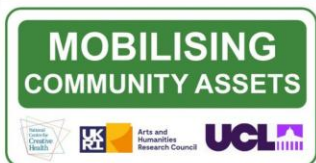


ARTS DEVELOPMENT

NL Creative Health Conference 2026



LIVE HERE



Welcome

Deborah McArthur
NLC Arts Development
mcarthurd@northlan.gov.uk

Or

ARTS DEVELOPMENT

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Arts Development

Community Based Arts Development Officers



Aaron Hawthorne

Arts Development Officer (Music & Sound)



Lisa Keenan

Arts Development Officer (Creative Learning)



Laura McIver

Arts Development Officer (Creative Writing, Drama & Movement)



Ann Louise Kieran

Arts Development Officer (Visual Arts)

Studio Based Arts Development Officers



Stuart McLeod

Beetroot Studios Manager



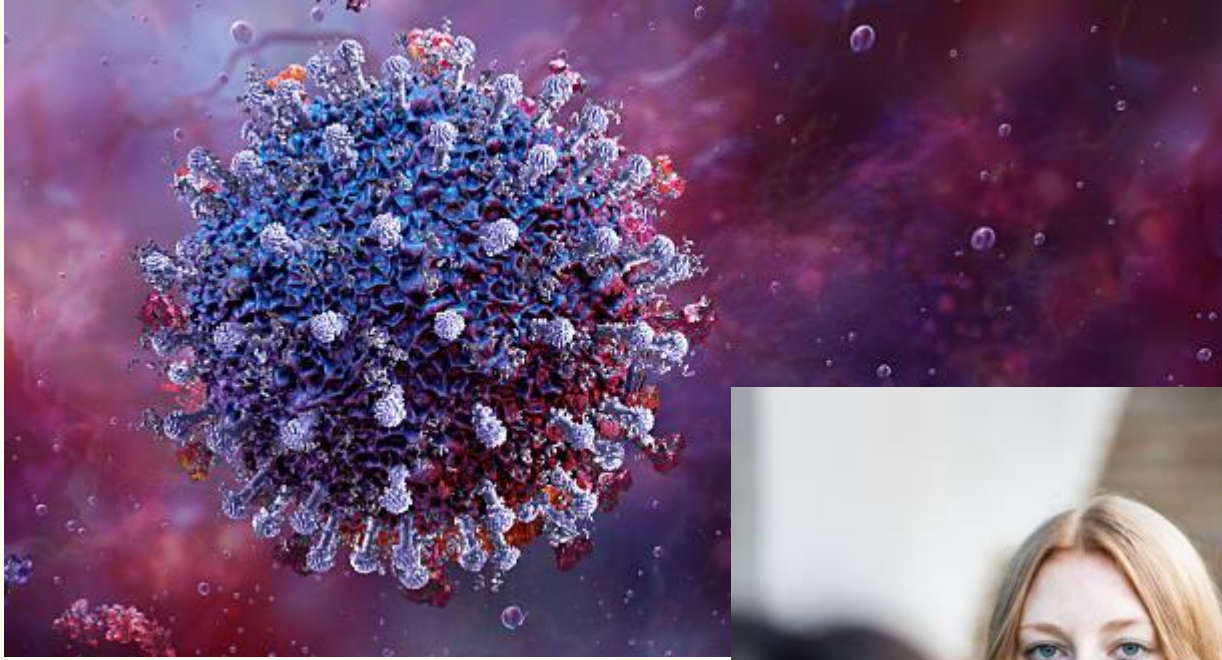
Heather Thom

Pather Artworks Officer

Art Development's Vision

By **2028**, the arts will sit right at the heart of North Lanarkshire Council's strategic planning. Arts will be fully embedded across sectors and recognised as a powerful force for tackling social issues and reducing inequalities. Our Arts Development team will be a key partner in shaping a brighter, more creative North Lanarkshire.

How did we get here?



Connection isn't just social - it's essential to our health, and creativity is one of the most powerful ways we can build it.





We needed back up....

If I simply tell you, it's true, will you believe it? Or do you need to see it before you can trust it?

Measuring Humanities

<https://measuringhumanity.org/>

National Centre for Creative Health

<https://ncch.org.uk/>

Arts Culture Health and Wellbeing Scotland

<https://achws.org/>



HAPPY – Healthy Ageing Project

Prioritising Yourself

A collaboration between NLC Arts Development
& NHS Lanarkshire CMHT(OP)

Sara Allkins

Community Artist

sara@pinkhedgehog.org

Or

Caroline Greenway

Senior Charge Nurse

Caroline.Greenway@lanarkshire.scot.nhs.uk



LIVE HERE

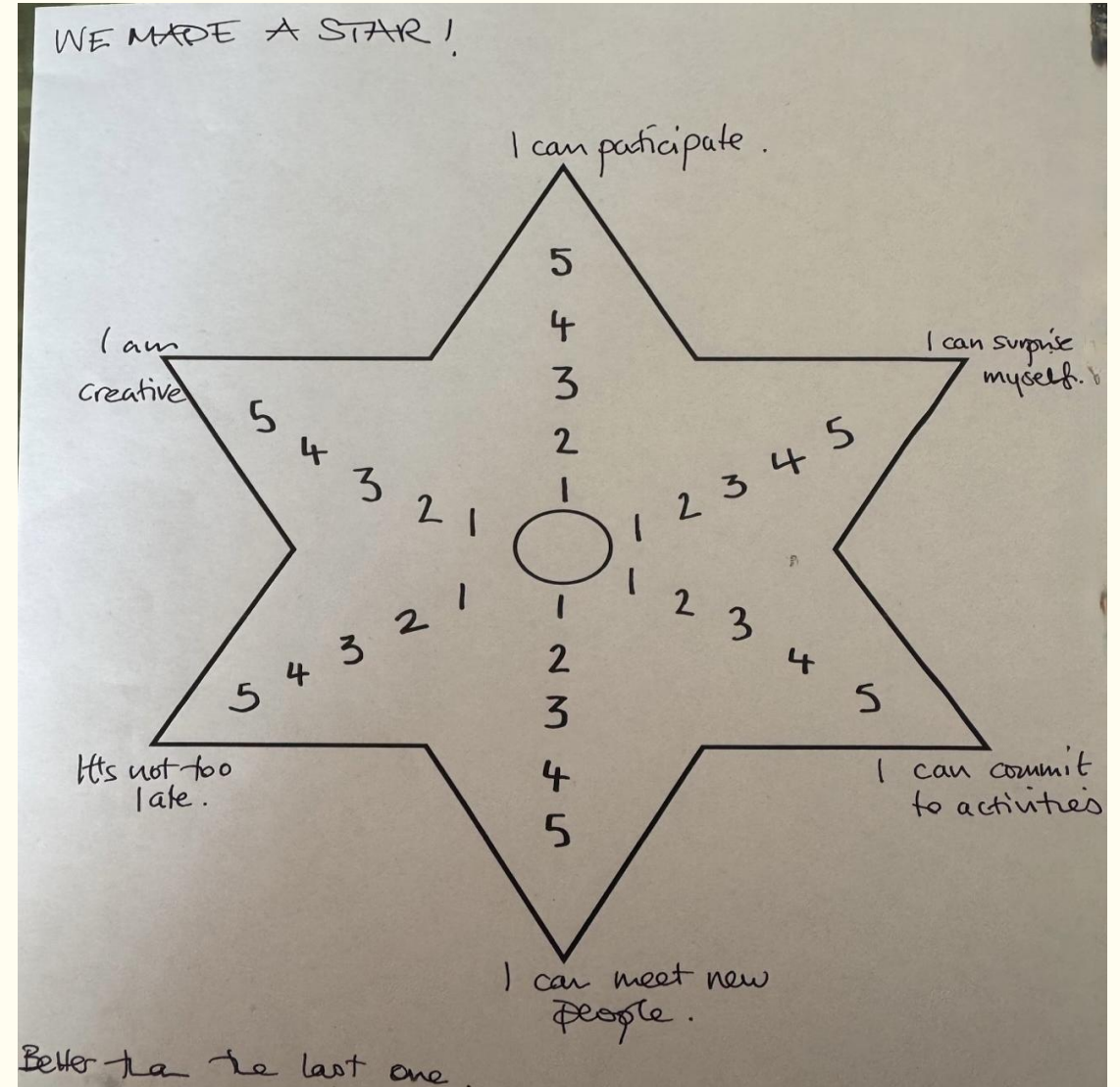
Making a An Exhibition of Ourselves

- Make and Hold space
- Ten Stand Alone Sessions
- Tangible item at the end of each session
- Conversation and Connection
- Something to aim for!
- Celebrate success.



What We Discovered

- Accessible Venue Vital
- Be open to change in real time
- Have a plan for next steps
- Being Creative makes a difference
- Enjoy it! It will be a blast!



HAPPY – Healthy Ageing Project

Prioritising Yourself

A collaboration between NLC Arts Development
& NHS Lanarkshire CMHT(OP)

Sara Allkins

Community Artist

sara@pinkhedgehog.org

Or

Caroline Greenway

Senior Charge Nurse

Caroline.Greenway@lanarkshire.scot.nhs.uk



LIVE HERE

NHS Partnership & The Musical Forest

Eva Hollinshead

NHS Health Improvement

eva.hollinshead@lanarkshire.scot.nhs.uk

Siobhan Argyle

Anam Alba

siobhan.argyle@anam-alba.org

Or



LIVE HERE

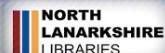
Collaboration

- ✓ Health Improvement aims
- ✓ Beyond Partnership
- ✓ Shared values, goals and passion
- ✓ Kilsyth LOIP: Health & Wellbeing
- ✓ Strengthening community reach, empowerment and support through creative arts



Event

Kilsyth's Musical Forest @ Colzium



NHS Partnership & The Musical Forest

Eva Hollinshead

NHS Health Improvement

eva.hollinshead@lanarkshire.scot.nhs.uk

Siobhan Argyle

Anam Alba

siobhan.argyle@anam-alba.org

Or

Why We Listen

The Quiet Power of Arts Experiences in Everyday Life

Aaron Hawthorne

NLC Arts Development

hawthornea@northlan.gov.uk

Or

ARTS DEVELOPMENT

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Music In [...]

“[My 88 year old mother] thoroughly enjoyed the performances and memories, saying that it gave her a great lift so definite positive impact - thanks very much”

“After a tough week with very sad news the evening was balm for the soul. Even though it was a wet and grey day, the music conjured up the atmosphere of a relaxed warm summer night. It really cheered me up.”

“Teacher-tired hits different and it's been a long week. Happy Thursday, fighting fit for work tomorrow! Delighted that my son who is a musician can access his style of music on his doorstep. More of this please!”

“Was feeling a wee bit low but was smiling and feeling better by the end.”



Music In [...]

“I am currently studying for my master's, and need to be careful with money, until I am earning again. It has been very expensive going back to university and change careers, a decision I made when I found out I was pregnant.”

“[My son] is autistic and loves all kinds of music and dancing. We are on benefits so this would help us enjoy some family time doing something he loves.”

“I am fleeing domestic abuse with my [child] and currently trying to finance items for a new home meaning I can't afford to buy ticket for my son and I.”

“To try something new.”





Public Pianos

- Bellshill Cultural Centre
- Summerlee Museum of Scottish Industrial Life
- The Houldsworth Centre
- Where next?



Why We Listen

“The purpose of art is washing the dust of daily life off our souls.”

Pablo Picasso

Why We Listen

The Quiet Power of Arts Experiences in Everyday Life

Aaron Hawthorne

NLC Arts Development

hawthornea@northlan.gov.uk

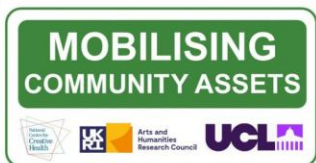
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Flip of the Coin SCIO

Lucy Campbell

CEO/ Founder of Flip of the Coin SCIO

lucycampbell@flipofthecoin.scot

Or



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Flip of the Coin SCIO

- We are a nature-based community arts organisation which is women and lived experience-led.
- We have been exploring new approaches to implementing equitable and effective public health initiatives.
- We have co-production at our core; our participants are community members and decision makers, and as our research highlights issues and inequalities within our community, we work together to address them.



Women's Wellbeing Sessions

- Sound Baths
- Yoga
- Drumming
- Self-defence
- Arts and crafts
- Nature walks
- Wreath Making
- Gardening



Open Community Sessions

- Open to everyone
- Intergenerational
- Arts in Nature Focus



Open Community Sessions



3 STAFF WITH LE OF
MH



2 PLACEMENTS FROM
COMMUNITY JUSTICE



REFERRALS TO PAID
EMPLOYMENT

Funding Streams



Arnold Clark



Acknowledgements



We are grateful for the communities and collaborators who so generously gave their time, energy, and insights.

Funding for this research comes from three interconnected sources. First, the project called Active Communities Arts Development: Social Prescribing, Sustainable Strategic Planning and Breaking Down Barriers Across Sectors in North Lanarkshire (reference AH/W008912/1). Secondly, REALITIES Phase 2 was funded by the UKRI's AHRC-led programme to build community research consortia to address health disparities (grant number AH/X006131/1).

The research continues into REALITIES Phase 3 funded by a UKRI mobilising community assets to tackle health inequalities research grant for the project titled: REALITIES in Health Disparities: Researching Evidence-based Alternatives in Living, Imaginative, Traumatized, Integrated, Embodied Systems (Grant Ref: AH/Z505456/1). The Project Lead is Marisa de Andrade at the University of Edinburgh. Other co-investigators include the University of Dundee, St Andrews University, Glasgow School of Art, Manchester Metropolitan University, Bethany Christian Trust, Ochil Youth Community Improvement, Artlink, Ninewells Community Garden, Flip of the Coin, and North Lanarkshire Council.

Flip of the Coin SCIO

Lucy Campbell

CEO/ Founder of Flip of the Coin SCIO

lucycampbell@flipofthecoin.scot

Or



LIVE HERE

From Stuck to Sustainable

Creativity, Health and the Practice of Change

Dr Kath Jones

NHS GP & Founder Wild-Ness Health

info@wild-ness.co.uk

Or



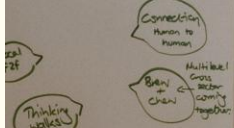
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IDEAS

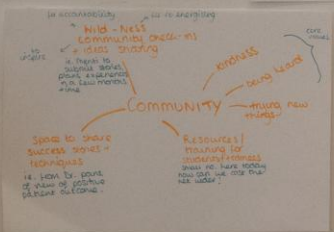
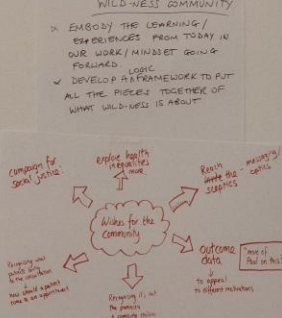
Wishes for the system
to have to infiltrate train
ideas with this set of concepts
emotional first doors
• humanising the 'clinical'
space.



TEM
DS FOR A BROADER
OF HEALTH
BIOLOGICAL WELFARE/HEALTH
DATIONS OF HEALTH
FROM A YOUNG AGE
SHING ON CRITICAL
(IN THE AGE OF
TION)
B DECISION MAKING
ESON APPROACHES
ARE!



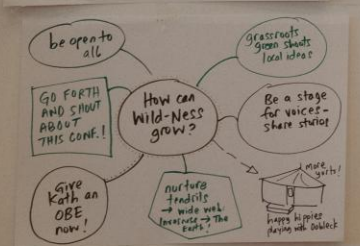
Ideas for the community
• back phrases make a difference!
Everyone work as many minutes as they can without being in our sleep to sleep the algorithm
• build a dense network
• make contact to share conference attendee details



Wild-ness
• Wild-ness
• Community
• Resources
• Space to share

WILD-NESS

Include delegates to share (feedback changes implemented) as a result of the conference.
Encourage delegates to tag Wild-ness in events or actions that have been inspired by Sustainable Health Conference.



WELL-NESS
Grassroots
Be a stage
Nurture
Give Kith an OBE now!









For a long time my life felt like winter. I was unwell and struggling, but without money I could not get clear answers about what was wrong with my health. During that time I felt labelled and misunderstood, and those labels began to define how others saw me and how I saw myself.

When I joined Flip of the Coin, it felt like the beginning of spring. In that space the labels were removed, and I was accepted for who I am rather than what I had been called: 'Neuro Nef', 'psycho', 'crazy'. Being listened to and treated with dignity

helped me reconnect with myself. Since then I have noticed changes within me. I feel more helpful, hopeful, more confident in my identity, and more able to express my experiences. The group has been an important part of my healing and growth, helping me move from a place of isolation towards a sense of belonging and possibility.



1. A seed breaking through the ground (change) represents moving from struggle to growth.

The seed = me during the difficult "winter"

The cracked ground = breaking free from labels and systems that held me.

The sprout = hope, healing, and the support from the wellness group.



Stay Connected

Subscribe to *Letters from the Library* on Substack

Join the Learning Library

Courses, resources and monthly reflections
on sustainable practice, health and creativity



wild-ness.co.uk
info@wild-ness.co.uk

From Stuck to Sustainable

Creativity, Health and the Practice of Change

Dr Kath Jones

NHS GP & Founder Wild-Ness Health

info@wild-ness.co.uk

Or



LIVE HERE

The REALITIES of Creative-Relational Pre-Prevention

Marisa de Andrade

Senior Lecturer, Health Science & Society; Co-Director of The Binks Hub; Associate Director for the Centre for Creative-Relational Inquiry, Project Lead for REALITIES

marisa.deandrade@ed.ac.uk



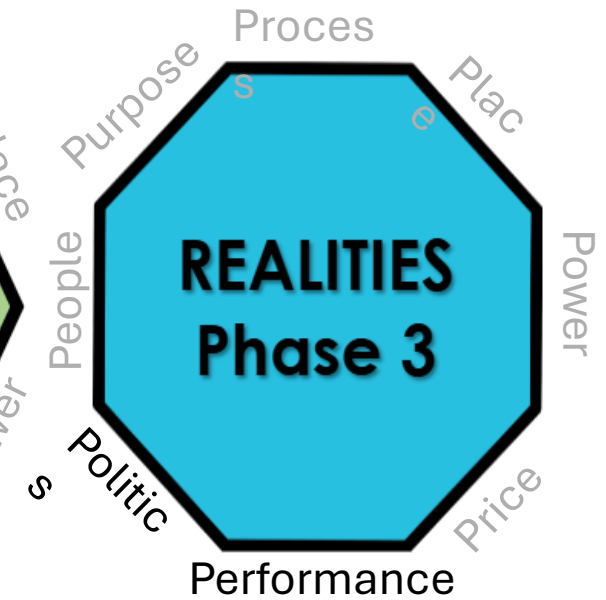
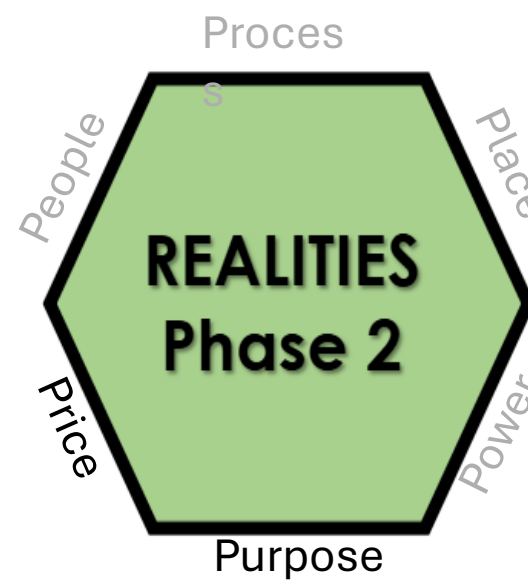
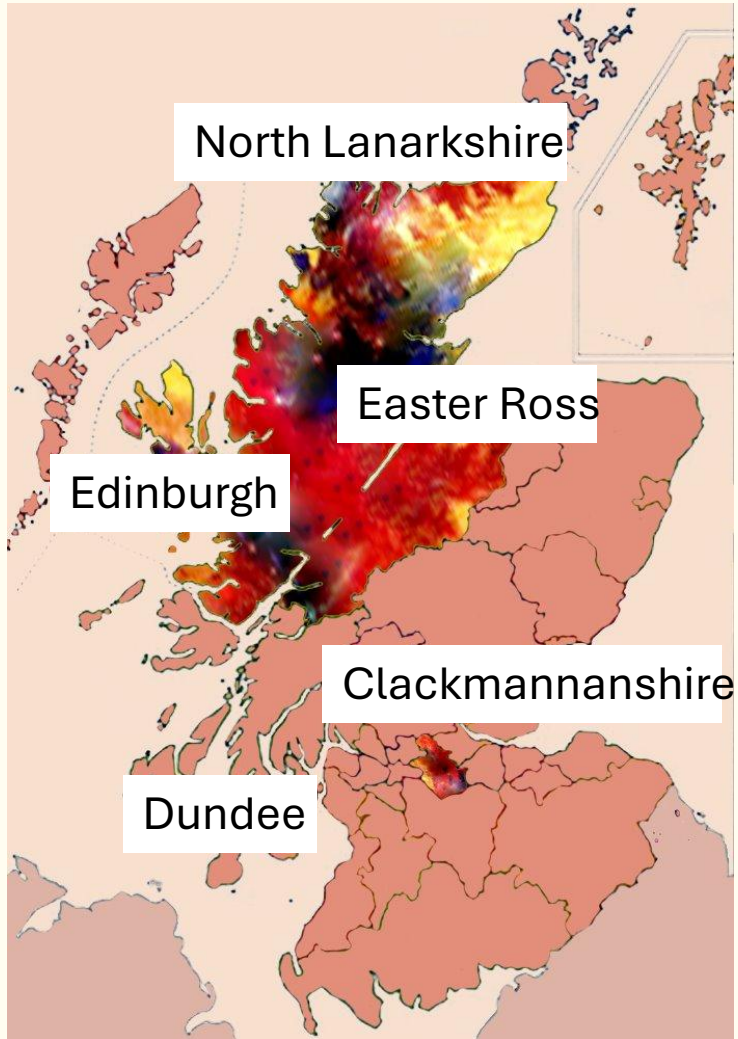
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Art is Everywhere

Initiated in 2022 in response to the post-Covid-19 Futures Commission, and co-led by the NL Arts Development Team and the University of Edinburgh, Art is Everywhere used arts-informed approaches to engage diverse communities across North Lanarkshire and address inequalities through creative, relational practice.



REALITIES

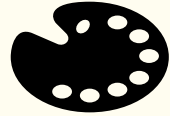


NORTH LANARKSHIRE

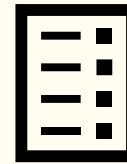
Digital Container



Creativity



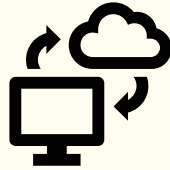
Alternative health
economic model



Ethics



Data



Nature-based activities



Safeguarding



Pre-prevention



Governance



*"If the arts were a pill,
we would be taking it
every single day."
-Daisy Fancourt*

Acknowledgments

We are grateful for the extensive and ongoing engagement from community members, who contribute to our understanding of complex systems on a moment-to-moment basis. Thanks to our wider REALITIES consortium, which makes wider, systemic understandings possible. REALITIES phase 3 is supported by UKRI funding with Grant Ref: AH/Z505456/1. The Project Lead is Marisa de Andrade at The University of Edinburgh. Other Co-Investigators include the University of St Andrews, Manchester Metropolitan University, the University of Dundee, Glasgow School of Art, North Lanarkshire Council, Bethany Christian Trust, Flip of the Coin, Artlink Edinburgh and the Lothians, Ochil Youths Community Improvement, and Ninewells Community Garden.

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The REALITIES of Creative-Relational Pre-Prevention

Marisa de Andrade

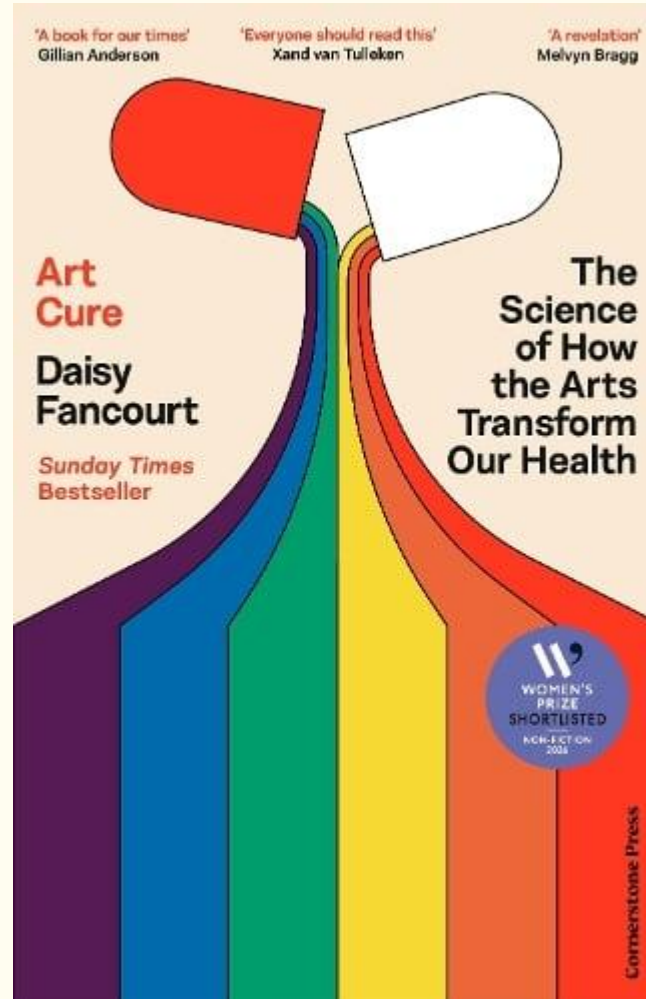
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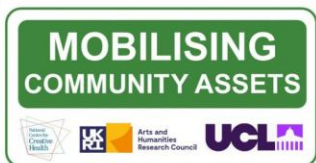
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Why aren't we doing more arts?



ARTS DEVELOPMENT

NL Creative Health Conference 2026



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Workshops 12:30 – 13:30

Ideas Hub

Room 1

Poetry & Songs of Our Hands

Room 3

A Season for Change

Room 5

Creative & Green Social Prescribing

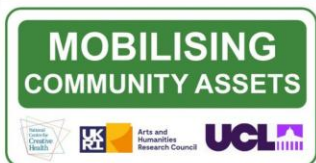
Café Area

A Space for Creativity Matters!

Lesser Hall

ARTS DEVELOPMENT

NL Creative Health Conference 2026

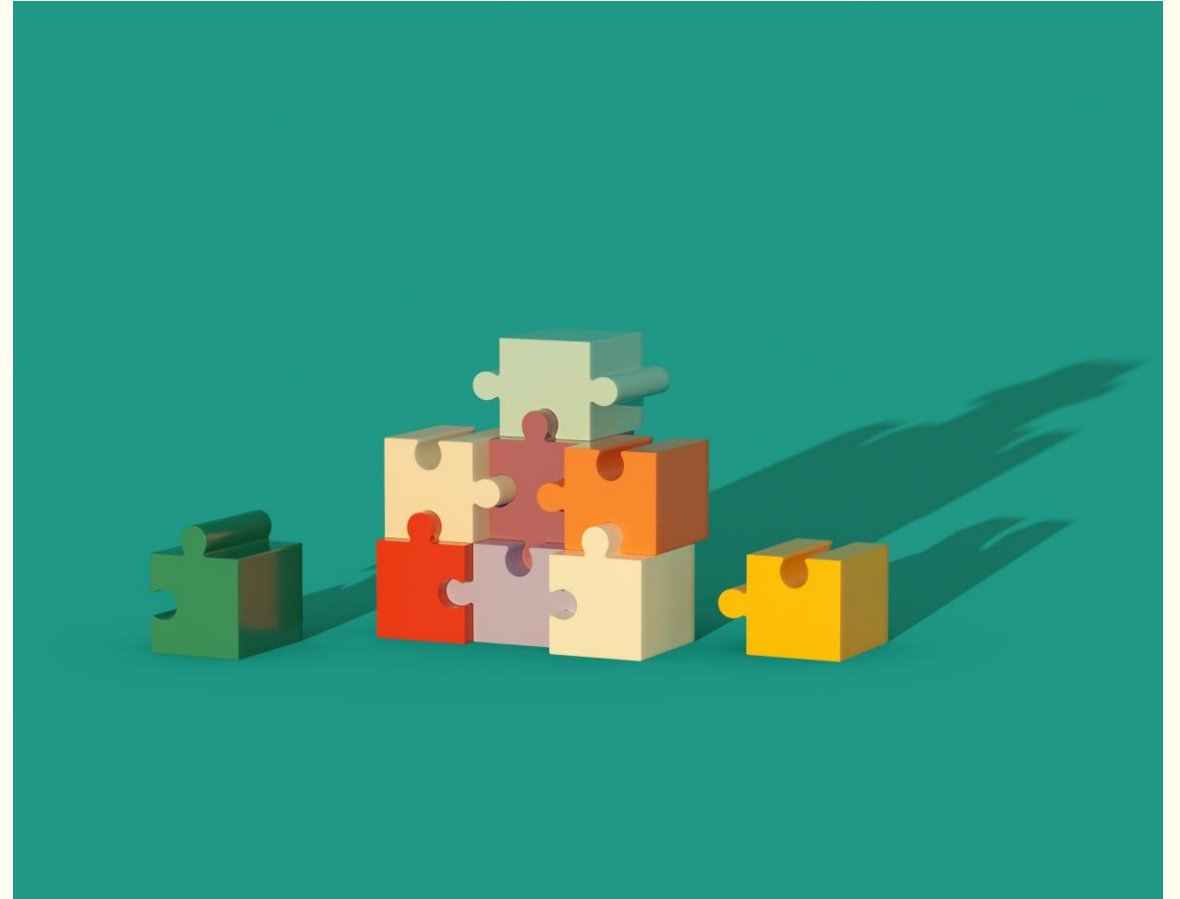


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A Creative Society

If the evidence is there and the impact is clear, the question is no longer 'why creative health?' but 'why aren't we doing more?'

Each of us in this room is part of the puzzle, so how do we work together to capture the impact of what's already happening, and use it to drive future policy, investment, and change?



Evaluation

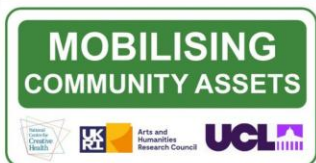


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