



## Child Health Tuesday - weekly email bulletin

**Every week** we circulate a round-up of information we have been asked to distribute to our members, along with any other items of interest to share with you.

Contact us via the email address below if you have any items to request for inclusion, using the subject line '**Child Health Tuesday**'.

**Email us:** [nencicb.northernchildnetwork@nhs.net](mailto:nencicb.northernchildnetwork@nhs.net)

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If you have been forwarded this email, [join the Network now](#) to receive future bulletins directly to your inbox.

### **ARTS & CREATIVITY SPECIAL EDITION NEWSLETTER**

#### **Welcome to our Creative Health newsletter!**

Arts & Creativity was set up as a cross-cutting theme when we first established the Network in 2019, based on the feedback of over 1000 young people and professionals working across the North East and North Cumbria. This theme has further developed since then - we now have an Arts & Creativity Advisor and are in the third year of our Chris Drinkwater Creative Health Awards.

#### **What do we mean by Creative Health?**

Creative Health is an approach to address health and wellbeing through engagement in creative activities such as dance, drama, visual art, film making,

music or puppetry to name a few! There are many benefits of the approach in terms of our children and young people here in the North East and North Cumbria.

[Find out more about our Arts & Creativity workstream on the Healthier Together website](#)

## **WELCOME from our Arts & Creativity Advisor - Martin Wilson MBE**

I am delighted to be sharing this 'Arts & Creativity' focused newsletter as the Arts & Creativity Advisor for the Child Health and Wellbeing Network.



The role of Advisor within the Wellbeing Network is a strategic key role that aims to strengthen connections between the Network and the cultural sector, supporting both health and creative sectors to understand each other better, and identify more ways to collaborate and work together for the benefit of children and young people.

### **Key areas of focus within the role include:**

- Unlocking the potential for increased strategic awareness and engagement, enabling new innovations, implementations, funding opportunities, commissions and partnerships.
- Working closely with the Network to be both a source of information, advice and guidance for the Network in relation to arts engagement, and to promote the role of the arts in addressing health inequalities, as well as raise awareness of organisations within the cultural sector able to contribute to the Network's priorities.
- Acting as a bridge between the Network and artists/arts organisations, creating new connections and relationships.
- Increasing membership of the Network by artists/arts organisations, and the potential for NENC Local Cultural Education Partnerships (LCEPs) to include health professionals in their memberships.
- Increase the number of arts-based networks on the list of networks within the child health and wellbeing system.
- Develop a model for Creative Health Champions
- Deliver an evaluation report demonstrating the impact of the arts and creativity work within the Network.

I hope this newsletter is informative and helpful to you. If anyone has any particular items of their work to add or announcements to share in the Network's regular Child Health Tuesday bulletin, just send them in to [nencicb.northernchildnetwork@nhs.net](mailto:nencicb.northernchildnetwork@nhs.net)

Please also encourage your colleagues in the Arts and Culture sector to join the Network through the link at the top of this newsletter.

## **LEAP – Creative Health in Early Years**

We are excited to launch the findings from our creative health initiative into early years - **Little Explorers And Parents** and families project or **LEAP**.

This Northern Ballet initiative was focused in nursery settings and was delivered by Early Years Practitioners with aspirations of family involvement. The evaluation document describes the key aims were to offer an accessible way for pre-school children from disadvantaged areas to engage in movement, music, storytelling, and multisensory experiences.

The LEAP project has been piloted in five EY settings across northern England and an evaluation was conducted to gather insights from key people to inform its scalability and transferability.

[Read the LEAP project guide and evaluation documents](#)



## **Funding opportunity: North East Cultural Learning Fund**

The [North East Cultural Learning Fund](#) is now open for applications for grants of up to £2,000 to support collaborations between education and youth settings, arts practitioners and cultural organisations anywhere in the North East.

Applications are welcomed from both youth settings (including schools) and cultural organisations.

Previous awards have included school trips to museums, galleries and theatres, as well as direct interventions such as a theatre company working with a whole class to write and stage a new play.

Priority is given to projects which improve access to high quality arts provision for those who would otherwise face barriers to taking part.

The [North East Cultural Learning Fund](#) is administered via the Community Foundation Northumberland and Tyne & Wear.

[Watch the briefing video and start your application](#)

**APPLICATIONS OPEN UNTIL 7<sup>th</sup> MARCH 2025**

## **Have you entered the 2024/25 Chris Drinkwater Creative Health in Primary Schools Awards yet?**

If you work in a primary school or creative arts organisation that is delivering creative activities to improve pupil wellbeing, don't miss your chance to apply for the 2024/25 Chris Drinkwater Creative Health in Primary Schools Awards, in partnership with [North East Museums](#) (formerly Tyne and Wear Archives and Museums). The Awards recognise collaboration between education & the arts for children's wellbeing in primary schools across the North East and North Cumbria.

Creative health approaches address health and wellbeing through engagement in creative activities such as dance, drama, visual art, film making, music, heritage, etc.

To find out more about the Award, including examples of past winners and other creative health projects, please visit the [Healthier Together website](#).

Professor Chris Drinkwater CBE was an inner-city GP in Newcastle for 23 years. Chris was also our previous Arts and Creativity Lead for the Child Health and Wellbeing Network, and when he stood down from the role the Network established the Chris Drinkwater Awards to acknowledge his generous contribution to the Network and his passion for Creative Health, especially with primary school-aged children.

### **Who can apply?**

- We are targeting this opportunity into settings in more deprived communities and where socioeconomic and health inequalities are most prevalent.
- Schools that have been running a creative health project in collaboration with an artist or arts organisation.
- Creative organisations already working within schools.
- We are particularly interested in learning about the outcomes you have achieved, with emphasis on the evidence you have in regard to improving the wellbeing of young people. This means that we want to know about projects that are completed, or have been running for long enough for evidence of impact to have been gathered.

**Creative Health Lunch & Learn webinar**  
**Wednesday 29<sup>th</sup> January 12pm-1pm**

- Want to explore the importance of impact evidence to support your creative health innovations?
- Need guidance on preparing your Creative Health in Primary Schools Award application?

Join our Lunch & Learn webinar to hear from previous Award entrants on how to make your initiative stand out! If you are unable to join live, a recording will be shared if you register via the link.

[Register for the webinar](#)

Applications are open until Friday 7<sup>th</sup> March 2025. For more information about how to apply, please visit the [North East Museums website](#).



## **Creative Health Champions Network across the NENC**

Our Arts & Creativity Advisor Martin Wilson and our Executive Lead for Arts and Creativity Heather Corlett have been developing Creative Health Champions roles to offer a broader voice and encourage engagement in arts and creativity across the region. The first phase was to develop advisors to support our [Chris Drinkwater Creative Health Awards](#).

*"We know how powerful partnership work can be, so we were pleased to work together to help more people hear about Creative Health, the Child Health and Wellbeing Network and the associated awards. It was such an honour to have Blue Cabin's work with care-experienced children recognised at the awards earlier this year, and I hope lots more people put their own projects forward for next year's awards!"* – **Jane Gray, Creative Health Champion, [Blue Cabin](#)**

[Find the full list of current Creative Health Champions and contact them here](#)

## **STAR project – dance and wellbeing in schools**

Creative activities such as dance can help children who experience geographical inequality to improve their health and wellbeing. A partnership between Northern Ballet, the Child Health and Wellbeing Network and TIN Arts developed a dance and arts programme (STAR) for primary school children living in low-income areas to find creative and engaging ways for them to express themselves and to access arts events.

Evidence highlights the physical and mental wellbeing benefits of taking part in dance and wider arts activities, in particular supporting participants to develop self-awareness, identity, and social and emotional learning skills.

The STAR initiative has now completed three iterations and is currently being evaluated as part of a broader piece of work. You can find out more about STAR [on the TIN Arts website](#).

Anyone interested in adopting a STAR project in their area should contact Martin Wilson via [martin@tinarts.co.uk](mailto:martin@tinarts.co.uk)

## **Outside of the region**

There are lots of resources and great examples of good practice and innovation in creative health from around the country – we have shared some below.

### **Creative Health Across the System: ICBs, Hospitals, Public Health, and Combined Authorities - explainer video**

The National Centre for Creative Health (NCCH) have developed a short explainer video, entitled Creative Health Across the System: ICB, Hospitals, Public Health, and Combined Authorities. The resource helps audiences to orientate themselves as to how Creative Health shows up in four key healthcare contexts.

We are in an exciting time for the field of Creative Health, as we see it increasingly incorporated into a plethora of healthcare systems. But, for artistic practitioners who are not familiar with healthcare structures, and healthcare leaders who are not familiar with the health benefits of the arts, it can be difficult to know how Creative Health can be incorporated locally.

[Watch the video](#)

### **National Centre for Creative Health – Creative Health Review**

The National Centre for Creative Health and the [All-Party Parliamentary Group on Arts, Health and Wellbeing's](#) **Creative Health Review: How Policy Can Embrace Creative Health** highlights the potential for creative health to help tackle pressing issues in health and social care and more widely. The Review has gathered evidence that shows the benefits of creative health in relation to major current challenges, and examples of where this is already working in practice.

[Read the Creative Health Review on the NCCH website](#)

### **Creative Health Quality Framework from the Culture Health & Wellbeing Alliance**

The Creative Health Quality Framework is a ground-breaking tool that clearly articulates what “good” looks like for creative and cultural initiatives that aim to support people’s health and wellbeing.



Funded by Arts Council England, the Quality Framework has been developed by Creative Health consultant Jane Willis in collaboration with over 200 people including creative practitioners, participants, health commissioners, and researchers. It is designed to help anyone involved in developing and delivering creative approaches to supporting health and wellbeing.

The Creative Health Quality Framework consists of a set of downloadable PDF resources based around eight Creative Health Quality Principles. It offers clear guidance on how to use these principles to deliver safe, equitable and effective projects.

[Access the Creative Health Quality Framework here](#)

### **Research study reveals breakthrough findings for arts and health**

SHAPER (Scaling-up Health-Arts Programmes: Implementation and Effectiveness Research) is an ambitious 5-year programme funded by Wellcome Trust and led by [Kings College London](#) (KCL) and [University College London](#) (UCL), with a multidisciplinary team of researchers, artists, scientists, and clinicians.

The research assessed the clinical effectiveness, implementation, and scalability of three arts-and-health interventions, one of which was Breathe Melodies for Mums, a ground-breaking group singing programme for mothers with symptoms of postnatal depression.

The research team presented some exciting findings at a recent dissemination event, showing the impact of the programme on everything from symptoms of depression in participants to cortisol levels in both mothers and babies. The results clearly support the cost effectiveness and lasting impact of the programme.

[Read more about the project](#)

### **Building an NHS fit for the future: National Centre for Creative Health response to the Lord Darzi report**

NCCH believes creative health should be integral to the Government's key mission to build an NHS fit for the future. This blog piece sets out how creative health can help to address some of the themes raised in Lord Darzi's report and support its recommendations.

[Read the blog piece](#)

## **Greater Manchester ICP Creative Health Strategy**

Greater Manchester has committed to becoming a creative health city region. This means that GM will be the first city region in the world to realise the power of creativity, culture and heritage in addressing inequities and improving the health and wellbeing of its residents.

[Read the strategy](#)

## **Sheffield Hallam University: New model to embed arts and creativity in health services**

A new £2.1m research project aims to develop an innovative model to make arts, culture and creativity a core part of health and care services across the UK.

[Read more](#)

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# **Child Health and Wellbeing Network**

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