

TRAFFORD ARTS IN HEALTH

Supporting Health and Social Care through creative approaches to enhance wellbeing and reduce demands with practical, preventative and person-centric approaches.



WHAT IS ARTS IN HEALTH

- A strong, evidence-based approach that uses creative activities (music, art, crafts, photography) to improve wellbeing, complement clinical care, and support preventative approaches.
- Delivered through community and VCFSE partnerships.



WHY THIS MATTERS

- Improves mental wellbeing and reduces isolation
- Supports recovery and long-term conditions
- Engages people beyond traditional care pathways
- Helps reduce demand on services
- Strengthens community resilience



WHAT WE'RE DOING IN TRAFFORD

- Connecting health, social care, VCSE and creatives to do more arts in health.
- Encouraging shared learning and collaboration across partners
- Supporting your work through creative approaches



IN PRACTICE

- Referring into community creative activities
- Co-designing sessions with artists
- Supporting mental health and loneliness
- Testing new engagement approaches



HOW THIS SUPPORTS YOUR TEAM

- Provides practical options for patients, clients, and users.
- Supports preventative and person-centred care
- Improves engagement and outcomes
- Connects with community organisations



OPPORTUNITIES

Attend a Neighbourhood Arts in Health session to connect, share, learn, and explore creative approaches together in a supportive space.



WHAT WE ARE ASKING

1. Tell us you are interested
2. Tell your team - share this briefing.
3. When we release the dates of the 3-hour Neighbourhood Arts in Health Sessions, make sure your team is represented.



TIMELINE

- **Now – Summer 2026:** Engagement and connections
- **Summer – Autumn 2026:** Pilot activity
- **Winter 2026:** Learning and reflection
- **2027 onwards:** Embedding into practice



FOR MORE INFORMATION

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