

## Arts Leisure & Culture Select Committee

A meeting of Arts Leisure & Culture Select Committee was held on Friday, 19th December, 2014.

**Present:** Cllr Carol Clark, Cllr Nigel Cooke, Cllr Gillian Corr, Cllr Eileen Johnson, Cllr Alan Lewis, Cllr Ray McCall, Cllr Mrs Jean O'Donnell, Cllr Andrew Sherris, Cllr Mick Womphrey

**Officers:** Sarah Bowman (CESC), Reuben Kench(DNS), Judith Trainer, Peter Mennear, Rob Smithson (LD)

**Also in attendance:** Dr Theo Stickley, Academic Lead for Mental Health and Learning Disabilities, Nottingham University

**Apologies:** None

### **ALC 27/14**      **Evacuation Procedure**

The Evacuation Procedure was noted.

### **ALC 28/14**      **Declarations of Interest**

There were no declarations of Interest.

### **ALC 29/14**      **Minutes for signature - 15 October 2014**

Consideration was given to the minutes of the meeting which was held on the 15th October 2014 for signature.

AGREED that the minutes be signed as a correct record.

### **ALC 30/14**      **Draft Minutes - 19 November 2014**

Consideration was given to the minutes of the meeting which was held on the 15 October 2014 for approval.

AGREED that the minutes be approved.

### **ALC 31/14**      **Scrutiny Review of the Effects of Arts, Leisure and Culture on Wellbeing**

The Committee received a PowerPoint presentation on 'Creative and Cultural engagement for Health and Wellbeing'. This presentation was produced and presented by Dr Stickley, Academic Lead for Mental Health and Learning Disabilities for Nottingham University. The presentation included details on:

- \* Global research carried out on the relationship between health and arts.
- \* Cross Political Party support for the benefits of participation in the arts.
- \*The debate over the evidential base and obstacles for Arts and Health being firmly recognised as being, integral to Health and Healthcare provision
- \*Examples of Individuals and Communities benefiting from participation in the arts.
- \*Impacts on Health, Educations, Economic productivity and Civic participation from people who engage with the Arts or sport.

Members thanked Dr Theo Stickley for his presentation. The issues raised in the presentation were noted with Members highlighting from their own experiences

the impact involvement in the arts can have on people with constructive behavioural changes taking place. A Member highlighted from her own previous work as a Nurse that there was a very strong mind set in the NHS about the Medical Model and Evidence-based medicine. This mind set needed to be considered and challenged alongside other models, to allow for Arts and Health being recognised as, integral to Healthcare provision.

In response to questions over how this fitted in with a possible shift in focus from cure to preventative care by Health Bodies, Dr Stickley emphasised the need to widen the concept of Health first. With mental health there was a need for the traditional medical model to be challenged, in order to open up to new ways of tackling problems. Accounts of human experience needed to impact more on the way of thinking. The Royal Society for Public Health report on Arts Health and Wellbeing provided a good starting point. Public Health England also had a very positive attitude towards this.

It was highlighted by the Committee that the Council organised many activities based on Arts and Culture. Golden Zumba, Car Boot Sales, Library events and the Riverside festival were just a few of the events and opportunities organised. The focus was community cohesion but individual lives and wellbeing would be improved by participation simply by feeling part of a wider community. Many events were free at the moment but as budgetary pressures continued there was a need to highlight the importance of Arts and Culture to people's lives and the need to maintain accessibility for all.

The Committee gave supported, in principle, to Stockton on Tees Council being a collaborator for a bid submission regarding Dr Stickley's latest project. R Kench agreed to get in touch with Dr Stickley to progress this further.

AGREED that the presentation be noted.

**ALC  
32/14**

### **Work Programme**

The Work Programme was noted by the Committee

Members were informed that at the next meeting scheduled for the 7th January 2015, the Committee would receive presentations from the following:

- \*Nicky Harrison from English Heritage
- \*Caroline Ryder Jones from Tees HNS Foundation Trust
- \*Kate Hogan from Hartlepool Carers

AGREED that the work programme be noted