

# Arts on Prescription

## Pendle



The outcomes of this project could contribute to the following performance indicators within the Local Area Agreement:

**NI 119 - Self-reported measure of people's overall health and wellbeing**

Arts on Prescription aimed to measure the effect of arts on people's wellbeing in Pendle through workshops in silk painting, creative writing and music.

The groups involved ranged from senior citizens to mothers and toddlers taking part in a 10-week course of arts activities.

The project was selected to be part of the North West study - Invest to Save - Arts and Health project by Manchester Metropolitan University. It was also featured in a North West arts and health conference and in community arts magazine *Mailout*.

Evaluation, in the form of questionnaires, showed that participants felt more positive after the course and that their wellbeing had improved.

This initial two-year pilot project meant that the findings were able to be fed into a successful funding application for a three and half year Arts on Prescription project in Pendle. This began in June 2008 and has been awarded £99,000 from the Big Lottery Fund.



Silk painting from workshop. Photo: Leroy Philbrook, Pendle Leisure Trust.

Feedback from project participants includes the following comments:

'Doing something creative does focus you away from the illness.'

'It puts you in a whole other frame of mind...it's not an escape so much...it's an opening up...it makes you see things in a different light.'

The initial support from partnership funds included £3,000 from Borough of Pendle, Neighbourhood Renewal Fund, £1,000 from East Lancs Adult Education and £6,000 in kind from Manchester Metropolitan University. Further support came from the Arts Council who funded the Invest to Save arts and health

research project. This partnership support proved the success of the scheme which in turn brought in further funding and enabled the scheme to be expanded across Pendle.

It also helped extend the length of the courses, from 10 weeks to 20 weeks, which offered more continuity with clients. The extension of the project has also helped to engage the Primary Care Trust and various health workers.



Silk painting from workshop. Photo: Leroy Philbrook, Pendle Leisure Trust.