

## MEDIA RELEASE - 17 May 2016

### Comedian Peter Rowsthorn to host creative arts project showcase event in Perth

UnitingCare West is proud to announce that Peter Rowsthorn will host the inaugural showcase event of the “Unleashing your Creativity” workshops at the WA Ballet Centre, Maylands on Wednesday 25 May 2016.

This free, community event is set to entertain all who attend, and will showcase the hard work, commitment and talent of more than 80 participants that attended the series of free workshops. The workshops were designed to provide exciting opportunities for people experiencing mental health challenges, their family, friends, carers and support workers.

The project, which was funded by 360 Health + Community and Partners in Recovery, saw UnitingCare West work with 360 Health + Community’s Partners in Recovery program, APM PHaMs, TMP (*Creation in Mind*) and RUAH, to run more than 100 workshops alongside professional facilitators.

The range of 11 workshops ran on a weekly/fortnightly basis across Perth for three months and included group singing, body percussion and dance, build and play your own ‘Junk’ instrument, comedy, hip-hop song writing, photography, art and many more.

There was an overwhelming response to all of the workshops, with all participants relishing the opportunity to explore their creative side in a supportive and safe environment, highlighting the project’s aim of creating more opportunities for people most in need to belong and thrive.

“These workshops have changed my life. I have grown in self-confidence. I want to take my singing to the next level. I cannot wait to take the next step”, said Tara, one of the workshop’s participants.

The workshops have also helped participants to develop strategies to cope with anxiety and depression along with assisting them in overcoming isolation, loneliness and social disconnection.

Many of the participants developed new friendships and are continuing to stay in touch with each other outside of the workshops. The project has also given people the opportunity to explore their creativity and develop new hobbies and interests. Participants have been connected with other art groups and organisations to continue the development of their creative skills and self-expression through art.

For further information on the showcase event and to RSVP, contact Louise Naylor on 9220 1288 or [louise.naylor@unitingcarewest.org.au](mailto:louise.naylor@unitingcarewest.org.au)

### **Event Details**

**Date:** Wednesday 25 May 2016

**Time:** 11.00 – 14.00

**Venue:** WA Ballet Centre - 134 Whatley Crescent, Maylands

### **Contact Details**

**For quotes and comments please contact:**

Sue Ash AO, Chief Executive Officer, UnitingCare West

Phone: 9355 9002

Email: [sue.ash@unitingcarewest.org.au](mailto:sue.ash@unitingcarewest.org.au)

**For more information and photo opportunities please contact:**

Vicky Arnold, Manager Marketing and Advancement, UnitingCare West

Phone: 9355 9115

Email: [vicky.arnold@unitingcarewest.org.au](mailto:vicky.arnold@unitingcarewest.org.au)



### **About UnitingCare West**

UnitingCare West touches the lives of over 30,000 individuals and families each year. With 360 staff members and over 650 volunteers, UnitingCare West is a community service agency that has a mission to work with people and communities so those most in need can belong and thrive. UCW operates over 36 community service programs from 17 sites across Perth, reaching as far North as Merriwa and as far south as Great Southern, in the areas of community housing, accommodation, homelessness, family support, mental health and disability services. UnitingCare West's clients include those in the community experiencing financial hardship, domestic violence, child abuse trauma, mental health issues and disability to name a few.