CULTURE ON PRESCRIPTION

In the United Kingdom and Ireland, prescribing a 'recipe' for social and cultural offerings has been shown to work in reducing loneliness. The Erasmus+ '**Culture on Prescription**' project (January 2022-April 2024) plans to develop a training resource for adults and facilitators to tackle loneliness problems. What to do and how to apply personal 'cultural prescriptions' for participating in new and tailored activities will be explored and elaborated.

WHY?

More than 75 million European adults meet with family or friends at most once a month, and around 30 million European adults regularly feel lonely. Over the past two years, these feelings of loneliness have been reinforced by the Covid-19 pandemic, which left older people in particular unable to have contact with friends or relatives for months at a time. Poor health, unfavourable economic conditions and living alone are all associated with higher rates of loneliness.

WHAT?

Cultural prescribing is the referral of a healthcare professional of lonely and isolated older people to locally available art and cultural offerings. The 'Culture on Prescription' project will introduce cultural activities facilitated by non-formal learning and training offers for adults. It will not be a prescription for traditional medicine, but a 'recipe' entitling people to a free educational opportunity that builds on and emphasises their talents, interests and strengths.

In this way, the Culture on Prescription project will contribute to better health and increased well-being for these people. The emphasis is on health promotion rather than disease.

WHO?

We target people who feel lonely, have mental health problems or people who are interested in learning together and/or engaging in cultural activities to help change or improve their own situation. We will also support facilitators who offer or are willing to offer non-formal learning experiences of Culture on Prescription.

Additionally, we will establish contacts with health and social care professionals to create a smooth exchange between organisations, which are familiar with the target groups. We will also liaise with policy makers and community members.

RESULTS

- Compendium "Health promotion through cultural learning experiences - Facts, figures and good practice".
- Voucher 'Culture on Prescription' for a free educational offer, aimed at developing the cultural strengths and talents of the participants.
- Training kit that facilitates the conduction of courses lasting up to 6 months, tested and evaluated by the participants and the trainers.
- E-learning platform with a virtual library, tools to prepare, run and sustain learning experiences and a forum to exchange experiences.
- Recommendations for decision-makers in municipalities and associations.

PARTNERS

The project involves seven partner organisations in six European countries:

EUROPEAN COORDINATION

ISIS Institut für Soziale Infrastruktur gGmbH
(Germany)

PARTNERS

Gesundheitsamt Frankfurt am Main

Gesundheitsamt
Frankfurt am Main
(Germany)

Dublin City University
(Ireland)

EAEA, European Association
for the Education of Adults
(Belgium)

SHINE 2Europe, LDA
(Portugal)

Asociatia Grupul de Educatie
si Actiune pentru Cetatenie
(Romania)

AFEdemy, Academy on Age-Friendly
Environments in Europe BV
(The Netherlands)

PROJECT WEBSITE:

culture-on-prescription.eu

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