

Impact case study (REF3)

Institution: University of Winchester		
Unit of Assessment: C20 Social Work and Social Policy		
Title of case study: Impacting Social Prescribing		
Period when the underpinning research was undertaken: 2015 - 2019		
Details of staff conducting the underpinning research from the submitting unit:		
Name(s):	Role(s) (e.g. job title):	Period(s) employed by submitting HEI:
Professor Geoff Meads	Professor of Wellbeing Research	01/10/2017 - 30/11/2019
Professor Norma Daykin	Professor of Arts as Wellbeing	01/04/2015 - 30/04/2018
Dr Christine (Kit) Tapson	Researcher	04/01/2016 - 31/07/2019
Dr David Walters	Researcher	01/05/2013-30/07/2019
Period when the claimed impact occurred: 2017-2019		
Is this case study continued from a case study submitted in 2014? N		
<p>1. Summary of the impact (indicative maximum 100 words) Social prescribing research, led by Professors Daykin and Meads, transformed understanding and evidence around the benefit to health and wellbeing of arts and social activities delivered by providers outside of the traditional health and care system. These findings shaped national and international social prescribing policy, as cited by the Secretary of State for Health and Social Care in his speech to the Kings Fund in November 2018 and the first World Health Organisation (WHO) report on the evidence for arts and health. Researchers developed resources and continuing professional development to equip third sector agencies to enhance their practice and contribution to community health and wellbeing. This contributed to the Winchester Diocese winning £7m to build community health/wellbeing and capacity building at St Johns Winchester charity to deliver social prescribing with three GP practices.</p>		
<p>2. Underpinning research (indicative maximum 500 words) Research led by Professor Norma Daykin contributed to a transformation of the evidence base for the impact of arts and cultural activities on health and wellbeing thereby influencing national social prescribing policy. The underpinning research provided evidence on the effects of arts interventions in a variety of contexts, including youth justice settings (3.1), dementia patients in hospital (3.2) and within community ensembles.</p> <p>Due to her work in this field, Professor Daykin was invited to act as an advisor to the All Party Parliamentary Group on Arts, Health and Wellbeing (2014-17) which aimed to improve the evidence base for arts and health. The 2017 Inquiry report, <i>Creative Health</i> (5.1) provided comprehensive evidence about the impact of arts across the life course, including arts on prescription. It recommended that NHS and local authority bodies incorporate arts on prescription into their commissioning plans. Prof Daykin was one of the co-applicants for the Economic and Social Research Council (ESRC)-funded What Works Centre for Wellbeing (WWC) (https://whatworkswellbeing.org/). The Centre commissioned a series of evidence reviews on Culture, Sport and Wellbeing, several of which were led/co-authored by Prof Daykin (e.g. 3.3), providing comprehensive and policy-oriented evidence. Output 3.3 (supported by ESRC research grant ES/N003721/1) found reliable evidence for the positive effects of music and singing on wellbeing in adults, including reducing anxiety in young adults, improving quality of life and coping in people with diagnosed health conditions and reducing the risk of depression</p>		

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in older people. Outputs 3.1, 3.2 and 3.3 are cited in the first World Health Organisation evidence review on arts and health (see 5.3), which has a remit to influence international health and social prescribing policy.

Research findings have also enhanced the contribution of 'non-traditional providers' to health and wellbeing and the social prescribing agenda. Between September 2014 and August 2015, Professor Norma Daykin and colleagues undertook a study to investigate approaches and experiences of evaluation in the arts and health sector and to develop online resources (3.4). It found that artists would value a framework to enhance evaluation practice and that co-production between stakeholders is fundamental to improve practice and develop the sector. Professor Daykin went on to develop the Arts for Health and Wellbeing Evaluation Framework (2016) with Tim Joss (see 5.4). From 2015-17, Dr Christine (Kit) Tapson, Professor Norma Daykin and Dr David Walters worked in partnership with Live Music Now (see 5.6) to conduct a mixed methods evaluation of the effects of an 11-session interactive weekly music programme in five national care home providers. The Live Music in Care report found several wellbeing benefits associated with music and recommended that "*regular participatory music programmes be considered essential for all UK care homes*".

In 2015-18, Professor Meads led a series of studies that identified the increasingly dispersed nature of primary health networks and the increase in prevalence of third sector 'providers' of wellbeing services (e.g. 3.5) and identified the governance requirements, benefits and risks of such developments. This led to work with the Winchester Diocese to identify opportunities for the church's contribution to community health and wellbeing and with the St Johns Winchester charity to conduct research to underpin a new social prescribing scheme (3.6).

3. References to the research (indicative maximum of six references)

3.1 Daykin, N., DeViggiani, N., Moriarty, Y., Pilkington, P. (2017) Music-making for health and wellbeing in youth justice settings: mediated affordances and the impact of context and social relations. *Sociology of Health and Illness*, 39: 6, 941-958 <https://doi.org/10.1111/1467-9566.12549>

3.2 Daykin, N., Parry, B., Ball, K., Walters, D., Henry, A., Platten, B. Hayden, R. (2017) The role of participatory music making in supporting people with dementia in hospital environments. *Dementia*, 17:6, 686-701 <https://doi.org/10.1177/1471301217739722>

3.3 Daykin, N., Mansfield, L., Meads, C., Julier, G., Tomlinson, A., Payne, A., Duffy, L.G., Lane, J., D'Innocenzo, G., Burnett, A., Kay, T., Dolan, P., Testoni, S., Victor, C. (2018) What works for wellbeing? A systematic review of wellbeing outcomes for music and singing in adults. *Perspectives in Public Health*, 138:1, 47-54 (First published November 13, 2017) <https://doi.org/10.1177/1757913917740391>

3.4 Daykin, N., Gray, K., McCree, M., Willis, J. (2016) Creative and credible evaluation for arts, health and wellbeing: opportunities and challenges of co-production *Arts and Health: An International Journal for Research, Policy and Practice*, 9:2, 123-138 <https://doi.org/10.1177/1757913917740391>

3.5 Meads, G., Russell, G. & Lees, A. (2016) Community Governance in primary healthcare: towards an international ideal type. *International Journal of Health Planning and Management* DOI: [10.1002/hpm.2360](https://doi.org/10.1002/hpm.2360) Submitted in REF2

3.6 Wilkinson, E.K., Lees, A., Weekes, S., Duncan, G., Meads, G. and Tapson, K. (2020), "A collaborative, multi-sectoral approach to implementing a social prescribing initiative to alleviate social isolation and enhance well-being amongst older people", *Journal of Integrated Care*, 29:1, 37-47 <https://doi.org/10.1108/JICA-02-2020-0004>

All of the research outputs above have all been through a rigorous peer review to be published in internationally reputable journals for sociological, social policy and performing arts research. The research for outputs 3.3 and 3.4 were funded by the Economic and Social Research Council (Grant numbers ES/N003721/1 (University of Winchester) and ES/L00819X/1 (University of West of England). Outputs 3.1 to 3.5 have been assessed by a minimum of two experts as 2* or greater in quality. External assessors are all Professors and held in high esteem within the respective Social Policy and Performing Arts disciplines.

4. Details of the impact (indicative maximum 750 words).

The research has transformed the evidence base for benefits of arts and cultural activities to health and wellbeing and influenced social prescribing policy. Based on 3.1, 3.2 and 3.4, Professor Daykin was invited to advise the All-Party Parliamentary Group on Arts, Health and Wellbeing on its inquiry into the linkages between arts and health. The findings of the APPG Inquiry report, *Creative Health* (5.1), were disseminated to ministers and senior figures in NHS and Public Health England. Secretary of State for Health and Social Care, Matt Hancock quoted from the report in his speech to the Kings Fund on social prescribing on 6 November 2018 in which he laid out his vision to develop arts-related social prescribing interventions and to establish a National Academy for Social Prescribing (5.2). The Annual Report of the APPG, 2018-19 highlights the 'significant developments' in social prescribing nationally since the publication of *Creative Health* (5.1). The NHS Long Term Plan was published in January 2019, followed by the Social Prescribing and Community-Based Support Summary guide, which cites *Creative Health*. The evidence base was further augmented by Professor Daykin's co-authorship of several evidence reviews on the benefits of culture, arts and sport for wellbeing, funded via the ESRC What Works Centre for Wellbeing. One output of this (3.3), along with 3.1 and 3.2, are referenced in the World Health Organisation's first evidence review on arts and health (5.3), which has a remit to influence international health policy. Inclusion in this high profile, internationally recognised report, which was launched in Helsinki in November 2019 provides potential for increased reach and significance in terms of impact of Professor Daykin's research moving forwards. At its launch in November 2019, WHO Regional Director, Dr Pirooska Ostlin, called on health ministers internationally to support arts and culture programmes for wellbeing and to sanction referral mechanisms from health and care systems into such activities to promote health.

The research has also enhanced the practice and contribution of 'non-traditional' providers (e.g. arts organisations, charities, churches) to health and wellbeing and the social prescribing agenda. Since 2017, 14 Creative and Credible CPD workshop (<http://creativeandcredible.co.uk/>) aimed at improving evaluation and evidence in the arts and health sector, and drawing on Daykin and Joss' (2006) Arts for Health and Wellbeing Evaluation Framework (2016) (5.4, 5.5), have been offered to over 200 participants from arts organisations at the University of Winchester, the Royal Society of Public Health and the Wales Arts Health and Wellbeing Network, with participants reporting increased knowledge and confidence in evaluation. Following these workshops, a senior representative of Live Music Now (LMN) (5.6) stated that "the organisation shifted from being one that delivers live music to an organisation that sees itself as allied to health". LMN implemented a new co-production approach to practice and

evaluation, resulting in a culture change within care homes whereby music began to be viewed as a 'core value' - leading to wellbeing benefits for both staff and residents. A senior representative of Adult Social Care, explained that on hearing these findings at a CQC dementia conference "*a light bulb went on over inspectors' heads*", about the benefit of live music for wellbeing, leading to an enhanced focus on music activities in the inspection process. Inspectors recognised that care homes offering live music activities are 'responsive to people's needs' and contribute to making people's lives meaningful, both features that to lead to ratings of Good or Outstanding. The CQC endorsed the Choir in Every Care programme and has partnered with Live Music Now to promote the work (5.7).

Research for Winchester Diocese has equipped the church with an increased understanding of its potential contribution to community health/wellbeing, leading to St Mary's becoming part of the cross-agency Andover Vision in 2019 and the Diocese investing in new housing communities. A representative of St Mary's (5.8) wrote that research conducted by the group has been a "*critical if not crucial factor in both developing and now delivering the cross agency Andover Vision.*" A senior representative of the Diocese (5.9) wrote that research on the church's potential contribution to new housing settlements influenced priority setting and "*helped to pave the way for successful applications to central Anglican development funds in excess of £7m and, in practice, to new appointments of lay and clerical ministers to cover such new estates as Allbrook and Picket Twenty in the Eastleigh and Test Valley areas.*"

Research carried out for St Johns Winchester (3.6) was fundamental to the charity's launch of the Hand-in-Hand social prescribing scheme, through identification of a need for the service and recommendations for the underpinning database. A senior representative of St Johns Winchester said of the report "*We commissioned it principally as an internal tool to assist our board in its decision making. And also to kick start the population of the database and as means of establishing the framework for the database. In that sense it was a very important document for us. We would not have started the service without it*" (5.10). Between November 2018-January 2019, the scheme recruited 2 wellbeing co-ordinators and 21 volunteers. In the following 12 months the scheme became integrated into three local GP practices (with link workers running social prescribing clinics). It received ninety referrals from the Proactive Care Teams. Testimonials from users and GPs have been favourable; with numerous case studies indicating improvements in users' health and wellbeing following their engagement with the scheme.

5. Sources to corroborate the impact (indicative maximum of 10 references)

5.1 APPG: Senior representative of Arts and Health South West is happy to be contacted about the impact of the APPG Inquiry Report Creative Health: The Arts for Health and Wellbeing. The Creative Health Report can be found here:
https://www.artshealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017.pdf
 The APPG annual report 2018-19 can be found here:
<https://www.culturehealthandwellbeing.org.uk/sites/default/files/Annual%20Report%20APPG%202019%20Final.pdf>

5.2 Matt Hancock's speech citing the APPG report:
<https://www.gov.uk/government/speeches/the-power-of-the-arts-and-social-activities-to-improve-the-nations-health>

- 5.3 Fancourt, D., Finn, S. (2019) What is the evidence on the role of arts in improving health and wellbeing? A Scoping Review. WHO Europe Health Evidence Network Synthesis Report 67 Report and details about the international launch event can be found here:
<https://www.euro.who.int/en/media-centre/events/events/2019/11/launch-of-first-who-report-on-the-evidence-base-for-arts-and-health-interventions>
- 5.4 Norma Daykin and Tim Joss' Arts for Health and Wellbeing Evaluation Framework can be found here
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/765496/PHE Arts and Health Evaluation FINAL.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/765496/PHE_Arts_and_Health_Evaluation_FINAL.pdf)
- 5.5 Senior representative of Willis Newson is willing to corroborate reach and impacts of Creative and Credible CPD courses and website downloads.
- 5.6 Senior representative of Live Music Now Is willing to corroborate impacts of Creative and Credible for the organisation. The Live Music in Care report can be found here:
<https://achoirineverycarehome.files.wordpress.com/2018/11/live-music-in-care.pdf>
- 5.7 Video of Andrea Sutcliffe, Chief Inspector, Care Quality Commission (CQC) explaining the importance of live music in care and how this feeds into inspector ratings:
<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/>
- 5.8 Representative of St Mary's Andover, written testimonial available (held by University of Winchester).
- 5.9 Senior representative of Diocese of Winchester, written testimonial available on request (held by University of Winchester).
- 5.10 Senior representative of St Johns Winchester, willing to corroborate impact