

ARTS AND HEALTH AUSTRALIA

Healthy People, Healthy Communities – engaging with the Arts

www.artsandhealth.org

THE ART OF GOOD HEALTH AND WELLBEING

7th Annual International Arts and Health Conference

PRIMARY AND ACUTE CARE, COMMUNITY
HEALTH, CREATIVE AGEING, HEALTH PROMOTION,
EDUCATION, RESEARCH AND EVALUATION



Abandoned Brothers Billy and Clive, Re-Live, Wales UK

17–19 NOVEMBER 2015
ART GALLERY OF NSW, SYDNEY

AUSTRALIAN CENTRE
FOR ARTS AND HEALTH



Tuesday 17 November 2015

Day 1–morning

9.30am Registration

Arts and Health
Australia Help Desk
(Lower Level 3
Domain Theatre)

Delegates to collect name tags and conference satchels.
AGNSW officially opens to the public at 10am. Security will guide delegates to the lower level from 9.30am

10am Welcome

Domain Theatre
Lower Level 3

Margret Meagher, Executive Director, The Australian Centre for Arts and Health
Heather Whitely Robertson, Head of Activation and Learning, Art Gallery of NSW
Gabriella Carroll, Conference Chair, Arts and Health Australia

10.15am Plenary Session 1: Presenting the Case for Arts and Health

Domain Theatre
Lower Level 3

Clive Parkinson

Director, Arts for Health, Manchester Metropolitan University, UK

'...all the time, the buzzing': A gentle inquiry into dark matter in arts-based research

Katherine Boydell

Professor of Mental Health, Black Dog Institute, UNSW Australia, Sydney

Using the arts to create and disseminate qualitative research: A critical examination

Jill Bennett

Director, National Institute for Experimental Arts (NIEA), & Professor UNSW Art & Design, Sydney

Getting into the minds of others

Errol Francis

Artistic Director, Mental Health Foundation, London, UK and NIEA Artist in Residence

Anxiety and the arts: exploring contemporary health and wellbeing

12pm Official Opening

Domain Theatre
Lower Level 3

Professor The Hon Dame Marie Bashir AD, CVO

Patron, The Australian Centre for Arts and Health

The Hon Jillian Skinner MP

NSW Minister for Health

Professor Ian Jacobs BA, MA, MBBS, MD, FRCOG

President and Vice Chancellor, UNSW Australia

Malcolm Moir

Board Member, The Australian Centre for Arts and Health

12.45pm Lunch

Function Room
Ground Floor

Tuesday 17 November 2015

Day 1–afternoon

2.30pm Concurrent Afternoon Sessions

Domain Theatre
Lower Level 3

1. Mental Health and Arts on Prescription

Centenary
Auditorium
Lower Level 1

Elizabeth Dax: Executive Chair, The Cunningham Dax Collection Council, Sandringham, VIC
The Cunningham Dax Collection – Good Works?

Chris Poulos: Rehabilitation Physician, Hammond Chair of Positive Ageing and Care, UNSW Australia and HammondCare, Sydney
Arts on Prescription for community dwelling older people

Anna Goulding: Research Associate, School of Arts and Cultures, Newcastle University, UK
Research into the use of the arts to improve the lives of older people and its impact upon policy/practice

Kerry Wilson: Head of Research, Institute of Cultural Capital (ICC), University of Liverpool & Liverpool John Moores University (LJMU)
Social Prescribing and the Cultural Determinants of Wellbeing in the UK

Vanessa Bartlett: Researcher, writer, and curator, UNSW Art & Design, Sydney
Psychologies of interaction: How can curated exhibitions of digital art, design and creative practice encourage more social approaches to the issue of mental health?

2. Arts and Community

Cindy Thomas: Project Coordinator, Learning and Access, Melbourne Recital Centre, Southbank, VIC
Share More Music

Joe Ibbitson & Rosie Smith: Community Programs Coordinator; Active Ageing Project Office, Penrith City Council, Sydney, NSW
Re-imagine Ageing – It's Not All Bingo and Heartmoves

Martha Jabour: Cultural and Arts Officer, Planning and Coordination, Holroyd City Council, Merrylands, NSW
Creativity, the arts and ageing

Gail Kenning: Researcher, University of Technology & UNSW Art & Design, Sydney, *Why isn't giving people an opportunity to laugh have fun, and enjoy the moment considered enough? Art and design research for 'in the moment' pleasure*

Miriam Hamel Green: Project Coordinator, Women's Circus
Circus, Play, Community and Fitness: the health benefits of circus

Kym Watling & Geoff Bates: Partners, Watling and Bates, Unumgar, NSW
Implementation Research: Bow & Curtsy Music and Social Dance Program for Aged Care

4.45pm

Session concludes

The Art Gallery of NSW closes at 5pm. Please make your way to the exit at 4.45pm

Wednesday 18 November 2015

Day 2—morning

9.30am Registration

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Domain Theatre)

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10am Plenary Session 2: Arts for Health: Spoilt for Choice

Domain Theatre
Lower Level 3

Introduction: Margret Meagher

Executive Director, The Australian Centre for Arts and Health

Karin Diamond & Alison O'Connor

Founding Co-Directors, Re-Live, Cardiff, Wales UK

Re-Live, Life Story Theatre

Barbara McEwan Gulliver

Artistic Director, Art in Hospital, Glasgow, Scotland, UK

I will remember there is art to medicine as well as science

Paul Bennett

Nurse Academic, Department of Rural Health, University of Sydney, Broken Hill NSW

Medical Students' and Artist perspectives of art-based education

Lindy Hume & Mark Taylor

Artistic Director, Opera Queensland, Brisbane QLD

The impact and benefits of Opera Queensland's Project Puccini in Regional Queensland

Andy Howitt

Artistic Director HOWittMOVES, Melbourne VIC

Life in Your Hands – Hand Hygiene

12.30pm Lunch

Function Room
Ground Floor

Wednesday 18 November 2015

Day 2–afternoon

2.15pm Concurrent Afternoon Sessions

Centenary
Auditorium
Lower Level 1

3. Arts and Community

Walter de Ruyter: Aged Care Services Manager, UnitingCare Ageing South Eastern Region, Shellharbour NSW
Engaging Our Community, The Big Move Dancing for Dementia

Daniel Brace & Robert Walton: Communications Coordinator, Living Positive Victoria, Southbank, VIC; Head of Undergraduate Studies (Theatre) Victorian College of the Arts, Melbourne VIC
HIV and the arts: a match made where?

Mark Seton: Director, Sense Connexion, Penrith, NSW
Performing artists are human beings too: Supporting psychological vulnerability and resilience

Ingrid Matthews: Researcher, Graduate School of Research, and Lecturer, School of Law, University of Western Sydney, NSW
The House is: Art at the nexus of theatre, community and homelessness

Gallery
spaces

Workshop: Experiencing Dementia
Karin Diamond & Alison O'Connor: Cofounding Directors, Re-Live, Cardiff, Wales
Exploring the emotional and psychological impact of living with dementia, asking the questions "What if it was me living with dementia? How would I feel? What would I need?"

Gallery
spaces

4. Art in the Gallery

Workshop: Mindful Art
Danielle Gullotta: Access Program Coordinator, Art Gallery of NSW, Sydney (Limited to 15 participants)

Workshop: The NGA iPad Project – A Drawing Experience
Adriane Boag & Katie Phillips: Program Coordinator, National Gallery of Australia, Canberra; Art Therapist, ACT Health, Canberra (Limited to 10 participants)

Workshop: Story Writing
Brigid Brandon
(Limited to 10 participants)

5. Arts Education and Healthcare Professionals

Workshop: Extended artmed program for ACT Health Clinical Educators

Frances Wild: Program Coordinator, Learning and Access Department; with, **Ingrid Anderson:** Educator, National Gallery of Australia, Canberra, ACT; and, **Heather McKay:** Patient Experience Leader, ACT Health, Canberra, ACT

Jim Chambliss, Nadine Binder & Megan Dunstan: Teacher, artist, and author, affiliated with Melbourne Medical School, VIC; medicine graduate; artist
Understanding epilepsy & empathy through art

Norsuhana Omar: Medical Physiology Lecturer, Medical Faculty, University of Science Malaysia, Malaysia
Health Practice Culture

4.30pm

Sessions conclude: Art Gallery of NSW is open until 10pm on Wednesday evenings for Art After Hours:
www.artgallery.nsw.gov.au/calendar/2015/11/18/

Thursday 19 November 2015

Day 3—morning

9.30am Registration

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10am Plenary Session 3: Arts, Health and Wellbeing: For the Community

Domain Theatre
Lower Level 3

Introduction: Margret Meagher

Executive Director, The Australian Centre for Arts and Health

Liss Gabb, Ez Eldin Deng & Geskeva Lola Komba

Coordinator, cohealth Arts Generator, Footscray VIC; film maker; & performer, Melbourne VIC
Who's in the Building? The Art of Embodied Practice

Michael Balfour

Chair, Applied Theatre, Griffith University, Brisbane QLD

Surprising histories: the arts and social health of returning military personnel

Sarah Woodland & Michael Balfour

Applied Theatre, Griffith University, Brisbane Qld

Unlocking the potential of the Arts in Prisons

Anna Goulding

Research Associate, School of Arts and Cultures, Newcastle University, UK

Dementia and Imagination

Kim McConville & Jonathon Larsen

CEO, Beyond Empathy (BE); Artist, Beyond Empathy, Armidale NSW

Catharsis: interactive community art installation

12pm Arts and Health Australia Awards for Excellence 2015

Domain Theatre
Lower Level 3

Award winners will receive a handmade pen, crafted from Australian native timbers, by artist Ian Dorney

12.45pm Lunch

Function Room
Ground Floor

Thursday 19 November 2015

Day 3–afternoon

2.15pm Concurrent Afternoon Sessions

Domain Theatre
Lower Level 3

6. Art Programs in Hospitals

Erica Aronsten: Principal, Creative Kick,
& **Zana Dare**, Sydney, NSW
*Taking Art to the Hospital for the Wellbeing of
Elderly Patients*

Amanda Solomon & Deborah

Burdett: Cofounding directors, Arterie,
Chris O'Brien Lifehouse, Camperdown NSW
*Arterie – Multi-Model Art Practice for
Hospitals + Healthcare*

Carol Perich: Clinical Practice and
Development Manager, Subacute and Aged
Care Services, Western Health, St Albans, VIC
*Creatively Ageing: Art as Therapy on the
Dementia Assessment and Management Unit*

Glenda McDonald: Lecturer, School of
Nursing & Midwifery, University of Western
Sydney, Penrith, NSW
*The Meanings of Resilience: A Case Study of
Australian Nurses and Midwives*

Deborah Pearson: Group Coordinator,
Arts and Health, St John of God Health Care,
West Perth WA
*Building Creative Partnerships between
Hospitals and Arts and Community
Organisations*

Gallery
spaces

8. Arts & Health Programs

Experiential Workshop: Daughters of the Floating Brothel

Sarah Woodland: Lecturer, Director, Theatre Scope, Contemporary and Applied
Theatre, School of Education & Professional Studies, Griffith University, Brisbane QLD

Workshop: Experiencing Dementia

Karin Diamond & Alison O'Connor, Cofounding Directors, Re-Live, Cardiff, Wales
*Exploring the emotional and psychological impact of living with dementia, asking the
questions "What if it was me living with dementia? How would I feel? What would I need?"*

4.30pm

Sessions conclude: the Art Gallery of NSW closes at 5pm.
Informal celebratory drinks – venue to be advised

Gallery
spaces

7. Arts and Mental Health

Maryanne Sammut: Education Manager,
The Dax Centre, Parkville VIC
*Art, Mental Health and Young People
Learning Program for Years 11/12*

Andrea Jackson: Program Manager,
Emotional Literacy in Learning through Art,
The Dax Centre, Parkville, VIC
*Enhancing Emotional Literacy in Primary
School Children through Visual Arts*

Adam Lo: Positive Mindset Creative Arts
Festival, Metro South Health, Logan QLD
*Positive Mindset Creative Arts Festival –
Promoting positive mental health in young
people*

Julie Collins: Lecturer, Indigenous
Studies, School of Humanities, University of
New England, Armidale NSW
*Mubali: how a Sea of Bellies can improve pre-
natal care*

Clare Weeks: University of Newcastle,
Cooks Hill NSW
*The Artist as Subject The Subject as Patient:
Traversing the illness experience*