**Can arts save the NHS?**

**1@thedock: 10:30am. Please register at Humber Street Gallery.**

**45 minutes**

**Chair: Nikki Bedi**

**Panellists:**

**Nicky Taylor:** PhD student at Leeds Beckett University, Theatre & Dementia Research Associate at West Yorkshire Playhouse

**Bob Fulcher:** Curator of a new Festival of Theatre and Dementia at West Yorkshire Playhouse, whilst also living with dementia.

**Sarah Emmott:** Creative Director of Art with Heart, an autobiographical, riotous celebration of Sarah’s experience with ADHD, mental health and diagnosis which toured in Summer 2017 with 5\* reviews.

**Vicki Amedume:** Artistic Director and Founder of Upswing, a contemporary circus company, who have presented their work in Hull and also toured to care homes leading circus workshops with older members of the community.

**Dr Dan Roper:** Chair of Hull Clinical Commissioning Group

**Alex Mitchell:** Director of Silent Uproar, Hull based director, who recently made the critically acclaimed A Super Happy Story (About Feeling Super Sad)

Conversation with **Nicky Taylor and Bob Fulcher** for those in the call. Please read.

* Bob is someone **living with dementia**, NOT suffering with dementia – Bob and Nicky will explain this at the beginning of what they talk about.
* Nicky works collaboratively with Bob to make and present work, Nicky as someone not with dementia, Bob as someone living with dementia.
* Most important rationale of the festival that Bob is curating is that society values people living with dementia.
* There’s a lot of stories out there told by people who don’t live with dementia, this festival aims to give a clearer picture of what living dementia is like. A first person perspective.

About Bob:

* 8 years ago Bob was diagnosed with dementia, and was self admittedly, more shy and retiring before being diagnosed. Didn’t talk to people anywhere near as much – and lived a much more lonely life.
* In order to avoid things like depression, which often have a connection with dementia, Bob needs to keep himself active – this manifests in working with West Yorkshire Playhouse, participating in classes, sessions, and more.
* Bob would never imagined he would be calling himself a curator of a festival.
* Bob noted Laughter and Hope – two incredibly important things to living a life with dementia.

Nicky and Bob to write something for Hull 2017 website, that we can offer out to media partners. Also present images and slides.

**Agenda for Discussion:**

On the panel are a wide range of individuals. Some addressing mental health conditions, others finding a solution to improve quality of life for those living with a wide range of conditions that could lead to social isolation and a lower quality of life. We also have a medical expert and Chair of the Clinical Commissioning Group in Dr Dan Roper.

Suggested Questions:

* Dan, could you give us a very brief explanation of what the Clinical Commissioning Group is, what it does? And the role they have played in working with Hull 2017? After this I’d love each of the panel to give us a quick 2 minutes on how their work has addressed issues of health and well being.
* Bob, as someone living with dementia can you tell us about your experience from being diagnosed as having dementia to becoming a curator of a theatre festival. Nicky, could you also tell us a little bit about your work and how this festival came about?
* A lot of what has been outlined has addressed certain stigmas attached to living with conditions such as depression and dementia. Is it the point of view that once you get these stigmas out of the way and shift culture around these, in a meaningful and open way, a better quality of life can be approached? **Nicky, Alex, Sarah, Dan.**
* **Vicki**, your work addresses a slightly more physical element of someone’s wellbeing – what has been the impact of the sessions you have carried out in care homes?
* **Nicky and Bob**: Bob you are someone living dementia who is also curating a festival with Nicky at West Yorkshire Playhouse as someone who is living with the condition they are addressing how do you feel this will impact the presentation and curation of the festival?
* **Dan:** You have had years of experience treating patients in a very conventional sense and also looking at how the medical profession can improve its practise in order to treat individuals in a more effective way. Are the arts crucial to treatment and improving training techniques and methods of those giving the treatment.
* The effect of the arts might have effects on people’s lives can be quite difficult to quantify – if it’s true that the arts do improve a standard of living, that might lead to improvements of wellbeing and health and potentially reduce the costs of other treatments. How do we make this case in age of austerity and budget cuts?
* From each of you, what do arts and culture do for someone’s health and wellbeing that might be missing in other areas of life.
* Questions from the audience if time allows. If not encourage everyone to go to individual coffee points throughout the day and discuss these elements further.