

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

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
- Nils Fietje, Technical officer, Behavioural and Cultural Insights Unit, WHO Europe
- Rarita Zbranca, Programme Director, Cluj Cultural Centre, Romania, Co-author of the CultureForHealth report
- 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: Kornelia Kiss, Head of Culture and Health, Culture Action 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 – 14:30 Lunch

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.

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.

3. Humor workshop by Red Noses, Anna Wojtkowiak-Williams
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

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.

5. Designing and assessing culture and health initiatives, Rarita Zbranca
This workshop explores practical steps for designing meaningful culture and health initiatives and assessing their impact. What tools and approaches can we use to measure their effects on participants' health and well-being?

16.30 – 18.00 Free time

18:00 – 19:30 Cultural programme

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**

- Ania Olejnik, Czerwone Noski, EmpowerTeens project
- Edith Wolf Perez, Arts for Health Austria, presenting the Voices of Culture report on Youth mental health and Culture
- Karol Pruciak, actor and dancer
- Karilė Mozerytė, 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: Rarita Zbranca

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
- Ministry of Health

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

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