

# Culture for Health and Wellbeing

## CONFERENCE

→ Bielsko-Biała, Poland  
→ 14-15 November, 2024

→ 14th of November

Venue: Polish Theatre Bielsko-Biała

### Morning session:

9:00 – 9:30 Coffee

9:30 – 9:40 Opening ceremony by Mayor of Bielsko-Biała Jarosław Klimaszewski

9:40 – 11:00 **Panel 1: Showcasing evidence on culture's contribution to health and wellbeing**

- Monica Urian, Policy officer, European Commission, Directorate-General for Education, Culture, Youth and Sport, Unit D1 – Cultural policy
- Kornelia Kiss, Head of Culture and Health, Culture Action Europe
- Paul Milbank, Government of Jersey – Learnings from the Culture on Prescription in Jersey
- Marta Ciesielska, Senior Advisor, Marshal's Office of the West Pomeranian Region

**Moderator:** Nils Fietje, Technical officer, Behavioural and Cultural Insights Unit, WHO Europe

11:00 – 11:10 Introducing the Culture and Health Platform, Kornelia Kiss

11:10 Break

11:30 – 13:00 **Panel 2: Culture for forcibly displaced people + examples**

- Nataliia Martynenko, project coordinator „Culture Helps”, zusa GmbH
- Darren Abrahams, trauma therapist and professional musician, representing Musicians without borders
- Anna Ochmańska, International Organization for Migration
- Viltaute Žemelytė, Red Noses International, Emergency Smiles

**Moderator:** Monica Urian, Policy officer, European Commission, Directorate-General for Education, Culture, Youth and Sport, Unit D1 – Cultural policy

13:00 – 14:00 Lunch break

**Afternoon session** (different locations in Bielsko-Biała):

14:30 – 16:30 Workshop sessions (There is a limit of 20 places for each workshop, and registration will be on a first-come, first-served basis):

**1. Music and the Nervous System workshop, Darren Abrahams**

Explore the profound connection between music and the nervous system. Discover how music influences the same neurological pathways affected by trauma, through a blend of theory, hands-on activities, and real-world examples of innovative projects in this field.  
Venue: Willa Sixta, ul. Mickiewicza 24

**2. Breath and movement for managing stress – workshop for carers and helpers, Katarzyna Szewciów (in Polish language)**

The workshop aims to provide caregivers with tools to manage stress through breathing techniques, sound expression, and movement. It promotes relaxation, emotional release, and self-care. Participants will explore ways to process and release stress using breath and movement therapy.  
Venue: Senior Center, ul. Dmowskiego 6

**3. Humor workshop by Red Noses, Anna Wojtkowiak-Williams (in Polish, without English translation)**

Why humour can be a great tool in hands and minds of the caregivers? How does humour work and how can we use it in the daily work with our beneficiaries? Come and check it yourself! And be prepared to laugh a lot.  
Venue: Comunity Cultural Center, ul. 1 Maja 12

**4. Resilience, Grit, Flexibility, Flow - The Mental strength of artists and cultural workers workshop, Heather O'Donnell**

This workshop focuses on cultivable mental strengths that are essential for a sustainable career in artistic and other sectors. We explore aspects of resilience, grit, flexibility and flow: developable personality traits that may sometimes be viewed as antithetical to artistic processes and sensibilities. We will explore how such mental strengths can be integrated into a holistic artistic approach. The workshop will include inputs, self- and group research and the opportunity for discussion.  
Venue: Regional Cultural Center, ul. 1 Maja 8

**5. Set-Up to Thrive: How to Develop and Run Safe Creative Spaces,**

Grace Staniland, Frankie Mapes, The Drive Project

Come and take part in a relaxed, informal, and practical session run by The Drive Project. Hear about their 12 years of experience delivering award-winning arts wellbeing and recovery programs for the Armed Forces community in the UK. Learn about their wellbeing and safeguarding framework that surrounds their projects. Discuss their approach to best practice that strives to ensure everyone involved - participants, artists, and project teams - are supported and thriving.

Venue: Point 11, ul. 11 Listopada 24

**6. Workshops for young people, Karol Pruciak (in Polish language)**

Hygiene of working with the body through theatre. Building body awareness and releasing tensions by combining the techniques of elementary acting tasks with relaxation exercises. During the workshop participants will work with their energy, with their own body weight, and will be able to develop their creativity through free self-expression.  
Enrolment via contact with Point 11 [kontakt@punkt11.pl](mailto:kontakt@punkt11.pl)  
Venue: BCK Cultural Center, ul. Słowackiego 27

16:30 - 17:30 Free time

17:30 - 19:00 Guided tour of Animated Films Studio - in English and Polish language

18:00 - 19:00 Curator's guided tour of the exhibition Don't hate the player, hate the game in BWA Gallery - in English and Polish language

18:00 - 19:00 Concert by the band Anaheim, performing pre-war Jewish music.

The concert will take place at the headquarters of the Jewish Community in Bielsko-Białą

20:00 Evening party

## → 15th of November

Venue: Music School Bielsko-Biała

**Morning session:**

9:00 – 9:30 Coffee

9:30 – 11:00 **Panel 3: Culture for Youth Mental Health + examples**

- Anna Olejnik, Czerwone Noski, EmpowerTeens project
- Edith Wolf Perez, Arts for Health Austria, co-editor of the Voices of Culture report "Youth, Mental Health and Culture"
- Karol Pruciak, actor and dancer
- Karilė Mozerytė, Coordinator of Education, Visitor Experience & Volunteers, representing MO Museum (Lithuania)

**Moderator:** Kornelia Kiss

11:00 Break

11:30 – 13:00 **Panel 4: How do we care about the helpers and carers** (medical staff, artists, cultural workers, uniform service)

- Heather O'Donnell, TGR The Green Room, gUG
- Anna Wojtkowiak-Williams, Artistic Director of Czerwone Noski, Humour workshops
- Rafaela Ganga, Liverpool John Moores University
- Łukasz Mścisz, Paramedic, Silesian Medical University
- Alice Knight-Driver, Founder of The Drive Project

**Moderator:** Darren Abrahams

13:00 – 13:30 **Conference closing by the OMC members of Culture and Health in Poland**

- Natalia Kempa-Paplińska, Ministry of Culture and National Heritage

13:30 – 14:30 **Lunch and end of the conference programme**

14:30 - 16:30 **Additional workshop session** – Resilience, Grit, Flexibility, Flow - The Mental strength of artists and cultural workers workshop, Heather O'Donnell (There is a limit of 20 places and registration will be on a first-come, first-served basis)

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