

Wellbeing and the cultural contexts of health

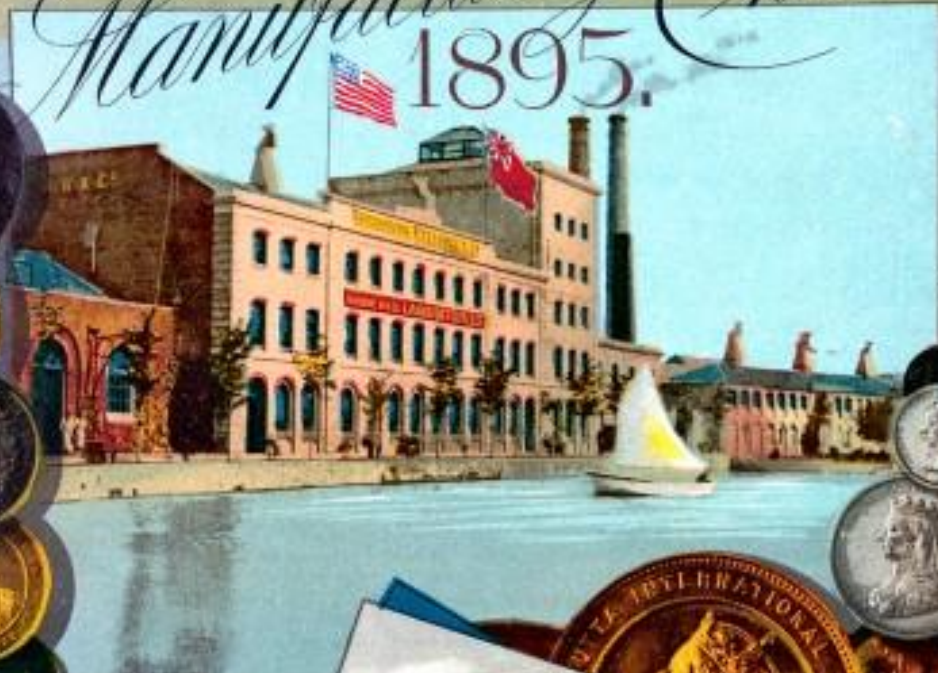
Simon Chaplin

Director, Culture & Society, Wellcome Trust

TRADE. December, 1895.

BURROUGHS WELCH & CO.

Manufacturing Chemists
1895.



LONDON
&
DARTFORD
England



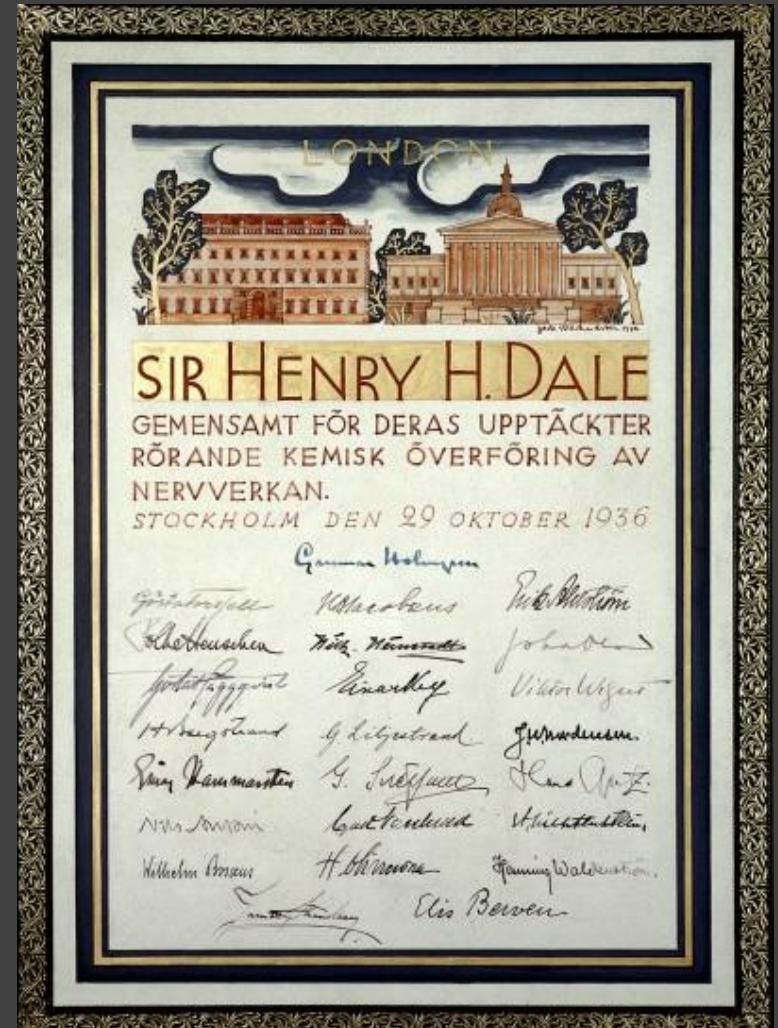
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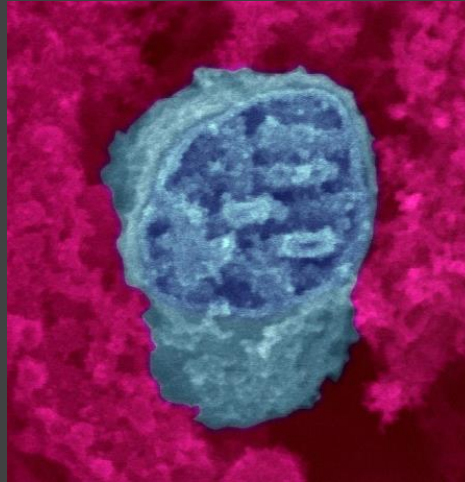


Finished Human Genome

Human
Genome
Project



Wellcome Trust
Sanger Institute



Sexual Attitudes and Lifestyles

ANNE M. JOHNSON / JANE WADSWORTH

KAYE WELLINGS / JULIA FIELD

FOREWORD BY SIR DONALD ACHESON

BLACKWELL SCIENTIFIC PUBLICATIONS

Wellcome is changing

11

6

5



Our philosophy



Good health makes life better. We want to improve health for everyone by helping great ideas to thrive.

Science and research expand knowledge by testing and investigating ideas. This new understanding can be applied to health, and change medicine, behaviour and society.

About Wellcome



Good health makes life better. We want to improve health for everyone by helping great ideas to thrive.

Science and research expand knowledge by testing and investigating ideas. This new understanding can be applied to health, and change medicine, behaviour and society.

How we work

1

Advancing ideas

We support great ideas and inspired thinking.

2

Seizing opportunities

We bring ideas together to make a big difference.

3

Driving reform

We change ways of working so more ideas can flourish.

Three mechanisms

1

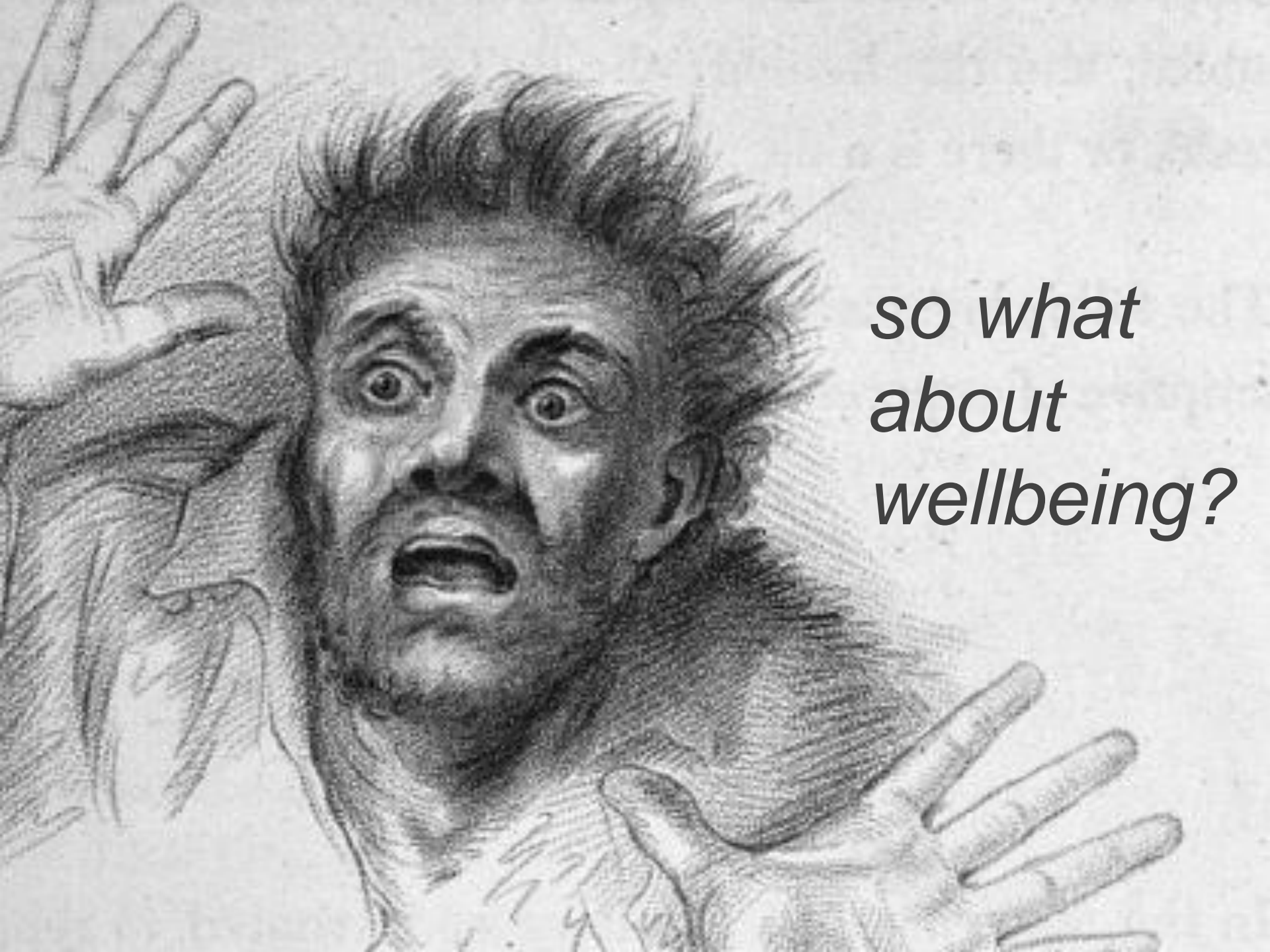
By delivering activities ourselves

2

By supporting others through funding

3

By working in partnership to influence change



*so what
about
wellbeing?*

Beyond science



Cultural and social contexts of health

Understanding perceptions and practices of science, health and wellbeing, including ethics and personal experiences of health.

Public engagement

Inspiring people to explore science, health and the human condition

Three mechanisms

1

By supporting others through funding

- Engaging science grants
- Humanities & Social science research grants
- Education and learning funding

2

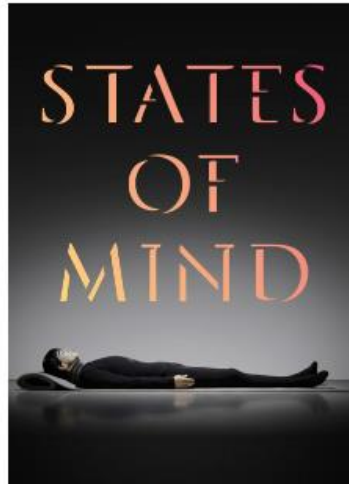
By delivering activities ourselves

- Wellcome Collection and Wellcome Library
- Major engagement projects - In The Zone, The Crunch

3

By working in partnership to influence change

- National and global health policy
- Open access
- Broadcast, Film and Games



States of Mind: Tracing the edges of consciousness

EXHIBITION

4 February 2016 - 16 October
2016

The second part of States of Mind explores our understanding of the conscious experience from different perspectives.



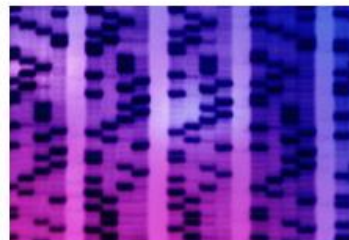
Disabled Access Day 2016

GALLERY EVENT
DROP IN

Saturday 12 March
11:00-17:00

Drop in to take part in a range of activities around Wellcome Collection with additional support.

Part of [Access Tours and Discussions](#)



Packed Lunch: Sequencing Cancer

DISCUSSION
DROP IN



THIS IS A VOICE

EXHIBITION

14 April 2016 - 31 July 2016

COMING SOON An acoustic journey tracing the material quality of the voice to capture its complex psychological and physiological origins.



Curiosities of the



Stay later on First Fridays

This Friday! Explore our galleries until 22.00 on the First Friday of the month (excluding August and January).



Tibet's Secret Temple: blog posts





BLOG POST


The exhibition has now closed, but you can explore yogic and meditational practice, and their connections to physical and mental wellbeing, on our blog.



STATES OF MIND




→ SHARE     [↔ EMBED](#)

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Transforming how we understand rest

[GET INVOLVED](#)

“Hubbub investigates the busyness of modern life. Bringing together a rich network of scientists, artists, humanists, clinicians, public health experts, broadcasters and public engagement professionals, the group will explore states of rest and noise, tumult and stillness, and the health implications for lives increasingly lived in a hubbub of activity.”

Engaging Science

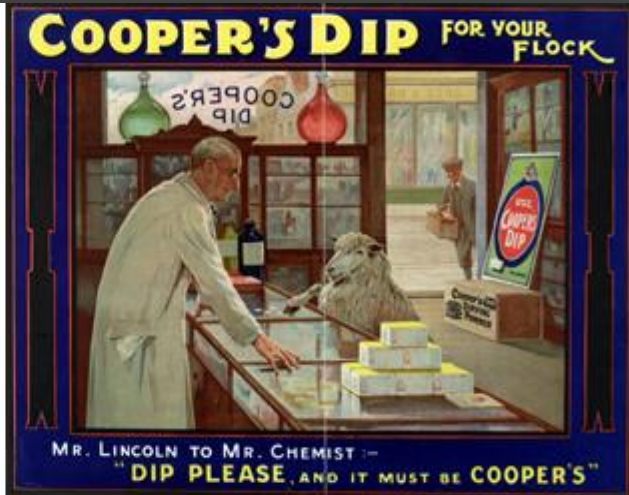
*Illuminating
ideas, inspiring
imagination*



wellcometrust

wellcome.ac.uk/engagingscience

Museum of English Rural Life, Reading



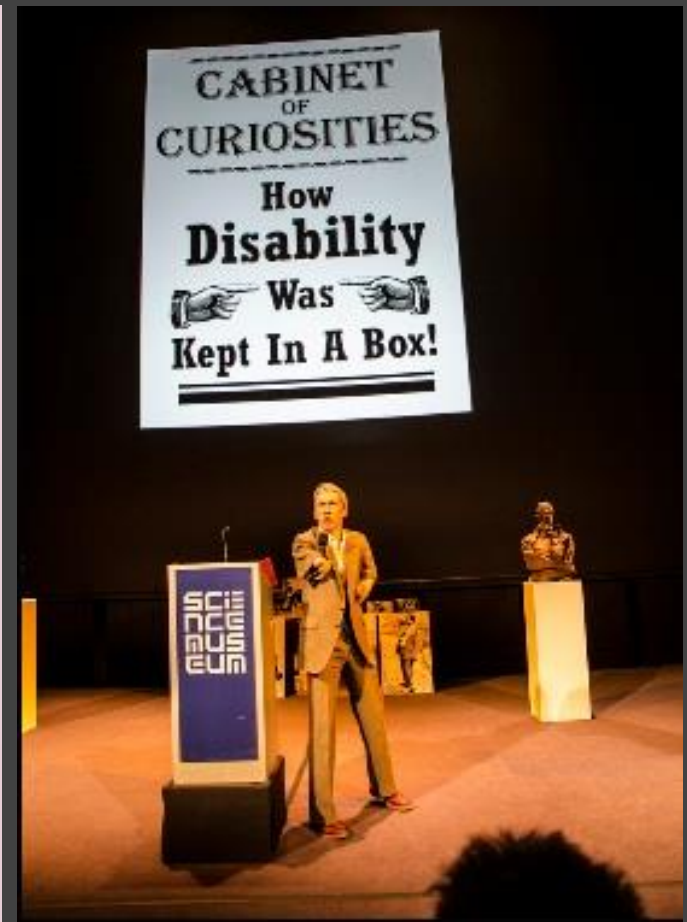
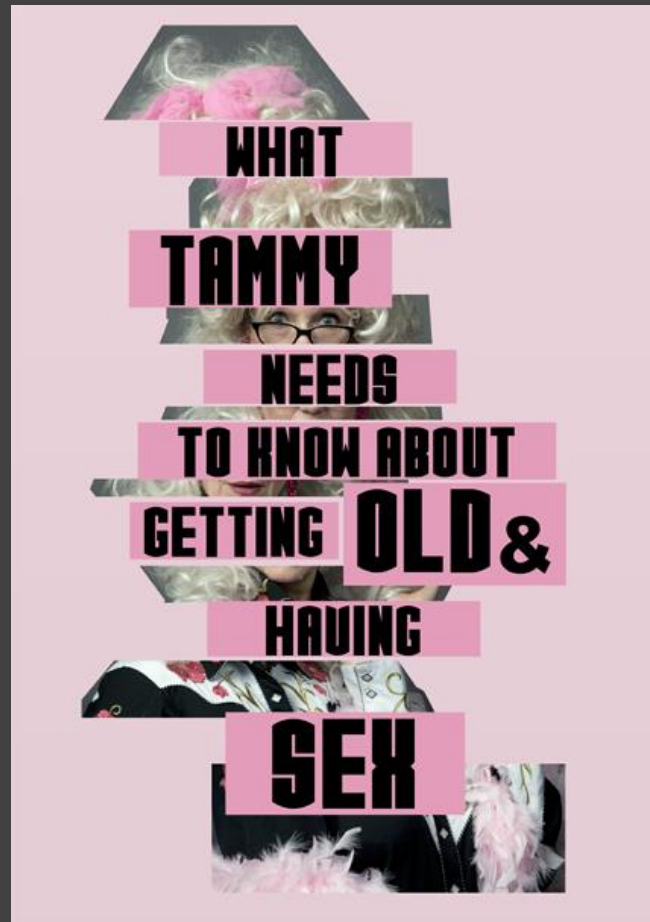
Mary Rose Trust, Portsmouth





**our food
our health
our planet**

Using the theme 'food and drink', to engage people in the UK with research on the connections between environment, nutrition and health and their implications, to improve understanding of the need for change within local and global food systems



Breath Cycle – Singing and Cystic Fibrosis



[HOME](#) [ABOUT](#) [OUTCOMES](#) [RESOURCES](#) [USEFUL LINKS](#) [CONTACT](#)

Breath Cycle – Singing and Cystic Fibrosis

Improving the well-being of cystic fibrosis patients



About the Project

Scottish Opera and Gartnavel General Hospital Cystic Fibrosis Service have been working together since early 2013 to explore whether learning classical singing techniques, including breath control, can improve the wellbeing of cystic fibrosis patients. The project used online methods to allow CF patients to interact safely.



Outcomes

Breath Cycle has produced both clinical and artistic outcomes. Co-creators Dr Gareth Williams (composer) and David James Brock (librettist) wrote music for participants to sing, while specialists studied the impact of regular singing on the health of participants, and on their musical identity.



Resources

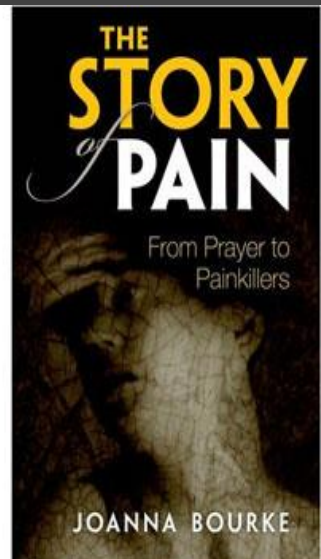
The resources created for *Breath Cycle* participants are available here for anyone to use. You'll find vocal and breathing exercises to listen to and sing along with, and there is a series of video tutorials to watch from our vocal coach, Marie Claire Breen.

Humanities and Social Sciences

anthropology classics creative arts history medicine
philosophy psychology sociology war studies literature ethics
cultural studies health geography visual arts film
health policy medical history
...and many more



Centre for the History of the Emotions

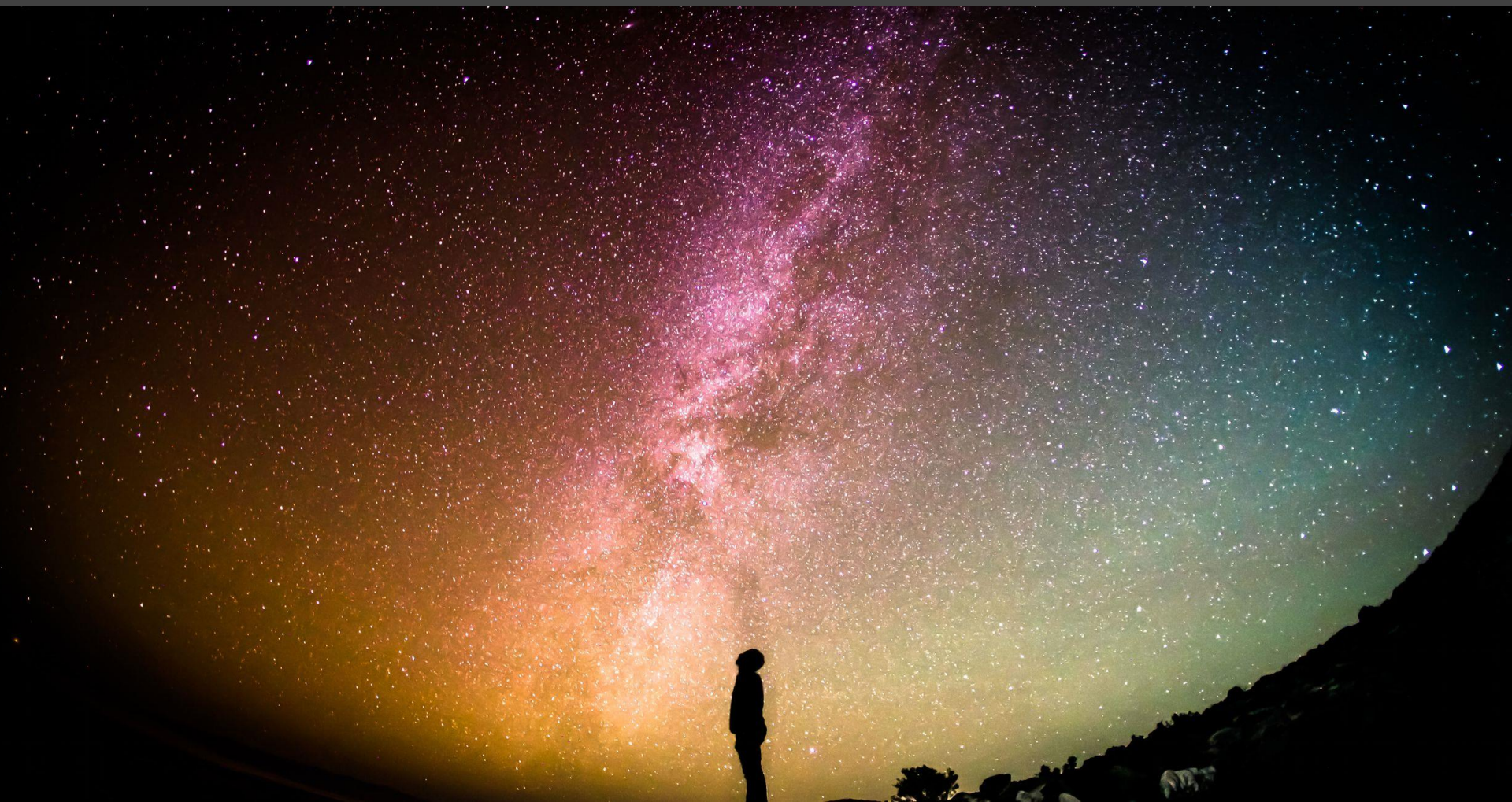




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University



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A UKCRC Public Health Research Centre of Excellence



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Mindfulness and Resilience in Adolescence





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**THE
READING
AGENCY**

Three mechanisms

1

By supporting others through funding

2

By delivering activities ourselves

3

By working in partnership to influence change

NATIONAL ALLIANCE FOR ARTS, HEALTH AND WELLBEING



Welcome to the website of the [National Alliance for Arts Health and Wellbeing](#): a voice and resource for arts and health activity. Here you will find resources to support your own work, and examples of the ways that creative activity can benefit the health and wellbeing of individuals and communities. Please direct queries to info@lahf.org.uk

Please click [here](#) for news of the new **ALL PARTY PARLIAMENTARY GROUP FOR ARTS, HEALTH & WELLBEING**


 Search

Get Involved

Find out what's happening near you by searching our [Directory](#), get advice about setting up a project with our selection of [Practical Advice](#), or get in touch with our [Contacts](#).

WHAT IS ARTS IN HEALTH?



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

RESOURCES



These pages are for those who are looking to develop arts in health activity. While the link between the arts and health and wellbeing goes back many years, the field of arts in health has developed considerably over the past thirty years with many

NATIONAL ALLIANCE FOR ARTS, HEALTH AND WELLBEING



The National Alliance for Arts, Health & Wellbeing launched in 2012 and aims to provide a clear, focused voice to articulate the role creativity can play in health and wellbeing.

[Read more](#) [1 attachment](#)

Tweets [Follow](#)

- Arts in Health Forum @LAHFArtsHealth 16h
 #MuseumsAndWellbeing Touching Heritage Objects to Healthcare via @UCLMuseums ucl.ac.uk/museums/resear... Expand
- Arts in Health Forum @LAHFArtsHealth 17h
 #funding for grassroots charities, Lady Neville Charity - deadline: 11 March 2016 via @voluntaryarts voluntaryarts.org/2016/02/? Expand
- Arts in Health Forum @LAHFArtsHealth 17h

Tweet to @LAHFArtsHealth

ALL PARTY PARLIAMENTARY GROUP FOR ARTS, HEALTH AND WELLBEING

The All Party Parliamentary Group for Arts, Health and Wellbeing was launched in January 2014. Peers and MPs with a shared interest in the field of arts and health come together for regular events to hear about and discuss the latest developments relevant to current policy priorities.

Following the General Election in May 2015 the APPG on Arts, Health and Wellbeing was re-convened and the first AGM in the new parliament was on June 22nd 2015. The minutes from the AGM are below. The following Officers were elected:

- Chair and Registered Contact: Jason McCartney MP (Conservative)
- Co-Chair: Rt Hon. Lord Howarth of Newport (Labour)
- Vice-Chair: Rt Hon. Fiona Mactaggart MP (Labour)
- Treasurer: Maggie Throup MP (Conservative)



Health = “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity”



Health 2020 targets

Table 1.1. Overview of the Health 2020 monitoring framework

Area	Target	Quantification	Core indicators
Burden of disease and risk factors	Reduce premature mortality in Europe	Reduction of premature mortality	Premature mortality, tobacco use, alcohol consumption, overweight/obesity
		Elimination of vaccine-preventable diseases	Vaccination coverage for measles/rubella and polio
		Reduction of mortality from external causes	Mortality rate from external causes
Healthy people, well-being and determinants	Increase life expectancy in Europe	Increase in life expectancy	Life expectancy at birth
	Reduce inequities in Europe	Reduction in the gaps in health status associated with social determinants	Infant mortality, life expectancy at birth, proportion of children not enrolled in primary school, unemployment rate, (sub)national policy addressing health inequities, GINI coefficient (income distribution)
	Enhance the well-being of the European population	To be set	Life satisfaction, social support, population with improved sanitation facilities, GINI coefficient (income distribution), unemployment rate, proportion of children not enrolled in primary school
Processes, governance and health systems	Universal coverage and right to health	Moving towards universal coverage	Private households' out-of-pocket payments on health, vaccination coverage for measles/rubella and polio, total health expenditure
	National targets or goals set by Member States	Establishment of processes for the purpose of setting national targets	Establishment of process for target-setting, national policies aligned with Health 2020



The European health report

2015

Targets and beyond – reaching
new frontiers in evidence

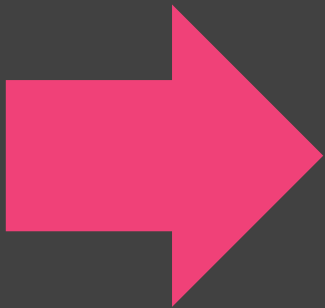
The 2012 European health report identified challenges in measuring and reporting on progress towards Health 2020, particularly in relation to measuring well-being.

The report presents... proposals for new sources of qualitative evidence to describe and monitor wellbeing...

Facts and figures are not enough to report meaningfully on what it means to be healthy and well... new forms of evidence are necessary to capture fully the experiences of health and well-being.

So how can WHO monitor well-being?

- Wellbeing both objective and subjective
- Is subjective well-being a robust construct?
- Problem of cross-cultural comparison
- Need to avoid reductionism ('the secret to happiness')
 - Multidisciplinary approach – arts, humanities, social science, science
 - Develop narrative on cultural contexts of health
 - Research into cross-cultural comparisons
 - Greater use of qualitative and narrative evidence
 - Explore culture-centred, participatory approaches to health and well-being





Emma Brown Owl, Old Trafford Wellbeing Centre