

CULTURE DOSE: Art and Wellbeing



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Background

Cultural Vitamins



Arts on prescription for individuals
experiencing depression

Professor Katherine Boydell



The evidence



- Reduced blood pressure
- Less panic attacks
- Cost effective
- Decreased anxiety and depression
- Increased self-esteem
- Greater quality of life
- Enhanced social connectedness
- Reduced ED presentations

Bringing culture, health and the social sector together

What is social prescribing?



The Arts on Prescription Program



In their words...



"After last week's session, I sang in the car on the way home. I can't remember the last time I did that."



"I can get through Monday and Tuesday now, knowing that our Arts on Prescription session is on Wednesday."



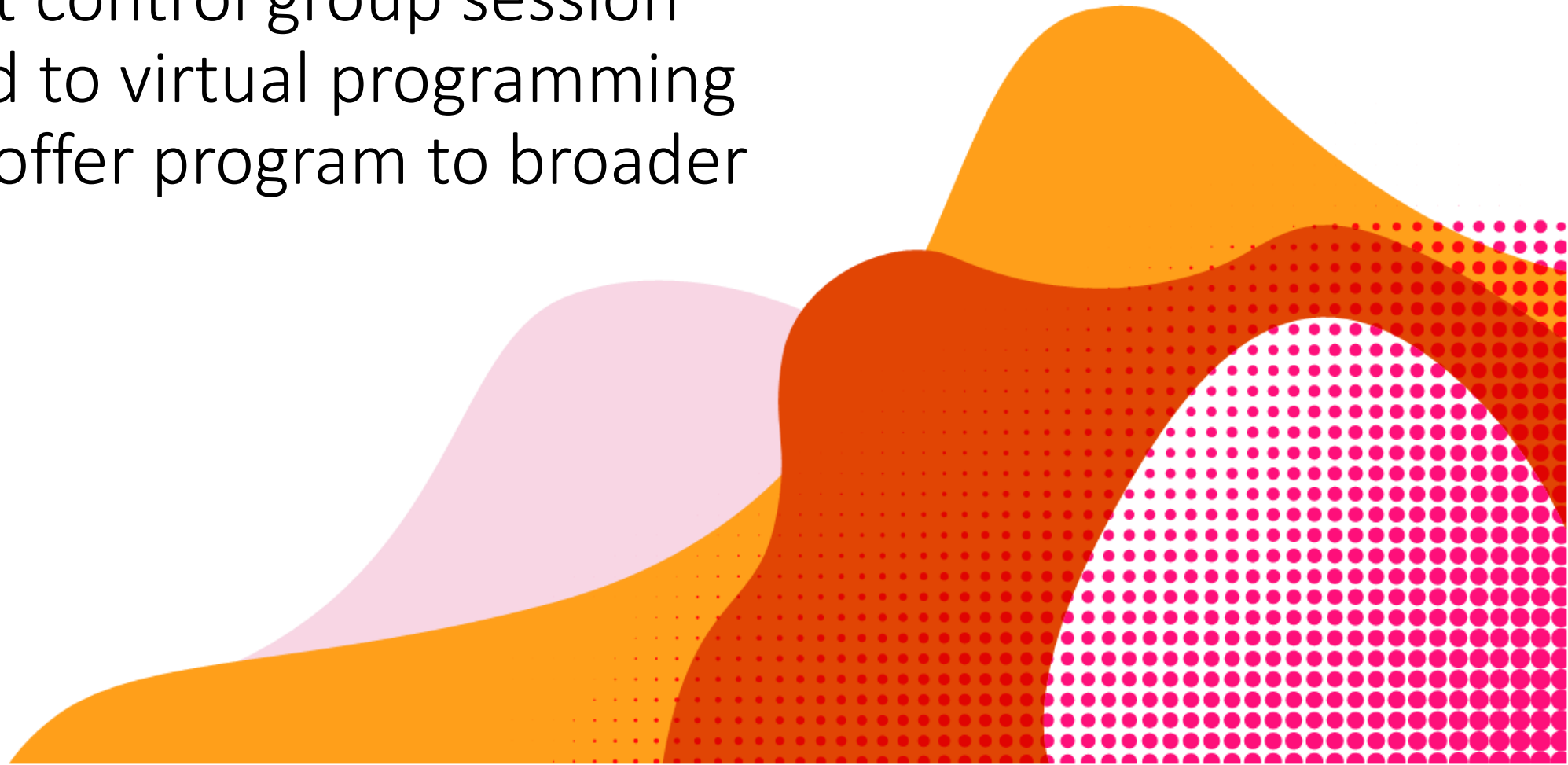
"The Arts on Prescription program kick-started me out of a dark place."



COVID-19: Program Interrupted...



Mid wait list control group session
Transitioned to virtual programming
Request to offer program to broader
public



CULTURE DOSE: Arts and Wellbeing

A virtual arts engagement program for the general public



Spencer Gore, The Icknield Way

Session 1: Staying Present



W.C. Piguenit
The flood in the Darling

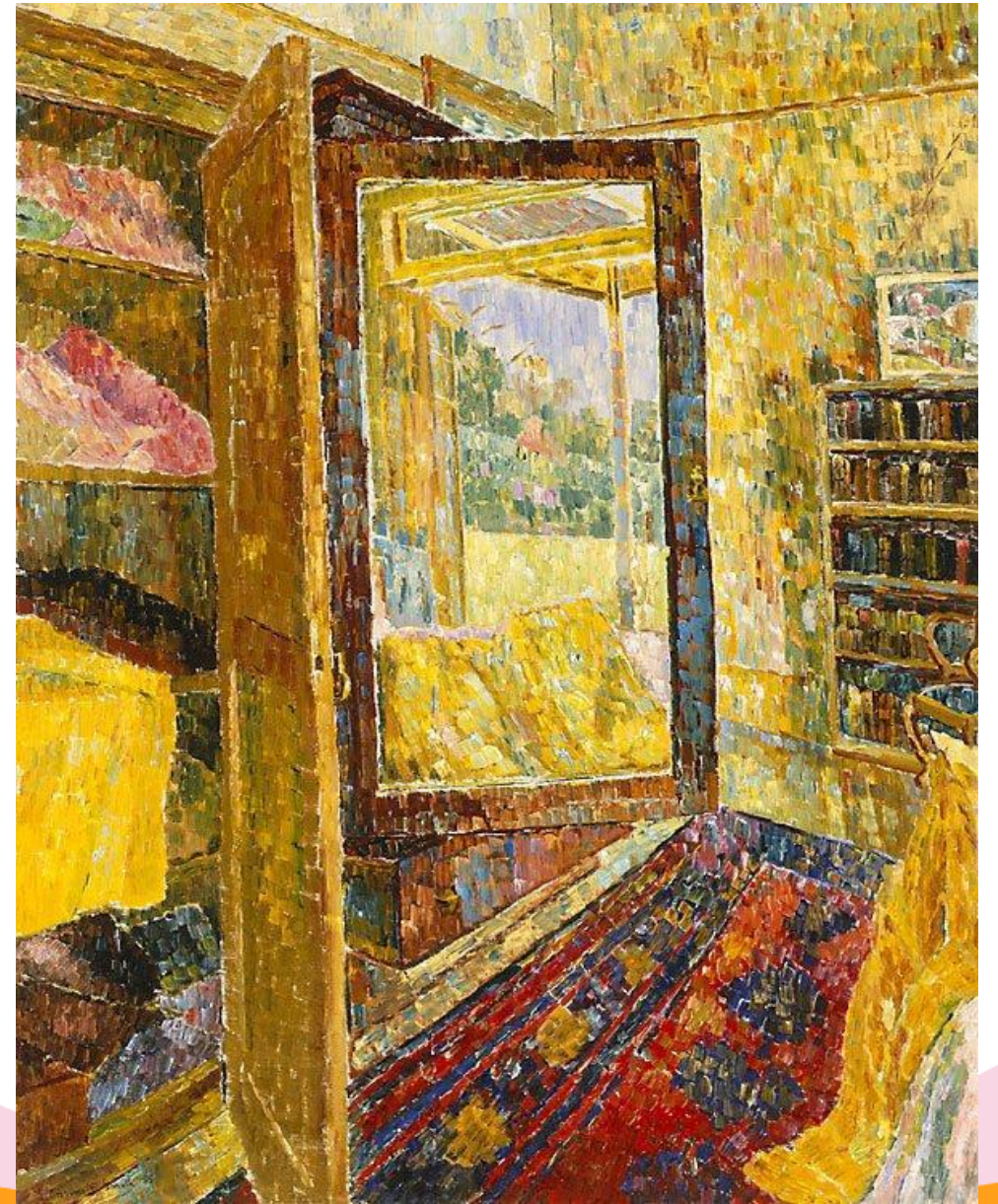
Session 2: Joy in Everyday Life



Noel McKenna
Lilyfield twilight (1998)



Session 3: Imagining in Colour



Grace Cossington Smith
Interior with wardrobe mirror

Audience Response

A dose of mid week sanity in the school holidays in a pandemic

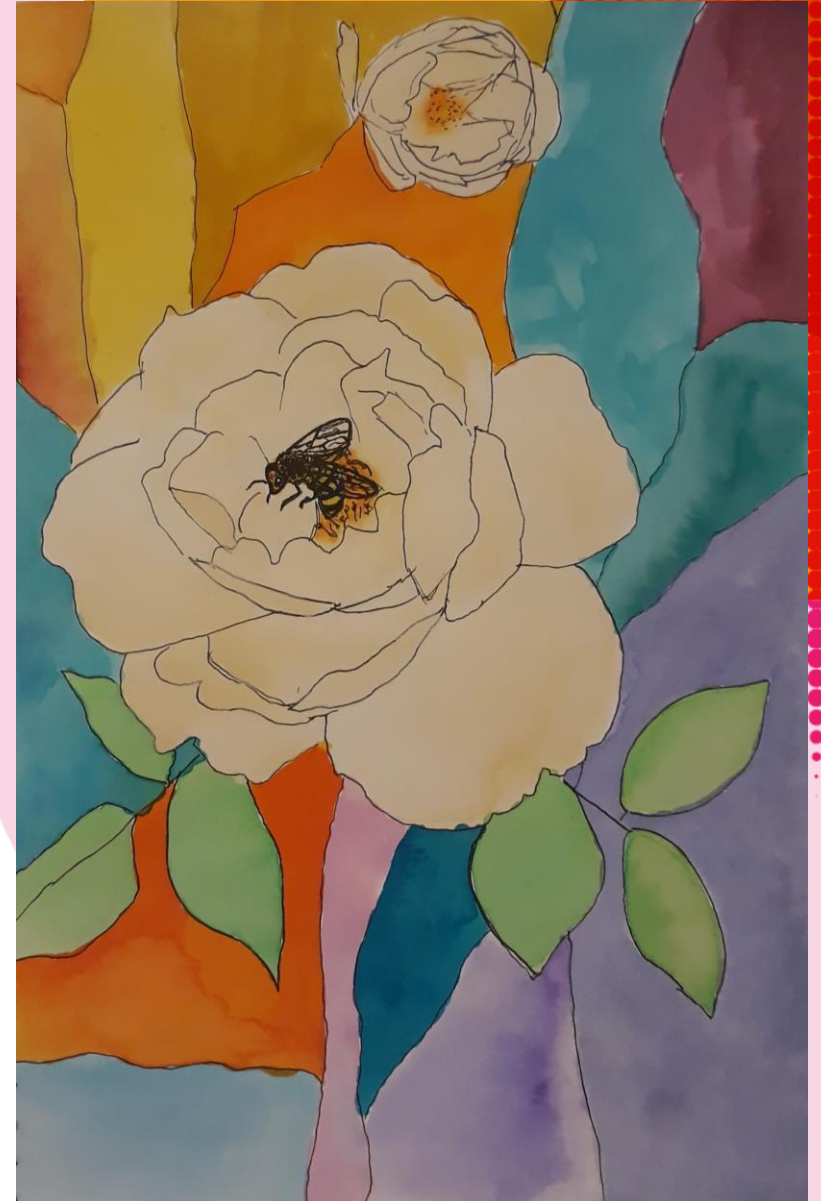
Learnt about art works I didn't know. Relaxing and positive. Easy from my home especially on a dismal day and lockdown

Interactive with participants and calm and slow.....we all need to slow down and be present sometimes!

*Choice and sequence of artworks was excellent, facilitators were great - good mix of open ended questions, prompts and ideas to **stimulate thought** and discussion. I really like how much time was spent on each work. In a gallery it's often hard to find the time/space to contemplate the work in such depth. Also liked how **inclusive** and **interactive** it was - the facilitators did an excellent job of incorporating participant comments and using them to stimulate further discussion, but always coming back to the artwork and not letting us stray too far from the image and **the present moment**.*



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After the session

The webinar recording is uploaded on both the Black Dog Institute and Art Gallery of NSW dedicated webpages. Participants are encouraged to take an hour to yourself to engage with the presentation and discuss their observations and insights with others, in their own time.

At the end of the session, we also encourage participants to create their own works inspired by the experience. They are invited to share them here or by emailing us at culturedose@blackdog.org.au



She went back today

Thank you

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