

Report to Arts Access Aotearoa for the year to 31 December 2008 from Arts Access International to their Annual General Meeting on 8 May 2009

(This report is present as required by the agreement associated with the use of the registered Trade Mark "Arts Access")

The whole of 2008 was a buzz of activity and interesting projects, particularly in the United Kingdom and Hong Kong, but also visits to Shanghai, Beijing and Jakarta. The two publications "Song Birds – Art in Prison Training Manual" and "Cultural Well-being and Cultural Capital" also placed on the website as free downloadable books bringing more internet traffic and more requests for information and support particularly from United States, Fiji and Australia.

As you are aware the arts access international philosophy acknowledges that all people have the right to express themselves creatively and in particular the right to express their **own** cultures and their **own** arts. This right is recognised in the United Nation's Universal Declaration of Human Rights¹.

The purpose and mission of any arts access model is:

- a) **to open the doors** (provide access) and
- b) **remove any barriers...**

...that prevent people and communities, who currently have limited access to the arts, from getting through those doors and having access to the arts as participants or audience. This model acknowledges that without access to expression through the arts, well-being is less likely as creative expression is part of cultural well-being..

This task is undertaken by supporting organisations, people and projects that provide access to the arts or that remove barriers effecting access to creativity and cultural expression. The communities and individuals who have previously had limited access to the arts can then create art works that express the unique qualities of **their** particular cultures, whether the culture is of people who have disabilities, are in prison, are refugees, older citizens or young people who have fallen through the gaps of an education system or who are otherwise disadvantaged in life and living. This expression has been shown to benefit both community and personal well-being.

Therefore this access to the arts focuses on communities and individuals who currently have limited access to the arts by:

- a) encouraging organisations to open their doors to potential artists whose access has been limited;
- b) setting up opportunities including creative spaces where people can go and do their own art and cultural expression;
- c) stimulating communities to increase the number of activities they have that celebrate cultural diversity;
- d) changing government policies that deny access to the arts;

¹ Universal Declaration of Human Rights - Adopted and proclaimed by General Assembly resolution 217 A (III) of 10 December 1948

- e) working for the removal of barriers to participation and access to the arts for groups of people, either as participants or as audience;
- f) inspiring people and communities currently with limited access, to celebrate their art and culture and to share their cultures with the wider public;
- g) providing circumstances and locations that celebrate the unique art of these communities and individuals and which will enable them to experience fulfilment, communicate and take pleasure and pride in their own cultures
- h) stimulating wider understanding of ways the arts can contribute to human development with the public generally and policy makers.

During 2008, the Bristol office of Arts Access International has concentrated on consolidating roles of the arts in health as they relate particularly to mental health, well-being, emotional resilience and coping skills in life and living.

This focus is intended to help address social inequalities in society and their effects on health.

These effects have been researched thoroughly and are well-documented for example in our articles including “ Our Cities, Our Health, Our Future: Activity on Social Determinants for Social Equity in Urban Settings”. This Report to the WHO Commission on Social Determinants of Health came from the Knowledge Network on Urban Settings. Its Chair and Lead Writer is based in Auckland, NZ, and one of the Contributing Writers is based in Wellington, NZ. The report was published by the WHO in 2008

(http://www.who.int/social_determinants/resources/knus_final_report_0520_08.pdf)

Work has continued during 2008 with the principal partners comprising the WHO, Royal Society for Public Health, Faculty of Occupational Medicine, Royal College of Physicians, UK, New Zealand College of Public Health Medicine, University Hospitals Bristol NHS Foundation Trust, NHS Plus, Association of NHS Occupational Physicians, Italian Red Cross, and the Philipp Family Foundation. Of significance has been the development and Arts Access International's partnership with the Royal Society for Public Health (a new entity, established in October 2008) with the amalgamation of the Royal Institute of Public Health and the Royal Society of Health.

This has created a strong public health voice of some 7000 members. Dr Robin Philipp was a Member of Council of the RIPH, and a Member of the Merger Council. He has now been elected as a Member of Council of the new Royal Society for Public Health (RSPH). These partnerships providing a significant platform for our international activities.

Centre for Health Employment and the Environment (CHEE)

Associated with this activity of the Bristol Office, together with the British Medical Association and the National Clinical Assessment Service, England, steps are being taken to follow up findings from a recent AAI-linked study by Dr Robin Philipp that 24% of 79 doctors working in general medicine in the South Western Region, England, Identified 'use of arts for health and well-being' as useful to them personally, and 37% considered new information, services, and / or advice on this topic would be of use to them in their work.

This activity involves evolving close partnership working in the UK, with the University Hospitals Bristol NHS Foundation Trust, Royal Society for Public Health, National Clinical Assessment Service and the British Medical Association, and in New Zealand with the Doctors Health Advisory Service and the New Zealand College of Public Health Medicine. Some 14 core components of well-being have been

identified and for which, when needed, additional, new self-help resource material is being prepared and evaluated.

Italian Red Cross

During 2008, links have been maintained with the Office for International Health Cooperation and Development of the Italian Red Cross. As a next step in the collaboration, parts of the book chapter, '*The Anthropology of Humanitarian Aid: All the Unwritten Rules*' prepared for them at their request, and published in 2007 in their book, '*Technology and Communication for a New Humanitarian Intervention*', are being re-worked and expanded as a separate document for publication, and intended to help further with the fostering of understanding of human values. The framework of understanding was first developed as a report for the Nuffield Trust, England, and later presented at a World Health Organisation conference on Tourist Health and Well-Being. Since then there has been steadily increasing interest of many societies in this subject. Linked to this there is also, from website data monitoring, increasing interest being shown in the related book chapter for the WHO on psychological health and emotional well-being when abroad which was, with the WHO permission, published on the Arts Access International website.

The intention is to link this work further with that being undertaken on cultural well-being in the Waikanae office of Arts Access International. Encouragement to the progress of this work has been shown to date by different sectors in society such as local government, health, social and humanitarian care, industry, and the academic community. This interest is both national, within New Zealand, and international.

Philipp Family Foundation

The Philipp Family Foundation (PFF) was incorporated as a Charitable Trust by the Ministry of Economic Development, Companies Office, New Zealand, on 25 August 2006. It has been established to:

- help promote the health and well-being of individuals and communities and provide skilled leadership in health and environmental education, research and development, particularly in relation to workshops, seminars and collaborative projects with Governmental, academic and private bodies pursuing similar aims;
- provide ongoing support and assistance for individuals, organisations and communities to develop and pursue their own programmes in respect of individual and community health, including in the fields of culture and the environment, to the extent that they impinge on the health of individuals and communities;
- provide grants and donations to non-profit community organisations and other charities for projects run by them or joint projects sharing the same or related charitable objectives;
- make available awards, bursaries and scholarships that provide opportunities for individuals to contribute to the objects of the Trust and to initiate and support projects involving applications of science or the arts that helped to progress work in the public health arena.

The PFF has a close working relationship with Arts Access International (AAI) and through this is at present actively canvassing Fellows of the New Zealand College of Public Health Medicine and colleagues in the Royal Society for Public Health, for their interest in arts and health projects and in new initiatives and innovations that can, with AAI, be developed or fostered in further ways.

University Hospitals Bristol NHS Foundation Healthcare Trust:

This new Healthcare Trust was established during 2008. It is the successor to the former United Bristol Healthcare NHS Trust which has been disbanded.

The University Hospitals Bristol NHS Foundation Healthcare Trust hosts the Centre for Health in Employment and the Environment (CHEE) within its Occupational Health Service. The Trust is particularly keen to continue fostering its close working relationships with the University of Bristol and the University of West of England, and to encourage through this, research and clinical audit studies of a high standard. As such, it is very supportive of the CHEE, its work, the role it has as the Bristol office of AAI, and its studies in support of roles for the arts and health in society. The Trust sees this work as an important contribution to the present well-being agenda in Western society and is through it encouraging the CHEE to have an active role in its aim to become a WHO Health Promoting Hospital. Dr Robin Philipp, Director, CHEE, is a member of the Trust's Strategic Working Group on Health and Well-Being.

Royal Society for Public Health (RSPH):

Dr Robin Philipp is a member of Council, of the RSPH. He was appointed by the RSPH as external validator for the newly-introduced to England Mental Health First Aid Instructors courses. In this role he has identified Continuing Professional Development (CPD) opportunities for Instructors who have become qualified through these courses.

The approach that has been developed is to link this CPD with standards set out by the UK National Qualifications and Credits Framework and the Public Health National Occupational Standards of the Sector Skills Council. Three courses of the RSPH have been identified together with the Director of Development, and Chief Executive, RSPH, as being relevant and likely to become linked more closely to current work of the Bristol Office of AAI for the association of the arts, health and well-being. They are:

- * Health Awareness
- * Understanding Health Improvement
- * Certificate in Health Promotion.

Active steps are being taken at present by the RSPH and the CHEE, to further develop these opportunities and associated self-help resource material linked to aspects of well-being such as roles of the arts and health.

World Health Organisation (WHO) and United Nations Environment Programme (UNEP):

The next step in this work is to formalise links for it with the WHO Health Promoting Hospitals programme. One of the partnerships formed to help progress this area of interest is with the national, Wellington-based Doctors Health Advisory Service, NZ. Expressions of interest in this work are also being sought at present from Fellows of the New Zealand College of Public Health Medicine. Because of the considerable interest being shown in these studies of well-being needs, further fieldwork is now planned among all categories of health care staff and with the general public. They are being welcomed by health care managers as they help to fulfil a requirement of the Care Quality Commission, UK, for hospitals and Primary Care Trusts to develop and audit programmes of support for the public health of the communities they serve.

As part of his role for the RSPH, as noted above, Robin was appointed as the External Assessor for the newly-introduced in England, Mental Health First Aid

Instructors courses. These courses originated in Australia and have been adopted widely in several different Western countries. Through efforts of the Bristol office, of AAI, it is hoped the recently-identified opportunities outlined in the above section, RSPH, of this report, can be fostered in ways that will be relevant to interests and developments in other countries.

Pilot programme with WHO, CHEE and School Children

Work outlined in the AAI report for 2007 with respect to the Pilot Programme with WHO, CHEE and School Children, has also progressed.

Fieldwork has been completed by Dr Robin Philipp, during his visits to New Zealand with one Primary School in Waikanae, NZ, for poems by children aged 8-9 years, on the theme, 'What makes Waikanae a special place?' Plans are in place for a repeat study of another cohort of the same age children in the same school. This will enable a check for the reliability of the method to be undertaken. The method was developed together with the WHO-UNEP office of the Mediterranean Pollution Action Plan and this is the first study of its application.

It is hoped that the findings will support requirements of the Local Government Act, 2002, requiring District Councils to address for components of well-being, viz. economic, social, cultural, and environmental. As noted in our report for 2007, the intention is to identify characteristics, qualities, associations and imagery, that are valued for well-being and that help to give a sense of belonging somewhere and of being a part of something in life and living. The first and related pilot study planned for the UK, will take place in Bristol on 20 May 2009.

Anne Peaker Centre for arts in the Criminal Justice Sector

2008 started with a significant project working in partnership with Creative Exchange, Penny Eames was the lead researcher for a project to look at culturally appropriate arts programmes for Black, minority ethnic (BME) offenders in English and Welsh prisons. This was a massive task, involving interviews and visits to arts programmes and a prison to see at first hand some remarkable programmes for offenders and young people who had come into contact with the criminal justice sector. It also involved meeting with the MC² reference group for the Anne Peaker Centre in Birmingham and having an opportunity to look at the famous Custard Factory Arts Precinct which was close to the meeting site.

The full report of the Anne Peaker Centre research is now on our website and for anyone interested in this work is worth a read. One of the findings was that when working with BME offenders it is sometimes now helpful to work through the multi faith chaplaincies, cultural diversity officers and the librarians, rather than the education units. This was a surprise finding, but one that made sense. While we do not have a similar multi-faith chaplaincy movement in New Zealand, many of our current chaplains are extremely culturally aware – a finding which might well have relevance to New Zealand and other prison and programmes internationally.

Also of interest in London was the development of arts programmes for those associated with the criminal justice sector with the inner city theatres. The Lyric was particularly inspiring with lots of young people working with actors and with writers to produce some significant drama. The whole theatre was 'buzzing' during the day with young people referred by the justice sector and the police working on creative projects.

Arts for All – Hong Kong

As well as working with the Anne Peaker centre in the beginning of the year there was involvement and two visits to Hong Kong. These visits were sponsored by Hong Kong's Arts for All organisation. Their staff looked after Penny, provided accommodation and inspired her with the breadth of their programmes and their enthusiasm. The main programme Penny was involved with was one working with the art of the Vietnamese Boat people mostly done during their period of detention.

Also while there she had the opportunity to see their arts for health and arts and disability projects, including attending a church service run by and for people with disabilities. It is amazing how much one understands when one doesn't know a language, but can see and feel an atmosphere. This meeting and the centre at which it was held was a privilege to attend. The centre also worked with young people at risk and the mix of accommodation, recreation facilities, meeting rooms and the chapel was certainly something worth considering when thinking about programmes for young people on the margins of society.

Arts for All has become involved with significant work with children who experienced the traumatic earth quake in the Sichuan province of China. This work is continuing in 2009.

Lingnan University of Hong Kong – Art and Vietnamese Boat People

The work with Arts for All, Hong Kong led to an interesting and stimulating partnership with Lingnan University. It involved working with them on the exhibition of works (over 800) created by children and detainees from the detention centres and hearing the stories, listening to the music and discussing at length the stories of how art was used to tell stories. The art work was particularly moving. The works showed well that art can often tell a story so much better than words, this area of art as alternative history or narrative is growing in interest internationally.

While working with Lingnan University, Penny conducted a workshop/ seminar at the university on Cultural Well-being and Cultural Capital. It was interesting to have a mix of cultures attending, but particularly interesting to see the enthusiasm for the concepts of the quadruple bottom line of 'social, environmental, economic and cultural well-being' and the response with her definition of well-being to include the concepts of peace and comfort as well as health and happiness.

It was during this time and in association with the work in the English prisons that she became aware of the significant role that 'spiritual well-being' plays in cultural well-being and this led to work in New Zealand researching "spiritual well-being of older New Zealanders".

Creative Exchange – Network for culture and development

Between January and April 2008 Penny worked on contract with the team at Creative Exchange on the project with the Anne Peaker Centre on the arts of BME (Black, Minority Ethnic) offenders in prisons in England and Wales. The team worked really well, with Creative Exchange providing editing and office space in London and representing Penny (primary researcher) at times when she couldn't be in England.

Of great sorrow was the decision by the Board of Creative Exchange to close down this exciting and innovative organisation in July 2008. The cut back of funding by Creative Exchanges major funders and the general slow down of philanthropic funding for international arts and cultural organisations, combined with Helen Gould's

decision to resign to take up another profession made this decision easier. What was sad for Arts Access International was that Creative Exchange had been a significant partner and provided a base for our activities in Europe.

Research Grants Council – Hong Kong

During 2008 Penny Eames had several opportunities to be an external examiner for the Research Grants Council of Hong Kong. This work has continued into 2009 and provides an insight into a different funding organisations (different system from Creative New Zealand) and a different, yet as professional, assessment system. The projects, while absolutely confidential, have involved considerable amounts of research and has involved broad thinking in a global way. A real privilege has been our involvement with cultural well-being projects that encompass a wider arts and culture base and cross different ideologies and ways of working.

Department of Correctional Services Republic of South Africa

One of the exciting developments during 2008 was the moving of the Arts against Crime programme that had been part of the South African Department of Culture and Arts to the Department of Correctional Services. This was always a goal for the programme and hopefully becoming mainstream in the Department of Corrections will mean the Education units will get the resources to continue providing arts programmes. The workshops Penny had held through six regions of South Africa had identified the need for resources and more support from the prisons themselves. This will now happen, and recent correspondence with the South African Department of Correctional Services has shown their interest in the new role.

DADAA West Australia – Art, Mental Health and Prisons publication

“Proving the Practice – Evidencing the effects of community arts programs on mental health” published by Disadvantage in the Arts Australia (DADAA) during 2008 included a chapter by Penny Eames called “Doing Justice: How Arts in Prison can Heal.” It was launched at an event in Perth.

The article looks at mental health in prisons in both Australia and New Zealand and profiles a few programs that address these issues. Copies of the book are available either from DADAA www.dadaawa.asn.au or Penny Eames who has a few copies available.

New publications, chapters, reports and articles 2008

Of significance during 2008 has been the adaptation and reformatting of both the books “Cultural Well-being and Cultural Capital” and “Songbirds – Art in prison training manual – South African edition” so that they are now available for download on www.artsaccessinternational.org We are already seeing a considerable increase in traffic from this website. With in excess 100 Free downloads in the first month that it has been available there is obviously a need for this format.

Another twenty web visitors have downloaded “Songbirds – Training manual”. These downloads are bringing Arts Access International more work and more contacts. For the first time one series of questions was from the United States of America.

www.artsaccessinternational.org Traffic on the website

While there are many unique visits to the above website, like many websites these visits are only for a couple of minutes. This year we tracked the downloading of specific articles to see if putting our publications, speeches and articles in a pdf

format made them more accessible, while also seeing what were of most interest to the web visitor.

We have noted that during 2008, 220 people downloaded the paper to the World Summit on Arts and Culture held in Newcastle, UK: 132 downloaded the paper on Psychological Health while Abroad. They were both the most popular, with a series of papers including the speech in 2004 to the 4th Pillar conference in Melbourne still generating traffic. The speech “Designing the 21st Century, the Waitangi Day, New Plymouth 2005 speech and Robin Philipp’s papers to Venice and the Arts Health and Well-being update of 2008 all being downloaded by between 61 and 72 downloads.

This has encouraged us to leave these older papers on the site as they are still read and referred to by our web visitors.

As the two books “Cultural Well-being and Cultural Capital” and “Songbirds – Art in Prison training manual” were only put on the site in early 2009 we will be interested to monitor the traffic to these during this year. We know that over 100 people downloaded “Cultural Well-being and Cultural Capital” during January alone. We also know by the number of requests for further information about prison art that Songbirds is attracting attention from as far afield as UK, USA, South Africa and the Pacific Islands. Providing these books free of charge has been part of Arts Access International’s access policy.

Conclusion

2009 has started quietly with less in the way of international contracts, but more interest comes through as a result of the website. The international global economic slowdown has certainly influenced the international charities and it is not surprising to see there is little in the way of international consultancy for Arts Access International. While this is particularly true of the Waikanae office – it is not so far impacting on the Bristol office, which is still generating significant projects within the UK and Europe and alongside our partners international organisations..

In 2010 Arts Access International’s contract with Arts Access Aotearoa will be due for renewal. While we have done very little work in New Zealand using your Trade Mark, the use should be assessed and you will need to decide whether you wish to continue your association with us.

As you will see in this report much of the work is generated these days from the Bristol office and this would continue with or without the trade mark relations.

We look forward to continuing to have a partnership with you and wish your organisation well in 2009 and for the future.

Penny Eames
Managing Director
Arts Access International

Dr Robin Philipp
Director
Arts Access International

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