

## **Arts health and wellbeing Aotearoa**

### **Snapshots of inspiring practices**

We are inviting artists, practitioners, groups and organisations to contribute a brief 'snapshot' of the way/s they are involved in supporting health and/or wellbeing through the arts. This could be a snapshot of your ongoing, established work in this area or of a new project, initiative, or approach.

Our aim is to share these short examples of practice with as wide an audience as we can, to raise awareness of the rich range of arts, health and wellbeing practices in Aotearoa, to improve understanding of the many ways the arts can contribute to health and wellbeing, and to inspire other artists and practitioners in the field.

The 'snapshots' will be posted on the Te Ora Auaha: Creative Wellbeing Alliance Aotearoa website: <https://creativewellbeingnz.org/> and may be featured in one of ToA's bi-monthly e-newsletters.

If you would like your work to be profiled as a 'snapshot' of practice, answer the questions below and send the document back, in a Word compatible format, to Molly Mullen and Amber Walls **with two supporting images** (Please ensure images are high quality and give assurance that you have permission for us to publish the image online): [m.mullen@auckland.ac.nz](mailto:m.mullen@auckland.ac.nz) & [amberwalls2@gmail.com](mailto:amberwalls2@gmail.com).

We don't want this to be a big task, so aim for somewhere around *500 words in total*. We will then edit your text into a format for publication on the website and potentially in the e-newsletter.

**Name and brief description/narrative of your organisation/practice.**

**Outline or narrative of the aspect/example of practice you want to share.**

**In what way do you see your work contributing to health and/or wellbeing?**

**What have you/are you learning from this work that you think could be relevant to others involved in arts for health and wellbeing?**

**What's next? Where do you see this work going in the future?**

**If you can, please include a quote or perspective from someone who has taken part in your work, which they are happy to have shared on the ToA website/e-newsletter.**