SUBJECT: Creating Wellbeing Program - 2013 Evaluation and 2014 Overview

AUTHOR: Jennifer Hamilton, Arts and Culture Officer

EXECUTIVE SUMMARY:


FINANCIAL IMPLICATIONS:

All costs are covered by the financial year 2013/14 budget.

RECOMMENDATION:

1. THAT the Creating Wellbeing Program - 2013 Evaluation and 2014 Overview report be received.

Signed:

______________________________

Endorsed by: ________________________

Director Community and Library Services
LINK TO DELIVERY PROGRAM

The relationship with the Delivery Program is as follows:

Direction:  4. Our Social Vitality

Outcome:  4.1.3 Improve social inclusion
          4.2.3 Provide translated community information
          4.3.1.4 Conduct creating wellbeing program
          4.7.3 Improve access to health and wellbeing services, including increased services for older people and people with a disability

BACKGROUND

In 2014 the Creating Wellbeing program enters its ninth year. Established as an outreach program for all members of the community, but specifically targeting those who experience social isolation and mental health problems, Creating Wellbeing continued to successfully meet its goals in 2013 and will grow and develop further in the next 12 months.

CONSULTATION REQUIREMENTS

Community engagement is not required.

SUSTAINABILITY STATEMENT

The following table provides a summary of the key sustainability implications:

<table>
<thead>
<tr>
<th>QBL Pillar</th>
<th>Implications</th>
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</thead>
</table>
| Environment      | • Careful marketing strategy enables a reduction in the printing runs required to reach target audiences, thereby reducing waste flyers.  
                    • The artists use non-toxic and biodegradable materials in their workshops.                                                             |
| Social           | • This program has high impact benefits for our local society.  
                    • There are significant social and health benefits for the participants in Creating Wellbeing (details of which are outlined below). |
| Economic         | • This program is inexpensive and sustainable in the long term.                                                                               |
| Governance       | • Contributes to the Community Strategic Plan.  
                    • Risk Management Plans are undertaken for each program and there are guidelines and process guidelines in place for excursions (Walking with Cameras). |

DETAIL

2013 Creating Wellbeing Program

The 2013 Creating Wellbeing Program offered a monthly creative workshop, led by professional artists. Each month the program was utilised by both regular and new
participants.

The program is underpinned by the philosophies of Art Therapy and the idea that creative activity can improve physical, emotional and mental well-being. Many of the regular participants have established friendships with each other, and meet up for social engagements between the workshops. New participants are encouraged and warmly welcomed into the group and each month new friendships are formed.

We also held two workshops based on these same community wellbeing philosophies at Greenway in October and November of 2013. These workshops attracted a number of the residents of various ages and cultural backgrounds. If more funding was to be directed toward the project, there is great potential to hold more events at Greenway in future. This also led to the translation of the brochure into Mandarin, to access the aging Chinese population at Greenway.

The Program was publicised online and through a mailout flyer (Attachment 1). Council has a mailing list of over 100 participants aging from early 20s to mid 70s that has grown in 2013. Council also promotes its quarterly program to a list of 40 different community and health services organisations.

2014 Creating Wellbeing Program

The 2014 program includes popular workshops such as Walking with Cameras and Potting with Pim, combined with an exciting new combination of art and gardening. Council has designed the program to create greater continuity between the workshops in the coming year.

Creative Gardening is new and will be offered twice in 2014 and is a combination of Art and Horticultural therapy, where participants will explore colour through collage and hone their gardening skills by seeding some plants. The workshop will be held and the Coal Loader and be run by Toni Salter, the vege lady. The painting workshops that follow also been thematically linked to the gardening, so participants get a sense of continuity over the year and also are encouraged to return to the course.

We have also built exhibition planning into the workshops to ensure the participants have the option of structuring their engagement with the program as towards an exhibition, while leaving the option open for participants just to drop in and drop out.

The 2014 program is as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>31 January</td>
<td>Creative Gardening</td>
<td>12.30pm - 4.30pm</td>
<td>The Coal Loader</td>
</tr>
<tr>
<td>28 February</td>
<td>Painting the Seasons and Exhibition Planning Workshop</td>
<td>12.30pm - 3pm</td>
<td>North Sydney Community Centre Art Room</td>
</tr>
<tr>
<td>28 March</td>
<td>Walking with Cameras and Sketch Pads</td>
<td>11.00am - 3.30pm</td>
<td>Cockatoo Island</td>
</tr>
<tr>
<td>11 April</td>
<td>Potting with Pim</td>
<td>12.30pm - 3pm</td>
<td>North Sydney Community Centre Art Room</td>
</tr>
<tr>
<td>23 May</td>
<td>Potting with Pim</td>
<td>12.30pm - 3pm</td>
<td>North Sydney Community Centre Art Room</td>
</tr>
<tr>
<td>20 June</td>
<td>Watercolours</td>
<td>12.30pm - 3pm</td>
<td>North Sydney Community Centre Art Room</td>
</tr>
<tr>
<td>Date</td>
<td>Workshop</td>
<td>Time</td>
<td>Venue</td>
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<tr>
<td>18 July</td>
<td>Lantern Making Crafternoon</td>
<td>12.30pm - 3pm</td>
<td>North Sydney Community Centre Art Room</td>
</tr>
<tr>
<td>22 August</td>
<td>Walking with Cameras and Sketch Pads</td>
<td>11.00am - 3.30pm</td>
<td>North Head &amp; Quarantine Station</td>
</tr>
<tr>
<td>12 September</td>
<td>Creative Gardening</td>
<td>12.30pm - 3pm</td>
<td>NS Community Centre Art Room</td>
</tr>
<tr>
<td>10 October</td>
<td>Painting trees, flowers and plants</td>
<td>12.30pm - 4.30pm</td>
<td>NS Community Centre Art Room</td>
</tr>
<tr>
<td>7 November</td>
<td>Potting with Pim</td>
<td>12.30pm - 3pm</td>
<td>NS Community Centre Art Room</td>
</tr>
<tr>
<td>5 December</td>
<td>Potting with Pim</td>
<td>12.30pm - 3pm</td>
<td>NS Community Centre Art Room</td>
</tr>
</tbody>
</table>
Attachment 1

![Creating Wellbeing Program](image)

**Creating Wellbeing Program**

**Program: Nov 2013 - Feb 2014**

- **12:30pm - 3pm**
  - 1 Nov: Potting with PM
  - 8 Nov: Potting with PM
  - 15 Nov: Potting with PM

- **12:30pm - 4:30pm**
  - 31 Jan: New Workshop Creative Gardening
  - 28 Feb: New Workshop Creative Gardening

- **12:30pm - 3pm**
  - 31 Jan: Painting the Seasons and Exhibition Planning Workshop

*North Sydney Community Centre, Civic Park (behind Stanton Library), 200 Miller Street, North Sydney*

Take some time out to unwind and discover your creative spirit in a warm and friendly environment. No experience is necessary and all materials are provided. If you have any enquiries or to book a place on the Creative Gardening excursions to The Coal Loader, please contact Jennifer Hamilton at North Sydney Council on 9936 8156 or jennifer.hamilton@northsydney.nsw.gov.au.

*Creative Gardening is an exciting new workshop that will involve collage, colour play and actual gardening. If you are interested be sure to book a place on the bus. Limousine bus leaves from North Sydney Council Car Park at 12:30pm and returns at 4:30pm.*

*Participants must be 18+

**Free Event**