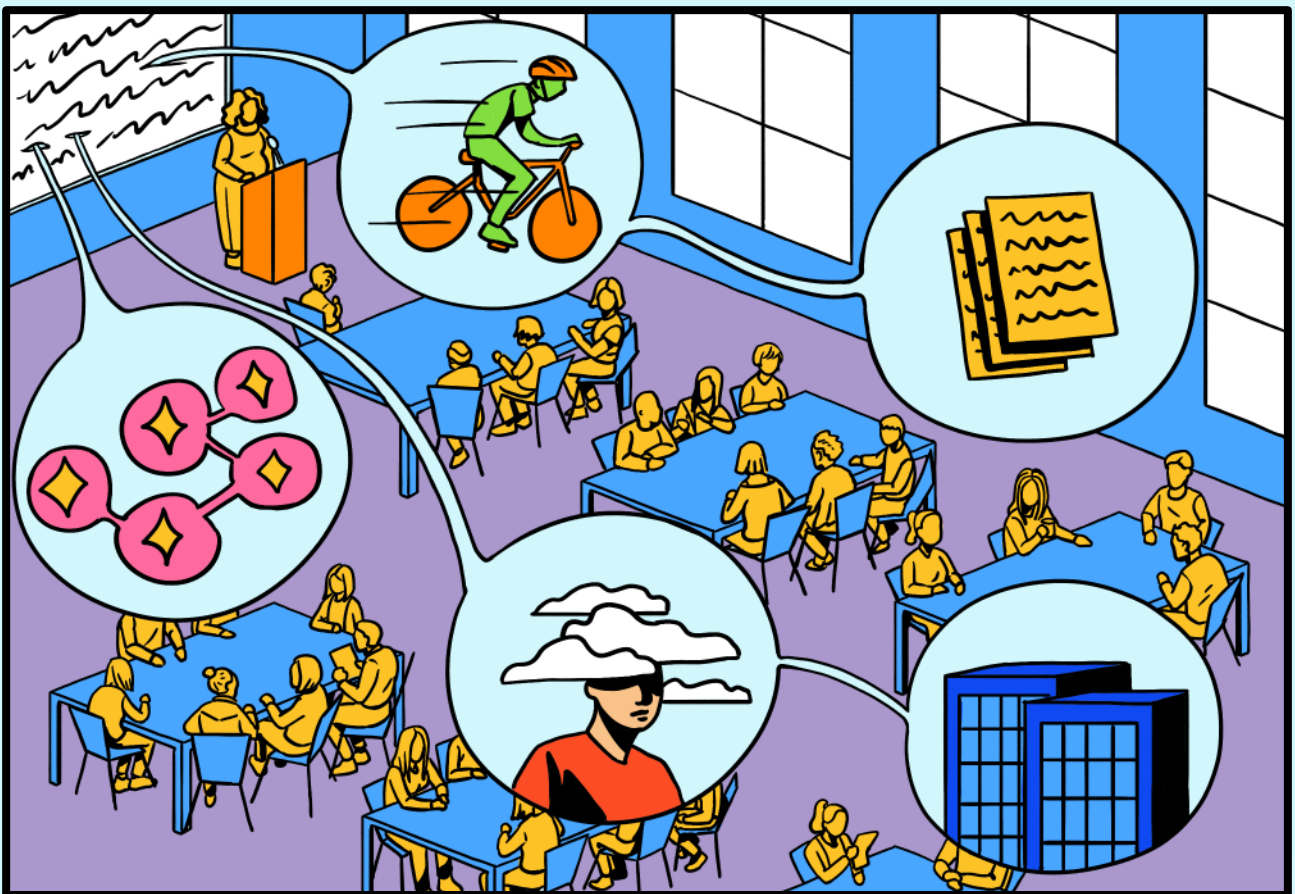


Creative Health Research Symposium

Panel Talks



In June 2024 The University of Manchester held a Creative Health Research Symposium bringing together people from across the UK interested in creative health research and its broader intersection with practice and policy. Key themes addressed during the day included an exploration of the research landscape in creativity, health and wellbeing, creative methods and creative health/ care research and inequalities.

Background:

Since the publication of Creative Health: The Arts for Health and Wellbeing by the All Party Parliamentary Group on Arts, Health and Wellbeing in 2017 there has been a significant development of practice, policy and research around the concept of creative health. At The University of Manchester we have been exploring the research landscape around creative health, beginning to map research agendas and identifying support for interdisciplinary networking both internally and externally to further develop a framework for creative health research. This has built on our collaborative research project Organisations of Hope: Building a Creative Health Consortium in Greater Manchester (2022/2023) in which we mapped creative health activity in the city region as part of phase 2 of the UKRI Mobilising Community Assets to Tackle Health Inequalities research programme.

The organising team included Dr Simon Parry, Dr Angela Whitecross, Professor Stephanie Snow and Dr Steven Hicks and was supported by the Creative Manchester research platform under their creativity, health and wellbeing agenda.

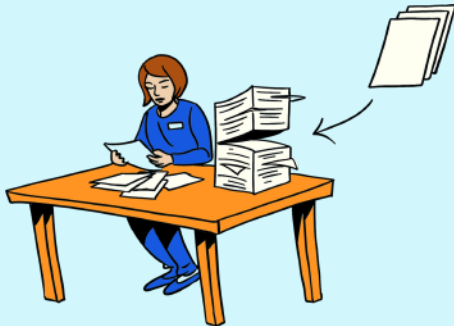
More details, including speaker biographies, can be found on this padlet created for the event.

<https://padlet.com/afwhitecross/creative-health-research-symposium-at-the-university-of-manc-lwxrcyszlx022mve>

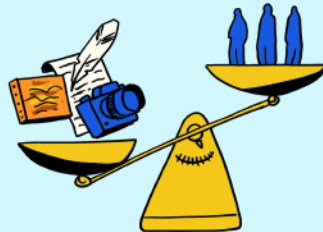
These visual notes been produced by artist Domenique Brouwers who has also curated a digital zine. Attendees were asked to contribute to the zine as part of the symposium through a collage arts activity in which they were asked to consider what creative health meant to them and explore their creative health journey.

Panel 1: Exploring the research landscape in creativity, health and wellbeing

Creativity can mitigate the social
influence on health

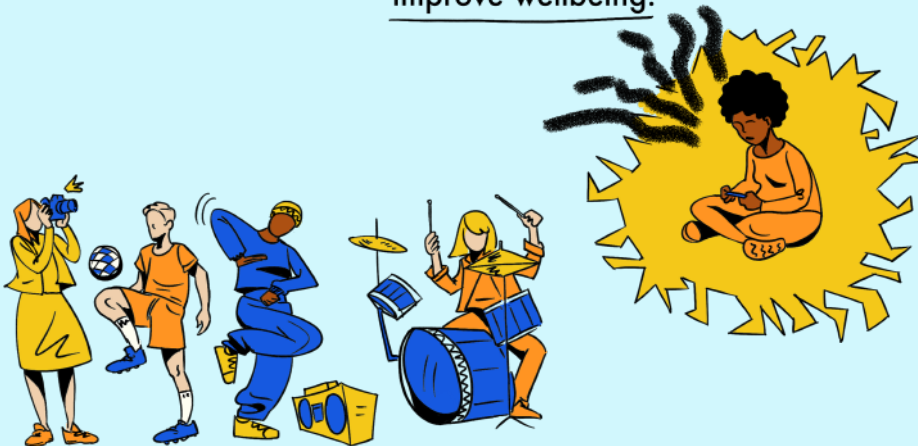


Getting research in front of
policymakers



Creativity can give you tools to improve
your health and wellbeing

How do creative health practices
improve wellbeing.



Comparing different types of creativity



Actively engaging vs passively
engaging with creativity



Using evidence to promote
Creative Health



The key to interdisciplinary
creative health



Using community assests
to tackle health inequality

Panel 2:

Using creative methods to address inequalities in health and social research



Animation can reach a broader audience



Animation can help highlight the emotional experience



Bringing informal learning back into the space



A lot of value found in a WhatsApp group for co-researchers



Researching the impact of racism on Mental Health.

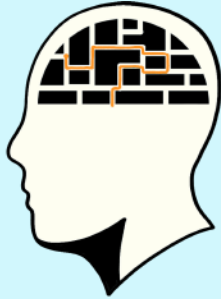


Using creative recruitment methods



Panel 3:

Embedding Creative Health Research in practice and policy



Finding their own pathways
to better Mental Health



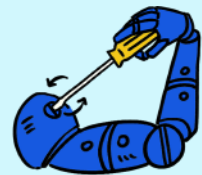
The influence of heritage
sites on mental health



Young people gathering data
on other young people



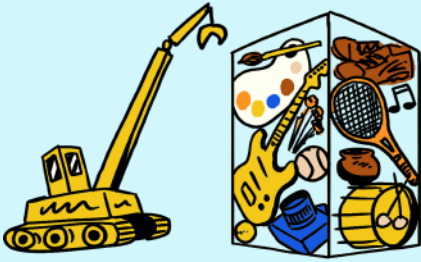
Making the access to
Creative Health easier



Building self improving systems
for Creative Health



Developing models to embed
Creative Health in the health system



How to build Creative Health infrastructure



How to put research into practice



Creating a connective tissue between art orgs enables cross pollination



How to make progress with a decreasing budget



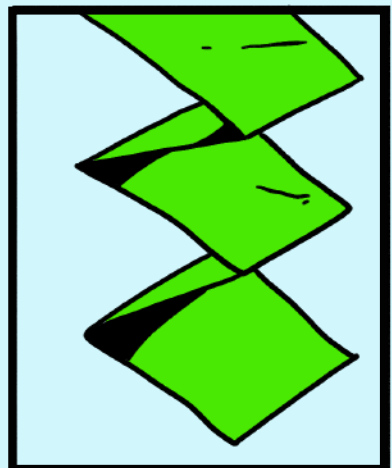
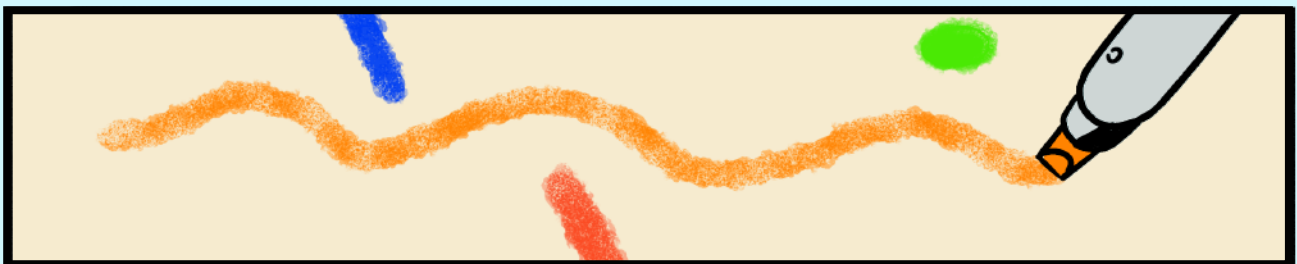
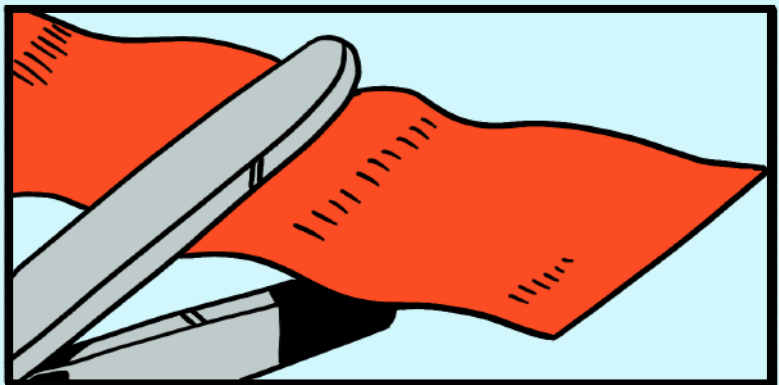
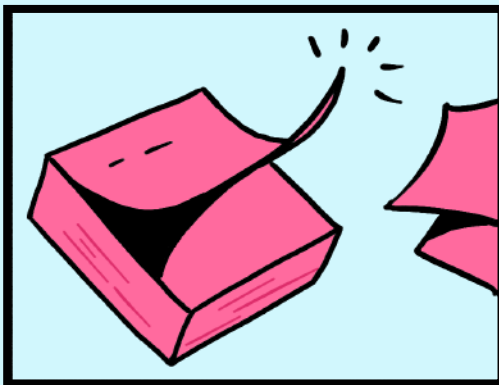
Need to set up a group to share resources



There is a treasure trove of research left unused

Creative Health Research Symposium

Workshop creative outputs





The Zinesters!

It's written in the stars



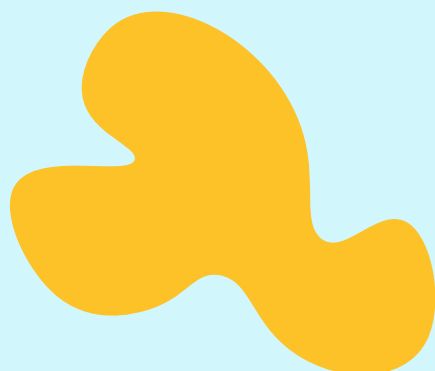


A strong narrative



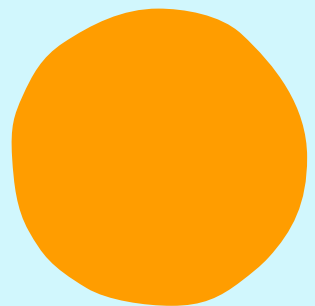


A painterly approach

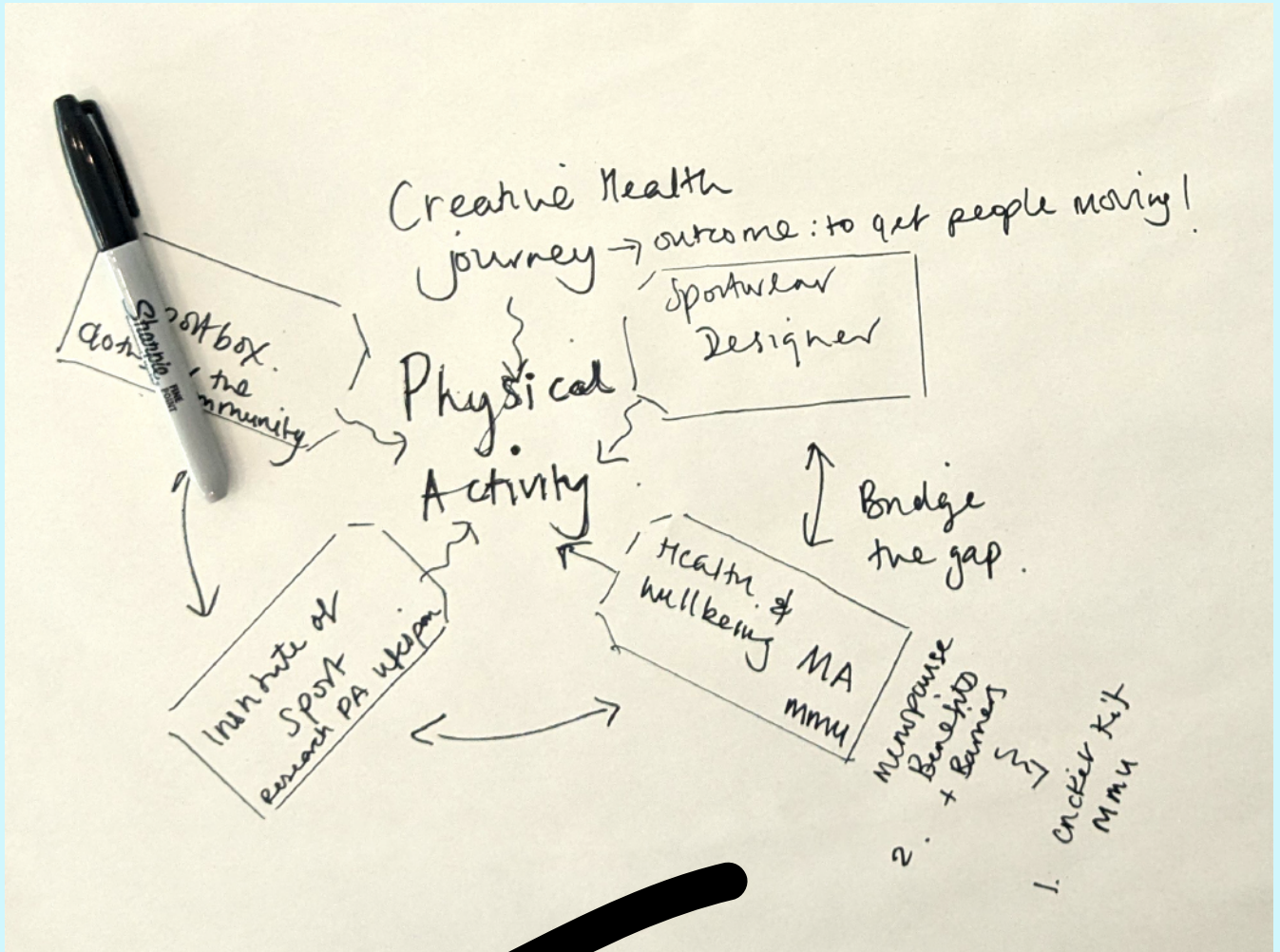




Extremely tactile!



Straight to the point





It's all laid out