

APPENDIX C:

CORN EXCHANGE - ARTS, HEALTH AND WELLBEING

PRESENTATION TO HEALTH AND WELLBEING BOARD
29TH SEPTEMBER 2022

CONTEXT

“By ensuring everyone in the country has access to high quality creative and cultural activities, they will, in turn, lead happier and healthier lives” Arts Council England, Chair – Sir Nicholas Serota

Locally we achieve **30,000** engagements each year through our participatory programmes all aimed at using cultural activities to improve the health, wellbeing and happiness of local residents.

As detailed in Berkshire West joint strategy, **a happy and healthier West Berkshire**, 1 in 4 people have a mental health problem each year and we know poor mental health can affect the quality of people’s lives and how long they live.

Our aim is that in providing the **right support at the right time**, we can reduce isolation, improve wellbeing and support our community to find new ways to manage mental health conditions including anxiety; reducing the burden on the NHS and other statutory services

We use the arts to achieve these aims, the 2020 DCMS report, *The role of arts in improving health and wellbeing* highlights strong and trusted evidence that this is effective for:

- Improving wellbeing in adults
- Supporting wellbeing in children and young people
- Supporting infant and child social development
- Reducing physical decline and supporting cognition in older age

With an ambition to demedicalise the way we manage health and wellbeing we are at the forefront of **“a social revolution in wellbeing”** The National Academy of Social Prescribing



OUR PROGRAMMES

Alongside its live performance programme and place-shaping free outdoor events, for the last five years the Corn Exchange has led on delivering an extensive and wide-ranging creative programme designed to support health and wellbeing.

A regular programme of creative courses and classes (inc youth theatre) with bursary places available

Over 50 sessions delivered each week



Becoming Us WBC funded project, supporting the first two years of children's lives. Delivered in partnership with Home Start supporting pandemic babies and their families

cohort of 7 families referred through social services - "I liked having the chance to focus on me and my identity, alongside the family I created and the family I belong to"

Messy Stories funded by the CEF, delivered in partnership with Sovereign Housing and the Central Family Hub supporting the most in need families to improve outcomes for their children

"I just realised how sociable and confident my little one is, and how much he loves people"



Careers in the Arts (with Watermill) funded by Greenham Trust, supporting young people to improve employment prospects and life chances through engagement with creative skill

- new for 2023
- ambition to work with 2,500 young people each year

Volunteering opportunities across all our programmes



OUR PROGRAMMES



Ageing Creatively, 5-year national lottery funded programme for the over 55s delivered across the District and in care homes

4760 engagements each year

"Being creative helps to calm, relax and focus especially when times have been overwhelming. I am very grateful to everyone involved, you are amazing!"

Engagement with **local schools** and supporting the creative curriculum across primary and secondary education including **Wellbeing Warriors** designed to support, motivate and empower children to understand how to look after their own mental health and wellbeing

"This project is one that we care about support dearly. Our children and especially our year 6 – 7 year olds took a lot of damage mentally [during the pandemic], and the wellbeing warriors course really appears to be mending some of this. Once trials are completed at St Nicks and Falkland we look forward to rolling it out across other primary schools in West Berkshire."

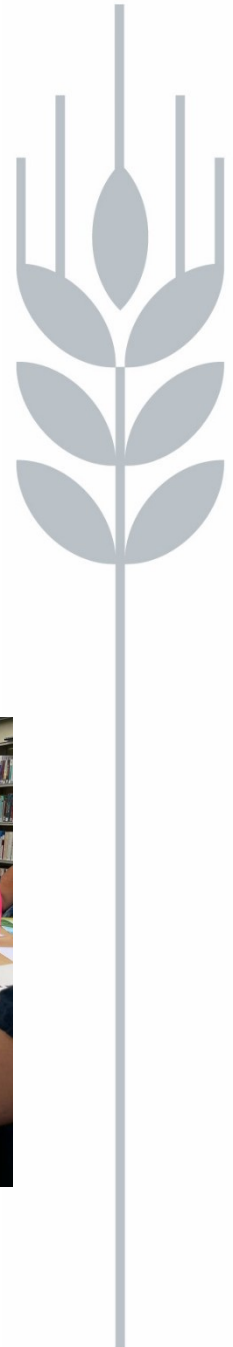
Links to Thrive funded by Surviving to Thriving – pilot project supporting the delivery of arts on prescription across West Berkshire. Supported by steering group partners, CEX lead the delivery of this programme for the District

917 engagements in pilot project



50,000 engagements during 2020 & 21 and over 30,000 engagements in 22/23.

The Corn Exchange leads the way in offering a wealth of creative arts and health opportunities



LINKS TO THRIVE: OVERVIEW



LINKS TO THRIVE

Creative arts on prescription sessions across West Berkshire, designed to support wellbeing and mental health

Courses of six free workshops for adults offering creative activities, support and social connection, led by professional artists.

Available courses

Singing for Recovery With a focus on wellbeing, this session will use vocal warm ups and singing techniques to promote relaxation, as well as singing along to classic songs from a range of genres. This class is suitable for anyone wanting to sing in a relaxed and friendly environment to lift their mood.

Art for Wellbeing Learn new art techniques in a relaxed, friendly and sociable atmosphere under the guidance of professional artists and illustrators.

Creative Art Journaling A chance to reflect and explore using mixed media, mindfulness and lots of creative fun techniques to produce a private journal just for you.

CORN EXCHANGE NEWBURY  **WWW.CORNEXCHANGENEW.COM**

Taking place in a range of locations across the District, these sessions are free to access for participants and currently offered by social prescribing link workers from the A34 and Kennet PCN as well as the West Berkshire Rural and Reading West PCN.



LINKS TO THRIVE: PROGRAMME AT A GLANCE

Course	Venue	Dates/ Times	Participants
Art for Wellbeing	Thatcham	Tuesdays 10.00am – 12.00pm	Existing Links to Thrive cohort (over 55s)
Singing for Recovery – catch up session	Learning Centre	Friday 10.00am-11.30am	Existing Links to Thrive
Art for Wellbeing -Picturing History	West Berkshire Museum	Mondays 10.00am – 12.00pm	New Initial referrals
Creative Arts Club	Learning Centre	Mondays 11.45am – 1.15pm	Bursaries for those over 55 - Ageing Creatively
Art for Wellbeing	Thatcham	Tuesdays 10.00am – 12.00pm	Existing cohort of Links to Thrive, and open to new referrals over 55
Sing 55	Learning Centre	Tuesdays 2.00pm – 3.45pm	Bursaries available for those over 55 - Ageing Creatively
Stitch and Sew	Corn Exchange, Balcony Bar	Thursdays 10.00am – 11.30am	Bursaries available for those over 55 Ageing Creatively
Creative Art Journaling	Eight Bells	Thursdays 10.00am – 12.00pm 2	Members of 8 Bells for Mental Health and new initial referrals
Singing for Recovery	Learning Centre	Fridays 9.45am – 11.00am	Links to Thrive (mix of existing cohort and new referrals)
Creative Art Journaling – Young Young Minds	TBC Waterside Centre	TBC Tues/wed mornings	Initial Referral course for YP
Scene Change	Watermill Theatre	Tuesdays (Monthly) 1.00pm - 2.30pm	Sign post for end of course participants - External
Singing for the sake of it	Watermill Theatre – Online via Zoom	Mondays 1.00pm -2.00pm	Sign post for end of course participants - External
Craft and Care	Pangbourne Village Hall	Tuesday	Existing and new referrals
Art for Wellbeing	Hungerford	Friday	Existing and new referrals



LINKS TO THRIVE: TIMELINE



LINKS TO THRIVE: STEERING GROUP

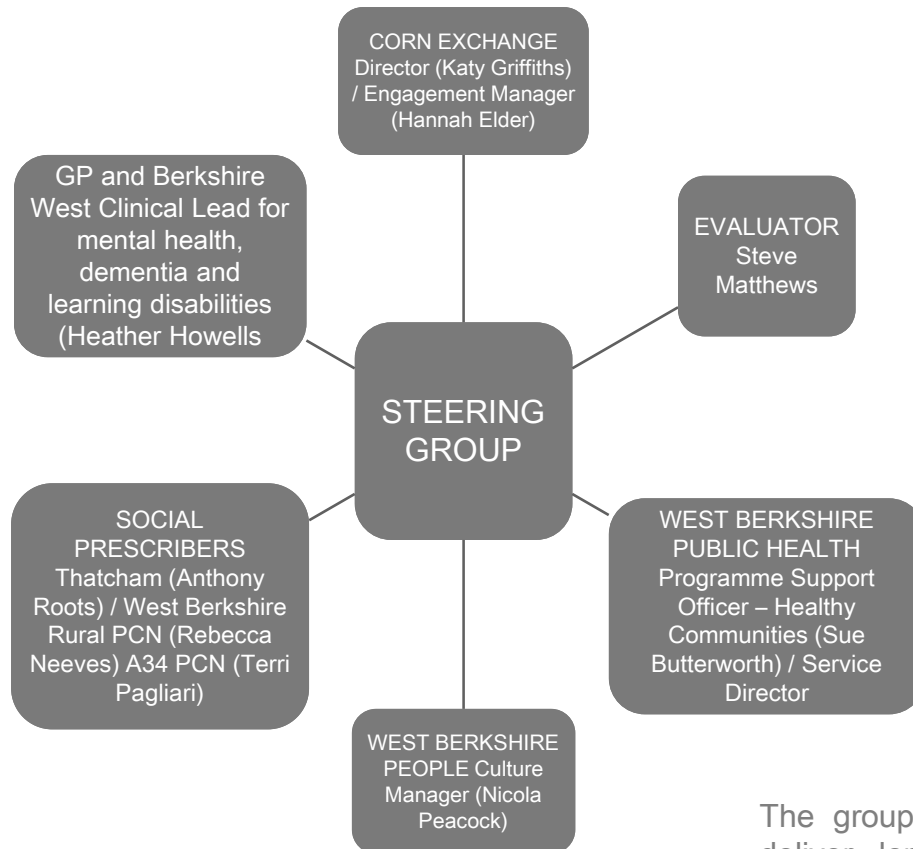
Funded through Surviving to Thriving (a joint initiative between WBC & Greenham Trust to support recovery post-covid) **Links to Thrive** was conceived by the Corn Exchange, and designed to deliver a range of **arts on prescription courses** to improve the health and wellbeing of participants.

Still led by the Corn Exchange, this programme has now developed to incorporate

- a wider network of partner venues who are supported by the Corn Exchange to deliver socially prescribable activities
- training for practitioners
- a pool of volunteers
- a case study with the National Academy for Social Prescribing
- a rigorous external evaluation; and
- the Links to Thrive steering group with the wider ambition of creating a network for arts on prescription services in the District



LINKS TO THRIVE: STEERING GROUP CONTRIBUTORS



The group believe the project has huge potential to deliver long-term benefits for participants and are focused on ensuring the project evaluation fully demonstrates this value to long-term funders in order to sustain the Links to Thrive programme beyond March 2023.



LINKS TO THRIVE: CASE STUDY

Working in partnership with local GP surgeries, Primary Care Networks and their social prescribers and in line with the NHS Long Term Plan and commitment to personalised care, the Corn Exchange is committed to using creative activities to provide an individualised approach to improve patient health and wellbeing

Terri Pagliari is a social prescriber at the Strawberry Hill Medical Centre

"I first met our patient after he had completed therapy offered by our mental health team. I was asked to find creative opportunities for him, however this was challenging as he had struggled to leave his house for several years due to severe anxiety and OCD.

There were very limited options available, but an online class offered by the Corn Exchange provided an opportunity. Our patient was cautiously keen but there were challenges to overcome. He didn't meet the age criteria, wasn't familiar with zoom and very fearful about going online and meeting new people. Their amazing team rose to the challenge and made appropriate adjustments to allay his fears and gently reassure and encourage him. Within a few weeks he was not only fully participating but building confidence and looking forward to joining his classmates each week for the next exciting project.

Our patient has since taken part in 2 further Links to Thrive programmes and thoroughly enjoys them. Again, the Corn Exchange team have allowed for the fact that he still does not yet feel well enough to attend personally. For example they arrange for the creative materials he needs to be delivered to his home each week.

His family report that this inclusive outward reaching non-judgemental approach has helped our patient feel valued and his confidence has continued to grow. To his family's great delight our patient was recently able to attend a family wedding and play a key part in it. This took a great deal of courage on his part which he managed with encouragement, support and careful planning from his family.

Whilst it is often difficult to pinpoint any one thing that may have led to this change, The Corn Exchange classes were the only formal intervention our patient has been involved with during the time I have known him. I can't help but wonder what being part of such a supportive inclusive and can-do community played in building his confidence so that he could share in the joys of his family's celebration."



IMPACT

At the start of the course I had terrible anxiety, I couldn't go out of the house and I would cry with my neighbour. After a few weeks attending the classes I stopped feeling anxiety and now I have even stopped feeling anxious going to other places too'.

Art for Wellbeing participant, Pangbourne, June 2022

During it's pilot phase (January – July 2022) the programme has delivered

- 917 engagements
- 123 sessions (1.5-2hrs in length)
- Worked with 168 different participants
- Had referrals from 10 different social prescribers
- Worked with 14 different artists and volunteer support workers

Full details from the evaluation will be shared once available next month



THE FUTURE

- Full **evaluation** of the first phase of the programme will be delivered by the end of September – we aim to be able to demonstrate the impact and benefit the programme has had on individuals, and the wider potential if the work continues. **We'd love to present this data to you in due course**
- We'll be presenting our **case study** via the National Academy of Social Prescribing this Autumn
- We will pilot our first programme of **core art journalling for young minds** working with alternative provision and school youth workers alongside Ros Arthur and Natasha King (WBC – social and emotional mental health practitioner); working with children and young people given the significant increase in mental health concerns relating to this age group
- Ensure that we are continuously evaluating our programme and make sure we are actively communicating with **under-represented groups** working closely with Communities United and West Berkshire Healthwatch to learn how best we can ensure we are reaching the whole of our community
- Aim to develop closer dialogue between the programme, our partners and the **Health and Wellbeing Board**

I just wanted to say that the Art Therapy at Pangbourne with Jacky, has been invaluable for me in my recovery with anxiety and depression brought on from work related stress. I was really sad to see this as the last session and I do hope that there is funding for next sessions. The last 8 weeks has brought me confidence in working with other people and just taking time to do something that I am allowed to do without the guilt. '. Art for Wellbeing participant, Pangbourne, August 2022

