

**New Approaches to Health and Wellbeing Through the Arts:  
NCAR, Tokyo University of the Arts and British Council Creative Forum Vol. 1:  
“Art, Health & Wellbeing - Enhancing Wellbeing with Museums: Case Studies  
From the UK” to be Held in Person and Online on Sun., 8 October 2023**

The National Center for Art Research (NCAR) (Chiyoda-ku, Tokyo; Director Kataoka Mami) is dedicated to promoting artistic and cultural activities with a positive impact on health and wellbeing. In collaboration with the Tokyo University of the Arts (a national university corporation) and the British Council Japan, NCAR is organising the National Center for Art Research Creative Forum Vol. 1: “Art, Health & Wellbeing - Enhancing Wellbeing with Museums: Case Studies From the UK.” At this event, attendees can hear stories about art and wellbeing, with the goal being “watch, listen, & think: A forum for collaboration and co-creation.” It will take place in a hybrid format, in person at The National Art Center, Tokyo, as well as live-streamed online, on Sunday, 8 October. The forum will feature experts from the UK, which has been at the forefront of innovative initiatives in this field, introducing health and welfare programs carried out by cultural institutions, including museums. This event aims to foster discussions about upcoming activities to enhance wellbeing and envision new prospects for the future.

In recent years, research on the role of art in people’s health and wellbeing has been advancing primarily in Western countries, clarifying the contributions of art and cultural activities to health. In 2019, a report from the World Health Organization (WHO)\* highlighted the potential positive impact of art on physical and mental health, including preventing diseases like dementia and addressing issues like loneliness and social isolation. Activities in this field have also been promoted in the cultural policies of local governments in Japan, and universities and other institutions have produced a growing body of research on connections between art and health.

For this event, we have invited practitioners actively engaged at the forefront of this field from institutions such as Tate, the Manchester Museum, and the National Museums Liverpool. They will share insights into new approaches for enhancing health and wellbeing through the arts.

\* “What is the evidence on the role of the arts in improving health and well-being? A scoping review” (English text)

<https://apps.who.int/iris/handle/10665/329834>



“Art, Health & Wellbeing - Enhancing Wellbeing with Museums: Case Studies From the UK” key visual

### Message from Director Kataoka Mami

During the years of the pandemic, the focus on wellbeing – the health of the body, mind and society – was heightened and the power of art was challenged. While there were more opportunities to experience art online, there was also a real sense of excitement in encountering artworks in real life at museums. What does it mean to “live well” with art? Let’s think about it together at the museum.

## Outline

■Date and Time: Sunday, 8 October 2023, 10:00 AM – 5:00 PM (registration desk opens at 9:30 AM)

■Organisers: National Center for Art Research and Tokyo University of the Arts

■Co-organisers: British Council Japan

\*This forum is supported by the Program on Open Innovation Platforms for Industry-Academia Co-creation (COI-NEXT) of the Japan Science and Technology Agency (JST). We are also engaged in developing digital viewing systems and conducting research on case studies in Japan and overseas to achieve an inclusive society where no one is left behind.

■Participation Fee: Free

■Registration: Visit the website: <https://ncar.artmuseums.go.jp/en/about/learning/forum/>

**In person:** 3rd Floor Auditorium, The National Art Center, Tokyo (7-22-2 Roppongi, Minato-ku)  
Capacity: 100

Registration deadline: Monday, 4 September

**Online:** Capacity: 500 participants

Registration deadline: Friday, 29 September

Programme (Japanese-English simultaneous interpretation, Japanese sign language interpretation, and Japanese live transcription support will be available)

Opening Remarks	MC: Ichijo Akiko (National Center for Art Research) <ul style="list-style-type: none"> <li>▪ Kataoka Mami (Director, National Center for Art Research)</li> <li>▪ Hibino Katsuhiko (President, Tokyo University of the Arts)</li> <li>▪ Matthew Knowles (Director, British Council Japan)</li> </ul>
Introduction	Inaniwa Sawako (National Center for Art Research)
Inspiration Talk 1	<ul style="list-style-type: none"> <li>▪ Esmé Ward (Manchester Museum) *Speech will be delivered by video</li> <li>▪ Ruth Edson (Manchester Art Gallery)</li> </ul>
Inspiration Talk 2	<ul style="list-style-type: none"> <li>▪ Carol Rogers (House of Memories/ National Museums Liverpool)</li> <li>▪ Mark Miller (Tate)</li> </ul>
Dialogue Session	Facilitators: Ito Tatsuya (Tokyo University of the Arts) & Inaniwa Sawako <ul style="list-style-type: none"> <li>▪ Jane Findlay (Dulwich Picture Gallery)</li> <li>▪ Fujioka Hayato (Tokyo Metropolitan Art Museum)</li> <li>▪ Group Chat and Feedback *No live streaming</li> </ul>
Reflection Session	

\*Visit the website for details.

## About the National Center for Art Research

Since its establishment in March 2023, the National Center for Art Research has been seeking museums to host exhibitions utilising the Collection Dialogue and Collection Plus programs, which make works from the collections of Japan's national art museums available, as well as publishing "Social Stories" that connect art and society. With the credo of "connecting, deepening, and expanding art," the National Center for Art Research serves as a new hub that links art museums, research institutions, and various stakeholders both in Japan and overseas, and not only conducts research in specialised fields, but also collects and disseminates information nationally and internationally, promotes the active use of art collections, builds interpersonal networks, enhances learning programs, supports artists and more, aiming for comprehensive enhancement of museum activities in Japan.



View of the venue at  
Collection Plus Preview  
Program  
(Nagasaki Prefectural Art  
Museum, 2023)



"Social Story: My First Art  
Museum Visit," issued by  
seven national museums  
Photo by Yamaguchi Ioto

### <Press Inquiries>

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\*Except for national holidays and year-end / New Year holidays