

27-28 NOVEMBER 2024

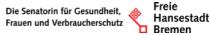


VHS BREMEN, FAULENSTRASSE 69, 28195 BREMEN, GERMANY











DAY 1 - 27 NOV 9-13 CET



PROJECT PARTNERS plus twinning partners, arts & culture facilitators

AoP and friends

09:00 Arrival and morning coffee

09:30 Welcoming words

Jörg Utschakowski / Ministry for health, women and consumer protection

Heiner Stahn / Ministry for Culture

Susanne Nolte / vhs Bremen

09:45 Project update and introduction round

10:10 Arts on Prescription pilots - presentation and exchange

11:30 Evaluation - interim results

Carsten Hinrichsen / University of Southerm Denmark

Liisa Laitinen / Turku University of Applied Sciences

12:00 - 13:00 Lunch

DAY 1 - 27 NOV 13-18 CET



PUBLIC SEMINAR

The role of arts and culture in health promotion and prevention

Session 1 - Welcome and Introduction

13:00 Opening

Kirsten Kappert-Gonther / Head of Health Committee of the German parliament

13:05 Introduction to the programme and audience

Stine Keiding / Odense Kommune, Arts-on-Prescription in the BSR (LP)

Session 2 - Welcome and Introduction

13:15 Key note - The cultural value of arts & health initiatives in a European context
Inga Surgunte / Culture + Sustainability expert, Cēsis Municipality

13:35 Video "Museums on Prescription", insights from Cesis pilot

13:40 Key note - Global evidence on the value of AoP programmes

Anita Jensen / Arts + Health Strategist, Region Skåne & Lund University

14:00 Interview and Q+A with artists, link workers, key note speakers

14:30 - 14:45 Coffee break

"A SIMPLE LINE PAINTED WITH THE BRUSH CAN LEAD TO FREEDOM AND HAPPINESS"

JOAN MIRÓ



Session 3 - Experience the power of arts! Workshop sessions

14:45 Each session hosted by Bremen art and culture facilitators and participants introduces a specific art activity that participants will engage in. You will get a sense of how it is to be a participant in an AoP programme and experience how the group activities can provide feelings such as joy and inspiration, a condition of flow and social connectedness.



Poetry of everyday life (Poesie des Alltags)
hosted by Donka Dimova (arts facilitator) & Sven Grewe (AoP participant)



Improv theatre to get started (Impro Theater zum Einsteigen) hosted by Carolina Sipos (arts facilitator) & N.N. (AoP participant)



I actually like singing, but... (Eigentlich singe ich gerne, aber...)
hosted by Stefanie Lubrich (arts facilitator) & Stephanie Lohmeier (AoP participant)



Spatial drawing (Räumliches Zeichnen)
hosted by Marietta Armena (arts facilitator) and Silvia Mohr (AoP participant)

16:00 - 16:20 Coffee break

Session 4 - Group discussions and case studies on how to make arts & health initiatives attractive and relevant for the cultural sector

16:20 Participants discuss in groups how arts and culture can widen their engagement in health promotion programmes.

The role of culture and arts facilitators in arts and health.

Does working for people with mental health issues require new skills / specific training? What to consider when organising health promotion activities? How to support facilitators? Case example: Cultural education and mental health workshop, and facilitator roles defined in the Bremen AoP model

2 Why is art healthy?

What makes art a great tool to improve mental health? How can artistic expression create a space for mental wellbeing?

Case-example: Durchatmen/Take a deep breath - Corinna Reynolds / Bundesverbands Deutscher Gesangspädagogen / Federal Association of German Singing Teachers

3 Arts & health - new opportunities for the cultural sector?

Can cultural actors develop new action fields if they invest their time and resources in arts & health? Should the cultural sector play an active role in health promotion? What is needed for good collaboration between the arts and health sector/professionals?

Case-example: More light! - Eduards Veidenbaums Museum Kalāči

What can the cultural sector learn by engaging in arts & health?

How can arts and health promoting activities improve and renew the cultural sector, e.g. audience development, becoming more inclusive, providing evidence for 'culture matters'?

Case example: KulturAmbulanz - Jannik Sachweh

17:20 - 17:30 Break

Session 5: Wrap up of the Public Seminar - Plenary session

17:30 Results from group sessions and concluding panel discussion



18:00 Get-together & mingle with fingerfood and drinks



DAY 2 - 28 NOV 9-12 CET



PROJECT PARTNERS plus twinning partners, arts & culture facilitators

AoP and friends

09:00 Joint intro session

09:30 Parallel sessions

Exchange for art facilitators - Liisa Laitinen, Outi Linnossuo / Turku Univ. of Applied Sciences

AoP in Norway - Marit Stranden / Norwegian Resource Centre on Arts and Health

Fellowship in focus (FiF) - The Region of Southern Denmark, SDU and Design School DK

11:30 Joint summary session

12:00 - 13:00 Lunch

DAY 2 - 28 NOV 13-18 CET



PROJECT PARTNERS

Internal project meeting

13:00 Consequtive working sessions

Interviews/Video production for the Arts on Prescription Guide

New/Follow-up project ideas

Upcoming project activities and meetings

Any other business

15:00 Excursion (optional)

Study visit to the Paula Modersohn-Becker Museum

Tour & introduction to the museum inclusive project Active with Dementia

19:00 Dinner (self-paid)



"I AM CONVINCED THAT

CULTURE FOR HEALTH INTERVENTIONS

WILL BE PART OF HEALTH SYSTEMS

THROUGHOUT IN THE FUTURE"

NILS FITJE, WHO / EU OFFICE

GET IN TOUCH

ARTS ON PRESCRIPTION / KUNST AUF REZEPT IN BREMEN





https://www.vhs-bremen.de/kunst-auf-rezept/

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ARTS ON PRESCRIPTION IN THE BALTIC SEA REGION





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



@BSR_arts_health

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THIS #MADEWITHINTERREG PROJECT HELPS TO IMPROVE THE MENTAL WELLBEING OF CITIZENS





