

MEDIA RELEASE

Thursday 14 June 2018

Wild creativity shines through for youth mental health

Students from high schools across Newcastle, Port Stephens and the Hunter will come together to showcase their artistic flair on Monday at the Youth Arts in Recovery (YAIR) day.

The workshop at Newcastle Museum aims to enhance mental health and wellbeing and increase community partnership by providing practical, creative and therapeutic art projects for young people in the local area.

headspace Newcastle Community Development Worker, Danielle Schmidt, said the program will be fun, interactive and engaging with local emerging artists volunteering their time to run creative workshops for young people to get their hands dirty.

“We are excited to be a part of this initiative, together with Samaritans and Flourish Australia, and it has been wonderful to see so many community organisations coming together to collaborate. We know that art and music are important outlets for young people to express themselves and can have a positive impact on mental health and emotional wellbeing.”

Local artists involved in the day include:

- **UP&UP Graffiti Workshops** - Interactive Hip Hop music & DJing. Young people can learn about DJing and have a try at scratching and beat matching.
- **Naomi Wild – Art Therapist** - Art Therapy provides a safe and supportive environment where, via the use of various materials, one taps into their creative side, encouraging a holistic and integrative healing process.
- **Newcastle Art Gallery** - A relaxed pop-up portrait drawing session for high school students who are interested in thinking about, and making portraits
- **REACH** - One of the crew from REACH will be guiding young people through painting to music, using different types of music and painting whatever comes to mind when they hear certain sounds
- **Acrylic Workshop** - Acrylic pouring is an interesting, modern way of painting with acrylic paint; no brushes involved.

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