

Lewis McDonald
Health and Sport Committee
Scottish Parliament
Edinburgh
EH99 1SP

16th December 2019

Dear Lewis McDonald MSP

I'm writing to you on behalf of the Cross Party Group for Culture. The group met in October 2019 to discuss the various ways that [culture contributes to health](#) and to person-centred care. Please see attached.

Members were disappointed to hear that the Health and Sport Committee's inquiry into social prescribing had a focus on physical activity and sport. The group felt that an inquiry by the Scottish Parliament's Health Committee should have had a wider focus and remit.

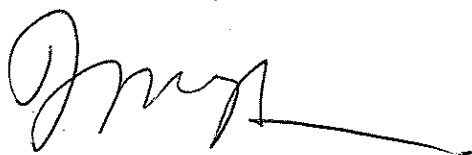
Members of the Cross Party Group would appreciate if future inquiries by the Health & Sport Committee could take a wider view of the sources of health outcomes; including activities that produce benefits in social and mental-health as well as physical-health benefits.

The group appreciate that the benefits of an active lifestyle are important; though they are not the only activities that are required to generate health outcomes. For example: there are many people who cannot participate in active or physical activity including some elderly people and those with physical or mental disabilities. Furthermore the National Trust for Scotland surveyed the general public (Culture for All) in 2018 and found that women and men tend to choose different activities; with men leaning more towards sports and museums and women towards performing arts.

There is a national outcome within the Scottish Government's National Performance Framework. The outcome for culture reads "We are creative and our vibrant and diverse cultures are expressed and enjoyed widely".

The Cross Party Group for Culture would appreciate if the Health and Sport Committee would consider all the health benefits that cultural sector can offer; by including culture as part of future health inquires.

Yours sincerely,



Joan McAlpine MSP

Convener

Cross Party Group for Culture