



Culture & Wellbeing

York

Cultural Commissioning to Reduce Health and Wellbeing Inequalities 2017-18

- Background – why we are here
- Achievements to date
- Wider legacy
- Next steps



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explore



YORK@LARGE
the city's cultural partnership

York Museums Trust



A pilot project funded by CYC

- 1 year pilot
- Cultural prescribing to improve access and participation
- Delivering against public health priorities
 - Isolation and loneliness
 - Cross generation connections
 - Keep active & reduce risk injury
 - Inclusive approach

Four themes for Health and Wellbeing in York 2017-2022

Theme	Mental Health and Wellbeing	Starting and Growing Well	Living and Working Well	Ageing Well
Top Priorities	Get better at spotting the early signs of mental ill health and intervening early	Support for the first 1001 days, especially for vulnerable communities	Promote workplace health and remove barriers to employment	Reduce loneliness and isolation for older people
Additional things we want to achieve	Focus on recovery and rehabilitation Improve services for young mothers, children and young people Improve the services for those with learning disabilities Ensure that York becomes a Suicide Safer city Ensure that York is both a mental health and dementia friendly environment	Reduce inequalities in outcomes for particular groups of children Ensure children and young people are free from all forms of neglect and abuse Improve services for students Improve services for vulnerable mothers Ensure that York becomes a breastfeeding-friendly city Make sustained progress towards a smoke-free generation in York	Reduce inequalities for those living in the poorer wards and for vulnerable groups Help residents make good choices Support people to maintain a healthy weight Help people to help themselves including management of long-term conditions Work with the Safer York Partnership to implement the city's new alcohol strategy	Continue work on delayed discharges from hospital Celebrate the role that older people play and use their talents Enable people to recover faster Support the vital contribution of York's carers Increase the use of social prescribing Enable people to die well in their place of choice
Directed by dedicated groups, and measured through both hard data and what people tell us				



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We recognise the needs of York's communities

York in a nutshell

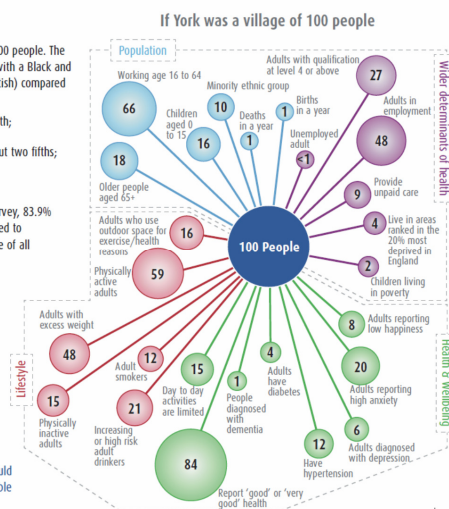
York's population is now estimated to be just over 200,000 people. The city has become more culturally and religiously diverse with a Black and Minority Ethnic (BME) population of 9.8% (non White British) compared to 4.9% in 2001. By 2025, it is estimated that

- the 65+ population in York will have increased by a fifth;
- the 85+ population in York will have increased by about two fifths;
- the 0-19 population will have risen by about 9%.

York's population is on the whole healthy (in a recent survey, 83.9% stated that they are in very good or good health compared to 80% regionally and 81.2% nationally). But this is not true of all communities and groups.



This graphic illustrates what the composition of York would be like if it was a village of 100 people based on available data. (October 2016)



Increasing individual and community resilience to reduce social isolation

Supporting positive health and wellbeing through factors such as social inclusion and positive social networks

Build on early intervention and prevention services to reduce and avoid the development of more complex needs



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We are creating routes into arts and culture for health & wellbeing benefits

- A list or 'menu' of cultural opportunities addressing Ways to Wellbeing
 - Members record levels of engagement – 5,000 beneficiaries
 - Supporting people to be social through regular day-time or community based activities
- Community based services use the menu to 'prescribe' cultural activities to local people
 - Services record referrals to cultural partners – 40% referrals = cultural
- X3 Projects financially supported
 - York in Harmony
 - Cuppa and a Chorus
 - Art commission
- Extant offer is integrated and promoted



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Reported benefits of our work include

- Gentle introduction to social discourse through cultural activity
- Regular activity to encourage new positive habits
- Wider recognition of the accessibility of cultural provision – using facilities across the city to enable easier attendance where transport maybe an issue.
- Build-up of confidence after significant life events e.g. bereavement, illness
- Small steps to introduce of new activity to build up resilience for new participants
- Development of individual participants to offer peer to peer support and mentoring



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Feedback from users our work include

- I have been through some bad times. This has really lifted me up. Wish there were more...
- A very enjoyable session with beautiful harmonics and amusing dancing! It's nice to talk to different generations from the community – to find out about people's singing experience and why they came.
- 'Jo starts the [creative writing] course, she feels positive about it, she's meeting new people and it's good to creative again... Jo sets up a work station at home, so she can continue doing her artwork, using the skills she has learnt on the course. She becomes involved in street festivals to raise funds for Kyra so she can share some of her learning with other women... Jo feeds back that Ways to Wellbeing helped her feel more confident, it was good to be encouraged and have someone believe in her.'



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There is a broader legacy...

- Increased collaboration within the Partnership
- Increased integration of wellbeing initiatives within individual organisations
- Increased recognition of the potential contribution of arts and culture
- Funding bid submitted to Arts Council England



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Our ambition for the future

- Culture & Wellbeing to be integrated in policy and strategy
- Culture & Wellbeing York to be seen as a partner in the referral and delivery of services
- To use arts and cultural assets to meet wider societal needs
 - Older people (Arts Council bid)
 - Young people
 - Mental health service users
 - Out of Hospital Care
- Ensure that any arts and culture commissions are of the highest (artistic) quality



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