

Arts Leisure & Culture Select Committee

A meeting of Arts Leisure & Culture Select Committee was held on Wednesday, 16th July, 2014.

Present: Cllr Mrs Jean O'Donnell(Chairman), Cllr Eileen Johnson(Vice-Chairman), Cllr Carol Clark, Cllr Nigel Cooke, Cllr Ray McCall, Cllr Andrew Sherris, Cllr Mick Womphrey.

Officers: Reuben Kench(DNS), Peter Kelly(Public Health), Nigel Hart and Kirsty Wannop(LDS)

Also in attendance: None

Apologies: Cllr Gillian Corr, Cllr Alan Lewis,

ALC 10/14 Declarations of Interest

There were no interests declared.

ALC 11/14 Minutes for Signature - 12th March 2014

The Minutes of the meeting held on 12th March 2014 were signed by the Chair as a correct record.

ALC 12/14 Draft Minutes - 4th June 2014

Consideration was given to the minutes of the meeting held on 4th June 2014.

AGREED the minutes be approved.

ALC 13/14 Introduction and Scope:- The Impact of Arts, Leisure & Culture on Health & Wellbeing

Members received a joint presentation by the Director of Public Health and the Head of Culture & Leisure suggesting key lines of enquiry for the Committee to consider as part of its review considering the impact of Arts, Leisure and Culture on Health and Wellbeing.

The suggested focus of the review would be to address health concerns of Stockton Borough residents by:-

- Examining the range of arts and health activities;
- Examining the resources spent on arts initiatives and the return on investment;
- Identifying how to record and utilise service user wellbeing through services/survey indicators to influence how we develop and commission services.

Members were provided with a summary of the Stockton Health Profile for 2013; which included higher than national average for levels of obesity amongst both Year 6 children and adults; significantly higher levels of hospital admissions for mental health conditions and admissions for self -harm; and lower than average levels of healthy eating and physical activity.

Members were appraised of the findings of the 2012 Stockton Borough Residents Survey in terms of its measurement of factors of wellbeing, as well as

the national evidence gathered which concluded that:-

- Evidence showing the cultural and leisure activities do impact positively on physical and mental health and wellbeing, with physical benefits much more measureable and understood;
- Physical activity had a positive impact on promoting good physical and mental health, although it was accepted that it was extremely more difficult to quantify the impact and cost effectiveness participation in cultural and arts activities had in preventing and treating mental and physical health;
- Social isolation can lead to poorer physical and mental health, whereas volunteering helped build self- esteem and contribute to forming social networks;
- Creative activities were recognised by health organisations such as NICE as being effective in treating mental health conditions based on actual results achieved, however, there was no definitive and absolute standard applied to the measurement of effectiveness.

Members discussed the different options for the review and agreed that given the breadth of the topic, it should focus on the impact of arts, leisure and culture on mental health and wellbeing in terms of treatment and prevention. A key consideration arising from the review was the degree to which the Authority sought to make available various arts, leisure and cultural activities to people; what success measures had been achieved; which groups were isolated from participation; and what more could be done to increase the commissioning of these activities in the future with the aim of improving the Borough's wellbeing.

Members referred to the research and success of studies conducted to increase physical and cultural participation amongst hard to reach groups, including Asian females within the community, and expressed a willingness to contribute to evidence gathering measuring the effectiveness of arts, leisure and cultural activities, for example an input to compiling specific event or Viewpoint surveys specifically focusing on measuring factors of wellbeing.

AGREED the information be noted.

ALC **Work Programme**
14/14

The Committee noted its work programme.