<table>
<thead>
<tr>
<th>Overarching strategic outcomes</th>
<th>Intermediate outcomes</th>
<th>Benefits</th>
<th>What local evidence do we have available to support this (from local research, surveys, case studies etc.)?</th>
<th>What other evidence is there to support this e.g. from national or international research</th>
</tr>
</thead>
</table>
| Increased choice and control across life | More local people actively involved in community activity and local decision making | Increased social interaction, new relationships and role models  
Increased awareness and understanding of local services | Rural Touring schemes (Highlights and Arts Out West)  
South Lakes Tea Dances (events offering information about wider local services)  
Barrow Design Café involves local people in decision making regarding local built environment  
Ulverston Colours. Community project based at Lantern House | |
| Improved quality of life across life | More people adopting health lifestyles and a reduction in obesity | Increased social interaction, confidence, self esteem and resilience | Broad evidence of countywide dance provision  
CCC staff Wellbeing for Life campaign  
Living Well campaign includes promotion of creative and cultural activities to tackle barriers to reduce health inequalities and communicate the 5 ways to wellbeing (Prevention agenda) | |
| Increased inclusion and contribution across life | Increased participation in learning | Increased knowledge, skills and qualifications | Access to Arts project to help provide improved access to arts and cultural activities for adults with learning disabilities. Includes the implementation of ASDAN awards scheme for service users and staff Pathways to Art – (project to help those on long-term benefits back into worlds of employment, volunteering or education) Arts Awards scheme for children and young people. Need to record number of people taking up the | ‘Mental health, social inclusion and the arts: developing the evidence base’  
Study looking at mental health, social inclusion and empowerment gains as a result of participatory arts and mental health work. The report concludes that there is sufficient evidence to justify this area.  
Anglia Ruskin/University of Central Lancashire, 2007 |
| Improved health and wellbeing across life | Reduction in drug and alcohol misuse | Improved health and wellbeing | Evidence from Drug and Alcohol reduction team (record any activity that involves use of arts interventions or for awareness raising)  
Quondam – issue based theatre  
Ashton Group – issue based theatre projects  
Soundwave – issue based music projects |
| Improved health and wellbeing across life | Reduction in early deaths and disability due to CHD, stroke and cancer | Improved health and wellbeing | Prism Arts report on arts workshops for stroke survivors  
Prism Arts (Disability Arts Organisation) has a wide range of evidence relating to arts for disabled people and disability Arts  
Music sessions for stroke survivors at Westmorland General Hospital |
| Increased dignity and safety across life | Reduction in injury including falls among older people | Increased confidence, self esteem and resilience | Sloppy Slippers Poetry Competition (awareness raising campaign to help reduce number of falls among older people) Can record number of participants. How to record awareness levels and falls prevented is harder. |
| Reduction in health inequalities across life | Reduction in people with mental health issues | Increased confidence, self esteem and resilience | Foundation partnership Trust Year of writing 2010-2011 (record of number of events and participants)  
Arts activities delivered by mental health charities  
Workbase (Kendal) Creative activities used to help people recovering from mental illness  
Well Read – range of books |

Attendance at cultural events and physical exercise and health – Public Health 2000  
Study assessed the specific biomedico-social effects of participating in cultural events and gentle physical exercise effects, concluding that cultural stimulation may have specific effects on health related determinants.  
Art therapy improves coping resources – palliative and supportive care
available from local libraries to encourage individuals to manage their mental health

Parkinsons disease dance project expressive dance to help improve mobility and improve quality of life

Sumbeams – music for vulnerable groups to build confidence and self esteem

Target Wellbeing and enriched opportunities for older people

Ongoing activities delivered by Age UK help reduce isolation and associated mental health issues

Also, project linked to Macmillan and working with local artists

Ashton Group, Barrow – issue based theatre

Alzheimer's Society – regular voluntary arts and crafts session

Impact Housing(Eden Foyer) – range of creative sessions for all ages including migrant workers, young mothers and others

Quandom Youth Theatre

Young Carers creative workshops and The Brewery, Kendal

Visual Arts project at Gill Rise Dementia Assessment Unit, Ulverstons

Eden Valley Hospice – voluntary session with an art therapist

Art session delivered at Carleton Clinic and elsewhere through Foundation Partnership Trust

Amaze – need more details

Storytree – arts activities for older people delivered by Prism arts
|   |   | Mind – arts activities delivered at day centres  
West Coast Arts project linked to financial inclusion and mental health issues resulting from debt (data currently being collected and good practice developed). Good example of partnership working. |   |