

# Arts on Prescription

## North West Leicestershire

### Evaluation Report

"I feel free again and that there isn't a right or wrong to anything.

I can be me"



Katherine Brown and Lisa Pidgeon

◦ BEAUTY & UTILITY ARTS ◦  
ARTS IN HEALTH PROJECT MANAGEMENT

Little Bird SOS 

Funded by



This evaluation report has been prepared by:  
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October 2016

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## Project Summary

Arts on Prescription (**AoP**), a pilot project funded by North West Leicestershire District Council's 'Staying Healthy Partnership' grant, was planned and delivered by Beauty and Utility Arts and Little Bird SOS, both local arts for health social enterprises.

The project took place at Measham Medical Unit (**MMU**) between April and June 2016 after initial communications with Dr. Pawan Randev (GP point of contact) and Tracey Lidgbird (Practice Manager), followed by a presentation to the Patient Participation Group (**PPG**).

MMU is a large practice within the West Leicestershire CCG area, covering Measham and the surrounding villages. The surgery has over 12,000 registered patients.

Project posters and referral forms (see Appendix 1 & 2) were shared with practice General Practitioners (**GPs**) via Tracey Lidgbird, whose team also contacted participants to let them know details.

Arts on Prescription was then delivered in two blocks of six workshops, with a three week mid point break for review.

Participants, all patients at MMU, were referred to the project by practice GPs, self referred via information on project posters, or came through Improving Access to Psychological Therapies (**IAPT**) an NHS programme of talking therapy treatments recommended by the National Institute for Health and Clinical Excellence (**NICE**) which support frontline mental health services in treating depression and anxiety disorders. All participants presented with some form of low level mental ill health, including stress, anxiety and depression, therefore meeting criteria for accessing the project.

Each weekly session ran for 2 hours (11am – 1pm) where participants carried out planned, self contained, creative activities (more information below).

All participants were asked to complete a pre and post intervention questionnaire measuring wellbeing, depression and anxiety scores, along with sections for qualitative feedback.

During block one, three participants showed an interest in supporting the project to continue in some form after our funded project had ceased. After discussion with Dr. Randev and Practice Manager Tracey Lidgbird at our midpoint review, we agreed to invite them to participate as observers for block two. Since our project has finished they have been in touch with MMU about creating a display, to celebrate the work we all completed together, and continue providing arts workshops for those who participated in our AoP project. It is important to note we all agreed that these would be light touch arts workshops and not arts for health workshops, which would require additional training and support time.

## Key Project Aims

- Pilot an Arts on Prescription project in North West Leicestershire, working with a number of local GP surgeries. (N.B - Our initial attempts at engaging Coalville surgeries was unsuccessful. Dr. Mike McHugh secured an opportunity for us to work with MMU.)
- Work with up to 12 patients experiencing low level mental health issues, referred by GPs, IAPT or self referred. Individuals could be re referred to block two, effectively attending both blocks.
- Build in a three week mid point break for reflection, an opportunity to review the programme with GPs, make any small tweaks and set up admin for the next block.
- Establish a pattern for data collection by running the same arts elements in both blocks of six weeks.
- Improve mental wellbeing, anxiety and depression scores through the delivery of quality art and craft activities with experienced practitioners.
- Encourage participants to explore how projects like this may become sustainable long term as a personal interest away from the group, or through a continued group meeting.
- Replicate, for efficacy locally, similar Arts on Prescription projects previously completed and evaluated elsewhere in the UK

## Rationale for the project

Arts on Prescription is not a new concept. The first project to use the name was Stockport Arts on Prescription (Huxley, 1997) over a decade ago, and since then other noteworthy projects have been delivered by organisations including Cambridge based Arts & Minds (Potter, 2013) and Milton Keynes Arts for Health (Willis Newson, 2013), evaluated by Willis Newson.

A charter for Arts, Health and Wellbeing published by The National Alliance for Arts, Health and Wellbeing 2012 (see appendix 2 for the full charter) suggests that the current political and economic climate is forcing the reassessment of government priorities in wellbeing related to health. They suggest that arts for health offers a contribution to mainstream healthcare and can 'reduce patient medication and lower reliance on GP consultation'.

With this charter and previously documented projects in mind, our objective was to evaluate the efficacy of delivering an arts for health project within our own local community, with the addition of our own skills and experiences around arts for health.

## What is Arts on Prescription?

"Arts on Prescription, sometimes know as Arts on Referral, is a type of social prescribing. In social prescribing there is a referral process whereby health or social care practitioners refer people to a service or a source of support. Arts on Prescription schemes provide arts and creative activities for participants, usually for people experiencing mental health problems and social isolation. The purpose of such schemes is not to replace conventional therapies but rather to act as an adjunct, helping people in their recovery through creativity and increasing social engagement. Although the schemes are varied in their approaches and settings, the common theme is that there is a referral process". (Bungay & Clift, 2010)

## About Beauty and Utility Arts (BUA) and Little Bird SOS (LBSOS)

Arts on Prescription (NW Leics) has been a partnership project between Beauty and Utility Arts and Little Bird SOS. Both are small social enterprises working across Leicester and Leicestershire, delivering diverse projects based around health and wellbeing.

Beauty and Utility Arts is a Leicestershire based Arts, Heritage and Health social enterprise, developing and managing creative projects and products with social benefits, working across the county and city. Founded in January 2010 by Director Katherine Brown after a decade spent working in the third sector, the business has worked in partnership with housing associations, the NHS, councils and other VCSE organisations on numerous arts, heritage and health projects. Work includes: project managing Showcase Smoothie, a £156 000 Leicestershire Partnership NHS Trust literature and spoken word project for young black men with severe and enduring mental ill health; project directing a local Heritage Lottery funded heritage education

charity; partnering with housing association EMH homes as one of sixteen delivery partners working with Leicester Ageing Together, a £5 million Big Lottery funded piece of work; developing a creative resource for people living with dementia following Hinckley and Bosworth Health and Wellbeing Partnership seed support. Beauty and Utility Arts specialize in listening fully, gaining a complete understanding of needs and then applying creative thinking and approaches to start making a tangible difference.

Little Bird SOS is a Leicester/Leicestershire based arts for health and wellbeing Voluntary Community Social Enterprise, founded in September 2011 by Director and Arts for Health Practitioner Lisa Pidgeon following a long career as a trained nurse in an academic research post at the University of Leicester managing clinical trials data, as well as training and education, in the Children's Cancer and Leukaemia treatment centres across the UK. Little Bird SOS positively engages with people to provide life enrichment, education, socialisation, creative distraction and personal growth. Positive ideas about recycling and re-using resources for eco-friendly arts and crafts are encouraged which reinforce a feeling in the learner that they are doing something positive and useful by reducing their own environmental impact. This in turn impacts on mental wellbeing promoting positive self belief. LBSOS provides art and craft workshops to promote positive mental health and wellbeing, along with other educational activities aimed at adults and children. Alongside this, collecting and evaluating outcomes has been a main aspect of ensuring efficacy of LBSOS interventions.

LBSOS has recently been awarded 'social seeding' funding from the West Leicester Clinical Commissioning group to take forward ideas around developing sustainable arts and crafts to support vulnerable people within our local community. As a social enterprise, LBSOS is a non-profit making organisation that functions for social and community purposes.

## The project: how it came about

- Beauty and Utility Arts and Little Bird SOS have been in regular contact since the formation of both organisations, sharing ideas and knowledge around arts for health and working together on a BUA intergenerational project in North West Leicestershire as part of Leicestershire County Council's Wellbeing Hi 5 programme.
- North West Leicestershire District Council also funded another BUA intergenerational project in 2013/14 and have been in regular discussion with Andrew Head about the possibilities of an Art on Prescription project for the area.
- Each project partner has wide ranging abilities as the founders and driving forces behind their respective social enterprises. When working in partnership all aspects of managing and delivering a project have divided naturally between the two, creating a strong team.
- Both organisations have a keen interest in prevention initiatives, in particular using creativity as an intervention for people experiencing low level mental ill health and seeking support from a GP. A joint trip to the Bristol Culture Health and Wellbeing Conference in 2013 lodged the seed of an idea for Art on Prescription in our community firmly in place, and since then both have worked hard to build profiles, gather evidence and secure the funding for a pilot project.

## The project: programme and delivery

Much of the planning, delivery and evaluation of Arts on Prescription is shared between Katherine and Lisa, supporting and learning from each other, with some distinct elements falling to each individual; Katherine for the overall project management and Lisa the role of creative facilitator, data collation and analysis.

Within workshops, both moved around the room identifying anyone in need of 1:1 support, starting positive conversations and moving conversations away from anything too intense.

At the end of each session time was spent talking through what had gone well, what we might do differently the following week, any concerns or issues and any noteworthy comments. We based our discussions around a project diary template used on our arts for health projects (see Appendix. 4)

Each six week block contained the following elements:

It was decided that sessions would follow a natural flow to help build confidence, the earlier sessions started with simple mark making in personal journals followed by printmaking. Following the printmaking we moved on to collage making where artwork, created in previous sessions, could be incorporated into new pieces of work. Following on from the initial mark making sessions we moved onto different craft activities, weaving followed by pattern cut and free style stitching. The final session

ended with the group personalising their journals they had kept throughout the six weeks of the project. More detail about each session:

### Week one - making marks

- Pre intervention questionnaires, making your mark and keeping a journal



Art on Prescription, NW Leicestershire, week one

- As people came in to the room, we introduced ourselves, offered a drink and encouraged people to use coloured pens to write their name on a piece of folded card, together with some basic drawings of the kind of things they like doing and 'make up' them as a person. This is a good creative distraction from a potentially nervous first few minutes.
- The first workshop then started with Katherine and Lisa introducing themselves to the group, talking through respective work and backgrounds and sharing something that made us smile over the previous week, for example driving through the countryside to get to Measham. We then worked around the room supporting people to introduce themselves and share something of their own.
- Up to 30 minutes was then dedicated to pre intervention questionnaires, filled out by individuals with support from Katherine and Lisa if needed.
- Week one is an important time to get a feel for the group, place ourselves as trusted professionals, think about where people have chosen to sit and whether they might be better placed next to someone different for support or shared interests. Sometimes similar characters will sit next to each other, but encouraging them to move elsewhere another week often helps break some of the social interaction issues or thought patterns that may have contributed to people accessing the project.
- After the paperwork, Lisa talked through her role as a creative facilitator (rather than a formal artist) there to share ideas and experience, but ultimately to support every individual to test new methods, relax and enjoy being creative safe in the knowledge there is no right or wrong.

- The creative activity for week one explored the idea of keeping a journal by looking through examples brought in by Lisa of her own family's creations and those by other artists. The group then tried out some simple mark making using paints and pens as a way to start feeling more comfortable with materials.

### Week two – printmaking

- Printmaking using a very simple technique called monoprinting. The group were shown how to ink a perspex block and make transfer prints inspired by nature.



Art on Prescription, North West Leicestershire, week two

### Week three - collage

- Collage making using monoprints from week two, combining them with other materials, such as old book pages and envelopes to make a mixed media collage that could be used as a picture or a greetings card. Individuals were encouraged to bring materials and photos from home to be combined with their creation.



Art on Prescription, North West Leicestershire, week three

#### Week four – willow weaving

- Weaving using willow formed by individuals to make a circular weaving loom. Participants were shown how to lash the loom to make warp threads and how to weave the weft threads between them.



Art on Prescription, North West Leicestershire, week four

### Week five - stitchcraft

- Mini stitchcraft projects using recycled felt made from old jumpers. The group was shown how to make simple stitch items such as flowers for brooches and also how to design and stitch together their own creations, using a freestyle technique, to make key rings.



Art on Prescription, North West Leicestershire, week five

### Week six - textiles

- Covering journals with a variety of textiles to give them a personal touch. The last 30 minutes of the session were spent reflecting on the project and completing post intervention questionnaires.



Art on Prescription, North West Leicestershire, week six

## Evaluation: aims

'The arts, including music, dance, theatre, visual arts and writing, are increasingly recognised as having the potential to support health and wellbeing. However, in order for arts to be included in commissioning of health and social care services, there needs to be robust evidence of their effectiveness, impacts and costs.' (Public Health England, 2016)

Experience across a wide variety of arts for health projects planned and delivered by Beauty and Utility Arts and Little Bird SOS over the years have shown us that arts interventions absolutely do work.

Securing funding for an Arts on Prescription project at a GP surgery in our area gave us an opportunity to evaluate the efficacy of a social prescribing arts intervention on patients with low level mental health, using respected methods and lining our approach up with previous Arts on Prescription projects. In total, the North West Leicestershire Staying Healthy Partnership contributed £5060 towards the project. It is important to note that considerable additional time was committed by both organisations as the project was not as simple to establish as we had all anticipated. Both Katherine and Lisa were also clear about being prepared to dedicate extra time to this piece of work from the outset, because of its enormous value to our communities.

## Evaluation: approach, results and demographics

### Demographics:

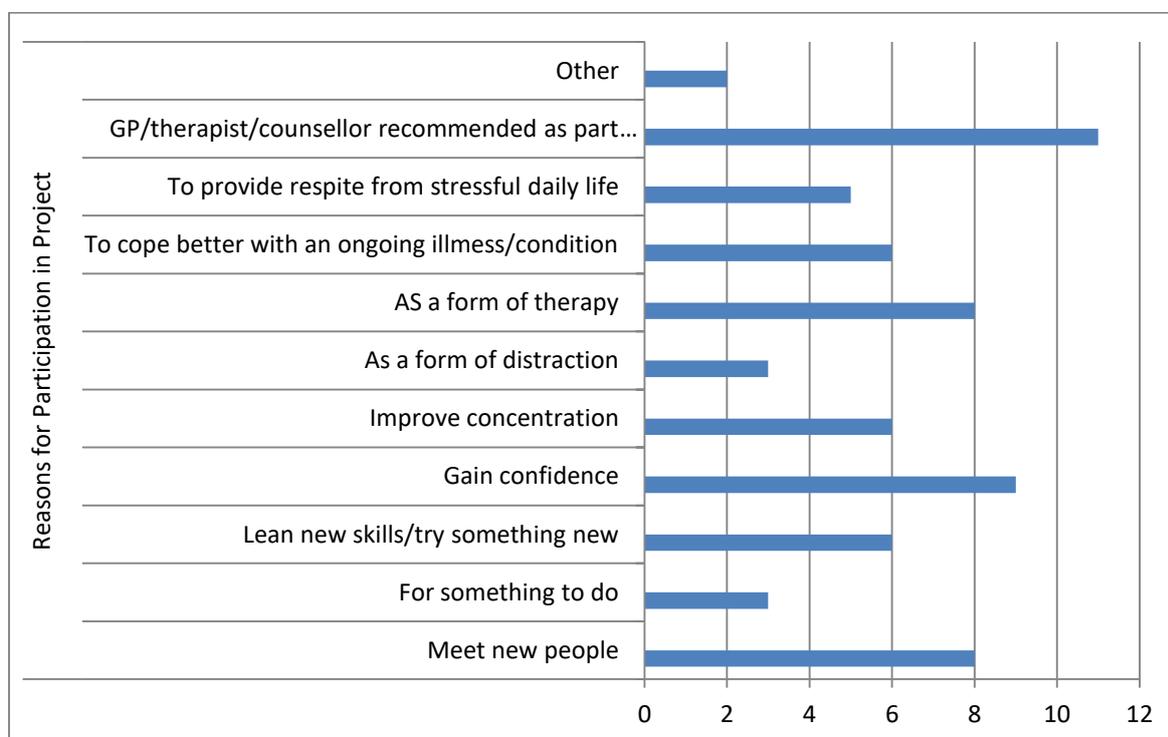
In total 15 referrals were made and 12 completed the project to the end (80% completion rate). Of the 3 that did not complete, 1 participant became unwell and unable to complete, another decided that the project "was not for me" and another participant found employment towards the end of the project and was unable to complete.

Also to note, 1 participant started in block 1 but became unwell halfway through. They were re-referred to block 2 and completed the project. Finally, 3 participants from block 1 returned to block 2, on invitation and in agreement with MMU, as volunteers/observers with a view to exploring how this project could lead to sustainability and leave a long term legacy.

Out of the 15 referrals made, 12 came from General Practitioners within MMU, 2 from Improving Access to Psychological Therapies (IAPT) and 1 self referred. There were 3 males and 12 females referred.

## Reasons for participation in the project

Participants were asked why they had taken part in the project with the following reasons indicated:



Other reasons given were 'stress when waking in the morning' and 'to help get me out'. The chart above shows that participants stated a variety of reasons for wanting to participate and, apart from being 'recommended by GP/other', the next 3 popular reasons were to 'gain confidence', 'meet new people' and 'as a form of therapy'.

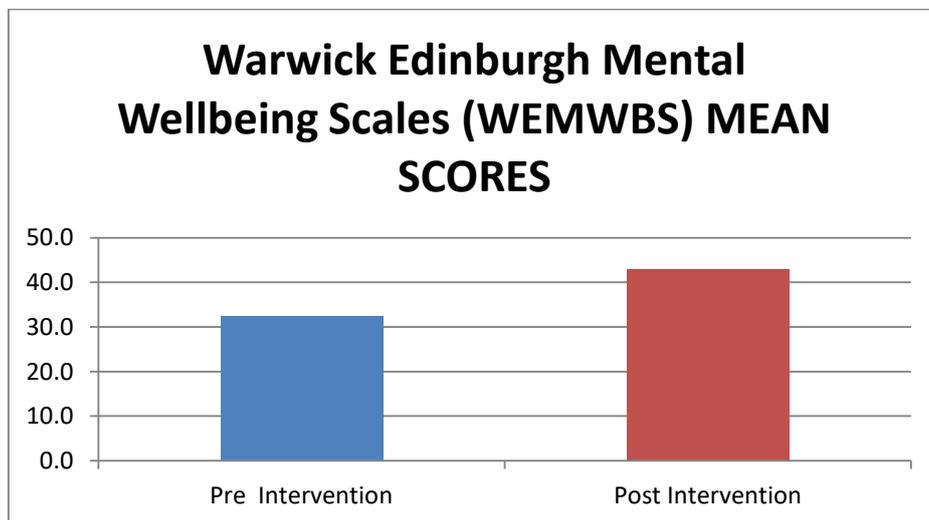
## Results: questionnaires

All participants were asked to complete a pre and post art intervention questionnaire (see Appendix. 5 & 6). The pre intervention questionnaire took place on the first session following introductions and a 'getting to know you' exercise. The post intervention questionnaire took place at the end of the final session, following a short discussion reflecting and reminding participants of the activities we had undertaken over the 6 weeks of the project. The data shown below relates only participants who were able to complete the whole six week block of the project including the pre and post evaluation questionnaires.

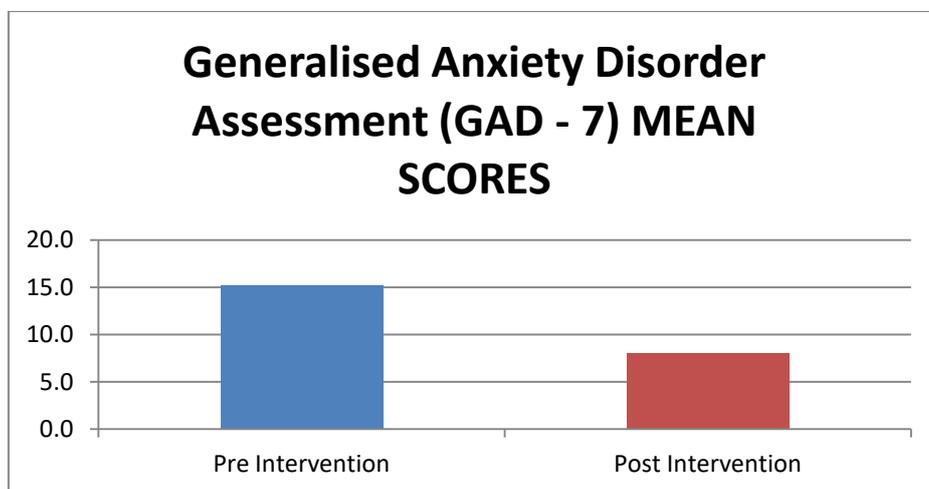
We used the Public Health for England, Arts for Health and Wellbeing evaluation guidelines for measuring wellbeing intervention.

### Results: Warwick Edinburgh Mental Wellbeing Scales

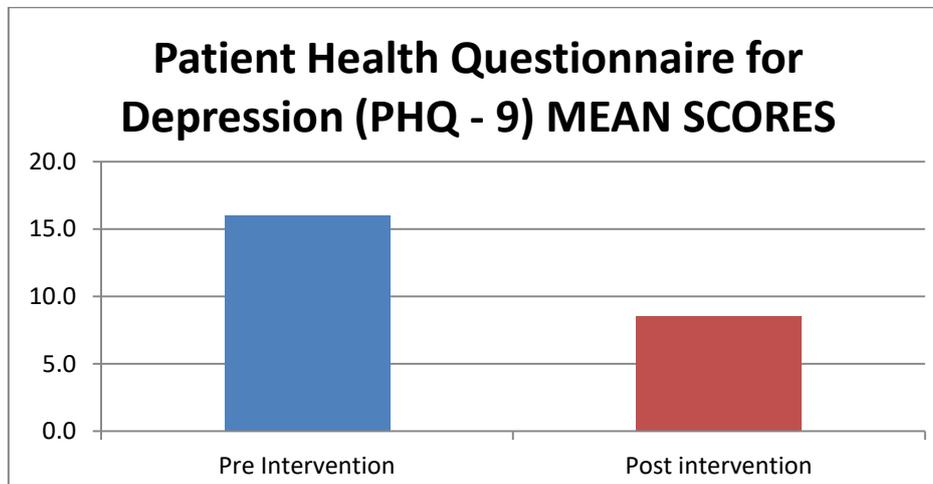
The chart below shows scores pre and post art intervention, presented as mean scores.



### Results: Generalised Anxiety Disorder Assessment



## Results: Patient Health Questionnaires for Depression



Across all validated measures, it is clear there has been a mean overall improvement in wellbeing, anxiety and depression scores following the art intervention period. Although this is a positive result for this evaluation, the numbers participating are not enough for this to be statistically significant. Nevertheless, this kind of intervention is worthy of further investigation with a larger sample size.

## Results: Week by week qualitative feedback

Each week participants were given a luggage tag and asked to write what they had learned or discovered and, as an option, to flip over the tag and express how this made them feel. Below are some of the themes that occurred in the sessions with quotes from some of the participant tags:

### Week one

The group expressed a sense of nervousness:

*"Nervous but enjoyed it"*

Feelings of not being alone:

*"Learned that I am not the only one who needs help and support"*

Also a sense of achievement and calm that come with making art no matter what your level of ability:

*"I discovered I can draw and it don't have to be good - very calming"*

### Week two

There were still a few nerves for our printmaking session, mainly around perceived creative abilities. Printmaking is a real journey of discovery and can bring about a feeling of anxiety when faced with a blank sheet of paper. The results of monoprinting cannot be seen immediately until the paper has been lifted off the inking block. Often the results delight as the unexpected can occur. With this it brings a sense of calm mixed in the with the nerves:

*"It made me feel a bit nervous, because I couldn't do it very well, but then it was fun and calming"*

And then the wonderful connection to childhood that the fun of creativity brings:

*"It made me feel like a kid again"*

### Week three

By week 3, the group had settled into the sessions and began experimenting with their work combining prints from week 2:

*"I've learned how to make a collage and that things don't  
have to be in a straight line to look beautiful.  
I've learned how to put different textures with others  
love it, love it, love it"*

And a sense of freedom with their creativity emerging:

*"I feel free again and that there isn't a right or wrong to anything  
I can be me"*

### Week four

Weaving is a very quiet activity often the room has a feel of individual solitude as the repetitiveness of the activity is so absorbing and reflective:

*"I've learned how to weave with a willow branch today and  
I have learned that you can weave with all different things.  
To weave with love - I'm learning lots of nice and  
inspirational things"*

The looms were made from scratch and participants were encouraged to reflect on the connection to nature and found materials and this impacted on reducing anxiety:

*"I have learnt now to use natural materials for crafts.  
It helped my anxiety levels decrease and kept my mind busy"*

### Week five

Mini stitch craft projects required some finer motor skills that some had never tried before:

*" Was really proud of myself as I can't really stitch and needed help but  
learned new things and the end result looks good"*

The group were given some examples but also were encouraged to use a freestyle technique by designing and planning their own creation. The process of making encouraged discussion between participants:

*"I've learned that by using my imagination, I can create something  
beautiful. This has made me feel more confident and is enabling  
me to interact with others"*

## Week six

The group were very much more relaxed by the final session, which was spent customising the journals they had kept during the six week project. There was a sense of taking notice in the materials they were using:

*"I felt so relaxed today. We talked as we did today's project. All the lovely colours and textures. I enjoyed it so much"*

And confidence that can be carried through to everyday life:

*"I've felt so much more confident. I've learnt that perfection isn't everything"*

And journey's of self discovery, that the process of creativity is more important than the end result:

*"It was fun making my journal match my personality"*

*"I've learned that you can start with something and, if not happy, you can change it without feeling judged. Made me feel that there are solutions to all problems, it's just finding what that is"*

And reflections of being within a therapeutic group setting:

*"I've learnt that I don't feel so scared in groups now, in fact, I want to come every day - love it"*

And some sadness:

*"Today I felt sad that this was the last group. I have nothing to look forward to now"*

The general feeling of sadness was counteracted with the reassurance that we had all learnt something new and to celebrate the success of this project. This was not the end of something but, rather, the start of something new.

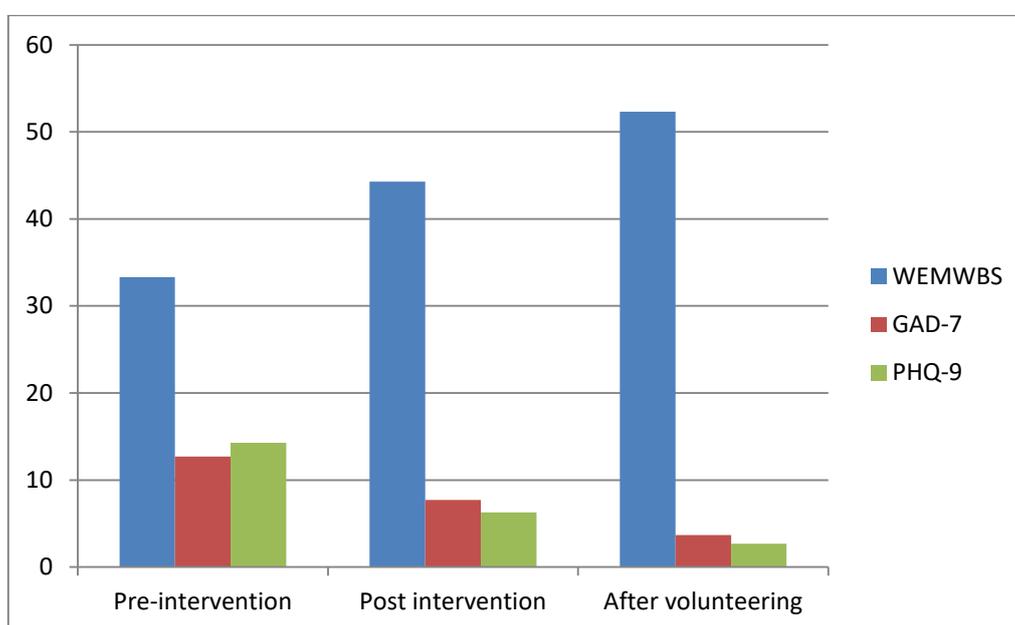
## Observations on participant benefits

- Participants in block one and block two were quite different to each other.
- In block one a high percentage were suffering with noticeable anxiety, depression and lack of confidence. All those, bar one who fed back "it's not for me", already had an interest in creativity and the project seemed to be a good fit. Social interaction within block was also very high and there was hardly any need for Katherine and Lisa to encourage conversation.

- In block two the same issues were present, but there were more with difficulties around social interaction, particularly initiating and developing conversations rather than just making statements.
- It is possible that participants in block one were those who immediately sprang to mind with referring GPs and block two was an opportunity to approach more patients displaying low level mental ill health.

## Unexpected outcomes

- Participants were very vocal about wanting the project to continue. It is often the case on arts for health projects that individuals state a real interest/need to continue, but within this project there were comments of that nature every week, by almost all those taking part. Contributing factors may include: the provision of a high quality arts for health intervention by experienced professionals, the supportive environment at MMU.
- At the end of block one, 3 participants were invited as observer/volunteers. We asked for them to complete a further questionnaire measuring WEMWBS, GAD-7 and PHQ-9. As you can see from the chart below, all three continued to improve across all 3 scales showing the benefit of, not only volunteering but, continuing to participate and help others and the impact this has on wellbeing and improving anxiety and depression. This was not originally planned at the beginning of the evaluation project and we are delighted with an unexpected outcome. By continuing arts workshops with previous Arts on Prescription participants, we hope they will continue to benefit.



Our volunteers provided a wealth of information through their feedback:

*"I enjoyed doing this second project more than the first. The company and expanding of my experience of crafts has been beneficial to my wellbeing"*

*"It has given me the confidence to enjoy doing arts and crafts at home. I have found a peace of mind which has helped me avoid low moods"*

*"The continuation of the project is the most important factor"*

*"The project is very valuable in aiding relaxation and improving feelings of self worth. It's continuation would prove and asset in helping wellbeing"*

*"I wish I that had access to a group like this when I was first diagnosed with depression moving to Measham. It has been difficult to get to places so having this in the village has been very good and to meet the people in the groups has been very good and I have looked forward to coming on a Monday"*

*"I enjoyed shadowing Lisa and Katherine. This gave a different perspective and helped with confidence. I really enjoyed seeing the rest of the group grown in confidence, which instills satisfaction and encourages us to move forward"*

*"I have increased confidence and less anxiety. In helping others I found I have been helped too. I feel much more able to talk to people. This has helped in my everyday life"*

*"This course has been fantastic. I feel all the people in the group have gained confidence which is lovely to see. The crafts have been totally absorbing enabling us to relax in a safe atmosphere. I've enjoyed the different perspective of shadowing, slightly apprehensive at the start, but gradually overcoming this. I look forward to the future with the group for everyone's benefit"*

## Extent and quality of collaboration and partnership working

- Beauty and Utility Arts have worked with NW Leicestershire District Council on a few occasions and built up a good relationship around completed projects.
- The quality, professionalism and engagement of all at Measham Medical Unit meant our Arts on Prescription project ran smoothly.
- BUA and Little Bird SOS have developed a good working relationship over the years and working together on Arts on Prescription has shown us there is more to come from our collaboration.

## Summary (including conclusions and recommendations)

- Sustainability of our Arts on Prescription project was an open question when we started. Both Katherine and Lisa have been extremely keen to set up a local piece of work for several years. The funding available for Arts on Prescription North West Leicestershire was invaluable and covered all elements of the original proposal. As is always the case, considerable additional work was contributed in kind by both organisations, especially as the project was slower to take off than anticipated and we had the additional bonus of meeting volunteers. BUA and LBSOS are now exploring a number of different options, including sourcing additional funding, setting up a training package and continuing related work with MMU.
- Ultimately, more projects like this are needed to add confidence to data already collected, something we will contribute to as our future plans develop.
- Sharing results of these Arts on Prescription projects can only benefit the knowledge of our sector and further support the case for arts as a social prescribing tool for patients with low level mental health difficulties
- Finally, a quote from our GP point of contact at Measham Medical Unit:

*"The Arts on Prescription project has been hugely well received by the patients and staff at Measham.*

*My colleagues and I have been greatly impressed by the outcomes ( GAD7 score and PHQ9 ) that have been produced with this structured approach to art therapy.*

*Patients and their families have spontaneously commented on the positive changes they are seeing their loved ones.*

*Our Patient Participation group has been inspired by the outcomes and have now a work stream looking at effective use of social prescribing.*

*It has offered us a fantastic, effective, alternative approach to people who otherwise suffer in silence (or we can't hear their distress).  
We want more!"*

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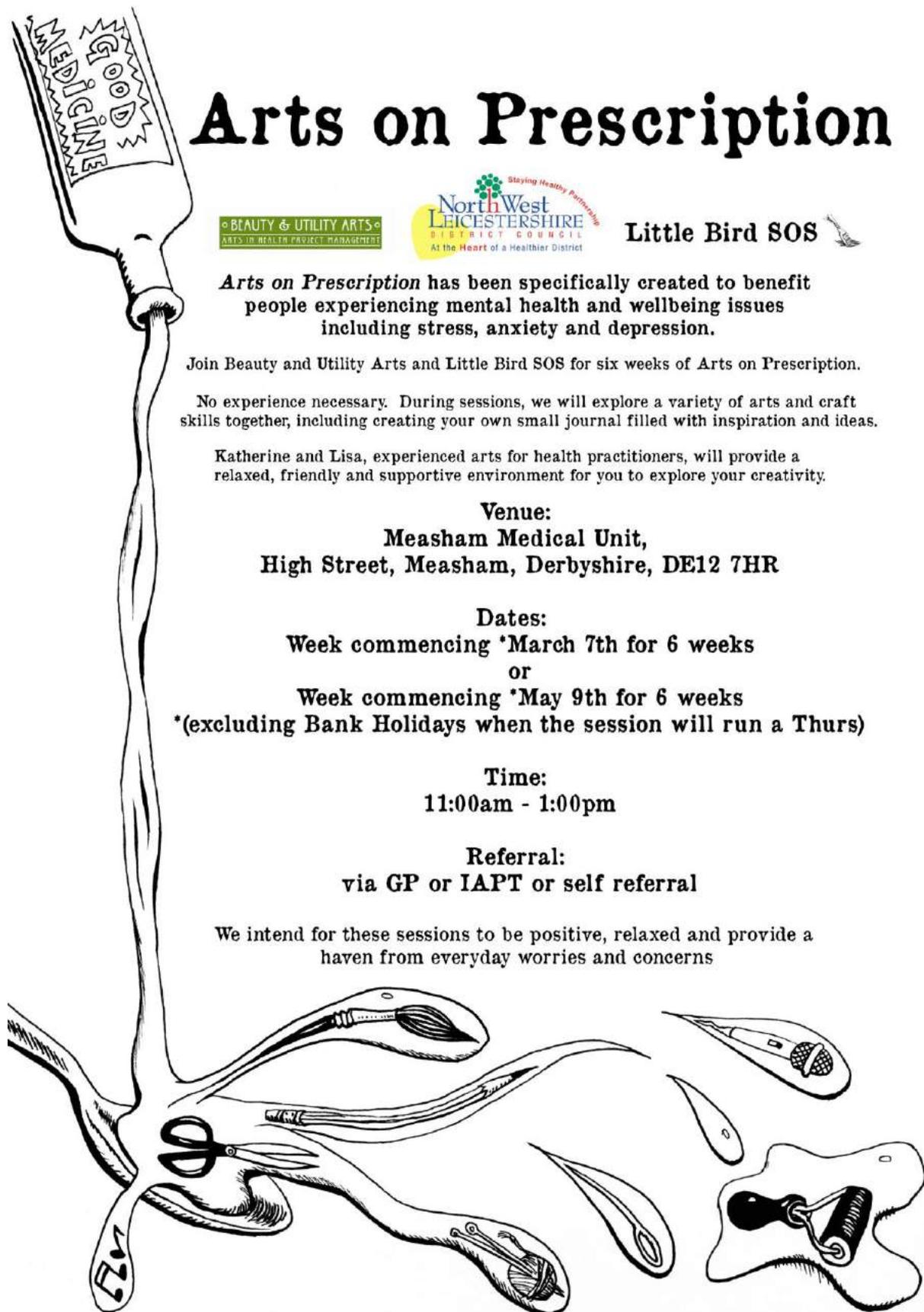
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## Our thanks go to:

- Those involved with the North West Leicestershire Staying Healthy Partnership grant, in particular Andrew Head, Health Improvement Officer at North West Leicestershire District Council and Dr. Mike McHugh, Consultant in Public Health for supporting the project idea and helping us shape our approach to evaluating the project into something acceptable to both arts and health sectors.
- Measham Medical Unit staff and Patient Participation Group for inviting us to present our idea and then working with us with each and every week to plan and deliver. Our pilot project was a success because of the community minded approach and professionalism of every member of the MMU team. Special thanks to: Dr. Pawan Randev for receiving and supporting the project idea from Dr. Mike McHugh and acting as our experienced point of contact throughout, Practice Manager Tracey Lidgbird for co-ordinating our project needs from within the surgery, always with a smile and lightening fast email responses and PPG representative Phillip King for facilitating our initial presentation.
- Patients who took part in Art on Prescription. We enjoyed meeting and working with each and every one of you.
- Dave Pidgeon, for providing the eye catching art work on our referral forms



# Arts on Prescription

BEAUTY & UTILITY ARTS  
ARTS IN HEALTH PROJECT MANAGEMENT



Little Bird SOS 

**Arts on Prescription** has been specifically created to benefit people experiencing mental health and wellbeing issues including stress, anxiety and depression.

Join Beauty and Utility Arts and Little Bird SOS for six weeks of Arts on Prescription.

No experience necessary. During sessions, we will explore a variety of arts and craft skills together, including creating your own small journal filled with inspiration and ideas.

Katherine and Lisa, experienced arts for health practitioners, will provide a relaxed, friendly and supportive environment for you to explore your creativity.

**Venue:**

**Measham Medical Unit,  
High Street, Measham, Derbyshire, DE12 7HR**

**Dates:**

**Week commencing \*March 7th for 6 weeks**

**or**

**Week commencing \*May 9th for 6 weeks**

**\*(excluding Bank Holidays when the session will run a Thurs)**

**Time:**

**11:00am - 1:00pm**

**Referral:**

**via GP or IAPT or self referral**

We intend for these sessions to be positive, relaxed and provide a haven from everyday worries and concerns

## Appendix 2: GP referral form

### GP/IAPT details

Name	
Address	
Telephone Number	
Email address	

### Patient details

Name	
Address	
Telephone Number	
Email address	

Are you happy for Katherine to contact you?	Yes		No	
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### Which block of workshops would you like to refer to?

11:00am - 1:00pm March 7th - March 14th - March 21st - *March 31st - April 4th - April 11 <sup>th</sup>	
11:00am - 1:00pm May 9th - May 16th - May 23rd - *2nd June - June 6th - June 13 <sup>th</sup>	

\*all sessions take place on a **Monday, except Bank Holidays** when sessions will take place on Thursdays on 31st March and 2nd June

Reason for referral

Suitability for participation	Please tick
Patients with mild to moderate mental ill health (anxiety, depression, stress, social isolation)	
Patients who are comfortable working in a group of up to 12 others in a supportive and relaxed environment	
Patients who would like to work with Arts for Health practitioners and create artwork	
Participating patients who are willing to complete pre and post workshops evaluation forms to support the development of Arts on Prescription	
Not suitable for participation	
Patients with severe and enduring mental ill health	
Under 18 years of age	
Patients who may have a disruptive influence on the group	

### Signature of referring Health Professional

Name of referring Health Professional	
Signature	
Date of referral	
GP or IAPT?	

### Patient Consent

Arts on Prescription - North West Leicestershire, has been fully explained to me and I am looking forward to taking part

**I understand that I need to attend all session unless there is a valid reason**

Name	
Signature	
Date	

**Please remember to take a copy of this form for your own records**

## Appendix 3: A Charter for Arts, Health and Wellbeing

We are a national alliance committed to promoting the role of the creative arts in health and care. Creative activity has long been known to have tangible effects on health and quality of life. The arts, creativity and the imagination are agents of wellness: they help keep the individual resilient, aid recovery and foster a flourishing society.

Arts in health programmes across the country, indeed across the world, are using diverse and dynamic disciplines in a variety of health care and community settings for expressive, restorative, educational and therapeutic purposes. Some work preventively, some enhance recovery, others improve the quality of life for people with long-term or terminal conditions. The creative arts help make sense of our human condition, making room for the heart and soul to be heard. They encourage active engagement with the world around us, help people to keep learning, connect with each other and contribute to their communities.

In our current political and economic climate, which is forcing a reassessment of human priorities, and where wellbeing is a declared government priority, arts in health offer a professional, value-for-money contribution to mainstream health care. They can contribute to shortening the length of hospital stay, reduce patient medication and lower reliance on G.P. consultation. They offer personalised non-medical health strategies that support many of the declared NHS outcomes, including improving the effectiveness of care and quality of patient experience.

We are holistic in approach and believe the arts and humanities have a crucial role to play in medical training, clinician wellbeing and awareness. We believe the arts help us to see and value the patient as a whole person, not just an illness or symptom. We believe the arts will contribute to a culture within health services that is more supportive, empowering, enlightened, personal and humane.

Environment has a huge impact on health. Works of art can create a welcoming, uplifting space that increases a feeling of wellbeing and promotes a positive experience of care. We strongly advocate original art commissions, sensitivity to aesthetics and the introduction of nature into medical and other healthcare settings.

We believe that keeping this creativity alive, active and accessible to all, will reduce the financial burden of illness, help people to be the best they can be, and foster a healthier, happier, more vibrant, thriving society.

### July 2012

This Charter for Arts, Health and Wellbeing is the result of conversations across the nine regions of England and was written by Rosie Jackson.

### The National Alliance for Arts, Health and Wellbeing

[www.artshealthandwellbeing.org.uk](http://www.artshealthandwellbeing.org.uk)

**Chair: Alexandra Coulter**

This evaluation report has been prepared by:  
Katherine Brown, Beauty and Utility Arts  
Lisa Pidgeon, Little Bird SOS  
October 2016

Email: alex@ahsw.org.uk

## Appendix 4: Project Diary



### Project diary

Project Name	Date	Session #	Attendance #

Name and role of person filling out project diary

What activities were carried out in the session and how were participants involved?	
What worked well and was there anything that didn't go to plan/work well?	
Staff observations and any concerns risen re: individuals, the group as a whole and the environment in which you were working.	
Any participant quotes/evidence collected.	

## Appendix 5: Pre Intervention Questionnaire



# Arts on Prescription

## Participant Evaluation Form

Taking part in projects like this can help improve health and wellbeing. By completing this form, it will help us see if your participation contributed to your health and wellbeing. This will help us to improve our practice. We would like to ask you to complete the questionnaire again the end of this series of workshops. All of the information that you give us will be kept confidential.

Please tick the appropriate boxes:

### 1. How did you find out about this project?

GP		IAPT	
----	--	------	--

\*if 'other' please tell us how you found out about this project?

.....

### 2. Are you:

Male		Female	
------	--	--------	--

### 3. What age category do you fall into?

18 - 24		25 -34		35 - 44		45 - 54		55 - 64		65 - 74		75+	
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### 4. Why did you agree to participate in this project?

Meet new people	
For something to do	
Learn new skills/try something new	
Gain confidence	
Improve concentration	
As a form of distraction	
As a form of therapy	
To cope better with an ongoing illness/condition	
Provide respite from stressful daily life	
GP/therapist/counsellor recommended as part of treatment	
Other*	

**\*if 'other' please tell us why you agreed to take part in this project?**

.....

**5. Below are some statements about feelings and thoughts**

Please tick the box that best describes your experience of each over the last 2 weeks:

Statement	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been feeling interested in other people					
I've had energy to spare					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling good about myself					
I've been feeling close to other people					
I've been feeling confident					
I've been able to make up my own mind about things					
I've been feeling loved					
I've been interested in new things					
I've been feeling cheerful					

Warwick-Edinburgh Mental Wellbeing Scale (c) NHS Health Scotland, University of Warwick and University of Edinburgh, 2006.

**6. Over the last 2 weeks, how often have you been bothered by the following problems?**

**Please tick the most appropriate box**

Statement	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				
Trouble falling or staying asleep, or sleeping too much				
Feeling tired or having little energy				
Poor appetite or overeating				
Feeling bad about yourself - or that you are a failure or have let yourself or your family down				
Trouble concentrating on things, such as reading the newspaper or watching the television				

Moving or speaking so slowly that other people could have noticed, or the opposite - being so fidgety or restless that you have been moving around a lot more than usual				
Thoughts that you would be better off dead, or hurting yourself				

Generalised Anxiety Disorder Assessment (GAD-7) Developed by Robert L Spitzer et al. Patient Health Questionnaire (PHQ-9) Pfizer 1999

**7. If you ticked off several days or more to any of the above - have these problems made it difficult to do your work, take care of things at home, or get along with other people?**

Not difficult at all		Somewhat difficult		Very difficult		Extremely difficult	
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**8. Are there any comments that you would like to make?**

**Thank you for taking the time to fill in this evaluation form.**



# Arts on Prescription

## Participant Post Project Evaluation Form

Thank you for participating in this project. Taking part in projects like this can help improve health and wellbeing. By completing this form, it will help us see if your participation contributed to your health and wellbeing. This will help us to improve our practice. All of the information that you give us will be kept confidential.

Please tick the appropriate boxes:

- 1. What did you enjoy most about participating in this project?**
- 2. What did you least enjoy about participating in this project?**
- 3. Describe some of the positive things you have noticed about yourself since participating in this project**
- 4. Is there anything we could do to improve how we deliver projects like this in the future?**

**5. Below are some statements about feelings and thoughts**

Please tick the box that best describes your experience of each over the last 2 weeks:

Statement	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been feeling interested in other people					
I've had energy to spare					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling good about myself					
I've been feeling close to other people					
I've been feeling confident					
I've been able to make up my own mind about things					
I've been feeling loved					
I've been interested in new things					
I've been feeling cheerful					

Warwick-Edinburgh Mental Wellbeing Scale (c) NHS Health Scotland, University of Warwick and University of Edinburgh, 2006.

**6. Over the last 2 weeks, how often have you been bothered by the following problems?**

**Please tick the most appropriate box**

Statement	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid as if something awful might happen				
Little interest or pleasure in doing things				
Feeling down, depressed or hopeless				
Trouble falling or staying asleep, or sleeping too much				
Feeling tired or having little energy				
Poor appetite or overeating				
Feeling bad about yourself - or that you are a failure or have let yourself or your family down				
Trouble concentrating on things, such as reading the newspaper or watching the television				
Moving or speaking so slowly that other people could have noticed, or the opposite - being so fidgety or restless that you have been moving around a lot more than usual				
Thoughts that you would be better off dead, or hurting yourself				

**7. If you ticked off several days or more to any of the above - have these problems made it difficult to do your work, take care of things at home, or get along with other people?**

Not difficult at all		Somewhat difficult		Very difficult		Extremely difficult	
----------------------	--	--------------------	--	----------------	--	---------------------	--

**8. Are there any comments that you would like to make?**

**Thank you for taking the time to fill in this evaluation form.**