

MEDIA RELEASE

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New choral group in Cowra for mental health wellbeing

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

Led by local musician Mary-Ann Wright, the Wellbeing Choir Cowra is open to everyone, of all experience levels, who'd like to sing.

The 10 week program runs on Sunday afternoons, 2-3.30pm at St John's Church Hall at 98 Kendal Street Cowra. It starts on Sunday 11 June, running through to August 13. Participants can join at any time.

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, Bathurst, Forbes, Parkes and Grenfell.

To sign up to the Wellbeing Choir Cowra call Arts OutWest on 6338 4657 or email artsoutwest@csu.edu.au

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