



**All Party Parliamentary Group on Arts, Health and Wellbeing**

**Inquiry Meeting 3  
Older Adults and End of Life  
21<sup>st</sup> November 3-5pm  
House of Lords Committee Room 1  
Chair: Lord Howarth of Newport**

**Key Witnesses:**

**Professor Paul Camic**, Canterbury Christ Church University

**Professor Helen Chatterjee**, Professor of Biology, UCL School of Life and Medical Sciences and Head of Research and Teaching, UCL Public and Cultural Engagement

**Professor Stephen Clift**, Canterbury Christ Church University

**Nikki Crane**, Director of Arts Strategy, Guy's and St Thomas' Charity

**Dr Sebastian Crutch**, Dementia Research Centre, UCL Institute of Neurology Nicola Crane

**Emma Hanson**, Head of Strategic Commissioning for Social Care, Health and Wellbeing, Kent County Council

**Anna Ledgard**, Producer

**Deborah Munt**, Chair of the National Alliance for Arts, Health and Wellbeing

**Lily Makurah**, Deputy National Lead, Mental health and Wellbeing PHE

**Dr Jane Povey**, GP

**Synopsis**

Chapter 8 looks at ways in which the arts can positively influence the health and wellbeing of older adults. It begins with a consideration of the contribution of the arts to healthy ageing. Silver Song Clubs, run by Sing for Your Life and evaluated by the Sidney de Haan Research Centre, are taken as a case study. In addressing sensory-motor decline, evidence is provided of the efficacy of dance in preventing falls, via the Dancing in Time project in Leeds. Another significant challenge to beset the older age group is that of social isolation and the loneliness it causes, which has a negative impact upon wellbeing and resilience. Examples are given of the arts being used to overcome isolation, and the Staying Well project in Calderdale is taken as a case study. Building upon an earlier sketch of the social prescribing landscape, a comment is offered here on museums on prescription initiatives.

The remainder of this chapter is dedicated to an elaboration of the many ways in which the arts intersect with dementia. This ranges from delaying the onset and severity of dementia to improving quality of life for people with dementia and their carers. Consideration is given to every art form, including digital arts and community festivals. In the process, attention is paid to the role of the arts in enhancing personhood and improving the quality of life of people with dementia.

The substantive chapters of the report conclude with a consideration of end of life. Spanning the life course, this chapter considers the role of the arts in the lives of children and adults facing death. It also takes account of the philosophical aspects of the arts in making sense of life and in building bridges between the dying and the bereaved.

**Questions for discussion:**

Are there any obvious gaps in the content or argument?

Should there be other practice examples mentioned in the text?

Are the recommendations adequately supported by the argument in the text?

Are the recommendations the right ones and to the right people?