

Health and Wellbeing

Liz Denton – Museum Development Yorkshire



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**ARTS COUNCIL
ENGLAND**

What is Health and Wellbeing?

Health

The WHO defined health in 1946 as "a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity." A number of factors are known to influence the health of individuals, including background, lifestyle, and economic and social conditions.

Wellbeing

This is a general term for a person's social, economic, emotional, spiritual or medical state. Sometimes the term is used to describe a state of inner happiness; high wellbeing means that, in some sense, a person's experience is positive, while low wellbeing means it is more downbeat.

Museum Involvement

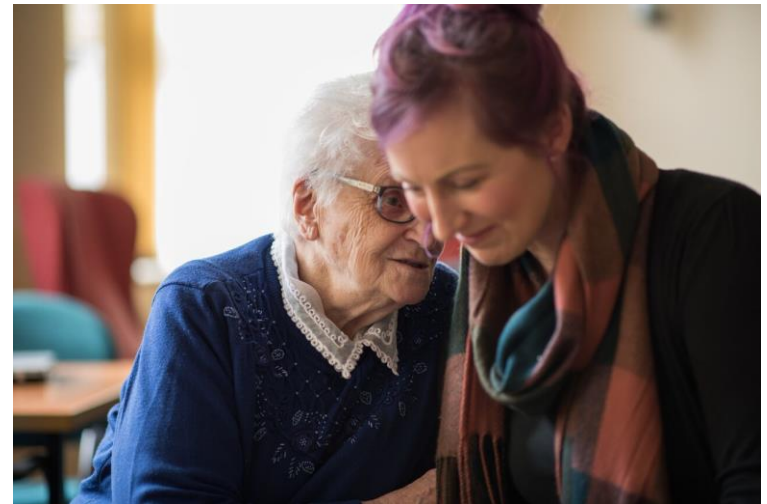
In 2015 we asked museums why they wanted to support this agenda:

- 82% Reflects museum ethos
- 56% Personal interest
- 50% Links to the collection
- 44% Demand from the public
- 38% Opportunity to widen visitor profile
- 36% Part of the council/local authority agenda
- 28% Key focus politically and there may be funding



Current Practice

- Services for people with long-term health conditions
- Activities focusing on older people's physical health
- Workshops for groups with mental health problems
- Dementia café
- Support for carers
- Focus on wellbeing of staff and volunteers



Current Practice

- Reminiscence session held at a care-home
- Staff training
- Services for visitors with disabilities
- Partnership with a support organisation (e.g., MIND etc)
- Loans box for Reminiscence work - available to hire
- Reminiscence session held at museum
- Dementia "friendly" museum
- Art therapy classes
- Social Prescribing

MDY H&W Support

- ***MDY Cohort now in it's 3rd year***

- ***Small Grants programme***

Accessible toilet/changing bench

Resources for people with autism & visual impairment

Community consultation

Exhibition in a hospital

Workshops with socially isolated groups

- **Monthly email updates and signposting**



Understanding the Local Health Picture

<https://www.kingsfund.org.uk/audio-video/how-does-nhs-in-england-work>

- Health and wellbeing board strategies (HWB)
- Joint Strategic Needs Assessments (JSNAs)
Provide a picture of current and future health and care needs
- Health observatories (data) to support public health agendas.

Jargon Busting!

NAMHWPB [Glossary of health terms for museums](https://museumsandwellbeingalliance.wordpress.com/links/)
<https://museumsandwellbeingalliance.wordpress.com/links/>

The NHS also produced

<https://hee.nhs.uk/our-work/public-health-glossary>

NAVCA- <https://www.navca.org.uk/>

Social Prescribing

- **Primary care professionals refer people to a range of local, non-clinical services**
- **Social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health**
- **There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support**

Social Prescribing Network

Chair Yorkshire social prescribing network

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Resources and Further Reading

NAMHWP Free online course - Museums as spaces for wellbeing

The course has six modules:

- An introduction to health and wellbeing
- Partnership and co-creation
- Types of audiences and activities
- Measuring impact
- Organisational change

Next steps

- Each module takes 1-1.5 hours to complete and contains case study films, useful resources and recommended further reading as well as exercises so you can reflect on your own learning and apply it to your own practice.
- You can enrol at: <https://museumsandwellbeingalliance.wordpress.com/>

Culture Health and Wellbeing Alliance (CHWA)

Launched 2018

<https://www.culturehealthandwellbeing.org.uk/>

Building on good practice from the APPG's
inquiry Creative Health

[http://www.artshealthandwellbeing.org.uk/ap
pg-inquiry/](http://www.artshealthandwellbeing.org.uk/appg-inquiry/)

Any Questions/Comments?



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