



**Role of Everyday Creativity in Enriching Creative Research Methods**  
AHRC Everyday Creativity Research Network, Creative Methods Sandpit  
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## **My Creative Health Perspective**

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# **Creative Health Activities and Approaches**

**Creativity  
for healthy  
lives**  
[nech.org.uk](http://nech.org.uk)

A decorative graphic element on the right side of the slide, consisting of two overlapping chevron-like shapes. One is orange and the other is blue, both pointing towards the top right.

Activities can include visual and performing arts, crafts, film, literature, cooking and creative activities in nature, such as gardening; approaches may involve creative and innovative ways to approach health and care services, co-production, education and workforce development.

Creative health can be applied in homes, communities, cultural institutions and heritage sites, and healthcare settings. Creative health can support prevention, treatment, recovery, management, promotion.

So, how might **Everyday Creativity** enrich **Creative Research Methods** to demonstrate the impact of Creative Health, enabling us to embed Creative Activities and Approaches throughout our Integrated Care Systems?



**Co-Production**



**Demonstrating  
Impact**



**Shaping  
leadership and  
culture**



**Inspiring &  
energising health  
and care workforce**