Arts, Health and Wellbeing
A Cathedrals Group Networking and Collaboration Initiative

Friday 8th – Saturday 9th September 2017
Drama at Newman offers students the opportunity to learn in a way which dissolves the traditional distinctions between ‘theory’ and ‘practice’. Students work on their feet, actively exploring and applying a range of dramatic ideas and approaches, then pausing at key moments to reflect upon what (and how) they are learning.

Drama is a thriving department at Newman. All students have opportunities to take part in productions of a professional standard, performed at professional venues. In addition, students can develop community theatre projects, and participate in Community and Applied drama projects. Students can get involved in planning, development, executing and evaluating performances, programmes and events. Working in community environments, hospitals, clinics, hospices, homes, arts centres and theatre venues, students can explore new ways of performing to, and engaging with audiences. Having opportunities to work with professional theatre touring companies such as Big Brum TiE Company, students receive specialist training from professionals with particular expertise.

Newman’s drama department has developed a rich collection of partners over the years and regularly works with companies such as the REP Theatre, The Hippodrome, and Birmingham Children’s Hospital. Working alongside a range of theatre professionals, drama therapists, child nurses, psychologists and social workers, students have a wealth of real life knowledge -transfer experience and expertise available to them.

The diversity of students and the diversity of opportunities available to Newman’s drama students enables them to take their passion for Drama to new and exciting levels, both in terms of their practical ability and their understanding of the art form, and prepares them for taking their next steps once they graduate and leave Newman University.
Friday 8th September 2017

11.00 Arrivals, registration, tea and coffee
Atrium

12.00 Welcome
DW101

Prof. Scott Davison
Vice Chancellor, Newman University

Prof. Stephen Clift
Canterbury Christ Church University

12.15 Professor June Boyce
Tillman MBE
DW101

Sacred Music and wellbeing in a post secular world

This keynote will explore religionless and religionful spirituality (Boyce-Tillman 2016) in a post secular society (Taylor 2007) and the place of religious narratives and traditions within them. It will describe various approaches to music with a sacred text including devotion, story-telling, meaning-making (Voegelin 2010) and cultural belonging. These will be examined, drawing on the ethnographical literature and auto-ethnographical accounts primarily from within the UK. It will include the changing song material in school assemblies and the role hymns learned in childhood may play in promoting a sense of identity belonging and reminiscence in people who would no longer subscribe to the beliefs expressed in them (Bennett 2001).

It will compare the place of sacred music within liturgy and within the concert tradition, referring to the growth in the UK of an interest in sacred music in recorded and concert form (Arnold 2014). It will use concepts from anthropology to interrogate the place of sacred music in contemporary society. It will use this analysis to define the place of sacred music in personal and cultural wellbeing (Cook 1990, Clarke 2008, Tisdell 2006). It will examine the place of the church colleges’ choirs festival in students’ wellbeing, comparing this with the place of sacred music in threshold choirs and community choirs of various kinds including those set up with the intention of maintaining the wellbeing of people with memory loss.

1.15 Lunch Atrium

2.15 Discordant performance
ST008

Newman Drama Students and The Hearth Centre

Newman University Drama Department offers a BA (Hons) in Drama, Theatre and Applied Performance, MRes Humanities in Drama and, further study opportunities at PhD level. Newman has excellent links with a wide variety of people currently working in the industry, who advise students and know what is required to be successful in the theatre such as The Hearth Centre.

The Hearth Centre harnesses the transformative strength of the literary and dramatic arts to raise awareness and reduce stigma in the field of mental health. Seven plays about mental health have been commissioned by the NHS and Heath Trusts and have been professionally produced in partnership with theatres in the West Midlands, including the Birmingham Repertory Theatre.

The Hearth Centre has pioneered the delivery and training of Reading/Writing for Well Being in mental health settings nationally and has published two anthologies of service user work—Turning the Page and Writing begets Writing.

3.00 Group discussions (tea from 3.30) DW101/102

4.30 Plenary session DW101

5.30 Wine reception Atrium

6.30 Travel to Beeches Hotel

7.30 Dinner Beeches

Newman University Drama Department
Saturday 9th September 2017

8.30
Arrival at Newman University

9.00
Professor Norma Daykin and Dr. David Walters
DW101

Developing best practice in evaluation in arts, health and wellbeing

The evaluation framework developed by Professor Daykin with Aesop and commissioned by Public Health England provides a nationally recognised framework and process for developing research protocols and processes that can support an clarify work in this field. Additionally, 'evaluation-led' approaches, informed by the online resource and workshop series, Creative and Credible, provide a model for intervention design in artistic health and wellbeing work.

Nationally, the Arts and Health sector remains fragmented and the need for support, CPD and infrastructure development as well as moves to influence policy will be discussed using examples from the University of Winchester’s Centre for Arts as Wellbeing research environment, its role and positioning within the Health and Wellbeing sector.

10.00 Group discussions (coffee from 10.30) DW101/102
11.30 Plenary DW101

12.30
Bird Island
DW101

Hospital Theatre, Newman University
CADLab

The Community & Applied Drama laboratory (CADLab) is a research hub for Theatre and Child Wellbeing hosted by Newman University that is linked to the Drama department’s BA (Honors) Drama, Theatre and Applied Performance course but operates autonomously. Its mission is to investigate the impact of knowledge-transfer applied theatre projects on children in schools, hospitals and hospices and improve their wellbeing while offering Drama students cross-curricular learning opportunities in the professional world. “Bird Island”, CADLab’s new project, supported by a BBC Children in Need grant (£50K), develops a multi-participatory production. The project gives children access to portable interactive bedside performances and arts activities to help them deal with clinical stress and terminal illness-related anxiety.

1.30 Lunch Atrium
2.30 Tea and departures
Biographies

**Professor Scott Davidson**  
Vice Chancellor, Newman University  
MA (Cantab) LL.D (Cantuar), SFHEA, FRSA

Scott Davidson is Vice-Chancellor of Newman University. He is an international lawyer with particular interests in the law of the sea and human rights. He has published extensively in all these areas and has also advised the New Zealand Government in these areas. Scott was previously Deputy Vice-chancellor at the University of Lincoln and Pro-Vice-Chancellor at the University of Canterbury in New Zealand.

**Professor Stephen Clift**  
BA, PhD, FRSPH

Stephen Clift is Professor of Health Education and Director of the Sidney De Haan Research Centre for Arts and Health, Canterbury Christ Church University. The De Haan Research Centre, established in 2005 has made original contributions to research and practice on the value of singing for people with enduring mental health challenges and older people with chronic respiratory illness, dementia and Parkinson’s.

**Persephone Sextou**

Persephone is a Reader in Applied Theatre at Newman University and the director of Cadlab. She holds a PhD from Goldsmiths, University of London and a record of international peer-reviewed publications and grants in the UK and Greece.

Persephone has received awards from Hefce & Unltd., BBC CiN, W.A.Cadbury Trust, Grimmitt Trust, she is member of international organisations and Editorial Boards for Applied Theatre Research and, Arts & Health, and a Reviewer for Drama Research and The Palgrave Macmillan. She recently published ‘Theatre for children in hospital. The gift of compassion’ (2016) with Intellect. In her free time she reads philosophy and she grows herbs and David Austin roses.

**Polly Wright**

Polly is a writer, academic, performer, lecturer and the artistic director of the Hearth Centre. She was a founder member of feminist company Women and Theatre with whom she co-wrote and performed many cabaret sketches, comic monologues and full length plays which toured the UK in the 1980s. She was also a professional actor at this time and toured in small scale professional venues in Scotland in 1982-83. With this company, which is still going strong in 2017, she pioneered the use of theatre as a key methodology in health education and social research.

**The Hearth Centre** harnesses the transformative strength of the literary and dramatic arts to raise awareness and reduce stigma in the field of mental health. Seven plays about mental health have been commissioned by the NHS and Health Trusts and have been professionally produced in partnership with theatres in the West Midlands, including the Birmingham Repertory Theatre.

The Hearth Centre has pioneered the delivery and training of Reading/Writing for Well Being in mental health settings nationally and has published two anthologies of service user work: Turning the Page and Writing begets Writing.
June Boyce-Tillman MBE

June read music at Oxford University and is Professor of Applied Music at the University of Winchester. She has published widely in the area of music and education, most recently on spirituality/liminality. She is an international performer, especially on the work of Hildegard of Bingen. Her one-woman shows concentrate on spiritual themes and the lives of the mystics. Her large-scale works for cathedrals such as Winchester, Southwark and Norwich involve professional musicians, people with learning difficulties and memory loss and schoolchildren. She is a hymn writer and has written on music, healing, theology and spirituality; she is the artistic convenor of the Winchester Centre for the Arts as Wellbeing and the Tavener Centre for the Music and Spirituality. She is an Extra-ordinary Professor at North West University, South Africa. She is an ordained Anglican priest and honorary chaplain to Winchester Cathedral.

Norma Daykin

Norma is Professor of Arts as Wellbeing at the University of Winchester and Professor Emerita at the University of the West of England. She has an extensive track record of research and evaluation in the field of arts, health and wellbeing and has led research on the impact of participatory arts in mental health, primary care, dementia care, hospitals, communities and justice settings.

Recent research includes the ESRC funded ‘Creative and Credible’ project with Willis Newson arts consultants, which led to the production of the web-based evaluation resource. She is also a co-investigator on the ESRC funded Culture and Sport Evidence Programme as part of the What Works Centre for Wellbeing. Professor Daykin is the author of the Arts and Health Evaluation Framework published by Public Health England. She is executive co-editor of Arts & Health: An international journal for research, policy and practice published by Taylor Francis.

David Walters

David is the Director of the Centre for Arts as Wellbeing at the University of Winchester and the Founder Director of the Arts as Wellbeing Trust. He is experienced in bringing together researchers and artists to evaluate arts interventions in Health and Social care settings. As the coordinator of a research and education collaboration initiative with a District Hospital Trust, David applies the findings of initial pilot research projects to the wider development of Arts as Wellbeing research across the region.

He is the Chair of the Arts and Health Project Advisory Group based at the University and is a Fellow of the Royal Society of Public Health where he is also a member of the Special Interest Group for Arts and Health. David is a musician and writer known for his work in the field of community music, arts, wellbeing and health which is the subject of his doctoral thesis. David has a background of performance, vocal coaching and music production and was the founder director of the Music Research Institute and the Coda Music Trust.