



Arts on Prescription in Odense

Arts as a Path to Connection and Confidence

Odense Municipality successfully implemented the #ArtsonPrescription programme in 2024. **KulturKraft** – as it is called in Denmark - is an innovative cultural initiative aimed at improving the mental health and well-being of young people and adults through shared creative experiences. KulturKraft showcases how culture promotes social cohesion and mental wellbeing among participants.

KulturKraft is designed for people experiencing mild to moderate stress, anxiety, depression, or loneliness. It offers a space to engage in cultural and artistic activities such as music, visual arts, storytelling, crafts, and theatre.



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The first KulturKraft round in spring 2024 welcomed new Danish residences 24-40 years. Subsequent rounds targeted men of all ages and young people aged 16-30 – with twice-weekly sessions over eight weeks providing a **safe and creative space** for engagement, learning, and community-building.

“Being part of KulturKraft has given me new friends and taught me a lot about culture and crafts that I didn’t know before. I learnt a lot about Odense City and the old town. I am so grateful for this wonderful journey we have been on together.

Voices from participant





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Building on a Regional Vision

Odense's KulturKraft programme builds on the foundations of Funen's **Culture on Prescription**. From 2022 to 2023 Cultural Region Funen initiated a larger Culture on Prescription programme across a network of nine municipalities on the island of Funen, funded by a culture agreement with the Danish Ministry of Culture. Both Culture on Prescription and KulturKraft demonstrated the positive effects of engaging in culture as a form of non-clinical support for mental health.



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Culture on prescription evaluation conducted in 2023 confirmed these benefits – highlighting that participants reported increased well-being, reduced stress, and stronger social connections. The evaluation has given rise for Odense Municipality to continue. With the new project **Fynsk KulturRum** funded by the Danish Agency for Culture and Palaces, the next step is taken using culture to support vulnerable young people – not only on Funen, but potentially across Denmark.

“ Cultural Region Funen has already piloted a number of Arts on Prescription programmes [...] We are glad to share our experiences in this field and help develop more projects. We hope, through this collaboration, [...] to gain new insights and perspectives that will enable us to further improve our model. This will, in turn, help us continue to develop and improve our programmes to better serve the community.”

Anne Møllegaard, Chairman of Cultural Region Funen