

To support social prescribing for dementia (SP), prevent loneliness and preserve resilience in the community, we propose to co-ordinate a volunteer creative befriender scheme for individuals pre- and post-diagnosis.

Matched by shared interests through NHS primary care navigators, SP linkworkers, memory services, DAA, community navigators, arts and health organisations, ArtsPALs would accompany each other to weekly arts and heritage activity in the community.

Who can be an ArtsPAL?

- Individuals with early symptoms of a dementia for mutual support, or older people making use of their lifetime experiences as volunteers (Bangor Uni,
- Arts facilitators and postgraduate arts students consolidating dementia training.
- Museum volunteers. National Trust volunteers. Culture Champions.
- Creative and cultural companions/befrienders trained by existing organisations
- NHS Health Champions
- Arts-loving people whose spouses have died of a dementia

Why?

The Secretary of State for Health and Social Care Matt Hancock, who has announced a new National Academy for Social Prescribing, recommends arts activities for dementia. But for people living alone, this will only work if they have someone with whom to enjoy the prescribed arts opportunities with. To provide effective pre- and post-diagnostic support, the ArtsPAL scheme will help overcome dementia challenges and loneliness, restore a sense of purpose and revive access to inspirational events of interest to both ArtsPALs.

How?

We propose to involve a national consortium of stakeholders* and to set up a website. Like NHS toolkits, dementia directories, meeting centres, memory and support hubs, this would signpost to local befriender organisations with whom ArtsPALs register, to be recommended to individuals during assessment for dementia and as post-diagnostic support.

*Roundtable, April 2019 (

We propose to invite stakeholders, DAA, Age UK, Independent Age, Culture Health & Wellbeing Alliance, NHS, SP practices, NCVO, National SP Student Champion Bogdan Chiva Giurca, and existing creative befriender and arts for health organisations, and others to discuss strategy, challenges, barriers, the best way forward. Resolve pilots, & evaluation partner

Social media to launch concept 2019

Volunteer week (April), Age of Creativity (UK) Luminare (Scotland), Bealtine (Ireland) festivals, Dementia Action Week May), Carers Week (June), LSE Volunteering Fair (Oct)

Paper to launch pilots

Arts 4 Dementia Best Practice Conference “Towards Social Prescribing (Arts & Heritage) for Dementia”, 16 May ([Evaluation report 2020](#))