

In Harmony Liverpool Research Network: Healthy Communities

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Background to the IHLRN

In Harmony Liverpool and the Royal Liverpool Philharmonic Orchestra

Evaluation led to ideas for further research

Research partners and collaborators

- Liverpool John Moores University
- University of Liverpool
- Royal Northern College of Music

Liverpool's Institute of Cultural Capital

Arts and Humanities Research Council (AHRC) network grant as part of their *Connected Communities Programme*



The aims of the IHLRN:

To bring together an international community of cross-disciplinary researchers

Who?

Music educationalists, social scientists and other researchers of social and cultural policy;

Public health researchers, economists and political scientists;

Professional practice, policy and governance communities, including schools, other educational bodies, health agencies and health and social care providers, and local, regional and national health representatives

Why?

To consider the cultural value of the orchestra as a community intervention

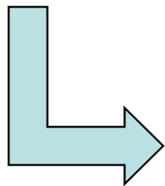


What will the network do?

Centre on the In Harmony Liverpool programme, led by the Royal Liverpool Philharmonic Orchestra

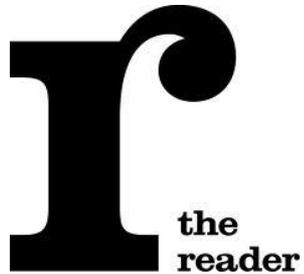
Three research workshops:

- Cultural Capital in the Community (22nd March, 2013)
 - Summary available at http://inharmonyresearch.net/?page_id=128
- **Healthy Communities (19th April, 2013)**
- Musical Education and Impact (14th May, 2013)



Final Network Conference to debate the issues raised in the workshops to consider how to capture the overall impact of the Liverpool In Harmony programme

My own interest in arts and health



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is hard to
put down.
A great one
can be hard
to pick up.**

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Leo Tolstoy
War and Peace

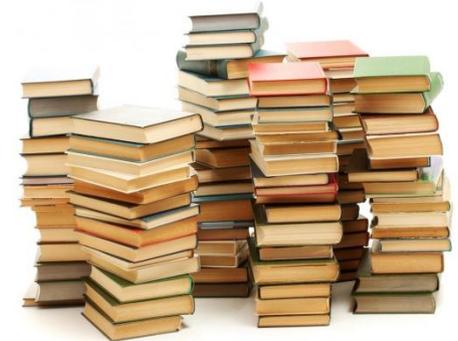
SEVENTH WEEK'S CLASSIC



Tangible and intangible health benefits

Findings -

- Some indication of 'improvement' and 'recovery'
- Feeling of purpose, motivation and inclusion
- (Shared) enjoyment, pleasure and laughter
- Self esteem and achievement
- Confidence to engage with other projects and social situations



Challenges –

- To 'make a case' based on reported rather than 'measurable' outcomes to wider audiences who can affect change
- To identify whether or not it is literature and reading (rather than anything else) that produces these effects?
- To develop a participatory methodology that is meaningful to participants and doesn't alter/ destroy what it tries to research

Translating this learning to In Harmony

- To develop a research methodology to capture the impact of In Harmony on families and communities that ALSO engages participants and produces meaningful results for them AND satisfies the agendas and expectations of wider audiences
- Possible wider social impacts could include:
 - Increased sense of involvement and participation in school and community activities
 - Shared ideas, ideals and values and improved quality of life
 - Deepened (transformed?) social relations within and between households and wider social networks
 - Increased sense of efficacy, aspiration and optimism for the future
 - Improved health behaviours
 - Or something completely different?
 - Or nothing at all...?



What we want to achieve today:



Create an open, informal and supportive space for informed, innovative and stimulating debate about the impact of culture on health and wellbeing on communities

To hear different perspectives, ideas and experiences that might confirm and strengthen, but may also challenge and transform, our current thinking about these issues

We want to know what 'lessons have been learned' and how to avoid any perils and pitfalls that other comparable cultural and social projects may have encountered

To generate creative and stimulating discussions around the potential of In Harmony Liverpool to positively impact on the health and wellbeing of the immediate and wider community



Introductions and plan for the day



Group discussions

We are first and foremost interested in your responses and ideas, but in case prompts are helpful:

- How **significant** is health and wellbeing as an outcome for In Harmony Liverpool?
- How can health and wellbeing be **framed and researched** as In Harmony Liverpool progresses?
- What **contribution** can In Harmony Liverpool make in advancing the arts, health and wellbeing research field?