

# MEDIA RELEASE

Friday 20 October 2017

## Launch of original song '*Sunshine on the Peaks*' at Henry Lawson High School in Grenfell

**Wednesday 25 October 2017 From:10:00am-10:30am ONLY**

The recent *Song-writing for Wellbeing* program in Grenfell, where participants were assisted in writing and recording an original song, will launch their successful musical outcome; '*Sunshine on the Peaks*' next Wednesday at the Henry Lawson High School, Grenfell.

The *Song-writing for Wellbeing* program aimed to increase connectedness between generations and focused on mental health wellbeing with the song-writing used as an outlet for participants to tell their stories. "Arts – and especially music - is a great vehicle for assisting people with their mental health wellbeing," Arts OutWest executive director Tracey Callinan said. Phillip Diprose, treasurer of Grenfell Men's Shed said the project "...increased connectedness between men of all ages throughout the Weddin Shire."

A passionate team of people joined together to make the project happen including; Arts OutWest, the Grenfell Men's Shed, students and staff from the HL high school, Weddin Shire councillors, members of the community and the talented & generous Abby Smith (of Smith & Jones fame). Together they created the original song '*Sunshine on the Peaks*'.

Funding comes from House With No Steps' Mental Health Drug and Alcohol Services. Arts OutWest has built this and seven other wellbeing projects across the NSW Central West in close consultation with local groups and with mental health and disability support services. Arts OutWest is regarded as a regional leader in the arts and health field.



Photograph: Denise Yates, Grenfell



Arts OutWest is supported by  
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