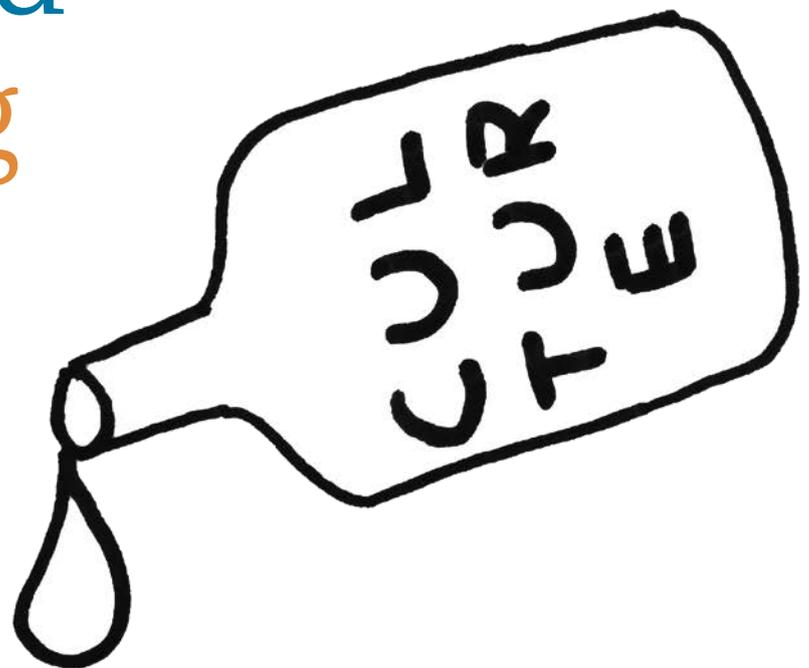


All-Party Parliamentary Group
on Arts, Health and Wellbeing
Inquiry

Creative Health: The Arts for Health and Wellbeing

The Short Report

July 2017



Foreword

The time has come to recognise the powerful contribution the arts can make to our health and wellbeing. A substantial report, *Creative Health*, by the All-Party Parliamentary Group on Arts, Health and Wellbeing, sets out comprehensive evidence and numerous examples of practice which demonstrate the beneficial impact of the arts.

We hope that our report will influence the thinking and practice of people working professionally in health and social care as well as of artists and people working in cultural organisations. It is addressed to all who are thinking about the future of these crucial public services.

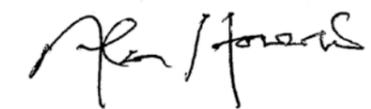
We offer a challenge to habitual thinking and ask for new collaborations to be formed across conventional boundaries. We are calling for an informed and open-minded willingness to accept that the arts can make a significant contribution to addressing a number of the pressing issues faced by our health and social care systems. The evidence we present shows how arts-based approaches can help people to stay well, recover faster, manage long-term conditions and experience a better quality of life. We also

We are calling for an informed and open-minded willingness to accept that the arts can make a significant contribution to addressing a number of the pressing issues faced by our health and social care systems.

In the full report, we present the findings of two years of research, evidence-gathering and discussions with patients, health and social care professionals, artists and arts administrators, academics, people in local government, ministers, other policy-makers and parliamentarians from both Houses of Parliament. Our partners in this Inquiry have been the National Alliance for Arts, Health and Wellbeing, King's College London, the Royal Society for Public Health and Guy's and St Thomas' Charity. We are extremely grateful to our funders, Wellcome, Paul Hamlyn Foundation and the Arts and Humanities Research Council. More than 300 people have contributed to this process, and we are profoundly indebted to them for the insight and knowledge that they have shared with us. We have been privileged to hear moving personal testimonies from individuals who have experienced remarkable improvements in their own health and wellbeing from engagement with the arts.

show how arts interventions can save money and help staff in their work.

Culture change cannot be imposed by government, and we are not asking for legislation or organisational upheaval or more public spending. Government can, however, support the process of change. We hope that our report will help to develop the case that is already being made, by ministers and the NHS as well as others, that we should work towards a healthy and health-creating society.



Rt Hon. Lord Howarth of Newport
Co-Chair, All-Party Parliamentary Group on Arts, Health and Wellbeing.



SING YOUR SONG

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Designed by Steers Gillan Eves



Arts in Health and Care Environments

This includes hospitals, GP surgeries, hospices and care homes.



A mental health recovery centre co-designed by service users in Wales is estimated to save the NHS

£300k

per year.



Visual and performing arts in healthcare environments help to reduce sickness, anxiety and stress.



The heart rate of new-born babies is calmed by the playing of lullabies. The use of live music in neonatal intensive care leads to considerably reduced hospital stays.

Participatory Arts Programmes

This refers to individual and group arts activities intended to improve and maintain health and wellbeing in health and social care settings and community locations.

After engaging with the arts

79% of people in deprived communities in London ate more healthily

77% engaged in more physical activity

82% enjoyed greater wellbeing.

£1 spent on early care and education has been calculated to save up to £13 in future costs. Participatory arts activities with children improve their cognitive, linguistic, social and emotional development and enhance school readiness.



Over the past two centuries, life expectancy has increased by two years every decade, meaning that half of people being born in the West can expect to reach 100. Arts participation is a vital part of healthy ageing.



Participatory arts activities help to alleviate anxiety, depression and stress both within and outside of work.

Arts Therapies

This refers to drama, music and visual arts activities offered to individuals, usually in clinical settings, by any of 3,600 practitioners accredited by the Health and Care Professions Council.



Music therapy reduces agitation and need for medication in

67% of people with dementia.

Arts therapies help people to recover from brain injury and diminish the physical and emotional suffering of cancer patients and the side effects of their treatment.



Arts therapies have been found to alleviate anxiety, depression and stress while increasing resilience and wellbeing.

Arts on Prescription

Part of social prescribing, this involves people experiencing psychological or physical distress being referred (or referring themselves) to engage with the arts in the community (including galleries, museums and libraries).

An arts-on-prescription project has shown a 37% drop in GP consultation rates and a 27% reduction in hospital admissions. This represents a saving of

£216

per patient.



A social return on investment of between £4 and £11 has been calculated for every £1 invested in arts on prescription.

Medical Training and Medical Humanities

This refers to inclusion of the arts in the formation and professional development of health and social care professionals.

Within the NHS, some 10 million working days are lost to sick leave every year, costing

£2.4bn

Arts engagement helps health and care staff to improve their own health and wellbeing and that of their patients.



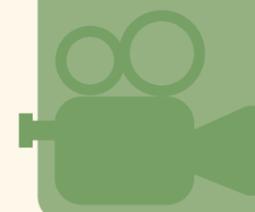
Everyday Creativity

This might be drawing, painting, pottery, sculpture, music- or film-making, singing or handicrafts.

There are more than **49,000** amateur arts groups in England

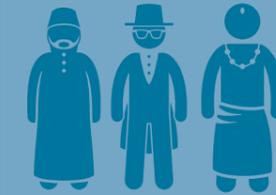
involving **9.4 million** people

that is **17%** of the population.



Attendance at Cultural Venues and Events

This refers to attendance at concert halls, galleries, heritage sites, libraries, museums and theatres.



Attendance tends to be determined by educational level, prosperity and ethnicity.



Cultural engagement reduces work-related stress and leads to longer, happier lives.

Of **2,500** museums and galleries in the UK, some

600 have programmes targeting health and wellbeing.



The Built and Natural Environments

Poor-quality built environments have a damaging effect upon health and wellbeing.

85% of people in England agree that the quality of the built environment influences the way they feel.

Every £1 spent on maintaining parks has been seen to generate

£34 in community benefits.



Key Messages

- The arts can help keep us well, aid our recovery and support longer lives better lived.
- The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.
- The arts can help save money in the health service and social care.

When we talk about the arts, we mean the visual and performing arts, including crafts, dance, film, literature, music and singing, as well as the culinary arts and gardening. The cultural field embraces concert halls, galleries, heritage sites, libraries, museums and theatres. Other places in which arts engagement may take place include health and social care environments and community settings. We emphasise the importance for health and wellbeing of architecture, design, planning and the environment.

There is an expanding body of research and evaluation to support the case that the arts have an important contribution to make to health and wellbeing. This evidence is being developed through scholarly work and in everyday practice; it is being funded by national bodies, and it is being disseminated through dedicated journals and other platforms. There is growing interest in the field from professional bodies, including government agencies, and new strategic partnerships are being developed. However, the potential contribution of the arts to health and wellbeing has, as yet, been all too little realised. Too often, arts programmes for health are temporary, and provision is uneven across the country. For this to improve, culture change is needed. The key to progress will be leadership and collaboration across the systems of health, social care and the arts.

“This report sets out the significant contribution that arts and culture can make to keeping our communities healthy and happy. It is a call for action and a powerful argument for continuing to expand the artistic and cultural offer that complements and enhances our health offer to residents.”

Izzi Seccombe, Leader of Warwickshire County Council; Chairman of the LGA Community Wellbeing Board

The Arts and the Social Determinants of Health and Wellbeing

The conditions in which we are born, grow, work, live and age have profound effects on our health and wellbeing. This report examines how engagement with the arts and culture can have a positive impact on these social determinants, enhancing health, wellbeing and quality of life for people of all ages. However, the evidence shows that engagement with the publicly funded arts is relatively low among people living in circumstances of economic and social disadvantage. We argue, therefore, that it is essential to improve access and engagement where they are lacking, so as to create and sustain healthier lives.

“The mind is the gateway through which the social determinants impact upon health, and this report is about the life of the mind. It provides a substantial body of evidence showing how the arts, enriching the mind through creative and cultural activity, can mitigate the negative effects of social disadvantage. Creative Health should be studied by all those commissioning services.”

Professor Sir Michael Marmot,
Director, Institute of Health Equity,
University College London

A Healthy and Health-Creating Society

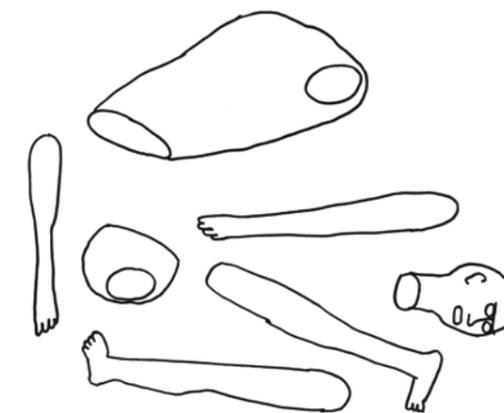
Funding aside, the greatest challenges to the health and social care systems come from an ageing population and an increase in the number of people with long-term conditions. NHS England's *Five Year Forward View* (2014) called for a new emphasis on prevention and the development of community-based, non-medical responses to a range of physical and mental health and wellbeing needs. *Next Steps on the Five Year Forward View* (2017) brought into sharper focus the need to enhance primary and mental health care and encourage healthy ageing.

The All-Party Parliamentary Group on Arts, Health and Wellbeing sees itself as part of a growing movement advancing the ‘transformation of the health and care system from a hospital-centred and illness-based system to a person-centred and health-based system’.¹ Our report shows that the arts can enable people to take greater responsibility for their own health and wellbeing and enjoy a better quality of life. Engagement with the arts can improve the humanity, value for money and overall effectiveness of the health and social care systems.

Place, Environment and Community

A chapter in the full report discusses how devolution of decision-making and budgets can provide better opportunities to create healthy places and healthy lives, building on individual and community strengths.

We consider the growth of social prescribing, whereby people are referred to activities in the community, in preference to medication. We look at the benefits to health and the cost savings arts-on-prescription activities provide.



THE ARTS CAN RECONSTRUCT YOU

Greater Manchester Devolution

In Greater Manchester, local elected leaders and clinicians have health and social care budgets of more than £6bn to meet the needs of 2.8m residents, many of whom have a lower life expectancy than people in other parts of England. The focus is on people and place, rather than organisations. The population health plan states an intention to ‘position the strong inter-relationship between arts and individual and community health as one of the key foundations of

building sustainable and resilient communities across Greater Manchester’.² Arts and culture are being included in partnerships with health service commissioners and providers, with arts activity a core element of future planning and provision. Arts and health commissioners and practitioners are stimulating debate on the arts and health as a social movement under the banner Live Well Make Art.



Culture Shots 2015, partnership between Central Manchester University Hospital NHS Foundation Trust, The Whitworth and Manchester Museum, University of Manchester

Photographer: Andy Ford

Artlift Arts-on-Prescription Scheme



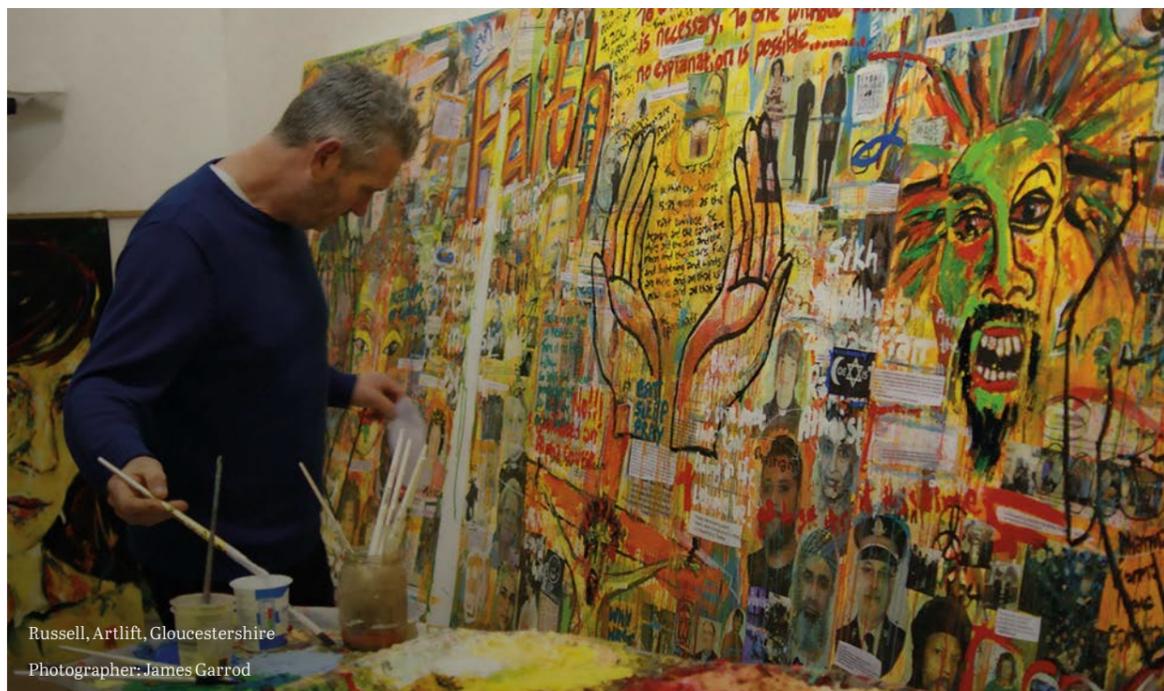
Artlift is a charity delivering an arts-on-prescription scheme in Gloucestershire and Wiltshire. Health professionals refer patients with a wide range of conditions – from chronic pain to stroke to anxiety and depression – to take part in an eight-week course of two-hour sessions, led by a professional artist working in poetry, ceramics, drawing, mosaic or painting. A cost benefit analysis of Artlift from 2009 to 2012 showed that, after six months of working with an artist, people had 37 percent less demand for GP appointments and their need for hospital admissions dropped by 27 percent. Setting reductions in costs to the NHS against the cost of Artlift interventions, there was a net saving of £216 per patient.

A participant, who attended the Artlift programme for six months following a stroke, describes how:

I had split up from my partner, found myself without anywhere to live and couldn't see my children. I couldn't work as I wasn't physically able to do the job and wasn't in a position mentally or financially to start a building business again after going bankrupt. Since going to Artlift I have had several exhibitions of my work around Gloucester. I find that painting in the style that I do, in a very expressionistic way, seems to help me emotionally. I no longer take any medication and, although I am not without problems, I find that as long as I can paint I can cope. It doesn't mean that depression has gone but I no longer have to keep going back to my GP for more anti-depressants, I just lock myself away and paint until I feel slightly better. I now mentor some people who have been through Artlift themselves and they come and use my studio a couple of times a week to get together, paint, draw and chat and I can see the benefit to them over the time they have been doing it.

"It has been heart-warming to hear about many examples in our system where, through involvement in the arts, people have been able to develop their talents and live fuller lives, taking more control of their health and wellbeing. We believe that the arts and cultural sector has a major part to play in the transformation of health and care in Gloucestershire."

Mary Hutton, Accountable Officer, NHS Gloucestershire Clinical Commissioning Group and Lead for Gloucestershire Sustainability and Transformation Partnership

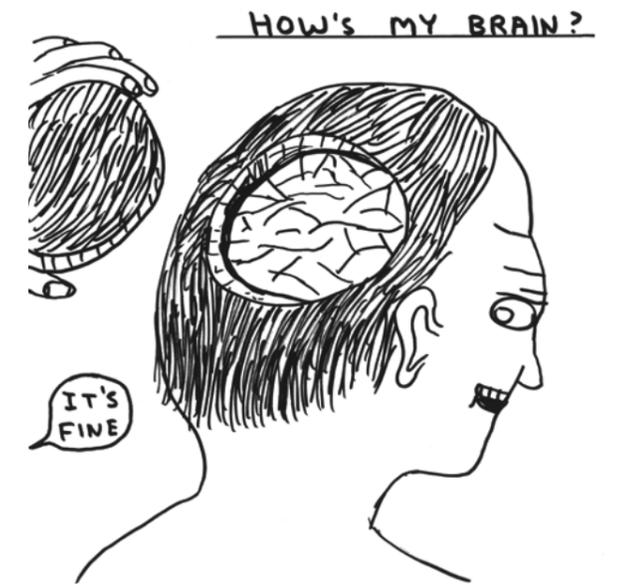


Russell, Artlift, Gloucestershire
Photographer: James Garrod

Arts Engagement at Every Age

The full report follows the journey through life from birth to death. In a chapter on childhood, adolescence and young adulthood, we discuss ways in which the arts can improve the mental health of new mothers and encourage the emotional, social and cognitive development of children.

An estimated 850,000 children and young people in Britain have mental health problems and related physical health problems. Most serious mental health problems – such as psychosis and bipolar disorder – begin before the age of 24, with half of conditions being manifested by the age of 14. In the report, we take the Alchemy Project – which uses dance as a form of early intervention – as an example of an innovative approach to psychosis.



Creative Homes, live arts experiences in the household environment. Knee High Design Challenge finalist, 2015
Photographer: Robin Howie

Creative Families



Creative Families is co-produced by Southwark Council's Parental Mental Health Team and South London Gallery, funded by Guy's and St Thomas' Charity and led by artists at the gallery and three local children's centres. During a pilot phase, Creative Families worked with 46 mothers experiencing mental distress and 61 of their children under the age of five. Over the course of a

10-week art and craft programme, mothers experienced a 77 percent reduction in anxiety and depression and an 86 percent reduction in stress. The bonds between mothers and children improved, and the emotional, social and cognitive development of the children was stimulated. Following the pilot, funding from the mental health team was secured to enable the project to continue.

Anxiety, depression and stress are leading causes of disability at any age. At one of our round tables, on Young People, Mental Health and the Arts, a young man who has suffered severe anxiety and depression since the age of 20 said:

About my darkest time, I made a decision that I had one more thing to try and that was to stop hiding. I couldn't keep up this double life of portraying happiness to everybody. So it started with a poem. Putting it into poetry made it somehow easier to say. I filmed it and I posted it onto social media, which was terrifying, but quite necessary for me, because the support that I got from that was amazing, and it changed how I saw everything that was happening. Because, for the first time, I wasn't as afraid to talk about it. That was the biggest step for me. Poetry then turned into music when I realised that these words that I'd written could be lyrics. Then that became my next weapon, I guess, in this battle against depression.

In a chapter on working-age adulthood, we show that workplace stress, serious illness and the management of long-term conditions are all areas in which there is evidence of the benefits of the arts for prevention, recovery and improved quality of life.

We show how the arts can help with expressing difficult emotions and experiences for people in the criminal justice system and how arts therapies provide an effective non-verbal means of accessing painful memories for those with post-traumatic stress.

We discuss inspiring examples of the arts and humanities being used in the training and professional development of health and social care staff. Despite the benefits, this is not commonplace, nor is the relevance to the arts of health and wellbeing generally conveyed in the professional development of artists.

The arts can support healthy ageing and counteract loneliness at all ages. In a chapter on older adulthood, we look at evidence that social participation by older

people can have as positive an impact on health as giving up smoking, with the arts providing enjoyable opportunities for social participation from group singing to community knitting. In February 2017, Age UK published an analysis of data gathered from more than 15,000 older people which showed that engagement in creative and cultural activities makes the highest contribution to overall wellbeing.

It is predicted that, by 2040, 1.2 million older people in the UK will have a dementia diagnosis. Our full report describes in detail how engagement with the arts can provide significant help in meeting this enormous challenge. It discusses how dancing, painting or playing a musical instrument can boost brain function, potentially helping to delay the onset of dementia. It also considers how arts engagement, including handling evocative objects, can help the recall of memories in people with dementia. There is a movement in dementia care to focus less on memory and more on improving the quality of life for people with dementia. The full report presents examples of practice and research in this area across eight different art forms.

Very importantly, the arts can also improve quality of life for carers. A woman whose husband had been diagnosed with terminal cancer said to the Director of Grampian Hospitals Arts Trust:

To be given a terminal prognosis is devastating for both the patient and family. To take away your future, the opportunity to grow old and grey with your spouse and to watch your children grow and thrive. You lose your independence and your sense of self, your purpose and role in life. Yet in the midst of this suffering lies the Artroom. An oasis of positivity and fulfilment providing a different purpose. One of creativity and self-expression. It is a place where the self is rediscovered and allowed to flourish. A place where you feel valued and worth investing in. It's medicine for the soul and every bit as vital as drugs and chemotherapy. A life-fulfilling experience that has changed both our lives for the better.

Scale scores and through interviews. Eighty-six percent of patients felt the sessions relieved disability symptoms, citing improved sleep; reduced anxiety, dizzy spells and epileptic episodes; improved concentration and memory; and increased confidence, morale and sense of self. Ninety-one percent of patients experienced social benefits, including enhanced communication and relationships.

Strokestra

Strokestra, a pilot collaboration between the Royal Philharmonic Orchestra and Hull Integrated Community Stroke Service within Humber NHS Trust, was funded through a £48,000 grant from Hull Public Health. Strokestra sessions ranged from percussion to conducting and culminated in a live orchestral performance at Hull City Hall. Evaluation focused on individual progress, measured by Stroke Impact

Staying Well

The Staying Well project in Calderdale aims both to reduce isolation and loneliness among older people and to ease pressure on health and social care resources. Staying Well workers in four community hubs provide opportunities for engaging in a wide range of art and craft activities at a charge of less than £5 per session. Evaluation has shown that almost half of 779 participants had a long-term condition and over a third two or more long-term conditions. Among the 55 percent of participants drawn from deprived communities,

there was a higher incidence of long-term health conditions, lower quality of life and greater isolation and loneliness. Three of the four hubs showed a reduction in loneliness over the initial period, with some participants also reporting improvements in their health. Initially intended as a 12-month pilot, the project has been extended three times. Funding through Calderdale Clinical Commissioning Group's Care Closer to Home programme has been matched by the NHS Vanguard programme and Calderdale Metropolitan Borough Council.

"At least one third of GP appointments are, in part, due to isolation. Through social prescribing and community resilience programmes, creative arts can have a significant impact on reducing isolation and enabling wellbeing in communities."

Dr Jane Povey GP, Director, Creative Inspiration Shropshire Community Interest Company

At the end of life, participatory arts and arts therapies can offer physical, social, psychological and spiritual support to people facing death. In the final life-course chapter, we discuss how the arts can open up conversations about death and enable people to cope

better with dying and bereavement. In the words of a seriously ill 15-year-old boy during a drama workshop, 'Death is simply a door in the room that we have not yet noticed, and we won't until our eyes adjust to the dark'.



Equal Arts session at Cranlea, Newcastle

Photographer: Dave Charlton

Recommendations

We hope we demonstrate in *Creative Health* that the arts can make an invaluable contribution to a healthy and health-creating society. They offer a potential resource that should be embraced in health and social care systems which are under great pressure and in need of fresh thinking and cost-effective methods. Policy should work towards creative activity being part of all our lives. We make ten specific recommendations as catalysts for the change of thinking and practice that can open the way for the potential of the arts in health to be realised.

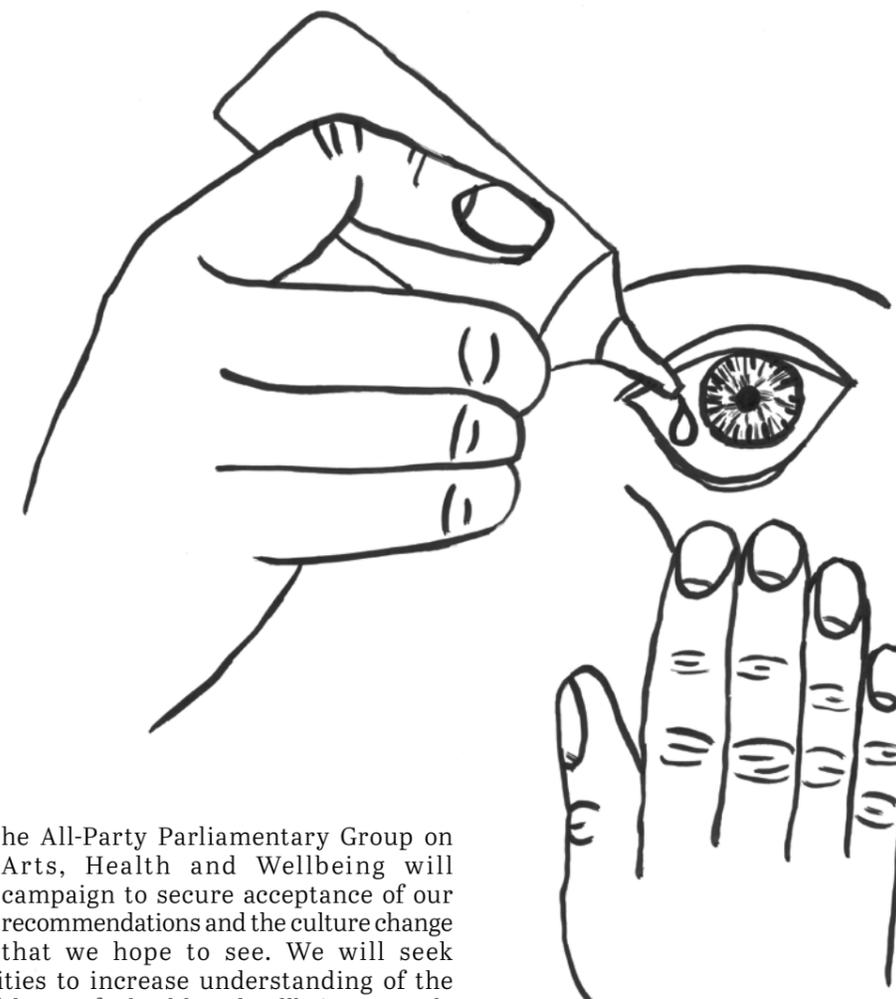
- 1) We recommend that leaders from within the arts, health and social care sectors, together with service users and academics, establish a strategic centre, at national level, to support the advance of good practice, promote collaboration, coordinate and disseminate research and inform policy and delivery. We appeal to philanthropic funders to support this endeavour. We hope that the centre will also have the support of Arts Council England, NHS England and Public Health England as well as the Local Government Association and other representative bodies.
- 2) We recommend that the Secretaries of State for Culture, Media and Sport, Health, Education and Communities and Local Government develop and lead a cross-governmental strategy to support the delivery of health and wellbeing through the arts and culture.
- 3) We recommend that, at board or strategic level, in NHS England, Public Health England and each clinical commissioning group, NHS trust, local authority and health and wellbeing board, an individual is designated to take responsibility for the pursuit of institutional policy for arts, health and wellbeing.
- 4) We recommend that those responsible for NHS New Models of Care and Sustainability and Transformation Partnerships ensure that arts and cultural organisations are involved in the delivery of health and wellbeing at regional and local level.
- 5) We recommend that Arts Council England supports arts and cultural organisations in making health and wellbeing outcomes integral to their work and identifies health and wellbeing as a priority in its 10-year strategy for 2020–2030.
- 6) We recommend that NHS England and the Social Prescribing Network support clinical commissioning groups, NHS provider trusts and local authorities to incorporate arts on prescription into their commissioning plans and to redesign care pathways where appropriate.
- 7) We recommend that Healthwatch, the Patients Association and other representative organisations, along with arts and cultural providers, work with patients and service users to advocate the health and wellbeing benefits of arts engagement to health and social care professionals and the wider public.
- 8) We recommend that the education of clinicians, public health specialists and other health and care professionals includes accredited modules on the evidence base and practical use of the arts for health and wellbeing outcomes. We also recommend that arts education institutions initiate undergraduate and postgraduate courses and professional development modules dedicated to the contribution of the arts to health and wellbeing.
- 9) We recommend that Research Councils UK and individual research councils consider an interdisciplinary, cross-council research funding initiative in the area of participatory arts, health and wellbeing, and that other research-funding bodies express willingness to contribute resources to advancement of the arts, health and wellbeing evidence base. We recommend that commissioners of large-scale, long-term health surveys include questions about the impacts of arts engagement on health and wellbeing.
- 10) We recommend that the National Institute for Health and Care Excellence regularly examines evidence as to the efficacy of the arts in benefiting health, and, where the evidence justifies it, includes in its guidance the use of the arts in healthcare.

“This report lays out a compelling case for our healthcare systems to better utilise the creative arts in supporting health and wellbeing outcomes, building on a growing body of evidence in mental health, end-of-life care and in supporting those living with long-term conditions.”
Lord Darzi, Professor of Surgery, Imperial College London

Next Steps

The All-Party Parliamentary Group on Arts, Health and Wellbeing will campaign to secure acceptance of our recommendations and the culture change that we hope to see. We will seek opportunities to increase understanding of the benefits of the arts for health and wellbeing, not only with ministers and in parliament but also among the health and social care professions and others across the country. The process of the Inquiry – in particular the exchanges of ideas and experience of service users, health and social care professionals, artists and arts administrators, funders, academics, people in local government, policy-makers and parliamentarians – has generated energy and commitment. We will continue to enlist the help of those who are willing and able to join forces to shape a shared vision for change and bring that change into being. We will welcome advice from all who share our mission. Those who work with the arts in the health and social care sectors and are already expert practitioners will be powerful advocates of this change. The stories of people who have personally experienced the benefits of the arts for their own health and wellbeing are compelling. We ask all those who believe in the value of the arts for health and wellbeing to speak up. We will work with all who believe, as we do, that the arts offer an essential opportunity for the improvement of health and wellbeing.

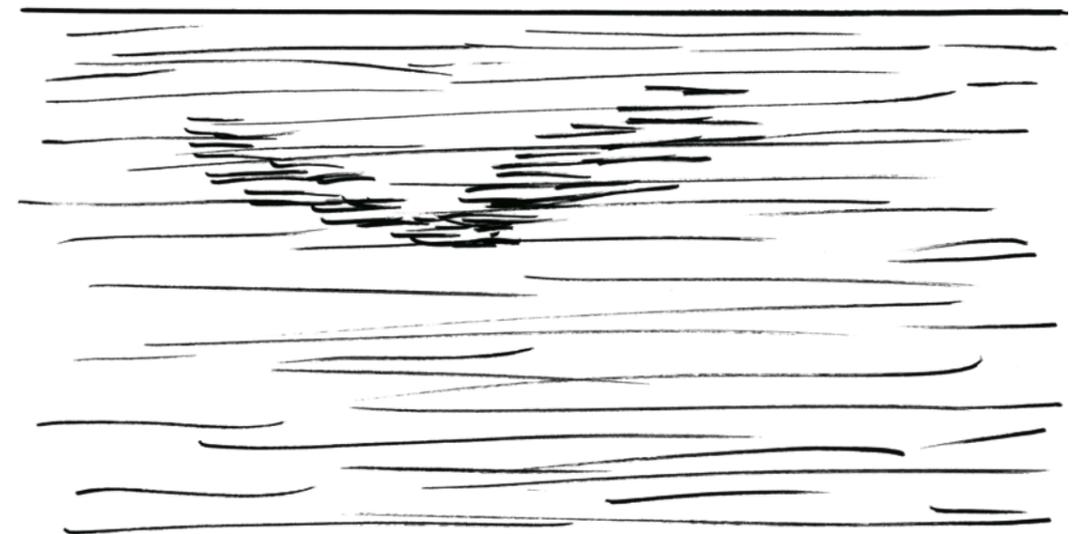
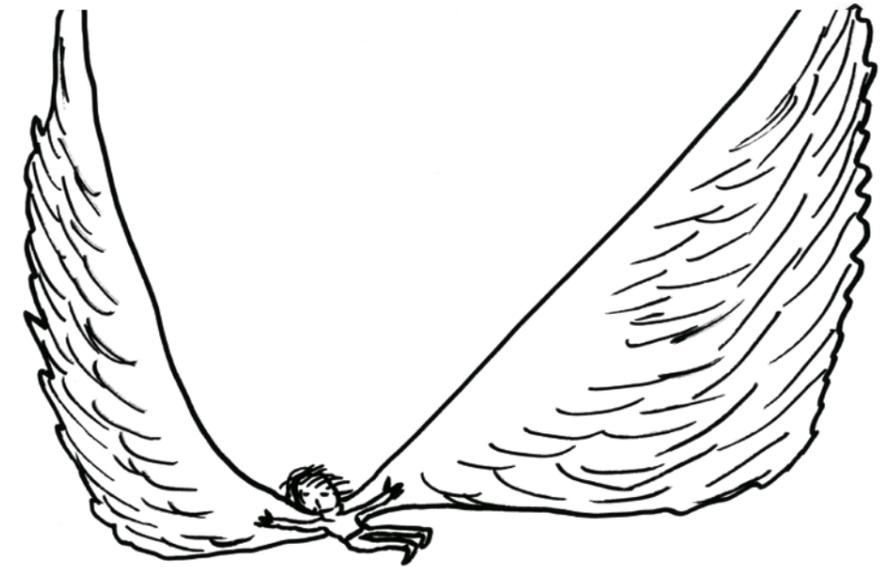
ART HELPS YOU SEE



“This is an impressive collection of evidence and practice for culture and health, which reflects the passion and breadth of engagement of the APPG and its partners over the last two years.”
Duncan Selbie, Chief Executive, Public Health England



THE ARTS



Detailed references for all case studies and evaluations are given in the full report.

You can download the full report here: www.artshealthandwellbeing.org.uk/appg/inquiry

You can view submissions to the Inquiry's call for practice examples here: www.artshealthandwellbeing.org.uk/appg/inquiry-submissions

The All-Party Parliamentary Group on Arts, Health and Wellbeing has developed policy briefings in collaboration with the Association of Directors of Public Health, Local Government Association, National Council for Voluntary Organisations, Social Care Institute for Excellence and What Works Centre for Wellbeing. Arts Council England and Public Health England have provided advice and have agreed to help with their dissemination.

You can download the policy briefings here: www.artshealthandwellbeing.org.uk/appg/inquiry

The All-Party Parliamentary Group on Arts, Health and Wellbeing is very grateful for the participation of a number of service users and expert patients in the Inquiry. Many returned to take part in a focus group attended by the artist, David Shrigley. Our warmest thanks to David for the drawings that illustrate this report.

The All-Party Parliamentary Group on Arts, Health and Wellbeing has produced the Inquiry report in collaboration with King's College London, the Royal Society for Public Health and Guy's and St Thomas' Charity. The secretariat for the All-Party Parliamentary Group on Arts, Health and Wellbeing is provided by the National Alliance for Arts, Health and Wellbeing. The Inquiry has been funded by Paul Hamlyn Foundation and Wellcome, with additional support from the Arts and Humanities Research Council. We express our deep gratitude to our project manager, Alex Coulter, and our researcher, Dr Rebecca Gordon-Nesbitt.

To contact the All-Party Parliamentary Group on Arts, Health and Wellbeing please email Alexandra Coulter: coultera@parliament.uk

More information about our work can be found here: www.artshealthandwellbeing.org.uk/appg

"Art helps us access and express parts of ourselves that are often unavailable to other forms of human interaction. It flies below the radar, delivering nourishment for our soul and returning with stories from the unconscious. A world without art is an inhuman world. Making and consuming art lifts our spirits and keeps us sane. Art, like science and religion, helps us make meaning from our lives, and to make meaning is to make us feel better."
Grayson Perry, Artist

References

1. Crisp, N., Stuckler, D., Horton, R., Adebawale, V., Bailey, S., et al. (7 October 2016). Manifesto for a Healthy and Health-creating Society. *The Lancet*, p. 1.
2. Greater Manchester Combined Authority. (2016). *The Greater Manchester Population Health Plan 2017–2021*. Manchester: Greater Manchester Combined Authority, p. 26.

THE ARTS ARE LIKE GLUE

