

MEDIA RELEASE

Tuesday 18 April, 2017

New choral group in Bathurst for mental health wellbeing

A 10-week community choir project in Bathurst will be part of a multi-arts approach to building good mental health across the NSW central west.

Led by the dynamic Abby Smith and Sophie Jones of Smith & Jones and Canbeltos Choir, the Wellbeing Choir Bathurst is open to everyone who'd like to sing, of all experience levels.

The 10 week program runs on Friday mornings at the HACC Centre on Seymour Street Bathurst. It starts Friday April 28 and morning tea will be provided each week.

Regional arts development organisation Arts OutWest has set up this and eight other local programs across the region on behalf of House with No Steps, who have provided the funding.

"Arts is a great vehicle for assisting people with their mental health wellbeing, particularly when we're able to strengthen these projects through relationships with the health sector," Arts OutWest executive director Tracey Callinan said.

Arts OutWest has built this program in close consultation with mental health and disability support services across the region. Health professionals will attend some of the choir sessions.

Arts OutWest has many years' experience running arts projects with health outcomes and is regarded as a regional leader in the arts and health field.

Other workshops and programs, across music, visual arts and drama, will run in Orange, Lithgow, Cowra, Forbes, Parkes and Grenfell.

To sign up to the Wellbeing Choir Bathurst call Arts OutWest on 6338 4657.