Arts on Prescription
Information and FAQs for referral agencies

What is Arts on Prescription?

- A course of 9 weekly group sessions in a safe and friendly environment. The course will focus on a particular area of the arts, for example creative writing, theatre, drawing and painting or singing. Please note that this is not art therapy, it is an informal programme designed to build participants' self-confidence and social skills.

Who is it for?

- Anyone with stress, anxiety, depression and other conditions affecting mental wellbeing who could benefit from a creative intervention.

What happens if participants cannot be accommodated on a course immediately?

- Informal 'arts appreciation coffee mornings' will run each week as required. Discussion might be around books, films, paintings or photography. These regular get togethers will keep participants engaged until the formal sessions start.

Can participants join after the course starts?

- Participants can join up to 3 weeks after the course starts dependant on spaces.

What is the cost to participants?

- The course costs £18 in total which is payable in full on Week One.

How will we know if it is working?

- An ethically managed evaluation programme at the beginning, middle and end of the course will measure how participants develop. It will **not** be in the form of a long complex questionnaire. Apart from some core questions the group will be facilitated to set 2 or 3 goals of their own and decide how these should be measured. It could be something quantitative like managing to come to all the sessions or something more qualitative which measures how they are feeling.
- After the course we will contact participants three monthly for a year to monitor their progress.
- We will be asking referral agencies if we can contact them 3 months after the course ends to get their feedback on the impact on participants.

For more information, leaflets or referral forms:

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