

MANIFESTO PART 2

It's only a few months since manifesto part one was delivered, and now here's part two, born kicking and screaming into 2012 - our glorious Olympic year! This hybrid: warts and all, is our very own, evolving statement. When a voice in the first manifesto session proudly proclaimed, '***This is my hypothesis: prove me wrong,***' we felt a shift in our thinking.

WOW - and this is not the WOW factor of soundbites: this is the moment we realise that we are alive, and the possibilities of our work reaches beyond the individual and stretches into communities, touches those beyond our day-to-day reality and engages these ideas beyond borders.

We dump the mouldering strategy: meaningless in the face of spiraling inequalities.

These are our reflections and refractions - this is our **PART TWO**

This is our BIG BANG...our hypothesis.

our DIVERGENCE and CONVERGENCE

Who are you? What did you think of this expanding and contracting thing, we call a manifesto? Well, here is a taste of your passion - our vision

I AM PART OF THIS MOVEMENT

I MIGHT BE IN THE NORTH OF ENGLAND

I MIGHT BE ANYWHERE IN THE WORLD

WE ARE THE SAME

WE ARE UNIQUE

WE BELIEVE THE ARTS SHAPE AND CHALLENGE THINKING

WE BELIEVE THE ARTS ARE A VEHICLE FOR HEALTH, WELLBEING AND SOCIAL CHANGE

Our manifesto is just as much about education as it is health; the arts as it is medicine, communities as it is the individual.

The arts are central to achieving our fundamental human rights.

**this is about well-being
this is about democracy
this is about human flourishing
this is about new ways of understanding impact and value
this is about solidarity**

we are unreservedly utopian and aspire to a vision of a better society

we will plant culture at the core of other strands of decision making and influence the hearts and minds politicians and the public

our language will speak to a wider community and be neither self-congratulatory or sanctimonious

we are hybrid and evolving, embracing diverse disciplines but constrained by no individual profession

we will create debate, influence policy and people, and look outwards

we will challenge ourselves to engage with the cynical

we take the long-view and look beyond short-termism to generational change

we are more than the sum of our parts and will nurture local activity that embraces a world view

we will not reduce our work to a standardised form, but will articulate our potency by co-creation, common language and shared vision

this is a movement, we are the resources; we will tell the story of our work and like a virus, will spread

we will meet, we will talk, we will argue and we will influence change, thriving on critique and rallying our resources...face-to-face, person-to-person

Creativity goes beyond materialism and is like food and water, art is an expression of imagination and a powerful vehicle for social change. Medicine, I fear, has forgotten healing in an orgy of technology. The arts can help us heal not so much through comforting but more through challenging and making us fully human. **Dr Richard Smith**

Everyone should have the opportunity to freely exercise their own imagination and not just passively consume 'Art'. 'Art' should be a verb and not a noun.'
Holly Marland, Royal Northern College of Music

The timely and inspirational manifesto process is helping us navigate beyond 'arts and health' as a mere antidote to bare-wall pathologies, and into a place where art will become key to the way we live and feel and think and relate and pass on and evolve.
Dr Langley Brown

This is about recognising the diversity of our roots, expressing the here and now. Not controlling but embracing. Planting living culture at the core of our communities.
Alison Clough, Artist and Cultural Champion

I felt so happy and encouraged to just rediscover or recover my own voice. The Manifesto resumes a purpose of life in freedom. Creativity and imagination and the arts are a powerful path for social change...not through hierarchical schemes, but in dialogue; person to person. **Dr Perla Cikez, Mexico City**

...I am glad you use the phrase about utopia without apologising for it, because a culture with freedom of creativity is my kind of utopia...**Martin Turp Artist and Activist**

If the arts hadn't been invented we would now do so as a front line health service.
Alan Yates, Chief Executive, Mersey Care NHS Trust

The manifesto brings hope to health and strengthens our resolve in creatively challenging dehumanising or 'warehousing' models of care which can so easily corrode self expression and remove meaning from life. The manifesto supports us as policy makers and practitioners in exploring groundbreaking concepts of both 'wellbeing' and 'being ill better' ; endeavouring to ensure that we can creatively flourish in all stages of the cycle of living and are supported to age artfully as 'humans ' being'; sustaining moments of creative meaning and joy even at the end of life or at moments of acute challenges to our wellbeing.
Ruth Passman, Senior Health Policy Adviser, Department of Health North West

I think this arts and health thing is as much about feeling pain as feeling better. The chance to dream and to know our desires and what has been lost, are all critical for mental wellbeing, as is the ability to forego things lost. Walking into a museum or art gallery which is stuffed full of thousands, sometimes millions, of precious things, confronts us with desire and loss. I think that museums are 'good for you' not because they make you feel good or provide knowledge of the world but because they can elicit an understanding of yourself. **Myna Trustram**

It reminds me of something that I've always believed in: that art gives us worth as humans, no matter who we are. And as a consequence makes us more humane. **Simon Armitage, Poet**

How do we spread a common message about art and culture as holistic DNA that we are all built of; about ART as a tool to improve well-being/health/quality of life for everyone?

Where and how do I/we start? Can we/you and I construct productive actions/reactions by synergised communications from ART to HEALTH, from mind to mind? To give birth to a human friendly virus adapted in the context of a global world, with its holistic approach for a change in our attitudes/values/assets/behaviours through actions?

With a belief that ARTS for HEALTH enables a more humanized world, improved well-being, quality of life and endless smile? Don't you want to be a part of it, I DO? **Simona Karpaviciute, Lithuanian University of Health Sciences Academic and Free-Thinker**

There are some unknown words in my mind: some unclear feeling in my heart which is removing me to an unknown world, the world that everyone is writing with their own inside alphabet. I call this world ART. **Shamsia Hassani, Artist, Khabul**

Arts and Health are together a means to flourish and so are key to any benign politics to nurture a better and fairer society. **Mike White, Centre for Medical Humanities**

This is one of the very few things I've read/seen/thought that has given a glimmer of hope for a more targeted, useful and inspirational approach to what we do.... **Nick Birkinshaw Freelance Arts Project Manager**

In embarking to heal, one must first understand the full complexity of the human condition, looking beyond the mere flesh and bone of anatomy and the physiological processes necessary for animation, perception, thought and emotion. For it is the products of these processes that truly distinguish us from all other earthly creatures. We all tell stories, adorn our bodies, design our dwellings, hum our songs, choreograph our movements, and create objects for our visual contemplation. It is the artist who amplifies this humanness and makes it their profession. The manifesto recognizes and calls upon the power of artists to help everyone connect with the healing power of art that dwells in each of us.

Gary Christenson, M.D. President of the Society for Arts in Healthcare

The arts and health manifesto is a love filled slap in the face of consumerist society. It brandishes our interconnectedness like a sword, calling for cutting through, teasing out, writing and re writing ourselves until we get closer to getting it right. It's about Social justice, about joined up thinking, its about a courage we fear might not happen in our lifetime.

It says - Stand up! Be fair! Be kind! Show respect! Risk it all! Get a grip! Have a laugh! go on I dare you....It challenges us to take personal action and taunts us with the promise of a better world if we can treasure others as we treasure ourselves. It is at once bleak and hopeful, a troubled text searching for answers, asking questions and promising nothing if we don't start working (creatively) together. It is a starting point. It faces us towards the global revolution we simply cant afford not to have.

Jami Bladel CEO/Artistic Director, KickStart Arts

Part 1 of your Manifesto is an enthralling statement.

What is at issue is the right each one of us has to be human. To be human is to identify and liberate our own authentic and best nature. That quest will sometimes be private and sometimes be communal, and in the end the one merges into the other as we make the world we inhabit a better place. Trust, arduousness, risk, self-expression, shared work are means of moving towards individual and collective integrity. Teaching and companionship sustain us; orthodoxy and exploitation blight us.

Politics should be predicated on these values.

Lord Howarth of Newport

artsforhealth@mmu.ac.uk | artsforhealthmmu.blogspot.co.uk

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