

# Arts and Health DERBY

## Values

- To provide creative and innovative activities that enable positive health and wellbeing.
- To take a person-centred approach to development and delivery of activity.
- To support both physical and mental health.
- To provide equality of opportunity for all Derby's communities.

## Aims

- Raise the profile and increase understanding of the role of the arts in health and wellbeing.
- Build relationships and make connections around arts, health and wellbeing.
- To use the arts to promote health and wellbeing and engage with communities.
- To evidence the impact of the arts on health and wellbeing out-comes.
- Encourage a strategic approach to partnership working between arts and health sectors.



## Health and Wellbeing Impacts of Current Provision

### Primary Prevention & Wellbeing

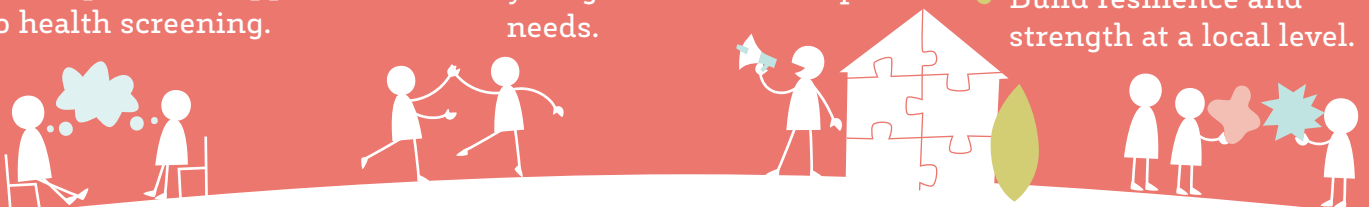
- Reduce isolation and loneliness by strengthening local networks.
- Help people to live a full and varied life.
- Improve self-esteem and self-confidence.
- Support child readiness for school (speech and language).
- Develop creative approaches to health screening.

### Secondary Prevention & Wellbeing

- Help control of long term conditions.
- Improve core stability, falls prevention.
- Creative alternatives to main-stream care.
- Support ordinary living for young adults with complex needs.

### Community Building

- Strengthen individual relationships and community networks.
- Widen locality programming.
- Develop patient and public voice.
- Work with diverse, disadvantaged and new communities.
- Build resilience and strength at a local level.



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## Client Groups

- Over 50's
- New and ethnically diverse communities
- Young adults with learning disabilities
  - Carers
  - Young parents
  - People who are isolated and lonely
  - Children in care
- People with dementia
- People with HIV AIDS
- People with special educational needs
  - People with limited mobility
  - Care leavers
  - Hospital staff, patients and visitors
- People with mild to moderate mental health conditions
  - Young people with autism
- People with English as an additional language
  - People with physical disabilities
  - People who are Deaf and hard of hearing



**“Made me feel like I was still living!”**

Air Engage participant at Derby Hospitals.

**“I have noticed that my health has just got better and better and I am now more confident, especially with going to the shops”**

Accessible Creative Movement participant, Déda.

**“I’m keeping active and happy, not stressed, so my baby is not stressed”**

Listen, Love, Learn participant, QUAD.

**“What I noticed was inspiring, it was the change in their expression, like they had been given a huge dose of happiness!”**

Music in Healthcare participant, Opus Music.

**“This project has created real change for the young people in care we work with”**

Barnardo’s commenting on Plus One at Derby Theatre.

**“I come to help with my balance. I like the social aspect and my self-esteem has been boosted”**

Dance Gold participant, Déda.

**“This is by far the best thing we have ever done for our residents”**

Care Standards Officer commenting on Sinfonia Viva care home project.

**“We talk about a lot here, talk about everything. Not our problems as such, you relax”**

Keeping Memories Alive participant, QUAD.

**“It was so great to be me and relax. I felt like a person again, what a great experience!”**

Carers Breaks participant, Artcore.

**“I learned how to use my disability to my advantage”**  
physically disabled  
Hubbub participant.

The partners in Arts and Health Derby are Air Arts, Artcore, Déda, Derby Theatre, Hubbub Theatre Company, Opus Music, QUAD, Sinfonia Viva and Derby City Council.

We are committed to developing creative activities that support the health and wellbeing of people and communities in Derby.

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