

Professional Development Programme: 12 June

Wednesday 12 June 2019

Archive Centre, Martineau Lane, Norwich NR1 2DQ



12:00 Registration and Welcome Refreshments

12:30 Artists Practicing Well

Nicola Naismith, Artist, Coach, Mentor, Researcher, Writer, AHRC Researcher: Affective Support for Creative Practitioners working in Participatory Arts for Health and Wellbeing / Gray's School of Art / Robert Gordon University

Artists Practicing Well is a presentation and workshop session. Nicola Naismith will present her recent research which explores affective support for creative practitioners working in health and wellbeing settings - what they are offered, what they do for themselves and what they would like to be able to access in the future. This will lead into a workshop exploring different types of support and ways of initiating conversations about support from both practitioner and commissioner perspectives.

14:00 Refreshments and Networking

14:30 Culture, Health and Wellbeing Alliance (CHWA) and the Culture, Health East Network

Alexandra Casey, Co-Director, Suffolk Artlink

The Culture, Health and Wellbeing Alliance is a new national sector support organisation representing everyone who believes that cultural engagement can transform our health and wellbeing. Alex Casey, Co-Director of Suffolk Artlink is our regional representative for the Alliance. She will be telling us more about the role of the organisation and the range of support it provides. She will also be telling us about the Culture Health East Network and how you can get involved.

15:30 Refreshments and Networking

16:00 'Our Day Out'

Natalie Jode, Director, Creative Arts East

Creative Arts East (CAE) was successful in attracting highly competitive Spirit of 2012 funding to deliver Our Day Out, a unique dementia-friendly creative arts initiative for rurally-isolated older people. The three-year programme (2017-19) provides opportunities for people to engage creatively through fortnightly participatory music and dance sessions in rural communities across Breckland and North Norfolk. CAE works in partnership with outstanding local and national dance and music partners, including Rambert, to deliver Our Day Out and to share learning and creative output with the wider community through celebratory events. Natalie will be presenting the outcomes and findings from the evaluation of the first three years of the project.

17:00 Finish

This is a FREE event: [Click here to book tickets.](#)



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09:00 Registration and Welcome Refreshments

09:15 Funding for Culture and Wellbeing Projects

1. Norfolk Community Foundation

This session will outline local funding support available for charitable organisations delivering community health and wellbeing projects. It will be run by the Norfolk Community Foundation.

2. Robyn Llewellyn, Head of Engagement, England, Midlands & East, National Lottery Heritage Fund (NLHF)

Robyn will give an overview of the new NLHF Strategic Funding Framework for 2019 - 24, with a particular focus on the new outcome 'People will have greater wellbeing'. *"We want to encourage exciting new approaches and partnerships between organisations working in heritage and those with broader health and wellbeing aims, helping individuals to be more active and feel more satisfied with life"*.

10:30 Refreshments and Networking

11:00 The Restoration Trust's Cultural Therapy Approach to Using Archive and Museum Collections, Landscape and Archaeology

Laura Drysdale FRSA, Director, Restoration Trust

The Restoration Trust works in partnership with heritage/arts and health/social care partners to offer 'culture therapy' programmes for people with mental health problems. This helps participants to enjoy heritage, art and culture in a safe, creative, impactful and effective way. The Trust draws on resources and expertise from archives, archaeology, the historic environment, museums, visual art, music, creative writing and digital arts. Laura Drysdale, Director will be talking about the Trust's unique approach to using heritage and creativity for mental wellbeing.

13:00 Finish

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