

**Title:** Culture, health and well-being in Torbay

**Wards Affected:** All

**To:** Health and Wellbeing Board **On:** 14 March 2016

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## 1. Purpose

- 1.1 To inform and engender Board members' support for culture, health and well-being collaborative activities, to ensure the successful delivery of a key element of Torbay's ten year cultural strategy.

## 2. Recommendation

- 2.1 Members to note current activity and provide support/recommendations for future developments.

## 3. Supporting Information

- 3.1 A key aim of Torbay's cultural strategy is *to harness the health and well-being benefits of culture*. An increasing amount of academic research evidences the beneficial clinical and social outcomes culture can provide, within both health and care pathways. With our pioneer status for integrated health and social care, our active Healthwatch, a Community Development Trust committed to cultural activity and our experienced local arts and health practitioners, there is a strong base from which to develop a strategic approach to culture, health and well-being.

A number of innovative partnership initiatives between Torbay's health and cultural sectors are already underway. We are seeking to test and learn from different creative approaches to inform expanded culture, health and well-being programmes in the near future. The Culture Board has been invited to apply for a further grant from Arts Council England in late April 2016 and match funding is highly likely to be available for culture, health and well-being partnership projects.

- 3.2 Current initiatives

- 3.2.1 Cultural commissioning

Torbay is one of only five places in England to receive funding from Arts Council England for a 'cultural commissioning' project, run by the National Council for Voluntary Organisations (NCVO). With the support of an external consultant, this initiative brings together cultural organisations and practitioners with commissioners to explore how cultural activity can deliver public service outcomes. Meetings are ongoing, to explore opportunities for collaboration. The Culture Board are also partnering with NCVO on a free conference to share the learning from this initiative on 28 April 2016 (register via <https://www.eventbrite.co.uk/e/national-seminar-torbay-creative-commissioning-for-better-outcomes-registration-19803281147>).

The Culture Board has also secured funding from the Paul Hamlyn Foundation for a continuing professional development programme for participatory artists and arts organisations, to run alongside the cultural commissioning initiative and develop their skills in this area. An early outcome of this project is the creation of a guide to Torbay's cultural practitioners and the contribution they can make across the life course: <https://www.ncvo.org.uk/practical-support/public-services/cultural-commissioning-programme/locality-projects>.

### 3.2.2 An 'arts on prescription' scheme for Torbay

Key public and voluntary sector organisations across the country are currently developing new models of care, where 'guided conversations' and 'social prescribing' form the basis of preventative work. In South Devon, Torbay Community Development Trust are piloting new and joined-up ways of working through guided conversations as part of their leadership of Ageing Well, the six-year Big Lottery-funded project to reduce isolation amongst Torbay's 50 plus generation.

Torbay Culture Board, working with Torbay CDT, has commissioned a scoping study, strategy and action plan to support and develop a framework for guided conversations across the life course around Torbay's arts and cultural provision – in effect, an 'arts on prescription' scheme. This work will ensure that the well-being co-ordinators leading guided conversations are aware of arts and cultural opportunities whilst informing the longer-term development of social prescribing in the Bay. The scoping study is due for completion in mid April, in time to apply for funding from Arts Council England to deliver a pilot scheme later in 2016.

### 3.2.3 Men's mental health creative project (suicide prevention)

Torbay has one of the highest male suicide rates in the region. Public Health Torbay and Torbay Culture Board are collaborating on a ground breaking pilot study to explore the potential for engagement with culture to positively impact on men's mental health and divert them from this path.

We are particularly targeting men who are not currently receiving mental health support (the majority of the 26 men who took their own lives in Torbay and South Devon in 2014/15 had no contact with the mental health services).

We have appointed two experienced South West cultural practitioners to lead a creative project with two groups of men in Torquay and Paignton during the first six months of 2016 and will be working with internationally renowned academic Dr Christabel Owens to assess the impact of this activity.

### 3.3 For more information...

Please contact Torbay Culture Board's Executive Director, Kate Farmery on 01803 207 389/ [kate.farmery@tedtltd.com](mailto:kate.farmery@tedtltd.com) or visit <http://www.torbayculture.org/>.

There are many excellent case studies here:  
<https://www.ncvo.org.uk/practical-support/public-services/cultural-commissioning-programme/locality-projects>

The Arts and Health SW website <http://www.ahsw.org.uk/index.aspx> has some good case studies and evidence of the benefits of an arts-based approach.

The following document is an interesting overview of arts-based social prescribing activity:  
[http://www.ahsw.org.uk/userfiles/Other\\_Resources/Arts\\_\\_Health/Social\\_Prescribing\\_Review\\_2015.pdf](http://www.ahsw.org.uk/userfiles/Other_Resources/Arts__Health/Social_Prescribing_Review_2015.pdf)

## 4. Relationship to Joint Strategic Needs Assessment

- 4.1 The Culture Board's approach follows the structure and priorities of the JSNA across the lifecourse.

## 5. Relationship to Joint Health and Wellbeing Strategy

- 5.1 Pilot activities and scoping exercises have been informed by full consultation and collaboration with partners in health, Public Health, CCG and Adult Social care.

## 6. Implications for future iterations of the Joint Strategic Needs Assessment and/or Joint Health and Wellbeing Strategy

- 6.1 Board to note the opportunities of closer collaboration between Torbay's culture and health sectors.

## Appendices/Background Papers

See 'The commissioning landscape in Torbay: initial findings' paper for initial consultation findings.