

## Building Cross-Sector Partnerships for sustainable arts prescriptions.

Chair: Alyson McGregor, National Director, Altogether Better

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ALYSON MCGREGOR, National Director of Altogether Better, has over 30 years' experience working in a range of roles in the public, private and voluntary sector which meet the health and wellbeing needs of patients, people and communities, including over nine years' NHS board level experience. Alyson is co-lead of the West Yorkshire and Harrogate Sustainability Transformation Plan (STP) Primary Care work stream on self-care and is a founding member of the National SP Steering Group which has grown rapidly from six founder members to over 1,300 across the UK. She believes a sustainable solution to the challenges faced by the NHS lies in improving the quality of our relationship with people in communities and working together to do things differently. Alyson was selected for inclusion in the *Health Service Journal's* inaugural 'inspirational women leaders', with the panel describing that 'community empowerment is going to be important in the new NHS world and Alyson is visionary'.

It is an absolute pleasure to have been invited to be here this afternoon. I hear you have had quite the morning; I hope you are refreshed after lunch, and you are ready to hear the next set of speakers. I am the Director of Altogether Better, and we are an organisation that has worked with people in communities to support people to improve their health and wellbeing. We know that very little happens that does not happen through relationships and through good partnerships. Our interest is in how we can create sustainable partnerships that will stick, and will last, and will make life better for everyone.

We have got three speakers this afternoon who come from across the UK. We have Adele Dunn, who will be joining us from Health and Social Care Public Health Agency in Northern Ireland, we have Nesta Lloyd-Jones from the Welsh NHS Confederation, and last not least we have Julie Hammond who is joining from Dorset. We sadly are unable to be joined by Adele, but we have a presentation that we want to share. I would now like to introduce Adele to you, and she will be the first of our speakers to talk about building collaborative relationships and partnerships to sustain arts prescriptions. Thank you, Adele.