

Peninsula Public Health Network 9th Annual Conference ART OF CREATING HEALTH & WELLBEING Friday 13th March 2015



10.00am - 4.00pm
Buckfast Abbey
Buckfastleigh, Devon

March 13th 2015

www.pphn.org.uk

ART OF CREATING HEALTH & WELLBEING

“Over recent years, there has been a growing understanding of the impact that taking part in the arts can have on health and wellbeing. By supplementing medicine and care, the arts can improve the health of people who experience mental or physical health problems.

Engaging in the arts can promote prevention of disease and build wellbeing”

National Alliance for Arts Health & Wellbeing

No registration fee.

Administration charge of £40 will be made for non attendance of confirmed bookings or

cancellations seven days prior to the event.

Delegates may substitute at any time

This conference is co-led by the PPHN Steering Group and Arts & Health SW and will discuss how using the arts can help create and maintain health and wellbeing for individuals and communities.

Keynote Presentations

Prof Richard Parish:

‘Arts, Health and Wellbeing Beyond the Millennium’

Sheila Snellgrove:

‘Theatre in Education - the art of creating health and wellbeing’

Guest Panel Session:

Is the evidence for arts and health interventions good enough?

Justin Varney: Public Health England

Norma Daykin: Emeritus Prof Arts & Health

Sarah Goldingay: University of Exeter

Parallel Sessions

Viv Gordon, Director of Mean Feet Somerset
(obesity/physical health and mental health)

Reading Allowed Project

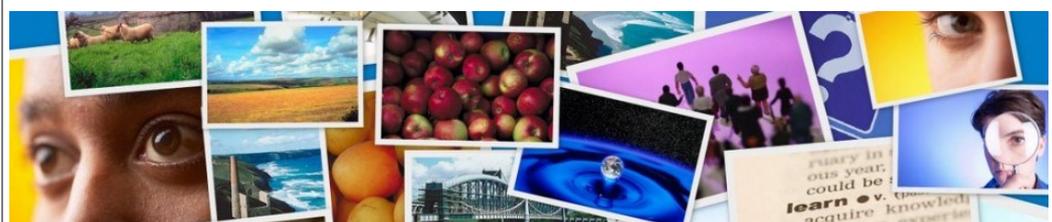
Jayne Howard, Director of Arts for Health Cornwall and the Isles of Scilly
(for people with dementia)

My Time My Space project

Philippa Forsey, Arts and Health Project Manager, Creativity Works
(for women with post-natal depression)

Creative arts for public mental health in secondary schools

Jules Ford, Director of Big Blue Drum
(young people in schools - mental health)



9:30 - 10:00	Registration & Refreshments			
10:00 - 10:10	Welcome: Professor Kevin Elliston Chair of the Peninsula Public Health Network			
10:10 - 10:30	Opening address: Prof Richard Parish <i>Arts, Health and Wellbeing Beyond the Millennium</i>			
10:30 - 11:00	Sheila Snellgrove: Director Barbican Theatre Plymouth <i>Theatre in Education - the art of creating health and wellbeing</i>			
11:00 - 11:15	Alex Coulter: Director of Arts & Health SW <i>Arts and Health across the region</i>			
11:15 - 11:30	Plymouth Music Zone Sing <i>'A debut public performance'</i>			
11:30 - 12:00	REFRESHMENT BREAK			
12:00 - 12:45	Guest Panel Discussion Dr Justin Varney, Prof Norma Daykin, Dr Sarah Goldinghay <i>Is the evidence for arts and health interventions good enough?</i>			
12:50 - 13:45	LUNCH			
13:45 - 16:00	Parallel Sessions			
13:45 - 14:45	Session A Viv Gordon, Director of Mean Feet Somerset 'Mean Feet' (obesity/physical health and mental health). Room 2	Session B Jayne Howard, Director of Arts for Health Cornwall and the IoS 'Reading Allowed Project' (for people with dementia). Room 4	Session C Philippa Forsey, Arts and Health Project Manager, Creativity Works 'My Time My Space project' (for women with post-natal depression). Room 5	Session D Jules Ford, Director of Big Blue Drum 'Creative arts for public mental health in secondary schools' (young people in schools - mental health). AV Room
14:45 - 15:00	REFRESHMENT BREAK			
15:00 - 16:00	Session A Viv Gordon, Director of Mean Feet Somerset 'Mean Feet' (obesity/physical health and mental health). Room 2	Session B Jayne Howard, Director of Arts for Health Cornwall and the IoS 'Reading Allowed Project' (for people with dementia). Room 4	Session C Philippa Forsey, Arts and Health Project Manager, Creativity Works 'My Time My Space project' (for women with post-natal depression). Room 5	Session D Jules Ford, Director of Big Blue Drum 'Creative arts for public mental health in secondary schools' (young people in schools - mental health). AV Room
16:00 CLOSE	Conference Closes <i>Please complete and hand in your Evaluation Forms. Thank you</i>			