

## Live concerts and museums help you live longer

23rd December, 2019



Researchers have found that people who go to live concerts, shows and museums can live longer than those who do not. Experts from University College London looked at the lifestyles of over

6,700 British people for 15 years. They examined how often the people went out and what kinds of events they attended. They found that over-50s who regularly went to concerts and shows were around 30 per cent less likely to die over the next 14 years. The researchers said the over-50s could extend their life by engaging with the "receptive arts". These include art galleries, concerts, museums, musicals, the opera and the theatre. In addition to living longer, concertgoers could also have more fun.

Lead researcher Dr Daisy Fancourt said money played a big role in whether or not people went to concerts and engaged with the arts. She wrote: "Over 40 per cent of people in the least wealthy group reported that they never accessed cultural activities." The UK Health Secretary Matt Hancock believes there could be a lot of truth in the research. He said arts and culture could improve things like mental health, ageing and loneliness. He recently announced plans for the UK's National Health Service to use the arts to improve people's wellbeing and health. The researchers said: "Overall, our results highlight the importance of continuing to explore new social factors that affect our health."

Sources: [thesun.co.uk](http://thesun.co.uk) / [radiox.co.uk](http://radiox.co.uk) / [independent.co.uk](http://independent.co.uk)

## Writing

We should all go to concerts and museums at least once a week. Discuss.

## Chat

Talk about these words from the article.

live concerts / museums / experts / events / regularly / die / art galleries / opera / fun a big role / wealthy / cultural / activities / truth / loneliness / wellbeing / highlight

## True / False

- a) People who attend shows have shorter lives than people who don't. T / F
- b) Experts looked at the lifestyles of over 6,700 people from Britain. T / F
- c) Over-50s who don't go to concerts are like to live only another 14 years. T / F
- d) The article said concertgoers have more fun. T / F
- e) A researcher found that people with little money went to many concerts. T / F
- f) The UK Health Secretary did not accept one word of the research. T / F
- g) The UK health service will use the arts to help with mental health. T / F
- h) Researchers said their work helped to highlight social factors. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                    |                |
|--------------------|----------------|
| 1. <b>found</b>    | a. part        |
| 2. <b>experts</b>  | b. checked     |
| 3. <b>examined</b> | c. enjoyment   |
| 4. <b>attended</b> | d. look into   |
| 5. <b>fun</b>      | e. specialists |
| 6. <b>role</b>     | f. make better |
| 7. <b>improve</b>  | g. all in all  |
| 8. <b>ageing</b>   | h. discovered  |
| 9. <b>overall</b>  | i. getting old |
| 10. <b>explore</b> | j. went to     |

## Discussion – Student A

- a) What do you think about what you read?
- b) What is the best live concert you have been to?
- c) Which are better - museums or art galleries?
- d) If you had more money, would you go to more concerts?
- e) How can the arts improve our mental health?
- f) What is the best thing to help with loneliness?
- g) Should all health services offer access to the arts?
- h) What questions would you like to ask the researchers?

## Phrase Match

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1. live longer than                   | a. more fun                   |
| 2. They examined how often            | b. die over the next 14 years |
| 3. around 30 per cent less likely to  | c. affect our health          |
| 4. In addition                        | d. those who do not           |
| 5. concertgoers could also have       | e. wealthy group              |
| 6. money played a big role in whether | f. of truth in the research   |
| 7. people in the least                | g. to living longer           |
| 8. there could be a lot               | h. wellbeing and health       |
| 9. use the arts to improve people's   | i. the people went out        |
| 10. social factors that               | j. or not people went         |

## Discussion – Student B

- What do you think of live concerts?
- Which are better - live concerts or musicals?
- How much longer would you like to live, and why?
- How healthy is your lifestyle?
- Why do you think going to concerts and museums is good for us?
- Is it better to go to a live concert or watch one on YouTube?
- Are you a concertgoer, an opera lover or a museumgoer?
- Are concerts best in stadiums or clubs?

## Spelling

- shows and ummuess
- rtspxee from University College
- the eesllstify of over 6,700 British people
- over-50s who ageullrry went to concerts
- the over-50s could xtne their life
- art lielrgeas
- a big role in ehwrhte or not people went
- ndaggee with the arts
- people in the least yewtlah group
- culture could iprvmeo things like mental health
- our results gghhlithi the importance
- new social factors that affetc our health

### Answers – Synonym Match

1. h	2. e	3. b	4. j	5. c
6. a	7. f	8. i	9. g	10. d

## Role Play

### Role A – Education

You think the arts are best for improving education. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least of these (and why): raising hope, activating the brain or reducing loneliness.

### Role B – Raising Hope

You think the arts are best for raising hope. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least of these (and why): education, activating the brain or reducing loneliness.

### Role C – Activating The Brain

You think the arts are best for activating the brain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least of these (and why): raising hope, education or reducing loneliness.

### Role D – Reducing Loneliness

You think the arts are best for reducing loneliness. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least of these (and why): raising hope, activating the brain or education.

## Speaking – Arts Therapy

Rank these with your partner. Put the things which arts are best for at the top. Change partners often and share your rankings.

- |                   |                            |
|-------------------|----------------------------|
| • Education       | • Bringing people together |
| • Creativity      | • Understanding cultures   |
| • Raising hope    | • Activating the brain     |
| • Reducing stress | • Reducing loneliness      |

### Answers – True False

a	F	b	T	c	F	d	T	e	F	f	F	g	T	h	a
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Answers to Phrase Match and Spelling are in the text.