



PILOT PROGRAMME IN CĒSIS, LATVIA

IMPLEMENTED BY CĒSIS MUNICIPALITY

Title of the Programme

Museums on Prescription

Organisational framework

Steering group and working group

Location(s)

Cēsis municipality, Latvia

Referral channels

State Employment Agency of Latvia, Cēsis branch, rehabilitation centre “Līgatne”, Cēsis hospital; Cēsis social services department

Target audience

Unemployed adults, elderly from rehabilitation centres & senior housing, socially isolated rural residents, teenagers with learning and social interaction challenges, mixed groups 25–86 yrs (mental and/or physical health challenges and isolated citizens)

Arts activities

- Art with natural materials
- Ceramics
- Literature
- Museum visits
- Music
- Singing
- Theatre
- Traditional crafts
- Visual art
- Poetry

Frequency

2 times a week for 3 weeks, 1 time a week for 5 weeks

Group size

15 participants

Timeframe of the programme

8 weeks

Remarks

We offered extra training for culture and arts facilitators after each pilot programme. Working with a mixed group required diversity management training to accommodate the difference in age-group and the participants’ background.

Continuation after the pilot phase

Currently, we are implementing one AoP programme without external funding, where the link worker and museum specialists are voluntarily providing the cultural activities. We are also simultaneously seeking future funding to maintain the programme.



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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Die Senatorin für Gesundheit,
Frauen und VerbraucherschutzFreie
Hansestadt
Bremen

Der Senator für Kultur

Freie
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Bremen

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PILOT PROGRAMME IN
BREMEN, GERMANYIMPLEMENTED BY THE VHS BREMEN, THE SENATOR FOR CULTURE, AND
THE SENATOR FOR HEALTH, WOMEN AND CONSUMER PROTECTION

Title of the Programme

Kunst auf Rezept

Organisational framework

Steering group, working group and advisory board

Location(s)

Bremen Municipality Germany

Referral channels

Psychotherapists, GP's, other medical doctors, psychiatric day clinic,
psycho-social counselling centre's, rehabilitation programme,
community health worker, family support teams.

Target audience

Adults (18+) with or at risk of developing mild to moderate mental health
issues.

Arts activities

- Creative writing
- Singing
- Drawing
- Painting
- Improvisational Theatre

Frequency

1 art activity/week + 4 AoP group-meetings in parallel

Group size

2–6 AoP participants in the arts activities, up to 15 participants
in the AoP group meetings

Timeframe of the programme

10–12 weeks

Remarks

We offered an inclusive model, meaning participants took part in regular arts courses from the cultural programme of the Adult Education Centre. The link worker informed the participants of available arts courses, and the participants chose the arts course of their choice.

Non-AoP participants in the courses were unaware of the alternative access via an AoP link worker. The link worker did not participate in the arts activities but facilitated meetings outside of the arts activities, gaining social connection among the AoP participants.

Continuation after
the pilot phasevhs Bremen/Adult Education Centre is in process
to secure funding for continuing the AoP Programme
in the Region.

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Die Senatorin für Gesundheit,
Frauen und VerbraucherschutzFreie
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PILOT PROGRAMME IN NORRBOTTEN, SWEDEN

IMPLEMENTED BY THE REGION NORRBOTTEN
AND SUNDERBY FOLK HIGH SCHOOL

Title of the Programme

Kultur på Recept

Organisational framework

Steering group, coordination group, working group

Location(s)

Luleå & Boden municipality, Sweden

Referral channels

Primary health care centers via Rehabilitation Coordinators and the Coordination Association

Target audience

Adults (18+) mainly people on sick-leave with mild to moderate mental health issues.

Arts activities

- Art with natural materials
- Movement (Dancing)
- Visual art
- Creative painting
- Singing/Vocal training
- Creative writing

Frequency

2 hours, 2 times a week

Group size

10 – 12 participants at each location

Timeframe of the programme

9 weeks

Remarks

In some groups the link worker was attending all activities and in other groups the link worker was present when the group was introduced to a new culture genre.

Continuation after the pilot phase

Region Norrbotten is in process to secure funding for continuing the Arts on Prescription Programme.



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PILOT PROGRAMME IN ODENSE, DENMARK

IMPLEMENTED BY ODENSE KOMMUNE

Title of the Programme

Kultur på Recept

Organisational framework

Steering group

Location(s)

Odense, Denmark

Referral channels

Mental health organisations, youth organisations and youth counsellors & advisors from the child and youths' municipal administration

Target audience

Youths 16–24 years with or at risk of developing mild to moderate mental health issues, men experiencing a life-crisis, new Danish residents.

Arts activities

- Historical city walks, storytelling
- Circus theater and theater shows
- Intimate concerts, sound music from nature and electronic programming
- Painting
- Cyanotyp
- Shared reading
- Pottery
- Sewing, embroidery
- Textile print
- Art exhibitions
- Photography

Frequency

2 hours, 2 times a week

Group size

Min. 6 – max. 14 participants, different from location to location

Timeframe of the programme

8–10 weeks

Remarks

In collaboration with red Cross and other voluntary services. Participants could continue to meet through bridge building activities creating sustainable social activities such as youth café and language classes.

Continuation after the pilot phase

Odense Municipality has secured funding from the Culture Ministry funding scheme ensures ongoing AoP programmes are available in Odense for youths (16–24 years) that are unemployed or not undertaking an education.



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PILOT PROGRAMME IN WEST POMERANIAN REGION

IMPLEMENTED BY THE MARSHALL'S OFFICE OF THE WEST POMERANIAN VOIVODESHIP, POLAND

Title of the Programme

Arts on Prescription – Musical Vertigo

Organisational framework

Steering group, working group, 2 link workers + 1 manager

Location(s)

Gryfino, Chojna, Goleniów, Poland

Referral channels

Teachers and school psychologists

Target audience

Secondary school students aged 14–19 with low-level mental health problems, youth from small villages, young immigrants.

Arts activities

- Acting
- Dancing
- Stage make-up
- Theatre education
- Vocal training
- Drawing
- Photography
- Visits to cultural institutions such as theatre and community centre

Frequency

1 time/week, 1.5 – 2.5hrs/block, 2 blocks, 30 hours/programme

Group size

Min. 10 – max. 19 participants, different from location to location

Timeframe of the programme

8–10 weeks

Remarks

We worked with the education sector, offering and delivering the AoP programme to secondary school students in smaller towns where cultural opportunities are limited. During the pilot activities, we gave participants the opportunity to influence various aspects of the workshops, such as the number of breaks and types of exercises. This approach ensured that the workshops met participants' expectations and provided a safe space.

Continuation after the pilot phase

West Pomeranian Voivodeship is in process to secure funding for continuing the Arts on Prescription Programme in the Region



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Arts on Prescription

Saldus



PILOT PROGRAMME IN SALDUS, LATVIA

IMPLEMENTED BY THE MUNICIPALITY OF SALDUS

Title of the Programme

Nosūtījums uz kultūras aktivitātēm/Kultūra uz nosūtījumu

Organisational framework

Steering group, coordination group, working group

Location(s)

Saldus, Latvia

Referral channels

Self-referral, general practitioners, mental health professionals

Target audience

Adults (18+) with mild-moderate mental health issues and/or socially isolated.

Arts activities

- Nature inspired ceramics
- Gastronomy culture
- Culture walks
- Sound baths
- Creative design

Frequency

2 hours, 2 times a week

Group size

12 participants

Timeframe of the programme

8-10 weeks

Remarks

While referrals from general practitioners and mental health professionals went well for the first AoP programme, there were not enough referrals for the second and third AoP programmes. Therefore, we chose to open up self-referrals to the AoP programme.

Continuation after the pilot phase

Saldus Municipality is in process to secure funding for continuing the Arts on Prescription Programme in the Region.



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Arts on Prescription



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PILOT PROGRAMME IN SZCZECIN, POLAND

IMPLEMENTED BY MEDIA DIZAJN

Title of the Programme

Arts on Prescription

Organisational framework

Steering group

Location(s)

Szczecin, Poland

Referral channels

Self-referral via social media campaign

Target audience

Citizens from 16 to 25 years with or at risk of developing mild to moderate mental health issues.

Arts activities

- Art of Graphic Design & Zines
- Candle making
- Collage/Decoupage workshops
- Drying Flowers Flat
- Illustration & photography
- Improvisational Theatre
- Jewelry making
- Pouring/fluid art
- Yoga
- Creating puzzles
- Museum visits

Frequency

1 art activity/week + 4 additional group-meetings

Group size

15 participants

Timeframe of the programme

8 weeks

Remarks

The implementation was addressed to young people aged 16 to 25, living in Szczecin and nearby towns. The workshops and study visits created a space conducive to creativity, concentration, and emotional expression, while supporting stress reduction, strengthening self-esteem, and fostering the development of social bonds. The variety of activities we proposed enabled participants to test their skills in different categories and areas. The recruitment process and the organization of the workshops were carried out diligently, with attention to the comfort and safety of participants.

Continuation after the pilot phase

Media Dizajn Association is working on securing funding for the further implementation of AoP programmes.



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