

The Arts and Health South West Winter School 2018



Is creativity good for our health and wellbeing?

Are you committed to the arts for health and wellbeing and interested in exploring why creative processes might be good for us?

We are looking for 2 healthcare professionals, 2 artists and 2 researchers to take part in an immersive two-day research exploration to experience and question if, and how, creativity impacts on our health and wellbeing. We will be joined by 2 people who have experience of long-term conditions or other health conditions in 'co-producing' the research.

We will work together over two days, facilitated by lead artist, Sarah Desmarais, and lead researcher, Professor Paul Dieppe. This two-day pilot will inform plans for a 'Winter School' for arts and health research in future years. It is part of Arts & Health South West's Arts Council Catalyst Evolve funded learning programme and has been funded by the Fine Family Foundation.

Sarah Desmarais will facilitate creative activities in response to the natural environment of Durlston Country Park www.durlston.co.uk. Sarah is a textile designer maker, crafts researcher, arts facilitator and mindfulness-based psychotherapist. She is very experienced at creative facilitation with people who have a wide range of artistic experience, including none!



Durlston Country Park

Programme

Wednesday 21st March: late afternoon/evening: Arrive at the Mount in Swanage www.themountswanage.co.uk. Evening meal together for everyone involved.

Thursday 22nd March: Day at Durlston Country Park. Evening meal together for everyone involved.

Friday 23rd March: Day at Durlston Country Park. 4pm Depart

Accommodation will be provided. You can see from the room layout at the Mount that most bedrooms are twins. Participants will be asked to share a room (same sex): <http://www.themountswanage.co.uk/accommodation> . We will provide food and ask you to join in with helping prepare and clear up meals.

Participants are responsible for their own travel and insurance.

Who Can Apply?

Participants must be based in the South West region.

- **2 artists**, experienced in arts and health delivery and keen to develop their understanding of research
- **2 healthcare professionals** who have a particular interest in arts and health
- **2 researchers**, at any stage of their career but with a particular interest in arts and health

It is FREE to participate and we anticipate a lot of interest. This year is a pilot to inform our planning for a longer winter school in future years. We will ask for your feedback and ideas.

Criteria for Selection:

Most importantly, a commitment and interest in creativity and the arts for health and wellbeing.

- **Healthcare professionals** should be able to explain why they are interested in this area of practice and research and how participation would impact on their working practice.
- **Artists** should have practical experience of delivering arts and health projects and be able to explain why they would benefit from this opportunity to explore research methodologies
- **Researchers** should have some experience of working in this field or be interested in pursuing it. PhD students can apply.

How to Apply:

Please send a CV (no more than 2 sides of A4) and a letter of application explaining why you would benefit from this opportunity, what you think you would bring to the experience and how it might be useful to you afterwards.

Applications should be emailed to Alex Coulter at alex@ahsw.org.uk by 5pm on 21st February. If you would like an informal discussion first please email Alex and book a phone conversation.

The Team

Alex Coulter, Director of Arts & Health South West, will manage the logistics for the winter school and participate in the activities.

Dr Sarah Desmarais, Artist, will lead the creative participation.

Sarah is a textile designer maker, crafts researcher, arts facilitator and mindfulness-based psychotherapist. From a research perspective, Sarah has researched the benefits of crafts practice for mental health in partnership with Arts for Health Cornwall and Falmouth University. At present she is undertaking practice-based research working with Japanese katagami (paper stencils) held by the Museum of Domestic Design and Architecture at Middlesex University. She is also artist in residence in a Raw Materials: Textiles project at Bow Arts, London, which explores the textile heritage of the Lea River Valley and its relevance to local communities. Alongside these practice-based projects, she is carrying out qualitative research with the National Alliance for Museums, Health & Wellbeing at University College London, and supervising doctoral research at the Royal College of Art.

Paul Dieppe, Emeritus Professor of Health and Wellbeing and Trustee of Arts & Health South West, will lead the research planning.

Paul qualified as a doctor in London in 1970 and specialised in rheumatology. He became ARC professor of rheumatology in Bristol in 1987, and then Dean of the Bristol Faculty of Medicine between 1994 and 1997. He then switched to health services research and was the Director of the MRC Health Services Research Collaboration between 1997 and 2007. After that he spent a short time at the University of Exeter before moving to the Peninsular Medical School to work in clinical education research. With the formation of the new Exeter Medical School, Paul then took on the new role of Professor of Health and Wellbeing, and is working on setting up a network of people in and around Exeter with academic interests in health and wellbeing. He is also doing a part-time PhD on healing.

Philippa Forsey, Trustee of Arts & Health South West, will support the participants and help with facilitation.

Philippa Forsey joined Creativity Works in 2004 and is responsible for arts project management across community and wellbeing programmes. Working alongside health teams, arts organisations, education, artists and community she develops inclusive creative programmes, consultation and evaluation linked to community and wellbeing outcomes and progression. Philippa trained in art and design and has facilitated creative sessions since 2002. Personal development in arts and health led to training with Attik Dance, Insider Arts, Open To All and Mental Wellbeing Impact Assessment which influences her approach. She is also a fully trained yoga teacher which brings a holistic vision to her practice.