



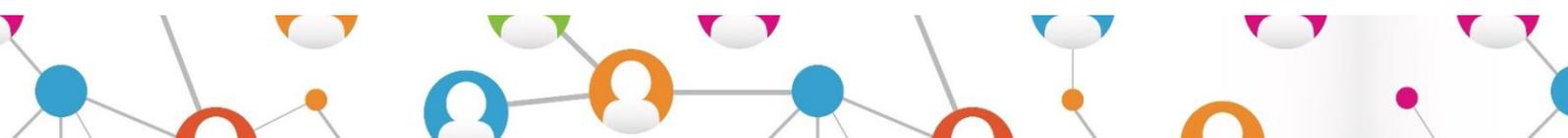
A Healthy Conservatoire

A healthy conservatoire promotes a vision for the creation and development of healthy institutional practices that commit to improving health and wellbeing throughout its community. The vision, and the guiding principles for implementing it, are set out below.

A healthy conservatoire promotes and enhances health and wellbeing by:

- creating an environment that openly embraces and embeds health and wellbeing in all aspects of its culture and community,
- working towards a holistic health and wellbeing provision that addresses a wide variety of factors affecting its performing arts community,
- framing and promoting health and wellbeing in positive ways to enable those within its community to achieve their full potential and build sustainable careers.

No two healthy conservatoires are the same, but all:

1. use settings-based and whole-system approaches [«link to be inserted»](#) to embed health and wellbeing in their artistic and academic programmes, and in their operational mandates,
 2. use institutional assets to create sustainable solutions that support healthy behaviours,
 3. acknowledge the holistic nature of health and wellbeing by actively engaging in all eight areas outlined in the performance enhancement framework *Fit to Perform* [«link to be inserted»](#),
 4. aim to advance learning and teaching practices that encourage life-long healthy habits and skills to enhance performance,
 5. create institutional and individual knowledge about healthy choices, empowering all students and staff to develop autonomy and control over their own health and wellbeing,
 6. promote health and wellbeing as an endeavour to be undertaken collectively by students, staff, senior leadership and external agencies,
 7. use participatory approaches to engage the voices of students and staff in decision-making,
 8. engage directly with evidence-based research in developing and delivering provision,
 9. work with experts in health and wellbeing, ensuring that staff and students have access to them and other appropriate sources of expertise,
 10. gain information and share knowledge and experience within their communities and across the sector, locally, nationally and internationally.
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The Healthy Conservatoires Network

The Healthy Conservatoires Network consists of representatives from all the eleven institutions of Conservatoires UK, plus observer members from other higher education institutions, the professional performing arts sector, unions and supporting charities. All members are actively engaged with the network to work towards a shared vision – the creation of a healthy conservatoire.

The Healthy Conservatoires Network aims to inspire and support environments that promote and enhance the health and wellbeing of performing artists, in order for performers to achieve their full potential and to build healthy, sustainable careers.

The Healthy Conservatoires Network (HCN) provides a forum where members can come together to:

- receive news and updates on the health needs identified as priorities for performing artists,
- communicate and discuss 'hot topics' in conservatoires and provide access to peer support,
- share good practice,
- engage with research, innovation and evidence-informed practice,
- obtain guidance on creating and maintaining a healthy conservatoire.

Collectively, members of the HCN aim to:

1. **Lead organisational and cultural change:** by helping to embed Healthy Conservatoire principles and creating change in organisational ethos, culture, policy and planning processes.
 2. **Generate high visibility innovative action:** through research evidence and case studies of existing practice the HCN aims to showcase CUK's commitment to creating world-leading support for the promotion of health and wellbeing.
 3. **Provide leadership and advocacy:** by communicating the needs of the sector, HCN members aim to advise senior decision-makers on the sustainable development of health and wellbeing.
 4. **Respond to public health and performing arts-specific challenges to health and wellbeing:** by ensuring that CUK institutions are at the forefront of action to address key challenges pertaining to its population.
 5. **Set an example for active health promotion in other settings,** effectively drawing attention to resources and opportunities for creating the conditions in which health and wellbeing can flourish across the performing arts.
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