



## About us

We are a national alliance for the arts, health and wellbeing.

Our mission is to contribute to a healthier, more flourishing New Zealand through the arts.

Te Ora Auaha provides a national focus for advocacy, research, connecting and strengthening this diverse, dynamic and interdisciplinary field. Our digital hub creates a shared platform to connect people working in isolation across the country. It will enable us to join forces to grow a thriving national community of practice supported by research and evidence, policy recognition and investment.

## Te Ora Auaha Development Group

We are researchers, strategists, health, arts, youth and community practitioners. We have been meeting informally since 2015 (and growing in numbers) with a shared goal to see

the arts fully valued as a vital contributor to the health and wellbeing of ALL New Zealand communities. Our current Development Group formed following a series of hui involving people working across the sector. We have been tasked with translating the shared aspirations that emerged from these hui into an action plan and national alliance. We are:

**Amanda Levey** - Programme Director, Arts Therapy Whitecliffe College of Art and Design, Secretary ANZACATA (Australia, New Zealand, Asia Creative Arts Therapies Association)

**Amber Walls** – Researcher-practitioner-activist, Creative Collaborative

**Asha Munn** - Art Psychotherapist, Waitemata District Health Board

**Borni Te Rongopai Tukiwaho** - Performer, Health Promoter

**Briar Monro** - Arts Practice Director, Community and Youth, Creative New Zealand

**Dr Lucy D’Aeth** - Public Health Specialist, Canterbury District Health Board

**Dr Molly Mullen** - Lecturer and researcher, University of Auckland

**Kathryn Hall** - Otago University/ Practising GP, Dunedin

**Kim Morton** - Manager, Otautahi Creative Spaces, Christchurch

**Moira Cluney** - Research and Information Manager, Mental Health Foundation

**Prof. Peter O’Connor** - Director, Creative Thinking Project, University of Auckland

**Richard Bengé** - CEO, Arts Access Aotearoa

**Taimi Allen** - CEO, Changing Minds

**Tiffany Singh** - Socially Engaged Artist

## Why is Te Ora Auaha needed?

Substantial international research and evidence demonstrate that the arts have a significant contribution to make to our health and wellbeing. They enrich everyday lives, strengthen communities, and are a valuable resource in health and social care. See the resource section of the Te Ora Auaha website for a wealth of evidence, such as *Creative Health*, 2017. This valuable report produced from the All-Party Parliamentary Inquiry into Arts and Health in the UK highlights an extensive field of practice providing unique creative responses to complex social and health challenges. It also shows significant levels of investment in the arts for health and wellbeing overseas in places such as the UK.

Here, we have excellent work happening across the country but we have not benefited from the same levels of research, recognition and investment. As a consequence we have less opportunities for people to participate and people working in the field face multiple barriers impacting on good practice, growth and sustainability.

This is the message we heard from people who attended our hui *Arts for Wellbeing: A Call to Action*, in March 2017. 45 representatives gathered from 36 national bodies, networks and organisations in Auckland, Wellington, Christchurch, Waikato, Bay of Plenty, Dunedin.



March 2017 hui: *Arts for Wellbeing: A Call to Action*

Participants included: researchers; artists; arts organisations; public health and mental health specialists; teachers; art therapists; museum specialists; youth and community development specialists; policy analysts; strategists and funders. Our hui explored challenges and aspirations for people working in very different arts/ wellbeing environments.

The hui told us that:

- There is some incredible work across the country but with inadequate resources, limited visibility, no policy recognition and unsustainable funding models
- The sector is especially diverse and fragmented
- The funding and policy environment encourages competitive and siloed working and discourages growth and innovation
- Greater understanding of what the arts can do for wellbeing (and how) is urgently needed. International evidence is good but we need our own
- The desire from the sector to work together to remedy all these things was outstanding.



September 2017 hui: *Growing the movement in Aotearoa*

Our second hui used a co-design process to transform aspirations into a shared kaupapa and goals.



### Other research has also informed our thinking:

- 2014-19 Amber Walls' University of Auckland PhD exploring the local and international practice and policy context for arts and wellbeing. This research (which was the original impetus for our first hui) has supported the case for Te Ara Auaha, and has provided content shared on our digital hub.
- 2017 International trips to a UK conference and meetings with arts and health leaders in the UK, Finland and Australia provided insights into the networks elsewhere.

- 2019 *Creative Youth Wellbeing Practice in Aotearoa: Mapping the Eco-system*. This University of Auckland research project led by Dr Molly Mullen, Amber Walls and Prof. Peter O'Connor has provided in-depth insights into challenges impacting the sustainability of organisations working in the field, and strengthened the case for Te Ora Auaha (report published in April).

## What we plan to do

Building on all of this work, we are excited to launch Te Ora Auaha: Creative Wellbeing Alliance Aotearoa. We launch an online digital platform full of resources, news, opportunities to connect, showcase, upskill and advocate for arts, health and wellbeing in New Zealand. We have an action plan focused on:

- **Strategic leadership** at national level
- **Researching and sharing** best practice and evidence
- **Building a credible Aotearoa evidence base**
- **Connecting and uniting** the field of practice
- **Building capacity and strengthening practice** through professional development initiatives
- **Growing innovative, cross-sector collaboration and learning**
- **Advocating for policy and practice** rooted in principles of equity, social justice and wellbeing for all

We are still emergent, and seeking resources to take this work forward. We invite people who share our kaupapa to get in touch, join our movement, and share your own work via the digital hub <https://creativewellbeingnz.org/>

## Thanks for your contribution:

University of Auckland; Waikato University; Otago University; Arts Access Aotearoa; Whitecliffe College of Art and Design; Creative New Zealand; ANZACATA (Australia, New Zealand and Asia Arts Therapies Association); Ara Taiohi; Museums Aotearoa; Mental Health Foundation; The Big Idea; Artists Alliance; Auckland Council; Waitemata DHB; Canterbury DHB Creative Spaces Networks; CAN (Creative Access Network); Arts in Corrections Network; Multiple organisations delivering arts and health programmes; Otautahi Creative Spaces; Corbans Estate Arts Centre; Creative Collaborative; Māpura Studios; Circability Trust; Tiffany Singh; Susan Jordan PLC; Toi Ora Trust; Changing Minds; Interacting Theatre; Arts Therapy in Schools; Taurima Vibes; and numerous artists and art therapists.

## Thanks also to our funders so far:

