

Further reading...

There is mounting evidence nationally and locally about the role of arts for health and wellbeing improvement. Read on to find out more and do not hesitate to contact a member of the Norfolk and Suffolk Culture Board to find out how you can **bring arts into your practice...**

Helpful Websites & Resources

Culture, Health, and Wellbeing Alliance



The Social Biobehavioural Research Group

the **social**
biobehavioural
research group



Dance to Health



Norfolk & Suffolk Culture Board – Culture Drives Impact



National/Local Evidence & Reports

Creative Arts East Our Day Out
2016 – 2022 - Impact Report



Creative Health: The Arts for
Health and Wellbeing



The Impact of Arts and Cultural
Engagement on Population Health



Training & CPD Opportunities

Culture, Health and Wellbeing:
An online training course



Arts, Culture and Heritage:
Understanding their complex
effects on our health

