

AGE OF CREATIVITY FESTIVAL

An introduction to the research: how creative and cultural participation supports wellbeing CREATIVE LATER LIFE: USEFUL RESOURCES

Age UK Creativity and Wellbeing

1. Short film created by Age UK in relation to creativity:
<https://youtu.be/FJpOQN5frjY>
2. Age UK Index of Wellbeing in Later Life Research:
<ageuk-wellbeing-index-summary-web.pdf>
3. Age UK Creative and Cultural Activities Research:
rb_apr18_creative_and_cultural_activities_wellbeing.pdf (ageuk.org.uk)
4. Age UK Inspiration Pack for local Age UKs and Cultural Sector Partnerships:
Age_UK_Inspiration_Pack_A5_Web.pdf (ageofcreativity.co.uk)

National Data Findings for Creativity and Wellbeing

5. Dr. Daisy Fancourt explains creativity and culture in relation to public health:
<https://youtu.be/iBaF7y9msQ>
6. The Great British Creativity Test academic report:
[How do artistic creative activities regulate our emotions? Validation of the Emotion Regulation Strategies for Artistic Creative Activities Scale \(ERS-ACA\) \(plos.org\)](https://doi.org/10.1371/journal.pone.0240000)
7. APPG Enquiry into Culture, Health and Wellbeing (Chapter on Older Adults):
https://issuu.com/alexandracoulter5/docs/creative_health_inquiry_report_2017
8. Arts Council England Older People Poll:
[Arts Council England older people poll « Savanta ComRes \(comresglobal.com\)](https://www.comresglobal.com/arts-council-england-older-people-poll)
9. Taking Part Survey with annual data collected on creative and cultural participation:
[Taking Part Survey - GOV.UK \(www.gov.uk\)](https://www.gov.uk/taking-part-survey)

Creativity and Wellbeing in Lockdown and Covid Recovery

10. Baring Foundation report 'Key Workers: Creative Ageing in Lockdown and After'
<https://baringfoundation.org.uk/resource/key-workers-creative-ageing-in-lockdown-and-after/>
11. Culture Health and Wellbeing Alliance research on creative delivery during/ after covid:
[Coronavirus resources & latest news \(culturehealthandwellbeing.org.uk\)](https://www.culturehealthandwellbeing.org.uk/coronavirus-resources-latest-news)

This is just the tip of the iceberg- if you would like to know more about the research surrounding Creativity and Wellbeing then please contact: farrellrenowden@ageukoxfordshire.org.uk You can also find a wealth of information on the Age of Creativity Network website: www.ageofcreativity.co.uk