

Arts, Leisure and Culture Select Committee

Update to Executive Scrutiny Committee – 6 October 2014

Update on Progress (including issues/problems/successes)

Review of the Effects of Arts, Leisure and Culture on Wellbeing

The Committee received an initial overview of available evidence supporting the use of arts, leisure & cultural activities as an effective means of contributing towards wellbeing. Given the breadth of the topic, it was agreed that the focus of the review should be the impact that arts, leisure & cultural activities has on **mental health and wellbeing** as there was already well-documented evidence regards how physical activity helped improve physical health.

Members were supportive for the review to look at its impact in respect of promoting good mental health & wellbeing; as well as treating mental ill health; and that the review should look at the impact on specific target groups who were at greater risk of poorer mental health; eg certain ethnic groups, people suffering from loneliness, people who were unable to access the activities provided etc.

Successful case studies nationally that have led to demonstrable improvements to wellbeing will be reviewed across the various life stages. The next meeting is to be rescheduled to accommodate the older people case study to be now reviewed in November to allow participation and consideration of the Silver programme at the Arc with a chance to see and hear from participants.

The project plan would therefore be amended to reflect this change. Corporately, the Council was doing much currently to address the problems caused by dementia, and this evidence would be included within the review.

The presentation of the final report with recommendations for approval to Cabinet is scheduled for 12 March 2015.