

**Programme for an online workshop  
within the 11<sup>th</sup> EUSBSR Annual Online Forum  
6 October 2020  
10:00-12:00 CEST**

08:00-10:00 Reykjavik  
09:00-11:00 London  
10:00-12:00 Stockholm, Copenhagen, Berlin, Oslo, Warsaw  
11:00-13:00 Riga, Helsinki, Moscow, Vilnius, Tallinn

## **The Art of Staying Healthy - Can Culture Improve our Wellbeing?**

There is good evidence for the positive effects of arts on health and well-being, both in prevention and treatment. However, interventions are mostly local or national and short-term. To fully untap the potential of arts-based interventions, we need to create a better understanding of how art impacts our well-being and how this can be used to promote better health for people of all ages and backgrounds. The workshop will raise awareness for the health benefits of art interventions, facilitate the exchange of best practices from countries outside and within the BSR and brainstorm ideas for future cross-border initiatives. Presentations will cover the possibilities for using culture to improve health throughout a person's life-course, including children and youth and the impact of art on development.

The focus of the presentations will be on introducing hands-on practical examples that could be replicated in other contexts. They should also aim at identifying ways in which both the cultural and health sector could learn from and further engage with other sectors to unlock the health-promoting potential of arts, both in everyday life and crisis situations.

The workshop is a cooperation between the NDPHS as Coordinator of the EUSBSR PA Health, the NDPC on behalf of PA Culture and the Arts Promotion Centre Finland and is organized alongside the EUSBSR Annual Forum 2020 (<https://www.annualforum2020.eu>). It is part of the inception phase for a project that is already under development between NDPHS and NDPC. It should provide input and feedback into the future strategic direction of the project and identify ways to engage other PAs/HAs represented in the EUSBSR.

Please, register here till 2 October: <https://ej.uz/artsandwellbeing>



# The Art of Staying Healthy - Can Culture Improve our Wellbeing?

## Schedule

- 10:00                      Opening and practical points  
**Pia Houni**
- 10:05                      A presentation of the WHO Health Evidence Network  
Synthesis Report: What is the evidence on the role of the  
arts in improving health and well-being?  
**Katey Warran**
- 10:25                      Arts on Prescription: perspectives from Scandinavia  
**Anita Jensen**
- 10:45                      Children and youth and the impact of art  
**Isto Turpeinen**
- 10:55                      Art, health and well-being in and with Games  
**Jaakko Kemppainen**
- 11:05-11:45              Discussion in groups
- 11:45-12:00              Reporting back from group discussion

# Speakers

## Pia Houni

Art Adviser, Ph.D. in theatre and drama, Arts Promotion Centre Finland.

## Katey Warran

This presentation will summarise the key findings from the 2019 WHO Health Evidence Network Synthesis report; a scoping review of over 3,000 studies which explored the role of the arts in improving health and well-being. Placing these findings in context through highlighting case studies that demonstrate the beneficial impact of the arts, it will also explore the relevance of this report to research, policy and practice.

Katey Warran is Research Fellow in Social Science at University College London where she works with Dr Daisy Fancourt and her team to research the effects of social, cultural and community engagement on health. Katey is also a Doctoral Researcher at the University of Edinburgh, exploring how arts engagement can contribute to social cohesion, and a coordinator for the international Arts Health Early Career Research Network.

## Anita Jensen

This presentation will consider arts on prescription as models of interdisciplinary collaborations between different agencies: health care providers, cultural institutions, culture agencies, job centres, etc. It will also consider research and evaluation results/outcomes from various projects with focus on mental health wellbeing.

Anita Jensen, PhD in Arts and Health from Nottingham University. Currently works as an Arts and Health strategist for Region Skåne, Sweden, is a Guest Researcher at Aalborg University, Denmark and an editor for Nordic Journal of Arts, Culture and Health.

## Isto Turpeinen

In his presentation Turpeinen considers the well-being of children and young people, social capital and the connection with artistic pursuits. The idea is to combine the possibilities of the comprehensive school, the basic art education and an outreach cultural work to carry out efficient art education and hobbies.

Isto Turpeinen (1960), Doctor of Arts (Dance), is an Art Adviser in Arts Promotion Centre Finland. His background is in dance, artistic research and pedagogue. He was awarded with The State Prize for Children's Culture in 2002.

## Jaakko Kemppainen

The current COVID-19 pandemic has also highlighted the intricate ways in which arts and culture are connected to health. The workshop should provide some examples about how Art in games or digital art can be used in social and health care sector. Digital art could be a good example about accessibility in hospitals, elderly care homes and times like COVID-19 isolated period.

Jaakko Kemppainen is the first regional artist of games as art, a veteran game designer, double master's in games. He is interested in the games as a medium for delivering thoughts and emotions, feeling participation and communality when experiencing game art.