

Cumbria arts and health evidence list (work in progress)

Overarching strategic outcomes	Intermediate outcomes	Benefits	What local evidence do we have available to support this (from local research, surveys, case studies etc.)?	What other evidence is there to support this e.g. from national or international research
Increased choice and control across life	More local people actively involved in community activity and local decision making	<p>Increased social interaction, new relationships and role models</p> <p>Increased awareness and understanding of local services</p>	<p>Rural Touring schemes(Highlights and Arts Out West)</p> <p>South Lakes Tea Dances (events offering information about wider local services</p> <p>Barrow Design Café involves local people in decision making regarding local built environment</p> <p>Ulverston Colours. Community project based at Lantern House</p>	
Improved quality of life across life	More people adopting health lifestyles and a reduction in obesity	Increased social interaction, confidence, self esteem and resilience	<p>Broad evidence of countywide dance provision</p> <p>CCC staff Wellbeing for Life campaign</p> <p>Living Well campaign includes promotion of creative and cultural activities to tackle barriers to reduce health inequalities and communicate the 5 ways to wellbeing (Prevention agenda)</p>	
Increased inclusion and contribution across life	Increased participation in learning	Increased knowledge, skills and qualifications	<p>Access to Arts project to help provide improved access to arts and cultural activities for adults with learning disabilities. Includes the implementation of ASDAN awards scheme for service users and staff</p> <p>Pathways to Art – (project to help those on long-term benefits back into worlds of employment, volunteering or education)</p> <p>Arts Awards scheme for children and young people. Need to record number of people taking up the</p>	<p>'Mental health, social inclusion and the arts: developing the evidence base'</p> <p>Study looking at mental health, social inclusion and empowerment gains as a result of participatory arts and mental health work. The report concludes that there is sufficient evidence to justify this area.</p> <p>Anglia Ruskin/University of Central Lancashire, 2007</p>

			scheme and awards achieved in Cumbria, across all wards	
Improved health and wellbeing across life	Reduction in drug and alcohol misuse	Improved health and wellbeing	Evidence from Drug and Alcohol reduction team (record any activity that involves use of arts interventions or for awareness raising) Quondam – issue based theatre Ashton Group – issue based theatre projects Soundwave – issue based music projects	
Improved health and wellbeing across life	Reduction in early deaths and disability due to CHD, stroke and cancer	Improved health and wellbeing	Prism Arts report on arts workshops for stroke survivors Prism Arts(Disability Arts Organisation) has a wide range of evidence relating to arts for disabled people and disability Arts Music sessions for stroke survivors at Westmorland General Hospital	Attendance at cultural events and physical exercise and health – Public Health 2000 Study assessed the specific bio-medico-social effects of participating in cultural events and gentle physical exercise effects, concluding that cultural stimulation may have specific effects on health related determinants.
Increased dignity and safety across life	Reduction in injury including falls among older people	Increased confidence, self esteem and resilience	Sloppy Slippers Poetry Competition (awareness raising campaign to help reduce number of falls among older people) Can record number of participants. How to record awareness levels and falls prevented is harder.	
Reduction in health inequalities across life	Reduction in people with mental health issues	Increased confidence, self esteem and resilience	Foundation partnership Trust Year of writing 2010-2011 (record of number of events and participants) Arts activities delivered by mental health charities Workbase (Kendal) Creative activities used to help people recovering from mental illness Well Read – range of books	Art therapy improves coping resources – palliative and supportive care

			<p>available from local libraries to encourage individuals to manage their mental health</p> <p>Parkinsons disease dance project expressive dance to help improve mobility and improve quality of life</p> <p>Sumbeams – music for vulnerable groups to build confidence and self esteem</p> <p>Target Wellbeing and enriched opportunities for older people</p> <p>Ongoing activities delivered by Age UK help reduce isolation and associated mental health issues</p> <p>Also, project linked to Macmillan and working with local artists</p> <p>Ashton Group, Barrow – issue based theatre</p> <p>Alzheimer's Society – regular voluntary arts and crafts session</p> <p>Impact Housing(Eden Foyer) – range of creative sessions for all ages including migrant workers, young mothers and others</p> <p>Quandom Youth Theatre</p> <p>Young Carers creative workshops and The Brewery, Kendal</p> <p>Visual Arts project at Gill Rise Dementia Assessment Unit, Ulverstons</p> <p>Eden Valley Hospice – voluntary session with an art therapist</p> <p>Art session delivered at Carleton Clinic and elsewhere through Foundation Partnership Trust</p> <p>Amaze – need more details</p> <p>Storytree – arts activities for older people delivered by Prism arts</p>	
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