

# SECONDARY PREVENTION:

*“Action which focuses on early detection of a problem to support early intervention and treatment or reduce the level of harm.”*

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Room for Art is a social prescribing project established in 2016. This project is co-designed with and for participants to provide a meaningful programme of visual art workshops held within community spaces across Edinburgh.

## ROOM FOR ART – ART IN HEALTHCARE, EDINBURGH

This long-term project upholds reciprocal relationships, and Room for Art understands that wellbeing is not a linear path, rather an individual journey. Quality teaching artists, peer workers and volunteers work together to nurture trauma informed environments where each participant is encouraged to be in the driving seat of their own wellbeing. Room for art also provides robust signposting, and is informed by Art in Healthcare’s Advisory Board of lived experience participants.

Working alongside 70 participants that experience multiple and often complex barriers, Room for Art strives to provide equitable access to the arts and culture. This provides time and space for people to better equip themselves with the creative tools for a happier and healthier every day.

Room for Art participants report notable improvements including:

- Reduced stress and anxiety
- Greater social connection and reduced isolation
- Enhanced selfcare, confidence, resilience
- Opportunity to learn and share new creative skills
- Increased capacity to cope with uncertainty and self manage their health

[Find out more here.](#)

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.