

# ARTS & HEALTH

MAKING THE  
CONNECTIONS

WEDNESDAY 1 JUNE 2016

THE SCIENCE EXCHANGE, 55 EXCHANGE PLACE, ADELAIDE



## ACKNOWLEDGEMENT

Country Arts SA acknowledges the Kaurna people as the traditional custodians of the land upon which this event takes place and respect their spiritual relationship to country.

## COUNTRY ARTS SA THE ART OF INSPIRING COMMUNITIES

Country Arts SA is a dynamic organisation bringing the arts to life in regional South Australia.

We work with artists and organisations that have the creative spirit to transform South Australian regional narratives into bold adventurous work that captivates communities and audiences and provides a spark in our daily lives.

We are inspired to create opportunities for artists at every level to flourish, to make great art and offer regional South Australians captivating arts experiences.

For more information about the organisation visit [countryarts.org.au](http://countryarts.org.au)

For more about artists and projects in the regions visit [thedirtsa.org.au](http://thedirtsa.org.au)

## SCHEDULE

9am

Registration

9.30am

### MAIN AUDITORIUM

Welcome and Welcome to Country

Steve Saffell  
Chief Executive Officer, Country Arts SA

Tracey  
Head Stewardess

9.45am

### MAIN AUDITORIUM

#### Conversation 1

Fenella Kernebone with Professor John Coveney and Professor Jane Davidson

10.45am

### MAIN AUDITORIUM

#### Life in Your Hands

Introduced by Maz McGann

10.55 – 11.15am

### FUTURE SPACE GALLERY

Morning tea

11.15am

### MAIN AUDITORIUM

#### Conversation 2

Fenella Kernebone with Sally Francis, Dr Christine Putland, Associate Professor Jane Lawrence and Paula Gillespie-Fotheringham

12.15 – 1pm

### FUTURE SPACE GALLERY

#### Lunch

1 – 1.50pm

BREAKOUT SESSION 1

### MAIN AUDITORIUM

#### Creativity as Clinical Practice: Arts & Health at FMC

Sally Francis (Chair), Bindi Blacher, John Blines, David Chapple

### BOARDROOM

#### Felting

Helen Crawford

### THINKING SPACE

#### Sound and the Body

Trish Blythman

2 – 2.50pm

BREAKOUT SESSION 2

### MAIN AUDITORIUM

#### Ageing Creatively

Lenore de la Perrelle, ACH Group

### BOARDROOM

#### Dynamic Intervention with Literature

David Chapple

### THINKING SPACE

#### Sound and the Body

Trish Blythman

2.50 – 3.10pm

### FUTURE SPACE GALLERY

#### Afternoon tea

3.10 – 4pm

BREAKOUT SESSION 3

### MAIN AUDITORIUM

#### Arts Engagement and Mental Wellbeing

Dr Christina Davies, University of WA

### BOARDROOM

#### Dynamic Intervention with Literature

David Chapple

### THINKING SPACE

#### Bringing it all Together – An introduction

Helen Crawford

4.10pm

### MAIN AUDITORIUM

#### 5Rhythms®

with Kat Worth

4.20pm

### MAIN AUDITORIUM

#### Room 19

Alison Howard, Community Arts & Cultural Development Producer, Country Arts SA and Country Health SA LHN Mental Health

4.30 – 5pm

### MAIN AUDITORIUM

#### Reflection and Action

Led by Institute for Creative Health SA Leadership Group and Country Arts SA

5 – 6pm

### FUTURE SPACE GALLERY

#### Networking drinks

# THE SPEAKERS



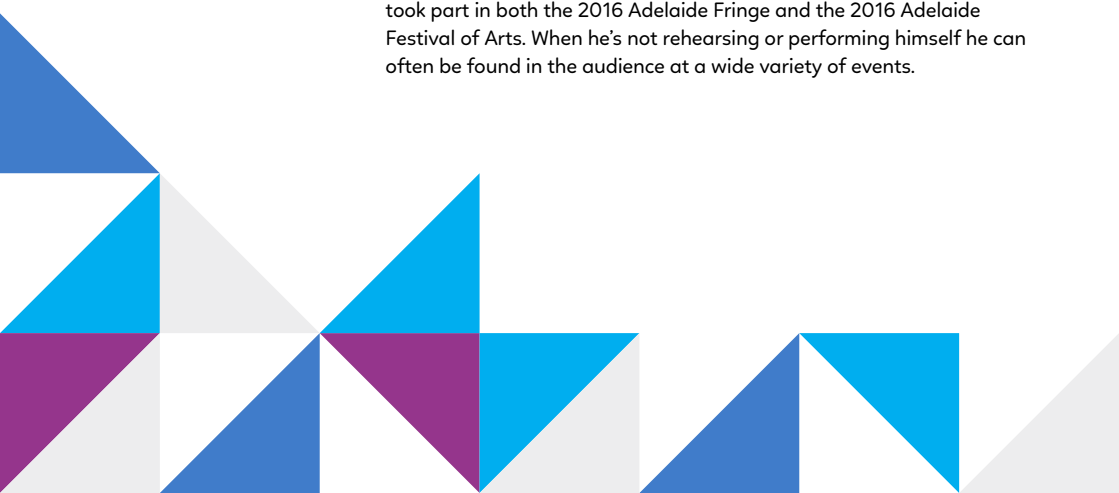
## FENELLA KERNEBONE

Fenella Kernebone has a long record working across arts, film, music, design and culture as a radio and television presenter and producer. Her hosting roles have included Radio National's *By Design*, *The Sound Lab* on Triple J, *Art Nation* on ABC TV and *The Movie Show* on SBS. As well as being an MC, interviewer, facilitator and writer, Fenella is also the director of production company *Frankly Group* and recently launched a new music podcast called *Trackwork*. Recent MC and hosting roles have included the WA and NSW Architecture Awards; Cossack Art Awards (Karratha WA); APRA Art Music Awards; *VIVID Reconnecting Sydney*; Royal Doulton 200 Years celebration and *Point Click Chat* - a 3 part conversation series at the Art Gallery of NSW.



## PROFESSOR JOHN COVENEY

Professor John Coveney is Dean of the School of Health Sciences, Faculty of Medicine, Nursing and Health Sciences at Flinders University. Earlier in his career, Professor Coveney worked as a leading nutritionist and dietitian addressing regional, indigenous and international health issues. Professor Coveney has published more than 150 papers, sole-authored a number of books and worked on major international projects and collaborations attracting significant research and grant funding. He has research and education interests in public health nutrition; history of food and health; food policy; and social and cultural factors that influence food patterns and food intake. John is very interested in the arts arena, particularly anything music related. He is a member of two a capella choirs with which he took part in both the 2016 Adelaide Fringe and the 2016 Adelaide Festival of Arts. When he's not rehearsing or performing himself he can often be found in the audience at a wide variety of events.





## PROFESSOR JANE DAVIDSON

Professor Jane Davidson is Deputy Director, the Australian Research Council (ARC) Centre of Excellence for the History of Emotions, and Professor of Creative and Performing Arts at the Melbourne Conservatorium of Music, University of Melbourne. Research interests include the uses of music for socio-emotional wellbeing. She has spent many years working with the uses of singing for positive ageing and for people living with dementia and Parkinson's disease. As a practitioner, she has worked as an opera singer and music theatre director, collaborating with groups such as Opera North and the West Australian Opera Company. She continued this work in the coordination of vocal studies at UWA and now she supervises many postgraduate singers.



## DR CHRISTINE PUTLAND

Dr Christine Putland is a consultant specialising in research and evaluation of arts and cultural initiatives designed to improve public health and wellbeing. She has a background spanning community arts, public and social policy, and public health fields. After completing her PhD, Christine taught graduate programs in Public Health and Primary Health Care, was an investigator on nationally competitive ARC and NHMRC research grants, and convened national training programs for health and arts practitioners in evaluation and research methods. In 2007 she launched a consultancy researching arts and health, while retaining academic status in the Southgate Institute for Health, Society and Equity at Flinders University. For Country Arts SA, Christine has conducted research and evaluation for the Regional Centres of Culture and Change & Adaptation.



## SALLY FRANCIS

Sally Francis is Arts Coordinator, Arts in Health at FMC, Flinders Medical Centre, (SA) which integrates arts into the daily life of the hospital and enhances FMC's role as a leading health promoting hospital. Operating since 1996 it is one of the largest and most well-regarded hospital-based arts in health programs in Australia, known nationally and internationally for high quality and innovative programming. Sally has a background in community health, visual arts practice and arts management. She is a keen advocate for developing State-based government support for arts in health and promotes the inclusion of hospital-based arts in health programs throughout hospitals in Australia. In 2008 she assisted SA Health with the development of the South Australian Arts and Health Partnership Agreement and was active in the development of the National Arts in Health Framework. She is an Ambassador of the Institute for Creative Health.



## PAULA GILLESPIE-FOTHERINGHAM

Paula Gillespie-Fotheringham is Program Coordinator on the Graduate Program of Counselling and Psychotherapy at the University of Adelaide having relocated to Adelaide from the UK several years ago, where she created and maintained a busy art therapy practice and training organisation. Paula has recently set-up Adelaide Art Therapy. She has been Senior Lecturer and Head of Faculty for Creative Therapies at the Ikon Institute of Australia, where recent projects included the development of creative therapy virtual classrooms and the submission of a Bachelor degree in Arts Psychotherapy. Prior to building her private practice, Paula worked in various health and social care settings, including Child and Adolescent Mental Health Services (CAMHS), and created a specialist service for Asylum Seeking children for North East Lincolnshire Local Authority. Paula has experience in secure settings having worked in Melbourne's State-wide Forensic Service, The Australian Richmond Fellowship and several psychiatric units. Paula's last post before embarking on private practice was as Head of Therapy at a 64 bed private psychiatric hospital. Paula is passionate about promoting the benefits of art therapy and sharing learning between UK and Australian practice.

[www.adelaide-art-therapy.com](http://www.adelaide-art-therapy.com)





## JANE LAWRENCE

Associate Professor Jane Lawrence is the Associate Head of School (Teaching and Learning) in Art Architecture and Design at the University of South Australia. She is a member of the University's Art and Design in Health and Wellbeing Research Cluster and has been involved in numerous consultancies and projects as a teacher and researcher in the health sector. Prior to taking up a full time academic career Jane worked for large architectural firms and had her own Interior Design practice specialising in Hospital and Aged Care design.



## DAVID CHAPPLE

David Chapple is Writing Development Manager at SA Writers Centre where he works on the technical and participatory program. He has delivered outstanding projects with The Big Issue and Common Ground and is currently working in partnership with Arts in Health at Flinders Medical Centre where he is resident writer on the State Wide Eating Disorder Ward. He also currently works in partnership with Adelaide Cemeteries Authority on The Death Wish Repository, a nationally recognised project about mortality and literature. In the UK David worked on a range of projects that explored health and mortality through literature. David has written for stage and screen and was contracted by Arts Council England to work with regional theatre companies. He has been resident writer in prisons, special education units and mental health facilities and has over twenty years' experience taking literary practice into disparate environments.



## TRISH BLYTHMAN

Trish Blythman is a Sound Therapist who brings together sonic soundscapes through therapeutic sound instruments and voice creating a deeply restorative experience for meditation, personal insight and wellbeing. Research shows that slower brainwave frequencies may be induced to reduce stress and activate deeper states of consciousness which assists in stimulating a healing response at a cellular level.

[www.intergrationforlife.com.au](http://www.intergrationforlife.com.au)



## DR CHRISTINA DAVIES

Dr Christina Davies is a Research Fellow at the School of Population Health, The University of Western Australia. Her multi-award winning research relates to the fields of 'arts and health', mental health and health promotion evaluation. Christina has worked in both academic and market research settings to evaluate programs for health organisations, government and industry. She has experience in both qualitative and quantitative research techniques and qualifications in public health, psychology and the arts. Her PhD was titled "Healthy arts? Exploring the relationship between arts engagement and population health". Christina is also a passionate artist, with interests in painting and photography. Her latest research article, *The Art of Being Mentally Healthy* can be found at [bmcpublichealth.biomedcentral.com](http://bmcpublichealth.biomedcentral.com)



## LENORE DE LA PERRELLE

Lenore de la Perrelle is the Manager of the Dementia Learning and Development Unit in ACH Group, implementing innovative programs to support people living with dementia. With Social Work and a Masters degree she has worked in clinical, policy and management positions in Government, Private and Community Services for over 30 years. At ACH Group, Lenore has developed a number of innovative programs and resources including a Dementia Champions program which won the Dignity in care award for 2015, training staff to promote quality of life for people with dementia across our services. Lenore has been awarded for her work on the Planning Ahead guide, Palliative Dementia care resources, Walk for Life exercise program, Getting Connected, teaching people with dementia to use mobile telephones and emails, the Active Body Active Brain program in partnership with the Heart Foundation Walking program, the Sing for Joy choirs inclusive of people with dementia and a number of arts programs and SALA exhibitions inclusive of people with dementia.





## HELEN CRAWFORD

Helen Crawford has focused her practice over the last fifteen years often on community arts projects, involving community members to develop and assist with the creation of sculptures, mosaics and murals. Projects range from temporary art installations to community made mosaics and murals. Helen ran the Art Trolley as part of the Arts in Health at FMC (2013 - 2015), working with patients and staff at the hospital, and regularly works within the ageing and broader health sectors. Highlights of Helen's arts practice include solo exhibitions in Hobart and Adelaide, a 14-month arts residency in Malaysia at Rimbun Dahan in 1999, commissions and international exhibitions including works displayed at the National Gallery of Malaysia (Installation; Bunkus Matsaleh 1999), Valentine Willy (KL Malaysia) and Taksu (KL Malaysia and Singapore). In 2011 Helen's work was short-listed for the Ruby Awards in the category of innovation for a community road painting project in Bowden. In 2013 she won a Creative Partnerships Australia Award, in Arts and Health. For Country Arts SA, Helen has presented workshops for Bringing it All Together, and worked on numerous regional community based projects funded by Country Arts SA Grants.

[www.helencrawford.net](http://www.helencrawford.net)



## BINDI BLACHER

Bindi Blacher is an Expressive Arts Therapist and comes from a performance arts background, with many years of experience as a singer/songwriter, actor, performer, and teacher of drama and music. Bindi has worked for Arts In Health at Flinders Medical Centre since 2011 and facilitates regular group and individual sessions with patients, also responding to patient referrals from across the hospital. Bindi has a keen interest in mental health, specialises in working with people with Eating Disorders, and loves her work at FMC with older people with Dementia. She has also had experience working with survivors of trauma and abuse, people with a disability and people experiencing homelessness. Bindi has witnessed countless examples of the positive benefits of arts therapy in the hospital setting and beyond. She is passionate about providing people with opportunities for expression, transformation, empowerment and recovery.



## JOHN BLINES

John Blines is an Adelaide emerging artist having graduated from the Adelaide College of the Arts in 2013. In 2015, he was the inaugural Flinders Medical Centre / South Australian Living Artist / artist-in-residence. His residency consisted of two concurrent projects: working with cancer patients, carers and staff within the Flinders Infusion Suite to assist patients cope with chemotherapy through active participation in an 'arts in health' project; and working with Dr Michael Michael, who is the head of the Gene Expression Laboratory within the Flinders Centre for Innovation in Cancer.



## ELOISE GREEN

Eloise Green was cast in her first professional production at age thirteen - Galaxarena, a stage adaptation directed by Nigel Jamieson for the Adelaide Festival. Eloise completed a Bachelor of Circus Arts in 2003 and went on to co-create the comedy duo OzStar Airlines performing internationally and nationally for five years. In 2009-2010 Eloise was M.C. and acrobat with 'Circus Oz'. Her first solo endeavour, 'All you need is Love' an outdoor street/ festival show which has toured Europe. Eloise is 33 years old with 26 years in the industry, starting with Cirkidz in 1988. Eloise has performed in theatres, big tops, train stations, forests, caravan parks, on the street, the beach and islands in over fifteen different countries around the world. Eloise is first and foremost a fan of laughter but loves the power of performance to pull people together through shared experience of living, live moments. It is always more enjoyable to laugh with others than laugh alone!

[www.eloisegreen.com.au](http://www.eloisegreen.com.au)



## KAT WORTH

Kat Worth is currently the only certified 5Rhythms® teacher in South Australia. 5Rhythms® is a dynamic movement practice—a practice of being centred in your body. Created by Gabrielle Roth and practiced by tens of thousands worldwide, 5Rhythms® are Flowing, Staccato, Chaos, Lyrical, Stillness. Each Rhythm is interpreted by individuals in a uniquely personal way, opening you to a new sense of freedom and possibility that is both surprising and healing, exhilarating as well as deeply restorative. Kat teaches regular classes in Adelaide, Aldinga, Melbourne and is currently running a program with Arts in Health at FMC for staff to dance in their lunch break.

You can find Kat here:

[wholebodydancemovement.wordpress.com](http://wholebodydancemovement.wordpress.com) [www.5Rhythms.com](http://www.5Rhythms.com)

## THE INSTITUTE FOR CREATIVE HEALTH

The Institute for Creative Health is an independent, not-for-profit organisation that advocates for the arts to be delivered within health and social service organisations and the broader community, on a national level. We develop arts projects that improve people's health and wellbeing and support practitioners and organisations to better deliver arts and health programs.

We work collaboratively and in partnership with a range of organisations that support the Institute on an operational level and help to deliver our projects. We have a small team of ongoing and project based staff as well as volunteers who work on a range of initiatives including sector development programs, pilot projects and research. We have recently developed Arts and Health Leadership Groups in each state and territory and we are very keen to develop a cohort of artists, practitioners and administrators who can advocate for greater investment in arts and health and promote the sector more broadly.

At the conclusion of the Forum our Sector Development Director, Maz McGann will be conducting a short consultation session to discuss the priorities of the arts and health sector in SA and invite people to get involved with our work.

[www.instituteforcreativehealth.org.au](http://www.instituteforcreativehealth.org.au)

Maz McGann 0438 807 973  
info@instituteforcreativehealth.org.au

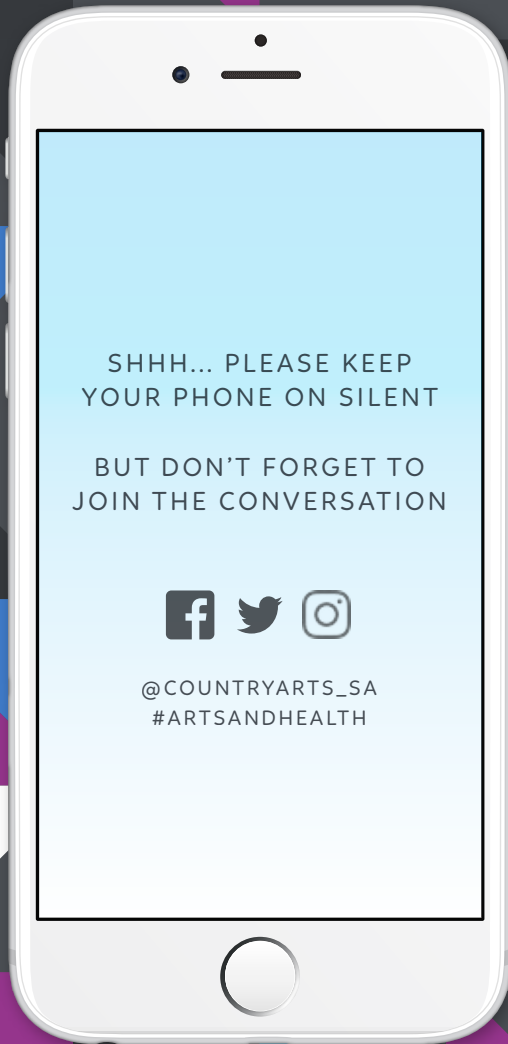
## THANK YOU

Producer: Jo Pike

Program Advisory Committee:  
Institute for Creative Health S.A. Leadership Group

Christine Putland, Sally Francis, Maz McGann, Michelle Krieg,  
Marg Edgecombe, Christine de Brenni, Dave Chapple,  
Lenore de la Perrelle, Sonja Vivienne, Glenda Needs, Maree  
Meredith

For Country Arts SA:  
Anthony Peluso, Marilyn de Nys, Kyra Herzfeld,  
Alison Howard, Matthew Bennett, H el ene Sobolewski,  
Beth Wuttke, Susan Altamura, Deb Hoare, Monica Hart  
Jayne Holland, Rebecca Farrant and Jenny Silver



[WWW.COUNTRYARTS.ORG.AU](http://WWW.COUNTRYARTS.ORG.AU)

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Please let Country Arts SA staff know if you do not wish to be filmed or photographed.