

ARTS AND HEALTH AUSTRALIA

Healthy People, Healthy Communities – engaging with the Arts

THE ART OF GOOD HEALTH AND WELLBEING

International Arts and Health Conference
exploring best practice policy, programs and research across primary
care, community health, health promotion / medical humanities

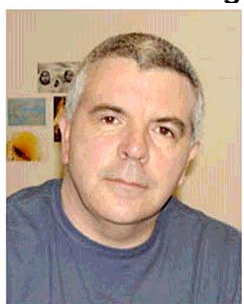
www.artsandhealth.org

10 – 13 November 2009 Port Macquarie NSW Australia

Pre-conference workshops and training program

7 – 10 November 2009

**Keynote Presenter: Mike White M.Phil, MA, Senior Research and
Development Fellow in Arts in Health, Centre for Medical Humanities and
St Chad's College, University of Durham, UK**



Dec 2000 – Dec 2008

Director of Projects - Centre for Medical
Humanities (CMH), University of Durham

Dec 1988 - Nov 2000

Assistant Director Arts - Gateshead Metropolitan
Borough Council

Jan 1985 - Nov 1988

Development Director - Welfare State
International (Theatre Company)

June 1983 - Dec 1984

Publicity Officer - Artsline, London

1981 - 1983

International Music Festival Organiser -
WOMAD, Bristol

1978 - 1980

**Lecturer in Communications, Dept. of Business
Studies** - Stockport College of Technology

EDUCATION

1973 - 1978

Exeter College, University of Oxford

BA Hons. 2/1 English (1976)

M. Phil. English Literature (1978)

MA received in 1981

AWARDS

2004 - 2007

Sept - Dec 2007

**National Endowment for Science, Technology
and Arts** - Fellowship

Healthway, Western Australia - Visiting
International Fellow

SUMMARY

Arts in health

I have been involved in arts in health projects since 1988 when I set up the first arts in primary care project in the country at Brierley Hill. In Gateshead, I commissioned public art for hospitals, ran artist residencies in primary care, and developed long-term community-based arts in health programmes and arts for older people. These projects received significant research funding from The King's Fund, Nuffield Trust and others.

I have many published articles and have lectured widely on arts in health at universities and conferences in the UK, EC, Japan, South Africa, Australia, Canada and USA.

At the Centre for Medical Humanities (CMH), I have undertaken project evaluations and set up and manage research-guided arts in health programmes in a broad range of healthcare contexts. For example, the arts in health learning development programme I set up for Tyne and Wear Health Action Zone in 2000 went on to build a cross-sector network of over 300 member organisations and undertook over 50 action research pilot projects and many learning events. A similar programme has since been developed by me in East Midlands with the region's public health directorate and Arts Council England. From 2009 I am developing the arts in health component of a multi-disciplinary 5-year research programme in medical humanities, funded by major grant from the Wellcome Trust, which explores the question 'what makes for human flourishing?'

My posts in University of Durham have been entirely supported from external funding via consultancy contracts, grants, awards and sponsorship. Clients have included Department of Health, Office of the Deputy Prime Minister, NHS Trusts, Northumbrian Water, local authorities, charitable trusts and foundations. My projects in the CMH have included: a literature review of arts and mental health for the Government's Social Exclusion Unit, surveys of arts in health in the Northern, Yorkshire and East Midlands regions, a national advisory forum for the evaluation of community-based arts in health, and producing guidelines on good practice for participatory arts in healthcare. I was awarded a 3-year NESTA Fellowship in 2004 to research community-based arts in health, leading to my book on this subject published by Radcliffe Publishers in spring 2009. In 2007 I was awarded the first international arts fellowship with Healthway, the state health promotion agency of Western Australia.



Local arts development, public art and urban regeneration

At Gateshead Council I headed an arts unit of seven full-time staff. Throughout the 1990's, Gateshead's public art and community-based arts programmes laid the ground for the borough's cultural regeneration through major capital arts developments, and they won several national arts awards in their own right, e.g. Arts Council/British Gas Award (twice), Japan Festival Premier Award. In 1996 alone I fundraised and managed a £1 million arts programme for Gateshead's contribution to the Year of Visual Arts, including Antony Gormley's *Angel of the North* and the first major commissions for the exterior of the BALTIC gallery. I also set up an artist exchange programme with Gateshead's twin town of Komatsu, Japan. At Welfare State International, a nationally acknowledged pioneer of celebratory arts, I secured commissions for civic spectacles, innovative theatre projects and large-scale community arts programmes such as Vancouver World Expo, Glasgow City of Culture, Barrow-in-Furness Centenary, a co-production with the national theatre of Tanzania, and the annual Ulverston lantern parade (the first of this kind of event in the country).

Arts addressing multi-cultural issues and social inclusion.

In the 1980's, I was a founder member of WOMAD, the music festival agency that has defined 'world music' by presenting live performances and recordings of leading musicians from throughout the globe. I later assisted the development and promotion of Artsline, set up by the Greater London Council and Capital Radio as an arts advisory service for people with disabilities in London. My abiding interest in arts in social inclusion is now channelled through arts in health work.

TRUSTEE/BOARD MEMBERSHIPS

- National Network for Arts in Health 2000-2008
- Pioneer Projects Ltd. (for Looking Well Healthy Living Centre, Bentham, Yorkshire) 2001- present

SELECTED PUBLICATIONS

Books:

- **White, M.** *Arts Development in Community Health: a social tonic.* Radcliffe, Oxford. 2009



Books: sections

- **White, M.** 2004. Arts in Mental Health for Social Inclusion: Towards a Framework for Programme Evaluation. In *For Art's Sake? Society and the Arts in the 21st Century*. Cowling, J. London: IPPR.
- **White M.** 2008. Are We There Yet? Towards International Exchange in Arts in Health in *Proving The Practice*, Lewis A. DADAA, Perth
- **White, M.** 1995. Art as Health. In *Research and Change in Urban Community Health*. Bruce, N. & Springett, J. Avebury.

Journal papers: academic

- **White, M.** 2006. Establishing Common Ground in Community-based Arts in Health. *Journal of the Royal Society for Promotion of Health* **1**(126): 128-133.
- **Macnaughton, R. J. , White, M. & Stacy, R.** 2005. Researching the Benefits of Arts in Health. *Health Education* **105**(5): 332-339

Journal papers: professional

- **White, M.** 1988. Resources for a Journey of Hope: The Work of Welfare State International. *New Theatre Quarterly* **15**(1): 195-208. Cambridge University Press.

Reports: official

- **Macnaughton, R. J. , Collins, P. J. , White, M., Elliott, K., Soukas, A., Purves, G., Kellett, P. & Coleman, S. M.** (2005). James Cook University Hospital Report NHS Estates. Centre for Arts and Humanities in Health and Medicine. Durham, Durham University.

SELECTED PREVIOUS CONTRACTS

1999-2002 Evaluation of five community-based arts in health projects in UK. Commissioned by The King's Fund & The Nuffield Trust.

2000-2002 Common Knowledge - a multi-sector learning development programme in arts in health to tackle health inequalities. Commissioned by Tyne and Wear Health Action Zone

2001-2003 An audit of arts in health in North East England and Yorkshire. Commissioned by North East Regional Health Authority

2001-2002 Development of a national research working group on arts in health. Commissioned by Health Development Agency

2002-2004 Evaluation of architecture, art and design at James Cook University Hospital, Middlesbrough. Commissioned by NHS Estates and South Tees NHS Trust.

2004 A literature review of arts and adult mental health. Commissioned by Social Exclusion Unit, Office of the Deputy Prime Minister

2004-2008 Development of East Midlands arts in health forum. Commissioned by Arts Council England and Public Health East Midlands

2005 A study of community-based arts in health in Ireland. Commissioned by Blue Drum, Dublin

2005 Induction events for Health Trainers. Commissioned by UK Dept. of Health

2005-2006 Evaluation of Cork Capital of Culture's *culture + health* programme. Commissioned by Cork Festival Office.

2008-2009 Workforce development in arts and health for South of Tyne Primary Care Trust. Commissioned by N.E. Strategic Health Authority

2009 A consultative study to produce guidelines for good practice in participatory arts in health care settings. Commissioned by Health Executive South, Ireland and Waterford Healing Arts Trust.

2009-10 A workforce development programme in arts in health for the North East Strategic Health Authority and Gateshead Primary Care Trust.

Contact for Mike White in Australia:

Margret Meagher

Director, Arts and Health Australia and Conference Convenor

Tel: 0416 641 482

Email: margret@artsandhealth.org