

COMMUNITY PROGRAMS

Arts on Prescription



Arts on Prescription takes an innovative approach to public health and in particular to people with mental health issues who are at risk of social isolation. It brings together health and arts practitioners as active collaborators with local government and community agencies in improving individual wellbeing and health in our communities.

The focus is on prevention, early intervention and the management of longer term conditions and provides opportunities for friendship, new learning and support to enable them, in time, to take confident and positive steps forward in their lives.

The Arts on Prescription program runs over a 10-week period, with small groups of participants meeting for two hours each week. Sessions are run by professional, practising artists and are designed for everyone to work at their own pace and level of ability. No previous arts experience or skill is necessary.

To access this program, participants require a formal referral from their healthcare practitioner (GP, allied health professional, nurse, pharmacist, social worker, clinical psychologist or counsellor) and must be experiencing anxiety, depression or a mild to moderate mental health condition affecting their wellness.



COMMUNITY PROGRAMS

Arts on Prescription



The programs cover a range of different art forms, which may include; visual arts, artistic movement, music, singing, drama, creative writing, up-cycling of found objects and digital photography.

All teaching artists are fully qualified to run participatory arts workshops in a group-based setting and hold up-to-date National Police Checks.



Project Aims

- Alleviate social isolation and social anxiety
- Support people in making new and productive relationships

Project Outcomes

- Connecting with and contributing to a community
- Realising potential
- Deepen and extend creative expression
- Coping with life and working productively

Arts on Prescription addresses the five key principles that underpin the WA Mental Health Commission strategy, Mental Health 2020

- Respect and participation
- Engagement
- Diversity
- Quality of life
- Quality and best practice

For more information about Arts on Prescription please contact Miles Openshaw, Artistic Director at globetownproject@gmail.com or visit globetownproject.com.au