

# MEDIA RELEASE

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## Free art making workshops for mental health carers in Forbes

A series of free art making workshops for carers of people with mental health issues will start next week in Forbes.

The *Cod-Nobori* workshops will run over six weeks with respected local artist Ro Burns.

Taking a twist on the Japanese tradition of creating Koinobori (fish streamers) participants will create large decorative windsocks in symbolic exploration and celebration of your essence or the essence of your family. You will learn block printing, basic fabric painting skills and with a little basic sewing, your creations will come to life and fly alongside the lake at the River Arts Festival on 23 September.

The weekly workshops run Fridays 10am to 12:30pm starting 18 August (through to 15 September) at the Church in the School Yard Hall, Johnson Street, Forbes.

The free workshops are aimed at anyone who identifies themselves as a carer of someone with mental health issues including dementia. No previous art experience needed.

Regional arts development organisation Arts OutWest has set up this and seven 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. “These workshops have been designed as a time-out activity for carers – those looking after family members with mental health issues, including issues such as dementia.”

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 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, are running in Orange, Lithgow, Bathurst, Parkes, Cowra and Grenfell.

Workshops are free. To sign up call Arts OutWest on 6338 4657 or email [artsoutwest@csu.edu.au](mailto:artsoutwest@csu.edu.au)

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