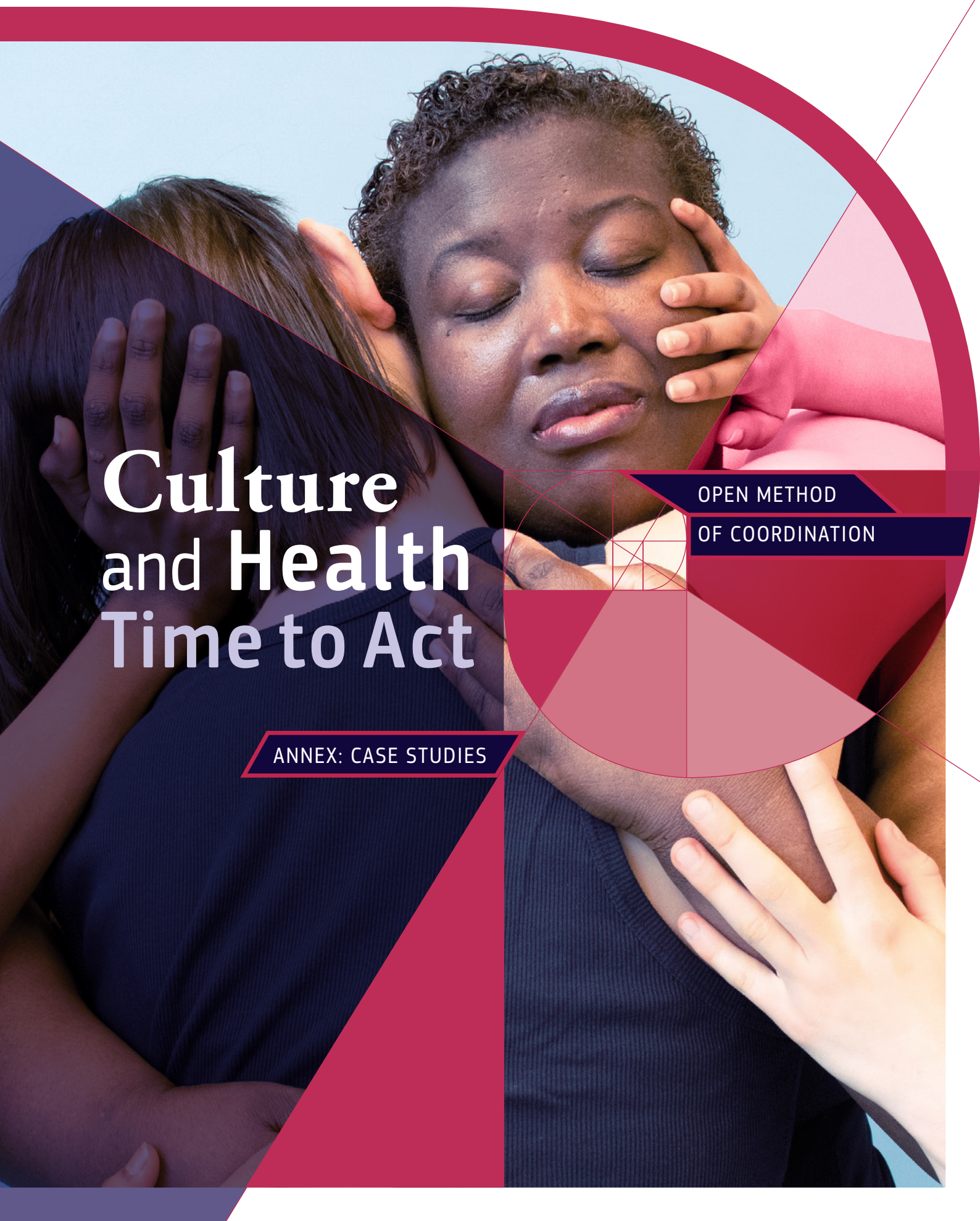




Culture and Health Time to Act

ANNEX: CASE STUDIES

OPEN METHOD
OF COORDINATION

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INTRODUCTION

The case studies presented in the annex to the OMC report *Culture and Health: Time to Act* were compiled by members of the OMC group from their respective Member States. They include both national examples and transnational projects, illustrating the rich and diverse range of artistic and cultural practices in the field of health and well-being across Europe. Several of these good practices have also been incorporated into the main report to support the proposed policy recommendations.

Our thanks go to all members of the OMC group for their effort and commitment in presenting this rich landscape, and especially to Bruno Gallice, who organised the case studies for this annex.

The typology is based on the settings, goals, and methodological approaches outlined in the report *Dance and Well-being*, commissioned by the European Dance Network (2021).

They are:

- BROADER ARTS & CULTURAL ENGAGEMENT (Arts activities in everyday life may also have an impact on health and well-being)
- CREATIVE HEALTHCARE | Medical and health humanities (the integration of knowledge related to the arts, humanities and social sciences in studies around health, well-being and social care)
- CREATIVE HEALTHCARE | Medical training (use of the arts in the training and professional development of health and social care professionals and to improve healthcare)
- TARGETED INTERVENTIONS | Arts in health and care environments
- TARGETED INTERVENTIONS | Arts in public health education and promotion
- TARGETED INTERVENTIONS | Arts on prescription
- TARGETED INTERVENTIONS | Arts therapies
- TARGETED INTERVENTIONS | Participatory arts programmes in health and well-being

The health fields referenced follow the logic model of the WHO report *What Is the Evidence on the Role of the Arts in Improving Health and Well-Being?* (2019).

REFERENCES

- J. Baltà Portolés. Dance and Well-being, review of evidence and policy perspectives. EDN, June 2021. https://www.ednetwork.eu/uploads/documents/59/EDN_Dance%20%26%20Well-being%20Full%20Publication.pdf
- Ings, R. and J. McMahon (2018). Arts and culture in health and wellbeing and in the criminal justice system. A summary of evidence. London, Arts Council England. <https://www.artscouncil.org.uk/arts-and-culture-health-and-wellbeing-and-criminal-justice-system-summary-evidence>
- *What is the evidence on the role of the arts in improving health and well-being? A scoping review.* Health Evidence Network Synthesis Report. Copenhagen, World Health Organisation Regional Office for Europe. <https://iris.who.int/server/api/core/bitstreams/e1cc8536-773d-446f-9822-8ae376f41415/content>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

3BIS F: AN ARTS CENTRE IN A HEALTHCARE INSTITUTION

In a few words:

3bisF is a venue for contemporary creation in the performing and visual arts, located since 1983 within the Montperrin psychiatric hospital in Aix-en-Provence. Its name is the one originally given to the pavilion when the hospital was built at the end of the nineteenth century—a time when hospital buildings were identified by numbers.

Each year, for periods ranging from a few weeks to several months, artists and companies are invited to come and explore, develop, build, and create within this unique setting.

Description:

For the past 40 years, 3bisF has used an approach that combines care and art. 3bisF is a contemporary art centre based inside the psychiatric care environment at the Centre Hospitalier Montperrin in Aix-en-Provence, and the centre represents a unique alliance between an arts centre and a healthcare institution. This alliance has led to multiple cross-disciplinary experiences that integrate “art and care” in diverse contexts, all with the objective of developing models that will lead to new practices and create artistic commons within the social services sector that are conducive to care and attention. The Covid crisis made health a central concern and encouraged reflection on our relationships with illness and its social acceptance. This challenging period also seems to have raised collective awareness of the need to create climates of care.

Since 2020, 3bisF has been developing new links with the hospital and care environment by sharing artistic processes and daily life in the art centre. The 3bisF art centre has deep connections with the Montperrin hospital in Aix-en-Provence and it also has established links with the broader ecosystem of healthcare institutions, health and social services structures, and associations or artistic projects involved in health care, mental health care, and recovery. Furthermore, the centre has facilitated unique artistic projects that involve both the welcoming and the care of patients.

Having observed that encounters and reciprocal relationships between working artists and people living or being cared for in a hospital environment open new spaces for expression and creation, 3bisF wanted to go further by making connections between different projects, encouraging the sharing and exchange of ideas and resources, and uniting initiatives that are based on various forms of interaction between art and care. It became evident that a collective and shared project to create a network for places that support artistic creation and people with mental fragility was a virtuous, inspiring, and essential undertaking.

The intersecting experiences and exchanges between the fields of care and art are vehicles for addressing a variety of social issues – stigmatization, stereotypes, prejudices, discrimination, exclusion, and many others. The implementation of interrelated art and care projects helps create new social conditions by proposing different forms of social interactions: ones that value positive commonalities, emphasise skills, and offer alternatives to vulnerable people or people going through a period of vulnerability.

A people-centred approach that considers a person’s social environment and its benefits for social rehabilitation, care, and recovery has transformed healthcare practices, the relationship between caregivers and patients and, more broadly, how we look at psychological disorders and neurodiversity. Methods for expanding the reach of positive therapeutic care include fostering interactions with artistic works, facilitating relational art, emphasising collective methods, and encouraging relationships with the other. Art is one potential path to healing and emancipation, as well as to the reappropriation of the self and the social and political space. A dynamic Art, Care, and Civic Engagement network could also respond to the needs of the numerous caregivers who asked for support in developing artistic and cultural projects that are connected to broader civil society as part of their care processes.



FRANCE

While 3bisF was established in 1983 as a direct offshoot of institutional psychotherapy, today it is based on an artistic project that involves methods of linking psychiatry to social life, psychosocial rehabilitation, and community psychiatry. This project encompasses issues associated with mental health recovery that are particularly present in the Aix-Marseille metro area and the South of France.

Project organisers:

3BisF, in Aix-en-Provence

Partners:

Ministry of Culture ; Regional Health Authority (ARS) ; territorial and local authorities

Budget / Funding information:

Public funding

SCOPE	LOCAL
Implementation period	Since 1983 - ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Management of health, treatment of conditions

Keywords:

Arts centre; psychiatric facility; art and care

Description of results:

Prospective of an European network : ART, CARE, CIVIC ENGAGEMENT (art spaces offering care, healthcare spaces offering creation)

Websites:

www.3bisf.com

BROADER ARTS & CULTURAL ENGAGEMENT

ART BRUT GALLERY PRAGUE

Description:

The first exhibition space in Prague focused exclusively on the work of artists who, for various reasons, are unable or unwilling to join the mainstream art scene.

“Here, things are raised proudly, and more piercingly, the world is full of edges on which we have hurt ourselves many times.”

The quote, taken from Josef Čapek's groundbreaking book *The Most Modest Art*, will greet all visitors at the entrance as a foreshadowing of the type of work they will encounter here.

To clearly define the gallery, the name was chosen after the painter Jean Dubuffet's famous term *art brut* – usually translated in Czech as “art in its raw state”. But not all the artists the gallery will represent necessarily fall into the category of *art brut* as it is usually conceived. Some of them, for various reasons, are outsiders, not even classifiable in this field. The selection of the artists is basically conditioned by the absence of any conscious calculation in their work aimed at achieving success in the world of contemporary art.

The gallery works closely with Studio of Joyful Creation, arts studio specialised in artistic activities for people with special needs, which provides safe space for their creative endeavors.

Project organisers:

Altán Art association

Partners:

Stacja Badawcza, Krakow, PL; (media partner with Raw Vision Weekly)

Budget / Funding information

Public sources (national, local); private donors; own financing (income from their own activities)



SCOPE	LOCAL
Implementation period	The association started its first project, Studio of Joyful Creation, in 2013, the Art Brut Gallery Prague was opened in 2022. All activities are still ongoing.
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+), talented people and artists with specific needs
Cultural fields	Literature, music, visual arts, writing, other areas also covered as accompanying educational activities
Health fields	Prevention, health promotion

Keywords:

visual arts, outsider arts, perspectives of reality

Description of results:

A unique grassroots initiative of professional artists growing over the time, stemming from the vibrant undercurrent of spontaneous creativity, which amplifies the voice of outsider art and creates a safe environment where life and arts meets in unexpected shapes and forms, giving a sense of belonging and accomplishment to the outsiders, enriching perspectives of mainstream public, while also broadening intercultural cooperation and dialogue across European borders.

Websites:

https://www.artbrutpraha.cz/?page_id=101&lang=en

<https://www.youtube.com/@ArtbrutPraha>

<https://www.facebook.com/p/Art-brut-Praha-100085705694499>

<https://www.altanart.cz>

BROADER ARTS & CULTURAL ENGAGEMENT

ARTIS - ART AND RESEARCH ON TRANSFORMATIONS OF INDIVIDUALS AND SOCIETIES PROJECT

HORIZON 2020 |
R&I Framework
Programme, EU

 AUSTRIA,
SWEDEN, GERMANY,
GREAT BRITAIN,
THE NETHERLANDS,
SERBIA

In a few words:

ARTIS addresses the need to capture, assess, and harness the societal impact of the arts by providing novel methodological tools, and building bridges among scientists, artists, and policy-makers thanks to integration of state-of-the-art empirical approaches from psychology, neuroscience, and phenomenology with the intent of conducting a series of investigations that identify specific types of experiences with art.

Description:

New methodology for better art assessment - In advancing great efficacy in art it is necessary to build a systematic programme that combines empirical and theoretical research with perspectives of artists, art educators, and other art stakeholders. The EU-funded project ARTIS aims to integrate state-of-the-art empirical approaches from psychology, neuroscience, and phenomenology with the intent of conducting a series of investigations that identify specific types of experiences with art. The project then aims to combine the empirical knowledge with a series of interventions, including workshops and experimentations to generate new thinking, engagement, and action in assessing the impact of the arts.

ARTIS is a first-of-its-kind collaboration to theoretically explore, empirically capture, and co-create individual and societal change via the transformative power of art. The team argues that to make better policy that advances art's efficacy, it is necessary to build a systematic programme that combines empirical and theoretical research with perspectives of artists, art educators, and other art stakeholders. The objective is fourfold. First, integrate state-of-the-art empirical approaches from psychology, neuroscience, and phenomenology to conduct a series of investigations that identify specific types of

experiences with art. Connect these to changes at individual (neurocognitive, emotional, health) and societal (prosocial and political attitudes) levels. Capture these experiences in leading museums and urban centres across Europe and in individuals' home and working contexts. Second, ARTIS will continuously contextualise and challenge the empirical data using theoretical approaches from philosophy as well as political science and art criticism. Third, ARTIS will combine this empirical and theoretical focus with a series of interventions, workshops, and experimentations that will be developed in tandem with art schools, artists, and galleries that focus on generating new thinking, engagement, and action with regard to societal challenges. Fourth, ARTIS will translate the insights gained by the comprehensive methods and co-creations with artists into policy guidelines that will be disseminated by key stakeholders in art and culture. Throughout the project, ARTIS will consider both mainstream as well as marginalised and disengaged individuals. ARTIS will therefore address the need to capture, assess, and harness the societal impact of the arts by providing novel methodological tools, and building bridges among scientists, artists, and policy-makers.

Project organisers:

University of Vienna, Faculty of Psychology,
Austria

Partners:

Consortium Members: Aarhus University; Humboldt-Universität zu Berlin; Interdisciplinary Forum Neurourbanism; Kunsthochschule Weissenhof; Royal Holloway, University of London; University of Amsterdam; University of Arts in Belgrade; University of Oxford; Weissenhof.

Budget / Funding information:

European Union, Research and Innovation Framework Programme – Horizon 2020 – Societal Challenges – Europe in a changing World – Inclusive, Innovative and Reflective Societies

SCOPE	INTERNATIONAL
Implementation period	2020-2025
Target groups	Individuals, artists, art schools, galleries, museums, scientist, policy-makers
Cultural fields	Cultural and artistic engagements, cultural offerings
Health fields	Prevention, health promotion

Keywords:

Transformation, empirical assessment, individual and societal change, bottom-up policy creation, practice-based art research, co-creation

Description of results:

Not available yet

Research or evaluation:

This project corresponds to the broader policy objectives set for the Social Sciences and Humanities Research and Innovation set specifically in Horizon 2020 – the Framework Programme for Research and Innovation (2014-2020). Further information RTD Publication 'Policy Brief on The Societal Value of the Arts and Culture for People's Well-being and Inclusion', 2023.

https://rea.ec.europa.eu/publications/societal-value-arts-and-culture_en

Websites:

<https://artis-h2020.eu/imprint>

<https://cordis.europa.eu/project/id/870827>

R&I Days 2024 and R&I Days 2022 – The Power of the Arts and Culture for People's Well-Being and Inclusion: <https://www.youtube.com/watch?v=tb85faH5A-w>

Societal Value of Arts and Culture and the impact on Well-being, Mental Health and Inclusion for all: <https://www.youtube.com/watch?v=i98jUW1RZZw>

TARGETED INTERVENTIONS

ARTS ON PRESCRIPTION

ART ON PRESCRIPTION



GREECE

Description:

The art on prescription initiative is included in the National Recovery and Resilience Plan “Greece 2.0” and is implemented under Action Code 16735, titled: “Infrastructure for the Contribution of Culture to the ‘Silver Economy’ and the Use of Art to Improve Mental Health,” under the responsibility of the Ministry of Culture. The initiative focuses on the implementation of an art on prescription programme addressing mental health. The project implementation was completed on March 31, 2026, marking the conclusion of the research carried out by the University Mental Health, Neurosciences and Precision Medicine Research Institute «KOSTAS STEFANIS». The Institute developed the scientific framework underpinning the art on prescription actions and, through robust and evidence-based research, produced key findings on the impact of art-based interventions on individuals experiencing mental health vulnerability. In parallel, the Programme’s pilot actions were successfully completed, with the participation of 23 cultural organisations.

Project organisers:

RRF

Partners:

University Mental Health Research Institute

Budget / Funding information:

RRF

SCOPE	NATIONAL
Implementation period	2024-2025
Target groups	Specific audience with other criteria
Cultural fields	All
Health fields	Treatment of mental conditions

Keywords:

Art, mental health

Description of results:

The vision of the Art on Prescription Program, following the implementation of two Pilot Phases, was realised through its institutionalization via Law 5179/2025 (Par. 8, Article 108). This legislation integrates the Program into the National E-Prescription System and defines both the cultural entities eligible to participate and the citizens who can benefit from its actions. Furthermore, with the Joint Ministerial Decision No. 99517/2026 (GG 1288/B/10-3- 2026), the specific terms, conditions, and implementation procedures for the program «Art on Prescription as a Complementary Treatment in Mental Health» were established. This decision further outlines the criteria for the inclusion of beneficiaries, cultural organizations, and the participation requirements for professionals from the fields of mental health and the arts.

Website:

<https://artonprescription.gr/en/art-on-prescription/>

BROADER ARTS & CULTURAL ENGAGEMENT

ARTS AND HEALTH

Description:

artsandhealth.ie is the national website for arts and health in Ireland. It is the central information and support hub for artists, arts professionals, healthcare communities and researchers working or interested in the field of arts and health. The arts has a key role to play in healthcare provision and the website inspires visitors with leading examples of arts and health practice in Ireland and beyond. artsandhealth.ie is managed by Réalta, the national resource organisation dedicated to developing arts and health in Ireland, with the support of an Editorial Panel. The site is funded by the Arts Council of Ireland and the HSE (Health Service Executive), the public healthcare system in the Republic of Ireland.

Project organisers:

The Arts Council

Partners:

Health Service Executive (HSE)

Budget / Funding information:

Public funds

SCOPE	NATIONAL
Implementation period	2011-ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Prevention, health promotion, management of health, treatment of conditions

Keywords:

Programme ; National Website



Description of results:

The website features over 160 case studies showcasing examples of diverse arts and health projects which are characterised by clear artistic vision, goals and outcomes, and are delivered by professional artists. The diversity of artforms, contexts, partnerships and structures give an insight into the full range of arts and health practice.

Research or evaluation:

<https://www.artsandhealth.ie/case-studies>

Websites:

www.artsandhealth.ie

TARGETED INTERVENTIONS

ARTS ON PRESCRIPTION

ARTS ON PRESCRIPTION IN THE BALTIC SEA REGION 2023-2025

📍 DENMARK, FINLAND,
GERMANY, LATVIA,
LITHUANIA, POLAND,
SWEDEN

Description:

The project aims to adapt and test the British model of the Arts on Prescription in the Baltic sea states of the partnership, as well as raise awareness of local policy makers and decision makers of the impact of culture on health and well-being - to foster further development of national policies in the field.

The main steps of the project are:

- development of a generic programme concept that is based on evidence and experience, adaptable to various local conditions and public health systems;
- creation of an information package including a flyer, brochure and animation video to inform stakeholders about the AoP concept;
- editing an Arts on Prescription Guide about organising, facilitating, evaluating and financing AoP programmes - for project managers and link workers, culture and arts facilitators, and decision-makers;
- organizing AoP pilot programmes in DK, DE, PL, LV and SE, and audiovisual guidance;
- development of an evaluation framework which includes a cost benefit analysis of AoP programmes.

Project organisers:

Odense Municipality

Partners:

DK Hanseatic City of Bremen, DE Volkshochschule Bremen, DE University of Southern Denmark, DK Cesis, LV Saldus, LV Western Pomerania Marshal's Office, PL Media Dizajn, PL NDPHS, SE Sunderby Folk High School, SE Region Norrbotten, SE Turku University of Applied Sciences, FI Lithuanian University of Health Sciences, LT

Budget / Funding information:

Partners; European Regional Development Fund (2.81 Million EUR)

SCOPE	TRANSNATIONAL
Implementation period	2023-2025
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Crafts, dance, museums, music, theatre, opera, visual arts, writing
Health fields	Prevention, health promotion

Keywords:

arts on prescription, mental well-being, mental health, safe space. community

Description of results:

Expected results for the target audience:

- Increasing self-esteem, self-confidence, sense of control, and empowerment;
- Reducing anxiety, depression, stress;
- Strengthening motivation, meaning in life, hope, and optimism;
- Increasing sociability and social connections, decrease loneliness, and increases wider community connectedness and belongingness.

A research paper on the project results will be published by the end of 2025.

Research or evaluation:

The evaluation framework is created by researches of the University of Southern Denmark, Turku University of Applied Sciences and Lithuanian University of Health Sciences.

Websites:

<https://interreg-baltic.eu/project/arts-on-prescription>

TARGETED INTERVENTIONS

ARTS ON PRESCRIPTION

ARTS ON PRESCRIPTION LEIDEN

In a few words:

The Arts on Prescription project in the city of Leiden, the Netherlands (Kunst op Recept Leiden), is a participatory arts programme for residents of the city aged thirteen years and over who are experiencing psychosocial issues. Participants take part in five free lessons of an hour and a half in an artistic discipline of their choice taught by a professional artist/teacher.

Participants in Arts on Prescription are referred by a healthcare professional, such as a general practitioner, social worker, practice assistant, psychologist or physiotherapist. Around 50 healthcare providers in Leiden are involved with the project as referrers.

Description:

Arts on Prescription is based on the theory of positive health. This theory adopts a broader view of health that focuses on people's ability to adapt and grow while making a positive, meaningful impact on their lives. Rather than focusing exclusively on the absence of illness or disability, positive health emphasises their resilience and self-direction. Arts on Prescription puts this theory into practice.

Arts on Prescription is emphatically not therapy. Instead, the aim is to support increased mental resilience and self-confidence and to provide a safe environment for participants to have fun, experiment, interact, discover new techniques and materials, relax and be inspired. Arts practice is a method, not the goal of the project.

Healthcare providers indicate that their treatment is often language based. As Arts on Prescription is not necessarily language based, this art intervention supplements and enriches healthcare providers' existing services. The providers also report that they see it as an inspiring and valuable service for people who are reshaping their lives. An art intervention such as Arts on Prescription is an important first step towards renewed connection with daily life.

Arts on Prescription ties in well with major social themes, including tackling loneliness, supporting participation and prevention. It also aligns with the

efforts of municipalities to facilitate a society in which everyone participates.

The Arts on Prescription sessions are completely free of charge for participants. This was an important choice in the project design, as the aim is to keep the barriers to participation as low as possible. People who experience psychosocial issues can sometimes find it difficult to take action and show initiative. If there is also a financial barrier to participation, they will be less likely to take up a new opportunity. Free participation lowers that threshold and makes it easier to take the first step.

The Arts on Prescription lessons are also tailor-made for participants. A conscious and important choice is that there is no fixed lesson programme. This gives participants enough space to follow their own interests at their own pace. It also means it is impossible to 'fall behind'. Groups consist of no more than six people.

Since Arts on Prescription is not therapy, there is a different dynamic from other therapeutic interventions. This relieves participants of the burden of having to 'achieve something' in the context of their mental health.

Before the lessons start, the culture coaches discuss with participants and help them decide what they wish to do. Arts on Prescription offers various disciplines: so far, these have included drawing, painting, sculpture, singing, writing, textiles/sewing and photography.

The lessons are usually given in the artist's studio. This allows participants to get to know a new environment, an inspiring place that invites a new way of looking. Being in a professional artist's studio also helps participants feel inspired and express themselves creatively.

Project organisers:

The project was conceived and is run by Culture Coaches (Cultuurcoaches), a programme based at the BplusC cultural centre in Leiden funded by the municipality to help residents of the city access arts and culture.

 THE NETHERLANDS

Partners:

Various local cultural providers, higher education institutions, social workers, mental health services, general practitioners, community centres.

Budget / Funding information:

The annual budget is approximately 100,000 euros.

Funding is primarily provided by the municipality through their existing support for the Culture Coaches (Cultuurcoaches) programme, as well as through specific sources of funding for youth services and health provision.

Further funding is, or has been, provided by external funding bodies in the cultural field, including the FCP (Fonds voor Cultuurparticipatie), Fonds 1818 and Lang Leve Kunst.

Cultuurcoaches Leiden leads the project and is fully responsible for the project organisation, including project development, applying for and managing funds, establishing and maintaining contact with referrers and participants, communication (e.g. the website and promotional material), selection and acting as the main contact point for teachers, providing support, professional development and training for teachers and planning lessons.

SCOPE	LOCAL
Implementation period	2021 - ongoing
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, Crafts, Design, Music, Theatre, opera, Visual arts
Health fields	Management of health, well-being, healing

Keywords:

mental health

Description of results:

The culture coaches carry out evaluations with the participants after each series of lessons using questionnaires or a telephone evaluation.

The questions include what the participants thought of the experience, what they got out of it, whether it met their expectations and how likely it is that they will continue with cultural or arts activities.

In the evaluation for 2023/2024, around half of the participants indicated that they were able to relax and forget about their problems while taking part in the lessons. 63% of the participants said they were highly likely to continue with cultural and artistic activities after the Arts on Prescription lessons. A further 30% said it was likely that they would continue, but that they hadn't yet planned anything specific.

Informal evaluation discussions are regularly held with the artists/teachers.

Websites:

<https://www.kunstopreceptleiden.nl>

Video: <https://youtu.be/dvd8JWZevHQ?si=uZpOvqy4zosCc8XH>

BROADER ARTS & CULTURAL ENGAGEMENT

ASZAKKÖR – SZAKKÖR WORKSHOPS – HAND IN HAND WITH OUR KNOWLEDGE FOR THE COMMUNITIES

In a few words:

ASZAKKÖR.HU is the online knowledge-sharing platform of the National Institute of Culture, launched during the pandemic. Its aim is to offer visitors the opportunity to try out various workshops through video tutorials, and to introduce them to masters and instructors who have decades of experience and are willing to share their knowledge at a high level. The ASZAKKÖR contributes to the preservation of the traditions of folk crafts, to the transmission of the knowledge of the craftsmen, to the revival of the traditions and to the renewal of the traditions in the 21st century. At the same time, the initiative helps combating loneliness, isolation, exclusion and contributes to the prevention of physical and mental illnesses, even at the smallest settlements. It is a best practice example of a project with no national borders, involving a strong focus on access to culture as a means of maintaining health and well-being.

Description:

With the help of the Association of Hungarian Folk Artists (NESZ) and Hungarian Heritage House (Hagyományok Háza) the portal was launched to introduce visitors to the skills of beadwork, embroidery, lace-making and gingerbread-making. Later on, the range of activities expanded, with egg painting, candle making, chuhé and macramé also very popular.

Members of the communities in the network of public cultural institutions could apply for materials and tools for a five-person workshop, which they could obtain free of charge, in return for a commitment to hold at least 20 workshops, document their work with photos and organise an exhibition of their work on site. The creative process is supported by videos on the platform, and the workshops are mentored by professionals from NESZ.

The initiative is incredibly popular, with more than 12,000 people joining the programme in its 3rd season, which started in autumn 2023, representing 2,524 courses in 18 disciplines. The number of applications from abroad is outstanding: 581 courses have been launched in Transylvania, Transcarpathia, South Moravia, Upper Hungary and in Vojvodina (South from Hungary). Contacts are being built between communities, meetings, workshops, exhibitions are being organised, and the network of workshops is being built in the Carpathian Basin.

ASZAKKÖR offers a helping hand to those who are territorially inaccessible to activities, whether due to mobility restrictions, the coronavirus epidemic or distance, and also to those who are more discouraged in community activities or have not yet decided which community to join. It provides a connection and an opportunity for anyone who wants to learn, who wants to spend their free time in a useful way at home.

ASZAKKÖR knows no national borders, its content is available throughout the Carpathian Basin and in the more distant diasporas. The course videos can be watched back and are divided into sections, so if you don't master something the first time, you won't miss anything. The activities are accompanied by supporting materials, photos and descriptions.

The ASZAKKÖR contributes to the preservation of the traditions of folk crafts, to the transmission of the knowledge of the craftsmen, to the revival of the traditions and to the renewal of the traditions in the 21st century. At the same time, the initiative helps combating loneliness, isolation, exclusion and contributes to the prevention of physical and mental illnesses, even at the smallest settlements.

Project organisers:

National Institute of Culture/ Nemzeti Művelődési Intézet, Website: www.nmi.hu



Partners:

Association of Hungarian Folk Artists –
Népművészeti Egyesületek Szövetsége (NESZ)
<https://nesz.hu/english/>

Hungarian Heritage House – Hagyományok Háza
<https://hagyomanyokhaza.hu/en>

Budget / Funding information:

Central government budget

In 2024, the programme's budget was
600.000.000 Hungarian Forints (HUF) (ca.
1,513,739 euros).

Law No. 55 2023 on the 2024 central budget. Act
XX. Ministry of Culture and Innovation chapter,
20/13/1. Support for artistic activities and other
tasks 7. Subtask of additional support for
performing arts organizations

SCOPE	INTERNATIONAL
Implementation period	Starting year: 2021 (in response to the COVID-19 pandemic). Project is still ongoing in 2025.
Target groups	No specific age limit
Cultural fields	Crafts, heritage
Health fields	Well-being of all age groups, active ageing

Keywords:

community culture and education, community activities, knowledge-sharing, inclusion, active participation in culture and heritage, innovative

online approach, reaching out to a wide audience, involving local people, talent care, strengthening identity, creativity, workshop-centredness, access to culture, transnational nature, mental well-being

Description of results:

The ASZAKKÖR programme of the National Institute of Culture was launched in 2021 and has proven to be a great success. By the autumn of 2022, nearly 15,000 people had joined the workshop groups. The number of disciplines has also expanded, including workshops on beaded knitting, paper weaving, regional characteristics of egg painting, candle making, coin collecting, corn husk crafts, macramé, embroidery from Békés County, and quilling, which were launched across the country. In the 2023 programme three new disciplines were introduced: crochet for mothers and babies, natural cosmetics, and frame weaving. By 2024, participants can choose from 22 different disciplines. The newest workshops include intermediate macramé, crochet with cord yarn, and Palóc embroidery.

Research or evaluation:

Evaluation of previous years has proven the success of the initiative. No final evaluation is available yet. Methodological guides for leading workshops and organising exhibitions: <https://aszakkor.hu/szakkorszervezes-modszertana>

Websites:

<https://aszakkor.hu/szakkorok>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

AUFATMEN - SINGING FOR LONG COVID

In a few words:

At the beginning of 2021, Long Covid was only just being recognised in Austria – there were very few specialised clinics or rehabilitation programmes — mainly concentrated in Vienna. Drawing on decades of Singing for Lung Health (SLH) practice and studies, and inspired by the UK's ENO Breathe programme for Long Covid, ARTS for HEALTH AUSTRIA wanted to bring an arts-based breathing and singing approach to Austria—one that offers physical benefits (better breath control, posture, endurance) alongside psychological relief (reduced stress, renewed confidence, and joy).

Professional artists, music therapists, medical partners, and people suffering from Long Covid (Long Covid Austria) initiated “Aufatmen” (Breathing) to offer immediate, low-barrier support combining breathing, singing, and emotional connection.

The objective was to create an evidence-based, artistically high-quality, and safe intervention that bridges the arts, medicine, and music therapy. Another goal was to support the healthcare and care sectors, which were severely overstretched. As artists, the team felt a responsibility to contribute their artistic and arts-for-health know-how to complement medical efforts and relieve some of the burden on health professionals.

By uniting professional singers, vocal coaches, registered music therapists, doctors and by producing inspiring receptive materials recorded in some of Vienna's most beautiful concert and opera venues, Aufatmen provided measurable wellbeing improvements and relief to people with Long Covid—especially those without access to specialised medical care.

Description:

“Aufatmen – Singing for Long Covid” is an arts and health pilot project initiated by ARTS for HEALTH AUSTRIA in cooperation with professional artists, music therapists, medical partners, and Long Covid sufferers (Long Covid Austria) and two social impact startups, ArtWave and Ludwig Med. It was developed in response to the early stage of

Long Covid recognition in Austria (2021), when only a few rehabilitation centres were available, mainly in Vienna. The project aimed to provide accessible, non-medical support for people suffering from breathlessness, fatigue, anxiety, and isolation following COVID-19.

Drawing on the established Singing for Lung Health (SLH) model and inspired by the UK's ENO Breathe programme, Aufatmen combined professional vocal training, music therapy, and scientific monitoring. It offered a six-week hybrid programme with weekly one-hour group sessions (online or in person), complemented by artistically produced videos and audio materials recorded in Vienna's major concert venues (Theater an der Wien, Wiener Konzerthaus, Porgy & Bess). The content was designed to promote breathing control, relaxation, and emotional wellbeing through both active singing and receptive listening.

The project was led by a multidisciplinary team of professional singers (Jennifer Davison, Bea Robein, project leaders), vocal coaches (professional singers and voice instructors Johanna van der Deken and Monica Eröd) registered music therapists, researchers from IMC FH Krems, and pulmonary specialists (Therme Wien Med). Participants (n=45) joined small singing groups, guided through breathing, humming, posture, and gentle vocal exercises, supported by music-therapy interventions in at the beginning and end of the sessions. Clinical data (lung diffusion capacity, respiratory strength) and self-reported wellbeing were collected before and after participation.

Aufatmen represents a novel integrative model that connects arts-based practice, music therapy, and medical science. It was developed not only to support patients but also to relieve pressure on the healthcare system, offering a scalable, joyful, and side-effect-free complement to clinical care. The initiative demonstrates how the arts can play a vital role in post-pandemic recovery, both by improving wellbeing and by bridging the gap between cultural and health sectors.



Project organisers:

ARTS for HEALTH AUSTRIA, NGO
 ArtWave, Start-up in founding
 Ludwig Med, Start-up in founding

Budget / Funding information:

Aufatmen received funding and support for the pilot in 2021 from Stadt Wien; Bundesministerium für Soziales, Gesundheit, Pflege und Konsumentenschutz; Therme Wien Med; Porticus Stiftung, Theater an der Wien; Wiener Konzerthaus; Porgy&Bess; Cape 10, Musikverein Wien, IMC FH Krems. Ongoing funding could not be secured, participants have to pay for the course.

SCOPE	INTERNATIONAL
Implementation period	The pilot project that took place in Vienna/Austria during November/December 2021 and is ongoing until today.
Target groups	People suffering with Long Covid; since November 2024 extended to include people with PVS, including ME-CFS.
Cultural fields	Performing arts, music, participatory/community arts, audiovisual /media arts
Health fields	Management of health, treatment of conditions

Description of results:

The pilot demonstrated significant improvements in subjective wellbeing, including increased joy, energy, and focus, and reduced exhaustion, loneliness, and sadness. While no statistically significant lung-function changes were observed due to small sample size (n=14), there was a trend toward improved gas exchange capacity

(DLCO/KCO), especially in younger participants.

The programme also fostered a strong sense of community, self-efficacy, and renewed confidence in participants' physical and emotional recovery.

Research or evaluation:

A pre-post design was used across the six-week programme. For lung performance, 14 participants were tested at the pulmonary rehab centre Therme Wien Med GmbH within one week before programme start and within one week after completion. To minimise measurement error, all 28 tests were conducted by the same clinician. Assessed parameters were FVC, FEV1, FEV1/FVC, DLCO, KCO, MIP, and MEP (with ≥80% indicating age-appropriate values).

For subjective outcomes, 43 participants provided matched pre/post responses to the Aufatmen Wellbeing Questionnaire (14 repeated items; 4–5 point Likert scales covering mood, energy, focus, exertion, loneliness, and work impact).

Statistics: Tested for normality (Kolmogorov–Smirnov), then used paired t-tests or Wilcoxon tests as appropriate, reporting effect size *r*. Exploring age relationships with Pearson correlations using 1,000-sample bootstrapping.

Findings: There were significant improvements in wellbeing on 10 of 14 items (e.g., more joy and energy; less depression, sadness, loneliness, exhaustion; tasks felt less effortful; better focus). Group-level lung function changes were not statistically significant (n=14), but DLCO and KCO showed positive trends, and younger participants improved more on DLCO.

Websites:

www.aufatmen-austria.eu
www.artsforhealthaustria.eu
www.artwavewellness.com

CREATIVE HEALTHCARE

MEDICAL AND HEALTH HUMANITIES

AWAKE- ARTS & WELLBEING AS A CREATIVE BUSINESS AND FUTURE LIVELIHOOD

Description:

The EU co-funded project aims to explore the intersection of arts and wellbeing from the perspective of creative business and future livelihood.

By spotlighting emerging collaborative practices between arts and wellbeing, the project

- provides valuable educational material (a case book of sustainable business models);
- provides training opportunities (workshops and a bootcamp);
- facilitates a purposeful and diverse round table discussion.

Our goal is to create avenues for entrepreneurial ventures and business prospects within this dynamic field.

Project organisers:

Northern Dimension Partnership on Culture (Latvia), Centrul Cultural Clujean (Cluj Cultural Center, Romania), Lapinlahden Lähde – Centre for Mental Wellbeing, Arts and Culture (Finland), Pôle Culture et Santé Nouvelle Aquitaine (France),

Partners:

Associated partners: Creative Industries Incubator by Investment and Development Agency of Latvia, The Tallinn Business Incubators Foundation (Estonia), Arts & Health Coordination Centre of the Arts Academy at Turku University of Applied Sciences Taikusydan (Finland), National Centre of Expertise for Cultural Education and Amateur Arts (Stichting Kennisinstituut Cultuureducatie en Amateurkunst) (Netherlands) and Pauls Stradiņš Medical History Museum (Latvia)

Budget / Funding information:

Co-funded by European Commission

SCOPE	EUROPEAN
Implementation period	November 2023 -October, 2025
Target groups	all ages
Cultural fields	Design, all cultural fields
Health fields	capacity building of cultural practitioners working/ tending to work in the arts and wellbeing sector

FINLAND, FRANCE, LATVIA, ROMANIA

Keywords:

arts and wellbeing, sustainable creative businesses , cross-sectoral cooperation,

Description of results:

- valuable educational material provided(a case book “Growing a Viable Entrepreneurial Model at the Intersection of the Arts and Wellbeing. Insights from five cases”, comprehensive summary of the masterclasses);

- training opportunities provided (series of masterclasses and a bootcamp);
- two purposeful and diverse round table discussions facilitated.

Research or evaluation:

Casebook “Growing a Viable Entrepreneurial Model at the Intersection of the Arts and Wellbeing. Insights from Five Cases”.

Websites:

<https://ndpculture.org/projects/awake-arts-wellbeing-as-a-creative-business-and-future-livelihood/>

BROADER ARTS & CULTURAL ENGAGEMENT

BALLET STORY - A SENSORY FRIENDLY RELAXED PERFORMANCE



ESTONIA

In a few words:

This is the first theatrical production in Estonia designed to introduce children with autism and intellectual disabilities to the world of theatre. The production has received high praise from parents, who highlight how thoroughly the performance takes children's individual sensitivities into account.

Description:

Educational project Ballet Story - A Sensory Friendly Relaxed Performance is the first theatrical production in Estonia created above all for children with autism or intellectual disability. This performance, intended for those who may find a traditional theatre experience overwhelming or difficult and who benefit from a calmer, more accommodating environment. The audience has expressed deep appreciation for the supportive atmosphere and the rare opportunity to attend a cultural event with their child. For several families, this was the child's first-ever theatre visit, and the positive experience has even sparked a lasting interest in returning to the theatre in the future.

Project organisers:

Estonian National Opera

Partners:

Autism Society of Tallinn and Harju County, Estonian Autism Association

Budget / Funding information:

privat sponsors and theatre's own budget

SCOPE	LOCAL
Implementation period	2024 (ongoing)
Target groups	Children (7-14 y.o), Youth (15-29 y.o)
Cultural fields	Dance, theatre, opera
Health fields	Management of health

Keywords:

ballet, autistic

Websites:

<https://opera.ee/en/staging/tajuleebe-tantsulugu>

BROADER ARTS & CULTURAL ENGAGEMENT

BIG BOOK INITIATION AND THE STORY

In a few words:

As the EU Work Plan for Culture 2023-2026 states under priority B – to which this OMC workgroup is related –, „the participation in culture and cultural heritage, creativity and the arts have a positive impact on people of all ages and backgrounds; it enhances people’s quality of life, and it improves the health and overall well-being of individuals and communities”.

In the library sector, this effect is realised mainly through reading promotion and development programmes. As studies support, regular reading contributes to the prevention of dementia, the reduction of stress, the treatment of depression, increases the level of empathy, and in a broader sense, reading – fostered mainly by libraries – plays a decisive role in employment, the acquisition of individual skills, and success in life.

These reading campaigns help combating loneliness, isolation, exclusion and thus contribute to the prevention of physical and mental illnesses. They serve best practice examples of how access to culture generally contributes to health and well-being.

Description:

In the library sector, reading promotion and development contribute to the prevention of dementia, the reduction of stress, the treatment of depression, increases the level of empathy, and in a broader sense, reading – fostered mainly by libraries – plays a decisive role in employment, the acquisition of individual skills, and success in life.

Public libraries in Hungary – by the Act CXL of 1997 –, are obliged to help library users in acquiring digital literacy and information literacy skills, as well as to help them in the course of lifelong learning. Apart from this, through sharing knowledge, culture and information, they contribute to the enhancement of the quality of life. They contribute to this noble task through various reading development and promotion programmes, thus inclusive programmes for the youth as well as for the elderly people.

In the last couple of years, a number of projects have been launched in order to popularise reading, such as the „Big Book Initiation”, which started in 2015, later on under the name “The Story”, which

ended April 20, 2024. The project, executed by Hungarian county libraries, supported by the National Cultural Fund of Hungary, aims to promote reading among every age group – mainly teenagers – through creative teamgames, and by making books popular that are not required to be read in school.

The National Cultural Fund also provides support for the „National Library Days”, which look back to almost 20 years of history. It is a sequence of cultural events involving lectures, exhibitions, cultural games for Hungarian people, strengthening the local identity of communities, and by this, contributing to mental health goals.

These reading campaigns help combating loneliness, isolation, exclusion and thus contribute to the prevention of physical and mental illnesses.

Project organisers:

Supported by the National Cultural Fund (Nemzeti Kulturális Alap) of Hungary

Executed by Hungarian county libraries: <https://nka.hu/kiemelt-kategoriak/hirek/jot-es-jol-jatszani-tarsasjatek-konyvtar-pedagogia>

Partners:

Bródy Sándor County and City Library, Eger

Information Technology and Library Association in the framework of National Library Days with the participation of Hungarian county libraries.

Budget / Funding information:

National Cultural Fund : 25.000 € (the cost of the gift books, catering service of the awards ceremony, PR, advertising materials, web costs)

SCOPE	NATIONAL
Implementation period	Starting year: “BIG BOOK INITIATION” – 2015, later called “THE STORY” – the programme series ended in 2024.
Target groups	No specific age limit. Focus on teenagers.
Cultural fields	Literature
Health fields	Well-being, prevention



Keywords:

reading campaign, community activities, knowledge-sharing, inclusion, active participation, games advertised on Facebook, innovative online approach, reaching out to a wide audience, access to culture, mental well-being

Description of results:

The Story was a Bridge to Books, Reading Experiences, and to One Another

It was a bridge that led us to new encounters, friendships, and world-changing conversations, as well as to the discovery of ourselves and each other beyond just getting to know books.

The game was targeted at the following age groups:

- Junior age group (10-14 years old)
- Teen age group (14-19 years old)
- Young adults (19-35 years old)
- Family category (at least 1 adult and 1 child)
- Adults (from the age of 35)

Teams applying for the game consisted of a minimum of 2 and a maximum of 5 members.

They selected stories from a curated reading list, the Book Selector, for which they wrote book reviews, as well as completed a creative task, which was also part of the game.

Some of the most exciting creative tasks from previous years included making book trailers, redesigning covers, drawing book maps, creating montages, or even writing the team itself into the chosen book.

Between rounds, participants also took part in Little Book Adventures, and in the Bonus Game they competed for extra points.

At the end of the challenge, the winners in the different categories were rewarded by valuable book packages. Additionally, teams that completed the best creative task and book review received special prizes, which were presented at the festive Closing Ceremony in April 2024 at the Bródy Sándor County and City Library in Eger.

Websites:

<https://www.hungaricana.hu/hu/nka25/konyvtar/nagy-konyves-beavatas>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

BOOK BAG TO EVERY BABY

In a few words:

At Finnish maternity and child health clinics every baby gets a book bag as a gift. “Book bag to every baby” born is a programme with the goal of offering equal opportunities for early reading in all families with babies in Finland. Book bag is given to all the families visiting family health clinics during child’s first year.

Description:

In the programme “Book bag to every baby” families with babies are given a book bag during the maternity and child health clinic examination. The bag contains a novel for babies and a collection of stories for toddlers. In addition to books, a read for children and an invitation card to the library are also packed in the bag. Since 2019, the programme has brought about significant changes in families’ reading habits and increased awareness of the significance of reading.

The goal is to provide book bags to all families regardless their social or economic background. Maternity and child health care centres are free of charge and easy to reach for clients in every municipality in Finland. Their services are widely used and accepted regardless of social class. It’s even obligatory to visit them to receive financial support. That’s why 99,4 % of families use these services. Book bag to every baby born is available in all Finnish municipalities.

“Book bag to every baby” encourages parents to read aloud to the child, which supports the child’s later learning and evens out differences in competence.

Project organisers:

Lukukeskus/The Finnish Reading Center

Partners:

Hjørring Musiske Skole

Budget / Funding information:

The “Book bag to every baby born”-programme since 2019 has been prepared and carried out

with funding provided by the Finnish Cultural Foundation in the amount of 1.2 million euros.

Since 2024 the programme also receives annual state funding.

SCOPE	NATIONAL
Implementation period	Implemented in 2019, ongoing
Target groups	All families with new born babies
Cultural fields	Literature
Health fields	Prevention

Description of results:

The “Book bag to every baby born” programme is the first national book gift programme implemented in Finland that covers the entire age group.

Research or evaluation:

63% of families having received a reading gift for a child book bag said that the book bag had increased their reading of the family; 27% of families said they had started reading after having received a book bag and 36% of families said they had read more than usual. In families where reading had started thanks to a book bag, reading had also become a regular part of everyday life: as many as 77 per cent of these families said that they now read at least once a day.

In total 98% of public health nurses would like to distribute materials and information to support reading in families, and 75% believe that a book bag can have a positive impact on reading habits at home.

According to interviews, parents who received a book bag felt that its contents are high quality, topical, and practical. In particular, many parents mentioned they are reading the book of nursery rhymes every day, and they felt the book bag serves as a good reminder for the importance of reading.



Families also hoped that reading could be added to their child's personal child health care clinic card so reading progress could be monitored at clinic visits.

According to interviews, public health nurses feel that the book bag supports families with their reading habits. It also offers nurses tools to help remind families of the importance of reading on child development.

Public health nurses said the contents of the book bag support language development and serve as

a springboard to reading. It has been easy for the clinics to participate in the campaign, and distributing the bags has been seen as a positive experience.

Websites:

Noget at tale om! - Museet som katalysator for ensomhedsforebyggelse hos ældre, Nordisk Museologi, 2018, 2-3 <https://journals.uio.no/museolog/article/view/6662>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

BORN TO READ

Description:

Joint programme of Ministry of Culture and Media with Ministry of Health, with Croatian Paediatric Society and Croatian Society for Social and Preventive Paediatrics as partners. The programme was presented in 2021 during the National Year of Reading and is being implemented in the framework of the National Strategy of Reading Promotion adopted by the Croatian Government in 2017.

The programme aims to encourage reading from the youngest of age with paediatricians actively involved – during children's check-ups – in promoting the importance of reading, development of reading habits and their benefits for children's overall development, together with librarians and educators. It does so by introducing every parent or guardian to the importance of reading and especially reading aloud. In a total of four check-ups, from six months of age to six or seven years of age (start of elementary school education), the paediatricians will read illustrated books tailored to their age and at the end of the check-ups the parents/guardians are given that same book so they can continue reading it with their children at home.

Reading literacy is one of the key skills for children's health, and the goal of the project is for the promotion of reading to become an integral part of preventive, public health measures.

Over the course of the project, the Ministry of Culture and Media will deliver illustrated books to 249 paediatric practices. The programme is supported and facilitated by 21 county teams, 873 kindergartens and 1127 district kindergarten facilities, 232 libraries, 33 maternity wards, and patronage and volunteer networks.

Project organisers:

Ministry of Culture and Media, Ministry of Health

Partners:

Croatian Pediatric Society, Croatian Society for Social and Preventive Pediatrics



Budget / Funding information:

State budget

SCOPE	NATIONAL
Implementation period	2023-
Target groups	Early age (0-7 y.o)
Cultural fields	Libraries, literature
Health fields	Prevention, health promotion

Keywords:

reading literacy, children, reading habits

Description of results:

The distribution of illustrated books started in 2023; according to 2022 data, there are 249 paediatric offices in Croatia and 36.000 babies are born annually. From 2023 until 2030, the plan is to print and give out around 576.000 books to children and families during check-ups. Included in this initiative are 873 kindergartens and 1127 district kindergarten facilities, 232 libraries and 20 county libraries.

In 2022 (preparatory year) there were 12 in-person workshops for paediatricians, and one held online, with national and international lecturers.

As the project has recently started, the first comprehensive results will be observed in a couple of years.

Websites:

<https://min-kulture.gov.hr/UserDocsImages/dokumenti/203%20-%204%20Nacionalni%20program.pdf> (in Croatian)

BROADER ARTS & CULTURAL ENGAGEMENT

CARE – CULTURE FOR MENTAL HEALTH

📍 AUSTRIA, BELGIUM,
LATVIA, LITHUANIA,
ROMANIA, SLOVENIA

In a few words:

CARE aims to provide both structural and individual solutions by integrating arts and culture into other sectors in order to enhance mental health and well-being across Europe. The project works to strengthen skills in the cultural and other sectors, set up arts and health innovation labs, and share best practices at local, national, and European levels. It also aims to raise awareness and facilitate a deeper understanding on the potential of arts and culture for health and well-being.

Description:

The CARE – Culture for Mental Health project (2024–2027) is an EU-funded initiative that contributes to social transformation through culture. CARE mobilises the potential of arts and cultural experiences to enhance the mental health and well-being of youth, people of working age, and vulnerable communities by scaling up successful intervention models and aiming for structural impact. Building on the legacy of two pioneering initiatives – Art & Well-being and CultureForHealth – which explored the transformative impact of arts and culture on health, CARE advances this agenda by scaling up art and health interventions. The project brings together actors from the cultural, health, social, business, and education sectors to promote cultural participation as a meaningful contributor to mental health and well-being at individual, organisational and community levels. Across its activities and formats, CARE addresses five key thematic areas: (1) culture and youth mental health, (2) culture and work-related well-being, (3) culture on prescription, (4) the well-being of artists, and (5) festival engagement with well-being and health. The project moves forward through three main directions: Learn, Innovate, and Share. The project aims to contribute to: (1) increased capacity of 600 culture and health professionals to engage with art for well-being methods through workshops, mentoring, and trainings; (2) innovative culture based solutions for health and well-being through 3 cross-country social innovation laboratories; (3) raised interest and engagement among culture, health, social, educational, business professionals and decision

makers on cultural well-being across and beyond Europe through 20 advocacy and networking events; (4) improved mental health and well-being through engagement in 100 art activities for cca 1500 participants (including youth, working adults and vulnerable people); (5) increased public awareness on the topic of art and well-being through social media and communication campaigns and (6) increased opportunities for creation and presentation for artists.

Project organisers:

Cluj Cultural Centre

Partners:

European Festival Association, Društvo Asociacija, Culture Action Europe, Northern Dimension Partnership on Culture, Arts for Health Austria, Bozar | Centre for Fine Arts

Budget / Funding information:

Co-financed by the EU's Creative Europe programme with 1 million euros and national funding

SCOPE	INTERNATIONAL
Implementation period	2024-2027
Target groups	Artists, culture, health, social and education professionals and decisionmakers, youth, working adults, people with disabilities and other vulnerable groups
Cultural fields	Various art forms, including dance, music, performing arts, cinema, visual arts, etc
Health fields	Mental health and social well-being, health promotion, prevention and management of health conditions

Keywords:

Youth mental health; Work-related well-being; Cultural accessibility; Cultural Professionals' Well-being; Social Well-being at Festivals

Description of results:

Operating across Europe, CARE engages over 1,500 participants in arts activities, trains 600+ professionals, and reaches an estimated one million people. Through innovation, advocacy, and participatory arts, CARE aspires to leave a lasting impact on European cultural and health policies.

Research or evaluation:

- Research conducted for the pilot projects implemented at the local level to understand the impact of arts on the well-being of target audiences.

- An ongoing project evaluation that assesses both content quality and overall project management.

Websites:

www.culturecares.eu

<https://art-wellbeing.eu/>

<https://www.cultureforhealth.eu/>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

CELEBRATE LIFE (VIER HET LEVEN)

 BELGIUM, FLANDERS

In a few words:

Cultural participation is a basic right and plays an important role in breaking through loneliness. By taking part in cultural activities such as music, theatre, dance, or creative workshops, people come into contact with one another, fostering social connections. These encounters help reduce feelings of isolation and create opportunities for friendship, collaboration, and engagement. In addition, culture offers space for expression and meaning. It helps individuals express themselves, relate to others, and find purpose in their actions—contributing to a sense of self-worth and belonging. Regular participation also introduces structure into daily life, which can serve as an anchor for those with limited social networks. It is important that cultural initiatives are organised in an accessible and inclusive way, ensuring that vulnerable or hard-to-reach groups can also participate. In this way, culture becomes a powerful tool in the fight against loneliness.

Description:

Celebrate Life is an initiative by Cultuurvuur vzw that accompanies older adults to theatre, music, and film performances. Volunteers pick participants up from their homes, attend the event together, and bring them back afterwards. In this way, Celebrate Life makes culture accessible to seniors who are no longer able to participate independently, and contributes to social connection and quality of life. (Following the example of 'Vier het Leven' in the Netherlands.)

Project organisers:

Cultuurvuur vzw

Partners:

Cera Foundation, in collaboration with Vier het Leven Netherlands

Budget / Funding information:

Partly subsidies, partly support from a fund (cera foundation) and donations

SCOPE	REGIONAL
Implementation period	2019 (ongoing)
Target groups	Older people (65+)
Cultural fields	Dance, film, video, museums, music, theatre, opera
Health fields	Health promotion

Keywords:

tackling social isolation and loneliness among the elderly

Description of results:

Celebrate Life is active in 5 regions. In 2025, 4 new regions will be added.

Thanks to the dedication of our volunteers and partners, the initiative enabled 1080 older adults to enjoy 180 cultural outings during the 2024–2025 season, supported by 62 committed volunteers. Together, they make culture accessible and socially engaging.

Celebrate Life has a profound impact on the well-being of older adults by making cultural experiences accessible and meaningful. The initiative:

- Breaks social isolation through warm encounters centred around cultural outings.
- Enhances quality of life by offering shared enjoyment and purposeful daily activities.
- Strengthens self-worth and autonomy, helping older individuals feel seen and included.
- Encourages intergenerational contact through the involvement of dedicated volunteers.
- Bridges culture, care, and community, creating a unique socio-cultural model.

In short, Celebrate Life uses culture as a powerful tool to combat loneliness and foster connection—leaving a lasting impact on both individuals and society.

Websites:

<https://www.4hetleven.be>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

CHILDREN'S MUSEUM OF THE PAULS STRADIŅŠ MEDICINE HISTORY MUSEUM

Description:

Pauls Stradiņš Medicine History Museum has started work on launching the Children's Museum as a contemporary centre for health literacy among school-age youth. Housed in the reconstructed extension of the existing museum building, the upcoming museum will open its doors late in 2027. Entitled 'One Health', the permanent exhibition of the Children's Museum will examine health as an element uniting humans and ecosystems.

Project organisers:

Pauls Stradiņš Medicine History Museum

Partners:

Ministry of Health of the Republic of Latvia, School "Domdaris", Association "Collective", Children's Clinical University Hospital, Medical Museum Support Fund Society

Budget / Funding information:

Ministry of Health of the Republic of Latvia, ESF Plus

SCOPE	NATIONAL
Implementation period	(2023-2027)
Target groups	Children (7-14 y.o)
Cultural fields	Architecture, design, museums
Health fields	Prevention, health promotion



LATVIA

Keywords:

children, health literacy, care, one health

Description of results:

At the end of the challenge, the winners in the different categories were rewarded by valuable book packages. Additionally, teams that completed the best creative task and book review received special prizes, which were presented at the festive Closing Ceremony in April 2024 at the Bródy Sándor County and City Library in Eger.

Research or evaluation:

Not yet, as the museum is a work in progress

Websites:

<https://mvm.lv/en/children-s-museum/about-children-s-museum>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

CLOWN DOCTORS - RED NOSES



SLOVAKIA

Description:

Medical clowns started in 2024 to regularly visit adult psychiatric patients of the Psychiatric Clinic of the LF UK and UNB in Bratislava. The idea of supporting therapy with clown humour appealed to the head of the clinic doc. MUDr. Ľubomíra Izáková, PhD. and at her instigation, clown visits started and the clowns became part of a multidisciplinary team that tries to restore health to patients with mental disorders.

The second part of the programme is visits to adult oncology patients. Humour and laughter are essential in this department. Clowns equipped with a huge amount of empathy go once a year to hospitals all over Slovakia. They try to support the patients, their loved ones and the staff in a difficult battle. Clowns choose topics very sensitively so that patients can think about joyful and banal things in life. Sometimes they can't even avoid tears, which can bring them relief and create space for a smile. It is important that they are able to laugh even with difficult diagnoses. That good feeling then often lasts the rest of the day and sometimes even longer.

Project organisers:

Red Nose

Partners:

Head of the Psychiatric Clinic LFUK - Lubomira Izakova

Budget / Funding information:

NGO

SCOPE	LOCAL
Implementation period	2024 - open
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Music, theatre, opera
Health fields	Prevention, health promotion

Keywords:

laughter relief

Description of results:

The fact that hospitals opened their doors gave project a chance to build a reputation among the medical staff and hospital management as a professional partner who forms an important part of the treatment process

Websites:

<https://www.cervenynos.sk/programy/pre-dospelych>

BROADER ARTS & CULTURAL ENGAGEMENT

CLUB 60+

Description:

With average life expectancy for 65-year-olds today at nearly 20 additional years, people are living well into their 80s and beyond. Many will remain active and healthy. While physical flexibility does diminish with age, practical knowledge and wisdom are likely to increase. Older adults not only possess an enhanced ability to navigate the important challenges of social life, but they can contribute significantly to the social and cultural realm by sharing their role in culture and also sharing stories. Throughout the ageing process, the arts can play a vital role. Participation in the arts stimulates the senses, enlivens individuals mentally and emotionally and promotes physical and cognitive health. The arts provide opportunities for healing, self-expression and learning amid physiological, cognitive and social losses. The arts not only help maintain and form social bonds that inspire creativity but can also aid in health and well-being as well as provide a safe space for learning.

Thus, Kažin 60+ was born. For the pilot project, Teatru Malta in collaboration with the Active Ageing Department provided a space where, over the period of a year, older adults aged 60+ met on a bi-monthly basis to take part in theatre sessions. These sessions aimed to inspire creativity, hone existing drama and theatre skills, offer participants new tools to become better actors, and to hark back to a time of play, giving older adults the opportunity to have fun on a social level and to improve their holistic well-being.

Run by seasoned theatre practitioner, Charlotte Stafrace (Grech), Kažin 60+ brought together a group of creatives from all walks of life. The participants learned improvisation skills and games relating to theatre genres, improved their vocal techniques, were encouraged to write poems/monologues, read through texts, moved around in order to find a new lightness, and shared their life experiences through stories in a spirit of fun. Research in ageing shows that the brain has plasticity and develops continually in response to experiences and learning as long as it receives proper stimulation.

From the first moment that the lively group of participants walked into their audition back in

September 2021, Kažin 60+ witnessed a sense of growth and desire for further self-expression, enhanced by the social aspects of Kažin 60+. Moreover, this programme encouraged and challenged older adults to get involved not just as viewers or audience members, but also as creators.

The Ministry for Active Ageing and Community Care continues to build on the core concept involved here, and to collaborate with various key players (including the regional councils and Arts Council Malta), championing the arts as a creative way for seniors to manage pain and stress and deal with memory loss. Studies have found that seniors who do art have fewer doctor's visits, better physical health, and require less medication. They also fall less frequently. One study connected art to decreased rates of loneliness and depression, along with better hand dexterity and higher morale.

Project organisers:

Teatru Malta, in collaboration with seasoned artists Charlotte Grech and Josette Ciappara, and with the Ministry of Active Ageing

Partners:

Seasoned artists Charlotte Stafrace (Grech) and Josette Ciappara

Budget / Funding information:

Teatru Malta, Arts Council Malta

SCOPE	NATIONAL
Implementation period	Pilot project: 2021–2022
Target groups	Older people (65+)
Cultural fields	Theatre, opera, writing, movement
Health fields	Active ageing and well-being

Keywords:

Active ageing, creativity, experience, improvisation, learning, participation, physical and cognitive health, poetry, self-expression, storytelling, theatre, workshops



Description of results:

Further to the pilot project, the Ministry for Active Ageing and Community Care continues to build on the core concept involved here, and to collaborate with various key players (including the regional councils and with Arts Council Malta), championing the arts as a creative way for seniors to manage pain and stress and deal with memory loss.

Throughout the journey, different players have approached the project in different ways, focusing on specific elements of the practice. In this regard the main challenge is to nurture the focus on the participatory creative process and on health and well-being, rather than having these elements overshadowed by a greater focus on the outcome.

Websites:

<https://teatrumalta.org.mt/guest-post-the-origins-of-kazin-60-by-charlotte-stafrace/?lang=en>

<https://www.facebook.com/search/top?q=ka%C5%BCin%2060%2B>

Kažin Sittin+ - Reġjun Lvant (regjunlvant.com)

<https://www.regjunlvant.com/eroc-events/upcoming-eroc-events/kazin-sittin>

https://teatrumalta.org.mt/wp-content/uploads/2024/05/TM_RBGH-SJF24_Programme-EN.pdf

<https://timesofmalta.com/article/what-malta-gozo-week-november-26-december-3-2023.1068516>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

CORDAAN ARTS AND CARE PROGRAMME

In a few words:

Cordaan believes that art and care can be inextricably linked to improve the well-being and quality of life of their clients. This means delivering care that is not only functional but also contributes to social innovation and a human-centred care practice. Cordaan provides short-term and long-term care to 23,000 people every year. The organisation operates 120 sites in Amsterdam, Diemen, Huizen and Nieuw-Vennep. Sixty home care teams are active in Amsterdam and Diemen. The organisation has more than 6,300 employees, 2,000 volunteers and works closely with informal caregivers, other healthcare professionals, research institutions and civil society organisations.

Description:

Cordaan aims not just to fulfil care needs, but also to help people lead meaningful lives – a need that can be particularly well addressed through art and culture. Cordaan endorses the results of research by organisations including the WHO (2019)*, which show that art helps people lead meaningful lives, improves quality of life and that taking part in participatory art programmes helps clients play a more active role in community life in Amsterdam.

In recent years, various successful initiatives have been launched that actively involve Cordaan's clients, their families and staff in art and culture. These participatory art programmes are developed and offered based on demand to promote mental and physical health. In 2020, the cross-domain Arts and Care programme was initiated and embraced by the Executive Board. Over the past few years, more than 100 different projects and participatory art programmes have been successfully co-created and developed. These involved collaboration with around 80 external partners, 70 individual artists from the city and around 70 internal Cordaan sites.

In 2024, a partnership was launched with the Erasmus School of Health Policy & Management (ESPHM), the Museum of the Mind and Extraordinary Chair of Art and Care, held by Professor of Art and Care, Tineke Abma, to

develop a Knowledge Centre for Arts & Care. Since September 2024, an academic chair in Arts and Care has been affiliated with this initiative, with the aim of creating a healthy, stable infrastructure for cross-sectoral collaboration between art, culture, care and welfare.

Through the Arts and Care programme, Cordaan places great value on (and acts according to) the following core principles: connecting through being Inclusive, Innovative, Interactive, Interdisciplinary and full of Inspiration.

Project organisers:

Cordaan

Budget / Funding information:

Unclear, but partly ZonMw Programme Arts and Culture in Long-term Care

SCOPE	LOCAL
Target groups	No specific age limit
Cultural fields	Dance, heritage, literature, museums, music, theatre, opera, visual arts
Health fields	Prevention, health promotion

Description of results:

Arts and Care programme best practices

Substitution: Art and culture can be used to effectively and efficiently identify and solve problems. In the context of Arts and Care, this means finding creative artistic interventions – a form of substitution – that contribute to the well-being of clients. The Cordaan Mobile Arts Team (AKC) is a good example of this.

The AKC is an arts and culture intervention aimed at older adults living at home with WLZ (Long-Term Care Act) or WMO (Social Support Act) status. Care professionals refer clients who are no longer able to participate in regular daytime activities to the AKC. Together with an AKC artist, they work on a self-chosen personal development goal (e.g. being able to visit a museum again, writing their life story as a series of narratives,

THE NETHERLANDS

creating a number of artworks and exhibiting them in the neighbourhood) in a creative and artistic way.

Clients have reported several positive outcomes, including feeling challenged, that they have been approached in a positive way, being able to participate, feeling good about themselves and truly being seen and heard. This leads to activation: the curtains in the client's home are opened again, the day gains meaningful structure and a healthy day-night rhythm is encouraged. Art projects motivate people to participate and feel engaged with their own care process and community, which fosters connections. By offering alternative forms of care through the Arts and Care programme, Cordaan reduces pressure on regular and traditional care professionals. New target groups of potential employees bring additional expertise and help us create a diverse and skilled team. Art professionals bring new perspectives and skills that enhance the quality of care.

Social Innovation:

Art and culture bring innovations that contribute to social change and improvement. Art can be a powerful means of realising social innovation by bringing people together, promoting inclusion and creating new ways of interaction and support within and beyond Cordaan. It opens up broader perspectives for all involved, creates an 'open space' and stimulates the capacity to learn and see things differently through diversity.

A great example is the 'Through Art We Care' open studio established in collaboration with the Framer Framed arts platform. Framer Framed and Cordaan have worked closely together since 2022. Their shared goal is to make the open studio a place that promotes change, empowerment and mental well-being through artistic practice while building a community. Participants meet weekly and take part in workshops to explore various art forms and further professionalise their existing practice.

Co-creation:

Collaboration in which everyone contributes based on their own expertise promotes equality, inclusion and reciprocal participation. In Arts and Care, this means that clients, care providers, artists and cultural institutions work together on projects that improve health and well-being. In these projects, the process is more important than the end result.

For people with intellectual disabilities, Cordaan offers two locations where skills and talents in the performing and visual arts can be further developed: Theater LeBelle and the Outsider Art Gallery & Studio.

Theater LeBelle is a theatre workshop where participants work throughout the week on theatrical and employability skills. The performers (clients) work together with cultural partners from the city of Amsterdam to develop workshops, new theatre and dance concepts and productions. Examples include Het Portret in partnership with Internationaal Theater Amsterdam and Frascati's The Untold City programme series.

At the Outsider Art Studio, outsider artists work daily on their art and on further developing and professionalising their practice guided by professional artists and teachers. The studio uses structured learning pathways in graphic design and art & design disciplines. The gallery hosts rotating exhibitions of outsider art. In 2024, outsider artist Desmond Tjonakoy was one of the winners of the prestigious European Art Award (EUWARD 9).

Research or evaluation:

Reference: Fancourt, D., & Finn, S. (2019). WHO Health Evidence Synthesis Report – Cultural Contexts of Health: The role of the arts in improving health and well-being in the WHO European Region. Link to report: <http://www.euro.who.int/en/publications/abstracts/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review-2019>

Websites:

Ambulant Kunstteam Cordaan — Cordaan & https://youtu.be/bLq7zIRKtBM?si=fkj49zLDYb04_LuW

Het Open Atelier — Cordaan & Framer Framed <https://youtu.be/6-mnoy-22uE?si=w6XDyNbvQNk8ybqA>

Theater LeBelle — Cordaan & Outsider Art Ateliers — Cordaan & Home - Outsider Art Galerie: <https://youtu.be/YSpJsm4WHMU?si=EgiYv-3eyM3-EgUF>

<https://www.cordaan.nl/algemeen/over-cordaan/kunst-en-zorg>

CREATIVE HEALTHCARE

MEDICAL AND HEALTH HUMANITIES

CREAHM

Description:

Créahm is an association dedicated to revealing and showcasing art forms produced by mentally handicapped people. To achieve this, Créahm has set up creative workshops led by practitioners in the plastic and performing arts, thus placing its project within a fully artistic, rather than therapeutic or occupational, framework.

Project organisers:

CREAHM

Partners:

Fédération Wallonie-Bruxelles, AVIQ, Service Publics de Wallonie

Budget / Funding information:

ASBL-Public

 BELGIUM

SCOPE	REGIONAL
Implementation period	1979
Target groups	All
Cultural fields	All cultural and creative activities
Health fields	Treatment of conditions

Keywords:

Handicap mental

Description of results:

Quantitative evaluations and customer satisfaction analyses.

Websites:

<https://creahm.be>

BROADER ARTS & CULTURAL ENGAGEMENT

CREATIVE STUDIOS



BELGIUM

In a few words:

Creative studios allow low threshold access to creative activities. By bringing people closer to a creative form of expression, the creative studios contribute amongst others to the well-being of the participants.

Description:

Creative studios are permanent structures offering numerous workshops in a wide range of creative and cultural disciplines. They are open to people of all ages and backgrounds, and develop their activities in line with the social, economic and cultural context of the populations concerned.

Through creative approaches and a link with their environment, they carry out socio-artistic and civic expression projects.

With their low-threshold approach, the creative studios appeal to all sections of the population and thus also manage to mobilise marginalised groups that are far removed from culture. By bringing people closer to a creative form of expression, the creative studios also contribute to the well-being of the participants.

Project organisers:

Ministry of the German-speaking Community - Department of Culture

Partners:

Cultural animators, cultural and creative sectors, artists, civil society organisations.

Budget / Funding information:

Budget of the German-speaking Community (Minister for Culture is the minister responsible)

SCOPE	REGIONAL
Implementation period	Ongoing project
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Crafts, dance, design, film, video, literature, multimedia, new media, digital, music, visual arts, writing, circus and street arts
Health fields	Prevention, health promotion

Keywords:

creative form of expression ; well-being

Description of results:

Quantitative evaluations and customer satisfaction analyses

Websites:

[Ostbelgien Live - Kreative Ateliers und Fachateliers](#)

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

CREATIVELY ME : RECOVERING MYSELF FROM MY EATING DISORDER THROUGH DRAMATHERAPY

Description:

Through the project, Kenn Għal Saħħtek centre for the treatment of eating disorders and obesity sought to further support the healing process of patients through engagement in weekly dramatherapy (groups/ individual sessions). An event was also be organised to increase public and professional awareness of the role of arts therapies in the recovery process of people with eating disorders.

Project organisers:

Dar Kenn Għal Saħħtek centre for the treatment of eating disorders and obesity

Partners:

The project was led by dramatherapist Dr Lou Ghirlando

Budget / Funding information:

Il-Premju tal-President għall-Kreattività (President's Award for Creativity, managed jointly by the Office of the President and Arts Council Malta)

SCOPE	LOCAL
Implementation period	2018–2020
Target groups	no specific age limit
Cultural fields	Dramatherapy
Health fields	Management of health, treatment of conditions

Keywords:

Day care; eating disorders; holistic; obesity; out-patient; residential; supporting the healing process; well-being



Description of results:

Drama therapy group sessions were held till December (ie: during the first year of our project). Due to change in group dynamics (more minors being admitted as residential users), it was agreed between multidisciplinary team of healthcare professionals including Ms Lou Ghirlando (Dramatherapist – project leader), that all clients would benefit more from individual sessions rather than groups. It was also agreed that parent interventions were to be taken care of by the leading managing psychologist, due to the sensitivity of referred cases. A national workshop promoted and scheduled for the 7th December 2018 was postponed for May 2019, in view of a low take up. An Information leaflet was prepared.

Websites:

<https://dks.org.mt>

<https://artscouncilmalta.gov.mt/projects/creatively-me-recovering-myself-from-my-eating-disorder-through-dramatherapy>

BROADER ARTS & CULTURAL ENGAGEMENT

CULTURAL & HEALTH INITIATIVES AT FREDERIKSBERG MUSEUMS



DENMARK

In a few words:

To enhance the well-being and social inclusion of vulnerable individuals, particularly the elderly, through culturally enriching activities that promote mental health, reduce isolation, and foster community connections.

Description:

Frederiksberg Museerne encompasses four distinct museums: Bakkehuset, Cisternerne, STORM, and Møstings. Collectively, they offer a diverse range of cultural experiences, including music, art, theatre, and literature. Recognising the therapeutic potential of culture, the museums have developed a comprehensive suite of programmes aimed at promoting health and well-being among socially isolated and vulnerable groups.

Key initiatives include:

- **Network Groups for Seniors:** Facilitated weekly gatherings where participants engage with museum collections, share personal stories, and plan communal activities like shared meals. These groups aim to combat loneliness and build lasting social bonds.
- **Cultural Walks:** Organised walks that combine local history with light physical activity, providing participants with both cultural enrichment and social interaction.
- **Memory and Culture Boxes:** Developed in collaboration with individuals affected by dementia, these boxes contain items that stimulate reminiscence and conversation, serving as tools for caregivers and activity centres.
- **Slow Looking Sessions:** Mindfulness-based sessions focusing on detailed observation of artworks, promoting relaxation and stress reduction.

These programmes are designed with flexibility to accommodate individuals with various needs, including those with anxiety, stress, or mobility challenges. Many activities are offered outside regular hours to ensure a comfortable and accessible environment.

Frederiksberg Museerne collaborates closely with social and health sectors, ensuring that cultural activities are integrated into broader health promotion strategies. The museums also provide training and resources for caregivers and students in the social and health fields, emphasizing the value of cultural engagement in care practices.

Project organisers:

Frederiksbergmuseerne

Partners:

Frederiksberg Municipality and various local health and social organizations

Budget / Funding information:

The initiatives are supported through a combination of municipal funding and grants from various foundations. For instance, a recent donation of DKK 3.2 million from Augustinus Fonden, TrygFonden, and Susanna and Pouline Olesens Fond is being utilised to develop a nationwide model for integrating cultural and health initiatives.

SCOPE	LOCAL
Implementation period	Ongoing since over 10 years
Target groups	Elderly individuals experiencing social isolation People with mental health challenges Caregivers and students in the social and health sectors
Cultural fields	Art, music, literature, theatre
Health fields	Mental health

Description of results:

Participants have reported increased social interaction, reduced feelings of loneliness, and improved mental well-being. The programmes have also facilitated the development of new social networks and provided meaningful

engagement for individuals who might otherwise be isolated. Feedback indicates that activities like the cultural walks and network groups have been particularly effective in fostering a sense of community and belonging.

Research or evaluation:

The programmes are continuously evaluated to assess their impact on participants' well-being and social inclusion. Findings from these evaluations are used to refine and improve the initiatives, ensuring they meet the evolving needs of the target groups.

Websites:

Frederiksbergmuseerne – Kultur & Sundhed

<https://www.slowartday.com/mindfulness-and-music-in-copenhagen/>

<https://sundeborgere.dk/case/netvaerksgrupper-for-socialt-isolerede-aeldre>

<https://sundeborgere.dk/case/sociale-kulturelle-vandringer-for-saarbare-aeldre>

The Art Engager, episode 121 <https://podcast.artengager.com/episode/see-listen-talk-slow-looking-approaches-for-vulnerable-audiences>

Noget at tale om! - Museet som katalysator for ensomhedsforebyggelse hos ældre, Nordisk Museologi, 2018, 2-3 <https://journals.uio.no/museolog/article/view/6662>

Museer som trivselsrum, Slow Looking og Visible Thinking: <https://www.magasinetmuseum.dk/museer-som-trivselsrum-slow-looking-og-visible-thinking>

Aktionsgruppe efterlyser nytænkning: Vil vi udnytte kulturens og naturens potentiale til sundhed? Kulturmonitor · 6. maj 2022 <https://kulturmonitor.dk/debat/art8758450/Vil-vi-udnytte-kulturens-og-naturens-potentiale-til-sundhed>

BROADER ARTS & CULTURAL ENGAGEMENT

CULTURAL WELLBEING RESEARCH AND EDUCATION CENTRE CUWERE



FINLAND

In a few words:

CuWeRE develops and renews the multidisciplinary field related to creativity, arts, health and wellbeing in Finland. CuWeRe want to create a multidisciplinary society-permeating cultural well-being field that draws from knowledge and research-based understanding.

Description:

The Centre is focused on advancing the research-basis for the field and quality of higher education. CuWeRE was established by the Helsinki Metropolia University of Applied Sciences and the University of Jyväskylä in 2023.

CuWeRE promotes cultural well-being in communities and society from a holistic perspective. By consciously paying attention to the perspectives of creative and artistic activity and expression in everyday life, opportunity is given for new ways of being, community, and experiences of becoming part in something bigger.

Project organisers:

Metropolia University of Applied Sciences
Jyväskylä University

Budget / Funding information:

N/A

SCOPE	REGIONAL
Implementation period	ongoing
Cultural fields	All fields
Health fields	All fields

Websites:

Aktionsgruppe efterlyser nytænkning: Vil vi udnytte kulturens og naturens potentiale til sundhed? Kulturmonitor · 6. maj 2022 <https://kulturmonitor.dk/debat/art8758450/Vil-vi-udnytte-kulturens-og-naturens-potentiale-til-sundhed>

BROADER ARTS & CULTURAL ENGAGEMENT

CULTUREANDHEALTH PLATFORM

In a few words:

The CultureAndHealth Platform is a four-year initiative funded by the European Union's Creative Europe programme, supporting over 200 emerging European artists working at the intersection of culture, health, care, education and the social sector. Through grants, mobility opportunities, networking and increased visibility, the CultureAndHealth Platform highlights the vital role of culture in fostering health, well-being and social innovation across Europe. It also offers free, open-to-all online capacity-building sessions, webinars and artists' roundtables, and organises large-scale showcasing events in Finland, Austria, Romania and Belgium.

Description:

The CultureAndHealth Platform is a four-year initiative established with support from the European Union's Creative Europe Platform funding, dedicated to strengthening the connection between arts, culture and health across Europe. The Platform supports over 200 emerging European artists whose work sits at the intersection of culture, health, care, education and the social sector, offering them grants, mobility opportunities, networking and international visibility. In doing so, it builds a bridge between the cultural sector and the health, care, social and education sectors, positioning artists as active contributors to health, well-being and social innovation rather than as peripheral to it.

The CultureAndHealth Platform's objectives are to:

- Support, promote, enable mobility and give international visibility to emerging European artists working on the intersection of the cultural, health, care and social sectors.
- Develop, nurture and build the capacities of emerging European artists working across these sectors, and enable their networking with peers, institutions and professionals.
- Showcase the work of emerging European artists working at this intersection, giving their practice a platform in front of new audiences and sectors.
- Raise awareness and facilitate a deeper understanding of the potential of arts and culture for health and well-being across the cultural, social, health and educational

sectors, through targeted "open for all" online information sessions and webinars, as well as large-scale showcasing events and conferences held in four countries.

- Improve access to, and participation in, cultural events and activities, and enhance audience engagement — including among vulnerable and marginalised populations.

To achieve these aims, the Platform combines direct support to artists with wider capacity-building and advocacy work. Grants and mobility schemes allow emerging artists to develop and present their work internationally, while free online capacity-building sessions and artist roundtables — open to artists, cultural professionals, and health and social sector practitioners alike — build skills and foster exchange across disciplines. Large-scale showcasing events and conferences in four European countries bring this work into public view, creating space for dialogue between artists, health and social care professionals, policymakers and audiences.

Project organisers:

Culture Action Europe

Partners:

European Regional and Local Health Authorities ASBL, ARTS for HEALTH AUSTRIA, Pôle Culture & Santé en Nouvelle Aquitaine, Kompetenscentrum för kultur och hälsa, Cavan Country Council for Cavan Monaghan Art and Health, Healing Culture Network e.V. in cooperation with HumaQ, Turku University in Applied Sciences, Cluj Cultural Centre, Društvo Asociacija, Northern Dimension Partnership on Culture, RED NOSES International, Associazione Culturale Oltre. APS, ARC Research & Consultancy, Arts Council Malta, Kunstloc Brabant, PASMO Social Resilience Institute, Cultura en Vena

The platform grows by one partner each year. As we are currently in the second year, two more organisations will join.

Budget / Funding information:

Co-financed by the EU's Creative Europe programme with 2,8 million euros and national funding

📍 AUSTRIA, BELGIUM, FINLAND, FRANCE, GERMANY, ITALY, IRELAND, LATVIA, MALTA, NETHERLANDS, POLAND, ROMANIA, SLOVENIA, SPAIN, SWEDEN

SCOPE	INTERNATIONAL
Implementation period	2024-2028
Target groups	Artists, culture, health, social and education professionals and decisionmakers, youth, working adults, people with disabilities and other vulnerable groups
Cultural fields	Various art forms, including dance, music, performing arts, cinema, visual arts, etc
Health fields	Mental health and social well-being, health promotion, prevention and management of health conditions

Keywords:

Youth mental health; Work-related well-being; Cultural accessibility; Cultural Professionals' Well-being; Social Well-being at Festivals

Description of results:

Operating across Europe, CARE engages over 1,500 participants in arts activities, trains 600+ professionals, and reaches an estimated one million people. Through innovation, advocacy, and participatory arts, CARE aspires to leave a lasting impact on European cultural and health policies.

Research or evaluation:

- All artist-led projects are evaluated by the beneficiaries, wherever possible, as well as by the artists themselves, ensuring that feedback is gathered from both those receiving and those delivering the work.
- Yearly evaluations involving all project partners ensure that everyone is aligned on progress, shared learnings, and priorities for the year ahead — allowing the Platform to adapt and improve continuously based on what is and isn't working on the ground.

Websites:

www.cultureandhealth.eu

www.cultureforhealth.eu

BROADER ARTS & CULTURAL ENGAGEMENT

CULTURE GOES TO SCHOOL

In a few words:

The main aim was to promote and enable cultural participation as early and as widely as possible and hereby increasing mental well-being of the target groups.

Description:

“Kultur macht Schule” is a funding programme of the Ministry on the subject of cultural education. The programme is aimed at nursery, primary, secondary and special schools. Every year in August, a new catalogue is published with the programme for the coming school year. Schools are free to choose from this catalogue. The programme is free of charge for the schools (and their pupils), as the costs are covered by the Ministry (Department of Culture). The aim is to ensure that children and young people are regularly exposed to culture as early as possible. All activities are prepared and followed up within an educational purpose/context.

The Kultur macht Schule programme also includes specific projects aimed at the mental health of children and young people.

Project organisers:

Ministry of the German-speaking Community - Department of Culture

Partners:

Schools, Cultural and creative sectors, artists...

Budget / Funding information:

Public funding - Budget for Culture of the German-speaking Community of Belgium

SCOPE	REGIONAL
Implementation period	Ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o)

SCOPE	REGIONAL
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts, for Kultur macht Schule, projects of all kinds of cultural activities
Health fields	Prevention, health promotion, management of health

**Keywords:**

Addressing and improving the mental health of children and young people through cultural projects and creativity in a school context in partnership with the cultural and creative sector.

Description of results:

An internal evaluation takes place every year. This is primarily of a quantitative nature. This means that all pupils and all schools in the German-speaking Community are reached by the project and, for example, that all pupils have taken part in at least one cultural project in a school year (which, as already mentioned, is also pedagogically prepared and followed up).

Research or evaluation:

An internal evaluation takes place every year. This is primarily of a quantitative nature. This means that all pupils and all schools in the German-speaking Community are reached by the project and, for example, that all pupils have taken part in at least one cultural project in a school year (which, as already mentioned, is also pedagogically prepared and followed up).

Websites:

<https://ostbelgienbildung.be/desktopdefault.aspx/tabid-3964>

TARGETED INTERVENTIONS

PARTICIPATORY ART PROGRAMMES IN HEALTH AND WELL-BEING

CULTURE HELPS

📍 UKRAINE, GERMANY

In a few words:

“Culture Helps / Культура допомагає” is an EU co-funded project aimed at assisting people who have been forced to move to safer regions of Ukraine or abroad because of the Russian invasion of Ukraine. The project provides grant support to cultural managers and organisations that help displaced people integrate into new communities through culture. “Culture Helps” focus on (displaced) cultural professionals and organisations that can enable this process. Implemented by [Insha Osvita](#) (UA) and [zusa](#) (DE).

Description:

Culture cannot stop the war, but it can help heal and create visions for the post-war future. This project aimed to help people from Ukraine, displaced by war – either inside Ukraine or fleeing to European countries – to express themselves culturally and to integrate into their new communities through cultural participation. Specifically, it supported Ukrainian cultural professionals to find the way back to cultural practice and to integrate into host communities through artistic work and community art.

The project aims to improve the skills of cultural professionals and organisations focusing on integration through culture and working with people affected by war trauma, as well as promoting networking and cohesion among displaced cultural professionals in Ukraine and abroad.

Project organisers:

Insha Osvita (UA) and zusa (DE).

Budget / Funding information:

Funded by the EU Creative Europe programme

SCOPE	REGIONAL
Implementation period	2023-2025
Target groups	Primary: Ukrainian cultural professionals; Ukrainian and European cultural organisations
Cultural fields	All cultural sectors
Health fields	Mental and emotional well-being

Keywords: Culture and war ; Refugee integration through culture ; Artists’ mental well-being

Description of results:

The project offered three-level grant schemes within two years:

- **200 Individual grants** of up to €1.000 for cultural professionals who work with displaced communities mostly on a volunteer basis and need financial and mental health support, particularly in Ukraine and neighboring [Creative Europe countries](#) (all EU Member States as well as certain non-EU countries). The focus of this grant is on supporting the mental well-being of individual Ukrainians in Ukraine and in exile who fled to countries participating in the EU’s Creative Europe programme.
- **80 Project grants** of up to €5.000 for organisations based in Ukraine and other Creative Europe countries (all EU Member States as well as [certain non-EU countries](#)) These organisations worked on cultural initiatives that help to integrate people (specifically families and children), who were forced to leave their homes because of the war in Ukraine, into a new context and local communities.
- **30 Collaboration grants** of up to €40.000 that each supported an international partnership of 2 or 3 organisations from Creative Europe countries (all EU Member States as well as certain non-EU countries) and Ukraine to develop joint international projects. The focus was on initiatives that help to integrate people, who were forced to leave

their homes because of the war, specifically families and children, into a new context and local communities.

The project also included the **development of a Toolkit** on cultural work and social issues of integration of mental health awareness into cultural activities and working with people psychologically affected by war, and 6

webinars on how to implement the tools and methods from toolkit in cultural practice.

Websites:

Culture Helps /_Культура допомагає

<https://zusaculture.org/our-work/culture-helps/>

<https://insha-osvita.org/en/>

<https://zusaculture.org/>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

CULTURE IN VEIN



SPAIN

In a few words:

The organization has agreements with the main regional health services in Spain. Culture in vein collaborates with leading national institutions in both the public and private sectors, spanning cultural, healthcare, academic, and business fields. In 2024, Culture in vein presents “Culture and health, a call to integrate the arts into public health Manifesto”

Description:

Culture in vein is a non-profit, leading organization in Spain working to connect arts and health. It pursue a simultaneous systemic change in both the cultural and health sectors. Its work focuses on health prevention and promotion, as well as disease management and treatment.

Programmes:

- Musicians in residence: live music in hospitals
- Ambulatory Art: Exhibitions and Cultural Mediation_Hospitals
- Arts & Health: Annual Exhibition & Conference
- Small Patients, Great Readers
- Writing Incentive Programme for paediatric patients
- Once upon a Voice: Storytelling for paediatric patients
- Vulnera: Cultural Experiences for Healthcare Professionals

Project organisers:

Culture in vein

Budget / Funding information:

Foundation Culture en vena / non profit organization.

SCOPE	NATIONAL
Implementation period	2019-ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
m	Literature, museums, music
Health fields	Prevention, health promotion, managment of health, treatment of conditions

Keywords:

music, arts, hospitals, healthcare settings, museums

Description of results:

The studies about the impact of music in hospitals, began in 2016 and concluded in June 2019 were designed and carried out by different principal investigators at Hospital 12 de Octubre. The clinical studies employed a case study and control group approach. Since then, the data have been used and results analysed for their presentation and publication by Cultura en Vena as from June 2022. The foundation will then roll out and implement the Musicians In Residence (MIR) project in hospitals. The completed surveys reveal very high levels of satisfaction among patients, relatives and healthcare personnel with respect to the presence of live music in all the units where the studies were carried out. In all cases, the average levels of acceptance and desire for live music to continue within the different departments are close to 90%.

https://culturaenvena.org/mir/wp-content/uploads/2023/01/Libro-blanco-MIR_CeV-INGLES.pdf

Research or evaluation:

<https://www.culturaenvena.org/equipo-de-investigacion>

Websites:

<https://www.culturaenvena.org>

https://www.culturaenvena.org/wp-content/uploads/2024/11/Cultura-en-Vena_Dossier_ENG.pdf

<https://www.culturaenvena.org/wp-content/uploads/2024/10/Manifiesto-Cultura-en-Vena.pdf>

<https://culturaenvena.org/mir/en/seven-clinical-studies>

TARGETED INTERVENTIONS

ARTS ON PRESCRIPTION

CULTURE VITAMINS – ARTS ON PRESCRIPTION



DENMARK

In a few words:

To improve mental health and well-being among adults experiencing mild to moderate stress, anxiety, depression, or social isolation by engaging them in structured cultural activities.

Description:

Culture Vitamins is a Danish adaptation of the UK's "Arts on Prescription" model. Initiated in 2016, the programme offers participants a series of cultural activities, including group singing, museum visits, nature experiences and creative workshops, over a 10-week period. The programme aims to reduce symptoms of mental distress and enhance participants' quality of life. It has been implemented in several municipalities, including Aalborg, Silkeborg, nine municipalities on Funen, Ishøj, Rødovre etc. Participants are referred by social or healthcare professionals or job centres and engage in activities designed to foster artistic participation, social connection, knowledge about cultural possibilities and personal expression.

Project organisers:

Aalborg Municipality, Silkeborg Municipality, Ishøj Municipality, Rødovre Municipality, Culture Region Funen, Sønderborg Municipality, University of Southern Denmark

Budget / Funding information:

Partially funded by the Danish Health Authority and local municipalities. Additional support in different municipalities from different foundations. In Funen also supported by EU funding.

SCOPE	REGIONAL
Implementation period	2016–present (ongoing)
Target groups	Adults aged 18–65 experiencing mild to moderate stress, anxiety, depression, or social isolation.
Cultural fields	Visual arts, music, literature, and performing arts.
Health fields	Mental health, social well-being, and public health.

Description of results:

The programme has demonstrated positive outcomes, including:

- Improved mental well-being among participants.
- Increased social engagement and reduced feelings of isolation.
- Enhanced self-esteem and motivation to engage in daily activities.
- Participants reporting a sense of relief and belonging.
- Knowledge about local cultural institutions and practices

Research or evaluation:

A study by the University of Southern Denmark evaluated the programme in 2023, revealing that 90% of participants reported improved well-being during and after the programme.

Websites:

[Art, Aesthetics and Health - Aalborg University
Kultur & Sundhed | Kulturregion Fyn](#)

Culture Region Funen – Arts on Prescription

<https://fynskkulturpaarecept.dk/>

<https://interreg-baltic.eu/project/arts-on-prescription/>

culturehealthandwellbeing.org.uk

[https://www.theguardian.com/world/2019/
jul/31/upside-denmark-culture-mental-health-
singing-theatre?utm_source=chatgpt.com](https://www.theguardian.com/world/2019/jul/31/upside-denmark-culture-mental-health-singing-theatre?utm_source=chatgpt.com)

[https://documentsdelivered.com/
source/005/713/005713893.php?utm_
source=chatgpt.com](https://documentsdelivered.com/source/005/713/005713893.php?utm_source=chatgpt.com)

[Kulturtilbud forbedrer sårbare unges mentale
helbred og får dem i gang med uddannelse
eller job - Aalborg Universitet](#)

[https://www.rk.dk/oplevelsedovre/store-events/
kulturvitaminer](https://www.rk.dk/oplevelsedovre/store-events/kulturvitaminer)

[https://sonderborgkommune.dk/en/
kulturpaarecept](https://sonderborgkommune.dk/en/kulturpaarecept)

CREATIVE HEALTHCARE

MEDICAL AND HEALTH HUMANITIES

DANCE AND WELLBEING

AUSTRIA, BELGIUM,
 BULGARIA, CROATIA,
 CYPRUS
 CZECH REPUBLIC,
 DENMARK, FINLAND,
 FRANCE, GERMANY,
 GREECE, HUNGARY,
 IRELAND, ITALY,
 LITHUANIA,
 LUXEMBOURG,
 NETHERLANDS, NORTH
 MACEDONIA, NORWAY,
 POLAND, PORTUGAL,
 ROMANIA, SERBIA,
 SLOVAKIA, SLOVENIA,
 SPAIN, SWEDEN,
 SWITZERLAND, UNITED
 KINGDOM

In a few words:

The Report “Dance and Wellness” is a network-level research by the European Dancehouse Network (EDN).

Reasons for initiating the report were:

- to collect and synthesise existing evidence on the positive impact of dance on health and wellbeing, prompted by the COVID-19 pandemic and its acute effects on physical and mental health across Europe.
- to map actual practices of care and wellbeing being developed within the contemporary dance sector.
- to advocate for greater recognition of dance's contribution to societal wellbeing at EU, national, regional and local policy levels.
- to address the gap between dance being celebrated for its wellbeing benefits while dance professionals themselves face precarious working and health conditions.
- to provide a bibliography of evidence-based reports.

Description:

EDN has developed a sustained, multi-year body of work on dance and wellbeing, resulting in two major publications. The 2021 report (*Dance and Wellbeing – Review of Evidence and Policy Perspectives*, by Jordi Baltà Portolés) draws on a 2019 WHO scoping review of over 900 publications to map evidence of dance's impact across a wide range of health conditions and settings: from Parkinson's disease, dementia and stroke, to mental health, cognitive decline and cardiovascular disease. It presents a European ecosystem of practices, policies and research initiatives, and formulates recommendations for public authorities and the dance sector.

The 2024 report (*Practices of Care and Wellbeing in Contemporary Dance*, by Monica Gillette) turns the lens inward, mapping what is happening inside the sector itself. Based on input from nearly 400 sector representatives across workshops, working groups and interviews, it explores how practices of care — informed especially by disabled artists and marginalised communities — are reshaping

how dance organisations operate, how artistic practices inform public communities and how community-engaged work in turn informs artistic practices. It addresses the wellbeing of dance professionals directly, and tackles the tension between artistic autonomy and the instrumentalisation of dance as a health tool.

Supporting activities included the #DanceAndWellBeing online campaign (2020–2021), a series of EDN Ateliers, a Think-in consultation, a roundtable discussion, working group meetings, artist and staff exchanges, and a webinar series (all 2024).

Project organisers:

EDN – European Dance Development Network (lead)

Contributing organisations, including: Le Gymnase CDCN (France), Tanec Praha (Czech Republic), Dance Gate Lefkosia and Dance House Lefkosia (Cyprus), Korzo (Netherlands), Dansehallerne (Denmark), Dansens Hus Oslo (Norway), German Dance Platform (Germany), ICK Dans Amsterdam (Netherlands)

Budget / Funding information:

2021 report: Co-funded by the Creative Europe Programme of the European Union project EDN21, DEN – Dutch national knowledge institute for culture & digitalisation, and Dachverband Tanz Deutschland. **2024 report:** Co-funded by the European Union as part of the Creative Europe network project

SCOPE	INTERNATIONAL
Implementation period	2020–2021: DanceAndWellBeing campaign and research groundwork
	2021: Publication of first report
	2022–2024: EDNext project activities (ateliers, working groups, exchanges, consultations)
	2024: Publication of second report

SCOPE	INTERNATIONAL
Target groups	Dance professionals (artists, choreographers, producers, directors, dramaturgs), Dance organisations and venues, Dance education and research organisations, EU institutions, policy officers and policymakers, National, regional and local public authorities, Health and social care professionals and organisations, General public participating in community and participatory dance activities, Specific populations addressed in referenced projects: people with Parkinson's disease, dementia, cancer, mental illness, physical disabilities; older adults; children and young people; people experiencing forced displacement or trauma
Cultural fields	Contemporary dance; performing arts; community and participatory arts; dance education; arts and health
Health fields	Mental health; neurology (Parkinson's disease, dementia, multiple sclerosis, stroke); oncology; cardiovascular health; geriatric care; palliative care; public health promotion; arts on prescription / social prescribing; disability and accessibility; occupational health (wellbeing of cultural workers).

Keywords:

Dance, wellbeing, health, care, contemporary dance, mental health, social inclusion, community engagement, access, disability, artistic autonomy, instrumentalisation, dance professionals, working conditions, participatory practices, neurological disorders, Parkinson's disease, soft skills, somatic practice.

Description of results:

- Two substantial, publicly available research publications disseminated across the European dance sector and beyond.
- A typology of dance and health practices mapped across Europe, identifying good practice criteria and enabling factors.

- Policy recommendations addressed to EU institutions, member states, and the dance sector, connecting dance and wellbeing to the UN Sustainable Development Goals (particularly SDG3, SDG10 and SDG11).
- Nearly 400 sector representatives engaged in the mapping for the 2024 report through ateliers, working groups, roundtables and exchanges across 35 countries.
- Increased sector awareness of care practices, access, and the wellbeing of dance professionals.
- Identification of key tensions (working conditions, instrumentalisation, funding competition) and concrete proposals for integrated approaches.

Research or evaluation:

The 2021 report is based on a systematic review of existing literature, drawing primarily on the WHO Regional Office for Europe scoping review (Fancourt & Finn, 2019), which analysed over 900 publications and 3,000+ studies.

The 2024 report is based on primary qualitative research: interviews with dance artists and organisations across Europe, a Think-in sector consultation, EDN Atelier sessions, working group meetings, and a roundtable at the German Dance Platform. Infographic data on participants by country, profession and work status is included.

Both reports include bibliographies and footnoted references to peer-reviewed studies and policy documents.

Websites:

EDN Dance & Wellbeing publications page: <https://www.ednetwork.eu/page/resources/edn-publications/wellbeing>

Practices of Care and Wellbeing in Contemporary Dance, by Monica Gillette (2024): <https://www.ednetwork.eu/uploads/documents/299/EDNext%20Wellbeing%20Publication%202024.pdf>

Dance and Wellbeing – Review of Evidence and Policy Perspectives, by Jordi Baltà Portolés (2021): https://www.ednetwork.eu/uploads/documents/59/EDN_Dance%20%26%20Well-being%20Full%20Publication.pdf

EDN homepage: <https://www.ednetwork.eu>

BROADER ARTS & CULTURAL ENGAGEMENT

DANCE WELL

📍 CZECHIA, DENMARK,
FRANCE, GERMANY,
ITALY, LITHUANIA

Description:

The Dance Well practice consists of dance classes (offered free of charge) for people living with Parkinson's and different local communities. The classes take place in artistic spaces (museums, galleries, historical theatres...), and to emphasise with even more clarity that Dance Well is an artistic practice, the participants are called Dance Well dancers. The project Dance Well supports the professional development of dance artists and dance organizations that engage people living with Parkinson's, or other movement disorders, with dance. The project expands their skills, competences and knowledge to widen the possibilities of becoming meaningful for the societies they live in, contributing with their innovative approaches to wellbeing and social cohesion.

Project organisers:

Comune di Bassano del Grappa

Partners:

K3 -Tanzplan Hamburg, Le Gymnase CDCN Roubaix, La Briqueterie CDCN Vitry sur Seine, Tanec Praha, Lithuanian Dance Information Centre, Fondazione Fitzcarraldo and Fondazione Università Ca' Foscari of Venice.

Budget / Funding information:

Creative Europe cooperation fund, national funds, fundraising

SCOPE	INTERNATIONAL
Implementation period	2022-2025
Target groups	Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, museums
Health fields	Prevention, treatment of conditions

Keywords:

contemporary dance, parkinson's, wellbeing, professional development, community

Description of results:

Films, podcasts, a final publication

Research or evaluation:

Part of the final publication

Websites:

<https://www.dancewell.eu/en>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

DEEP SHELTER PROJECT (DSP)

Description:

Deep Shelter art&healing Project (DSP) is a 10-month, interdisciplinary project that sought to create artistic interfaces that help and comfort for those undergoing cure in hospitals and other clinical contexts.

The conceptual basis for Deep Shelter Project was based on the framework of reflection, relation, and revelation (of meaning) – enabling and facilitating analysis of the experience of illness, hospitalisation and care, as well as relating this to the visual art process.

DSP was based on the use of visuals, where nature is the central dynamic that brings together the interplay of different elements. Nature becomes a metaphor of the self, where both fluidity and tension are captured. The stories that emerged were based on ideas of journeying, cycles, rhythm, balance and presence – triggering a feeling of being at home, where one is understood and sheltered.

The works created encourage the process of narration on the patient's part whilst acknowledging all that cannot be put in words, all that may not be explained. Consequently, the empathic process with the self-starts to emerge. In addition, the works are open to individual interpretation due to their universal orientation and minimal text.

The project brought together research within the Psychological Support Services at the Sir Anthony Mamo Oncology Centre, sensory workshops with cancer survivors, and artist workshops for the creation and donation of artworks to clinical hospital spaces.

The project was led by artist Pamela Abela (also known as Pamela Baldacchino) and was supported by the Malta Arts Fund. Pamela Abela is based at the TakeOff business incubator at the University of Malta, which helps technology and knowledge-based start-ups and entrepreneurs transform their ideas into investor-ready and market-ready businesses.

Project organisers:

Pamela Abela (also known as Pamela Baldacchino)

Partners:

The artist closely collaborated with the Sir Anthony Mamo Oncology Centre and with a number of Maltese artists

Budget / Funding information:

Malta Arts Fund (managed by Arts Council Malta)

SCOPE	NATIONAL
Implementation period	2014–2015
Target groups	Patients
Cultural fields	Visual arts
Health fields	Healing

Keywords:

arts; co-creation; creativity; healing; interdisciplinary; oncology; well-being

Description of results:

In 2017 the project entered a new stage, which Valletta 2018 was proud to support, helping the artist in close collaboration with the oncology centre, to set up a series of artist workshops that aim to create site specific artwork together with a series of sensory workshops for cancer survivors. An artist in residence programme was also integrated, with the main goals of creating artwork based on DSP research outcomes and interaction with those involved, namely, Dr. Benna Chase, the Oncology staff and other contributing artists.

The first artist workshops (involving Aaron Bezzina, Matthew Attard, Sara Pace and Pamela Abela herself), took place at SAMOC over the summer. Parallel to this, a series of sensory workshops also kicked off, a multi-faith room took shape, and the first works donated by artists Anna Grima, Damain Ebejer, Javier Formosa, JP



Migneco, Sara Pace, Matt Schembri and the artist herself were placed in the therapy rooms.

The project, which made part of Valletta 2018 - European Capital of Culture Cultural Programme, received the Best Project in the Community Award during the second edition of Premju għall-Arti (Arts Awards), hosted by Arts Council Malta. Deep Shelter Project was part of the Valletta 2018 - European Capital of Culture Cultural Programme.

Websites:

www.facebook.com/DeepShelterProject

<https://artscouncilmalta.gov.mt/projects/deep-shelter-project>

<https://valletta2018.org/cultural-programme/deep-shelter-project>

www.maltatoday.com.mt/arts/art/48936/filling_the_need_created_by_illness_pamela_baldacchino

<https://annlaenen.me/tag/deep-shelter-project>

<https://timesofmalta.com/article/Art-as-an-emphatic-response.567748>

<https://thinkmagazine.mt/living-between-two-worlds>

BROADER ARTS & CULTURAL ENGAGEMENT

DEMEDARTS

DEMENTIA.EMPATHY.EDUCATION.ARTS.

In a few words:

Around the world, there will be one new case of dementia every 3 seconds. 152 million people worldwide living with dementia in 2050, by then 2 billion people will be over 60 years of age. There are negative attitudes towards elderly people and ageism is extremely common. DEMEDARTS is the first arts-based schooling strategy for empathy for people with dementia. The typology reflects the core nature of DEMEDARTS as an educational and social innovation initiative that combines artistic methods, health communication, and empathy education within schools, museums, galleries, caregiving homes, private and public spaces.

Description:

DEMEDARTS is an Austrian interdisciplinary arts-based research initiative showing how artistic methods can contribute to dementia care, public health, and social participation. Responding to the WHO Dementia Report, which stresses the need for non-pharmacological interventions, the project demonstrates how arts-based practices support cognitive stimulation, emotional stability, and social engagement for people living with dementia. It also strengthens informal caregivers and professional care staff through formats that reduce stress, build resilience, and improve interaction with those affected. DEMEDARTS provides schools with tools to introduce dementia-related topics, raising early awareness, and uses public actions, exhibitions, and interventions to destigmatise dementia and highlight support services in municipalities. At its core, DEMEDARTS values cultural participation as essential to well-being. Inclusive formats—from collaborative drawing and sound exploration to movement and participatory performance—enable expression beyond verbal communication. These practices reduce isolation and foster encounters between people with dementia, caregivers, relatives, artists, and society at large. Activities include memory-evoking films, furniture for playful nonverbal interaction, customizable rollators reflecting personal histories or hobbies, jewelry that supports tactile engagement, graphic novels conveying dementia experiences, and workshops

encouraging creative exchange across generations and professions. DEMEDARTS also contributes to social prescribing, positioning cultural and community activities as complements to medical treatment. Extending this approach, the project introduces cultural prescribing (Arts on Prescription/AoP): the intentional use of arts-based experiences within health and care pathways to improve psychological, social, and relational well-being, echoing WHO recommendations for dementia-inclusive societies. Research teams analyze how aesthetic experiences shape mood, attention, and interaction in care environments. The insights inform guidelines and training for healthcare professionals and artists, supporting knowledge exchange. By enabling co-creative formats in which people with dementia act as cultural contributors, DEMEDARTS challenges stigma and expands public understanding of dementia. As a good practice for the OMC Report on Culture and Health, it shows how artistic research can advance person-centred care, cultural inclusion, and links between the arts and public health.

**Project organisers:**

Zentrum Didaktik für Kunst und interdisziplinären Unterricht an der Universität für angewandte Kunst Wien.

Partners:

Univ.-Prof. Mag. Dr. habil. Ruth Mateus-Berr (Principal Investigator (PI) 2020–2024 ; Mag. Christina May Yan Carli, MA BSc 2020–2024 ; Mag. Dietmar Flosdorf, MDW 2022–2023 ; Mag. Agnes Haider, MDW 2022–2023 ; Lisa Kielmeier, BA 2021–2024 ; Alexandra Rusz, 2023–2024 ; Mag. Mag. Pia Scharler, 2020–2024 ; Mag. Michaela Schober, BA 2020–2024 ; Mag. Luna Al-Mousli, 2020 ; Nargol Gharahshir, BA 2020–2021 ; Lara Giroto, BA 2020–2022 ; Mag. Constantin Gröbner, 2022–2024 ; Dr. L. Vanessa Gruber, 2020–2022 ; Dipl. Bild. Kunst. Paul Iby, BA 2023–2024 ; Mag. Susa Muzler, 2020–2022 ; Mag. Katharina Ruf, MDW 2021 ; Mag. Pavel Naydenov, 2023–2024 ; Mag. Jasmin Schaitl, 2020–2021

Budget / Funding information:

Funded by the Austrian Science Fund (FWF)

Grant-Doi:[10.55776/AR609](https://doi.org/10.55776/AR609)

SCOPE	NATIONAL
Implementation period	2020-2024
Target groups	people with and without dementia, caregivers, artists, designers, musicians, teachers, multimedial art therapists & students at universities and secondary schools
Cultural fields	Art, design, movie, object, drawing, painting, dance, music, performance, 3-D print, jewelry, co-creation
Health fields	Dementia, Public Health

Keywords:

Dementia, Arts&Design&Music, Education, Empathy, Ageism, Health

Description of results:

Exhibitions: 438 180 people reached ; Workshops 3462 persons reached; Lectures (On Site & Online) 6014 people reached

Research or evaluation:

Mateus-Berr, Ruth (Ed.) (2024). DEMEDARTS. Artistic Research. Vienna: Eigenverlag. https://doi.org/10.57752/demedarts-dementia-empahty-education-arts-catalogue_74p5-dm11

Websites:

<https://www.demedarts.com>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

DEVELOPMENT OF COMPETENCIES OF MASS MEDIA REPRESENTATIVES, IN PARTICULAR JOURNALISTS, EDITORS, EDITORIAL SECRETARIES, AND PRODUCERS

Description:

Webinars for cultural creators and online creators, consultations on cultural works, podcasts by online creators with experts from the Office for Suicide Prevention, educational meetings with an expert in a publishing house. The Office also conducts analogous activities promoting responsible information policy among journalists.

Experts from the Office for Suicide Prevention at the Institute of Psychiatry and Neurology in Warsaw, based on international research and recommendations, have developed Guidelines on Reporting Suicidal Behaviours, which serve as a kind of signpost on how to create content that is neither threatening nor harmful and does not trigger dangerous consequences in the form of further suicide attempts, but rather contributes to the Papageno effect, i.e., reducing the number of suicidal behaviours.

Cultural creators, online creators, and journalists are professional groups that can play a significant role in the prevention of suicidal behaviours. Films, TV series, books, plays, articles, podcasts, interviews, and content prepared according to the recommendations for reporting suicidal behaviours help avoid the risk of increasing the number of suicidal behaviours.

Cultural creators, such as writers, directors, and musicians, as well as online creators, can play a role in preventing suicidal behaviours. They shape the cultural narrative around suicide. Their audiences experience the drama of human self-destruction and often identify with it. It is crucial that those who create cultural works are aware of the sensitivity and complexity of the subject they are addressing. Cultural works and online content creators who responsibly address the topic of suicide, considering, among other things, audiences experiencing a suicidal crisis and their loved ones, can play a very positive role in preventing suicidal behaviours.

Collaboration with the journalistic community is a very important element of suicide prevention. As part of the National Suicide Prevention Programme, experts employed at the Office for Suicide Prevention at the Institute of Psychiatry and Neurology have created two teams for working with journalists: a consultation team and an intervention team. Within the consultation team, experts provide interviews focused on suicide prevention, first emotional aid, and support for going through the grieving process after the suicide of a loved one. In addition to interviews, the experts also consult on materials submitted by journalists and, apart from providing substantive support, offer expert commentary. As of August 2024, 33 materials have been created in collaboration with the experts from the Office as part of the consultation team's work. Additionally, this team has conducted 22 meetings in editorial offices across Poland.

The media monitoring team works on a different aspect. Every day, experts review reports generated by a media monitoring company and determine which articles do not comply with the recommendations for reporting suicidal behaviours. The articles collected daily are analysed, and for those that show discrepancies, email or phone interventions are conducted. As of August 2024, 1,798 interventions have been carried out by this team.

As part of this task, training sessions and webinars are also organised for journalists, which significantly increase their knowledge and competencies in correctly reporting on suicidal behaviours in the media, as demonstrated by pre- and post-training surveys.

Project organisers:

The Office for Suicide Prevention, in Warsaw



POLAND

Partners:

Ministry of Health is a partner to The Office for Suicide Prevention at the Institute of Psychiatry and Neurology in Warsaw

Budget / Funding information:

Ministry of Health

SCOPE	NATIONAL
Implementation period	2021-2025
Target groups	Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Crafts, film, video, literature, multimedia, new media, digital, theatre, opera, visual arts, writing
Health fields	Prevention, health promotion

Keywords:

Suicidal Behaviours, Suicide, Suicide Attempts, Mental Health, Journalists, Cultural Creators, Online Creators

Description of results:

During the project, two webinars were organised for cultural creators, one webinar for online creators, and five webinars for journalists, with a total of 436 creators and 785 journalists participating. Through these webinars the competencies of cultural creators, online creators, and journalists were enhanced by providing key information on how to engage in preventive actions when preparing materials on suicidal behaviours, addressing the phenomenon of identification with suicide victims or individuals who have attempted suicide, which can lead to imitative behaviours (the Werther effect), and the principles of constructing content on suicidal behaviours that produce the opposite effect—the Papageno effect. According to the survey results, knowledge increased by 30% (with about 90% correct answers in post-training knowledge tests).

As part of 22 consultations on cultural works, the portrayal of suicide in a sensationalised and oversimplified manner was successfully prevented, presenting methods of suicide were

avoided, and information on available help included, which helped prevent the spread of false beliefs about suicidal behaviours. Additionally, in some works, storylines were introduced featuring individuals who successfully overcame their crisis. Experts from the Office for Suicide Prevention participated in 15 podcasts created by online creators, where they discussed topics related to suicidal behaviours among children and adolescents, the issue of grief after a suicide, and promoted first emotional aid. Dr. Halszka Witkowska, an expert from the Office, conducted an educational meeting at Prószyński Publishing House attended by 12 employees, aimed at training the publishing house to recognise suicide-related themes in submitted books that could negatively affect individuals in crisis. The publishing house implemented standards for the correct portrayal of suicide-related topics.

The collaboration with the journalistic community has resulted in a decrease in the number of sensational articles about suicides that detailed methods and circumstances and often perpetuated false beliefs and stereotypes. Another proof of the team's effectiveness is the inclusion of help information boxes, prepared by the Office's experts, in most articles in Polish media, containing helpline numbers. During the team's work, 359 materials were published in traditional and online media, in which experts extensively discussed first emotional aid and topics related to suicide prevention, significantly contributing to public education on this issue. Another outcome of the collaboration is the increased demand among journalists for consultations with experts on materials related to suicide.

Research or evaluation:

Pre-test and post-test surveys conducted during the webinars and analysis of the results.

Websites:

<https://zapobiegajmysamobojstwom.pl>

Facebook page of the Office for Suicide Prevention: <https://www.facebook.com/BiuroZZS>

YouTube channel of the Office for Suicide Prevention: <https://www.youtube.com/channel/UCFU6CnoCF0mfb82mHdB9bkA>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

DOCU DANCE THEATRE

In a few words:

Docu Dance Theatre is a method of participatory performance art engaging with people who have undergone traumatic experiences in order to facilitate personal transformation and societal change.

Description:

Docu Dance Theatre is a model for participative Performance Arts, Trauma transformation and societal change. It aims to create a space for facilitated conversations with marginalised populations thereby transforming biographies for performances in front of an audience. started in 2014 in Kosovo as a project commissioned by the Austrian Embassy, 2015 with young refugees in Graz, 2019 in Bosnia with children born of wartime rape or sexual violence. In 2019 to 2021 for children in captivity. 2022 a project with long term unemployed people and 2024 peace building with performance arts in post-conflict zone of Mindanaw, Philippines.

“Prelude Lebensborn” is an ongoing project involving 1st, 2nd and 3rd generation survivors of Lebensborn, a institutions of the Nazi regime designed by Heinrich Himmler to increase the birth rate of Aryan population. The results of the workshops are presented, reflected and disseminated once a year in a symposium. The accumulative artistic process will be integrated in a final performance work.

Project organisers:

The Alpha Group und Bruckner-Universität Linz

Partners:

Austrian Embassy, Universities in Austria, Germany, Philipines, UK, Bosnia: departments of performing arts, technology, criminology, psychology and modern history), international research network for children born of war.

Budget / Funding information:

Private foundations, University Grants



SCOPE	INTERNATIONAL
Implementation period	2014 - ongoing project
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, film, video, music, theatre, opera, writing, performance art
Health fields	Health promotion, management of health

Keywords:

Docu, dance, trauma

Description of results:

Post-traumatic growth, new perspectives, societal acceptance, political recognition of invisible populations and legislative change in their favour, e.g. of war affected health conditions.

Research or evaluation:

<https://www.cbow.org>
<https://zdr.ba/en/2022/09/docu-dance-theater-play-in-the-name-of-the-father-2>

Websites:

www.the-alpha-group.org

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

ENVIRONMENTAL GRAPHICS AND WAYFINDING DESIGN FOR THE CHILDREN'S HOSPITAL EMERGENCY DEPARTMENT AND OUTPATIENT HEALTH CENTRE



LATVIA

In a few words:

The project was initiated to transform a traditional pediatric healthcare environment into a supportive, engaging, and emotionally comforting space that improves children's well-being during medical visits. It aimed to create a safe and visually appealing setting — through storytelling, interactive elements, and intuitive wayfinding — that reduces stress for young patients and helps families navigate the healthcare experience more easily.

Description:

The project created a child-friendly environment at the Children's Clinical University Hospital (BKUS), using environmental graphics and wayfinding to guide, engage, and comfort young patients. This multi-sensory experience follows the journey of two central characters — a red deer and a blue crane — who provide emotional support and inspiration through visual storytelling and interactive games. Each floor introduces a new theme where children explore the world, befriend whimsical characters, and discover new strengths, transforming hospital spaces into a safe and engaging environment that fosters confidence and courage throughout the healing process.

The wayfinding system helps families move through the hospital with ease, providing clear, intuitive guidance at key points. Inclusive design and a universal visual language ensure the system is accessible to everyone, while reducing the cognitive load on parents during stressful visits and creating an environment that promotes clarity and calm.

Developed in close collaboration with medical professionals, the design enhances orientation

and contributes to the overall well-being of children, families, and hospital staff.

Project organisers:

State-Owned Limited Liability Company «Children's Clinical University Hospital». Design Studio H2E in collaboration with the architectre studio MARK

SCOPE	INTERNATIONAL
Implementation period	2024
Target groups	Primary: Pediatric patients – children and adolescents; Parents and caregivers. Secondary: Medical staff and hospital employees
Cultural fields	Environmental graphics and wayfinding design; Visual storytelling
Health fields	Pediatric care; Emergency and outpatient centres

Keywords:

Patient centred design, Healing environment, Wayfinding Design, Environmental graphics, Visual storytelling, Multi sensory experience, Inclusive design.

Description of results:

The child-centric design has transformed the hospital from an intimidating environment into a world of imagination, significantly reducing anxiety for patients and their families. The wayfinding system guides visitors smoothly through the space, while the narrative elements — the red deer and blue crane — encourage playful conversations between children and their

parents, helping to distract from stressful or unpleasant procedures. Interactive projections and spatial graphics create a supportive, recovery-oriented environment that enhances the overall healing experience. The project's impact has been recognised internationally, including the Red Dot Design Award 2025, a SEG D Merit Award, and recognition for Inclusive Design from DOGA.

Websites:

<https://www.bkus.lv/>

<https://h2e.lv/>

<https://www.mark.lv/>

BROADER ARTS & CULTURAL ENGAGEMENT

EXPRESSION AND CREATIVITY CENTRES



BELGIUM

Description:

These centres are permanent structures offering numerous workshops in a wide range of disciplines. They are open to all ages and all publics, and develop their activities in line with the social, economic and cultural context of the populations concerned.

Through creative approaches and a link with their environment, they carry out socio-artistic and civic expression projects.

Project organisers:

Administration générale de la Culture, Ministère de la Fédération Wallonie-Bruxelles

Budget / Funding information:

Public

SCOPE	REGIONAL
Implementation period	2009
Target groups	All
Cultural fields	All cultural fields, artistic creation in general
Health fields	Prevention, well-being

Description of results:

Family category (at least 1 adult and 1 child)

Websites:

<https://www.culture.be/services/action-territoriale/service-de-la-creativite-et-des-pratiques-artistiques-en-amateur/#c67795>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

FILM ADVANCES IN PSYCHIATRY

Description:

Film Advances in Psychiatry is an event that brings together key issues in psychiatry and cinema. We would like films in which the subject of mental disorders and their treatment is addressed to bring us into the world of the patient. The problems portrayed on screen are a starting point for discussing therapeutic difficulties and the daily struggle with mental disorders. Prominent experts in the field of psychiatry address the mental disorders depicted in the films and help us to better understand the situations shown on screen, while analysing current standards in treatment.

Project organisers:

Grupa Conway Sp. z o.o.

Budget / Funding information:

fee payable by participants

SCOPE	NATIONAL
Implementation period	2017 - ongoing
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Film, video, multimedia, new media, digital, theatre, opera
Health fields	Prevention, health promotion, management of health, treatment of conditions


Keywords:

psychiatry, mental health, film, theatre, media, patient

Description of results:

To disseminate knowledge about psychopathology and diagnosis of mental disorders based on film analysis. Debate with film professionals and psychiatrists on mental health awareness.

Websites:

<https://filmowepostepywpsychiatrii.pl/#top>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

FILM IN HOSPITAL – A PAN EUROPEAN FILM INITIATIVE FOR YOUNG AUDIENCES IN HEALTHCARE STRUCTURES

📍 BELGIUM, CROATIA,
CYPRUS, GERMANY,
GREECE, HUNGARY,
ITALY, MONTENEGRO,
NETHERLANDS, SPAIN,
SLOVENIA, SWEDEN

In a few words:

The main objective of Film in Hospital is to ensure equal access to high-quality European cinema for hospitalised children, recognizing cultural participation as a fundamental right.

The initiative was created to reduce social and cultural exclusion in hospital settings, support the emotional well-being of young patients, and provide curated, age-appropriate audiovisual content beyond commercial platforms. It promotes film literacy, encourages creative expression, and helps children feel connected — not just to the films, but to each other.

Description:

Film in Hospital is a European cultural initiative that provides hospitalised children and young patients with access to high-quality European cinema through a curated, interactive film platform and activities.

The platform offers carefully selected European feature and short films that are not available on commercial streaming platforms. Each film is chosen according to strict qualitative criteria:

- Told from a child or youth perspective
- High cinematographic quality
- Age-appropriate (3+, 6+, 9+, 12+, 15+)
- Diverse in themes, genres, authorship, and cultural backgrounds
- Encouraging reflection, emotional resonance, and active engagement
- Adapted to the specific needs and comprehension levels of children in medical care

By offering alternative and curated content, the project complements commercial VOD platforms and unfiltered online media. It ensures that children in care can experience their own European film festival — regardless of their physical condition or mobility limitations.

Beyond streaming, the initiative provides a fully interactive and educational experience, transforming passive viewing into active participation.

Project organisers:

Grupa Conway Sp. z o.o.; JEF, Belgium; Kids meet Art, Croatia; Politistiko Ergastiri, Cyprus; Schlingel, Germany; Neaniko Plano, Greece; Cinemira, Hungary; Il Nuovo Fantarca, Italy; FCCG, Montenegro; Cinekids, Netherlands; Pack Magic, Spain; Kinodvor, Slovenia; BUFF, Sweden.

Budget / Funding information:

The project is supported through:

- National and Local Authorities
- Institutions
- International/European Public Funding
- via the Creative Europe MEDIA programme, Specific Call: CREA-MEDIA-2025-AUDFILMEDU

SCOPE	INTERNATIONAL
Implementation period	2017 - ongoing
Target groups	Hospitalised children (3+ to 15+), Parents and caregivers, Healthcare and educational staff in hospitals
Cultural fields	Audiovisual Arts, European Cinema, Film Literacy, Digital Cultural Platforms, Children's and Youth Culture
Health fields	Pediatric Care, Mental and Emotional Well-being, Psychosocial Support, Health and Culture Integration

Keywords:

Arts in health; Children's rights; Cultural rights; European cinema; Film literacy; Well-being

Description of results:

Film in Hospital has:

- Built a curated catalogue of high-quality European films for different age groups
- Created a multi-age platform (3+, 6+, 9+, 12+, 15+)
- Developed educational materials and activity guides
- Introduced interactive tools
- Provided behind-the-scenes content from filmmakers, cast, and crew
- Implemented film literacy programs within hospital settings

The project has strengthened children's access to culture as a fundamental right and reduced cultural isolation during hospitalization.

Feedback from hospitals highlights:

- Increased emotional engagement
- Improved emotional well-being
- Positive impact on mood and motivation
- Encourages creative expression
- Enhanced communication between children, families, and staff
- Reduces feelings of isolation in hospital environments

The initiative also encourages collaboration among festivals, distributors, and institutions to build a broader, inclusive platform.

Research or evaluation:

The project integrates continuous qualitative and participatory evaluation through:

- Feedback from educators
- Feedback from children
- Observational feedback from parents, healthcare and educational staff in hospitals

In 2023, Università Cattolica del Sacro Cuore (Milan, Italy), in collaboration with the Italian partner Il Nuovo Fantarca, conducted a comprehensive research in 6 countries and that resulted in the publication [FILM IN HOSPITAL EXPERIENCE: A research on methods for engaging young audiences in health-care structures.](#)

Websites:

<https://www.filminhospital.eu/>
<https://www.jeugdfilm.be/>
<https://www.sedmikontinent.org/>
<https://politistiko-ergastiri.org/index.php/en/home-3/>
<https://ff-schlingel.de/>
<https://www.neanikoplano.gr/>
<https://www.cinemira.hu/en/>
<https://www.nuovofantarca.it/>
<https://fccg.me/>
<https://cinekid.nl/en>
<https://www.packmagic.cat/>
<https://www.kinodvor.org/>
<https://www.buff.se/>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

FOOT ON THE FLOOR – FOLK DANCE FOR WELL-BEING



DENMARK

In a few words:

To enhance the physical and mental well-being of vulnerable populations, including at-risk youth and adults with mental health challenges, by engaging them in adapted folk dance sessions.

Description:

Fod på Gulv is a pioneering project that integrates folk dance with live music to promote health and social inclusion among marginalised groups. The initiative involves a series of six weekly dance sessions, each lasting 1.5 hours, conducted by professional musicians and dance instructors. The programme has been implemented in two regions of Denmark, including Nordjylland and Syddanmark, and has been evaluated through both qualitative and quantitative research methods.

Project organisers:

Tempi / Research Partner: Aalborg University

Partners:

- Syddansk Musikkonservatorium
- Kulturskolen Vesthimmerland
- Hjørring Musiske Skole
- NOCKS – Nordjysk Center for Culture and Health

Budget / Funding information:

The project received funding from:

- KulturKANten 1000.000 Dkr.
- Region Nordjylland 424.000 Dkr
- TrygFonden – 417.000 Dkr
- Region Syddanmark 180.000 Dkr.

SCOPE**REGIONAL****Implementation period**

2022–2024 ; a new period is starting August 2025–2028

Target groups

At-risk adolescents, Adults with mental health conditions, Individuals experiencing social isolation

Cultural fields

Folk dance, live music, community arts

Health fields

Mental health, physical health

Description of results:

The project has demonstrated significant positive outcomes, including:

- Increased mental well-being among participants
- Reduced feelings of loneliness
- Enhanced physical activity levels
- Improved social interactions and community engagement

These findings align with international research supporting the integration of cultural activities in health promotion.

Research or evaluation:

The project was evaluated through a comprehensive research study conducted by Aalborg University, employing both qualitative and quantitative methods, including surveys, interviews, and activity sensors. The results have been published in the journal *Frontiers in Sports and Active Living* / <https://fodpaagulv.dk/wp-admin/upload.php?item=1673>

Websites:

<https://fodpaagulv.dk/english/> (including a 17-minute documentation video with English subtitles)

<https://www.dr.dk/nyheder/indland/toner-og-trin-overdoever-angsten-folkedans-goer-livet-bedre-psykisk-saarbare> – Toner og trin overdøver angsten

Full research report in Danish: https://fodpaagulv.dk/wp-content/uploads/2024/10/Fod-paa-gulv-rapport_enkeltsider.pdf
<https://vbn.aau.dk/da/projects/fod-p%C3%A5-gulv/>
<https://www.ikk.aau.dk/>
<https://www.dcc.aau.dk/>
https://vbn.aau.dk/da/projects/fod-p%C3%A5-gulv/?utm_source=chatgpt.com

TARGETED INTERVENTIONS

ARTS ON PRESCRIPTION

FREE VISITS TO TARTU ART MUSEUM FOR OUTPATIENTS OF THE PSYCHIATRY CLINIC OF TARTU UNIVERSITY



ESTONIA

In a few words:

The very first initiative of “Arts on prescription” in Estonia.

Description:

The private art gallery KALAUS donated 280 tickets to the Tartu Art Museum (TARTMUS) for distribution to the outpatients of the Psychiatric Clinic at the University of Tartu Hospital. In addition to the museum ticket, each patient receives an attention training task to help slow down their visit. Museum tickets, as prescriptions for patients with mental disorders, are intended to enrich activities and improve mood between therapy sessions.

Project organisers:

Tartu Art Museum

Partners:

Art gallery KALAUS, Center for Psychiatry and Psychotherapy SENSUS, Psychiatric Clinic at the University of Tartu Hospital

Budget / Funding information:

private funding

SCOPE	LOCAL
Implementation period	2024 (ongoing)
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Museums, Visual arts
Health fields	Treatment of conditions

Keywords:

museum, mental health

Websites:

<https://www.facebook.com/kalausgalerii/posts/pfbid0XsbcRHftPLpptt7yG7rQH4GpoyD2acBA-2h9orUuVoPzcYEHwsyofzK92wBP9CLMEI>

TARGETED INTERVENTIONS

ARTS THERAPIES

FROM BETWEEN THE WALLS

Description:

Writing and drawing workshops with young people battling drug addictions. The workshops took place in a structure helping young addicts and their families with a visual artist, a writer and therapists. The outcome was a book made by the participants.

Project organisers:

Collectif Bombyx

Budget / Funding information:

Ministry of Culture, Oeuvre Grand Duchesse Charlotte, FOCUNA

SCOPE	LOCAL
Implementation period	2023
Target groups	Specific audience with other criteria
Cultural fields	Literature
Health fields	Management of health

 LUXEMBOURG

Keywords:

Youth, addiction, rehabilitation

Websites:

<https://www.collectifbombyx.com>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

GUIDED SHARED READING – LITERATURE AS A TOOL FOR MENTAL HEALTH AND SOCIAL INCLUSION



DENMARK

In a few words:

To promote mental well-being, reduce loneliness, and strengthen social cohesion among vulnerable groups through guided reading of literary texts in group settings.

Description:

Inspired by the British Reader organization, the Danish Reading Association (Læseforeningen) has developed a model of “Guided Shared Reading” (GSR), where a trained facilitator reads aloud from carefully selected literary texts in small groups. Participants are invited to pause, reflect, and share thoughts, memories, or emotions evoked by the reading. This creates a space for connection, reflection, and dialogue. The method is non-therapeutic but has documented psychosocial benefits. It is used in collaboration with municipalities, libraries, psychiatric institutions, and elder care services. The model is particularly relevant for groups experiencing mental vulnerability, loneliness, marginalisation, or cognitive decline.

Project organisers:

The Danish Reading Association (Læseforeningen)

Partners:

Municipalities (e.g. Aarhus, Odense, Vordingborg)

Local libraries and cultural institutions

Partner organisations within social and health sectors

Budget / Funding information:

Funded through mixed sources including:

- Danish municipalities
- State grants and pilot programmess (e.g. Satspuljen)
- Private foundations (e.g. TrygFonden, Nordea-fonden)

- EU Erasmus+ projects (in selected international collaborations)

SCOPE	NATIONAL
Implementation period	Since 2010 – ongoing
Target groups	Adults with mild to moderate mental health challenges (depression, anxiety, stress); Socially isolated elderly; Young people not in employment or education; Refugees and migrants; People in recovery or in contact with psychiatric services
Cultural fields	Literature
Health fields	Mental health

Keywords:

Reading Promotion, cultural Participation, Arts in community settings, social well-being, Prevention and early intervention, Cognitive stimulation and resilience

Description of results:

Evaluations show significant improvements in participants' well-being, social connectedness, and self-confidence. The model fosters inclusion and reduces feelings of isolation. In mental health settings, participants report greater emotional awareness and improved ability to express thoughts. The method is praised for being low-threshold and humanizing, without a clinical framing.

Research or evaluation:

- Multiple external evaluations (e.g. by Aarhus University)
- Qualitative research and impact assessments document outcomes on well-being and inclusion

- WHO-5 well-being scale used in several projects to track changes
- Peer-reviewed publications available in Danish and English

Websites:

<https://www.laeseeforeningen.dk>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

HEALING NATURE – ANIMATION FOR HEALTH AND WELL-BEING IN CHILDREN HOSPITAL ENVIRONMENTS

📍 CROATIA, PORTUGAL,
BULGARIA

In a few words:

The main objective of the Healing Nature project is to introduce **innovative, nature-inspired artistic interventions** that combine traditional visual art with **digital animation and augmented reality (AR)** to create calming, engaging, and interactive environments for children in hospitals. The project also aims to explore how **artistic and technological innovation can support health and well-being**, while contributing to broader discussions about the role of culture in healthcare settings. The project contributes to ongoing European discussions on the integration of culture into healthcare systems and demonstrates how artistic interventions can support more human-centred hospital environments.

Description:

Healing Nature is a **Creative Europe cooperation project** that explores how contemporary art, animation, and immersive technologies can transform hospital environments into more welcoming and emotionally supportive spaces for children.

The project focuses on introducing **nature-inspired visual artworks combined with augmented reality (AR) animations** in children's hospital waiting rooms. Through a layered artistic approach, physical murals and artworks are enriched with animated digital elements that can be experienced interactively, creating a multisensory environment that encourages exploration and engagement.

The artistic interventions are developed through a collaborative process involving artists, cultural organisations, healthcare institutions, and children participating in workshops. This co-creation approach ensures that the artworks respond to the emotional needs and perceptions of young hospital visitors.

By integrating art, nature imagery, and immersive technologies into healthcare spaces, the project seeks to:

- Improve children's emotional well-being during hospital visits
- Reduce stress and anxiety through soothing visual environments
- Encourage curiosity, interaction, and play
- Foster social inclusion through participatory creative processes
- Demonstrate the value of contemporary art and animation in public health environments

Unlike traditional decorative hospital art, the project emphasises **interactive and immersive experiences**, enabling children to actively engage with the space rather than remain passive viewers. The artworks combine handmade artistic techniques with contemporary digital animation, bridging traditional visual culture and new media.

A key element of the project is **participation by hospital communities**, including workshops focused on nature, art, animation, and technology. Children, including those from marginalised groups, are invited to contribute creatively, with some of their ideas and visual outputs becoming part of the final artworks installed in hospital spaces.

The project also includes a **research and evaluation component**, using questionnaires and feedback from patients and visitors to assess how the artworks affect emotional comfort, perception of the environment, and overall hospital experience.

The outcomes and findings will be documented in a **digital publication**, disseminating knowledge and practical insights on the role of art and animation in healthcare environments across partner countries.

Project organisers:

Hrvatsko društvo likovnih umjetnika (HDLU),
Croatia– Coordinator

Partners: COFAC – Cooperativa de Formação e
Animação Cultural
Portugal, New Bulgarian University (NBU), Bulgaria

Budget / Funding information:

Creative Europe Programme – European Union :
Total project grant: EUR 199,189.30.

SCOPE	INTERNATIONAL
Implementation period	2024-2026
Target groups	Primary : Children visiting or receiving care in hospitals, Pediatric patients and their families, Children using hospital waiting areas Expanded : Hospital staff and healthcare professionals, Hospital visitors and caregivers, Hospital communities, Young participants in art and animation workshops
Cultural fields	Visual Arts ; Animation and Moving Image ; Digital and Immersive Arts ; Public Art and Art in Healthcare Spaces
Health fields	Pediatric healthcare environments ; Children's hospital waiting areas ; Mental well-being in healthcare spaces ; Health-supportive design of clinical environments

Keywords:

Arts centre; psychiatric facility; art and care

Description of results:

The project aims to create **innovative artistic interventions in hospital spaces** that contribute to improved emotional well-being for children.

Expected results include:

- Installation of nature-inspired artworks combined with AR animation in hospital environments
- Creation of interactive visual experiences that encourage curiosity and engagement
- Reduced stress and anxiety for children in waiting areas through calming visual environments

- Increased awareness of the role of art and digital creativity in healthcare settings
- Inclusion of children's creative contributions in the development of artworks
- Knowledge exchange between cultural, academic, and healthcare sectors

Additional results include:

- Development of participatory workshops combining art, nature, and animation for children and young participants
- Production of original artworks and digital animations integrated into hospital environments
- Strengthening collaboration between cultural organisations, universities, and healthcare institutions
- Creation of a replicable artistic methodology for introducing immersive and nature-based art into healthcare spaces

The project will also produce a **digital booklet documenting the artworks, methodologies, and research findings**, supporting further dissemination and replication of similar initiatives in healthcare environments across Europe.

Research and Evaluations

The project includes a **research component based on questionnaires and feedback from patients, families, and visitors**, which will evaluate the impact of the artistic installations on children's perception of hospital spaces and their emotional experience.

This evaluation will help assess:

- emotional responses to the artworks
- perceived comfort and distraction effects
- engagement with interactive elements

The results will inform future practices in **art-based interventions for healthcare environments** and contribute to broader research on culture and health.

The findings may contribute to future cultural and health initiatives and support evidence-based discussions on the role of art in improving patient experience in healthcare environments.

Websites:

<https://healingnature.hdlu.hr/en/>

<https://www.hdlu.hr>

<https://www.cofac.pt>

<https://www.nbu.bg>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

HEALTH&CULTURE



BELGIUM

Description:

Cultures&Santé's aim is to contribute to promoting the health of populations with a view to emancipation and reducing social inequalities. Its work aims to enable individuals and the community to act on the social, economic, environmental and cultural factors that influence health.

Project organisers:

Santé&Culture

Partners:

supported by COCOF, AVIQ and FWB

Budget / Funding information:

ASBL-public

SCOPE	REGIONAL
Implementation period	1977
Target groups	Young adults (19-35 years old)
Cultural fields	promoting the French language, a variety of cultural activities
Health fields	Health promotion

Websites:

<https://www.cultures-sante.be>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

HELLO, WE ARE FEELINGS

Description:

This project explores the relationship between dance and mental health, based on the idea that movement can help understand and express emotions. Originally conceived during Mental Health Week, this performance is the result of an artistic residency at a school in Differdange, where artists worked with children to explore eight fundamental emotions through dance and music.

Project organisers:

Lucoda, Mierscher Theatre

Partners:

D'Ligue – Luxembourg League for Mental Hygiene asbl

Budget / Funding information:

Both structures are co-funded by the Ministry of Culture, this project is part of a general programme. The specific budget is not known yet.

SCOPE	LOCAL
Implementation period	2024
Target groups	Children (7-14 y.o)
Cultural fields	Dance
Health fields	Prevention

Keywords:

Mental health, children

Websites:

<https://www.lucoda.org>

 LUXEMBOURG

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

IN SEARCH OF MEMORIES: THERAPEUTIC READINGS FOR THOSE WITH DEMENTIA



LITHUANIA

In a few words:

Statistics and studies indicate that the population in western world is ageing, leading to an increase in elderly individuals who are vulnerable to conditions like dementia. This ageing trend is often accompanied by a rise in social isolation, as elderly people may live alone or have limited social interactions. The projects implemented under this initiative were intended to help elderly people to overcome their challenges with the help of reading and literature.

Description:

The Šiauliai County Povilas Višinskis Public library recognised the need to support the mental well-being of the elderly individuals and to combat social isolation among the elderly, particularly those with memory impairments, by creating opportunities for social interaction and community engagement through group reading sessions. The Library initiated the development of a new service. While exploring the application of audio readings and researching the experiences of libraries worldwide, the library discovered methodologies used in U.S. libraries for audio readings tailored to older adults with memory impairments. After consulting with U.S. colleagues, these methodologies were adapted for Lithuanian users, and in 2021, the library published a methodological guide and introduced the methodology "In Search of Memories: Therapeutic Readings for Those with Dementia" to Lithuanian libraries (https://www.bibliotekavisiems.lt/wp-content/uploads/2022/05/Prisiminimu-beieskant_galutinis-compressed.pdf).

The published guide and methodology has attracted the interest of social service agencies, medical professionals, and individuals with elderly relatives. In 2022, the library began offering a new service for elderly individuals with memory impairments, dementia, or signs of dementia – audio readings titled "In Search of Memories." As part of this new programme, the library also organises audio readings in other institutions. These audio readings are significant due to their

wide range of therapeutic applications. They can be organised not only for people with dementia but also for those suffering from Parkinson's and Alzheimer's diseases, or they can simply serve as a means to encourage social gatherings and communication among the elderly.

Project organisers:

Šiauliai County Povilas Višinskis Public Library

Partners:

Vytautas Magnus University, Faculty of Social Sciences, Department of Psychology, Šiauliai Aušros Museum, Šiauliai region municipal public libraries, Association "Senior Initiatives Center"

Budget / Funding information:

No data available

SCOPE	REGIONAL
Implementation period	2022 - ongoing
Target groups	Older people (65+)
Cultural fields	Libraries
Health fields	Treatment of conditions

Keywords:

Public libraries, therapeutic readings , dementia

Description of results:

Published methodology, which is accessible online free of charge. 370 elderly people took part in the project. Similar projects are being initiated in other libraries of the country.

Websites:

<https://www.bibliotekavisiems.lt/pasakojimai-padede-prisiminti>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

INTERNATIONAL CENTER OF ARTS MEDICINE (CIMART)

Description:

The International Center of Arts Medicine (Centro Internacional de Medicina das Artes – CIMArt) is a pioneer Center in Portugal both dedicated to the specialised health care for artists and to the use of arts as a mean for prevention and health promotion and as a therapeutic intervention (integrated as a neuromodulator modality in the holistic medical treatment plan in a multidisciplinary and multiprofessional team) to address physical and mental health (for example, Parkinson Disease, Stroke, Chronic Pain, Depression, Dementia...). CIMArt also promotes the organization of concerts at the Hospital for health professionals, patients and their families. Besides the art-based interventions for health promotion, prevention, treatment and management, this Center also aims to contribute to the improvement of the Health Literacy and has developed some programmes involving the arts, such as the use of drawing to enhance the communication between the medical doctor and the patient, to increase the health literacy and for education on health issues.

Project organisers:

Ana Zão (Medical Director and founder), Instituto CUF Porto

Partners:

University of Porto, RISE Health, CINTESIS@RISE

Budget / Funding information:

N/A

SCOPE	REGIONAL
Implementation period	founded and implemented in 2020 (ongoing project). The Center maintain its clinical, cultural, academic and research activities. Several projects have been developed in the past years.
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, design, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Prevention, health promotion, management of health, treatment of conditions

 PORTUGAL

Keywords:

Music, art, prevention, health promotion, treatment, artists health, well being

Description of results:

The game was targeted at the following age groups

Research or evaluation:

Clinical monitoring of PROMs. Research studies are ongoing (some of them already published).

Websites:

<https://www.cuf.pt/hospitais-e-clinicas/instituto-cuf-porto/centros/centro-internacional-de-medicina-das-artes-cimart>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

JUST MONKEYS, REGISTERED ASSOCIATION - PROJECT PREVENTION THROUGH CULTURE



CZECHIA

Description:

Project Prevention through Culture. We are implementing the incubation phase of the Prevention through Culture project under the Ministry of Labour and Social Affairs. The project is under the patronage of the Government Commissioner for Human Rights, Mrs. Klára Laurenčíková.

The project is based on an international cooperation with the Danish National Centre for Art and Mental Health, where art activities are proven to be functional and effective in promoting the building of psychological resilience, prevention of mental illness, a tool for developing socialization and learning prerequisites.

The aim of the project is to transfer this good practice to the Czech environment and modify it to fit the specifics of the Czech environment. Prevention through Culture is an activity aimed at creating an effective and safe tool for prevention and education in the field of mental health, mental literacy and socio-emotional learning through the implementation of Creative playing under the guidance of trained artists.

We are cooperating with the National Institute of Mental Health of the Czech Republic on the evaluation and probing of the project. The evaluation survey will serve as a basis for further advocacy.

Project organisers:

Just Monkeys, registered association

Partners:

Ministry of Labour and Social Affairs - ESFund

Budget / Funding information:

ESF - Ministry of Labour and Social Affairs

SCOPE	NATIONAL
Implementation period	3/2024-9/2025
Target groups	11-14 y.o
Cultural fields	Dance, theatre, opera, visual arts, writing
Health fields	Prevention, health promotion

Keywords:

Art, Mental health, Prevention, Mental health literacy, Competences in the social-emotional field , health

Description of results:

The project was started in March 2024. The first data from the evaluation survey will be available in February 2025.

Research or evaluation:

In March 2024 the implementation of the project with the first data from the evaluation survey published in February 2025.

Websites:

www.justmonkeys.cz

BROADER ARTS & CULTURAL ENGAGEMENT

KAUKUKORTTI CARD

In a few words:

The aim of Kaikukortti card is to improve the opportunities for people in a financially difficult situation to participate in cultural life, do sports and be involved in artistic activities.

Description:

With the Kaikukortti card you can get free tickets for example to festivals, museums, theatre performances or concerts. You can also attend certain adult education courses free of charge.

The card is issued to clients of the municipal social welfare and healthcare units that are part of the Kaikukortti network. The card is intended for persons who are over 16 years old and, due to financial constraints, can't afford entrance tickets or adult education courses.

With Kaikukortti the cardholder can obtain free tickets and course places among all the cultural services that are part of the national Kaikukortti network. The cardholders can also obtain free tickets for their children or grandchildren to events that they will attend themselves.

Kaikukortti promotes wellbeing by means of culture. It is a concrete tool for social rehabilitation and work towards promoting wellbeing and health.

Kaikukortti is being distributed by nearly 300 actors in the social welfare, healthcare and wellbeing sector, ranging from public sector actors and youth outreach services to third-sector club houses and associations for the long-term unemployed.

Project organisers:

Culture for All Services (Kulttuurikaikille -palvelut in Finnish)



Budget / Funding information:

N/A

SCOPE	NATIONAL
Implementation period	ongoing
Target groups	The card is issued to clients of the municipal social welfare and healthcare units that are part of the Kaikukortti network
Cultural fields	All fields
Health fields	All fields

Websites:

[History - Kaikukortti in English » Kaikukortti in English](#)

[The European Commission in Finland has published a video about Kaikukortti - Kaikukortti in English » Kaikukortti in English](#)
[Front page - Kaikukortti in English » Kaikukortti in English](#)

TARGETED INTERVENTION

ARTS IN HEALTH AND CARE ENVIRONMENTS

KARIN DOM



BULGARIA

In a few words:

The project was initiated to provide a new dedicated facility for the Karin Dom Foundation, which offers specialised services to children with special needs and their families.

The aim was to create a safe, inclusive, and supportive environment that integrates healthcare, therapy, education, and social interaction, while responding to spatial and budget constraints.

The project also seeks to improve the quality of care environments by incorporating nature, adaptable spaces, and community-oriented design principles.

Description:

Karin Dom is a purpose-built centre located in Varna, Bulgaria, designed to host a wide range of therapeutic, educational, and social services for children with special needs.

The building was conceived as a compact volume to preserve as much of the existing greenery as possible, creating a strong relationship between architecture and landscape.

Organised over three floors, the project combines clearly defined functional spaces with adaptable areas that can evolve over time.

A central atrium and circulation areas act as social spaces, encouraging interaction between children, families, and professionals.

The design emphasises the role of nature as a pedagogical and therapeutic element, establishing visual and physical connections with the surrounding garden through large windows and outdoor spaces.

Material choices prioritise durability, energy efficiency, and ease of maintenance, combining reinforced concrete, thermal brick walls, timber cladding, and metal elements.

The project was completed in 2022 following an international competition and was supported by public funding and community contributions.

Project organisers:

Karin Dom Foundation – Client
unas studio (Bilyana Asenova, Saša Ciabatti) – Architects

Budget / Funding information:

Funded by Velux Foundation, Municipality of Varna (land), and community donations

SCOPE	NATIONAL
Implementation period	2019-2022
Target groups	Primary: Children with special needs; Families and caregivers. Secondary: Healthcare professionals; Therapists and educators; Local community
Cultural fields	Architecture, Design for social inclusion, Built environment
Health fields	Pediatric care, Therapeutic environments, Mental and emotional well-being, Rehabilitation and education

Keywords:

Architecture and health, Children with special needs, Inclusive design, Therapeutic environments, Nature-based design, Adaptive spaces

Description of results:

The project provides a purpose-built, inclusive environment that improves the delivery of care and support for children with special needs.

Key results include:

- Creation of a safe and adaptable therapeutic and educational environment
- Integration of nature as a central element in care and learning processes
- Improved spatial quality for users and professionals
- Enhanced interaction between children, families, and staff

The project also demonstrates how architectural design can contribute to more human-centred healthcare environments.

Research or evaluation:

The project contributes to broader discussions on architecture and health, particularly regarding the role of spatial design in supporting well-being, inclusion, and therapeutic processes.

While not a research-led project, it serves as a built reference for integrating healthcare,

education, and social support within a single architectural framework.

Websites:

<https://eumiesawards.com/heritageobject/karin-dom/>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

KUNST AUS GUGGING



AUSTRIA

In a few words:

Initially a diagnostic tool, the art works from patients of “Mental Health and Care Facility at Gugging” soon attracted the attention of the international art world as Art Brut.

Description:

Art from Gugging encompasses around seven decades of artistic creation of multiple generations of Gugging Artists.

The history of the Gugging Artists and their art begins in the mid-twentieth century with the discovery and, ultimately, the supportive development of artistic talent at what was then the “Mental Health and Care Facility at Gugging”. The psychiatrist Leo Navratil introduced the use of drawing as an examination method in the fifties. These diagnostic drawings led to his discovery of artistic talent among some of his patients, and he fostered its further development eventually leading to public interest in the Gugging Artists. Within the context of the Austrian avant-garde scene of the sixties, a vibrant interaction with Navratil and his “artist patients” began and eventually led to the first exhibition of the Gugging Artists, held at the Galerie nächst St. Stephan in 1970. In 1981, the “Center for Art and Psychotherapy” was founded as a home for the Gugging Artists. Under the directorship of Johann Feilacher there was a paradigm shift away from the status of patients to a full recognition of the artists and the house was renamed “House of Artists”.

International public awareness of this art and its recognition as a part of Art Brut through Dubuffet were essential factors in the important transformation leading away from a psychiatric context and toward a recognition as art. In 2006, the museum gugging was opened as an art museum focused on Gugging Art and Art Brut.

In 1994 the galerie Gugging was founded. 50% of the income through sales of the artefacts go to the artists. The atelier gugging was opened in 2001: it is available for the use of the Gugging Artists but also to guests.

Project organisers:

Private Foundation – Gugging Artists

Partners:

international museums (Collection de l'Art Brut in Lausanne, mumok museum of modern art in Vienna, moma – Museum of modern art, Setagaya Museum in Tokyo, etc.)

Budget / Funding information:

Public funding, private foundation, Galerie Gugging

SCOPE	INTERNATIONAL
Implementation period	mid-1950s - ongoing project
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Visual arts, museums
Health fields	Management of health

Keywords:

psychiatric patients, art brut

Description of results:

Art from Gugging is an example of the transformation from a clinical artistic intervention into an internationally recognised art centre.

Websites:

www.museumgugging.at

www.gugging.org

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

LOCAL AUTHORITY HEALTH AND WELLBEING IN THE COMMUNITY SCHEME

Description:

The Creative Health and Wellbeing in the Community Scheme 2024-2025 is €1m project from Creative Ireland with 15 Local Authority partnerships for arts and health projects in the community and in healthcare settings and include cross border projects between communities in Ireland and Northern Ireland. All 15 projects are designed to improve the health and wellbeing of all age groups in areas such as: Social prescribing, Children with chronic health conditions, End of life and bereavement and Positive ageing.

Each of these 15 projects will demonstrate how creativity, be it through performing or visual arts, craft or heritage-based activities, promoting positive health and wellbeing. Finding their creative pathway helps people to connect socially, enhancing their self-esteem and resilience, enabling recovery and empowering them to manage their own health and wellbeing through their lives.

Project organisers:

Creative Ireland

Partners:

15 local authority partnerships

Budget / Funding information:

Public funds

SCOPE	LOCAL
Implementation period	2024-2025
Target groups	Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Management of health

Keywords:

Health and well-being ; social prescribing ; end of life ; ageing

Description of results:

Outputs to be evaluated in 2025.



IRELAND

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

MADRID SALUD - CULTURE, ART AND HEALTH



SPAIN

In a few words:

It conducts activities in public spaces to maximise outreach and equity and involves collaboration among artists, health professionals, community members and interdisciplinary participants of various ages and social strata, in local level.

The project is funded by a public health institution (Madrid Salud).

The fellowship programme “Early Career Researchers in Arts and Health” funding by Madrid Salud and provided academic support by Complutense University of Madrid, is a key strategy of for strengthening structures and mechanisms for collaboration between arts and health sectors.

Description:

In 2011 Madrid Salud, the public body of the Madrid City Council that is responsible for the prevention and promotion of health in the city, signed an agreement with the Complutense University of Madrid, in anticipation of possible benefits from the collaboration of art with prevention and health promotion. Madrid Salud has a network of 16 community health centres at its disposal and 5 dedicated specialist centres, Youth's or Prevention of Cognitive's ones, distributed over the city. Around 400 professionals work in interdisciplinary teams (including nurses, doctors, specialists in gynaecology, psychiatry, paediatrics and psychology, social workers, health auxiliaries and administrative staff). After several years of collaboration and evidence of very positive results, both institutions are convinced that this partnership offers great opportunities and potential, and this cross-sectoral collaboration (university-health service) has been enabling the benefits of Arts in prevention and health promotion programmes in Madrid city.

Since 2011, students and Early Career Researcher in Arts and Health, have joined in Madrid Salud's teams and art professionals have been recruited also, for some specific programmes about isolation or grief. Madrid Salud is working on

ensuring sustainability in these Arts and Health approach, supporting Early Career Researchers in Arts and Health and providing scholarships for researchers in Arts and Health every year, since 2017. Photography, performance, drawing, sculpture, textile art, painting, water colours, calligraphy, visual poetry, haiku, sculpture, vertical gardens, urban allotments, graffiti, among other techniques and artistic workshops, have been developing in collaboration with students and researchers in different community health centres in collaboration with the health professionals. This arts and health approach has been incorporated in programmes as healthy diet, physical activity, sexual and reproductive health, active ageing, or mental health. The evidence of this cross-sectoral collaboration has been compiled in conferences, papers, and doctoral thesis, co-creating meaningful knowledge about the role of the arts in Prevention and Promotion.

Project organisers:

Madrid Salud and Complutense University of Madrid

Budget / Funding information:

31.891€ (Documentation of the project 2011-19, funded by Madrid Salud) and Annual fellowship programme (from 2017) for 2 postgraduate students in the field of Arts and Health, funded by Madrid Salud

SCOPE	LOCAL
Implementation period	2011-ongoing
Target groups	Early age (0-7 y.o); Children (7-14 y.o); Youth (15-29 y.o); Adults (30-64 y.o); Older people (65+); Early Career Researchers
Cultural fields	Crafts, museums, visual arts
Health fields	Prevention, health promotion

Keywords:

visual arts; health promotion; prevention; well-being; early career researcher; community art-based projects; art-based health research

Description of results:

This arts and health approach has been incorporated in Madrid Salud's programmes such as healthy diet, physical activity, sexual and reproductive health, active ageing, or mental health.

Research or evaluation:

The evidence of this cross-sectoral collaboration has been compiled in conferences, papers, reports, exhibitions, and doctoral thesis, co-creating meaningful knowledge about the role of the arts in Prevention and Promotion.

Websites:

<https://www.ucm.es/artesaludproyectos-en>
<https://madridsalud.es/proyectos-de-arte-y-salud>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

MA-PROGRAMME CREATIVITY AND ARTS IN SOCIAL AND HEALTH FIELDS, METROPOLIA UNIVERSITY OF APPLIED SCIENCES



FINLAND

In a few words:

The aim of CRASH degree programme is to strengthen the professional competences needed when promoting health, well-being, inclusion and a sense of community in society through creativity and arts. Upon graduation, students are able to reflect in a new way on the importance of creativity in human life and to reconstruct working practices from this perspective. The studies are designed to combine expertise from different fields locally and internationally, as well as to strengthen multidisciplinary and international collaboration skills of professionals. A special feature of the CRASH degree programme is the multidisciplinary collaboration initiated already in the application phase and carried out through the studies.

Description:

Creativity and Arts in Social and Health Fields (shorter CRASH) is a transdisciplinary Master's degree programme aimed at professionals in the fields of culture and arts, social services and health. Creativity and different ways to express it, as well as cultural activities and arts related experiences, belong to all people as part of a good and meaningful life.

The Master's degree in Creativity and Arts in Social and Health Fields CRASH provides strong competences to act as a developer, innovator, expert and leader in using creativity and arts in various operating environments in social and health fields. It also gives competences to work in expert positions in the social and health sector as well as in the field of arts and culture, both nationally and internationally. In working life, one can act as a bold innovator of multidisciplinary practices in solutions related to health, well-being, creativity and inclusion.

Expert lectures, workshops, projects and group work with peers, as well as supervision support your learning. Lectures, seminars, workshops and study materials are mainly in English.

The graduates are professionals in using creativity and arts in social and health fields. They are able to utilise the opportunities of creativity to support people's lives and well-being, promote the realization of cultural rights, evaluate the effectiveness of activities as well as reconstruct professional practices, structures and thinking.

Project organisers:

Metropolia University of Applied Sciences

Partners:

NOCKS – Nordjysk Center for Culture and Health

Budget / Funding information:

N/A

SCOPE	LOCAL
Implementation period	ongoing
Target groups	Professionals in the fields of culture and art Professionals in the fields of health care and social services
Cultural fields	All fields
Health fields	All fields

Websites:

Museer som trivselsrum, Slow Looking og Visible Thinking <https://www.magasinetmuseum.dk/museer-som-trivselsrum-slow-looking-og-visible-thinking>

CREATIVE HEALTHCARE

MEDICAL AND HEALTH HUMANITIES

MA-PROGRAMME IN CREATIVE WELL-BEING, TURKU UNIVERSITY OF APPLIED SCIENCES

In a few words:

The education programme provides social, arts and health professionals with skills to develop the future working life using and widening their own professional core competencies and networks. The programme leads to a master's degree, which corresponds to a master's degree at university level and gives the same qualification, for example, to public posts.

Description:

The interprofessional master's degree programme Creative Well-being is a joint programme run by two faculties: Arts Academy and Health and Wellbeing in Turku University of Applied Sciences. The programme is aimed to professionals from the arts and culture sector and social and health care workers who have already at least two years professional experience in their own field and a bachelor's degree. Approximately half of the students come from the culture and arts sector and another half from the social and health care sector. They study together for 1,5-2 two years (60-90 ECTS) to become professionals in creative well-being.

The training will focus in particular on building, supporting and promoting creative multi-professional cooperation. Professionals in the fields of culture and arts as well as social welfare and health care study in the same group. The Master school of Turku University of applied Sciences also offers good opportunities for multidisciplinary networking: it brings together students in technology, business economics, health and social services, and culture. Networking with experts in both one's own and other fields during the training.

Project organisers:

Turku University of Applied Sciences



FINLAND

Budget / Funding information:

N/A

SCOPE	LOCAL
Implementation period	ongoing
Target groups	Professionals in the culture and art fields Professionals in the health and social fields
Cultural fields	All fields
Health fields	All fields

Description of results:

[Professional Growth and Key Competences in the Master's degree Programme in Creative Well-being - ARTHEWE](#)

Websites:

[Creative Well-being- Master School - Turku AMK](#)

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

MARVÃO INTERNATIONAL ACADEMY FOR MUSIC, ARTS AND SCIENCES



PORTUGAL

Description:

The Marvão International Academy for Music, Arts and Sciences is a non-profit cultural organization committed to the development of multidisciplinary actions in the field of music, arts and sciences.

The Scientific Department of the Academy (Directed by Professor Doctor Wolfgang Mastnak with collaboration of Professor Doctor Ana Zão – Medicine and Public Health Coordinator) develops and promotes art-based initiatives for prevention, health promotion and treatment of several disorders, in collaboration with community Institutions from Alentejo region and aims, in the future, to disseminate these projects for other settings and regions. These initiatives are monitored by clinical experts in the field and several research studies are being conducted in collaboration with the University of Porto and the RISE Health (the main research unit in the country). It is also part of the Academy aims to promote training opportunities in the field of Culture and Health.

The Academy also promotes master classes, artistic and scientific residencies, concerts, field activities, exhibitions, workshops, training or awareness actions and is the entity responsible for developing, in partnership with Direção Regional de Cultura do Alentejo, the project “Music, Arts and Science”, one of the winners of Orçamento Participativo de Portugal. In addition to cultural heritage, it aims to enhance the unique natural resources that embody Parque Natural da Serra de São Mamede, especially at Quinta dos Olhos d’Água, owned by ICNF – Instituto de Conservação da Natureza e das Florestas, I.P., an entity with which a cooperation agreement has already been signed.

Project organisers:

Marvão International Academy for Music, Arts and Sciences

Partners:

University of Porto, RISE Health

Budget / Funding information:

SCOPE	REGIONAL
Implementation period	Implemented in 2018 (still an ongoing project)
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, heritage, museums, music, theatre, opera, visual arts
Health fields	Prevention, health promotion, management of health, treatment of conditions

Keywords:

Music, art, sciences, prevention, health promotion, treatment

Description of results:

Teen age group (14-19 years old)

Websites:

<https://marvaoacademy.com>

CREATIVE HEALTHCARE

MEDICAL AND HEALTH HUMANITIES

MEDICINE, MUSIC AND MIND

Description:

Medicine, Music and Mind is a project and a new Course in the Master in Medicine at the School of Medicine and Biomedical Sciences – University of Porto, coordinated by Ana Zão (Lead Professor), which aims to enhance the knowledge about Music Medicine, arts medicine and raises awareness of the power of the arts for health promotion, prevention and treatment. Besides the knowledge and clinical practice on the specialised healthcare for artists, this Course highlights the positive impact of the participation in culture and cultural heritage, creativity and the arts on people of all ages, backgrounds and health status (for example: for elderly with dementia, for young people with disabilities and development disorders, for pregnant women, for patients with chronic pain disorders); as well as aims to raise awareness of the power of the arts, particularly music, enhancing the clinical practice and improving clinicians competencies: the capacity to communicate, to listen, and to perform interventions. Within the scope of this course, musicians promoted and performed concerts in the university for the academic community, involving the medical students of the course (who performed some musical instrument, or participated in the commentaries about the composers and the repertoire played). This Course also stimulates the development of research studies on this topic, some of them as Medicine Master thesis projects. New other initiatives within this project are been developed and planned, including in collaboration with the Humanization Department of the University Hospital Center of Porto (Unidade Local de Saúde de Santo António)

Project organisers:

Instituto de Ciências Biomédicas Abel Salazar (ICBAS) – University of Porto (School of Medicine and Biomedical Sciences)

Partners:

Centro Hospitalar Universitário de Santo António –Unidade Local de Saúde de Santo António, International Center of Arts Medicine (CIMArt)

Budget / Funding information:

N/A



PORTUGAL

SCOPE	LOCAL
Implementation period	created and implemented in 2022. This Course integrate new university students every year
Target groups	Youth (15-29 y.o), Adults (30-64 y.o)
Cultural fields	Dance, design, film, video, heritage, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Prevention, health promotion, management of health, treatment of conditions

Keywords:

Music, art, prevention, health promotion, treatment, artists health, well being

Description of results:

Junior age group (10-14 years old)

Research or evaluation:

This Course also stimulate the development of research studies on Culture and Health, some of them as Medicine Master thesis projects. The impact of this Course is being evaluated and monitored.

Websites:

Article «UMA UNIVERSIDADE MAIS HUMANA» - <https://mkt.up.pt/cultura/email/preview/191>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

MENTAL POWER PRAGUE FILM FESTIVAL



CZECHIA

Description:

The Mental Power Prague Film Festival is an international film festival featuring actors (non-actors) with mental and combined disabilities.

With its 17-year history, the festival serves as an inspirational meeting place for artists and audiences. Since its inception, the festival has become a significant platform where individuals with mental disabilities can showcase their works and share their stories with the world.

The goal of the festival is:

- to create conditions and an environment typical of film festivals for professional actors
- to allow people with disabilities to experience exceptional moments among those without disabilities
- to demonstrate to able-bodied individuals that these people are entirely equal to them in artistic creation and experience
- to convince the general public of their capabilities and persuade people with disabilities that they have an equal and firm place in society's artistic landscape

Project organisers:

Hendaver, z.s. (NGO)

Partners:

Czech National Disability Council, Ministry of Culture, the City of Prague

Budget / Funding information:

national, regional, private

SCOPE	LOCAL
Implementation period	since 2006, resp. 2007
Target groups	Youth (15-29 y.o), Adults (30-64 y.o)
Cultural fields	Dance, film, video, music, theatre, opera
Health fields	equal access to creation, awareness raising, enhancement of society's quality of life

Keywords:

film festival, mental power, participation in arts

Description of results:

17 years of the festival event, film archive, uncountable happy actors and creators.

Websites:

<https://mentalpower.cz/en/about-the-festival>

TARGETED INTERVENTIONS

ARTS THERAPIES

MINERVA PROJECT

In a few words:

Minerva is a scientific project realised at Palazzo Maffei Casa Museo in Verona, aiming to provide evidence on the positive effects of the artistic experience and cultural activities on the mental health of individuals and the population and indicate the role that museums can play in prevention and treatment in these areas.

Description:

The WHO Centre for Mental Health of the Verona Research University, in collaboration with Palazzo Maffei Museum organised the Minerva project to provide positive effects of the museum experience on psychological well-being, thanks to the collaboration between medical specialists, cultural operators and art historians, aimed to create a cultural route within a museum reality. The first pilot phase in May 2024 and then in the autumn, in September and in November 2024 (reaching a final sample of 103 participants). The project was structured in a cultural path of 3 weekly guided visits, each one lasting less than one hour, guided by an art historian to the artistic enjoyment of the masterpieces on display. The participation was free, for adults upon registration, guaranteeing presence at all three meetings. People taking part in the project were asked to fill out standardised questionnaires at the beginning of the first visit and at the end of the last one, to assess psychological well-being, anxious-depressive symptoms and general functioning, and the collected data subsequently analysed anonymously.

Project organisers:

World Health Organization Centre for Mental Health Verona Research University (Univr) and Palazzo Maffei Casa Museo, Verona.

Partners:

Verona University

Budget / Funding information:

Verona University

SCOPE	LOCAL
Implementation period	September/November 2024
Target groups	Adults (30-64 y.o), Older people (65+)
Cultural fields	Crafts, museums, visual arts
Health fields	Health promotion, management of health, treatment of conditions



ITALY

Keywords:

Museum, innovation, neurosciences: effects of and reactions to the value of art.

Description of results:

As to the evaluation of the intervention, more than 90% of the participants reported the museum itinerary was satisfactory, interesting and appropriate to their personal needs.

From a clinical point of view and psychological variables, the sample reported on average significant psychological distress, before the start of the museum tour, in 67% of cases, with mild anxiety and depressive symptoms of varying degrees.

Research or evaluation:

Following the completion of the three scheduled meetings, participants showed an improvement in all areas of investigation. A statistically significant reduction was found in anxious (p-value < 0.022) and depressive (p-value < 0.037) symptoms, as well as psychological distress (p-value < 0.001). An increase in psychological well-being was also observed.

Websites:

<https://www.univrmagazine.it/2024/07/24/ottimi-risultati-della-fase-pilota-dati-statisticamente-significativi-indicano-riduzione-dei-sintomi-ansiosi-e-depressivi-e-del-disagio-psicologico-la-ricerca-sperimentale-del-progetto-minerva-a-ver>
https://www.youtube.com/watch?v=Oo_fS0UdFcs

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

MUSEUM FOR ALL



SPAIN

In a few words:

This is a public (state-run) museum under the jurisdiction of the Ministry of Culture. It is one of the few cultural institutions that specifically integrates the theme of “Arts and Health” into its public programming. As such, the museum serves as a valuable example for raising awareness and promoting the inclusion of Culture&Health initiatives in public cultural policies.

Description:

The National Museum of Sculpture is a century-old institution that preserves and shares with the public the most original, representative and extensive collection of Spanish sculpture. It stands out for its rich heritage collection of religious art sculptures from the 13th to 18th centuries, as well as the addition (since 2011) of copies from the now-defunct National Museum of Artistic Reproductions.

Its fundamental task is to bring the arts and culture closer to society as a whole, stimulating openness and cooperation so that all kinds of audiences (both in-person and digital) find this to be an environment that supports enjoyment, learning and reflection, a space where they can interpret the past and address the concerns of the present. The museum is committed to ensuring the sustainable development of its “Museum for all” by fostering long-term collaborations with various organizations, achieved through official agreements. Description of activities:

- Guided tours for the Association for “Active Coping of Pain” with the aim to stimulate new fields of interest that help to face chronic pain with a life rich in social and cultural incentives.
 - Activities with “Personas” Foundation for the improvement of the quality of life of people with intellectual disabilities; making them visible in cultural institutions.
- Therapy tours and activities with homeless people and with people with mental illness, both projects in collaboration “Intras” Foundation.
- Guided tours for the Red Cross Elderly Programme with the intention of contributing

to an active old age and fighting against loneliness.

- Pediatric classrooms public hospitals in Valladolid city.
- Mindfulness “Mysteria” workshop by Amelia Melo. Meditation through different techniques of mindfulness and contemplation of art that aims to favour an approach to the meditative state.
- Thematic tour about “Health in the Europe of the past” for individual audiences connecting the idea of health, hygiene, and death in past European societies. It seeks identification with individuals from the past and common concerns. It favours the critical spirit and active participation of visitors.

Project organisers:

National Museum of Sculpture (Museo Nacional de Escultura)

Partners:

Ministry of Culture

Budget / Funding information:

Ministry of Culture

SCOPE	NATIONAL
Implementation period	2023-ongoing
Target groups	adults (30-64 y.o); older people (65+); children in hospitals; people with intellectual disabilities; people with chronic pain; people with mental illness; People experiencing homelessness
Cultural fields	Heritage, museums, multimedia, new media, digital
Health fields	Prevention, health promotion, management of health, treatment of conditions

Keywords:

museum, mental health, hospital pediatric
classrooms, guided tours, mindfulness, meditation

Websites:

[https://www.cultura.gob.es/mnescultura/en/
inicio.html](https://www.cultura.gob.es/mnescultura/en/inicio.html)

[https://www.cultura.gob.es/mnescultura/en/
actividades/museo-para-todos.html](https://www.cultura.gob.es/mnescultura/en/actividades/museo-para-todos.html)

BROADER ARTS & CULTURAL ENGAGEMENT

MUSEUMS FOR PEOPLE'S WELLBEING

LITHUANIA

In a few words:

The major aim was to increase the accessibility for people with disabilities to the museums across the country. This initiative was targeted at solving challenges indicated in the complex research “Museums for People’s Wellbeing”.

Description:

In 2022 the Ministry of Culture of the Republic of Lithuania (Ministry) started the initiative “Museums for People’s Wellbeing”, which aimed to increase the accessibility of culture for people with disabilities across the country by bringing together professionals from museums, education, health and social services, and by developing a new approach to the impact of museums and their activities on people’s psychosocial and spiritual well-being. This initiative was financed from the measure included in the Culture and creativity development programme of the Ministry of Culture of the Republic of Lithuania for 2021–2030.

In 2022–2023, a complex research “Museums for People’s Wellbeing”, was initiated by the Ministry. It was carried out in order to assess how Lithuania’s museums, their services and activities contribute to the improvement of societies’ mental wellbeing, focussing on the aspects of the physical/infrastructure and cultural/services accessibility to different target groups. After conducting this complex research, recommendations were prepared suggesting how to improve accessibility of the museums. The recommendations were a synthesis of all the information gathered during the research period and laid out in the form of practical advice aimed at the main directions for improvement of museum accessibility for people with disabilities. Main groups of the recommendations: museums’ accessibility policy and its implementation; cooperation with people with disabilities and organisations representing them, health, education and culture specialists, as well as other museums in Lithuania and abroad; information about museums’ accessibility on their websites; adaptation of museums’ access routes and premises for people with disabilities; increasing the accessibility of museums’ content; and the training of museums’ staff to work with people with disabilities. In 2023 three pilot projects were implemented by the national and state museums.

In 2024 the Ministry allocated funding for 7 projects implemented by the national, state and municipal museums, which aimed to ensure that the social and cultural needs of people with disabilities are met through improving access to the museums. The projects aimed at implementing the recommendations set in the research. During the projects various solutions were introduced in the exhibitions for better access to the people with disabilities, to enable them experience their visits around the museum independently, as well as educational activities were developed. Community of the museums specialists had an opportunity to learn how to deal and to communicate with this target group.

Project organisers:

Ministry of Culture of the Republic of Lithuania

Budget / Funding information:

The Development Programme of the National Development Plan (NDP) for 2021–2030 “Culture and Creativity” implemented by the Ministry of Culture of the Republic of Lithuania / 571 693 euros.

SCOPE	NATIONAL
Implementation period	2022 – 2024
Target groups	People with disabilities.
Cultural fields	Museums
Health fields	Prevention, well-being

Keywords:

Museums, accessibility, wellbeing

Description of results:

The aim is to reach the 4 percent of people with disabilities compared with the total number of visitors of the national and state museums. The initial number is 1,3 percent and after the projects were completed is increasing.

Websites:

<https://lrkm.lrv.lt/lt/veiklos-sritys/muziejai-1/tyrimas-muziejai-zmogaus-gerovei-1>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

MUSIC AND MOTHERHOOD

Description:

The Istituto Superiore di Sanità – IIS - group coordinated the Italian study, which represents the first national experience of multicentre implementation of an art and health intervention, which proved the effectiveness, and identified family counseling centres as the ideal setting to make this innovative offer available. In fact, family counseling centres have been involved for years in promoting and protecting the mental health of women during pregnancy and in the first months after giving birth. In many regions, the counseling centres offer screening for the early recognition of PPD and the clinical psychological interview with diagnostic purposes in the event of suspected psychological distress manifested during pregnancy or in the puerperium.

Project organisers:

Regional Office for Europe of the World Health, The family counseling centres of the ASL Città di Torino, Azienda ULSS 6 Euganea and ASL ROMA 2 health companies and the Cultural Welfare Centre , for Italy The Istituto Superiore di Sanità – IIS - Organizat

Partners:

Italy, Denmark, Romania

Budget / Funding information:

funding under the ISS 2023 Independent Research Call

SCOPE	EUROPEAN
Implementation period	2021-2023
Target groups	Youth (15-29 y.o), Adults (30-64 y.o)
Cultural fields	Music
Health fields	Management of health, treatment of conditions

Keywords:

mothers as the recipient of the intervention, all participants presented symptoms, music of PPD.

Description of results:

Group singing has proven to be a sustainable and appropriate tool, which has allowed:

- to significantly improve participating new mothers' depressive symptoms and quality of life of the, in line with the results of the English RCT and with what was observed in the groups conducted in Denmark and Romania;
- to help the participating women to share and improve their emotional state, providing a tool for interaction with the child;
- to de-medicalise the treatment process by encouraging the use of non-health resources present in the area;
- to involve also foreign women with insufficient linguistic mastery to be started on psychotherapy in Italian.

Websites:

<https://www.epicentro.iss.it/materno/depressione-post-partum-progetto-music-and-motherhood>

 DENMARK, ITALY, ROMANIA

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

MUSIC ON THE WARD / MUSICARE



AUSTRIA

In a few words:

Music on the Ward is an art project (music) that emerged from the international research projects MiMiC and ProMiMiC. MiMiC – Meaningful Music in Healthcare was a pioneering research project in the Netherlands between 2015 and 2018 that examined the use of person-centred live music in hospitals. The follow-up project ProMiMiC – Professional Excellence in Meaningful Music in Healthcare was carried out jointly by several European universities (Hanze University Groningen, Royal Conservatoire The Hague, Royal College London, and University of Music and Performing Arts Vienna) between 2019 and 2023 and investigated the further development of the practice and the interprofessional collaboration and the interprofessional learning that takes place between different disciplines (musicians, music therapists and healthcare staff) who interact with each other in healthcare facilities.

The MusiCare association, based in Vienna, has been continuing the project since the end of 2023. MusiCare brings together a collective of professional musicians and music therapists who have jointly developed the practice of person-centred music-making and now offer and implement it in the professional environment of healthcare facilities. The musical interventions are intended to contribute to the well-being of patients and create a positive atmosphere throughout the ward.

Description:

The Music on the Ward project brings art (music) to highly sensitive locations and vulnerable groups of people who are otherwise difficult to reach and have no opportunity to participate in artistic activities themselves. This is an important contribution to the equal participation of disadvantaged groups in art and culture. The project will be carried out between September 2025 and March 2026 in hospital wards of the cooperation partner WIGEV (Vienna Health Association) in Vienna. Patients in the hospital will be informed about the project in advance by the MusiCare team with a flyer. Music will be developed in a participatory process

(conversation) with patients or members of the ward nursing team. The wishes, thoughts, images, and moods described in this process will be developed into musical improvisations. Each piece of music is a gift to the person involved in the decision-making process, the patient. The MusiCare team's work phase on the ward lasts approximately 90 minutes on each project day. An intervention usually lasts about 10 minutes. On a project day, around 4-5 patients are reached in this way. Between interventions, breaks are taken as needed, during which the team withdraws and, if necessary, discusses what they have experienced and processes their emotional impressions. A small ward concert ends each project day and is aimed primarily at the ward staff, who experience moments of relaxation in their everyday work in this way. The staff can also take this opportunity to express their wishes, which are then translated into music by the MusiCare team. In addition, the ensemble is happy to play some well-known pieces from the classical, pop, and world music genres to lighten the mood.

Project organisers:

Verein MusiCare (Stefan Heckel, Laura Bezold, Magdalena Bork)

Budget / Funding information:

8000€ of the national call in Austria (Arts for Health Austria) of the culture and health platform

SCOPE	LOCAL
Implementation period	2015 – 2026
Target groups	Patients and staff of three different hospital wards in Vienna: cardiology ward (Klinik Landstraße), neurology ward and palliative care ward (Klinik Hietzing)
Cultural fields	Music, community art, co-creation
Health fields	Prevention, health promotion

Description of results:

Higher level of awareness of the importance to apply art in health care settings by both medical staff, care staff, musicians and the general public (patients, relatives); Participation in an artistic and creative process by a number of patients and the staff present.

Research or evaluation:

Final report including observations, testimonials of involved persons, interviews and findings.

Websites:

www.musicare.org

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

NATIONAL CENTER FOR ARTS AND MENTAL HEALTH



DENMARK

In a few words:

To enhance well-being, hope, and community among individuals with mental health challenges through participant-focused artistic workshops, thereby supplementing psychiatric treatment with research-based art interventions.

Description:

The National Center for Arts and Mental Health offers progressive artistic workshops for individuals with mental health challenges. These workshops are developed in collaboration with contemporary artists, clinicians, and researchers. The center aims to create better well-being and more hope and community among individuals with mental health challenges. It supplements psychiatric treatment with research-based art interventions in equal partnerships between established authors, artists, writers, psychiatric users, and health professionals.

Project organisers:

Foreningen Kunst og Mental Sundhed ; Region Hovedstadens Psykiatri ;

Partners:

Syddansk Musikkonservatorium

Budget / Funding information:

The centre was established with support from the Obel Family Foundation and has received funding from the government's reserve for social, health, and labor market initiatives. Specific funding details are available upon request.

SCOPE	NATIONAL
Implementation period	Established in September 2021; ongoing with various projects and workshops
Target groups	Individuals with lived experience of mental health challenges as patients in the psychiatric system.
Cultural fields	Visual Arts, literature, performing arts
Health fields	Mental health

Description of results:

Participants have reported increased well-being, hope, and a sense of community through engagement in artistic workshops. The centre's initiatives aim to supplement psychiatric treatment with research-based art interventions, contributing to improved mental health outcomes.

Research or evaluation:

The center conducts interdisciplinary research in collaboration with humanities, art, and health sciences to explore the effects of artistic participation on mental health. Studies have shown that participation in artistic activities can reduce symptoms of depression and anxiety, enhance self-esteem, and improve social engagement.

Working together: the National Centre for Arts and Mental Health in Denmark. Jensen, A. & Bundesen, B. (2023): *Perspectives in Public Health*. 143, 3, s. 129-130 2.

Websites:

[National Center for Arts and Mental Health Official Website](#)
<https://ckms.dk/publikationer/>
 SUU, Alm.del - 2023-24 - Bilag 46: Rapport fra Nationalt Center for Kunst og Mental Sundhed: Bedre vilkår for kultur og sundhed - Tværfaglige perspektiver og politiske anbefalinger i 2023

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

PERFARE – PERFORMING ARTS TO PROMOTE SOCIAL WELFARE ACCESS IN EUROPE

In a few words:

The project is a best practice example of creating innovative models of artistic interventions to support people with physical or mental health problems.

Description:

The project PERFARE, designed by Barna Petrányi, founder and managing director of the Hungarian Pro Progressione creative hub aims to strengthen cooperation between the cultural and social sectors by creating innovative models of artistic interventions to support people with physical or mental health problems. PERFARE – PERforming arts to promote social welFARE access in Europe promotes social inclusion through cultural activities and performing arts initiatives for those audience groups that are marginalised due to psychological and/or physical health issues and/or because belonging to minorities.

The project which started in June 2022 and lasted a total of 36 months, is funded by the Creative Europe programme (Culture strand).

The project is carried out by five creative and cultural organisations from Italy, Portugal, Romania, Sweden and Hungary, who are involved in capacity building processes to foster their ability to work with the actors of their local Welfare systems. The members share knowledge and capitalise already developed tools, as well as participate in a tour of field visits to gain direct experience on how performing arts interventions can improve Welfare services for people with health conditions. The main aims of PERFARE are to facilitate the access to performing art experiences for audience groups with health problems, and to innovate the partners' organisations creative models in order to make welfare services an integral part of their artistic work.

Project organisers:

Pro Progressione, a Budapest-based artistic hub

Partners:

Consorzio Marche Spettacolo (IT); WELCOME (IT); Artemrede (PT); AltArt Foundation (RO); MALMÖSTAD (SWE)

Budget / Funding information:

250.000 EUR, incl. 200.000 EUR from the EU (Creative Europe Programme)

SCOPE	EUROPEAN
Implementation period	The project started in June 2022 and lasted a total of 36 months.
Target groups	No specific age limit.
Cultural fields	Performing arts
Health fields	Management of health, well-being for all age groups, mental health management

Keywords:

knowledge-sharing, inclusion, active participation, innovative approach, reaching out to a wide audience, access to culture, mental well-being, organisation development, capacity building

Description of results:

During the first project period, the PERFARE partnership has connected with the local welfare stakeholders to find their “perfect match” to collaborate with in the creation of the local synergies that would generate the PERFARE pilot actions.

From 1 to up to 4 local connections, each partner has successfully found a welfare organization willing to experiment with artistic interventions in their daily work and to investigate the beneficial “contamination” of Culture&Health practices.

📍 ITALY, HUNGARY,
PORTUGAL, ROMANIA,
SWEDEN

Every connection channelled into one artistic intervention, which was selected among the proposals received via the CALL FOR ACTION launched on 14th September 2023 and closed on 17th November 2023.

The new phase of implementing pilot actions started in 2024 autumn, based on the experiences and knowledge gained during the five international workshops and networking events, which happened during the first phase of the project in Hungary, Portugal, Italy, Sweden and Romania.

Research or evaluation:

The research will be done during the implementation of the pilot cases, starting in 2025.

There was a research on best practices beforehand:

<https://www.perfare.eu/good-practices>

Websites:

<https://www.perfare.eu/about>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

PRACTICES IN PROMOTING HEALTH AND WELLBEING AND EVALUATING THE PRACTICES

Description:

The practices in promoting health and wellbeing are evaluated in an open, knowledge-based management service. The Finnish Institute for Health and Welfare first initiated the service development in 2019. The service provides peer-reviewed information on evidence-based practices, which are published in the publication series on Practices in Health and Well-Being Promotion. The evaluation incorporates practices in promoting health and wellbeing in different fields that advance health, wellbeing, safety and inclusion, promote equality and fairness, prevent inequalities in health and wellbeing, social exclusion and loneliness, and enhance socially, economically and ecologically sustainable development.

Decision-makers and experts in municipalities and wellbeing services counties have a great need to obtain evaluated information on how effective the practices in promoting health and wellbeing are. The evaluation of the practices in promoting health and wellbeing supports decision-making in the promotion of health and wellbeing and in how to allocate resources in an optimal way. Systematically reviewed practices for promoting health, wellbeing and safety are collected in the service. The service gives answers to the questions on which evidence-based practices in promoting health and wellbeing are effective, which ones are not, and why.

The evaluation of practices in promoting health and wellbeing is based on open peer reviews. Openness makes the evaluation process more transparent. A peer reviewer refers to an independent external expert that has no ties to the practices in promoting health and wellbeing under review. At least two peer reviewers are selected for each practice in promoting health and wellbeing. The representatives of the practices in promoting health and wellbeing are responsible for describing the practices. The peer reviewers draw up a statement based on their review and the statements are public.

The evaluation of the practices in promoting health and wellbeing consists of examining the evidence, effectiveness and practical applicability of the practices using commensurate criteria. It is made on a scale of 1 to 5.

So far, two practices in promoting health and wellbeing have been evaluated in the field of cultural wellbeing: healthcare clowning for child patients and participatory dance films.

Project organisers:

The Finnish Institute for Health and Welfare (THL)

Partners:

Ministry of Education and Culture, Ministry of Social Affairs and Health, National Institute for Health and Welfare, Arts Promotion Centre.

Budget / Funding information:

State funding

SCOPE	NATIONAL
Implementation period	2019 and ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Health promotion, management of health

Keywords:

Knowledge-Based Management, Evidence-based policy, Health and Wellbeing Promotion



Description of results:

So far, two practices in promoting health and wellbeing have been evaluated in the field of cultural wellbeing: healthcare clowning for child patients and participatory dance films.

An example of how the practices are evaluated:

Results, impact and effectiveness (The results from the healthcare clowning practices)

A peer-reviewed study (Karisalmi et al., 2020) shows that the presence of a clown in a cannulation had a positive effect on the patient experience of children and their families. In a medical staff survey, 93% of respondents agreed that healthcare clowns have a positive effect on a child's patient experience.

International studies show that clowns have positive effect on the child's state of mind, easing tension, and experience of pain.

Research has shown that methods with art and culture as a starting point promote health and wellbeing. A report published by the World Health

Organisation in 2019 found evidence that art is of significance in the treatment, management, and prevention of several illnesses, and in promoting health and well-being.

Cost-effectiveness has not been researched, but feedback from medical staff and the experiences of the clowns suggest that clown activities can lead to cost savings in some situations.

Research or evaluation:

<https://thl.fi/en/topics/management-of-health-and-wellbeing-promotion/management-of-wellbeing/evaluation-of-evidence-based-practices/evaluated-practices/evaluation-of-healthcare-clowning-for-child-patients>

Websites:

<https://thl.fi/aiheet/hyvinvoinnin-ja-terveyden-edistamisen-johtaminen/tieto-ja-toimintamallit/hyte-toimintamallien-arviointi>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

READER'S COLLECTIVE (HET LEZERSCOLLECTIEF)

In a few words:

70% of the people diagnosed with dementia still lives at home. They can call on home help: care, nursing, cleaning. The social circle becomes smaller; the elderly lose neighbours and friends. Mental care often increases due to this loneliness and the feeling of being non-productive and even a burden to others. Coming together breaks the circle of solitude and opens the mind: by encouraging personal expression, seniors feel involved again: their story also matters.

Reading groups meet in service centres, but preferably in libraries or other (cultural) places so that participants can be taken out of the care bubble for a while. Collaboration with a cultural partner such as the library is also useful to avoid a care infarction.

Description:

Reading stories and poems together connects people and makes them stronger and more resilient. This is the philosophy of Het Lezerscollectief, a network of reading facilitators (reader leaders) in Flanders, which organises reading sessions for people who have difficulty accessing literature, including prisoners, individuals with mental health issues, elderly in residential care centres, etc. (based on the model of The Reader Organisation, UK - Similar initiatives across Europe)

Your story matters is a shared reading-programme specifically focused on providing high-quality elderly care, with special attention to individuals with dementia.

Project organisers:

Het Lezerscollectief

Partners:

Cera Foundation, Fintro, Literatuur Vlaanderen, Koning Boudewijnstichting, Cortina

Budget / Funding information:

Partly subsidies, partly support from a fund (cera foundation) and donations

SCOPE	INTERNATIONAL
Implementation period	2014 (ongoing)
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Literature
Health fields	Health promotion

 BELGIUM, FLANDERS

Keywords:

Shared reading: effects on social, mental, emotional, and psychological well-being.

Description of results:

300 volunteers who facilitate reading groups throughout Flanders. Currently scaling up the reading groups in nursing homes in collaboration with umbrella organisations for elder care. Based on research in UK: significant reduction in dementia symptoms and a valuable effect on the quality of life for both patients and staff + shares reading has effects on social, mental, emotional, and psychological well-being. The results were strengthened and refined by a PhD study, supported through ELIT, involving 9 European universities through an Erasmus project.

Research or evaluation:

<https://lezerscollectief.be/wp-content/uploads/2023/10/2019-Reading-and-Mental-Health.pdf>
<https://lezerscollectief.be/wp-content/uploads/2024/02/Onderzoek-SR-en-dementie.pdf>

The impact of the methodology of the programme 'Your Story Matters' and the involvement of informal caregivers is monitored and investigated by Prof. Dr. Annick Schramme (2025-2026).

Websites:

<https://lezerscollectief.be/nl/>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

RECETA CULTURA: FROM HEALTH CENTRE TO MUSEUM



SPAIN

In a few words:

The pilot project Receta Cultura, led by the Public Health Centre of Valencia (Valencian Regional Ministry of Health) in collaboration with Valencia Innovation Capital (València City Council), aimed to promote health and emotional wellbeing through social prescribing of cultural assets.

The main objective was to improve the health and wellbeing of individuals experiencing unwanted loneliness and/or physical inactivity, particularly older adults, through guided group visits to museums and cultural institutions. The project sought to:

- Reduce unwanted loneliness.
- Improve emotional wellbeing and motivation.
- Enhance quality of life and community integration.
- Foster intersectoral collaboration between the healthcare and cultural sectors.
- Demonstrate the potential of cultural settings as health-promoting environments.

This initiative was motivated by growing international evidence on the benefits of arts and culture for mental, emotional, and social health, especially in ageing populations. The COVID-19 pandemic further emphasised the need for innovative strategies to address social isolation and mental health in local communities.

Description:

Receta Cultura was a community-based social prescription programme conducted from September 2023 to May 2024 in six primary health care centres and six museums in the city of València. The intervention included:

- Identification and referral of participants by primary care professionals (physicians, nurses, and social workers) of primary health centres.
- Selection of participants aged 60 and over, with prioritisation of individuals reporting unwanted loneliness or physical inactivity (20/25 participants per health centre). Participants were identified and invited to participate by the primary care professionals.

- Participants met at primary health centre facilities and the group was accompanied by primary healthcare professionals to the museum. The group went to the museums walking (to promote physical activity) or by public transport, depending on the distance.
- Twelve guided group visits over six months, with two visits per month to different museums and cultural centres (2 visits- one museum each month), adapted to encourage participation, dialogue, empowerment, social bonding and interactions. Contents and structure of the guided visits were previously agreed and jointly prepared by the staff of the museums and the health professionals.

Project organisers:

Centro de Salud Pública de Valencia – Conselleria de Sanidad (Regional Health Authority), València Innovation Capital (Municipal Foundation of Innovation of València City Council)

Partners:

6 Primary Health Centres: Miguel Servet; Azucena, Fuente de San Luis, Serreria, Salvador Pau-Chile; República Argentina / 6 Museums or Cultural Centres: Museu Faller de València; Museu d'Història de València; Museo Nacional de Cerámica y Artes suntuarias González Martí; Museu Valencia d'Etnologia L'Etno; Centre del Carme Cultura Contemporània (CCCC); Museo de Ciencias Naturales.

Budget / Funding information:

Funded with own resources of the participating institutions: 6 museums, 6 health centres, Regional Health Authority and València Innovation Capital. The resources used were mainly human resources devoted to tasks of:

- coordination, preparation and implementation of the pilot, as well as evaluation,
- accompaniment of participants from the health centre,
- staff for guided tours in the museums,

- free entrance and guided visits
- design and printing of posters, recipes and other information and dissemination material.

SCOPE	LOCAL
Implementation period	Pilot implementation: 2 periods: October- December 2023 and February- April 2024
Target groups	Adults with unwanted loneliness and/or physical inactivity, prioritising older adults with unwanted loneliness. Maximum of 150 participants.
Cultural fields	Guided visits to museums and cultural centres: history of the city, contemporary art, natural sciences, ceramic art, ethnographic museum, Fallas' cultural heritage and arts.
Health fields	Primary health, community health promotion, social prescription and cultural assets recommendation. Mental Health: Focus on reducing anxiety, emotional distress, and promoting emotional wellbeing.

Description of results:

116 participants in total. Average of 70 participants per month in each museum: Women 78%, 47% live alone, 91% retired, Average age 75 years and 62% have completed Primary Education at the most.

Quantitative results showed a significant 33% reduction in reported loneliness ($p=0.026$) and a 25% improvement in perceived health status (EuroQol VAS, $p=0.030$).

While improvements in mental wellbeing (Warwick-Edinburgh Scale) were observed, they did not reach statistical significance. However, qualitative findings highlighted enhanced emotional states, renewed social connections, identity reinforcement, and high participant satisfaction.

Cultural professionals and primary care staff were recognised as key facilitators of group cohesion and success of the intervention.

After three months of group cultural prescription, health benefits referred to and observed at the biopsychosocial level, predominantly improvement in socioemotional well-being among the

participants. They generated and/or resumed interpersonal relationships, improved their support in the community, felt more cheerful and lively, motivated to get out of the house and socialise more, as well as very grateful. These benefits have been reinforced after completing the second quarter of the pilot.

At the end of the six months of cultural prescription, statistically significant decrease in the percentage of people who reported feeling lonely and significant improvement in health perception (visual analogue scale of the EuroQol-5D-5L).

The social prescription of arts and culture promoted learning in people with different educational levels, the evocation of memories and experiences, cultural identity and a sense of belonging to the community.

The triangulated evaluation approach combined participant questionnaires, focus groups, interviews with professionals, and observational methods.

Research or evaluation:

Mixed-methods evaluation: quantitative indicators (standardised questionnaires) and qualitative insights (focus groups, interviews, participatory observation).

Assessment at three key stages (T0, T3, T6) to monitor changes in loneliness, wellbeing, and quality of life.

Evidence informed future scaling and integration into health and cultural policy frameworks.

Websites:

<https://valenciainnovationcapital.com>
<https://valenciainnovationcapital.com/el-proyecto-que-receta-visitas-a-museos-para-combatir-la-soledad-no-deseada-llega-a-letno>
<https://www.valencia.es/cas/actualidad/-/content/programa-receta-cultura.-val%C3%A8ncia>
<https://letno.dival.es/es/actividad/receta-cultura-del-centro-de-salud-al-museo>

Video of the pilot: <https://youtu.be/5mhip8TmUU?feature=shared>

Event for presentation of results 15/01/2025: <https://youtu.be/9QGrycn9B64>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

RED NOSES INTERNATIONAL

📍 AUSTRIA, GERMANY,
CZECHIA, CROATIA,
LITHUANIA, HUNGARY,
POLAND, SLOVAKIA,
SLOVENIA,
JORDANIA, PALESTINE

In a few words:

RED NOSES International was founded to address the emotional and psychosocial challenges faced by vulnerable groups in healthcare, social care, and crisis settings. Our main objective is to improve emotional well-being, foster social inclusion, and empower individuals creatively through the art of clowning.

Description:

RED NOSES International is one of the world's largest healthcare clowning organisations, operating for over 30 years across multiple countries. Their work focuses on the following primary (p) and expanded (e) audiences:

- Children and adults receiving medical care (p)
- Older adults in social care (p)
- Children with disabilities (p)
- Children affected by crisis and displacement (p)
- Medical and Humanitarian Aid Professionals (e)
- Social support systems (e)

RED NOSES engage with the primary audiences as well as with their social support systems (Parents, caregivers, family members, friends, peers, community members) and professionals to amplify the impact. The approach combines artistic interventions with systemic advocacy, research, and knowledge-sharing. Clown artists, trained in artistic, psychological, and medical topics, co-create moments of joy and relief with audiences, using humour and play. In workshops for professionals, RED NOSES seek to normalise failure, reduce stress, and foster human connection. Beyond direct interventions, RED NOSES advocate together with their partners to integrate arts-based psychosocial support into health and social care systems.

Project organisers:

RED NOSES International

Partners:

ROTE NASEN Clowndoctors Austria; Crveni Nosovi Klačunovidoktori Croatia; ZDRAVOTNÍ KLAUN, Czech Republic; ROTE NASEN e. V. Germany; PIROS ORR

Bohócdoktorok, Hungary; RAUDONOS NOSYS Gydytojai klounai, Lithuania; CZERWONE NOSKI - Klown w Szpitalu; Poland; RDEČI NOSKI, Slovenia; ČERVENÝ NOS Clowndoctors, Slovakia; RED NOSES Jordania; RED NOSES Palestine, Palestinian Territory, Occupied

Budget / Funding information:

Private Donors ; Corporate Donations ; Grants from Foundations and Public Institutions

SCOPE	INTERNATIONAL
Implementation period	Ongoing for more than 30 years
Target groups	Primary: Children and adults receiving medical care; Older adults in social care; Children with disabilities; Children affected by crisis and displacement. Expanded: Medical and Humanitarian Aid Professionals, Social Support Systems
Cultural fields	Performing Arts, Art of Clowning
Health fields	Pediatric Care, incl Surgery, Children and Youth Psychiatry, Geriatric Care, Palliative Care, MHPSS in emergency contexts

Keywords:

Healthcare Clowning, Humour, Performing Arts

Description of results:

The impact goal is to enable people to reconnect with themselves, with others, and with the full spectrum of human emotions. During interventions, and together with the audiences, RED NOSES co-create opportunities to experience:

- Higher emotional well-being (e.g., reduced stress, more hope)
- More social inclusion (e.g., meaningful connections, reduced isolation)
- More creative empowerment (e.g., increased self-confidence, active participation)

Immediate outcomes include emotional expression in a welcoming space, human-level connection, and engagement in creative and humorous play. At a systemic level, RED NOSES contribute to greater awareness of the benefits of arts and humour in care settings, promote inclusive practices, and advocate for better support for artists and cultural professionals.

Research or evaluation:

RED NOSES embeds research and evaluation into its work to ensure quality and impact. The Framework of Change provides a basis for monitoring outcomes and objectives, guiding formal evaluations and continuous learning. This approach allows to measure progress toward systemic integration of artistic interventions and to refine practices based on evidence.

RED NOSES seeks to strengthen the use of participatory methods that involve diverse perspectives working with partners in academic and medical institutions for rigorous studies.

[RED NOSES Research Database | Red Noses Research Platform](#)
[Research Insights | RED NOSES International | RED NOSES International](#)
<https://www.frontiersin.org/articles/10.3389/fpubh.2021.653884/full>
<https://journals.sagepub.com/doi/full/10.1177/10497323251316426>

Websites:

www.rednoses.org

R&I Days 2024 and R&I Days 2022 – The Power of the Arts and Culture for People’s Well-Being and Inclusion: <https://www.youtube.com/watch?v=tb85faH5A-w>

<https://www.youtube.com/watch?v=tb85faH5A-w>

Societal Value of Arts and Culture and the impact on Well-being, Mental Health and Inclusion for all: <https://www.youtube.com/watch?v=i98jUW1RZZw>

BROADER ARTS & CULTURAL ENGAGEMENT

SALUD +60

CYPRUS

Description:

Finding strategies to support people 60 year old and older staying active and healthy

Project organisers:

EUROCULTURE Cyprus

Budget / Funding information:

EU

SCOPE	EUROPEAN
Implementation period	10/2020-09/2022
Target groups	Older people (65+)
Cultural fields	any form of art that people enjoy practising
Health fields	Prevention

Keywords:

Pension, staying healthy and active, collaboration between health and education system

Description of results:

Created a strategy MANUAL that includes:

- Cooperation model between health and education services.
- Collection of good practices, to promote and strengthen actions for prevention and self-management of the mental and social health of people 60+ in the context of Adult Education.

Research or evaluation:

The aim was to contribute, in the best way possible, to the development of educational programmes for people over the age of 60 with a focus on physical, mental and social health. This should be done in a way that could achieve a double win:

- Firstly, run the initiative in a way that was cohesive and inclusive when it comes to the reality and circumstances of the countries represented in this project. The possibilities were researched and contrasted through an exchange of information with health-care institutions in each country.
- Secondly, the analysis of the different alternatives in each country should build ties between the health-care administration and the educational opportunities provided in our centres. This way it is possible to identify good practices in the communication between both sectors.

Websites:

<https://erasmusfeup.wixsite.com/health60>

BROADER ARTS & CULTURAL ENGAGEMENT

SANGENS HUS – NATIONAL HOUSE OF SONG

In a few words:

To promote singing as a cultural and social resource across Denmark, strengthening the role of singing in education, health, and community life.

Description:

Sangens Hus is a national cultural institution established to strengthen and develop the culture of singing in Denmark. Founded in 2013 with funding from the Danish Ministry of Culture, it serves as a collaborative forum for all singing actors aiming to promote singing through knowledge sharing, talent development, and singing projects. Sangens Hus operates nationwide, with its administrative headquarters in Herning, and works to foster joy and participation in singing across all age groups and communities.

The institution is involved in various initiatives, including:

- SangkraftDanmark: A network of local singing centres across Denmark, facilitating collaboration and sharing of best practices to ensure sustainable and inclusive singing activities.
- Sang, bevægelse og læring (SBL): A programme offering professional development for teachers and educators to integrate singing and movement into their teaching practices, enhancing learning experiences for students.
- SANS: A collaboration with DGI focusing on dance and singing for seniors, promoting physical activity and social engagement among older adults.
- Song projects: Development of various singing projects and solutions tailored to different age groups and contexts, aiming to make singing accessible and beneficial for all.
- Health choirs/Singing for health: A collaboration with Danish Music Therapist Foundation, University of Aalborg, Danish Choir Conductors, municipalities and local singing centres educating choir conductors on how to structure a choir practice specifically for people with unspecified/broad spectrum

of health challenges. The focus is using the act of singing to stimulate health issues such as reduced lung capacity, cognitive decline, loneliness, inactivity and to improve overall social, mental and physical wellbeing.

- Dementia choirs: A collaboration with The Danish Alzheimer's Association, University of Aalborg and Danish Broadcasting Network educating choir conductors and health care personnel on how to structure choir practices and/or communal singing for people who suffer from dementia taking into consideration the target groups needs and challenges. The aim is to improve the overall quality of life for people living with dementia and their loved ones.
- Neuro-choirs: Aimed at people with neuro specific challenges such as aphasia, Parkinson or Multiple Sclerosis this project educates choir conductors on how to structure a choir practice and/or communal singing so they may take the target groups' special needs and challenges into consideration and over time ease the target groups' symptoms or even improve them and furthermore stimulate a range of neurological functions, the neuroplasticity, voice, posture as well as social and mental wellbeing.

Sangens Hus also engages in advocacy work, emphasizing the value of singing as a tool for addressing societal challenges and enhancing community well-being.

Project organisers:

Sangens Hus

Partners:

Kulturskolen Vesthimmerland

Budget / Funding information:

Sangens Hus is funded by the Danish Ministry of Culture, with additional support from various foundations and local municipalities. Specific funding details are available upon request.



SCOPE	NATIONAL
Implementation period	Ongoing since 2013
Target groups	All age groups, with specific programs targeting: Children and youth, Nursery and elementary school teachers and educators, Health care workers, Choir conductors, Seniors, People with health challenges, Citizens in general
Cultural fields	Choral singing, community music, music education
Health fields	Mental health

Description of results:

Sangens Hus has successfully promoted singing as a tool for cultural expression and social engagement across Denmark. Through its various programmes, it has:

- Enhanced the integration of singing in educational settings
- Fostered community cohesion through shared singing experiences
- Promoted physical and mental well-being among participants

The institution continues to evaluate and adapt its initiatives to meet the evolving needs of communities and individuals.

Research or evaluation:

Ongoing evaluations are conducted to assess the impact of Sangens Hus's programmes on participants' well-being.

Websites:

The Art Engager, episode 121: <https://podcast.artengager.com/episode/see-listen-talk-slow-looking-approaches-for-vulnerable-audiences>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

SANSUSĪ WELLBEING RESIDENCY PROGRAMME

Description:

The programme is welcoming artists from the Baltic-Nordic region eager to involve specific social groups during their creation period in residency. Those target groups are children and seniors from isolated rural areas, as well as patients and staff of the Psychoneurological hospital of Aknīste and Social care centre in Aknīste. Socially engaged artists are asked to create a frame for the inclusion of at least one of the target groups and dedicate at least 8 h per week during the 1-month period to include them in artistic processes.

Project organisers:

association "Sansusi" (NGO)

Partners:

Psychoneurological hospital of Aknīste and Social care centre in Aknīste

Budget / Funding information:

Fundraising, project based

SCOPE	INTERNATIONAL
Implementation period	2018 - ...
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, film, video, multimedia, new media, digital, music, visual arts, circus and street arts
Health fields	Health promotion, management of health

Keywords:

artists, residences, hospital, care centre, local community

Description of results:

The programme is run since 2018 and long-term social change can be observed within the local community - next to an evolving understanding and openness towards contemporary arts, participants of the chosen target groups have established new, lasting social bonds and built a better self-esteem. The hospital and the care centre are repeatedly reporting about improved mental well-being of their patients and clients. Curators of the programme are convinced that artists are equally benefiting from this collaboration both professionally and personally.

Websites:

<https://sansusi.lv/rezidences-2>



LATVIA

BROADER ARTS & CULTURAL ENGAGEMENT

SHIFT - METAMORPHOSIS OF CULTURAL HERITAGE INTO AUGMENTED HYPERMEDIA ASSETS FOR ENHANCED ACCESSIBILITY AND INCLUSION

 HORIZON EUROPE
| R&I FRAMEWORK
PROGRAMME, EU,
ROMANIA, GERMANY,
BOSNIA AND
HERZEGOVINA,
GREECE, SWEDEN,
GREAT BRITAIN/UNITED
KINGDOM, HUNGARY

In a few words:

By improving accessibility and increasing the appeal of cultural heritage for individuals, who may experience challenges to their wellbeing through social exclusion, such as those who are disabled such as blind, deaf, autistic or neurodivergent, thanks to the latest innovations in artificial intelligence, machine learning, digital content transformation methodologies, semantic representation, and the use of haptics interfaces.

Description:

SHIFT is strategically conceived to deliver a set of loosely coupled, technological tools, that offers cultural heritage institutions the necessary impetus to stimulate growth, and embrace the latest innovations in artificial intelligence, machine learning, multi-modal data processing, digital content transformation methodologies, semantic representation, linguistic analysis of historical records, and the use of haptics interfaces to effectively and efficiently communicate new experiences to all citizens (including people with disabilities). The development of SHIFT tools will be carried out in close consultation with the stakeholder communities represented in the project. The two Cultural Heritage networks will launch open consultation to aggregate views from their members, while together with the cultural heritage institutions and heritage professionals, will provide requirements based on the cultural assets being maintained within each organisation. The diversity of digital media transformation and the semantic formalisation of the cultural assets will be individually demonstrated across each museum and library. Additionally, the inclusion by design principles adopted within the project, will be evaluated by Cultural Heritage networks and vulnerable group partner, who will engage with the various tools developed in the project. In

complementary to the stakeholders and end-users, the SHIFT project also brings together leading industrial and academic institutions. The consortium is complemented by SMEs with high-tech product development teams and ethical expertise. Collectively, the project will release 12 technology solutions clustered into five thematic areas (computer vision, audio, text-to-speech, haptics, semantics and linguistics) that support accessibility and inclusion by design to overcome the shortcomings and limitations of Cultural and Creative Industry sector to enable growth and stimulation.

Project organisers:

Software Imagination & Vision SRL, Romania

Partners:

Consortium Members: Anbar Asociatia Natioanala a Bibliotecarilor si Bibliotecilor Puclice din Romania, Audeering GMBH, BMN Udruzenja Balkanska Mreza Muzeja; DBSV Deutcher Blinden- und Sehebehindertenverband Ev, Forth Idryma Technologias Kai Erevnas; Heritage Initiative for Heritage Conservation; MDS Massive Dynamic Sweden AB; QMUL Queen Mary University of London; SMB Stiftung PREussischer Kulturbesitz, Somkl Magyar Nemzeti Muzeum; Technical University of Munich (TUM)

Budget / Funding information:

European Union, Research and Innovation Framework Programme – Horizon Europe – Culture, creativity and inclusive society – Cultural Heritage, Topic: HORIZON-CL2-2021-HERITAGE-01-04 – Preserving and enhancing cultural heritage with advanced digital technologies,

SCOPE	INTERNATIONAL
Implementation period	2022-2025
Target groups	Cultural and artistic stakeholders, museum, disabled persons.
Cultural fields	Heritage
Health fields	Prevention, health promotion

Keywords:

Augmented Hypermedia, Accessibility, Inclusiveness, Haptics, Artificial Intelligence, Natural Language Processing, Semantics and Linguistic analysis, Computer Vision, Text-to-Speech.

Research or evaluation:

This project corresponds to the broader policy objectives set for the Social Sciences and Humanities Research and Innovation set in R&I Framework Programme Horizon Europe (2021-2027): https://research-and-innovation.ec.europa.eu/research-area/social-sciences-and-humanities_en

For further information RTD Publication 'Policy Brief on The Societal Value of the Arts and Culture for People's Well-being and Inclusion', 202 : https://rea.ec.europa.eu/publications/societal-value-arts-and-culture_en

Websites:

<https://shift-europe.eu/>
<https://cordis.europa.eu/project/id/101060660>

CREATIVE HEALTHCARE

MEDICAL TRAINING (USE OF THE ARTS IN THE TRAINING AND PROFESSIONAL DEVELOPMENT OF HEALTH AND SOCIAL CARE PROFESSIONALS AND TO IMPROVE HEALTHCARE)

SIMULATED PSYCHIATRIC PATIENTS



AUSTRIA

In a few words:

The programme was initiated to train medical students in the interaction with mentally ill patients to protect them and the success of therapy.

Description:

For the initial consultation with health professionals, specially trained actresses portray mentally ill people based on real-life models, becoming doppelgangers of these individuals.

Actresses receive intensive, in-depth training over an extended period of time for each illness or disorder based on patients who are involved in the training and have given their express consent.

The actors portray these patients during their initial contact with medical students.

The aim is to protect the mentally ill, as students often ask awkward questions that can severely disrupt the success of the therapy. After the initial interview, the students have the opportunity to receive feedback on how the conversation was experienced from the patients' perspective (constructive and appreciative).

Over the years, the team of four actors has developed documentary art projects from these experiences and performed them in front of a general audience, thus removing the taboo surrounding the topic of mental illness on a broad scale. From the feedback of the audience, it was learned that these performances, which have been sold out continuously for over 11 years, have reduced fear of the mentally ill and the sensitivities in front of the eyes and the resulting problems have led to a reduction in clichés.

Project organisers:

Hagnot Elischka und Katrin Kröncke

Partners:

Universities for health sciences, universities of applied sciences, state institutions such as the Austrian Ombudsman Board. Vienna General Hospital, Karl Landsteiner University of Health Sciences

Budget / Funding information:

partner institutions (medical universities)

SCOPE	NATIONAL
Implementation period	1995 - ongoing project
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Students and professionals working with the mentally ill
Cultural fields	Theatre
Health fields	Health promotion, health support

Keywords:

Training for medical, social and therapeutic education, patient protection, awareness raising, removal of taboos

Description of results:

Psychologically ill people experience communication with the actors and the interest in their person outside of clinical routine as liberating and beneficial. The students find the examination of the tool of the doppelganger enriching.

Websites:

www.einmaligesgastspiel.at

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

SPOT, TRUST THE PROCESS: IMPACT OF COMMUNAL ARTISTIC ACTIVITIES ON THE WELL-BEING OF YOUNG PEOPLE

In a few words:

Several young people approached the Artiance arts centre. They were looking for ‘something’ cultural in the town of Alkmaar in the north-west of the Netherlands: *“Something to do with art, like acting or music, but I might not want to do it every week. I’m actually not sure if I have the courage to do it...”*; *“Why is there always support for people with intellectual disabilities, but never for us?”*; *“No therapy, not a place to just chill, but somewhere to be involved with art and to experience the same joy as before...”*

This was the inspiration for the SPOT initiative, which was motivated by a conversation between young people who were struggling with their mental health. The SPOT project, which became an accessible and welcoming artistic workplace for young people, started with a trial in December 2020. Enthusiastic pioneers from several organisations (the arts centre, a peer initiative and a mental health centre) worked together and learned from each other. The SPOT project grew rapidly, as many young people enjoyed coming to SPOT. In May 2025, similar accessible and welcoming artistic workplaces were launched in the Dutch towns and rural area of Hoorn and Den Helder.

The SPOT workplace in Alkmaar is open on various weekdays and evenings. Around 50 young people visit each week, and most of them join SPOT for a longer period of time.

Description:

SPOT is a community facility in the Artiance arts centre where everybody is welcome to learn and take part in the arts. It gives participants a positive experience during and after their visit, as they experience a healthy and encouraging atmosphere. SPOT offers a wide range of artistic activities, including music, visual arts, spoken word, theatre, photography and poetry. Young

people visit SPOT because they really want to be there: it is up to them whether and when they want to join, and they can also bring a friend if they wish. This promotes autonomy. There is no waiting list and young people can connect the next day if desired. Even though going to SPOT for the first time may be a bit scary for some, newcomers feel welcome and accepted. SPOT also helps them structure their day, which is especially helpful for young people who are temporarily unable to attend school or study.

At SPOT, the art itself is a goal rather than a ‘means to get better’. Through co-creation and co-production between facilitators and the participating young people, SPOT is a safe space where young people can feel free to discover their identity and experience the freedom to develop their creative talents. The motto ‘Trust the process’ arose from this joint learning process. SPOT fulfils a need of (vulnerable) young people, empowers them and makes falling stars shine again. It is a place where ‘the craziness in their heads’, as the participants call it, can actually be a source of inspiration. By focusing on young people’s artistic development, their development is taken seriously, which gives their self-esteem a boost. The mutual collaboration with other young people, peer experts, mental health professionals and art teachers is also enriching for all parties, as they learn from each other while working together. This means that everyone involved with this collaboration, including the young people at SPOT, make their own unique contribution. Everyone is taken seriously and seen as an equal partner.

Project organisers:

Artiance arts centre in Alkmaar and GGZ Noord-Holland-Noord, the mental health service provider in the north-west of the Netherlands.



Budget / Funding information:

SPOT is funded by Fonds Cultuurparticipatie and the municipality of Alkmaar. The SPOT evaluation research was partly funded by the Centre for Urban Mental Health and carried out by the User Research Centre and GGZ Noord-Holland-Noord.

SCOPE	LOCAL
Implementation period	2020 to the present
Target groups	Young people (ages 14-29) who are at risk of experiencing mental health challenges or who are currently struggling with mental health problems.
Cultural fields	Spoken word, photography, writing, drawing, painting, building, theatre, music etc.
Health fields	Prevention, mental health management, well-being, (recovery-oriented) healing

Keywords:

Youth, mental health, discover and develop talents with and/or in arts.

Research or evaluation:

The researchers Beverley Rose and Rosa van Mourik carried out a participatory study in 2022 based on the following three main questions, which were formulated together with the SPOT participants:

1. What does SPOT mean for young people?
2. To what extent does SPOT affect how young people feel?
3. Why and how does SPOT work or not work for young people?

This study was a co-creation in which young people were actively involved from the start, including during the design process. The study consisted of a concurrent quantitative and qualitative part. Participants (N=37) filled out questionnaires on their mental well-being and their experiences at the artistic workplace (SPOT) at one or more assessment points. Semi-structured in-depth interviews (N=16) were conducted to enquire about their personal experiences at SPOT in relation to possible changes in their mental well-being.

Summary of the results:

1. SPOT is very important for the young people who take part. It is a safe, open place where they feel accepted. It is an inclusive environment (and LGBTQ+ friendly). All 'strange' habits, worries and doubts are accepted. They can rely on SPOT for support and structure, whether or not they experience a 'relapse'. There is space to be creative together with other people and to make new friends. SPOT helps young people and allows them to feel more confident and hopeful, including about the future.
2. The participants' mental well-being was often below average and no overall changes in well-being could be demonstrated during the brief duration of the quantitative part of the study (4 months). However, the majority of the participants indicated that participating in SPOT at least once a week did have a positive impact on their well-being during the week. Furthermore, they reported positive social and creative experiences at SPOT and that SPOT had a positive impact on their lives, including discovering new talents, improved self-confidence and making new friends. The low threshold, pressure-free atmosphere and clear focus on arts themselves create a safe environment where youngsters feel free to express themselves creatively and socially. The fun atmosphere and the opportunity to learn and take part in art activities make them feel happy. They also feel happier and more energetic throughout the week after taking part in a SPOT activity. SPOT encourages them, tests their limits and gives them the confidence to dare to do more in their lives.
3. The main reasons that young people give for why and how SPOT works for them are that it's easy to get involved, the atmosphere is relaxed and there is a clear focus on the arts. By working together, art teachers and young people create a safe place where they can discover their identity and talents. This helps them grow as individuals and as part of a group.

(Report in Dutch available on request)

Websites:

<https://www.artiance.nl/Specials/spot>

TARGETED INTERVENTIONS

ARTS IN PUBLIC HEALTH EDUCATION AND PROMOTION

STATISTICAL DATA COLLECTION ON THE PROMOTION OF HEALTH AND WELLBEING

Description:

The Finnish Institute for Health and Welfare (THL) collects statistical data on the promotion of health and wellbeing in different municipal sectors every two years. TEAviisari is an open benchmarking data system that is free of charge. It supports municipalities and regions plan and manage their health promotion efforts. Data collection is used to examine what measures, resources and cross-sectoral operating practices exist, for example. TEAviisari offers support and information to municipalities and wellbeing services counties to plan, implement and assess the measures to promote the health and wellbeing of the residents in the municipalities. The tool can be used to search for data and compare the situation of a municipality or wellbeing services county across the country in a total of seven sectors.

The Finnish Institute for Health and Welfare collects information every other year on cultural activities in the municipalities that promote health. The data collection is used to examine the measures, resources and operating practices in culture that promote health and wellbeing in municipalities. The data collection is carried out collaboratively by the Department for Art and Cultural Policy of the Ministry of Education and Culture, the Association of Finnish Local and Regional Authorities, the Finnish National Agency for Education, Statistics Finland, the Department for Wellbeing and Services of the Ministry of Social Affairs and Health, the Center for Cultural Policy Research Cupore, the Regional State Administrative Agency for Southern Finland and the Arts Promotion Centre of Finland. The analysed data are published TEAviisari online service broken down into individual municipalities.

Based on a systematically compiled knowledge base, cultural activities and the promotion of wellbeing through art and culture can be planned, managed and evaluated. Collected data provides municipalities with information on their situation and a perspective into their situation in relation to

the whole country or comparable municipalities. It is also used as a management tool at the national and regional level. Measures to further enhance information production and information resources is related to the cultural policy guidelines of the Ministry of Education and Culture and their monitoring as well as to the monitoring of the implementation of the Act on Cultural Activities in Local Government (166/2019).

Project organisers:

The Finnish Institute for Health and Welfare (THL)

Partners:

Ministry of Education and Culture, Ministry of Social Affairs and Health, municipalities, National Institute for Health and Welfare

Budget / Funding information:

state funding

SCOPE	NATIONAL
Implementation period	2019 and ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Prevention, health promotion, management of health

Keywords:

Data collection, evidence-based policy, Health and Wellbeing Promotion, Municipalities



Description of results:

Results of the recent data collection from 2023 show that cultural activities promoting health and wellbeing play an increasingly important role in municipalities. Organising cultural services for municipal residents and supporting participation in cultural events are a stronger part of cultural

activities promoting the health and wellbeing of municipal residents than before.

Websites:

<https://teaviisari.fi/teaviisari/fi/tiedonkeruu/85>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

STUDY “CULTURE AND HEALTH” / FRENCH STATE OF RESEARCH

Description:

This book analyses the implementation of the Culture & Santé programme, based on three years of academic research carried out in Aquitaine, Pays de la Loire, Rhône-Alpes and Île-de-France, among healthcare professionals (healthcare managers, nurses, doctors), cultural professionals (artists, mediators, production managers) and service agents from local and national authorities. Introduced in hospitals and then in medico-social structures from 1999 onwards, this system is the result of an interministerial policy that is being applied in very different ways from one region to another, as illustrated by the various case studies drawn from field surveys carried out in hospitals, nursing homes, etc.

The book examines the tensions at work between players and organizations, as well as the powers of legitimacy at play within and between sectors. It analyses the ways in which practices are being shaken up, among artists as well as health and social care professionals. While these projects generally remain on the bangs, they constitute an interstice that enables them to exist in their specificity and offers a space for creativity. It is destined to become a benchmark for the relationship between culture and health.

Project organisers:

Université de Bordeaux, Université d'Angers,
Université Bordeaux-Montaigne

Partners:

Centre Émile-Durkheim, Conseil régional Nouvelle-Aquitaine, Drac Nouvelle-Aquitaine, ARS Nouvelle-Aquitaine

Budget / Funding information:

Public fundings

SCOPE	NATIONAL
Implementation period	[2017-2020]
Target groups	Youth (15-29 y.o), Adults (30-64 y.o)
Cultural fields	Dance, music, visual arts
Health fields	Prevention, health promotion

Keywords:

Art ; Art-therapy ; Culture ; Cultural Policy ; Psychology ; Psychotherapy ; Health ; Well-being ; Treatment ; Care

Description of results:

Some of the most exciting creative tasks from previous years included making book trailers, redesigning covers, drawing book maps, creating montages, or even writing the team itself into the chosen book.

Research or evaluation:

Research based on long term Culture and Health initiatives observation.

Websites:

<https://www.sa-autrement.com/ebook/9782916002750-culture-sante-collectif>



TARGETED INTERVENTIONS

ARTS THERAPIES

SUPPORTING UKRAINIAN CULTURE - ART-THERAPY



CZECHIA

Description:

The main goal of the ART-THERAPY project is to provide art therapy assistance to victims of Russian aggression; mainly soldiers who participated in the fighting with Russian troops and were exposed to stress and deep traumatic experiences, but among the supported persons there may also be civilians - relatives of the victims or children, who understandably experience the tragic situation very intensely.

Project organisers:

National Institute of Mental Health (NIMH) & The Federation Global Initiative on Psychiatry (FGIP)

Keywords:

ArtTherapy, WarTrauma, Education, Health Care

Description of results:

- 40 addressed artists;
- 20 recruited artists;
- 3 collaborating partners;
- 4680 provided Art-Therapeutical Sessions (hours)

Budget / Funding information:

State Public Budget

SCOPE	TRANSNATIONAL
Implementation period	October 2024 - September 2025
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, design, film, video, literature, multimedia, new media, digital, music, theatre, opera, visual arts, writing
Health fields	Management of health, treatment of conditions

BROADER ARTS & CULTURAL ENGAGEMENT

TAIKUSYDÄN ARTS & HEALTH COORDINATION CENTRE IN FINLAND

In a few words:

Taikusydän is a multisectoral coordination centre and national network for arts and health in Finland. Taikusydän works towards connecting the people working across the growing and diverse field of arts & health. The objective of Taikusydän is to make arts and culture a permanent part of wellbeing services and health and wellbeing promotion in Finland.

Description:

Taikusydän coordination centre collects and delivers knowledge about good practices, publications, funding possibilities, projects and research; informs and promotes multiprofessional collaboration at all levels between artists, arts and health professionals, health and social care professionals, educators, academics, policy-makers and public officers, and aims to strengthen the cooperation within academic research in the field of arts, health and wellbeing and the practical work that is executed in the various projects to develop evidence-based practice.

Project organisers:

Turku AMK (Turku University of Applied Science) / University of Turku



Budget / Funding information:

Main funding from Arts Promotion Centre Finland and City of Turku

SCOPE	LOCAL
Implementation period	Taikusydän Coordination Centre was launched in the end of 2015 and is ongoing.
Target groups	Professionals within the fields of culture and health and policy makers on all levels.
Cultural fields	All fields
Health fields	All fields

Websites:

<https://taikusydan.turkuamk.fi/en>

BROADER ARTS & CULTURAL ENGAGEMENT

TANZ DIE TOLERANZ (DANCE THE TOLERANCE)



AUSTRIA

Description:

Tanz die Toleranz is a community dance programme with social aspirations. It has been running continuously in Vienna and the surrounding area since 2007. It offers community dance projects and ongoing classes for different communities of all ages (children, youth and adults) and abilities. Each project works towards a performance at the end of each term (winter and summer). Although all projects are inclusive, there are a number of special offers. These include dance projects for mixed ability groups, women-only groups, minority groups and senior citizens. Tanz die Toleranz artists work in a variety of venues, including retirement homes, youth centres, community centres and schools. Many projects are realised with partner organisations such as the Vienna State Opera/Ballet, Brunnenpassage, Brotfabrik, Tanzquartier Wien, UNHCR, Wiener Festwochen, ARTS for HEALTH AUSTRIA and the Festspielhaus St. Pölten.

Project organisers:

Caritas Vienna

Partners:

Brunnenpassage, Brotfabrik, Vienna State Opera/Ballet, Tanzquartier Wien, UNHCR, Wiener Festwochen, ARTS for HEALTH AUSTRIA and the Festspielhaus St Pölten

Budget / Funding information:

Caritas Vienna, local and national public funding, private donations

SCOPE	REGIONAL
Implementation period	2007 – Ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance
Health fields	Prevention, management of health

Keywords:

Community, Dance, Community dance, Dance for all, Tolerance, Inclusive dance

Description of results:

Tanz die Toleranz dances with over 400 participants from a variety of different backgrounds, ages and abilities every year. The dancers range from being regular attendees to being completely new to dance and to Tanz die Toleranz's programme! All projects (groups) have performances and/or sharings at the end of every term which are open to the general public. Since inception, Tanz die Toleranz has reached over 20.000 people.

Research or evaluation:

Evaluations (questionnaires) post-project regarding participation and participant satisfaction. Various reports for funding bodies.

Master's theses (Master of Art in Social Science. University of Applied Sciences Campus Vienna in the context of the European Joint-Degree-Masterprogramme "Social Economy and Social Work" (2015)

1. Daniela Sprengnagel: „Wenn`s um Toleranz geht, gehören die Alten auch dazu.“ Wirkungsdimensionen des Community Dance Projektes Tanz die Toleranz aus Sicht der TeilnehmerInnen.
2. Mag.a (FH) Marie-Sophie Pogats: Das Community Dance Projektes Tanz die Toleranz aus Sicht der TeilnehmerInnen. Am Beispiel der Dance Class Adults von Tanz die Toleranz.

Websites:

<https://www.tanzdietoleranz.at>
<https://www.instagram.com/tanzdietoleranz>
<https://www.facebook.com/tanzdietoleranz>
https://www.youtube.com/channel/UCUbtajh18KFSLxLX6eQS_Q/videos

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

THE ART OF HEALING OR HEALING BY ART

Description:

The concept of turning the National Oncology Institute into an art hospital.

The project was not created for its own sake. Even when the institution was a state sanatorium, a collection of works of art began to be created in it. In the past, state institutions took away artists' works. Many artists were also treated there, such as the famous Slovak sculptor and painter Vladimír Kompiánek. Some automatically donated their works to the sanatorium of that time, and so a very rare collection of authors of the 20th century was already created at that time.

Subsequently, the philosophy "the art of healing" was born. It reflects the fact that oncologists perceive treatment as an art. Healing, helping and the art of being with a person at a crucial moment is the key message.

Project organisers:

National Oncology Institute

Partners:

Spectrum Art

Budget / Funding information:

crowdfunding, Institute's own resources

SCOPE	LOCAL
Implementation period	2012 - further
Target groups	Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Design, visual arts, sculptures, paintings, mosaics
Health fields	Health promotion

Keywords:

art, healing, pictures, livingart



SLOVAKIA

Description of results:

Currently, the premises of the institute house six galleries and over 330 different works of art, from paintings to sculptures and tapestries to mosaics. There are even two fountains outside. The Ministry of Foreign Affairs and European Affairs selected this philosophy as part of the Ideas from Slovakia campaign. It is a campaign in which original Slovak ideas are selected, which are subsequently promoted abroad. This is how our philosophy will be presented at 92 embassies abroad.

Websites:

<https://www.nou.sk>

<https://www.facebook.com/pravdadennik/posts/umenie-lie%C4%8Di%C5%A5-%C4%8Di-lie%C4%8Di%C5%A5-umen%C3%ADm-pre-n%C3%A1rodn%C3%BD-onkologick%C3%BD-%C3%BAstav-v-bratislave-no%C3%BA-pl/10160003455266624/>

BROADER ARTS & CULTURAL ENGAGEMENT

THE COEFFICIENT BASED ON HEALTH AND WELLBEING PERFORMANCE AS AN INCENTIVE FOR MUNICIPALITIES TO ENCOURAGE RESIDENTS TO PARTICIPATE IN CULTURE



Description:

In Finland, central government contributes to the financing of statutory basic public services in municipalities by distributing central government transfers to municipalities. Central government transfers to municipalities are the most significant part of the system of central government grants. Central government transfers to municipalities are based on imputed criteria and paid to local authorities automatically without submitting a separate application. In addition, central government has various incentives, such as a coefficient based on health and wellbeing performance. It is an incentive whereby the amount of central government transfers to the municipalities is partly determined according to their efforts to promote health and wellbeing. Its purpose is to ensure that municipalities are active in promoting the health and wellbeing of their residents in the wake of the health and social services reform. The size of coefficient component is determined on the basis of two types of indicators. The first one consists of process indicators that describe activities and the second one consists of outcomes indicators that describe outcomes. The process indicators that describe activities measure the existing situation. These indicators seek to answer the question: "What measures are the municipalities taking to promote health and wellbeing".

Culture is seen as part of the work carried out by municipalities to promote health and wellbeing. This is also linked to the Act on Cultural Activities in Local Government (166/2019), which aims to strengthen people's health and wellbeing, sense of inclusion and community engagement through cultural and artistic means. Under the Act, it is the duty of municipalities, as part of the health and

wellbeing of their residents, to promote art and culture, a sense of inclusion and community engagement as well as local and regional vitality.

Hence, the coefficient serves as a financial incentive for municipalities to encourage their residents to engage in cultural pursuits. Culture is included in one indicator. This indicator is used to monitor the ways in which municipalities lower the threshold for participating in culture (Do the municipalities have permanent practices in place that they use to organise or financially support peer activities that lower the threshold for residents to take part in culture (e.g. art and culture companions or peer activities)).

Art and culture companions are trained volunteers in municipalities or NGOs who are familiar with the provision of cultural sites and activities in their own municipality and act as peers for other residents. The system of art and culture companions first started out in Jyväskylä in 2006, and it has spread since then to more than twenty localities in Finland.

Project organisers:

Ministry of Education and Culture, Ministry of Social Affairs and Health, municipalities, National Institute for Health and Welfare

Partners:

Ministry of Education and Culture, Ministry of Social Affairs and Health, municipalities, National Institute for Health and Welfare

Budget / Funding information:

Central government transfers

SCOPE	NATIONAL
Implementation period	2023 and ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Health promotion, management of health

Keywords:

Health and Wellbeing Promotion, Incentive, Municipalities

Websites:

<https://thl.fi/aiheet/hyvinvoinnin-ja-terveyden-edistamisen-johtaminen/hyvinvointijohtaminen/hyvinvointijohtaminen-kunnassa/hyte-kerroin-kannustin-kunnille>

BROADER ARTS & CULTURAL ENGAGEMENT

THE IMAGO FESTIVAL



FRANCE

In a few words:

The IMAGO Festival affirms that people with disabilities have a rightful place in cultural, social, and professional life. It highlights and supports professional artists with disabilities, promotes inclusive audiences, and advocates for their cultural rights and access to the stage. Through its awareness-raising initiatives, it helps change public perceptions of disability.

Description:

Every two years, the IMAGO Festival presents its share of discoveries and inventiveness where disability is taken into account by contemporary creation.

More than fifty venues join a network of committed partners who share the values of the IMAGO Festival in the Île-de-France Region: artists and audiences with disabilities have their place in the cultural and artistic space.

The IMAGO FESTIVAL offers all audiences a diverse and inclusive programme (theatre, dance, exhibition, concert, cinema) which certainly moves aesthetics and questions our perceptions.

Project organisers:

Association

Partners:

regional cultural authority (DRAC) ; territorial authorities

Budget / Funding information:

Public fundings

SCOPE	REGIONAL
Implementation period	Every 2 years, since 2016
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Dance, film, video, music, theatre, opera, visual arts, circus and street arts
Health fields	Inclusion

Keywords:

Festival, artists with disabilities, inclusion

Websites:

<https://festivalimago.com>

BROADER ARTS & CULTURAL ENGAGEMENT

THE IRISH LONGITUDINAL ON AGEING (TILDA)

Description:

The Irish Longitudinal Study on Ageing (TILDA) is a large-scale, nationally representative, longitudinal study on ageing in Ireland. Founded by Principal Investigator Regius Rose Anne Kenny, and based in Trinity College Dublin (TCD), its overarching aim is to make Ireland the best place in the world to grow old.

TILDA is designated as the World Health Organisation (WHO) Collaborating Centre for Longitudinal Studies on Ageing and the Life Course. This designation is in recognition of ongoing collaborative work between TILDA and the WHO by supporting their work in ageing and the life course.

The Centre plays a crucial role in supporting the WHO by advancing knowledge and data on ageing and life course research. It contributes to WHO's mission through detailed reports, scientific publications, expert participation in WHO meetings, and serving as a vital liaison.

Project organisers:

Trinity College Dublin (TCD)

Partners:

World Health Organisation (WHO)

Budget / Funding information:

N/A

SCOPE	NATIONAL
Implementation period	2022-2023
Target groups	Older people (65+), Older Age (50+)
Cultural fields	Architecture, crafts, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Prevention

Keywords:

Ageing ; participation in arts, creative and cultural activities



IRELAND

Description of results:

The results of the report published in 2023 provide a comprehensive analysis of the participation of older adults in arts, creative, and cultural activities in Ireland using data from Wave 6 of the Irish Longitudinal Study on Ageing (TILDA), a nationally representative study of older adults living in Ireland. The report examines the associations between

participation in these activities and physical, mental, and behavioural health outcomes, as well as the long-term benefits of participation. Overall, this report provides valuable insights into the participation of older adults in arts, creative, and cultural activities in Ireland and the potential benefits for their health and wellbeing. It highlights the need for continued support and investment in programmes and initiatives that promote engagement in these activities among older adults. It found that those who participate in these activities experience higher quality of life and lower depression, stress, worry and loneliness compared to older adults who do not. It also provides insights into the frequency and location of participation, as well as the reasons for participation. The data contained in this report may be useful in designing policies and programmes to support greater participation among men, older adults with different levels of education attainment, and those living in more rural areas. These findings show the importance of participation for the quality of life and mental wellbeing in older adults, and the importance of supporting older adults to remain engaged with arts, creative and cultural activities.

Research or evaluation:

<https://www.creativeireland.gov.ie/app/uploads/2023/06/20230608-TILDA-report-wave-6.pdf>

BROADER ARTS & CULTURAL ENGAGEMENT

THE MEMORY BOX



ITALY

Description:

The Memory box initiative brought the treasures of the State Archives of Modena to healthcare places of treatment, through a kit including reproductions of historical documents, photographs and materials to be used during creative workshops. The historical documentation preserved by the State Archives was used to solicit visual, narrative and sensorimotor responses to support memory, fine motor skills and concentration, to develop self-confidence and self-esteem. The boxes with materials are designed to be used during daily care practises and rehabilitation paths, becoming resources for caregivers, (speech) therapists, support workers, volunteers and family members.

Project organisers:

Modena Archives

Partners:

State Archives of Modena, Centre for Cognitive Disorders and dementia of Carpi and Modena asl, University of Modena and Reggio Emilia, Bach Centre Biobehavioural Arts & Culture for Health, Sustainability and Social Cohesion) of the University of Chieti-Pescara, CCW-Cultural Welfare Centre of Turin in network with local associations including PAN (Art and Nature Heritage) and the Writing and Autobiographical Culture of Modena.

Budget / Funding information:

By the Archives and health programme financed by RRNP Next Generation funds - MC - Investment 1.2 "Removal of physical and cognitive barriers in museums, libraries and archives"

SCOPE	REGIONAL
Implementation period	2022
Target groups	Adults (30-64 y.o), Older people (65+)
Cultural fields	Archives
Health fields	Management of health, treatment of conditions

Keywords:

Memory - Alzheimer - Dementia - toolkit

Description of results:

Between rounds, participants also took part in Little Book Adventures, and in the Bonus Game they competed for extra points.

Websites:

Archivio di Stato di Modena: Archivi e Salute (cultura.gov.it)

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

THE NATIONAL CONVENTIONS BETWEEN MINISTRY OF HEALTH AND MINISTRY OF CULTURE

In a few words:

Since 1999, France has developed a series of national conventions between the Ministries of Culture and Health to promote cultural access and engagement within healthcare, disability, and eldercare settings. These conventions are grounded in major national laws that recognise culture as a fundamental right, particularly for vulnerable populations—such as the 1998 law on social exclusion, the 2005 law on disability rights, and the 2009 hospital reform mandating social and cultural dimensions in care facilities.

Description:

The most recent CULTURE AND HEALTH Convention, signed in July 2025, sets a renewed framework for four years (extendable up to 12). It defines three core objectives:

- Strengthening mutual understanding between cultural, health and social sectors;
- Improving access to culture for patients, residents and healthcare professionals alike;
- Mobilising culture in health promotion and prevention—not as therapy, but as a means to foster well-being and inclusion.

This strategic partnership supports a wide range of artistic and cultural activities—from live performances to heritage, digital media, and design—across health facilities, cultural institutions and public spaces. It also explores new tools, such as cultural prescriptions, and promotes health democracy, by involving artists in consultative bodies shaping care strategies.

Governance is organised on both national and regional levels with joint monitoring, evaluation and co-funding mechanisms. Regional “CULTURE AND HEALTH Hubs” help structure partnerships between care facilities and local cultural actors, ensuring sustainability and impact. With this ambitious, interministerial framework, France positions culture not only as a right, but as a lever for health, prevention, and social transformation.

Project organisers:

Ministry of Culture / Ministry of Health

Budget / Funding information:

Public funding



FRANCE

SCOPE	NATIONAL
Implementation period	From the late 90s, still ongoing
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Architecture, dance, design, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, circus and street arts
Health fields	Management of health, treatment of conditions

Keywords:

inter-ministerial action; national public policy; culture and health

Description of results:

The 2010 national convention set up specific governance in each region of France. During the next decade, this policy encouraged health facilities to design a cultural project, funded through public tenders or by sponsors. It supported recommendations about training:

- awareness training of cultural actors about the specificities of the health sector
- training of health professionals about the benefits of culture.

The 2025 national convention is therefore looking for new fields to explore, as art on prescription or art and prevention.

Research or evaluation:

National monitoring committee (meeting once a year).

Design of national indicators.

TARGETED INTERVENTIONS

ARTS ON PRESCRIPTION

THE SOCIAL PRESCRIPTION PROGRAMME PILOT PROJECT



LITHUANIA

In a few words:

There are currently 555.976 elderly (65+) people living in Lithuania, of whom 46% live alone and more than half of them experience loneliness and social exclusion. The Ministry of Culture has adopted the financial measure “social prescription programme” in order to help mitigate this problem.

Description:

Decision to launch the social prescription programme was backed up by the findings of the study conducted by the Ministry. One of the conclusions of the study stated that cultural services adapted to the elderly are offered only in public libraries and that such services are in a great demand. Within the scope of other cultural institutions, there are practically no services that help to solve problems of loneliness and anxiety among the elderly people. Therefore, in cooperation with the Ministry of Health, it was decided to establish and co-ordinate the institutional and financial algorithm so that the target group (elderly people 65+) could be directed in a structured manner towards these cultural services. These cultural services include cultural engagement through visits to cultural institutions, participation in thematic clubs, discussions with creators, cultural education, art workshops, etc. All such services aim at expanding the diversity of cultural experiences and promoting social connection. As part of this measure, the social prescription initiative was piloted in four Lithuanian municipalities last year. 21 cultural and artistic institutions (libraries, museums, stage arts organisations) subordinate to the Ministry of Culture participated in the initiative by providing cultural services to the target group on a voluntary basis. In 2024 the initiative was extended to 12 municipalities across Lithuania and was being implemented by an open call for proposals. 50 projects were selected for financing. The objective in the future is to increase the number of municipalities in which the initiative is taking place and to reach the most vulnerable people. The initiative is coordinated by the Ministry

of Health, since cultural activities are only one category of four types of activities that the elderly can participate in under the social prescription initiative. The initiative is coordinated by social prescription coordinators who work in municipal Public Health bureaus.

Project organisers:

Ministry of Culture, Ministry of Health

Partners:

21 culture and arts institutions

Budget / Funding information:

State budget / approx. 150 – 200 € per year depending on the scope of the call for proposals.

SCOPE	LOCAL
Implementation period	2023 pilot project. 2024-2025 call for proposals
Target groups	Older people (65+)
Cultural fields	Crafts, libraries, literature, museums, music, visual arts
Health fields	Prevention, health promotion, treatment of conditions

Keywords:

social prescription

Description of results:

More than 15.500 elderly people took part in various activities of the social prescription programme to date. More than 2.000 different educational activities have been developed and provided.

Websites:

<https://pagalbasau.lt/socialinis-receptas>

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

THRIVE

Description:

Informal dance classes for women who attend the kopplabunz structure, an open house and safe space for women who are or have been victims of abuse or whose living conditions are particularly difficult. Once a week, the classes are open to attend, no booking, and no pressure of active participation. Mediation is an important part and all workshops are held by professional dancers adapting to amateur level.

Project organisers:

Lucoda + Kopplabunz - Femmes en détresse

Budget / Funding information:

Ministry of Culture, Kopplabunz asbl

SCOPE	LOCAL
Implementation period	2023 - 2024
Target groups	Specific audience with other criteria
Cultural fields	Dance
Health fields	Health promotion

Keywords:

Women, Abuse victims, distress

Description of results:

Large participation on voluntary grounds by women attending the Kopplabunz community house. A welcome social gathering, safe space and discovery.

Research or evaluation:

results only by positive feedback, no scientific research.

Websites:

<https://www.lucoda.org>

 LUXEMBOURG

BROADER ARTS & CULTURAL ENGAGEMENT

TIME OF YOUR LIFE



THE NETHERLANDS

Description:

The project 'Time of your life' was developed to improve the quality of life of the elderly through creativity. This creates more mutual contact, which counteracts loneliness among the elderly. Art plays an important role in this.

Project organisers:

The GGD (Municipal or Community Health Service), cultural institutions, artists and care institutions work together in the project.

Partners:

The project is being rolled out in the neighbourhoods and nursing homes affiliated with the participating municipalities.

Budget / Funding information:

Pilot & developmental phase: subsidies
Implementation of intervention: subsidies and/or local funding

SCOPE	REGIONAL
Implementation period	2014-2019 pilot, 2020-2023 development towards an applicable intervention
Target groups	Older people (65+)
Cultural fields	Crafts, dance, film, video, heritage, libraries, literature, multimedia, new media, digital, museums, music, theatre, opera, visual arts, writing
Health fields	Prevention, active ageing and well-being

Keywords:

Tijd van je leven, older people social care, positive health, cooperation between arts&culture/healthcare/municipalities

Description of results:

Research has shown that the intervention 'Time of Your Life' leads to a decrease in loneliness. Participants enjoy:

- being together
- listening to each other's stories
- being involved with art

Research has positive effects on the positive health dimensions:

- mental well-being
- meaning
- quality of life
- participation

Research or evaluation:

<https://drive.google.com/file/d/1sliulbe-nb1ZaNIjV7Rx43xNu7BEeUP4/view?usp=sharing>
<https://tijdvanjeleven.com/wp-content/uploads/2020/03/Infographic-Tijd-van-je-leven-2019.pdf>

Websites:

<https://tijdvanjeleven.com>
<https://www.movisie.nl/interventie/tijd-je-leven>

BROADER ARTS & CULTURAL ENGAGEMENT

TO GET TOGETHER- ENHANCEMENT OF THE CAPACITIES OF DISPLACED COMMUNITIES FROM UKRAINE LIVING IN SLOVAKIA THROUGH LIVING HERITAGE

Description:

The project 'To get together – Enhancement of the capacities of displaced communities from Ukraine living in Slovakia through living heritage' focuses on the role of living heritage for communities displaced from Ukraine due to the war and on their protection. The project concentrates on 'using' the living heritage of the displaced populations to strengthen their resilience, improve their health and well-being, provide possibilities for networking among Ukrainian communities, and promote social cohesion between refugees and the host society.

Project organisers:

Institute of Ethnology and Social Anthropology
Slovak Academy of Sciences , civic association
Sme Spolu and the Milan Šimečka Foundation.

Partners:

UNESCO

Budget / Funding information:

UNESCO ICH FUND

SCOPE	TRANSNATIONAL
Implementation period	2023-2025
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Crafts, dance, heritage, music, theatre, opera, visual arts
Health fields	Prevention

Keywords:

intangible cultural heritage, resilience



Description of results:

<https://uesa.sav.sk/en/projects/to-get-together-enhancement-of-the-capacities-of-displaced-communities-from-ukraine-living-in-slovakia-through-living-heritage>

Research or evaluation:

<https://ich.unesco.org/en/assistances/to-get-together-enhancement-of-the-capacities-of-displaced-communities-from-ukraine-living-in-slovakia-through-living-heritage-02051>

BROADER ARTS & CULTURAL ENGAGEMENT

TRACTION - OPERA CO-CREATION FOR A SOCIAL TRANSFORMATION PROJECT

 HORIZON 2020
| R&I FRAMEWORK
PROGRAMME, EU
IRELAND, PORTUGAL,
SPAIN

In a few words:

Traditionally enjoyed by the aristocracy, opera now reaches out and integrates migrants, rural, poor and young offenders. Thus opera is used to define new forms of artistic creation through which marginalised groups can tell the stories that matter to them now thanks to partnership and mutual support with opera producers and society, and cutting-edge technological development.

Description:

The R&I project, funded by the EU Horizon 2020 Framework Programme, the TRACTION project used opera to define new forms of artistic creation through which marginalised groups can tell the stories that matter now. Traditionally enjoyed by aristocracy, opera is used to reach out to migrants, rural poor and young offenders. Experimental projects will be held in Barcelona's inner-city neighbourhoods, Ireland's rural communities and Portugal's prison for juvenile delinquents in Leiria. It proposed new approaches as regards opera creation, digital media, and social integration and community development. It identified new routes for social and economic integration and formed stronger ties between opera producers and society. In the long term, it defined how art can be used to build cohesive societies in which all members belong. Opera uses all the visual and performing arts to create extraordinary worlds of passion and sensibility.

Description of activities:

Opera uses all the visual and performing arts to create extraordinary worlds of passion and sensibility. It is rightly recognised as a great achievement of European culture. And yet a form that once inspired social and artistic revolutions is often seen as the staid preserve of the elite. With rising inequality and social exclusion, many see opera—if they think of it at all—as symbolic of what is wrong in Europe today. TRACTION aims to change that using opera as a path for social and cultural inclusion, making it once again a force for radical transformation.

The project defined the activities as follows: 'We do not want to make opera palatable to those

who don't attend. We want to define new forms of artistic creation through which the most marginalised groups (migrants, the rural poor, young offenders and others) can work with artists to tell the stories that matter now. By combining best practice in participatory art with digital technology's innovations of language, form and process, it defined new approaches to co-creation and innovated in three fields: a) Opera creation and production; b) Immersive and interactive digital media; and c) Social integration and community development.'

Experimental projects in inner-city Barcelona (ES), a youth prison in Leiria (PT) and rural communities in Ireland tested and shared new ideas. Bridging the social and cultural divides involved challenged many existing beliefs, structures and habits. The exceptional resources of the TRACTION partnership will helped the project meet that challenge through mutual support. The immediate outcomes were new routes for social and economic integration for the people involved, better relationships between opera producers and society, and cutting-edge technological development. But the long-term prize is the definition of new processes that renew the art's potential to build cohesive societies and imagine a revitalised, common culture in which everyone can feel that they belong.

Project organisers:

Fundación Centro de Tecnologías de Interacción visual y comunicaciones, Vicomtech, Spain

Partners:

LICEU Opera Barcelona; Irish National Opera; Art school SAMP; Virtual Reality Ireland, François Matarasso; VICOM and Centrum Wiskunde und Informatica research centres; Dublin City University; Universitat Autònoma Barcelona.

Budget / Funding information:

European Union, Research and Innovation Framework Programme – Horizon 2020 – Societal Challenges – Europe in a changing World – Inclusive, Innovative and Reflective Societies,

SCOPE	EUROPEAN
Implementation period	2020-2022
Target groups	Migrants, rural poor and young offenders.
Cultural fields	OPERA
Health fields	Prevention, health promotion, mental health

Keywords:

Collaborative and participatory production tool, community dialogue, opera, co-creation, co-design, novel audiovisual formats.

Description of results:

See the above mentioned website and YouTube videos (2 & 9 min.).

Research or evaluation:

This project corresponds to the broader policy objectives set for the Social Sciences and Humanities Research and Innovation set in R&I Framework Programmes Horizon 2020 (2014-2020). For further information see the RTD Publication 'Policy Brief on The Societal Value of the Arts and Culture for People's Well-being and Inclusion', 2023: https://rea.ec.europa.eu/publications/societal-value-arts-and-culture_en

Websites:

<https://www.traction-project.eu>
<https://cordis.europa.eu/project/id/870610/reporting>

Opera co-creation – The Traction Experience:

<https://www.youtube.com/watch?v=7uy508xHbgk>

Opera co-creation – A Glimpse of Traction: https://www.youtube.com/watch?v=dpK-J2dt54z8&list=PLDyDh3aKSyoEVWHKBykZWS-gkzXksTT_61&index=1

TARGETED INTERVENTIONS

PARTICIPATORY ARTS PROGRAMMES IN HEALTH AND WELL-BEING

TRAVELLER HEALTH AND WELLBEING



IRELAND

Description:

Extensive research demonstrates that Travellers have persistently poor health and wellbeing outcomes compared with the general population, and that creative engagement is associated with positive health and wellbeing and that it contributes to ill health prevention. This, combined with the National Traveller and Roma Inclusion Strategy 2017 – 2021 commitment to “increased funding to be invested by the State to promote knowledge of, and pride in, Traveller culture and heritage” led to the Traveller Wellbeing through Creativity Pilot Initiative. The project partners included the HSE (Health Service Executive), Creative Ireland and The Arts Council. Managed through Creative Ireland, The Traveller Wellbeing through Creativity pilot initiative was launched in March 2022, calling for proposals from Traveller organisations and other relevant groups to deliver three impactful pilot projects with a budget of €150,000 (€50,000 per project), through creative arts and cultural projects in the Traveller community. The aim was to promote Traveller health and wellbeing through the delivery of creative arts and cultural projects in the Traveller community which would demonstrate potential for replication. Following this very successful programme, a further 4 projects were funded in 2023.

Project organisers:

Creative Ireland

Partners:

Health Service Executive (HSE) and The Arts Council

Budget / Funding information:

Public funds

SCOPE	LOCAL
Implementation period	2022-2023
Target groups	Early age (0-7 y.o), Children (7-14 y.o), Youth (15-29 y.o), Adults (30-64 y.o), Older people (65+)
Cultural fields	Crafts, theatre, opera
Health fields	Health promotion

Keywords:

Health and wellbeing

Description of results:

In 2023, an evaluation of the 2022 pilot scheme took place. A process evaluation methodology was used, giving consideration to the need to use culturally appropriate evaluation methods of each of the projects, and taking account of primary and secondary data sources at each stage of the pilot programme. A ‘What Worked’ approach to project delivery was used to explore experiences and identify pertinent insights and lessons learned that would inform considerations around taking a creative approach for other vulnerable communities using a clearly defined evaluation framework. The evaluation findings provide a descriptive account of the analysis of primary and secondary data across all stages of the initiative, disaggregated by each project and then collectively considered to provide an aggregated account of the Traveller Wellbeing through Creativity Pilot Initiative. It was at difficult to put on the page the heart and soul of each project, the impact on Traveller Wellbeing and what it meant to the project team and participants. The full report includes pictures and links to attempt to bring the essence of the projects and their impact to life. this is informing the development of the next phase by the HSE (Health Service Executive) and The Arts Council/ (Irish).

Research or evaluation:

<https://www.creativeireland.gov.ie/app/uploads/2024/01/Traveller-Wellbeing-through-Creativity-Evaluation-Report-FINAL.pdf>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

TRES

In a few words:

TRES offers vulnerable children and young people in youth care a unique opportunity to develop and express their personal stories. These often unheard voices are presented with care and seriousness, contributing to greater visibility and recognition of their lived experiences. The project supports personal development in multiple dimensions: it nurtures self-confidence, encourages independent decision-making, introduces new perspectives, fosters a healthy sense of trust, and creates a safe space where participants can truly be themselves. The starting point is always the young person's intrinsic motivation and interests, helping to build a positive narrative and self-image. What makes TRES particularly valuable is its long-term, one-on-one format. Each duo—composed of a young person and an artist—develops a tailor-made collaboration. This method fosters deep trust and engagement, resulting in meaningful and lasting impact for both participants.

Description:

TRES is a project where children and young people (from youth care) collaborate with artists for a period of 3 to 4 months. As a duo, they work towards creating a joint piece of work. They choose what this work will be themselves, whether it's painting side by side, teaching each other dance moves, or working together on woodworking. Each duo discovers what collaboration means on their unique journey. The result of this journey is showcased in the TRES Expo.

Project organisers:

Trill

Partners:

Four organizations from youth care are involved in TRES. In addition to De Wissel, these are MFC Combo, OBC Ter Wende, and Sporen.

Budget / Funding information:

Funded by youth care organisations

SCOPE	REGIONAL
Implementation period	2015 - (ongoing)
Target groups	10-18 y.o
Cultural fields	Crafts, dance, design, film, video, literature, multimedia, new media, digital, music, theatre, opera, visual arts, writing, circus and street arts
Health fields	Health promotion

Keywords:

Redefining youth care

Description of results:

Since the start of the project, each year approximately 15 young people from youth care have had the opportunity to participate in TRES (114 initiatives since the start, 229 participants in total, of whom 115 are children and young people and 114 are artists). TRES nurtures their identity and sense of purpose. The participants discover that they can do things that may seem difficult or impossible at other times. Artists have a different impact on the young people than the youth care professionals.

Websites:

<https://www.trill.be/blog/tres>

 BELGIUM, FLANDERS

BROADER ARTS & CULTURAL ENGAGEMENT

VOICE GIVING: APHASIA VOCAL ENSEMBLE



HUNGARY

In a few words:

The aim of these concerts is to raise awareness about aphasia, promote inclusivity, and encourage people to connect and pay attention to one another beyond words. A best practice example of the combination of an artistic form of expression and the engagement of people living with a special health condition, with the aim of advocacy and inclusion, healing and rehabilitation. The name of the initiative is based on a Hungarian play on words, "Voicegiver" meaning, on the one hand, literally someone who gives out voice as singing, but, on the other hand, it also means a guiding, influential voice or opinion, referring to the fact that the needs and message of the people involved in the choir have to be heard.

Description:

In the Hangadó Vocal Ensemble, nearly all the singers have experienced a stroke and live with chronic aphasia. The group was founded in 2016 with four members, and as of 2024, the membership has grown to 32 members.

The Hangadó Vocal Ensemble holds regular rehearsals and frequently performs at conferences. Professional musicians are invited to accompany the ensemble at concerts. The aim of these concerts is to raise awareness about aphasia, promote inclusivity, and encourage people to connect and pay attention to one another beyond words. The choir, accompanied by guitar, has one conductor and two assistants. It mainly performs folk songs and popular hits in unison.

Also, all members participate in additional speech therapy. The choir is supported by the Hungarian Aphasia Association.

Project organisers:

Zsófia Fekete PhD - conductor Lilla Natália Tóth-Assistant Nikolett Vámos

Partners:

Hungarian Aphasia Association, Zsuzsanna Dallos - Secretary of the Association; Melinda Szekér - Secretary of the Association; Kitty Katalin Nagy -

Lead Speech Therapist, Rehabilitation Specialist, Speech Therapist of the Association

Budget / Funding information:

No information on specific amount of support. Fees: rehearsal room rental fee, wages for choir conductor, assistants, cost of instruments, technical equipment.

SCOPE	NATIONAL
Implementation period	Ongoing project
Target groups	Older people (65+), The average age is 64 years. The members have lived with aphasia for an average of 12 years
Cultural fields	Music, stage performance
Health fields	Well-being, healing, treatment of conditions.

Keywords:

Chronic Aphasia Rehabilitation, Inclusion, and Inclusive Concerts

Description of results:

Teams applying for the game consisted of a minimum of 2 and a maximum of 5 members. They selected stories from a curated reading list, the Book Selector, for which they wrote book reviews, as well as completed a creative task, which was also part of the game.

Research or evaluation:

Fekete, Z., & Eckhardt, F. (2022). Hungarian Aphasia Choir Coping Online During the COVID-19 Pandemic. *Voices: A World Forum for Music Therapy*, 22(1). <https://doi.org/10.15845/voices.v22i1.3337>

Websites:

www.facebook.com/afaziakorusbudapest
<https://aphasie.hu>

BROADER ARTS & CULTURAL ENGAGEMENT

WELL-BEING - MENTAL NOISE

Description:

A play written with the participation of young people, it is based on individual struggles with mental health. A mix of actors playing and audiovisuel testimonies by young people, it addresses the pressure on teenagers and the impact on them. Commissioned by the Ministry of Education, Childhood and Youth, it's a collaboration with the arts space Rotondes in the framework of the "Jugendpakt", a large study on young people with a different theme every 5 years. The 2021 Pact was based on wellbeing and mental health.

Project organisers:

Rotondes

Partners:

CEPAS (psycho-social centre in public schools)

Budget / Funding information:

Ministry of Education, Childhood and Youth

SCOPE	LOCAL
Implementation period	2021-2024
Target groups	Youth (15-29 y.o)
Cultural fields	Theatre, opera
Health fields	Prevention

Keywords:

Youth, Mental health, wellbeing



Description of results:

Initially presented in 2021, targeting mainly young people, the play has been very successful and has seen several reruns since then.

Research or evaluation:

The play is based on research on mental health among young people, but has not been the subject of a result oriented study itself.

Websites:

<https://www.rotondes.lu/fr/agenda/wellbeing---mental-noise>

TARGETED INTERVENTIONS

ARTS IN HEALTH AND CARE ENVIRONMENTS

WITH YOU - ITA INFINITA

LUXEMBOURG

Description:

Contemporary dance on classical music in residences for old people and, at the beginning also foster homes for children. Workshops and mediation around contemporary dance support the performances.

Project organisers:

Dance Company Elisabeth Schilling

Budget / Funding information:

Ministry of Culture

SCOPE	REGIONAL
Implementation period	2022- ongoing
Target groups	Older people (65+)
Cultural fields	Dance
Health fields	Prevention

Keywords:

old people, Dance

Description of results:

After an initial project, the demand has grown and care homes have expressed a desire to participate.

Research or evaluation:

The project takes place in structures with medical and social professionals, but is not supported by any research project. It is solely based on positive feedback from residents and staff.

Websites:

<https://www.elisabethschilling.com/portfolio-item/mat-iech>

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