

Psychosocial Research Unit

Areas of expertise

Understanding relationship of arts involvement to changes in the lives of individuals and communities. Evidence-based consultation and practice development in the field of arts and social practice.

Impact studies of arts-based programmes on social inclusion, health and well-being within communities and in the health, social care, criminal justice and cultural sectors.

Innovative research and evaluation methods, to capture the distinctive contribution of the arts to health and well-being including narrative, visual, performance and touch-based inquiry alongside established social science methodology.

Working with vulnerable groups in the field of arts and inclusion including users of mental health services, young offenders, older adults, children with special educational needs, people in hospital, marginalised communities

Inclusion Institute

Areas of expertise: Arts

Working co-productively with service users and user-led arts organisations; supporting social inclusion, community engagement and community participation through the Arts.

Developing training packages to support more inclusive arts organisations.

Brokering relationships between Arts, Education and Health sectors.

Capacity building through creative partnerships with others, including the British Association of Art Therapists.

Research: Building the evidence base for arts, inclusion and mental health.

Supporting policy into practice across all life domains.



Prof David Morris

Professor of Mental Health, Inclusion and Community, and Director of the Inclusion Institute. Formerly Director of the National Social Inclusion Programme.

dmorris1@uclan.ac.uk



Prof Lynn Froggett

Professor of Psychosocial Welfare and Director of the Psychosocial Research Unit. Academic background in social science, social work and the Humanities.

lfroggett@uclan.ac.uk

Arts, Health, well-being and Inclusion Programme

Joint collaboration of the Psychosocial Research Unit and the Inclusion Institute

International School for Communities Rights and Inclusion



**INCLUSION
INSTITUTE**



**PSYCHOSOCIAL
RESEARCH UNIT**

For further information about the Arts, Health, Well-being and Inclusion Programme please contact

David Morris, Lynn Froggett or the school office on **01772892780** or **iscrloffice@uclan.ac.uk**

www.uclan.ac.uk/inclusioninstitute

www.uclan.ac.uk/pru

Psychosocial Research Unit

PRU has worked in hospitals, primary care, public health initiatives, youth justice, educational organizations, communities, museums, galleries, new model arts institutions, and with social services and the police.

Examples of research/evaluation projects:

'Heritage in Hospitals',
University College
London Hospitals.



'Mad about dance'
programme with
mental health
service users.

Young offenders
working with a
digital and visual
art, performance,
storytelling,
creative writing
and photography.



Our collaboration...

The Psychosocial Research Unit (PRU) and the Inclusion Institute bring together a wealth of academic and practical expertise in a new collaborative approach to arts and health. We are committed to a co-productive approach, and work in partnership with service users and user-led organisations.

Together we have extensive experience of supporting implementation and researching arts based activities in human services, communities and the cultural sector. The **Arts, Health Wellbeing and Inclusion** initiative enables health, social care and mainstream arts organisations to produce accessible arts-based practice that link effectively to inclusion.

The arts can help people engage better with social and health programmes and make sense of their experience. Arts-based activities can contribute to a sense of cultural identity and belonging among diverse social groups and can complement or reduce the need for other, often more costly interventions. They have a role in addressing community tensions and can help reduce the stigma of exclusion. We offer a range of services linked to the wider resources of the PRU and Inclusion Institute:

- A 'good practice' database on which local services can draw and to which they can contribute
- Innovative methods capable of examining social impact and the subtleties of cultural experience
- Practical models for evaluation and benchmarking
- Bespoke support for project development and evaluation design
- An Arts, Health and Inclusion learning network
- Open to All, a training package for mainstream arts organisations
- The opportunity to undertake a University - based Community Leadership through Arts course.

Inclusion Institute

The Inclusion Institute is a national and international centre for learning, evidence, innovation and practice on inclusion with the person, in the community, through co-production.

Working with service user led organisations to raise awareness of the link between the arts, inclusion and Well-being.



Developing the evidence base for health effectiveness through databases of good practice.



Supporting mainstream arts organisations to be more inclusive through brokerage and bespoke training.