

# BCH Services Guide - Community Arts & Wellbeing

The Community Arts and Wellbeing Program offers services to community organisations and schools, with a focus on creative activities to improve health and wellbeing.

The program offers weekly, monthly and one-off workshops in drama, music and visual art, run by Artist Tutors who are all current practising artists in the community. Through various arts activities, the program builds confidence, creative thinking, team skills and a sense of community.

The Creative Learning Program is specifically offered to primary and secondary schools, to promote healthy life choices through fun, creative activities. These programs involve a performance by the Creative Learning team, followed by a facilitated session of questions and activities.

The Community Arts and Wellbeing Team welcome requests and is able to tailor workshops and performances to suit the specific needs of an organisation.

All inquiries about this program should be directed to Alisa Tanaka-King on (03) 5338 4500

[lucas community arts space fee schedule](#)

[lucas arts flyer](#)

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## A Time to Reminisce - Capture Your Story

This is a program for older people to reminisce about their life. In an informal, supportive and friendly environment, they will reminisce in response to a variety of memory prompts, share them with others if they choose, and create a collection of stories about their life.

### Program Information

#### Who is it for?

Older people (50+) wanting to reminisce & capture their story

#### How much time will it take?

2.0 hours per week for 8 weeks

#### When is it held?

Run on an 'as needs' basis Mondays, 10.30am-12.30pm

#### Where is it held?

Ballarat Community Health, 2 Lilburne Street, Lucas.

#### Cost



\$5.00 per session

## Who provides it?

Facilitators experienced in life story work and/or the arts

## How do I get into the program?

Bookings are essential.

Phone Ballarat Community Health on 5338 4500 to speak to the Intake Worker or fax 5339 3044

## Other Information

Any writing or other materials will be provided

## Community Art Class

Weekly community art classes are being offered at Ballarat Community Health Lucas Arts Space. Classes are limited to 8 people per class, so bookings are essential. Classes run from 1:30pm - 3:30pm and provide participants with the opportunity to learn new skills and work on creative projects in a studio environment. Classes run each term and any skill level is welcome to attend.

### Program Information

#### What is it about?

A Weekly community art classes are being offered at Ballarat Community Health Lucas Arts Space. Classes are limited to eight (8) people per class, so bookings are essential. Classes run from 1:30pm to 3:30pm and provide participants with the opportunity to learn new skills and work on creative projects in a studio environment. Classes run each term and any skill level is welcome to attend.

#### Who is it for?

Anyone wanting to learn new skills and work on creative projects in a studio environment.

#### How much time will it take?

Tuesdays from 1:30pm to 3:30pm.

#### Who provides it?

Community Arts and Wellbeing Team

#### How do I get into the program?

Phone Ballarat Community Health on 5338 4500 to speak to Alisa Tanaka-King.

## Community Music Group

Work with professional artists from the Community Arts and Wellbeing Team at Ballarat Community Health to discover, or rediscover, your musical self.

In a relaxed and fun environment the BCH Music Group will offer the opportunity to get in touch with your musical side while connecting with others in the community.

Focused on fun music times and your favourite songs.

### Program Information

#### What is it about?

Work with professional artists from the Community Arts and Wellbeing Team at Ballarat Community Health to discover, or rediscover, your musical self.

In a relaxed and fun environment the BCH Music Group will offer the opportunity to get in touch with your musical side while connecting with others in the community.

#### How much time will it take?

Wednesdays from 5:00pm to 5:30pm.

#### Who provides it?

Community Arts and Wellbeing Team

#### How do I get into the program?

Phone Ballarat Community Health on 5338 4500 to speak to Alisa Tanaka-King.

## Write & Share Your Memories

The Write & Share Your Memories program provides regular 1.5 hour sessions for older people who have completed the program at BCH called 'A Time to Reminisce: Capture Your Story', and wish to continue working on their story in a supportive environment.

It involves writing in response to a broad range of memory prompts and the opportunity to share what has been written.

### Program Information

#### Who is it for?

For people who have completed the program at BCH called 'A Time to Reminisce: Capture Your Story'

#### How much time will it take?

1.5 hours per fortnight

#### When is it held?

Mondays at 1.00-2.30 pm - Every 2 weeks from [Anchor] February to December

#### Where is it held?

[Ballarat Community Health Lucas](#), 12 Lilburne Street, Lucas

#### Cost

\$5.00 per session

#### Who provides it?

Trained volunteer leaders

#### How do I get into the program?

**Bookings are essential; places strictly limited.**

Phone Ballarat Community Health on 5338 4500 to speak to the Intake Worker or fax 5339 3044