

<b>Institution: Canterbury Christ Church University</b>		
<b>Unit of Assessment: 3 - Allied Health Professions, Dentistry, Nursing and Pharmacy</b>		
<b>Title of case study: ICS3.02 Singing and creative arts for health and wellbeing</b>		
<b>Period when the underpinning research was undertaken: 2011-2020</b>		
<b>Details of staff conducting the underpinning research from the submitting unit:</b>		
<b>Name(s):</b>	<b>Role(s) (e.g. job title):</b>	<b>Period(s) employed by submitting HEI:</b>
Professor Stephen Cliff	Director, Sidney De Haan Research Centre for Arts and Health (SDH Centre)	01 September 1980 to 31 July 2020
Esther Coren	Reader, Asst Director	01 July 2017 to date
Dr. Trish Vella-Burrows	Principal Research Fellow	05 November 2003 to date
Dr. Ann Skingley	Principal Research Fellow	01 May 2004 to date
Sonia Price	Principal Research Fellow	01 August 2011 to date
<b>Period when the claimed impact occurred: 2013 to date</b>		
<b>Is this case study continued from a case study submitted in 2014? N</b>		
<b>1. Summary of the impact</b>		
<p>Our research developing and evidencing arts-based interventions has impacted on:</p> <ul style="list-style-type: none"> <li>• <b>Practice:</b> Large, established UK charities (British Lung Foundation, Aesop, Live Music Now) now deliver arts-based activities into community care services, improving older people's wellbeing. Singing groups have been established, helping those suffering respiratory and neurological disorders. Interventions using dance are being used to reduce falls and improve well-being in older adults.</li> <li>• <b>Policy:</b> The research on singing groups informed the development of the NICE Guidelines - Older people: Independence and Mental Wellbeing (NG32). The All Party Parliamentary Group (APPG) Creative Health Report 2017 used our research to inform their national-level policy development, including arts-based interventions in Social Prescribing policy.</li> <li>• <b>End-users:</b> Our research has reached and enriched the lives of 30,000+ people with neurological conditions, mental health issues and respiratory illnesses. A new charity and community-interest company were established directly from our research and are delivering services.</li> </ul>		
<b>2. Underpinning research</b>		
<p>Through 22 studies, involving 2,255 participants, our research programmes have demonstrated the effectiveness of participatory, arts-based interventions in improving the quality of life, physical and mental health, and well-being for various groups. These include older people, adults with enduring mental health problems, children, people with learning disabilities, adults with dementia, and adults suffering severe respiratory and neurological conditions. This work has been extended and replicated in international studies, including in Italy, Australia, Korea, Canada and Hong Kong.</p> <p>We undertook the first randomised controlled trial [3.1] on the value of regular professionally-directed group singing to improve the mental health and quality of life for older people (65+) living independently. Singing group participants had significantly reduced anxiety and improved quality of life (<math>p &lt; 0.01</math>, Hospital Anxiety and Depression Scale and SF12). Economic evaluation showed significantly improved Quality Adjusted Life Years (2.3% increase, compared to 0.8% for the control group) for a minimal additional cost of the intervention (£315 intervention vs £281 control group, per person for 14 sessions). The transferability of the model of 'English Silver Song Clubs' and further effectiveness was examined through research carried out in other</p>		

countries, e.g. Italy [3.2], which replicated reductions in anxiety and depression post intervention.

Building on this, we then examined the effectiveness of this intervention within the adult mental health population, using validated questionnaires to assess mental health and wellbeing (CORE-10 and Warwick Edinburgh Mental Wellbeing Scale) (3.3). In this pre-post study delivering professionally conducted singing groups over six months, significant improvements were found in the psychological well-being of those with enduring mental health problems ( $p < 0.001$ ). Participants noted benefits of easier breathing, enjoyment, mental health, and social connectedness.

Our studies on singing and Chronic Obstructive Pulmonary Disease in adults and older adults have demonstrated clear benefits for participants' general social and psychological well-being. For example, in a qualitative study focussing on the participant perspective, participants reported improvements in respiratory symptoms and psychological well-being, e.g. "*I can practise that breathing and just calm myself down and it's amazing that... And I think in singing I've learnt without even realising it how to control my breathing.*" (3.4).

Extending the research programme further to neurological disorders and again widening the reach to international cohorts, further studies investigated the therapeutic impact of creative arts interventions on Parkinson's disease. We collaborated in the first international study on singing groups for people with this condition in Australia, England and South Korea (3.6). Cross-culturally, impacts were similar with significant improvements in participants' social support ( $p < 0.02$ ) and reductions in stigma ( $p < 0.01$ ), anxiety ( $p < 0.05$ ) and stress ( $p < 0.05$ ).

We have also extended the reach of our creative arts in health and well-being research by investigating dance as a therapeutic intervention to prevent falls in the older adult population. With the charity Arts Enterprises with a Social Purpose (AESOP), in a mixed methods evaluation design we investigated health and social outcomes for dance programme participants (3.5). Poor coordination can be associated with falls. Using validated questionnaires, interviews and focus groups, our findings pre- and post-intervention showed the intervention improved coordination ( $p = 0.028$ ), and had wider psychosocial outcomes in relation to enhanced sense of social belonging ( $p = 0.005$ ).

### 3. References to the research

- 3.1 Coulton, S., Clift, S., Skingley, A. and Rodriguez, J. (2015) Effectiveness and cost-effectiveness of community singing on mental health-related quality of life of older people: randomised controlled trial, *British Journal of Psychiatry*, 211, 6, 1–6. <https://doi.org/10.1192/bjp.bp.113.129908>
- 3.2 Corvo E, Skingley A, Clift S. Community singing, wellbeing and older people: implementing and evaluating an English singing for health intervention in Rome. *Perspectives in Public Health*. 2020;140(5):263-269. doi:10.1177/1757913920925834
- 3.3 Clift, S., Manship, S. and Stephens, L. (2017) Further evidence that singing fosters mental health and wellbeing: Findings from the West Kent and Medway project, *Mental Health and Social Inclusion*, 21, 1, 53-62. DOI: 10.1108/MHSI-11-2016-0034
- 3.4 Skingley, A., Clift, S., Hurley, S., Price, S., et al. (2018) Community singing groups for people with chronic obstructive pulmonary disease: Participant perspectives. *Perspectives in Public Health*, 138, 1: 66-75. DOI:10.1177/1757913917740930
- 3.5 Vella-Burrows, T., Pickard, A., Wilson, L., Clift, S. and Whitfield, L. (2019) 'Dance to Health': an evaluation of health, social and dance interest outcomes of a dance programme for the prevention of falls, *Arts and Health: An international journal for research, policy and practice*, published on line. DOI: 10.1080/17533015.2019.1662461?journalCode=rahe20.
- 3.6 Irons, Y., Hancox, G., Vella-Burrows, Han, E-U. (2020) Group singing improves quality of life in patients with Parkinson's: An international study. *Aging and Mental Health*, published online. DOI: 10.1080/13607863.2020.1720599

**Funding: Total ~GBP1.5 million**

- Oak Foundation, GBP731,000, Sept 2012-Aug 2014, [3.5, 3.6]
- National Institute for Health Research, GBP250,000, Sept 2012-Aug 2014, [3.1]
- Dunhill Medical Trust, GBP140,000, Sept 2011-Aug 2013,
- Guy's and St Thomas Charity, GBP234,000, Sept 2014-2017, [3.4]
- NHS Kent and Medway PDSA, GBP131,000, Sept 2013-Aug2916, [3.3]

#### Quality

All outputs are published in high-quality, international journals with established, blind, double peer-review processes. Outputs 3.1, 3.3-3.6 have been submitted as outputs to REF2021.

#### 4. Details of the impact

##### Integrating creative arts interventions into practice

Our research has demonstrated the wide benefits of using singing groups in practice for those with respiratory conditions. This has increased support for, and delivery of, new, effective services through a range of organisations. For example, the British Lung Foundation (BFL), using our research as the evidence-base, launched the UK-wide 'Singing for Lung Health' initiative. They established 107 singing groups and provided each with seed funding for 12 weeks, which benefitted an estimated 1,300 people. BFL monitoring showed participants '*more effectively managing their lung conditions, bringing positive feelings of hope and self-belief, along with the benefits of social support and networking.*' This initiative was further sustained by adopting '*a provider-led approach by successfully partnering with local providers such as the NHS trusts, singing or charitable organisations* [5.1]. In addition, five 'Singing for Breathing' groups, targeting adults with COPD, were established in the South-East, benefiting over 250 people annually since 2013. The NHS Research Lead attached to one group described the impact of the psychosocial outcomes as '*overwhelmingly good*' and that Medway Community Healthcare are now considering introducing singing groups within their care pathway for their COPD patients [5.2]. These groups have been largely self-sustaining due to the benefits perceived by the participants, using trained volunteers to lead the groups, so enabling a cost-effective, successful and sustainable intervention.

Focussing on older people and those with dementia, our research demonstrates the therapeutic benefits of singing groups and has had excellent community take-up, becoming integrated in practice and service development. For example, the charity Sing for Your Life used our RCT [3.1] to leverage funding to develop the resources to progressively grow a network of over 40 'Silver Song Clubs' for older people living in the community across the UK and Canada. The associated Silver Song Music Box programme for older people in residential care in the UK has reached an estimated 5,250 older people who can now sing every day without external support. Importantly, during lockdowns resulting from the Covid-19 pandemic, the CEO of Sing for Your Life reported an increase in orders for the Music Box, as one of the few accessible, effective and enjoyable interventions which could be delivered [5.3].

Another leading UK charity, 'Live Music Now' (LMN) used our research to justify a large-scale national initiative and then worked in partnership with us to develop the required resources. The LMN 'Choir in Every Care Home' initiative was launched in 2015, and involved 35 national care and music organisations working collaboratively. The free resources have been accessed by over 19,000 people at care homes and elsewhere throughout the UK. Additionally, the significance of this intervention was mentioned by the CEO of LMN specifically in relation to mitigating the impact of Covid-19 and lockdown in care homes [5.4]. The CEO, Care Quality Commission, endorsed this work as benefiting care home standards in 2017: '*Creativity and innovation are key ingredients in outstanding care homes, and regular singing and live music activities can help care homes positively address all five key questions our inspectors ask of care homes.*' [5.5].

Additional impact of our research includes the establishment of the Canterbury Cantata Trust (CCT) charity which runs the 'Sing to Beat' Parkinson's programme. This has 30 established singing groups, reaching over 450 people with Parkinson's, their carers and family members

nationally [5.6]. CCT has also used the research to develop training for professional musicians (n=132) to run these groups, supporting their sustainability. CCT has also partnered with our SDH Centre team to use the COPD research to support singing groups in East Kent, serving over 300 participants.

The research on using dance to reduce falls has had major impact by providing evidence for the collaboration with AESOP to launch the 'Dance to Health' programme. This led to a £2.1 million investment in the national phase 1 roll-out, involving 1,363 participants and 822 volunteers [5.7]. Independent evaluation of this programme showed a reduction in falls by 58%, leading to significant NHS cost savings [5.8]. Phase 2 has already been commissioned for 2020-2025, aiming to create an additional 500 groups.

### **Changing policy to include art-based interventions**

Our research has resulted in some significant policy developments, embedding these interventions in practice guidance. The RCT [3.1] is cited in the 2015 NICE Guidelines NG32 [5.9 section 1.2.1] and 2016 NICE Quality Standard QS137 [5.10] to support service development that incorporates singing as cost-effective good practice for group-based activities to reduce social isolation and improve well-being for older people. In the NICE guidelines, singing is singled out as the only arts-based intervention with '*high-quality cost-effectiveness evidence available*' relating to 3.1 [5.9, p26].

The All-Party Parliamentary Group (APPG) *Creative Health* report cites 17 publications from the team as evidence of effective arts-based interventions, in relation to the research on both dance and group singing. It highlights the Silver Song Clubs as a case study [5.11 sections, 8.6.5 & 8.6.6] and notes the Care Quality Commission endorsement of 'A Choir in Every Home' to which our research contributed [5.5]. Impacts include embedding the delivery of evidence-based interventions within NHS, Local Authority commissioning and delivery strategies, and inclusion in health and care professionals training and a cross-governmental strategy to support delivery of health and well-being through arts and culture. The National Academy for Social Prescribing has released £1.8 million to support community projects including singing projects using our evidenced approach to manage COPD and enhance respiratory health, and using dance to prevent falls [5.12].

### **Improving health and quality of life for end-users, their families and carers.**

From the known evidence, the impact of our research has reached over 30,000 people in the UK to date, and recipients in Europe, Australia, North America and Asia. This reach is likely to be much higher as the singing and dance groups are often self-sustaining, and large charities such as LMN and AESOP continue to support and develop their programmes. Importantly, service managers pointed to the benefits of these new interventions being deliverable during the Covid-19 pandemic and hence, having added value to the end-users [5.3, 5.4].

An important impact has been to make these evidence-based and cost-effective interventions accessible to more people. As a result, a Community Interest Company – Music4Wellbeing, and a new charity, the Canterbury Cantata Trust, were established to deliver these interventions.

## **5. Sources to corroborate the impact**

- 5.1 Singing for Lung Health Project Manager, Asthma UK and British Lung Foundation Partnership – impact on the development of the national Singing for Lung Health initiative (Testimonial)
- 5.2 Research Lead, Medway Community Health Care – impact of research on patients with COPD (Testimonial)
- 5.3 Charity Director, Sing for Your Life (Testimonial)
- 5.4 Executive Officer, Live Music Now - impact on the development of the national Choir in Every Care Home initiative (Testimonial)
- 5.5 CQC statement, London Arts Forum (<http://www.lahf.org.uk/choir-every-care-home-initiative-supported-cqc>) and charities' websites

- <https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/benefits-for-care-homes/> <https://myhomelife.org.uk/news/music-is-vital-for-care-homes/>
- 5.6 Chair, Canterbury Cantata Trust, Sing to Beat Parkinson' Programme – impact on the development of a national network of singing groups for people with Parkinson's and national training programme for musicians to lead such groups (Testimonial)
- 5.7 Chief Executive Officer, Arts Enterprise with a Social Purpose (Aesop)- impact on the national Dance to Health initiative (Testimonial)
- 5.8 Dance to Health 'Phase 1 roll-out [test and learn]' evaluation First report, 2019, Sheffield University. <https://www.artshealthresources.org.uk/docs/dance-to-health-phase-1-roll-out-test-and-learn-evaluation-first-report/>
- 5.9 "Older people: independence and mental wellbeing", NICE guideline NG32, 17 December 2015, <https://www.nice.org.uk/guidance/ng32>
- 5.10 "Mental wellbeing and independence for older people", NICE Quality standard QS137, 5 December 2016, <https://www.nice.org.uk/guidance/qs137>
- 5.11 "Creative Health: The Arts for Health and Wellbeing", All-Party Parliamentary Group on Arts, Health and Wellbeing, 2017, <https://www.culturehealthandwellbeing.org.uk/appg-inquiry/>
- 5.12 Social Prescribing awards for singing and COPD and dance for falls Sunderland Social Prescribing <https://sunderlandculture.org.uk/wp-content/uploads/2019/12/social-prescribing-SUNDERLAND-UNLEASH-Commissions.pdf>