

Interreg
Baltic Sea Region



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RESPONSIVE PUBLIC SERVICES

Arts on Prescription



PUBLIC EVENT **AGENDA**

THE ROLE OF ARTS AND CULTURE IN HEALTH PROMOTION AND PREVENTION

27-28 NOVEMBER 2024



VHS BREMEN, FAULENSTRASSE 69, 28195 BREMEN, GERMANY



Der Senator für Kultur



Freie
Hansestadt
Bremen

vhs
Bremer
Volkshochschule

Die Senatorin für Gesundheit,
Frauen und Verbraucherschutz



Freie
Hansestadt
Bremen



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 Southern 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 Cēsis 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.

1 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

4 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 Consecutive 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](https://twitter.com/BSR_arts_health)

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PROJECT HELPS TO IMPROVE
THE MENTAL WELLBEING
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