

**All-party Parliamentary Group on Health & the Natural Environment
Annual General Meeting + Arts, Culture & Heritage
Room O, Portcullis House, Westminster
Tuesday 5th July 2022
15:00 - 16:30**

Members In Attendance:

Alexander Stafford MP (Chair)
Simon Baynes MP
Lord Blencathra (Vice-chair)
Lord Curry (Vice-chair)
Mark Eastwood MP
Lord Randall (Vice-chair)

Baroness Lister (Vice-chair) (*Virtually*)

Other Attendees:

Jared Ashe, Jim Burt, Niamh Lynch (*Minuting*) - National Academy for Social Prescribing (Secretariat)

Alexandra Coulter - National Centre for Creative Health
Julie McCarthy - Greater Manchester Health & Social Care Partnership
Linda Monckton - Historic England
Amy Vaughan - Arts Council England

Lucy Bird - Arts Council England
Laura Brown - Natural England
Tom Watkins - Communities 1st/NASP
Esther Watts - Crawley Community Action/NASP

Apologies:

Lord Best
Lord Bird
Baroness Boycott
Ian Byrne MP
Lord Cormack
Claire Coutinho MP
Tracey Crouch MP
Lord Dubs
Lord Howarth
Lord Inglewood
Caroline Lucas MP

Lord Lucas
Baroness Masham of Ilton
Jerome Mayhew MP
Lord McColl
Baroness Meacher
Baroness Parminter
Baroness Scott
The Earl of Shrewsbury
Lord Teverson
Baroness Watkins

Agenda:

1. Welcome and introduction, AGM Procedures (Alexander Stafford MP)
2. Creative Health & Wellbeing (Amy Vaughan)
3. Heritage & Wellbeing (Linda Monckton)
4. Evidence Update (Alexandra Coulter)
5. Case Study (Julie McCarthy)
6. Address from Lord Parkinson
7. Q&A and General Discussion
8. Closing Remarks (Lord Parkinson)
9. Summary and next steps

1. Approval of Motions:

Re-election of Alexander Stafford MP as Chairman of the APPG

- Motion Approved. Proposed by Alexander Stafford MP, seconded by Lord Blencathra

Election of Simon Baynes MP as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Ian Byrne MP as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Lord Blencathra as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Lord Curry as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Tracey Crouch MP as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Baroness Lister as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Lord McColl as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Lord Randall as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Re-election of Lord Teverson as Vice Chair of the APPG

- Motion approved. Proposed by Alexander Stafford MP, seconded by Mark Eastwood MP

Approval of the Income & Expenditure Statement for 21/22

- Motion approved. Proposed by Alexander Stafford MP, seconded by Lord Blencathra

Re-appointment of the National Academy for Social Prescribing as secretariat

- Motion approved. Proposed by Alexander Stafford MP, seconded by Lord Blencathra

Alexander Stafford MP thanked all members for their attendance and concluded the AGM section of the meeting.

Please see Appendix 1 for updated Membership List as of 7th July 2022.

2. Creative Health & Wellbeing - Amy Vaughan, Director (Change Programmes), Arts Council England

- Arts Council Health & Wellbeing plan being published this month.
- Let's Create strategy focusing on creative health and wellbeing of the population - creativity has a huge impact on improving health.
- 10 year strategy: by 2030 England to be a place where individual's creativity is valued and everyone has access to range of high-quality cultural experiences.

Three outcomes:

- How people develop creativity at different stages of life.
- How culture is created within our communities.
- The development of an innovative, collaborative and international cultural sector.

Maximise impact by splitting health into:

- **Prevention:** access to the cultural sector and community groups to promote healthy habits and positive behaviour.
- **Acute care:** NHS focused on delivery, specialised organisations in acute care settings.
- **Treatment and recovery:** specialist providers to work in partnership with health bodies.

3 lenses:

- **Partnerships:** Working strategically with health and social care sectors and key partners. NHSE & NASP as examples.
- **Place:** ACE has a place-based approach, looking at local data and planning delivery through those lenses.
- **Practitioners:** Making sure the people employed are well- skilled and have the development opportunities they need.

Use of Resources:

- **Organisation actions**
 - o Creative health & wellbeing actions integrated into planning processes from April 2023
 - o Lottery funding programmes to see how we can set out project grant bids
- **Creative Health actions**
 - o Working with NASP Thriving Communities programme, good skills development for our staff.
 - o Data sharing with partners, looking at health data and seeing how we can use it.
 - o Measuring public opinions, longitudinal survey to see if creativity has impact on their wellbeing.
 - o Putting a role into NASP (Arts & Culture lead).
 - o Developing a local networker role, to make things happen on the ground for tangible outcomes.

Priorities:

- Building relationships with research institutions, focus on hard evidence to Work strategically with NHS
- Work with agencies to identify gaps in research
- Promoting great innovation and practice across research sector
- Talking about our values with partners internationally

Question from Alexander Stafford: How far along in strategy? What is success for social prescribing?

- Link workers have a great understanding and connectivity to the creative sector, and understand their ways in.

- Tangibles are how many people involved, understanding across environment, culture, history and physical activity - intersectionality between these things.
- How to best connect into it, work to do around communications and making it really clear.

3. Heritage & Wellbeing - Linda Monckton, Head of Wellbeing & Inclusion Strategy, Historic England

Historic England's Strategy

- Embedding wellbeing outcomes and collaboration into work
- How heritage can help in promoting wellbeing
- Person-centred way of working, so everyone can experience wellbeing benefits
- Working with intent - so wellbeing is not just a general word
- Building a framework to help approach general ideas of wellbeing.

4 Priority areas - Mental Health, Loneliness, Children & Young People, Older People

3 Areas of need - struggling, surviving, thrive

- Visiting Heritage: can lead to sense of belonging and pride. Their research shows designated heritage sites increases likelihood to engage with local heritage.
- Lower heritage exposure = less likely to visit any heritage site.
- Heritage volunteering = Pride, place, belonging and connectedness, but is at risk of neglect and deteriorating
- There is inequality to access heritage in poorer neighbourhoods therefore not everyone can experience the wellness benefits heritage can provide.

Worcester Life Stories

- A case study of how a historic environment record supported the elderly and those living with dementia
- Linked to a capacity to make a private digital life story - built on ideas of reminiscing helping dementia patients
- Linked to NHS platform so links to local need.

Call to Action

- Protect LUR Bill Clause 92 and LUR Bill Clause 185 to provide extra protection for heritage sites
- Projects > Outcome > Level up mission > Level up Clause

Questions:

If young people aren't a fan of history or heritage, how to get them engaged?

- Pilot project worked with young people and youth offenders, many had never been in museum and weren't interested but they came out with positive experience and found it more helpful than other rehabilitation settings.
- Don't sell it as heritage, go in with goal to make connections.
- Not without challenge but it is possible.

Are you doing any work around families?

- Comes into some of the things they do rather than having a designated project.
- AgeUK research, themes people are interested in like family history, but isn't driver of the project. Don't want to be too prescriptive about the topics they want to talk about.

4. Evidence Update - Alexandra Coulter, Director, National Centre for Creative Health

Priorities - health inequalities, main area of focus for research; tackling health disparities

Focus on evidence that relates to intersection:

- 20 years ago the most influential work was Robert Aldridge who found access to gardens greatly impacts health benefits.
- 2005-06 Aldridge was advisor to NHS and found patients with view of nature fared better in hospital than those with windows looking over brick walls.
- The field is much wider than that now with strong body of evidence for arts and nature based interventions
- More work needed: We have frameworks to help us consider the complexities but need more research in the intersections between the two
- Study programme at Whitworth: found combination of art and nature produced distinct positive outcomes with mental health.

Benefits: knowledge and skills, structure and purpose, relaxing, memory and reminiscence, social connections.

Problems: only small scale studies - how do we get big data across a range of programmes? Need study to evaluate the nuance of different communities.

Pandemic & Beyond research:

- Combatting social isolation - shed light on how creative community can tackle major social aspects of health.
- Snapshot of newly set up ad hoc community projects.
- Calming mindfulness and social interactions are vital.

Human-centred, place-based, community-led - Critical infrastructure for public wellbeing.

Phoenix project - intervention-based project with visual arts, found when using psychological scale of wellbeing, 4 dimensions substantially increased from baseline and follow-up surveys.

This led to Phoenix Rising, NASP funded Thriving Communities, branched out from visual art into nature.

Phoenix takes Flights: Research Programme

Branching out, Cambridge Acorn Project:

- Investigates how arts and nature programmes can be scaled up to help more children through schools.
- Rising Problems with children's mental health putting pressure on MH services in schools, regular time outdoors associated with better MH.
- Qualitative evidence but lower quantitative evidence.
- Nature connectedness - inclusion of arts adds additional benefits.
- Engagement with creativity: make children spend more time outdoors and engage more with environment, allow them to perceive themselves as part of the environment and vice versa, can reduce eco anxiety.
- Children reported back on the benefits of working outside.

5. Case Study - Julie McCarthy, Strategic Lead, Greater Manchester Health & Social Care Partnership

Ambition is for Greater Manchester to become a creative health city region - embed creative and cultural systems across all systems including population health and clinical pathways.

Creative health city region in practice:

- **Knowledge:** Access to information. Looking at clinical population health and place based practices.
- **Commissioning:** Create conditions for investment in programmes and interventions.
- **Workforce:** Networking and professional development opportunities - not just creative but also clinical.
- **Evidence:** Evidence hub for convenience. Work with data analysts and health experts. Overlay data we get from SP and look at what it can tell us more about the population and outcomes. How do we synthesise all evidence to the right format depending on who we are providing evidence for?
- **Communication:** promoting and advocating their work. Setting up an international support.

Live Well & social prescribing (SP): give more people access to SP

- Rooted in the Greater Manchester Equalities commission.
- Build the space for creative SP and creative health and access to green spaces

Children & Young people: developing work for this

- College pilot: trained pastoral teams in colleges in SP, gave colleges a budget to co-work with young people.
- Created better links with the organisations around them.
- One college embedded a link worker, which had great benefits.
- Children don't differentiate between cultural / heritage / green - they just see bettering themselves.
- #BeeWell: enormous data set to understand children's mental health in their own words, can understand the need to support.
- Created a new module on creative health, a lvl2 Qualification - early step into career or interest.
- Working on whole neighbourhood footprints: given neighbourhoods 20K to link schools with cultural organisations, sports etc. Place based approach to children and YP MH

Culture and creative aging: how do we build on this?

- Programme developing for 10yrs, with great expansion over past 3.
- Older people creating and producing, allows them to feel more active and have more agency in the wider community.
- Developing skills and confidence
- Having a voice and role in neighbourhoods.

Venture Arts and personal budgets

- Learning disabled Arts organisation in Greater Manchester, work with disabled artists to support them to develop their practice, get residencies etc.
- Does a lot of work around social values and allowing people to participate more fully in society.
- People using creative intervention to support them in their day to day life.

Music in Mind, Manchester Camerata

- Orchestra in GM, developing group based programme for people with dementia.
- Funding for remote package.

- Worked with thousands of old people in care settings or community groups
- Cost savings research: reduced costs related to avoidable agitation. Potential saving of 15K per person in 3 months.

6. Address from Lord Parkinson, Under Secretary of State for Arts, DCMS

- Area of great interest, became Arts Minister in Oct emerging from pandemic.
- Interested in going around country and seeing people face to face and talk about the different ways people have been working and the insights/benefits from what we've learnt over the pandemic.
- Helpful to try to hold onto the good things
- At DCMS engaging with arts and culture, know about the benefits to stay well for longer and live more purposeful lives
- Good to hear about what people did creatively over the pandemic to try to bring some order to chaos.
- Government £1.5b support over pandemic; people continued in new and innovative ways.
- Challenges of living with the continued pandemic impacts: e.g.: children's development and mental health etc.
- DCMS cover wide front of arts, culture, sports, tourism etc, great place to bring together these things. Helpful to them to have our data so when talking to colleagues they are able to evidence e.g.: showing the cost savings etc.
- Continuing to work together is beneficial
- Good connection already; important areas of overlap.
- Partnering with different organisations to support these things, e.g.: Sport England, NASP, Thriving Communities and ACE.
- In his 8 months as Minister, met lots of people at all levels doing work in this area. As well as empirical data, glad to hear of case studies and anecdotes. Examples of best practice. Shine spotlight on good things going on and how they can help disseminate that in other authorities and parts of the countries that can pick up on it.

7. Q&A and General Discussion

What are opportunities for connecting arts & culture and natural environment?

- Changing the way the subsidies are delivered through ACE.
- ACE decides what organisations get what - asked that its spread fairly across the country and across projects.
- Ensure funding is flowing to local organisations.

Any obstacles between funding and social prescribing?

- There is a great interest between the funders and the organisations. ACE and government are in favour of funding decisions for SP.

Amy Vaughan:

- On SP front there is a lack on conformity, need to make it easier to say to practitioner this is how you connect ... it's difficult to communicate that on different scales between organisations. Finding ways we can support that
- Biggest obstacle: national portfolio investment is best way to invest to people BUT most funding to us is project based - harder to get a large scale data base to work more strategically with NHS. Need to find a way we can get more longitudinal studies with wider research bases.

Julie McCarthy:

- Need to create an ecosystem and holistic approach.
- About helping localities to pull their resources and bring them together.

- PCNs working through voluntary - bring in additional funding from local authority to create community development roles and community development funds to see where there are more gaps.

Esther Watts:

- Barrier is often arts organisation wants to charge more fee but SP has limited budget. They don't realise they are a community investment. Building up the ecology. Network for connections.
- Some GPs and health professionals are well versed in SP but some still have a lot of way to go. Our job to help them to understand these benefits by shining a light.

What type of SP are the GPs that are switched on engaged with?

- Completely varied, has to be a different thing for different people. Person-based approach.
- There would be a benefit to think about putting a system in place in terms of how the ICS' are formed... need people on these boards to learn the language for the wider sector to be able to push agenda.

8. Closing Remarks from Lord Parkinson

- Aim to work on new library strategy and their role in health and wellbeing - encourage library services.
- Launch cultural education plan.
- Any examples with specific library focus they would love to hear about - Lord Parkinson's office will share a contact address.

9. Summary and next steps

- Closing remark from Lord Blencathra including quote from Bill Bryson's *On the Road to Little Dribbling*
- Next meeting 20th September on Green Infrastructure.

APPENDIX 1 - APPG Membership List as of 7th July 2022

Chair

Alexander Stafford MP

Vice-Chairs

Simon Baynes MP

Lord Blencathra

Ian Byrne MP

Lord Curry

Tracey Crouch MP

Baroness Lister

Lord McColl

Lord Randall

Lord Teverson

Members

Lord Best

Lord Bird

Baroness Boycott

Lord Cormack

Claire Coutinho MP

Lord Dubs

Lord Howarth

Lord Inglewood

Caroline Lucas MP

Lord Lucas

Baroness Masham of Ilton

Jerome Mayhew MP

Baroness Meacher

Baroness Parminter

Baroness Scott

The Earl of Shrewsbury

Baroness Watkins