



# CULTURE ON PRESCRIPTION

## Culture on Prescription Erasmus+ project

Jana Eckert, ISIS Institut für Soziale Infrastruktur

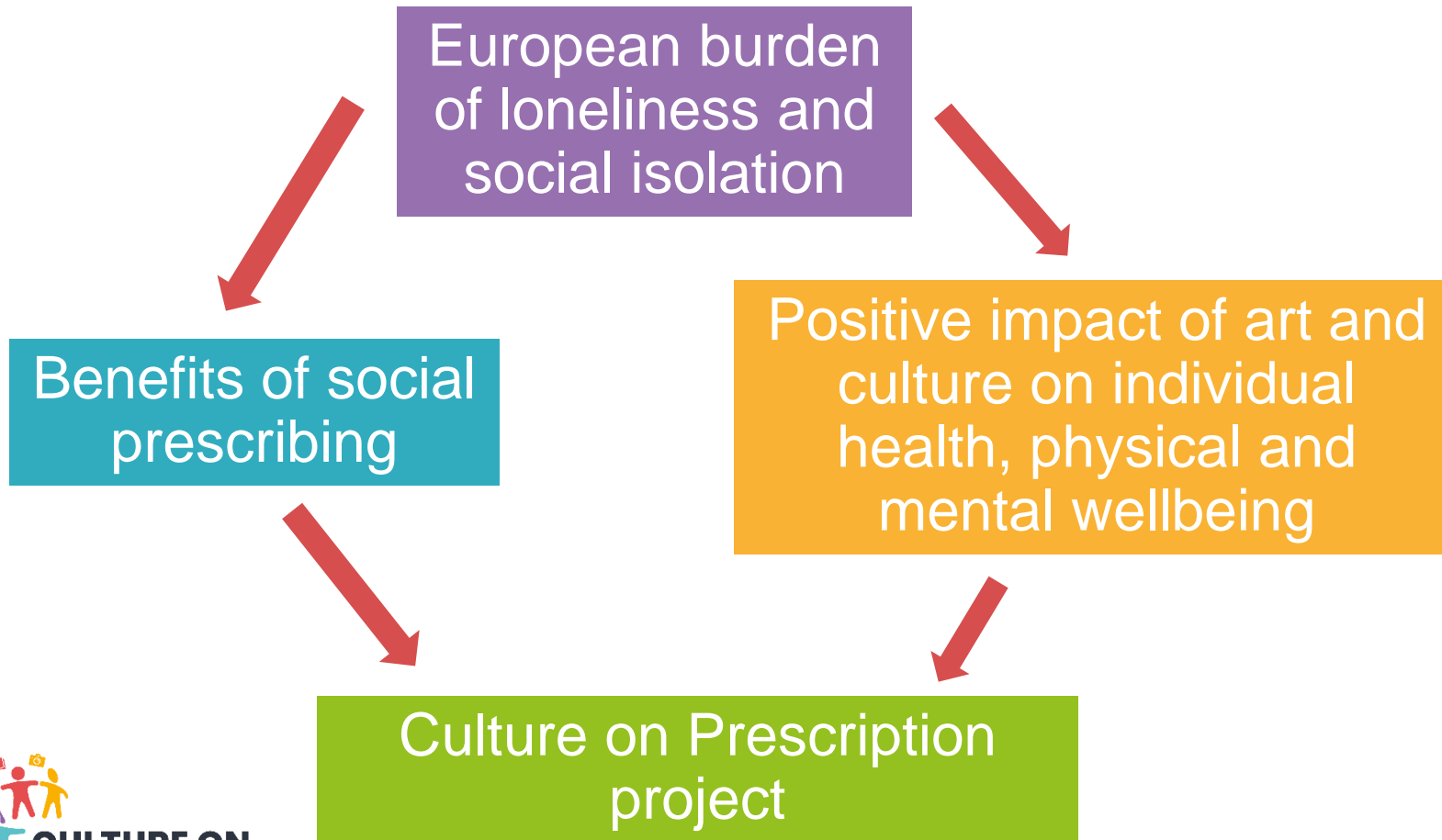
Webinar on Culture and Health “The Role of Creative Arts in Promoting Mental Wellness”

13 May 2026



# Culture on Prescription in Europe

Co-Funded by the Erasmus+ programme of the European Union, duration: January 2022 – March 2024



**Cultural prescribing** is the referral of patients to locally available art and cultural offerings by healthcare professionals. It can also include self-referral or referral from family and friends.

## What for? - Goals



Well-being & Quality of life



Social Connection



Express oneself in a creative,  
artistic or cultural way

**The goal is to improve well-being and quality of life by offering social connection and learning to express oneself in a creative, artistic or cultural way.**



IM BLICK



# Key Outcomes

"I would never have imagined the **programme's impact** on me, it's like a thirst to know more and learn more. I was delighted with what I achieved, the **new friends** I made and the **confidence** to look for more opportunities to **engage with the arts**"

- Cultural courses led by professional artists improved mental wellbeing and reduced social isolation among lonely older adults
- Participants reported: greater self-expression and creativity, improved cooperation skills, increased confidence in social interactions
- Explorative results (pre/post test):
  - reduced loneliness (not significant in all countries, UCLS Loneliness Scale)
  - improved mental wellbeing in all countries (WEMWBS)
  - reduced depression (tested in Germany)
- Unexpectedly strong impact in Dublin despite an already well-established social prescribing system
- In Frankfurt, continuation of the model is being planned through new Link Worker structures and further research on loneliness among young people

# TRAINING KIT



# COMPENDIUM HEALTH PROMOTION THROUGH CULTURAL LEARNING EXPERIENCES

# GUIDELINES FOR DECISION-MAKERS IN MUNICIPALITIES AND ASSOCIATIONS RECOMMENDATIONS





**CULTURE ON  
PRESCRIPTION**

# Thanks for your attention!

For more information visit: <https://culture-on-prescription.eu/>  
or contact Jana Eckert: [eckert@isis-sozialforschung.de](mailto:eckert@isis-sozialforschung.de)



**Co-funded by  
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.