

## TEAM

Art facilitators and link worker(s) are a very important part of the programme, so you need their full commitment and time. All of them need to be paid fairly.

It is important that the art facilitator(s) have experience and understanding of the AoP concept. Link worker binds all the elements of the programme (organising the workshops and enabling relationships between all involved).

Both of them must also have good social skills, which are crucial for building and maintaining relationships with participants. Sometimes it makes sense for one team member to perform more than one function, in order to make optimum use of resources savings.

In the case of cultural institutions, the AoP programme allows them to expand their cultural offers. To reduce costs, cultural institutions can employ the staff they already have to build the team but give them the right salary and training.

## SAFE SPACE

When planning an AoP programme, choose a safe and comfortable space. The right place could be: a local museum, community centre, library, school. Or even a public space in the city, a park, a forest. You may be able to rent some of these places at low cost or no cost. For example, to organise an AoP programme, a local museum can use the space it already has as part of its exhibition. And use this space as a safe environment and a tool for AoP workshops.

Please note that by just providing access to a local cultural institution cannot be considered an AoP. That's why it's so important to involve the art facilitators to ensure the effectiveness of the programme. [Read more about arts facilitators role in AoP programmes.](#)

## ART ACTIVITIES

It is important to offer participants different types of art activities, some of which do not require the purchase of additional materials, such as:

- a walk through the city combined with emotional photography,
- storytelling about the challenging and interesting life of a local artist or city,
- poetry workshops,
- shared reading,
- a visit to a local art gallery combined with a discussion about the interpretation of the works of art.

Cost of art materials vary in the case of craft workshops. However, materials can include donated wools, textiles etc.. You can also upcycle existing materials.

## PARTICIPANTS

Arts on Prescription is about active listening and empowering people to be involved in improving their own health and wellbeing through art and culture.

It is difficult to create a programme that suits everyone, so start with one target group that has the greatest need in your local community. The group does not need to be large -6-10 people.

Choose the relevant referral channel(S). They can be doctors, nurses, social workers, teachers. etc. Tailor the recruitment approach to the participants.

Recruitment does not necessarily require extra resources, you can engage people who have contact to the target group to recruit, or you could also recruit participants via SoMe or allow for self-referral.

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## The minimum requirements for an AoP

Arts on Prescription programmes can vary in cost, but they don't have to be expensive. While there are initial costs associated with setting up and running the programme, including the salaries of the link worker(s) and arts facilitator(s), there's also the potential for cost savings. The key is to find sustainable and cost-effective models that work in the local context.

Creating the framework of your programme can be at no cost. Take the time to familiarise yourself with the best practices available. You can also talk to a psychologist at your local health unit to gain a deeper understanding of working with vulnerable people.

We recommend the Arts on Prescription "Baltic model" which shows that great results can be achieved by creating the following programme:

- 8 to 12 weeks of activities
- 1-2 activities per week
- 3-5 art categories
- 8-12 participants

## PROGRAMME DESIGN

The workshops schedule should be tailored to the needs of the participants, e.g. starting time and length of the workshop and your budget.