



MONDAY 13 NOVEMBER 2017 | 9am to 5.30pm

PERFORMING ARTS WELLBEING SUMMIT

THE STUDIO, SYDNEY OPERA HOUSE

SUPPORTED BY CREATE NSW



Create NSW
Arts, Screen & Culture

HOW CAN THE SHOW GO ON?

PERFORMING ARTS WELLBEING SUMMIT

This summit has been developed and implemented by the NSW Performing Arts & Screen Wellbeing Working Group made up of dedicated industry volunteers. This summit is produced by Theatre Network NSW and is made possible through the support of Sydney Opera House and Create NSW.

The Welcome Desk at the main doors to The Studio acts as your summit hub throughout the day. There you can get information about the day, pick up resources and connect with other delegates. If you need to be escorted to a break-out location or to meet with a particular person our Working Group volunteers there can help. No question is too big or too small!

Peer Workers: Peer Workers from Flourish Australia who are here today for you to connect with and show you their work 'in action'.

Mental Health Support: Psychologist, Peter Delany and Psychotherapist, Lisa Schouw will be coming in to run a Health Conversations hub to support or provide advice should you need to day. We will introduce them later.

Venues: For assistance in finding breakout venues or other facilities please check the maps in the foyer or ask at our Welcome Desk.

Social Media: If you are tweeting today please use the hashtag #wecandobetter which you'll see on the screens and in your programs. Please feel free to drive constructive feedback, ideas, conversations and connections into the summit conversations and actions through this hashtag or email Jane Kreis, Summit Producer, Theatre Network NSW, director@tnn.org.au

Catering: Your summit ticket includes morning tea, a picnic lunch (which you can have inside or outside) and afternoon tea. Additional food can be purchased at the Portside Café in the foyer.

Photography/Recordings: A photographer, Katy Green Loughry, will be taking photos from 9am until 12noon and the event will be recorded.

PROGRAM

When	What	Who	Notes
7.15 am - 8 am	Free Yoga at Sydney Opera House	Join Sydney Opera House Yoga at the Concert Hall at the Northern Foyer and embrace the morning	Free yoga session. Mats provided. Please RSVP to Jenny Muldoon on JMuldoon@sydneyoperahouse.com
8 am - 3.30 pm	Welcome Desk	Situated outside The Studio, Western Foyer, Sydney Opera House, the Welcome Desk will be open from 8 am and is manned by volunteers from the NSW Performing Arts & Screen Wellbeing Group.	Pick up your name badge, sign up for your breakouts and meet with other participants, pick up resources presented as part of the summit, and connect with support through the Health Conversations Drop-In Lounge nearby.

When	What	Who	Notes
11 am - 1.30 pm	Health Conversations - Drop in Lounge & Flourish Peer Workers	Psychologist, Peter Delaney Psychotherapist, Lisa Schouw	Peer Workers from Flourish Australia will be in attendance on the day to provide support and an example of Peer Work Programs in action.
9 am	Sydney Opera House Choir	Sydney Opera House Choir led by Jenny Muldoon , Head of Security, Emergency Planning and Response.	Let the Sydney Opera House Welcome you with song. The Choir is a wellbeing initiative run by Sydney Opera House. Be prepared to join in!
9.05 am	Welcome To Country	Welcome to Country Address by Yvonne Waldon , Chair of the Metro LALC (Sydney)	We would like to acknowledge and pay respect to the traditional custodians of the lands on which we work, live and create and on whose lands we gather together today for this summit.
9.10 am	Master of Ceremonies Introduction & Housekeeping	Lex Marinos , Master of Ceremonies	Settle in and let our experienced Master of Ceremonies, Lex Marinos, ground you in the day's
9.20 am	Call to Action	Deborah Mailman AM	Deborah presents the purpose and call to action for the day.
9.30 am	A National Perspective	Susan Cooper , General Manager, Entertainment Assist	Susan present's the Industry context and catalyst for action both through Entertainment Assist's research data and industry stories. Susan will also speak to the recently launched Arts Alliance for Wellbeing in Entertainment (AAWE).
10 am	NSW Mental Health Commission	Fay Jackson , Deputy Commissioner, NSW Mental Health Commission	Fay will speak to us from her vast experience and variety of roles in addressing mental health including her own lived experience. In addition to serving as Deputy Commissioner since 2013, Fay is General Manager, Inclusion at Flourish and CEO of her own company, Vision in Mind. Susan and Fay will take Q&A together after Fay's presentation.
11 am	Morning Tea		In The Foyer
11.30 am	Approaches to wellbeing from other industries	Marie Jepson , Executive Director, The Tristan Jepson Memorial Foundation	Learn how The Tristan Jepson Memorial Foundation has led the way in decreasing work related psychological ill-health in the legal community promoting workplace psychological health and safety.
11.50 am	'That's The Spirit'	Lisa Walton and Kay Armstrong from Milk Crate Theatre with four of the Milk Crate performers present an excerpt from their show 'That's The Spirit' part of the company's mental health trilogy	Experience the concepts of Mental Health First Aid (MHFA)...performing arts style.



When	What	Who	Notes
12 pm	The Arts Wellbeing Collective – a case study	Tracy Margieson, Arts Centre Melbourne	The Arts Wellbeing Collective will share with us information on this Victorian industry model, how it was created, what it does, and provides insight into how NSW might learn from this pilot.
Please nominate which breakout group you wish to participate in at Welcome Desk on arrival.			
12.10 pm	Breakout #1a	Facilitated by Entertainment Assist with Everymind (formerly The Hunter Institute)	Sector Breakout sessions that enable delegates to discuss, identify and prioritise what sector action is needed. These sessions provide direct feedback into AAWE and the Prevention First Framework as well as the Summit's Call To Action.
12.10 pm	Breakout #1b	Facilitated by Dr Mark Seton Consecutive breakout for families and support people of arts workers	This breakout group is specifically to consider the challenges or ways people are dealing with the problems of being family, significant others or support people of arts workers.
1.10 pm	Lunch	Grab your picnic lunch and enjoy the Harbour or make use of the Health Conversations in the foyer, connect with other delegates and remember to check you've registered for your afternoon break-outs at the Welcome Desk. Morning Break out session notes will be on display in the Foyer over lunch for you to consider and add to.	
2 pm	Panel - What is Wellbeing, conflicting objectives – how do you get it?	Chaired by Dr Kate Reid Andrea Warr (Wiser Life - workplace wellbeing consultancy) Fay Jackson (Flourish and Deputy Commissioner, NSW Mental Health Commission) Simon Ward , Equity Wellness Committee Alison Ebeling , WHS Trainer/TAFE Margot Politis – Self Help Arts Mark Seton – ASPAH	This panel provides a series of discussions and micro-presentations that consider what wellbeing might look like for our industry based on a range of professional and personal experiences.
3 pm	Afternoon Tea	In The Foyer	
3.30 pm	Breakout #2: Workshops & Specialist Sessions	Registration at front desk at arrival on sign-up sheets. Places limited. Once one is full please nominate another session. If you opt out of a session please advise registration desk so someone else could use your place.	
	Resilient Vulnerability©	'Resilient Vulnerability' © Dr Mark Seton, SenseConnexion	This session is an example of building resilience in the self within a cultural industries context. This is a small group and early registration is recommended.
	How Mindfulness Can Help The Show Go On	Robert Meredith, The Potential Project	Practice-led example of how to develop mindfulness for individuals.



When	What	Who	Notes
	Industry-led interventions	Facilitated by Bethwyn Serow , AMPAG INDUSTRY-LED INTERVENTIONS: What's happening now and what has come before? We will hear from: Tom Jeffrey , Motion Picture Industry Benevolent Fund Sharon Davis , Equity Wellness Committee Ian (Piggy) Peel , Australian Road Crew Association Joanne Cave , Support Act	What was the motivating factor that led to industry groups to form their own programs for support and change that in turn has led to the formation of benevolent funds or new ways to work with those funds, information databases and support services, social media campaigns and networks. Who and what's involved, what is their impact and how have they been sustained? Delegates and speakers will consider: Can we connect and build on the industry interventions that have gone before without duplication? Where are the gaps? Where should industry's response and responsibilities end and health and social service support take the lead?
	Going on Tour	Facilitated by Penny Watts , Monkey Baa & Emily Collins , Music NSW	This session explores the resources for companies and tour workers pre, during, and post-tour. What is working to provide support and what isn't? Be prepared to come up with solutions as part of this 'tour-ready' breakout.
	Going Solo - Advice for independents and small business	Facilitated by Irene Lemon Presented by Monica Davidson , Creative Plus Business	A session on looking after yourself as a freelance artist and what small business resources are available for the wellbeing of arts entrepreneurs.
4.30 pm	Presenting positive stories of change that are being led by those in the sector	Facilitated by Pecha Kucha That's the Spirit presented by Judith Bowtell , Milk Crate Theatre Heads Will Roll presented by Margot Politis , Self Help Arts Sydney Opera House Health & Wellness presented by Angela Bateman , Safety, Sydney Opera House.	Presenting positive stories of change that have been led by our sector. These inspiring case stories are independently committed to making changes the presenters would like to see in their industry.
5.15 pm	Summit Wrap	Lex Marinos , MC and Members of NSW Performing Arts & Screen Wellbeing Working Group	We review the day's conversations, ideas and actions with a focus on improving awareness, resources and action around wellbeing in the NSW Performing Arts & Screen industry and our peers, family and friends.
5.30 PM	Summit Close		



BIOGRAPHIES

Please meet the speakers, panellists, and working group.



Kingston Anderson

CEO
**Australian Directors Guild &
Australian Screen Directors
Authorship Collection Society**

Producer and former SPAA NSW Chapter head, Kingston Anderson, is the General Manager for the Australian Directors Guild. Anderson comes from a theatre and film background working as a theatre director, film and television producer, as well as a consultant for screen organisations across Australia. He was the manager of the Production Liaison Unit of the NSW Film and Television Office for three years and has served on a number of boards, including the Association of Film Commissions International. He produced Aftershocks (SBS), Taxi School (SBS), A Frontier Conversation (NITV) and Kulka (NITV).



Kay Armstrong Milk Crate Theatre

A graduate of WAAPA, Kay has worked professionally as a performer and choreographer in theatre, film, television, corporate theatre and street theatre for the last 26 years. In 2017, Kay is developing a body of interdisciplinary work called HALF, which looks at ageing. She presented part of

this work at Platform Shorts and is currently creating a photographic essay around the ageing female body. Two of her visual artworks in photography and video art were selected and exhibited as finalists for the 2016 Fishers Ghost Art Awards at Campbelltown Arts Centre, and she is a finalist in the 2017 Head On Photo Awards, a prestigious international photographic competition, as part of the 2017 Head On Photo Festival.



Angela Bateman Head of Safety Sydney Opera House

Angela Bateman is an occupational health and safety professional with nearly 20 years' experience in the industry. She currently holds the role of Head of Safety at Sydney Opera House, where she leads the Corporate Safety, Event Safety and

Health Centre teams. Angela has held roles as a State Inspector with WorkCover NSW and General Manager Safety with the State Transit Authority of NSW. In the corporate sector, Angela has been the National OHS Manager for Coca-Cola Amatil, Kellogg Company and National Foods. She holds a Graduate Diploma in Occupational Health and Safety from the University of Adelaide, and a Bachelor of Applied Science in Occupational Therapy from the University of South Australia.



Judith Bowtell CEO Milk Crate Theatre

Judith has had more than 20 years' experience in arts strategy and policy, in funding and cultural agencies, and leading arts companies and not-for-profits as manager, chair and board member. She was a previous Director of Strategy and Policy

at Arts NSW, Director of Policy and Communications at Screen NSW and Policy Manager for Film Australia. As an independent coach and consultant she has worked for Australia Film Television and Radio School, Museum of Australian Democracy, Fremantle Media, Metro Screen, Advance Diversity Services, Dress for Success Sydney and Sydney Youth Orchestra. She has previously been a board member of Milk Crate Theatre and was Chair of PACT Centre for Emerging Artists.



Joanna Cave Support Act

Joanna has over 20 years CEO experience in charity and not-for-profit organisations in the UK and Australia. She holds a BA (Hons) in Fine Art, a Postgraduate Diploma in International Copyright Law and is a graduate of the British Prime Minister's Leadership Programme. In 2013, Jo was

appointed as Support Act's first Chief Executive. Support Act is a charity, unique in Australia, providing crisis relief services for artists and music workers.



Morwenna Collett CEO Accessible Arts NSW

Morwenna Collett is an experienced leader, project manager, lecturer and consultant. She is currently on secondment as interim CEO of Accessible Arts, the peak arts and disability service organisation across NSW. Morwenna's substantive position is as

manager, Project Controls and Risk and Disability Champion at the Australia Council for the Arts. Morwenna is also a lecturer in the Music Faculty at the University of Sydney and sits on the Sydney Arts Management Advisory Group, the City of Sydney's Inclusion (Disability) Advisory Committee and the Australasian Chamber Orchestra's Disability Advisory Committee. Morwenna has Honours and Masters degrees in Music (flute performance and research) from the Queensland Conservatorium, Griffith University and was the recipient of the University Medal.



Emily Collins

CEO
Music NSW

Emily Collins comes to MusicNSW as former Development Manager at FBi Radio in Sydney. Emily has worked in the music industry in a variety of capacities since first moving to Sydney from Darwin in 2002, including working on music festivals,

doing marketing and publicity for bands, and being in various bands herself. She also put on a 10-band music festival in her very own backyard!



Susan Cooper

General Manager
Entertainment Assist

Susan is a project management, events, marketing and business development specialist. For over twenty five years, Susan has developed, coordinated, managed, marketed and promoted major festivals and events, directed and produced major

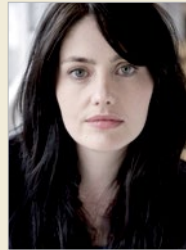
theatrical productions, developed strategic and marketing plans, provided graphic design and photography and managed businesses for corporate, educational, private and government organisations. For nine years, Susan managed Kingston Arts Centre leading the business to achieve four consecutive Australian Achiever Awards with a consistent 100% rating for Customer Care & Attention. Susan is also Managing Director of Paragon United Artists.



Monica Davidson Create Plus Business

As an award-winning expert on the creative industries, Monica began her creative life as a freelance journalist and filmmaker before starting a film production company in the early '90s. Monica authored the Australian version of *Freelancing for Dummies*, is a regular guest lecturer at

institutions including AFTRS, NIDA, NAVA and Ausdance, was appointed the first NSW creative industries business advisor through SmallBizConnect in 2013, completed a Master's Degree in Screen Business at AFTRS in 2014, and in 2015 was named as one of the Westpac 100 Women of Influence for her work in the creative industries. In 2016, her award-winning company Creative Plus Business Group joined the City of Sydney Creative Spaces project, and in 2017 joined the NSW Government's Business Connect program as creative industries specialist business advisor.



Sharon Davis

Equity Wellness Committee

Sharon Davis is an actor, director, producer, and industry advocate. She began her professional career in Newcastle and went on to complete her actor training at The Victorian College of the Arts. Since then, she has worked extensively throughout the industry in theatre, film and TV working in

both commercial and independent sectors as a performer, director, and producer. Sharon has been a proud member of Equity since 2002 and has been working actively with the union to help support and advocate for the rights of working artists in Australia. She is Vice-President of Equity Victorian branch and an active member of the Equity Wellness Committee and the National Performers Committee.



Peter Delaney Psychologist

Peter Delany is a coaching and counselling psychologist at Delany Wright Pty Ltd, and holds a Master of Science in Coaching Psychology at Sydney University. He is an advocate for mindfulness practice, speaking openly about mental health in schools and the workplace, and raising awareness of the

idiosyncratic mental health and wellbeing pressures facing those in the entertainment industry.



Alison Ebeling TAFE NSW

Alison Ebeling is an experienced learning and development practitioner, engaged in design and delivery of Work Health and Safety competency based training for the performance and events sector as well as a broad cross section of industry. Working both as an independent contractor and

within TAFE NSW, Alison has a diversity of experience, facilitating practical outcomes for participants. She believes that work health and safety is integral to daily workplace operations and should have a practical application – not as a legislative burden.



Bronwyn Edinger

Chair
Theatre Network NSW

Bronwyn has 25 years' experience in the management of the performing arts as a CEO and consultant. She is currently Principal of Independent Thinking and Associate Director with Aegeus Executive Search. Her arts industry roles include

founding General Manager of Perth Theatre Company, General Manager of Arts on Tour NSW, Director of Illawarra Performing Arts Centre (Merrigong Theatre Company), General Manager of Black Swan State Theatre Company, General Manager of City Recital Hall Angel Place, and General Manager of Bell Shakespeare. Bronwyn has been president of both the national (APACA) and NSW performing arts centres' associations (NAPACA).



Julia Edwards

Development Manager
Entertainment Assist

Julia has a professional career commencing in marketing and product management roles with influential retailer brands. Over a decade ago, Julia transitioned into the not for profit sector applying her commercial skills passionately to charitable causes. Julia

has since managed and lead teams in a vast range of fundraising, marketing and development roles for organisations including Guide Dogs NSW/Vic, Amnesty International, Garvan Research Institute, Ovarian Cancer Australia and Prostate Cancer Foundation of Australia.



Desmond Edwards

Performer
Milk Crate Theatre

Desmond is a storyteller, magician, educator and actor based in Sydney. He started his career in the mid-70s by performing in a number of punk rock bands in New Zealand. After migrating to Australia, Desmond studied mime and movement

with Madame Zora Semberova of the Australian Mime Theatre. In the early 1980s Desmond launched a street performance duo, before joining the Cabaret Conspiracy, an ensemble of artistes who lived, worked and performed together in Darlinghurst. Desmond was a resident at the original Comedy Store Sydney, where he performed as a comic juggler under the name Denzil Best. Desmond made his Milk Crate Theatre debut in the community Forum Theatre production of *Turning Towers*, and went on to perform in their Forum Theatre show *That's The Spirit* at Riverside Theatres (2017). Desmond has a passion for exploring Australian history through performance.



Imogen Gardam

Artistic Administrator
Bell Shakespeare

Imogen Gardam joined Bell Shakespeare in 2015 as Executive Assistant, and has since been appointed Artistic Administrator, supporting General Manager Gill Perkins and Artistic Director Peter Evans. Imogen works across casting and contracting for the

Company. Imogen is a graduate of Media and Communications from the University of Sydney, and has previously worked for Hopscotch Features, Entertainment One Australia and The Festivalists.



Fay Jackson

Deputy Commissioner
NSW Mental Health Commission

Fay Jackson experienced mental ill health from her early teenage years and was diagnosed with bipolar disorder at the age of 37. Early medical advice included that she would not be able to work and would have limited ability to contribute to the

lives of those around her, advice which devastated her. Following the death of an adored brother, Ms Jackson decided to become a potent champion for people with mental health issues, and show her daughters and others that there are ways of living well with mental illness. At the age of 40, she was appointed to her first permanent role as a mental health advocate, and has since gone on to hold a number of roles drawing on her lived experience. In addition to serving as Deputy Commissioner since 2013, Ms Jackson is General Manager, Inclusion at Flourish and CEO of her own company, Vision in Mind.



Tom Jeffrey AM

Motion Picture Industry Benevolent Society (MPIBS)

For the past seven years, Tom Jeffrey has been the Motion Picture Industry Benevolent Society's Chairman of Investigation and Relief. Tom wrote, directed and co-produced the film, *The Odd Angry Shot*. Other film and TV credits

include David Williamson's *The Removalists*; *Five Times Dizzy*, the multi-award winning children's drama mini-series for SBS TV; and the ABC TV drama serial *Pastures of the Blue Crane*. Positions include Chairman of the Film, Radio and Television Board of the Australia Council 1975-76; Chairman of the Australian Film and Television School 1976-81; and President of the Screen Producers Association of Australia (SPAA) 1997-2000. Tom received the 2006 ASDA Accreditation Award in recognition of Excellence in Direction and in November 2010 was made a Life Member of the Screen Production Association of Australia. In 1981, Tom was appointed a Member of the Order of Australia (AM) for his services to the Australian film and television production industries.



Marie Jepson

Executive Director
The Tristan Jepson Foundation

The Foundation was founded by Marie and her husband, George Jepson, in 2008 in memory of their son Tristan, a young lawyer and comedian who took his own life after a long battle with depression. The Tristan Jepson Memorial Foundation

(TJMF) is an independent charity, which aims to raise awareness, educate and reduce the stigma of mental ill-health in the legal community by building effective models of support which focus on mental wellbeing. In recent years TJMF has broadened its focus to include the prevention of avoidable workplace stressors by promoting a psychologically safe and healthy legal workplace. Since its inception, TJMF has established itself as a reference point and facilitator of information in the area of depression and anxiety in the legal profession. In 2014 the Foundation released the *TJMF Workplace Wellbeing: Best Practice Guidelines for the Legal Profession* and is proud to have more than 180 national and international legal workplaces that have chosen to become signatories and that interest in the guidelines has crossed professional boundaries to include the medical profession and the performing arts.

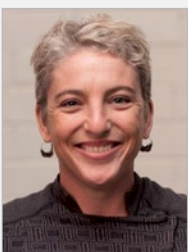


Kiri Morcomb

Manager
Ausdance NSW

Kiri works as Manager for Ausdance NSW and recently for Campbelltown Arts Centre as a curator for Contemporary Dance. Co-ordinating a textile based arts group for diverse communities based in Parramatta, called WeAve Parramatta, her passion is in

diverse communities and social inclusion through the arts. Kiri has also worked for the Australia Council for the Arts in Arts Funding for the Dance sector, for Blacktown Arts Centre as Performing Arts works with and for the communities of Blacktown and Western Sydney. Kiri has studied in design, specifically fashion at CIT, contemporary dance, UWS and has completed courses in Costume design and Wardrobe standby, AFTRS.



Jane Kreis

Director
Theatre Network NSW (TNN)

Dr Jane Kreis is the Director of Theatre Network NSW. Jane has over 20 years' experience in the Australian arts and cultural industry and academia. She lives in Grafton on NSW's North Coast and travels extensively in her Theatre Network NSW

role which focuses on research and advocacy, networked support, resourcing and development of NSW's theatre sector. Jane has considerable knowledge of, and has worked across, all arts sectors in both regional and metropolitan Australia. Previously the Executive Officer with regional arts development organisation Arts North West she also operates as an independent arts contractor with entities including Regional Arts NSW, Grafton Regional Gallery, and Arts Mid North Coast and thrives on being part of a dynamic, supportive community. Jane specialises in sustainable, creative practice in Australian arts. Her 2010 research entitled *Together Alone: Conditions for Sustainability in Australian Independent Theatre* was carried out with the Faculty of Creative Arts, University of Wollongong.



Irene Lemon

Principal
Magic Electricity Box

Irene is an experienced creative industries business advisor who loves start-ups and freelance businesses. She co-founded Magic Electricity Box, a music publishing social enterprise, where 100% of profits go to art and music experiences for kids in rural,

remote and very remote communities. She is an experienced grants writer, and is passionate about female-driven businesses. Irene is also an actor, puppeteer and storyteller.



Deborah Mailman AM Actress and Singer

Deborah Mailman AM is an Australian television film actress and singer. She was the first Aboriginal actress to win the Australian Film Institute Award for Best Actress in a Leading Role and had gone on to win four more both in television and film. The awards are now known as

the AACTA Awards. Mailman first gained recognition for the 1998 film 'Radiance' for which she won her first AFI award. She is well known for having played the character Kelly Lewis on the successful Australian television series, 'The Secret Life of Us'. She is also well known for her roles in Australian drama series 'Offspring', 'Redfern Now' and 'Cleverman'. She starred in lead roles in the acclaimed films 'Rabbit-Proof Fence', 'Oddball', 'The Sapphires', and 'Paper Planes'. Deborah is a member of the Board of the Sydney Opera House Trust.

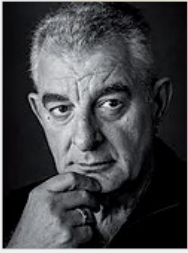


Tracy Margieson

Project Manager
Arts Centre Melbourne

Tracy Margieson is Project Manager for the Arts Wellbeing Collective at Arts Centre Melbourne. Previous roles include Creative Manager at Williamstown Literary Festival and Marketing & Development Manager at Gasworks Arts Park, as well as senior

roles in corporate communications, and festivals and events. Tracy has provided freelance arts management consultancy to a variety of organisations including Regional Arts Victoria, Hobsons Bay Library Services, Kids Thrive, and The Australian School of Magic. She is a director of Purplestage Arts and Entertainment Management, where recent producer credits include *Queen Bee* (2014) and *Drowning in Veronica Lake* (2015 and 2016 regional tours). Tracy is a qualified Mental Health First Aid Instructor, and holds a post-graduate Certificate of Arts and Entertainment Management at Deakin University (2012), where she was awarded the George Fairfax Fellowship for top graduate, and a Bachelor of Arts (Advanced) from Sydney University.



Lex Marinos OAM

MC

Lex attended the University of NSW, receiving a BA with Honours in Drama, and since then he has worked in all areas of the entertainment industry as an actor, director, writer, broadcaster and teacher. Lex has appeared with the Nimrod, APG, Sydney Theatre Company, Melbourne

Theatre Company, Company B, Big hART, and at many arts festivals, as well as commercial productions such as *The King and I*. Best known on television for *Kingswood Country* and *The Slap*, and has also had continuing roles in *City West*, *Embassy*, *S.C.O.O.P.*, *Live & Sweaty*, *Ballzap*, *World Series Debating*, *Strictly Dancing*, and *Late Night Legends*. Films include *Cathy's Child*, *Goodbye Practice*, *Last Days of Chez Nous*, *Bedevil*, *Backyard Ashes* and numerous short films. Awarded the OAM for services to the performing arts, Lex has also held many advisory and governance positions with arts and cultural organisations including SOCOG, The Australia Council, and Community Broadcasting Foundation. His book *Blood and Circuses: an irresponsible memoir* was published by Allen & Unwin. Lex is a proud member of Actor Equity since 1970.



Robert Meredith

Principal

The Potential Project

Robert worked with McKinsey and Co for 10 years servicing clients in Australia, NZ, Japan, Korea, Taiwan, Indonesia, Malaysia, South Africa, North and South America and the UK. He has over 20 years' experience working with executives across a wide

range of industries including mining, legal, finance, I.T, engineering, construction, telecommunications, retail and energy (oil and gas). Prior to McKinsey, Robert worked for 6 years with Carolyn Taylor *Walking the Talk*, Corporate Vision, one of the first organisations in Australasia to focus on developing Corporate Cultures and the importance of Leadership Development and Emotional Intelligence in Organisations.



Jenny Muldoon

Head of Security, Emergency Planning and Response

Sydney Opera House

Jennifer is a security and brand protection specialist and has extensive experience in large scale, global corporate and sporting events. Jennifer has developed and managed security strategies for large

multinational corporations including Australia's largest airline. As a Manager for Corporate Security, Jennifer has been responsible for implementing numerous security programs such as corporate positioning during the 2008 Beijing Olympic Games and 2006 Commonwealth Games through to terrorism security response plans post 11 September 2001. Jennifer holds numerous qualifications including Diplomas in Marketing, Project and Aviation Management, as well as Certificates in Security and Risk Management and Aviation Security. Jennifer also held the rank of Detective Senior Constable and Investigator in the NSW Police Force for over twelve years.



Helen O'Moore

Project Officer

Arts, Communications, Finance Industries and Property Services (ACFIPS)

Helen is currently the NSW DEC & Project Coordinator of Making Connections, a monthly NSW DEC Skills recognition and professional development e-newsletter.

Career highlights include Team Leader, Learning & Development Consultant and Project Officer for Sydney Opera House; Executive Officer & Director of Arts Training NSW, advising NSW DET and federal VET agencies on training requirements; Chair of arts accreditation panels, panel member of VET projects, and trainee RTO auditor.



Ian Peel

The Australian Road Crew Association Pty Ltd (ARCA)

Starting in lighting design, operation and production in 1974 as a 19-year old, Ian 'Piggy' Peel worked for Renee Geyer, Ariel, Mondo Rock, Jo Jo Zep and the Falcons in the early years, before starting international touring in Australia and

NZ where he toured with Bob Marley, Olivia Newton-John, Evel Knievel and Liberace to name just a few. Ian founded the Australian Road Crew Association (ARCA) in 2012. ARCA was formed initially as a social get together. The association has now swelled to 300+ live production crew and over 200 paid associate members from all aspects of the music industry. A Roadies Fund was set up via a partnership with music industry benevolent society, Support Act Ltd to assist with crew in crisis. ARCA has a lot of support from the music industry and the music media.



Gill Perkins

General Manager

Bell Shakespeare

Inspired by performance at school, Gill began her career in London's West End theatres and worked for UK national touring company, Red Shift. In 1990 Gill followed her heart and emigrated to Australia where she began working at

Sydney Opera House. In 1996, Gill was invited to work with Bell Shakespeare and was appointed Company Manager the following year. Since that time Gill has held a number of roles with the Company including Artistic Administrator, Deputy General Manager and Producer. In 2014 Gill was appointed Bell Shakespeare's General Manager where she manages a team of 30 permanent staff and an annual budget of more than \$9 million.



Margot Politis

Self Help Arts & Milk Crate Theatre

Over 13 years of practice, Margot has become a recognised leader in NSW inclusive arts practice as a performer, choreographer, and deviser of new dance theatre. Margot spent 2009–2016 as the Accessibility Director at Shopfront Arts Co-op. She began her career performing

with Restless Dance Theatre (SA) as a mentee to Kat Worth in 2004. As an independent practitioner, Margot has worked with Ausdance NSW, Accessible Arts NSW, Murmuration, Dirty Feet, The Song Room, Ever After Theatre, and Autism Spectrum Australia. In 2015, Margot established Self Help Arts, a collective of artists with lived experience of mental health support needs.



Kate Reid

Health NSW

Dr Kate Reid is a Senior Organisational Development Consultant specialising in wellbeing and workplace culture development for NSW Health. She holds a PhD in communication for theatre and provides international consultation on the vocal health of actors. Kate lectures in organisational development, leadership and culture for the University of Technology. She has published broadly in the areas of the actors' voice, the operatic voice, palliative care and respiratory medicine. Kate is a founding Director of Midnight Feast – theatre that unites, a theatre company which provides high quality performance and creative development opportunities for performers with a disability.

sational development, leadership and culture for the University of Technology. She has published broadly in the areas of the actors' voice, the operatic voice, palliative care and respiratory medicine. Kate is a founding Director of Midnight Feast – theatre that unites, a theatre company which provides high quality performance and creative development opportunities for performers with a disability.



Lisa Schouw

Psychotherapist

Lisa Schouw BChC (Bachelor of Counselling and Human Change) and MA (Master of Engaged Humanities and the Creative Life with an emphasis in Depth Psychology, USA) is a clinical psychotherapist and counsellor who has had many years' experience working with individuals,

couples and groups. Her psychotherapy and counselling work includes narrative therapy, cognitive behavioural therapy, person-centred therapy and existential therapy. Lisa has a particular interest in the connections between attachment, creativity, personal growth and resilience. Lisa Schouw is a clinical member of the Psychotherapy and Counselling Federation of Australia (PACFA).



Bethwyn Serow

CEO

Australian Major Performing Arts Group (AMPAG)

Bethwyn Serow has held the role of Executive Director at the Australian Major Performing Arts Group (AMPAG) since 2012. She has extensive experience in policy and sector development and advocacy,

including the development of industry codes and protocols, industrial negotiations, business development, representation for the arts and screen sector in the development of government's international cultural and trade policy positions and facilitation in cross sector knowledge sharing. Prior to joining AMPAG Bethwyn held the role of Policy Manager and Executive Producer at the Screen Producers Association of Australia, and Policy Manager for the SPAA/ASDA Documentary Council.



Mark Seton

Australian Society for Performing Arts Healthcare (ASPAH) & SenseConnexion

Dr Mark Seton is an Honorary Research Associate in the Department of Theatre and Performance Studies with a specialisation in actor training. His research interests include actor health and wellbeing, and

ethical teaching and research practices in Higher Education Creative and Media Arts. He currently lectures at several institutions and has worked variously as an editor, production manager, director, writer and producer in film and video production for over 20 years, and more recently as a dramaturg for contemporary performance. He is an accredited InterPlay teacher with InterPlay Australia. He coaches actors in Resilient Vulnerability[®], a set of practices he has developed in response to the findings of the Australian Actors Wellbeing Study.



Michelle Silby

CEO

Ausdance NSW/VIC

Michelle has an extensive 20 year career in dance in both creative and administrative functions. Recently, Michelle produced iOU projects, who performed in Spring Dance Festival 2012, Sydney Opera House and Anton's work *Supermodern Dance of*

Distraction at Riverside Theatre's Parramatta. Michelle was formerly the Program Manager for Dance at the Australia Council for the Arts. During her 15 year professional dance career in the UK and Europe, Michelle worked across a variety of contexts as performer, educator, choreographer, director, festival director, company manager and consultant. A particular highlight of her career in the UK included making a significant contribution to the dance infrastructure for the North East of England, through the formulation and delivery of a dance development plan with secured funding.

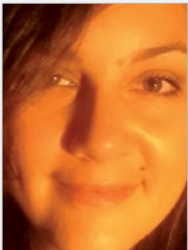


Yvonne Waldon

Chair
Metropolitan Local Aboriginal Land Council (Sydney)

Yvonne Waldon is a proud Wiradjuri woman and maintains strong ties to her homelands of Cowra and the Riverina areas in New South Wales. From a young age Yvonne has maintained a strong passion

and commitment to bringing about positive change for Aboriginal people and communities. Yvonne is the current elected Chairperson of Metropolitan Local Aboriginal Land Council. She has a passion for improving the lives of all through health, Aboriginal rights, children's rights, education, research and evaluation. Yvonne received an award from the Australasian Evaluation Society for her contribution to the Evaluation of the NSW Aboriginal Child and Family Centres, was shortlisted for the Queensland Literary Awards Unpublished Indigenous Writer - David Unaipon Award and was recently awarded the Faber Writing Academy Scholarship by Allen & Unwin.



Amber Silk Event Coordinator

Amber is a widely experienced freelance Lighting Designer and Production Manager with a demonstrated history of working in the performing arts and live events industry.

A trained actor, she is also skilled in Event Planning, Set Design and Construction,

Music Festivals, Audio Mixing, Audio Visual Design and Photography.



Steve Simao

Performer
Milk Crate Theatre

Steve Simao is an actor based in Sydney. From 1990-1996 Steve was a participant and facilitator of Shopfront Theatre's summer programs, and more recently has been involved in Milk Crate Theatre's workshop programs, including a group

devised work for school students, *That's The Spirit* (2017). He has performed with Hurstville Musical Society in *Beauty and the Beast* (2010), and Lane Cove Recreation Rendezvous in *As You Like It* (2000). Steve was also a guest actor in channel 7's *Headlands* (1990), as well as appearing in a number of feature films and television commercials. Steve has wider interests in facilitating theatre workshops for young people, puppeteering, comedy, and engaging in inclusive and disability led theatre.



Kamini Singh

Performer
Milk Crate Theatre

Kamini practiced in the visual arts and music scene before becoming an English secondary teacher, and then public servant. She exhibited in *Red Means Go* (Deutschbank exhibition at Australia Square), was awarded a Platinum Processing

Scholarship at Point Light Gallery, Surry Hills, and has created artwork for music albums. In 2017 Kamini joined Milk Crate Theatre, performing in the Link Housing Forum Theatre Project, before going on to collaboratively devise and perform in *That's the Spirit* at Riverside Theatres.



Lisa Walton Milk Crate Theatre

Lisa has worked in the arts industry since graduating from the University of Wollongong in 2013. Lisa was the Production Office Manager of international film production, consultancy and casting company, Films and Casting Temple until 2015. During this time she also worked

as the Festival Executive for An Australian Film Initiative, an independent body dedicated to marketing, promoting and distributing Australia screen culture in emerging and non-traditional markets and who present the Australian Film Festival of India. Lisa also worked on Sydney-based cross-cultural feature film *UnIndian* released in 2015. Lisa has worked with Milk Crate Theatre since 2015 in the role of Marketing Coordinator, before taking on the role of Creative Producer in 2017. In 2017 Lisa was awarded The Council for Humanities, Arts and Social Sciences Australia Prize for a Future Leader.



Simon Ward Equity Wellness Committee

Simon trained through NIDA, Actors Centre Australia & ImproCorp and ImproAustralia. He wrote and directed his one-man cabaret shows; *An Evening with Simon Ward* (2005-7), *Bothered and Bewildered* (Seymour Centre, 2008-10), *Simon Says!* (Seymour Centre, 2010) and *Is that how you're going*

to do it? (Sydney Fringe Festival Selection - Seymour Centre, 2011). Simon is a proud Equity member.



Andrea Warr WiserLife

After many years as a career practitioner and building Olos Careers from the ground up, Wiserlife was born after recognising a need create a shift in how we approach and talk about living a longer life and ageing. Olos Careers continues to provide career services one to one with individuals

from senior managers right through to graduates. Andrea's areas of expertise include employee wellbeing programs, healthy and productive living, and employee engagement.



Penny Watts

General Manager
Monkey Baa

Penny Watts currently holds the position of General Manager of Monkey Baa Theatre Company. Prior to this, Penny worked for Really Useful Company as *Cats* General Manager and Executive Producer of Really Useful Company. Penny was

General Manager for two years for Perth Theatre Company; General Manager at Riverina Theatre Company; Tour Coordinator at Arts on Tour for four years; Production Manager for Railway Street Theatre Company and several stage management roles.



Yolande White

Director
CDP Productions

Yolande has more than fifteen years experience in production administration and marketing. She has worked across Australia and in the West End on a variety of productions, including *The Lion King*, *Mary Poppins* and *Billy Elliot - The Musical*.

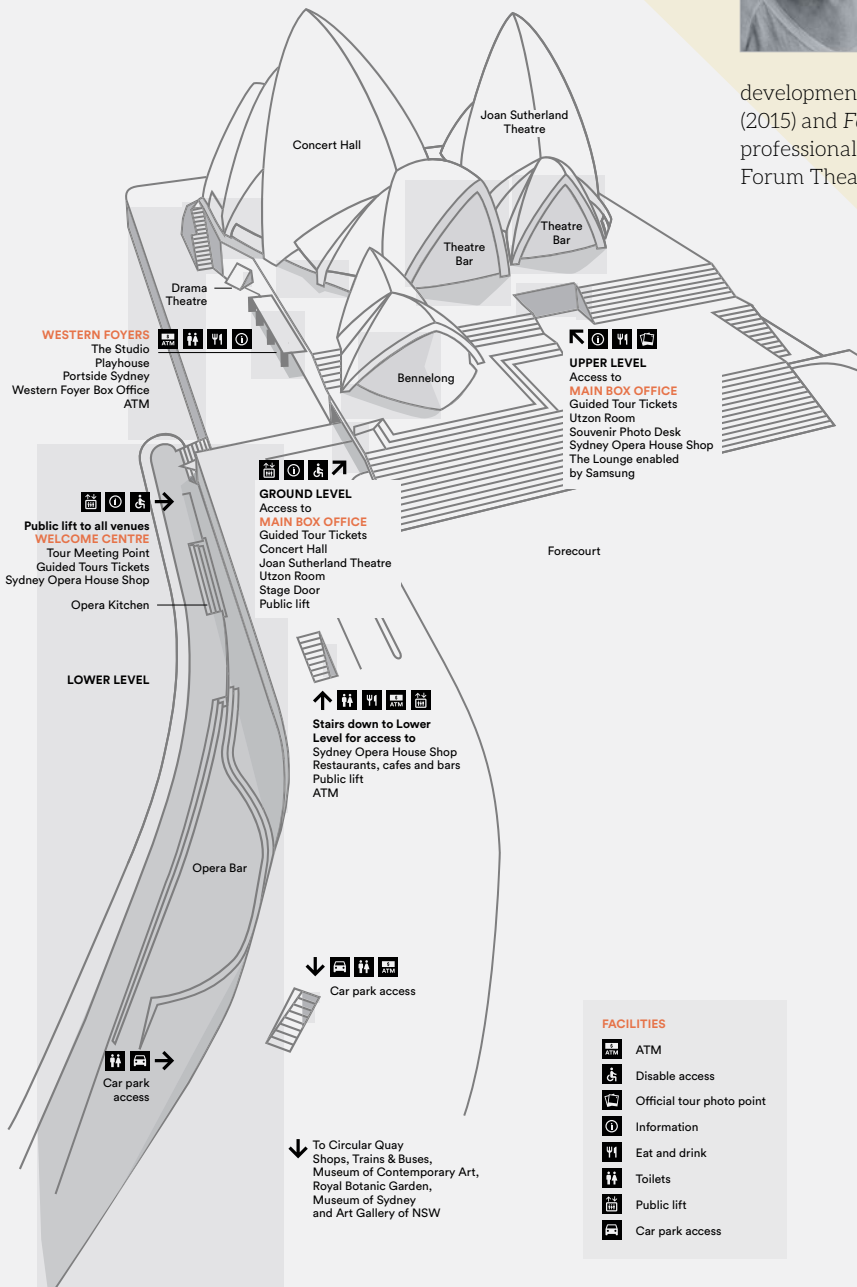
Yolande was thrilled to become a director of CDP at the end of 2015.



Georgina Wood

Performer
Milk Crate Theatre

Georgina Wood is an actor, writer and visual artist living in Sydney. Her highlights with Milk Crate Theatre include: performing the lead female role of Pepper in *Fearless* (2012) appearing in short film *Invisibility* (2015); and two creative developments with the cutting edge Branch Nebula, *First Times* (2015) and *Feast* (2016). She is currently working on the Headway professional development program, and hopes to direct a number of Forum Theatre workshops in the future.



LOCATION MAP

The Studio entrance is located on the western side of the Sydney Opera House

PROGRAM PARTNERS

A huge thank you to all our program partners.



Arts, Communications, Finance Industries and Property Services (ACFIPS)

ACFIPS is a not-for-profit organisation funded by Training Services NSW Department of Industry and specific grants from other government agencies.



Entertainment Assist

Entertainment Assist is a national health promotion charity that raises awareness about mental health and wellbeing in the Australian entertainment industry and advocates for generational change where: Industry workers are educated to be aware of their own mental wellbeing, Industry workers are educated to support their peers around mental health; and Industry employers actively support the mental health and wellbeing of employees.

Entertainment Assist is for everyone working in the Australian performing arts and entertainment industry including performers, support workers, crew and technicians.



Everymind

EveryMind is not just a new name, it is the beginning of a new conversation, a conversation about the value and potential of every mind. Because every mind is important and needs attention, care, and support.

One in four people will deal with a mental health issue in their lifetime and that one person's life impacts so many more – families, friends, co-workers, and neighbours to name just a few. We are committed to helping everyone recognize that taking care of one's mental wellness is as important and necessary as taking care of one's physical wellness. When one of us realizes optimal health, the entire community benefits.

For sixty years, our highly trained, caring, professional staff has provided community education, advocacy, and direct services which empower children, teens, families, older adults and the entire community to reach optimal mental wellness. We were known as Mental Health Association for most of that time, and while we have had a tremendous impact on the mental wellness of our community, we know that there is more work to be done. We have to find a way to move past the stigma that gets in the way of wholeness and wellness.

If we want to live in a healthy community – we need to care for every mind.



The Arts Wellbeing Collective

The Arts Wellbeing Collective is an Arts Centre Melbourne initiative, delivered in partnership with Entertainment Assist. The Arts Wellbeing Collective comprises a consortium of Victorian arts and cultural organisations whose shared vision is to effect better mental health and wellbeing for Victorian performing arts workers.



Equity Wellness Committee

The Equity Wellness Committee (EWC) formed in 2016 as a response to the growing need for the support of Australian entertainment industry workers suffering from mental health issues. The mission statement of the Equity Wellness Committee is: to educate our industry about mental health and well-being; to provide resources for assistance to those who may be at risk or struggling; to create a culture of community and support and to reduce the stigma around these issues. The EWC is excited to be part of a shift in the way our industry views mental health and seeks to support our community by encouraging a positive attitude towards not only mental health, but physical health and wellness in general.



Wiserlife

WiserLife™ follows a Whole Life approach to wellbeing. What wellbeing means to each person is evolving and differs at every age and every phase. Change is constant and whether that change happens by design or not, there is an opportunity for reinvention and for individuals to create the foundations for a brighter and diverse future. WiserLife works with organisations to support the wellbeing of their current employees or provide Whole Life support to employees transitioning through redundancy.

Our customised surveys allow organisations and employees to design programs that are data driven, measurable and tailored to the employee. While organisations choose the scope of program, the employee chooses the services that will ensure their greater sense of wellbeing.



TAFE NSW

TAFE NSW is Australia's largest vocational education and training provider. Annually, the network trains over 500,000 students in campus, workplace, online, or distance methods of education. It was established as an independent statutory body under the TAFE Commission Act 1990.



NSW Mental Health Commission

The Mental Health Commission of NSW is an independent statutory agency responsible for monitoring, reviewing and improving mental health and wellbeing for people in NSW. It works with Government and the community to secure better mental health and wellbeing for everyone, to prevent mental illness and to ensure the availability of appropriate supports in or close to home when people are unwell or at risk of becoming unwell.

In December 2014, the NSW Government adopted Living Well: A Strategic Plan for Mental Health in NSW 2014-2024, developed by the Commission following consultation with more than 2,000 people and organisations, including 800 people who experience mental illness and their families and carers.



Tristan Jepson Foundation

The Tristan Jepson Memorial Foundation is an independent, charitable organisation.

The Foundation's objective is to decrease work related psychological ill-health in the legal community and to promote workplace psychological health and safety.

Our purpose is to be an independent 'hub' to support initiatives within the legal profession that aim to decrease the distress, disability and causes of depression and anxiety in the legal profession.

The Foundation released the Workplace Wellbeing: Best Practice Guidelines to which more than 180 legal workplaces in Australia

and overseas have become signatories. The guidelines have also crossed professional boundaries with three healthcare workplaces choosing to become signatories.



APM Graphics Management

APM Graphics is an associate sponsor of the TNN and have produced advertising, marketing and promotional collateral for the arts since 1994.

Our relationship with the arts began in the UK, working with the Birmingham Conservatoire, the City of Birmingham Symphony Orchestra (CBSO), the Warwick and Solihull Arts Centres, the Birmingham Repertory Theatre (the Rep), the Oxford Playhouse, the Derby Playhouse, London Sinfonietta and the BBC Symphony Orchestra.

Since re-locating to Australia our clients have led us in new and exciting directions; however, our love of the arts is deep and enduring and, in the end, we just couldn't stay away. Anyway, it seems a shame to waste all those years of experience.



Self-Help Arts

Self Help Arts is a collective of artists, with and without mental health support needs, or who have people in their lives living with mental health support needs.

Established by Margot Politis, an artist who identifies as living with mental illness and addiction, we make live installation/performance work that addresses these themes, and the theories that surround them.

We seek to create emotional resonance between performer and audience; to present work that is honest; work that a person can observe for one moment, and in that moment feel understood - maybe intrinsically, maybe superficially, maybe inexplicably.



Supporting Mental Health & Wellbeing

Flourish Australia

Flourish Australia today is the result of a proud 60-year history. Known as RichmondPRA from 2012 to 2016, Flourish Australia's origins stem from the successful amalgamation of two longstanding mental health organisations, the Richmond Fellowship of NSW and Psychiatric Rehabilitation Australia (PRA).

Our mission of working together for optimal mental health and wellbeing is the continuance of the dedication of our founding organisations. We continue the legacy of recovery-oriented community support, a fundamental commitment to improving outcomes for people with a lived experience of a mental health issue, and the pursuit of independence and a contributing life.



The Potential Project

We are the global leader in providing customized, organizational effectiveness programs based on mindfulness. Our mission is to enhance individual and company performance, resilience and creativity.

During the past decade, we have brought mindfulness training to 50,000 individuals in over 360 companies across North America, Asia, Europe and Australia. All programs are individually designed to meet your needs.



Australian Alliance for Wellness in Entertainment (AAWE)

The Australian Alliance for Wellness in Entertainment (AAWE) is an Entertainment Assist cross-sector peer-to-peer initiative, for shared interest in positive mental health and wellbeing behaviours for a sustainable Australian entertainment industry.

The purpose of AAWE is to develop and action a Prevention First Framework for Mental Health in the Australian Entertainment Industry.

AAWE members will commit to a Statement of Values around respect, integrity, empathy, courage and collaborative leadership with an aim to providing advocacy, practical support and monitoring re the mental health and wellbeing of industry professionals.



Milk Crate Theatre

Milk Crate Theatre uses performing arts to change the story of homelessness. We provide creative opportunities for participants to build confidence, skills and social connections to help them make positive changes in their lives.

Our programs are run for, with and by members of the community that have a lived experience of homelessness and the complex issues associated including people with mental health, financial, emotional and physical support needs, addiction, trauma, domestic violence and people who are recently arrived.

SUPPORTACT

The heart & hand of Australian music

Support Act

Support Act is a charity providing crisis relief services for Australian artists and music workers. Our services are completely confidential, free of charge and deliver help to people in crisis within 7 days. In addition, funding has been secured for a new 24 hour mental health helpline which will be launched in 2017.

creative + BUSINESS

Creative Plus Business

Creative Plus Business (C+B) is an organisation dedicated to helping creative people and arts entrepreneurs work for themselves and make money from their practice. It is the rebranded evolution of Freelance Success, an organisation started by creative industries expert Monica Davidson in 1996. C+B provides a range of resources, events, workshops and articles to help creative people at every professional level find success in their field through self-employment. We provide products and services aimed at a range of creatives, from the curious hobbyist, the recent arts graduate, the solo freelancer, small teams of arts entrepreneurs, and larger creative companies.



Motion Picture Industry Benevolent Society

Founded in 1931, the Motion Picture Industry Benevolent Society is a registered charity providing financial and emotional support to retired, or currently employed, bona fide members of the cinema industry – exhibition and distribution, production and postproduction – who may have fallen on hard times and have a genuine need. Financial assistance is intended only to supplement government pensions, and may include a quarterly gas, electricity and telephone subsidy. The MPIBS may also provide 'in kind' support for the purchase of essential medical aids or replacement of home appliances. It also has a Funeral Fund.



Australian Road Crew Association (ARCA)

The Australian Road Crew Association (ARCA) was founded in 2012. ARCA was formed initially as a social get together. The association has now swelled to 300+ live production crew and over 200 paid associate members from all aspects of the music industry. A Roadies Fund was set up via a partnership with music industry benevolent society, Support Act Ltd. to assist with crew in crisis. ARCA has a lot of support from the music industry and the music media.



Theatre Network NSW (TNN)

Theatre Network NSW (TNN) is the peak agency for theatre in NSW and Executive Producer of *How Can The Show Go On? Performing Arts and Wellbeing Summit*. As part of its commitment to our industry TNN initiated and facilitates the NSW Performing Arts Wellbeing Working Group* responsible for this summit. TNN extends its deep appreciation and respect to all those who have made this summit and its actions a reality – it is entirely a collective and committed effort by so many and will continue to be so. If you wish to find out more about TNN, the working group, this summit or related activities please contact Jane Kreis, Director at director@tnn.org.au or visit tnn.org.au

***NSW Performing Arts Wellbeing Working Group:** Jane Kreis, Mark Seton, Bethwyn Serow, Penny Watts, Judith Bowtell Irene Lemon, Kiri Morcomb, Emily Collins, Helen O'Moore, Morwenna Collett, Gill Perkins, Imogen Gardam, Yolande White, Jenny Muldoon, Angela Bateman, Kingston Anderson.