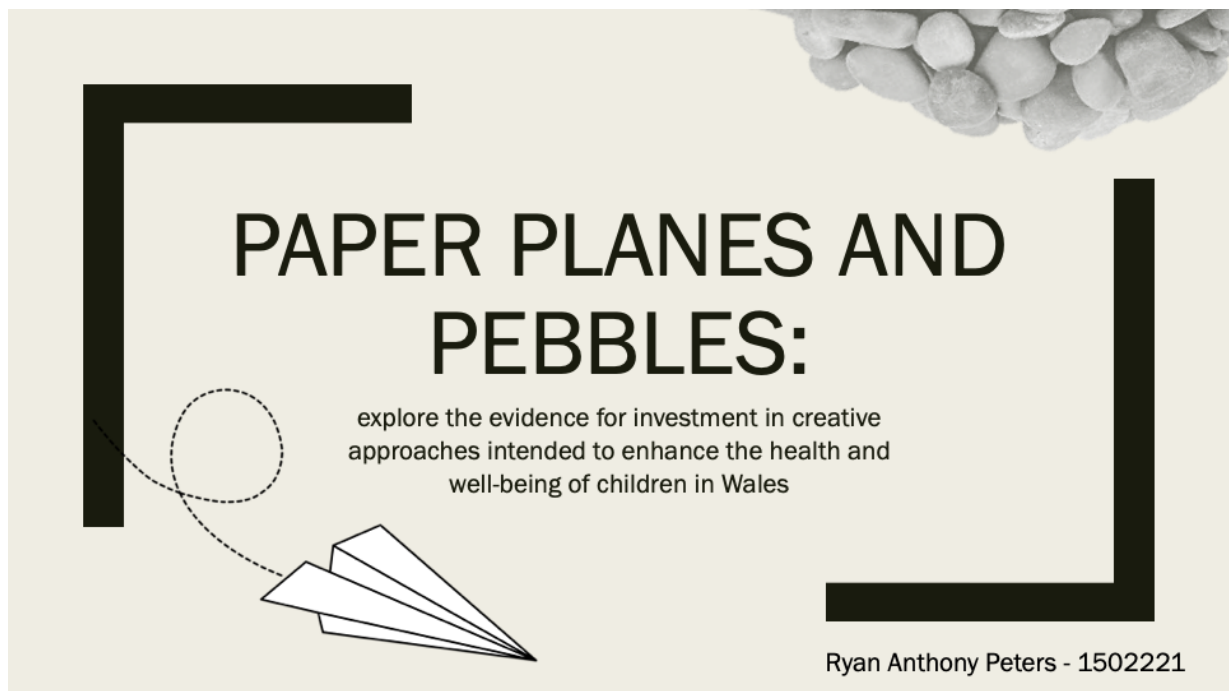
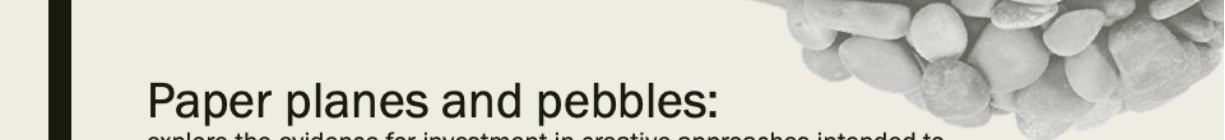


Good afternoon, my name is Ryan Peters, and today I will be delivering a presentation based on Paper planes and pebbles: exploring the evidence in creative approaches intended to enhance the health and well-being of children in Wales.

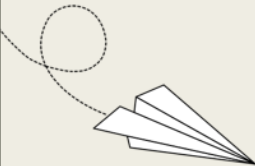


This presentation will focus on the arts as a form of creative approach that aims to enhance health and wellbeing amongst children in Wales. I will begin by defining some key terms and by looking at the current situation, before looking at the policy context within Wales, the social determinants of health and best practice examples across Wales. I will finish by concluding and looking ahead to the future.



Paper planes and pebbles:

explore the evidence for investment in creative approaches intended to enhance the health and well-being of children in Wales.

- Arts for Health and Wellbeing in Wales – definitions
 - Arts for Health and Wellbeing in Wales - background and current picture
 - Policy context
 - Evidence and case study
 - Social determinants of health
 - Moving forward
- 

The arts can be defined as one, many or all of the those listed on the screen. The arts aim to inspire and excite, by unlocking a sense of awareness and understanding about life (Arts Council of Wales, 2018).

The health definition comes from the World Health organization (1948), who describe health as...

Herrman, Saxena and Moodie (2005) expand on this further, stating that health is a resource that allows people to realise their aspirations, satisfy their needs and to cope with the environment in order to live a long, productive, and fruitful life. In this sense, health enables social, economic and personal development that is fundamental to well-being.

As with most terminology, there are many ways to define well-being. The New Economics Foundation viewed well-being as comprising two main elements: feeling good and functioning well (Mental Health Foundation, 2015). Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy (Frey, 2018).

Definitions

- The Arts – Music, drama, dance, the visual arts and applied arts, photography, film, circus, street arts, carnival arts, literature, digital arts, crafts, multi-media, sculpture, poetry, music theatre, singing, community arts (Arts Council of Wales, 2018).
- Health – “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (World Health Organization, p.1, 2018).
- “Well-being can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole” (Mental Health Foundation, p.1, 2015).

The importance of Arts for Health and Wellbeing is widely recognised and documented, with many researchers providing comprehensive evidence on the impact of arts in preventing mental and physical illness (Daykin, McClean and Bunt, 2007; Daykin, 2015; Stickley et al., 2016; All-Party Parliamentary Group on Arts, Health and Wellbeing, 2017).

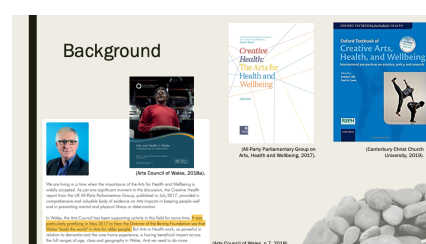
In Wales, the Arts Council has been supporting activity in this field for some time. In fact, in May 2017, Wales was described as World leading by the Baring Foundation (2018), with regards to their Arts for older people. The Chair of the Arts council of Wales, Phil George, proudly highlights this achievement in the mapping study of current activity, published in March 2017.

However, as good as it sounds, research in to early childhood education constantly reinforces the need to be proactive and use early intervention strategies. For example, European Commission (2016) published a document on Early Education and Care, which states that early intervention is of crucial importance to a child's wellbeing. It is also well documented that poor social and emotional wellbeing increases the likelihood of mental health in later life (National Institute for Health and Care Excellence, 2016)

So, from this research it is clear that despite Wales being world-leading in its Arts for older people, our target should be world leading when addressing health and well-being with children.

Welsh teenagers have among the poorest life satisfaction rates across the UK (Royal College of Paediatrics and Child Health, 2017). Positive mental health can be promoted throughout childhood and into later life and poor mental health substantially affects life chances. Early identification and intervention are essential in ensuring that young people can achieve their potential. All professionals working with children should be signposted to educational resources that provide guidance on children and young people's mental health, wellbeing and development.

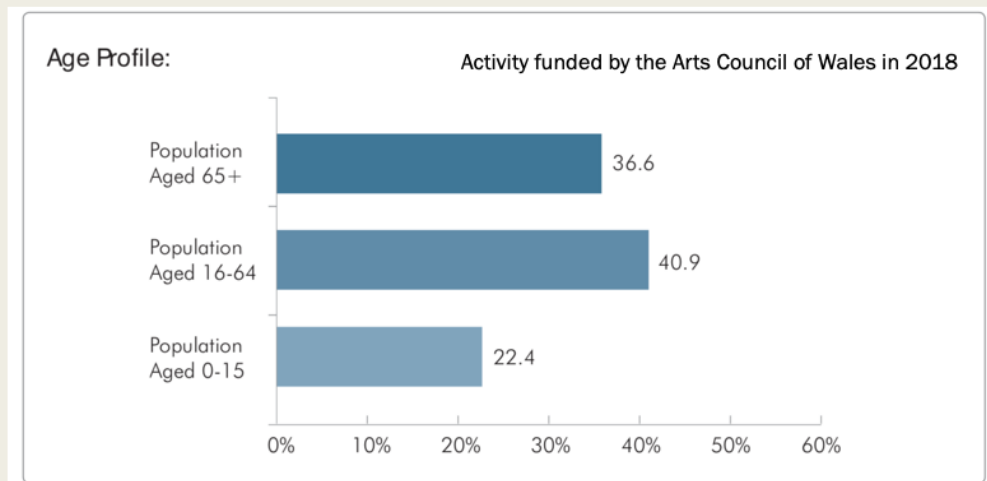
It is pleasing, however, to read that over the next three years, we should see development in this area as the principal findings and proposals from the mapping study of current activity by the Arts council of Wales, states that for 2018-2021, they propose that investment should be targeted on **prevention** activities with children and young people in relation to mental health and well-being.



And prevention is needed. Talk through statistics.

Let's take a look at the policy context here in Wales

- *"The UK ranks above average for self-reported health among adults, but below average on the same indicator for children. Recently, the UK performed relatively poorly on a mental wellbeing index, ranking 20th of 27 EU countries" (Department of Health, p.4, 2014).*



(Arts Council of Wales, 2018c).

It's not surprising to see an increase in national interest in the relationship with Arts and health in Wales. This coincided with the launch of the Well-being of Future Generations Act in 2015, which states that public bodies must work collaboratively, alongside the public, to achieve long-term Well-being goals, with one of these goals being A Healthier Wales (Welsh Government, 2015). The Act is unique to Wales as it offers the possibility to change the way we live, in order to better support the current and future generations.

Evident within the Act is the Government's shift from treatment to prevention. It is clearly stated as one of five ways of working. This is further documented in the Welsh Government's Prosperity for All document, which was published in 2017, placing as much emphasis on helping people to stay healthy as on treatment (Future Generations Commissioner for Wales, 2017).



Well-being of Future Generations (Wales) Act 2015
The Essentials

Uywodraeth Cymru
Welsh Government
www.gov.wales

Icons representing: Advise, Encourage & Promote; Advisory Panel; Annual Report; Auditor General for Wales; Carry out Reviews; Collaboration; Future Generations Commissioner for Wales; Future Generations Report; Future Trends Report; Integration; Involvement; Long Term; Make Recommendations; National Indicators & Milestones; Prevention; Public Services Boards; Research; Responding to the Future Generation Commissioner; Sustainable Development; Sustainable Development Principle; Transparency; Well-being Duty; Well-being Goals; Well-being Statement.

(Future Generations Commissioner for Wales, 2015).

- Interest in Arts & Health developed with the introduction of the Well-being of Future Generations (Wales) Act 2015.
- The Act requires public bodies to work collaboratively to achieve long-term goals and to prevent persistent problems.
- Seven Well-being goals:

The Seven Well-being Goals for Wales						
1. A prosperous Wales	2. A resilient Wales	3. A healthier Wales	4. A more equal Wales	5. A Wales of cohesive communities	6. A Wales of vibrant culture and thriving Welsh Language	7. A globally responsible Wales

(Future Generations Commissioner for Wales, 2015a).

- Five ways of working:

Long-term

The importance of balancing short-term needs with the needs to safeguard the ability to also meet long-term needs

Integration

Considering how the public body's well-being objectives may impact upon each of the well-being goals, on their objectives, or on the objectives of other public bodies

Involvement

The importance of involving people with an interest in achieving the well-being goals, and ensuring that those people reflect the diversity of the area which the body serves

Collaboration

Acting in collaboration with any other person (or different parts of the body itself) that could help the body to meet its well-being objectives

Prevention

How acting to prevent problems occurring or getting worse may help public bodies meet their objectives

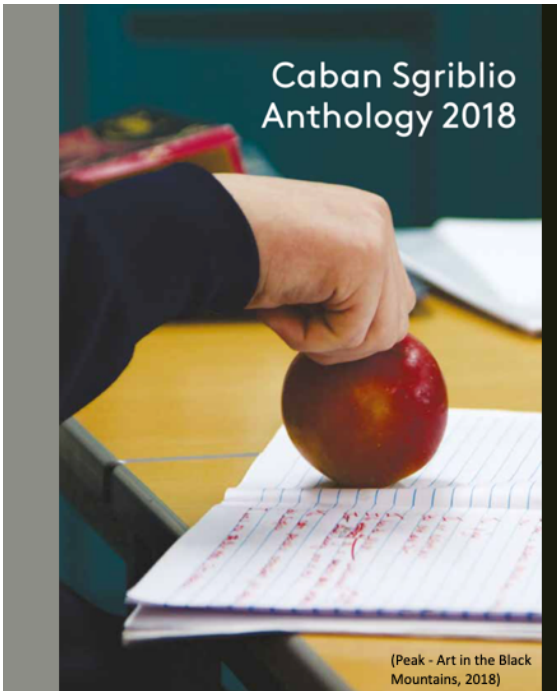
(Future Generations Commissioner for Wales, 2019).

Let's take a look at some best practice examples from the Arts Council of Wales, with regards to supporting health and well-being outcomes. Caban Sgriblio is a creative arts workshop, designed for young children who are rurally based and are suffering from poor mental health or well-being. The workshops aim to help young children articulate their ideas through creative arts such as writing, drawing, filming and performance activities. There is a particular focus on helping children to develop writing as a coping strategy (Peak - Art in the black Mountains, 2018a). Devlin (2010) states that helping children with their ability to articulate ideas promotes a positive sense of well-being and mental health. Strategies such as this are best known as a form of Emotional Literacy.

Steiner (1979, cited in Gidley, 2007) developed emotional literacy as a developmental construct, which consists of five skills.

Faupel (2003) expanded on Steiner's work by introducing an emotional literacy model, which added self-awareness, self-regulation, motivation, social competence, and social skills to the set of skills developed by emotional literacy. Several research studies have indicated that an increase in emotional literacy activity results in positive outcomes in academic achievement and an increase in one's resilience and competency to deal with depression (Hallam, 2009; Ferrando et al., 2010; Pope, Roper and Qualter, 2011; Jellesma et al., 2011).

Reading through Caban Sgriblio's Anthology of work, I came across this piece of work, which highlights to me, the benefits of emotional literacy. It's impressive to know that a child of primary age has been able to express their emotions in such a positive and creative outlay. The poem is called If...



Emotional Literacy Skills:

1. Knowing emotions
2. Sense of empathy
3. Ability to manage emotions
4. Resilience
5. Combining the above skills

(Steiner, cited in Gidley, 2007).

Faupel's Model Skills:

1. Self-awareness
2. Self-regulation
3. Motivation
4. Social competence
5. Social skills

(Faupel, 2003).

Research shows that without these creative opportunities, the likelihood is that emotion would be shown through aggressive and negative behaviours, which in turn, would have a detrimental effect on well-being (Arts Council of Wales, 2018).

Emmons (2000) and Paek (2006) state that emotional literacy activities can lead to better spirituality, well-being, and social functioning, which supports the aims of Caban Sgriblio.

Even though this is clearly a form of best practice by the Arts Council of Wales, it's worth noting that the scheme is targeted for children who already have issues, and therefore is a very reactive approach.



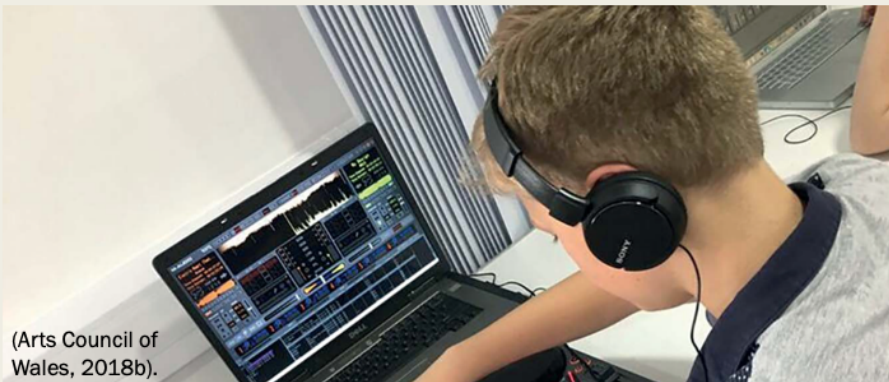
Creu / Create is also a project for young people under the age of 16, who are experiencing mental health and emotional needs. Participants engage in a wide range of artistic genres, giving them the opportunity to build confidence, develop new skills and find new ways to express themselves. They have the opportunity to perform their work or create their own exhibitions to display their work.

This quote from a Consultant Child & Adolescent Psychiatrist shows us that this type of creative arts works well, and benefits the participants. However, it is worth noting that participants are only eligible for the workshops if referred to by their mental health practitioners (Conwy Arts Trust, 2017).

There are clear benefits to these workshops, such as promoting a growth mindset and developing children's well-being, but a higher focus on prevention strategies and workshops could reduce the number suffering from poor mental health and well-being in the first place.

However, despite the reactive approach to both programmes – they are addressing the health inequalities we have in Wales.

Creu / Create



(Arts Council of Wales, 2018b).

- “Create has provided a really brilliant and unique kind of opportunity for a number of the young people that are known to CAMHS in Conwy. I believe that the project has contributed significantly to their recovery and maintenance of their well-being (Fitzpatrick, cited in Arts Council of Wales, p.62, 2018)”

Children's health is conditioned by various societal factors: family wealth, education, environment to name a few. For those living in poverty, the unfair distribution of access to services and resources can result in health inequalities. Research by Mammot and Wilkinson (2006) has underpinned the foundation of using social determinants by the Arts Council of Wales to help battle inequalities. Read through screen.

They can clearly see that there is a need to tackle this inequality, and the evidence of good practice is thorough and detailed in the Arts Council of Wales report. However, by using criteria such as the bottom two quintiles of the WIMD to implement their work, there is a great risk of alienating children in need, who do not fall in to these areas. After all, does every child not have a right to good health, as reflected by Article 25 in the United Nations Convention on the Rights of the Child (Unicef, 2014)?

Understandably, social determinants are a big factor to the Welsh picture, given the high levels of poverty across the country, and the inevitable inequalities that follow. However, in the same vein that the Government are requesting that public bodies work together to achieve, Welsh Government guidance and policies also need to work alongside the public, to ensure that support is available for everyone, regardless of Post Code.

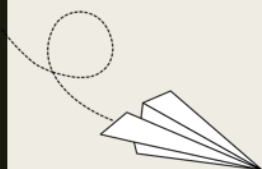




Moving forward

- Well-being of Future Generations (Wales) Act 2015 is helping to drive creative initiatives, through placing emphasis on businesses working collaboratively to achieve long-term goals.
- Cross Party Group on Arts and Health established in 2016 by Welsh Government.
- Principal findings and proposals will help guide the Arts Council of Wales with future delivery.
- Prevention has to be top of the agenda.
- Increase in focus on early intervention.

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Thank you for listening.

Any questions?

