



FLOURISHING
LIVES

Flourishing Lives: Reflective Practice Groups Reading & Resources list

We hope that you have benefitted from being part of a Reflective Practice Group over the last few months. Nicola Naismith our project researcher and evaluator has put together a list of resources that may be useful in supporting your reflective practice journey going forward. If you have ideas or resources you would like to suggest please contact us so we can include them in future updates. info@flourishinglives.org

Groups and organisations

The following groups offer free mailing list sign ups for newsletters which include training and networking events in addition to sector news.

Arts and Health Hub: Peer support network for creative practitioners working in arts and health

<https://www.artsandhealthhub.org/>

Culture Health and Wellbeing Alliance (CHWA)

<https://www.culturehealthandwellbeing.org.uk/>

You may also be interested in the CHWA Practitioner support pages

<https://www.culturehealthandwellbeing.org.uk/resources/practitioner-support>

Glam Cares: A care and support network for Gallery, Library, Archives and Museum community engagement professionals

https://twitter.com/glam_cares

Kazzum Arts: Offering Trauma informed training to the sector

<https://www.kazzum.org/train-with-kazzum-arts>

National Criminal Justice Arts Alliance: Sign up to newsletters via Clinks

<https://www.clinks.org/subscribe>

Reflective Practice Books

Many reflective practice books and resources are focused on people-orientated professions including teaching, nursing and social work. You may need to translate some of the content and adapt exercises to fit with your own work context and participant groups.

Barbara Bassot *The Reflective Practice Guide: An interdisciplinary approach to critical reflection* Oxon, Routledge 2016

Gillie Bolton with Russel Delderfield *Reflective Practice: Writing and Professional Development* London, Sage 2018

University of Hull *Reflective writing: Reflective frameworks*
<https://libguides.hull.ac.uk/reflectivewriting/reflection3>

Research: articles, reports and perspectives

There is a growing body of evidence which explores the working lives and conditions of creative practitioners working in arts and health, participatory arts and social art practice.

Eleonora Belfiore *Who cares? At what price? The hidden costs of socially engaged arts labour and the moral failure of cultural policy* Published 2021
<https://doi.org/10.1177/1367549420982863>

Robyn Dowlen *Missing voices in culture, health and wellbeing research.*
Published on Arts Professional 25.11.2021
Available from:
<https://www.artspromotional.co.uk/magazine/article/missing-voices-culture-health-and-wellbeing-research>

Nicola Naismith *Artists Practising Well* (2019) and *Practising Well: Conversations and Support Menu* (2022)
Available from
<https://www.nicolanaismith.co.uk/research-writing>