

It's only a few months since manifesto part one was delivered, and now here's part two, born kicking and screaming into 2012 - our glorious Olympic year! This hybrid: warts and all, is our very own, evolving statement. When a voice in the first manifesto session proudly proclaimed, 'This is my hypothesis: prove me wrong,' we felt a shift in our thinking.

WOW - and this is not the WOW factor of sound bites: this is the moment we realise that we are alive, and the possibilities of our work reaches beyond the individual and stretches into communities; touches those beyond our day-to-day reality and engages these ideas beyond borders.

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# WOW! PART TWO<sup>b</sup> BIG BANG DIVERGENCE CONVERGENCE

Who are you?

What did you think of this expanding and contracting thing, we call a manifesto?

Well, here is a taste of your passion - our vision

We dump the mouldering strategy: meaningless in the face of spiraling inequalities.

These are our reflections and refractions - this is our PART TWO

This is our BIG BANG...our hypothesis.

our DIVERGENCE and CONVERGENCE

*enthraling  
slap in the face  
values  
Stand Up*

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*I felt so happy and encouraged to just rediscover or recover my own voice. The Manifesto resumes a purpose of life in freedom. Creativity and imagination and the arts are a powerful path for social change...not through hierarchical schemes, but in dialogue; person to person.  
Dr Perla Cikez, Mexico City*

*This is about recognising the diversity of our roots, expressing the here and now. Not controlling but embracing. Planting living culture at the core of our communities.  
Alison Clough, Artist and Cultural Champion*

*It reminds me of something that I've always believed in: that art gives us worth as humans, no matter who we are. And as a consequence makes us more humane.  
Simon Armitage, Poet*

*How do we spread a common message about art and culture as holistic DNA that we are all built of; about ART as a tool to improve well-being/health/quality of life for everyone? Where and how do I/we start? Can we/you and I construct productive actions/reactions by synergised communications from ART to HEALTH, from mind to mind? To give birth to a human friendly virus adapted in the context of a global world, with its holistic approach for a change in our attitudes/values/assets/behaviours through actions?*

*With a belief that ARTS for HEALTH enables a more humanized world, improved well-being, quality of life and endless smile? Don't you want to be a part of it, I DO?  
Simona Karpaviciute, Lithuanian University of Health Sciences  
Academic and Free-Thinker*

*Part 1 of your Manifesto is an enthralling statement.*

*What is at issue is the right each one of us has to be human. To be human is to identify and liberate our own authentic and best nature. That quest will sometimes be private and sometimes be communal, and in the end the one merges into the other as we make the world we inhabit a better place. Trust, arduousness, risk, self-expression, shared work are means of moving towards individual and collective integrity. Teaching and companionship sustain us; orthodoxy and exploitation blight us.*

*Politics should be predicated on these values.*

*Lord Howarth of Newport*

*There are some unknown words in my mind: some unclear feeling in my heart which is removing me to an unknown world, the world that everyone is writing with their own inside alphabet. I call this world ART.  
Shamsia Hassani, Artist, Kabul*

*This is one of the very few things I've read/seen/thought that has given a glimmer of hope for a more targeted, useful and inspirational approach to what we do....  
Nick Birkinshaw Freelance Arts Project Manager*

I AM PART OF THIS MOVEMENT

I MIGHT BE IN THE NORTH OF ENGLAND

I MIGHT BE ANYWHERE IN THE WORLD

WE ARE THE SAME

WE ARE UNIQUE

WE BELIEVE THE ARTS SHAPE AND CHALLENGE THINKING

WE BELIEVE THE ARTS ARE A VEHICLE FOR HEALTH,

WELLBEING AND SOCIAL CHANGE

*The arts and health manifesto is a love filled slap in the face of consumerist society. It brandishes our interconnectedness like a sword, calling for cutting through, teasing out, writing and re-writing ourselves until we get closer to getting it right. It's about social justice, about joined up thinking, it's about a courage we fear might not happen in our lifetime.*

*It says - Stand up! Be fair! Be kind! Show respect! Risk it all! Get a grip! Have a laugh! go on I dare you....It challenges us to take personal action and taunts us with the promise of a better world if we can treasure others as we treasure ourselves.*

*It is at once bleak and hopeful, a troubled text searching for answers, asking questions and promising nothing if we don't start working (creatively) together. It is a starting point. It faces us towards the global revolution we simply can't afford not to have.*

*Jami Bladel CEO/Artistic Director, KickStart Arts*

# Art Health