



Arts on Prescription in Cēsis

Museums and Heritage Sites in Focus

The #ArtsOnPrescription programme in Latvia is organised by Cēsis Municipality. As a continuation of the **More Light!** project launched in 2022, the municipality further developed the approach to the **Museum on Prescription** programme in close cooperation with local museums and heritage sites as well as local artists and craftspeople.

The programme, aimed at adults experiencing mental health challenges such as depression, anxiety, stress, or loneliness, featured a wide range of **art and cultural activities** from guided museum tours, theatre, music workshops, visual arts, traditional crafts, poetry to creative writing.



Referring institutions included employment services and social, health and rehabilitation centres, such as the Cēsis Clinic, Cēsis Municipal Social Services, and the Senior Home of the Līgatne Rehabilitation Centre. Self-referral was also available for individuals seeking emotional support through non-medical means.

“ This programme has been a success and helped participants to get rid of stress, anxiety, and depression. It also gave new drive to build friendships, make acquaintances, and take advantage of opportunities that the regions's cultural institutions provide.

Inga Surgunte, Project Manager at Cēsis Municipality.





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Bringing Value to the Cultural Sector

As a community-based programme, #ArtsOnPrescription (AoP) helps cultural organisations, artists, and craftspeople reach new audiences and tap into **fresh market potential**. It also equips facilitators and organisations with valuable skills in inclusive practice, mental health awareness, and participatory methods – enabling them to create more **accessible and sustainable cultural services** for diverse, often underserved target groups. In turn, AoP enhances professional practice and strengthens the sector's ability to deliver long-term, socially impactful programming.



Building on these foundations, AoP strengthens the cultural sector while advancing broader societal goals. By fostering **innovation and resilience**, it underscores the role of arts and culture in supporting community well-being. After a successful pilot phase, Cēsis Municipality is now focused on transferring AoP to other municipalities and developing long-term strategies to integrate it into national healthcare systems – showcasing its potential as a scalable, sustainable solution for cultural and public health development.



“Our duty is to try to find solutions so that arts and culture on prescription continue. Sooner or later there will be such programmes in Latvia, but as a country, we need to build up certain competences. Cēsis already has it. The question is: how can we take this further and help other municipalities to get engaged in this movement.

Atis Egliņš-Eglītis, Deputy Mayor of Cēsis Municipality