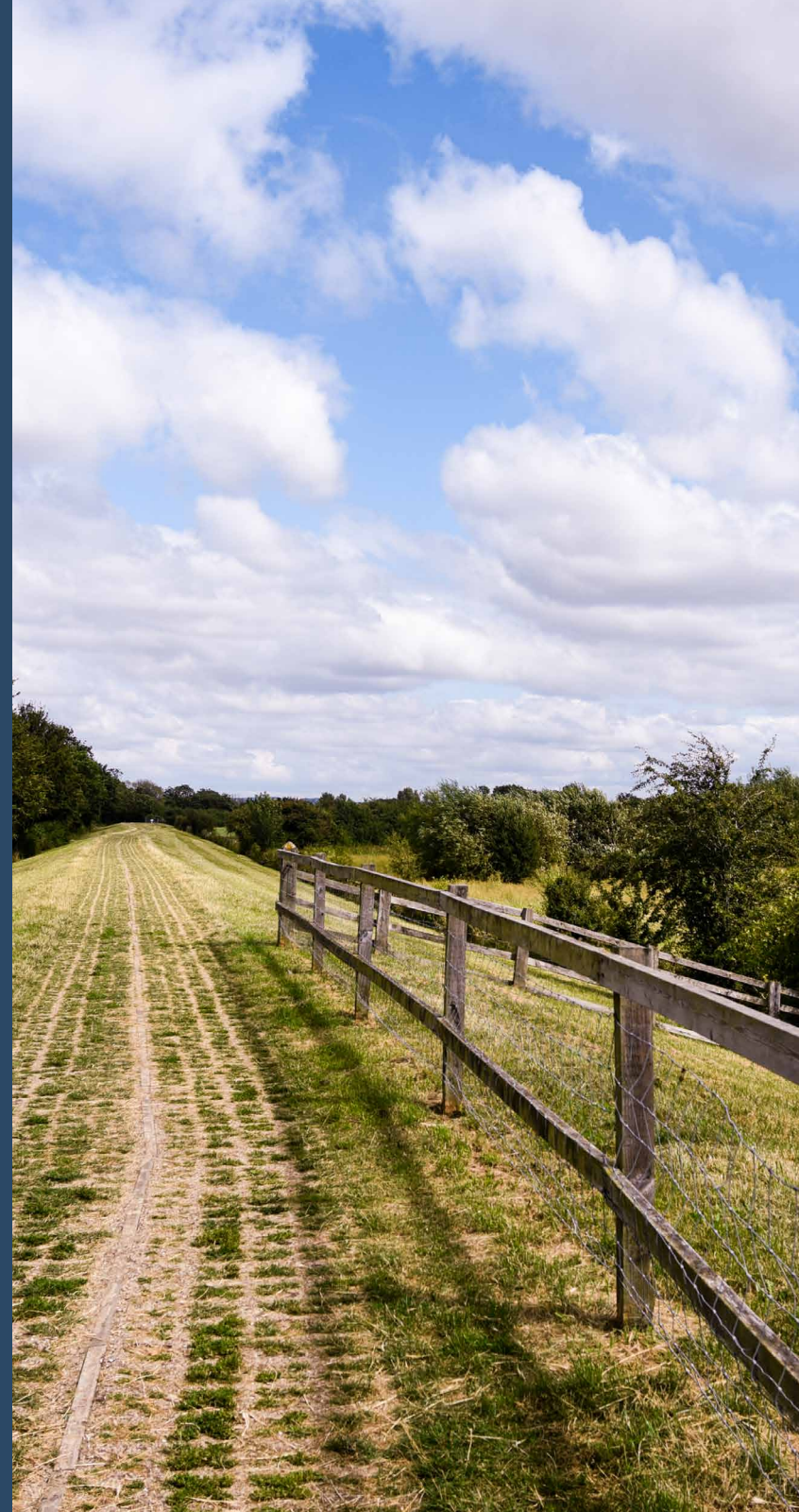
# Access – Isolation

Social and geographical isolation, compounded by lack of transport infrastructure, can severely impact access.

Despite higher engagement statistics with arts and culture in rural areas due to heritage site locations, rural isolation can also be a limiting factor to access.

This is especially true for older individuals living in the countryside, of which Buckinghamshire has a higher-than-average proportion. Here, social and physical isolation can be a real issue, and isolation can have as great a risk to mortality as other health risk factors like smoking.

Helping these people to engage with arts programmes and cultural events is one key way to reduce loneliness and improve wellbeing through the development of quality connections and engagement in creative activities.





# Chiltern Open Air Museum

Since 2020, Chiltern Open Air Museum (COAM) has run a successful programme – Accompanied Walks – that sits under the social prescribing umbrella.

Socially isolated individuals, those with additional needs and unpaid carers, with little opportunity to interact with others, take a guided walk around the Museum, learning about the rich heritage on display whilst getting outdoors and benefitting from a social interaction.

Jacqui Gellman, COAM's Outreach Project Lead on the programme, stated: "It's such a simple idea but has had such profoundly positive impact on participants, their carers and also our volunteers".

Walks are tailored to the individual to match their capacity levels, and a golf buggy is available for those with reduced mobility. As awareness of the programme has spread, local community groups have started signing up as well. Dementia, depression, anxiety, grief and autism are amongst the many conditions experienced by the programme participants.



Photo: Chiltern Open Air Museum, accompanied walks



The Museum also hosts Summer Wellbeing Socials (SWS), an eight-week programme aimed at promoting the health and wellbeing of older community members through a variety of creative activities which provide opportunities for social interaction alongside cognitive and motor stimulation. These have included willow-weaving, art, music-making and open air bread-making. By all accounts, SWS have been a great success;

*"I would like to say how much I enjoyed the well thought out programme and course set up...new skills were achieved, social meeting and benefit for health and wellbeing and a warm welcome from COAM. Ticks all boxes!"* – SWS Participant

SWS have now run successfully for two years, and some of the participants have even gone on to be regular volunteers at the museum.

*"I have thoroughly enjoyed all the sessions and the peace and tranquility of COAM so much that I look forward to enrolling as a volunteer. This has been a totally uplifting experience."*  
- SWS Participant

One concern with continuing the project, however, is funding: "Fundors often prefer new projects. There's plenty of evidence for the significant and repeatable benefits of our projects, but it can still be difficult to pitch as a continuing programme." - Jacqui Gellman, COAM



Photo: Chiltern Open Air Museum





# Transport

Transport is also a challenge to quality of access for isolated target audiences – heritage sites are often located rurally and away from public transport links, making them inaccessible to many (disproportionately those living in areas of disadvantage or low income households).

This must be a consideration - heritage sites are popular locations for hosting a variety of wellbeing events and classes for specific groups; however ensuring these people actually have access over more advantaged people is frequently a challenge. As a result of their locations, cultural engagement is higher in countryside/rural areas than in industrial ones.

Limited transport and infrastructure also lower opportunities for access to creative arts classes, music sessions, concerts, theatre productions and more.

*“Part of our social prescribing project involves offering transport to COAM as there is a lack of transport links for people who don’t or can’t drive. This is a real challenge for the museum in general. However we’re limited by capacity and offering a reliable transport option is hard.” – Jacqui Gellman, Chiltern Open Air Museum*





# Alina Orchestra

Alina Orchestra's "Band In A Van" takes music outside of the concert-hall and into the community, removing transport barriers. They attend family and children's centres, care homes, visually impaired centres and Bucks Adult Learning locations amongst others.

Through concerts and outreach they allow people who otherwise wouldn't have the money or logistical capability to attend concerts or consider trying an instrument the chance to engage with music at no cost in spaces they are familiar with.

*"Nobody is left behind. It's so rewarding to see people fully engage with the chance to try an instrument or experience sound in a new way. Seeing participants' confidence grow throughout a session, smiling and enjoying themselves, shows us how great an impact we can have in a short time."*

– Nick Cutts, CEO Alina Orchestra

# Access - Disability

It is also important to acknowledge the specific access challenges faced by people with disabilities. Given that nearly a quarter of people in the UK had a disability in 2022/23, tackling additional barriers to accessing services and locations must be incorporated not just across arts and culture sites, but as core policy nation-wide.

When it comes to charities working in creative health and arts and culture, funding is again a potential challenge here. Heritage sites with paid tickets often have more thought-out disability inclusion options compared to free sites as they have more funds to attribute; but this means many people with disabilities are precluded from accessing free sites.





# Queens Park Arts Centre

Queens Park Arts Centre (QPAC) is a community-focused arts organisation based in Aylesbury, with a reach across Buckinghamshire and beyond. The centre offers a vast array of workshops and courses including woodwork and pottery; arts and drama; dance and music. They hold concerts, plays and performances in their theatre space.

QPAC partner with many local organisations to provide this variety, including Jigsaw Theatre Company, Sing Your Pain Away, Sport In Mind, Bucks Adult Learning and the School of Dance and Stage Development.

The centre has over 50,000 visitors per year and reaches a further 10-15,000 through outreach and community involvement.

Accessibility is core to QPAC's philosophy, and the team (including over 200 volunteers) are keen to make the arts – and their health and wellbeing benefits – inclusive and open to all. The centre recently underwent a renovation that included an accessibility ramp and refurbished studios, and they ensure that all courses and studios are on the ground floor for accessibility. They also provide discounted or free membership options for people in financial difficulty to ensure that everyone has the chance to get involved.



QPAC's in-house storytelling company, Unbound, provide several relaxed performances of the Pantomime, signed by Marie Biswell, as well as plenty of digital content. They are adapting the works of Shakespeare into audio format to make them available to people with dyslexia and reading challenges.

The team are also keen to be culturally diverse and to welcome members of all cultural backgrounds. For example, they host popular Bhangra and Bollywood dance sessions.





# Sing Your Pain Away

Sing Your Pain Away (SYPA) run 12 weekly sessions, mostly across Buckinghamshire, all aimed at reducing physical and mental pain through group singing. Singing can relieve pain both during the act and for significant time afterwards.

The groups focus on complete accessibility and inclusion; regardless of singing ability or physical ability:

“Sit or stand, lie on the floor – whatever is comfortable. There’s no pressure to perform or attend every session. There are some wonderful choirs and singing groups in Bucks, but they’re often building to performances which can add pressure and mean people with long-term conditions feel bad when they miss a critical rehearsal or a performance due to their health. The rehearsals are also often very lengthy and can be in venues with uncomfortable seating or poor parking options, making them inaccessible to people with a variety of conditions.”

Attendees come with a wide variety of conditions including MS, cancer, heart conditions, arthritis, schizophrenia, anxiety, depression and bereavement.

SYPA partner with other local charities for some of their regular sessions. Groups include a carers’ choir with Carers Bucks and a dementia group with Dementia Action Marlow.





**24%**

*Improvement  
in mood*

**30%**

*Reduction in stress  
and anxiety*

**13%**

*Reduction in  
physical pain*

Average self-reported change during a  
one hour 'Sing Your Pain Away' class

After introducing online sessions during lockdown, they found these made singing accessible to a wider range of people, including housebound clients and those who are unable to travel. It also opened sessions up to unpaid carers who are capable of going out but due to their caring responsibilities cannot make it to an in-person session. Two online groups have continued.

The benefits of the groups go well beyond singing, however, and connections and friendships often form. People with differing conditions come together and find ways to support one another outside of the singing sessions – this could be as simple as going round for a coffee or doing some gardening, but the impact of these social connections on individuals' quality of life is huge.

SYPA are keen to expand and to offer more support; especially for people with dementia. Music connects well with people suffering from dementia: even those who can't speak can often still sing and learn new songs, and through the arts, people can live well with dementia.



# Access – Cultural stigma

Cultural stigmas can be a powerful influence in preventing people from certain backgrounds engaging in arts activities or to seek help for mental health issues or other health issues.

Conversely, engaging in cultural activities can be a potent way to indirectly have a positive impact on health, and encouraging this is therefore a worthwhile tactic.

Across England, much higher percentages of White British and White 'Other' ethnic groups engaged in the arts or visited heritage sites in the past year from March 2023 compared to other ethnic groups. Inclusion funding to improve accessibility and representation in the arts and culture space is also limited.

There is a need for cultural representation and many BAME individuals do not feel that the majority of cultural offerings are for them. This steps into a whole new topic of Diversity, Equity and Inclusion. Whilst there is lots of work being carried out on improving this area in culture, there is much still to be done in Buckinghamshire.



# SV2G

St Vincent and the 2nd Generation (SV2G) are an African and Caribbean arts and heritage organisation based in High Wycombe. The charity deliver a range of arts projects and activities including steelpan classes and Wycombe Steel Orchestra, a vibrant community festival, and workshops to support and develop the creativity and cultural expression of hundreds of children, young people, businesses and the community.

Recognising that High Wycombe has one of the largest populations of Vincentians in the UK, the charity celebrates the significant contributions people of Vincentian heritage have made to the town and promotes creative health through its creative diversionary projects.

SV2G aim to “bring communities together to promote social inclusion and make a difference to people’s lives, with a range of innovative and exciting projects that help develop awareness of and celebrate African Caribbean heritage and culture”.

This is another example of how the charity sector can play a vital role by understanding local communities and addressing specific needs around culture and representation.





The background is a vibrant, abstract painting with various colors including red, blue, yellow, and purple, applied in expressive, brush-like strokes. A semi-transparent white rectangular box is centered over the image, containing the text.

# Part III: Recommendations



## *Funding and Impact*

- Grant-makers must make it easier for arts and culture charities to access funding, both in general and for creative health initiatives specifically – and actively encourage them to apply.
- Funders should educate their teams on creative health as a necessity for wellbeing, and the vital role of the VCSE sector in delivering this.
- In this way, funders can better understand why arts and culture charities rely largely upon qualitative data and find ways to incorporate this into their funding models, rather than requiring data and impact measuring methods that exclude these groups.
- Arts and culture charities would also benefit (alongside most small charities) from longer-term funding options. This is also relevant to the healthcare sector, where there is a similar difficulty surrounding short-term project-based funding. Ongoing schemes is what is needed most, as people who start to rely on an initiative have nowhere to go when it ends.



## *Training and Capacity*

- There is still a lack of training by/for healthcare providers on the value of arts engagement and how it can be effectively utilised.
- Likewise, artists must be supported with the healthcare aspect of creative health, and a duty of care to creative health professionals must be met.
- There is a similar need for training for community leaders and venue-holders to spread awareness and understanding outside of formal healthcare settings.
- Capacity is a core issue for both charities and healthcare providers, and until this issue is resolved, creative health will not reach everybody it needs to.

## *A county-wide initiative*

- Creation of a county-level Creative Health strategy with buy-in from key local partners could be considered. Such strategies have been successfully implemented elsewhere (such as East Sussex County Council's '*Creative Action Plan*').
- Buckinghamshire Culture are leading the way on driving the Buckinghamshire Cultural Strategy forward, however there is a need for wider support for the vision across strategy-makers and the county's creative health stakeholders.
- This requires a collaborative approach between arts and culture organisations, the NHS/health sector, Public Health and Buckinghamshire's VCSE sector. Currently, Bucks organisations operate in silos and can often duplicate work/learning.
- The potential for the VCSE sector to make huge impact to community health in partnership with the NHS is evident through projects such as Horatio's Garden, and there should be a clear strategy/policy in place to facilitate this type of partnership.
- However, we cannot expect already-stretched cultural and health organisations to map, connect and link health and culture without greater support. One key way this could be achieved is through a funded role for this specific purpose.



## *Community-based programmes*

- Arts programmes that 'meet people where they are' remove significant barriers and allow those who need it most to reap the benefits of creative health.
- Despite the challenges they face, small charities are well-placed to make a significant impact in this particular area by providing focused, place-based programmes founded upon local knowledge of the community.
- Social prescribers are well-placed to connect people with creative health projects, but they require support and resourcing to effectively do this.
- Buckinghamshire Community Boards recognise the need for improving social connectivity, mental health and social isolation – however they can more effectively prioritise this through facilitating local creative health programmes or directing funding to suitable projects.

## *Awareness*

- There is more to do when it comes to raising awareness about the benefits of creative health. This can involve community outreach, educational programmes, and marketing campaigns to inform residents about the available arts and culture opportunities and their positive impacts on health and wellbeing.
- We hope that reports such as this can further highlight the importance and impact of creative health, and encourage further work on the topic.
- Other community health spaces, such as the successful Health on the High Street pilot at Unit 33 in Friars Square, Aylesbury, can also provide accessible venues and promote creative health activities in accessible holistic healthcare settings.



## *Disadvantage*

- Targeted cultural programmes to specifically engage those living in areas of deprivation and disadvantage, such as the 10 Opportunity Bucks wards identified by Buckinghamshire Council.
- As a sector, we must also do more to cater to diverse groups and marginalised communities – and to reduce certain cultural stigmas. Tailored programmes could include workshops, classes and performances to encourage community involvement and collaboration.
- Community organisations are well-placed to form the bedrock of social infrastructure that is required for effective social prescribing in disadvantaged areas.

## *Access*

- Heritage locations often offer health and wellbeing programmes but these are only useful insofar as they are logistically accessible.
- Provision of free or subsidised transport to some of the less accessible heritage locations, combined with outreach programmes, will improve access and inclusion.
- Collaboration and sharing of community spaces is another way to improve access. Libraries can host a variety of charity partners and promote creative health in communities.
- Co-producing cultural projects and listening to the needs of local communities can help to develop more varied and inclusive arts and culture offerings that reflect the diverse needs of Buckinghamshire's population.





# Conclusion

*“Creativity should itself be considered a determinant of health”*

– APPG Creative Health Review

Creative health can transform lives in Buckinghamshire, and it should “form an integral part of a 21st-century health and social care system – one that is holistic, person-centred, and which focuses on reducing inequalities and supporting people to live well for longer” – APPG Creative Health Review.

Evidence for creative health is abundant, and there is a tacit understanding of its benefits within Buckinghamshire’s VCSE and health sectors. Despite this understanding however, funding and resources do not currently match the level of need in our community. Arts and culture are a ‘need to have’, not a ‘nice to have’, and resourcing should reflect this.

This can be achieved through the further development of a county-wide strategy, combined with the allocation of adequate funding to creative health projects and partnerships, and targeted work to break down the barriers that many members of our community face in trying to access creative health opportunities.

Bridging the gap between creativity and health is an opportunity that Buckinghamshire’s VCSE sector is well-placed to take on, and the many fantastic examples of charities already doing this is evidence of the commitment, passion and drive that exists in Buckinghamshire. We ‘simply’ need to provide the resources and support to allow the VCSE and health sector to operate effectively.

We hope this report has celebrated the positive impacts creative health projects can have upon Buckinghamshire’s residents and provided recommendations for a robust and resilient future cultural landscape in the county.

Arts and culture should be available to all, helping everyone in Buckinghamshire to live healthy, fulfilling lives.



# References

- All Party Parliamentary Group on Arts, Health and Wellbeing (July 2017), 'Creative Health: The Arts for Health and Wellbeing Inquiry'
- [All Party Parliamentary Group on Arts, Health and Wellbeing/ National Centre for Creative Health. Creative Health Review: How Policy Can Embrace Creative Health, \(2023\)](#)
- Arts Council England (2024), 'Arts Council Active Lives Survey – 2015-2022'
- Arts Council England (2024), 'National Lottery Project Grants Awards'
- Arts Council England, 'NPO Data Investment Programme 2023-26'
- [Arts, creative health and wellbeing - National Academy for Social Prescribing | NASP](#)
- [The Audience Agency | Summer 2023](#)
- The Audience Agency (March 2023), 'Buckinghamshire Culture – Understanding Cultural Engagement & Audience Development Opportunities in Buckinghamshire
- Baroness Elizabeth Sanderson of Welton (July 2023), 'An Independent Review of English Public Libraries'
- Buckinghamshire Council (March 2023), 'Health and Wellbeing Profile'
- Buckinghamshire Council Public Health Team, 'Aylesbury Community Board Public Health Recommendations'
- Buckinghamshire Council Public Health Team, 'High Wycombe Community Board – Public Health Recommendations'
- Buckinghamshire Cultural Education Profile (November 2021)
- Buckinghamshire Culture (2019), 'Buckinghamshire Cultural Strategy 2019-2029: Our Communities; Our Heritage; Our Shared Future'
- Buckinghamshire Culture, 'Social Prescribing Pilot 2023 – End of Project Report'
- Bucks Business First (June 2021), 'Bucks Local Skills Report – Creative Industries Focus'
- [Centre for Cultural Value](#)
- Centre for Cultural Value & Culture Commons & Wright, J. (July 2024), 'Cultural Strategies and Local Cultural Decision Making'
- Chapamn, T. & Wistow, J., 'Local Health and Social Wellbeing – the contribution of the voluntary, community and social enterprise sector in Buckinghamshire, Oxfordshire and Berkshire West'
- [Creative Health Toolkit | Resources](#)
- [Creative Industries Policy and Evidence Centre](#)
- [Culture Health and Wellbeing Alliance](#)
- [CultureHive](#)
- Fancourt, D., Finn, S., 'World Health Organization Health Evidence Network Synthesis Report 67: What is the evidence on the role of the arts in improving health and wellbeing? A scoping review'
- [Fujiwara, D., Cornwall, T. and Dolan, P. \(2014\), 'Heritage and Wellbeing.'](#)
- Fujiwara, D., Kudrna, L., Dolan, P. – Department for Culture, Media & Sport (April 2014), 'Quantifying and Valuing the Wellbeing Impacts of Culture and Sport'
- Historic England & Department for Culture, Media & Sport (2024), 'Heritage Capital and Wellbeing: Examining the Relationship Between Heritage Density and Life Satisfaction'
- Mak, H.W., Coulter, R., & Fancourt, D. for the World Health Organisation Regional Office for Europe (2020), 'Patterns of social inequality in arts and cultural participation: Findings from a national representative sample of adults living in the United Kingdom of Great Britain and Northern Ireland'
- [Measuring progress, well-being and beyond GDP in the UK - Office for National Statistics](#)

# References

- Mughal, R., Polley, M., Sabey, A. & Chatterjee, H.J. – for the National Academy of Social Prescribing & UCL (2022), 'How Arts, Heritage and Culture can support health and wellbeing through social prescribing'
- Museums as Spaces for Wellbeing: A Second Report from the National Alliance for Museums, Health and Wellbeing. Desmarais, S., Bedford, L., and Chatterjee, H.J., 2018
- National Academy for Social Prescribing, 'Evidence Briefing – Social Prescribing: arts, heritage, and culture'
- NHS England » Social prescribing
- NHS: Key Facts And Figures | The King's Fund
- Participation in the arts, culture and heritage - GOV.UK Ethnicity facts and figures
- The Rt. Hon Professor the Lord Darzi of Denham OM KBE FRS FMedSci HonFREng (September 2024), 'Independent Investigation of the National Health Service in England'
- UCL & Department for Behavioural Science & Health: Fancourt, D., Warran, K., Aughterson, H. (April 2020), 'Evidence Summary for Policy: The role of arts in improving health & wellbeing – report to the Department for Digital, Culture, Media & Sport'
- UCL & The Social Behavioural Research Group (March 2023), 'Evidence Brief: inequalities in accessing arts and culture for health and wellbeing'
- Wright, J., Tully, K. & Podgorski, A. for the Centre for Cultural Value (2023), 'Research Digest: Placemaking, Version 1'

Created by



Powered by



Funded by

