

NE ŽIVIMO SAMO OD KRUHA MAN SHALL NOT LIVE BY BREAD ALONE

Kdo in kako naj v Evropi predpisuje umetnost?
Who should prescribe art in Europe, and how?

8. 10. 2026

9:00 - 12:00

Kino Šiška, Komuna
Ljubljana

Mednarodna konferenca o kulturi, zdravju in socialnem predpisovanju
International Conference on Culture, Health and Social Prescribing

O KONFERENCI // ABOUT THE CONFERENCE

Konferenca *Ne živimo samo od kruha* odpira vprašanje razvoja področja kulture in zdravja ter možnosti za sistemsko povezovanje kulturnega, zdravstvenega in socialnega sektorja. Ob evropskih raziskavah, politikah in modelih umetnosti na recept bomo predstavili konkretne prakse iz različnih evropskih okolij ter jih postavili ob nastajajoče slovenske izkušnje.

Osrednje vprašanje konference ni le, kaj lahko kultura prispeva k zdravju in dobremu počutju, temveč tudi, pod kakšnimi pogoji lahko posamezne prakse prerastejo v trajnejše modele sodelovanja. Kako se raziskovalni dokazi prevedejo v javne politike? Kako delujejo konkretni modeli napotovanja v kulturne programe? Kdo mora pri tem sodelovati, kdo takšne programe financira in kakšni pogoji morajo biti zagotovljeni kulturnim delavcem? Konferenca bo ob tem odprla tudi vprašanje, kaj sistemsko povezovanje z zdravstvenim in socialnim področjem pomeni za samo umetnost in kako preprečiti, da bi njeno vrednost reducirali zgolj na merljive zdravstvene učinke.

We Do Not Live by Bread Alone explores the developing field of culture and health and the possibilities for systemic cooperation between the cultural, health and social sectors. Bringing together European research, policies and arts-on-prescription models with emerging practices from Slovenia, the conference will examine how individual initiatives can develop into more sustainable models of cooperation.

The conference asks not only what culture can contribute to health and wellbeing, but also under what conditions such cooperation can become systemic. How can research evidence be translated into public policy? How do concrete referral models into cultural programmes work? Who needs to cooperate, who funds such programmes, and what conditions need to be provided for cultural workers? The conference will also address what closer integration with health and social systems means for art itself and how its value can be preserved without reducing it solely to measurable health outcomes.

Konferenca bo potekala v slovenščini in angleščini. Zagotovljeno bo simultano tolmačenje iz slovenščine v angleščino in iz angleščine v slovenščino.

The conference will be held in Slovenian and English. Simultaneous interpretation from Slovenian into English and from English into Slovenian will be provided.

PROGRAM // PROGRAMME

9.00–9.15 | UVODNI POZDRAVI

9.00–9.15 | OPENING REMARKS

Uroš Veber

Društvo Asociacija // Asociacija

Mateja Demšič

Mestna občina Ljubljana // City of Ljubljana

9.15–9.45 | KULTURA IN ZDRAVJE V EVROPI: OD DOKAZOV DO SISTEMSKIH SPREMENB

9.15–9.45 | CULTURE AND HEALTH IN EUROPE: FROM EVIDENCE TO SYSTEMIC CHANGE

Edith Wolf Perez

ARTS for HEALTH AUSTRIA; nekdanja sopredsedujoča strokovni skupini EU OMC za kulturo in zdravje

ARTS for HEALTH AUSTRIA; former Co-Chair of the EU OMC Expert Group on Culture and Health

Kultura in zdravje v Evropi: od dokazov k sistemskim spremembam

Culture and Health in Europe: From Evidence to Systemic Change

Evropske raziskave in številne prakse vse jasneje kažejo potencial kulture za zdravje in dobro počutje, vendar v številnih državah še vedno manjkajo trajni mehanizmi financiranja, medresorskega sodelovanja in vključevanja kulturnih praks v zdravstvene in socialne politike. Prispevek bo izhajal iz dela evropske skupine OMC za kulturo in zdravje ter poročila *Culture and Health: Time to Act* in odprl vprašanje pogojev, potrebnih za prehod od posameznih projektov k sistemskim rešitvam.

European research and a growing body of practice demonstrate the potential of culture to contribute to health and wellbeing, yet many countries still lack sustainable mechanisms for funding, cross-ministerial cooperation and the integration of cultural practices into health and social policies. Drawing on the work of the EU OMC Expert Group on Culture and Health and the report *Culture and Health: Time to Act*, the presentation will consider what is needed to move from individual projects towards systemic solutions.

prof. Vicky (Vassiliki) Karkou

Profesorica umetnosti in dobrega počutja ter direktorica Raziskovalnega centra za umetnost in dobro počutje, Edge Hill University, Združeno kraljestvo

Professor of Arts and Wellbeing and Director of the Research Centre for Arts and Wellbeing, Edge Hill University, United Kingdom

Umetnost, zdravje in dobro počutje: kaj nam povedo dokazi? **Arts, Health and Wellbeing: What Does the Evidence Tell Us?**

Prispevek bo predstavil raziskovalne ugotovitve o povezavah med umetniškim udejstvovanjem, zdravjem in dobrim počutjem ter vprašanje, kaj nam obstoječi dokazi dejansko omogočajo trditi. Ob izkušnjah projektov *Arts for the Blues* in *Arts4Us* bo odprl tudi vprašanje prenosa raziskovalnih ugotovitev v konkretne modele sodelovanja med umetnostjo, zdravstvom in drugimi sistemi podpore.

The presentation will examine research evidence on the relationship between arts participation, health and wellbeing, including the question of what existing evidence does – and does not – allow us to claim. Drawing on experiences from *Arts for the Blues* and *Arts4Us*, it will also address how research findings can be translated into concrete models of cooperation between the arts, healthcare and other systems of support.

9.45–10.30 | UMETNOST NA RECEPT: OD POSAMEZNIH PRAKS DO SISTEMA * **9.45–10.30 | ARTS ON PRESCRIPTION: FROM INDIVIDUAL PRACTICES TO SYSTEMS ***

Inga Surgunte

Latvijska akademija za kulturo / Kultura in zdravje Latvija
Latvian Academy of Culture / Culture and Health Latvia

Umetnost na recept: izkušnje iz baltske regije **Arts on Prescription: Experiences from the Baltic Region**

Na primeru razvoja modelov umetnosti na recept v baltski regiji bo prispevek predstavil konkretne poti napotovanja uporabnikov, sodelovanje kulturnih, zdravstvenih in socialnih akterjev ter pogoje za vzpostavljanje takšnih modelov. Hkrati bo odprl vprašanje razmerja med kulturo za zdravje in kulturo ter zdravjem ter tveganja, da bi umetnost ob vključevanju v zdravstvene politike reducirali na njene merljive zdravstvene učinke.

Drawing on the development of arts-on-prescription models in the Baltic region, the presentation will explore referral pathways, cooperation between cultural, health and social actors, and the conditions required to establish such models. It will also address the distinction between culture *for* health and culture *and* health, including the risk of reducing art to its measurable health outcomes when integrating it into health policies.

Simona Staffieri – na daljavo // online

Vodja raziskovalnega področja in projektov, CCW – Cultural Welfare Center, Italija
Research Area & Project Manager, CCW – Cultural Welfare Center, Italy

Dejavniki, ki omogočajo socialno predpisovanje: ugotovitve prve nacionalne raziskave o umetnosti na recept v Italiji

Enabling Factors for Social Prescribing: Evidence from the First National Survey of Arts on Prescription in Italy

Simona Staffieri bo predstavila ugotovitve prve nacionalne raziskave o umetnosti in kulturi na recept v Italiji. Raziskava je kartirala obstoječe prakse in modele ter preučevala dejavnike, ki omogočajo oziroma ovirajo njihov razvoj. Na podlagi italijanskih izkušenj bo prispevek obravnaval priložnosti in izzive prehoda od posameznih in razdrobljenih pobud k bolj strukturiranemu in trajnemu sodelovanju med kulturnim, zdravstvenim in socialnim sektorjem.

Simona Staffieri will present findings from the first national survey of arts and culture on prescription in Italy. The survey mapped existing practices and models and examined the factors that enable or hinder their development. Drawing on the Italian experience, the presentation will address the opportunities and challenges involved in moving from individual and fragmented initiatives towards more structured and sustainable cooperation between the cultural, health and social sectors.

Moderirani pogovor in vprašanja občinstva.

Moderated discussion and audience questions.

10.30–11.00 | ODMOR

10.30–11.00 | BREAK

11.00–12.00 | OD PRAKS DO SISTEMA: KULTURA IN ZDRAVJE V SLOVENIJI

11.00–12.00 | FROM PRACTICE TO SYSTEM: CULTURE AND HEALTH IN SLOVENIA

Tjaša Jerak

Prisluhni gibu: plesno-gibalna terapija za osebe s kronično bolečino

Listen to the Movement: Dance Movement Therapy for People with Chronic Pain

Prisluhni gibu povezuje plesno-gibalno terapijo in podporo ljudem s kronično bolečino. Tjaša Jerak bo predstavila izkušnje dela z osebami s fibromialgijo ter možnosti, ki jih umetnostno-terapevtski pristopi odpirajo pri soočanju z bolečino, utrujenostjo in drugimi posledicami kroničnih stanj. Prispevek bo odprl tudi vprašanje povezovanja tovrstnih praks z zdravstvenimi, rehabilitacijskimi in drugimi podpornimi okolji.

Listen to the Movement combines dance movement therapy with support for people living with chronic pain. Tjaša Jerak will present experiences of working with people with fibromyalgia and the possibilities that arts-based therapeutic approaches can offer in dealing with pain, fatigue and other effects of chronic conditions. The contribution will also address the potential for connecting such practices with healthcare, rehabilitation and other support settings.

Neža Pele & Jaka Škapin

Objem glasu: vokalno-gibalna improvizacija kot prostor skrbi

Embraced by Voice: Vocal and Movement Improvisation as a Space of Care

Objem glasu povezuje vokalno in gibalno improvizacijo s podporo ljudem, ki delujejo v paliativni oskrbi. Neža Pele in Jaka Škapin bosta predstavila pristop, ki z glasom, gibanjem in improvizacijo krepi čutno zaznavanje, telesno in glasovno prisotnost ter čustveno regulacijo prostovoljcev. Projekt obenem raziskuje možnosti razvoja ponovljivega modela usposabljanja in njegovega vključevanja v okolja paliativne oskrbe ter druge sisteme skrbi.

Embraced by Voice connects vocal and movement improvisation with support for people working in palliative care. Neža Pele and Jaka Škapin will present an approach that uses voice, movement and improvisation to strengthen sensory awareness, embodied and vocal presence, and emotional regulation among volunteers. The project also explores the development of a replicable training model and its potential integration into palliative care and other care settings.

Moderirani pogovor: kaj je potrebno za sistemsko povezovanje kulture, zdravja in socialnega varstva v Sloveniji?

Moderated discussion: What is needed for systemic cooperation between culture, health and social care in Slovenia?

Konferenco moderira // Moderated by: Zala Orel

11.55–12.00 | SKLEP KONFERENCE

11.55–12.00 | CLOSING REMARKS

O GOVORKAH IN GOVORCIH // ABOUT THE SPEAKERS

Edith Wolf Perez

Edith Wolf Perez je soustanoviteljica in predsednica ARTS for HEALTH AUSTRIA ter nekdanja sopredsedujoča strokovni skupini EU OMC za kulturo in zdravje. Od začetka osemdesetih let deluje kot plesalka v zdravstvenih in skupnostnih ustanovah, kulturna novinarka, urednica, avtorica, članica strokovnih komisij za financiranje umetnosti, festivalska direktorica in vodja evropskih projektov. Je urednica knjige *Arts and Health – Austria in an International Context* (2023).

Edith Wolf Perez is co-founder and Chairwoman of ARTS for HEALTH AUSTRIA. Since the early 1980s, she has worked as a dancer in health and community institutions, as a cultural journalist, editor, author, advisory board member of arts funding commissions,

festival director and project manager of EU projects. She is the editor of the book *Arts and Health – Austria in an International Context* (2023) and was Co-Chair of the EU Expert Group on Culture and Health.

prof. Vicky (Vassiliki) Karkou

Prof. Vicky (Vassiliki) Karkou je mednarodno uveljavljena akademičarka in raziskovalka, specializirana za področja umetnosti, duševnega zdravja in kreativnih umetnostnih terapij. Je **profesorica umetnosti in dobrega počutja ter direktorica Raziskovalnega centra za umetnost in dobro počutje na Edge Hill University** v Združenem kraljestvu, kjer v okviru Faculty of Health, Social Care and Medicine opravlja tudi vodstvene naloge na področju raziskovalne dejavnosti univerze.

Vodi več pomembnih raziskovalnih pobud, med njimi Arts for the Blues, model kreativne skupinske psihoterapije za depresijo, ter Arts4Us, 2,5 milijona funtov vreden projekt, ki ga financirata UKRI in AHRC ter je namenjen podpori duševnemu zdravju mladih z lokalno umeščenimi umetniškimi pristopi. Je pridružena raziskovalka Jameel Arts & Health Lab in sodeluje z WHO Europe pri naročenih raziskovalnih projektih. Objavila je več kot sto recenziranih znanstvenih prispevkov, med drugim v reviji *The Lancet*, ter je avtorica, soavtorica oziroma urednica več knjig.

Professor Vicky (Vassiliki) Karkou is an internationally renowned academic and researcher specialising in the fields of arts, mental health and creative arts therapies. She is **Professor of Arts and Wellbeing and Director of the Research Centre for Arts and Wellbeing at Edge Hill University** in the United Kingdom, based in the Faculty of Health, Social Care and Medicine, where she also holds leadership responsibilities for the university's research agenda.

She serves as Principal Investigator for major research initiatives including Arts for the Blues, a creative group psychotherapy model for depression, and Arts4Us, a £2.5 million UKRI/AHRC-funded project focused on supporting youth mental health through place-based arts. She is an affiliate researcher with the Jameel Arts & Health Lab and works closely with WHO Europe on commissioned research projects. She has more than 100 publications in peer-reviewed journals, including *The Lancet*, and has authored, co-authored or edited several books.

Inga Surgunte

Inga Surgunte je raziskovalna asistentka na Inštitutu za kulturo in umetnost Latvijske akademije za kulturo ter soustanoviteljica in predsednica združenja Kultura in zdravje Latvija. V občini Cēsis vodi program *Museums on Prescription*, ki s kulturnimi programi na napotitev krepi dobro počutje in socialno povezanost. Sodelovala je pri evropski pobudi CultureForHealth, med letoma 2024 in 2025 pa je v skupini OMC za kulturo in zdravje zastopala latvijsko Ministrstvo za kulturo. Sodeluje tudi pri razvoju in izvajanju programa *Culture and Health: Managing Cross-Sector Initiatives*, ki povezuje štiri baltske univerze.

Inga Surgunte is a Research Assistant at the Culture and Arts Institute of the Latvian Academy of Culture and co-founder and Chairwoman of Culture and Health Latvia. She leads the *Museums on Prescription* programme in Cēsis Municipality, which supports

wellbeing and strengthens social connections through referral-based cultural programmes. She contributed to the European CultureForHealth initiative and, from 2024 to 2025, represented the Latvian Ministry of Culture in the European Commission's OMC group on Culture and Health. She is also involved in developing and teaching the *Culture and Health: Managing Cross-Sector Initiatives* programme, jointly developed by four Baltic universities.

Simona Staffieri

Simona Staffieri je **vodja raziskovalnega področja in projektov pri CCW – Cultural Welfare Center** v Italiji. Njeno raziskovalno in projektno delo se osredotoča na kulturno blaginjo, socialno predpisovanje, kulturno participacijo ter povezovanje kulturnega, zdravstvenega in socialnega področja.

Vodila je **prvo nacionalno raziskavo o predpisovanju umetnosti in kulture v Italiji**, ki je kartirala obstoječe pobude, modele in akterje ter preučevala organizacijske in sistemske pogoje za njihov razvoj. Raziskava predstavlja pomemben korak pri razumevanju, kako je mogoče raznolike lokalne in projektne prakse povezati v bolj strukturiran sistem socialnega predpisovanja ter kakšno vlogo imajo pri tem kulturne organizacije, zdravstveni in socialni sistemi ter lokalne skupnosti. Njeno delo se osredotoča tudi na vprašanja kulturne participacije, dostopnosti kulture in socialnega vključevanja.

Simona Staffieri is **Research Area & Project Manager at CCW – Cultural Welfare Center** in Italy. Her research and project work focuses on cultural welfare, social prescribing, cultural participation and cooperation between the cultural, health and social sectors.

She led the **first national survey of arts and culture on prescription in Italy**, mapping existing initiatives, models and actors and examining the organisational and systemic conditions that enable their development. The survey represents an important step towards understanding how diverse local and project-based practices can develop into a more structured social prescribing system, and the roles played by cultural organisations, health and social systems, and local communities. Her work also addresses cultural participation, access to culture and social inclusion.

Tjaša Jerak

Tjaša Jerak je plesno-gibalna terapevtka (mag. plesno-gibalne psihoterapije, Goldsmiths, University of London), raziskovalka in koordinatorka projekta *Pristuhni gibu*, ki raziskuje možnosti uporabe plesno-gibalne terapije pri ljudeh s fibromialgijo in drugimi stanji, povezanimi s kronično bolečino. Projekt razvija možnosti povezovanja umetnostno-terapevtskih pristopov z zdravstvenimi, rehabilitacijskimi in drugimi podpornimi okolji.

Tjaša Jerak is a Dance Movement Psychotherapist (MA Dance Movement Psychotherapy, Goldsmiths, University of London), researcher and coordinator of *Listen to the Movement*, a project exploring the use of dance movement therapy with people

living with fibromyalgia and other conditions associated with chronic pain. The project examines possibilities for connecting arts-based therapeutic approaches with healthcare, rehabilitation and other support settings.

Neža Pele

Neža Pele je diplomirana plesalka in koreografinja. Na Akademiji za ples je diplomirala leta 2019, kjer se je skozi delo z Ireno Tomažin Zagoričnik usmerila tudi v vokalno-gibalno ustvarjanje. Svoje delo razvija na presečišču plesa, glasu in improvizacije. Je soavtorica projekta *Objem glasu*, ki vokalno-gibalno improvizacijo uporablja kot obliko podpore prostovoljcem v paliativni oskrbi.

Neža Pele is a dancer and choreographer. She graduated from the Academy of Dance in 2019, where her work with Irena Tomažin Zagoričnik also led her towards vocal and movement-based practice. Her work develops at the intersection of dance, voice and improvisation. She is co-author of *Embraced by Voice*, which uses vocal and movement improvisation as a form of support for volunteers working in palliative care.

Jaka Škapin

Jaka Škapin je transdisciplinarni performativni umetnik, skladatelj, vokalni improvizator in pedagog, ki deluje med Slovenijo in Združenim kraljestvom. Njegova praksa temelji na povezovanju glasu, giba in sodelovalne improvizacije. Raziskuje tudi možnosti vključevanja vokalno-gibalne improvizacije v zdravstvena in socialna okolja. Je soavtor projekta *Objem glasu*.

Jaka Škapin is a transdisciplinary performance artist, composer, vocal improviser and educator working between Slovenia and the United Kingdom. His practice connects voice, movement and collaborative improvisation. His work also explores possibilities for bringing vocal and movement improvisation into health and social care settings. He is co-author of *Embrace of the Voice*.

Zala Orel – moderatorka // moderator

Zala Orel je kulturna producentka in programska vodja pri Zavodu Carnica v Kranju, kjer sodeluje pri razvoju in produkciji kulturnih in umetniških programov. Je programska vodja mednarodnega bienala tekstilne umetnosti BIEN. Zavod Carnica je tudi partner projekta Kultura za duševno zdravje, ki razvija povezovanje kulturnega in zdravstvenega področja.

Zala Orel is a cultural producer and programme manager at Zavod Carnica in Kranj, where she works on the development and production of cultural and artistic programmes. She is Programme Director of BIEN, the international textile art biennial. Zavod Carnica is also a partner in the Culture for Mental Health project, which develops connections between the cultural and health sectors.

Organizator // Organiser

Društvo Asociacija // Asociacija

V sodelovanju s partnerji doma in v tujini.

In cooperation with partners in Slovenia and abroad.

Konferenca *Ne živimo samo od kruha* povezuje programske sklope, ki nastajajo v okviru različnih projektov.

* Programski sklop »**Umetnost na recept: od posameznih praks do sistemov**« poteka v okviru projekta **CARE – Lab 3: Kultura na recept**.

Drugi označeni programski sklopi so del predstavitvenega programa **Culture & Health Platform**.

We Do Not Live by Bread Alone brings together programme strands delivered within different project frameworks.

* The programme session "**Arts on Prescription: From Individual Practices to Systems**" is organised within **CARE – Lab 3: Culture on Prescription**.

The other designated programme sessions form part of the **Culture & Health Platform** showcase.

Projekt CARE in platformo Culture and Health sofinancira Evropska unija. Aktivnosti projekta *Kultura za duševno zdravje* sofinancira Ministrstvo za javno upravo Republike Slovenije v okviru javnega razpisa za razvoj in profesionalizacijo NVO in prostovoljstva 2024. Aktivnosti vsebinske mreže Asociacija, ki vključujejo tudi medsektorsko povezovanje z zdravjem, sofinancirata Ministrstvo za kulturo Republike Slovenije in Oddelek za kulturo Mestne občine Ljubljana.

The CARE project and the Culture and Health Platform are co-financed by the European Union. Activities within the *Culture for Mental Health* project are supported by the Ministry of Public Administration of the Republic of Slovenia through the 2024 public call for the development and professionalisation of NGOs and volunteering. Activities of the Asociacija thematic network, including its cross-sectoral work connecting culture and health, are supported by the Ministry of Culture of the Republic of Slovenia and the Department of Culture of the City of Ljubljana.

