



Health & Arts Strategy

2024 - 2029



Acknowledgment

South Western Sydney Local Health District acknowledges the traditional custodians of the land that falls within the boundaries of South Western Local Health District - the peoples of the Darug, Dharawal and Gundungurra Nations. We also acknowledge that all of the health facilities across the District are built on their traditional lands and we pay our respects to Aboriginal Elders past and present and extend that respect to all Aboriginal peoples.



“Healing Together”, Rhonda Sampson.

This Strategy has been developed collaboratively with our partner organisations:



South Western Sydney
Local Health District

CASULA
POWERHOUSE
ARTS CENTRE

LIVERPOOL
CITY
COUNCIL



WESTERN SYDNEY
UNIVERSITY



outloud

South Western Sydney: A Vibrant and Diverse Culture

South Western Sydney is comprised of a vibrant network of individuals and organisations that, together, reflect and promote the rich cultural diversity of our region. Situated on the lands of the Darug, Gundungurra and Dharawal nations, our community embraces the power of the Arts in overcoming social and cultural barriers to support health and wellbeing.

Health and Arts in South Western Sydney hold great importance for our region's social, cultural, and economic development which are all determinants of health. Our communities are diverse, young and rapidly growing, driving demand for targeted creative arts programs, trials and interventions that lead to improved health and wellbeing outcomes. Despite this demand, there are significant funding, infrastructure and resource inequities facing Health and Arts programs in South West Sydney.

Encompassing visual, digital, performing, literary arts and the built environment, a growing body of evidence confirms the significant and measurable impact of Arts across multiple healthcare settings and the value of embedding health messaging within arts and cultural settings. We need to ensure our health services, programs, and facilities engage the most vulnerable members of our community, including young people, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse populations and people with a disability.

Developed in collaboration with the local health and cultural sectors, the South Western Sydney Health and Arts Strategy 2024-2029 outlines how we will activate and advocate for arts in health settings and health in arts settings. The strategy will encompass 3 domains of focus:

1. Incorporation of the Arts in health care delivery and settings,
2. Integration of health messaging into arts and cultural settings and programs, and
3. The identification of shared strategic priorities and projects between health and arts organisations

This strategy is accompanied by a cross-sector collaborative action plan, staff and carer experience of the Arts, create a sense of place and community activation, engage marginalised populations, promote health messaging and foster sustainable partnerships. We thank staff, partner organisations, artists and community representatives for their contribution to this Strategy, and look forward to continuing to working together to achieve the best possible outcomes for our community.

***The South West Sydney
Health & Arts Partnership***



Our Vision

Our Vision is a future where health and arts drive innovative, high-quality programs-where creativity supports vibrant, inclusive, and healthy communities.

We are dedicated to leading the integration of health and arts as sustainable and transformative tools to improve community wellbeing.



Focus



Capacity and Coordination



Partnership and Collaboration



Promotion and Community Engagement



Research and Innovation

Capacity & Coordination

Bringing health and arts together for purposeful collaboration requires effective governance that oversees strategy and coordinates resources and people. We recognise the importance of sustainable investment in grassroots health and arts programs to improve the health and wellbeing of the communities of south western Sydney.

Over the past 5 years, significant resources have been dedicated to the growth of health and arts programs, with many successful collaborative projects being delivered. These investments have not only improved the overall well-being of the community but have also enriched its cultural landscape, creating a more vibrant and inclusive health environment.

The co-benefits of collaboration between Health and Arts is realised when subject matters experts (SMEs) are engaged to build organisational capacity. We will facilitate education, training, and networking opportunities to optimise the delivery of health and arts initiatives.

Such support may encompass facilitating patient-clinician-artist relationships, navigating relevant policies and procedures, delivering culturally sensitive and trauma-informed arts projects, building health and arts literacy, supporting funding applications and developing corporate and philanthropic partnerships.

Sustainable resourcing remains a persistent challenge for establishing and maintaining health and arts programs. We will work together to seek opportunities for external funding and grants, for continued success and accessibility to arts and health programs.





Key Objectives

- Leverage existing expertise within our community and organisations to support the delivery of health and arts programs
- Identify dedicated resourcing opportunities to coordinate the development of health and arts
- Establish a governance structure that ensures accountability and facilitates sustainable health and arts collaboration
- Build reciprocal capacity through collaborative education, training and mentorship programs.

*“Sweet Mama”, Campbelltown Arts Centre,
Campbelltown City Council*

Partnerships & Collaboration

Partnerships in health and arts enhance the exchange of resources, knowledge, and expertise, allowing organisations within south western Sydney to address complex community health issues in creative and innovative ways.

South western Sydney will build upon its strong culture of collaboration to promote a holistic approach to wellbeing, recognising the role that art plays in promoting wellness, cultural enrichment, and social unity. We will bring together key stakeholders, including government and non-government agencies, local council, educational institutions, artists and art facilities, and community organisations to deliver initiatives that meet the unique needs of our community.

The vision for the future of health and arts collaboration in South West Sydney is one of continued growth and innovation. It involves creating

a front door for organisations wishing to work with us, and actively engaging with local stakeholders to facilitate knowledge exchange, collaborative projects and shared learnings.

Our goal is to create a sustainable model of collaborative practices that not only respond to current health and cultural needs but also adapt to the ever-changing dynamics of the community, advocating at a local, national, and international stage to ensure that south western Sydney remains a hub of well-being and artistic expression well into the future.





Key Objectives

- Establish networking and communication platforms for healthcare providers, artists and community representatives to facilitate knowledge and resource sharing.
- Deliver holistic and collaborative projects that connect the community with key health and arts stakeholders.
- Establish partnerships that support the securing of funding and income streams, including philanthropists and the private sector
- Advocate for locally focused initiatives on a local, state, and national stage with key government and non-government bodies.

“Paradoxes of Paradise”
Casula Powerhouse, *Liverpool City Council*

Promotion & Community Engagement

In south western Sydney, the community is at the heart of everything we do. To truly reach our potential within the health and arts sphere, we must ensure that our programs are community focused and co-designed, with particular emphasis on engaging our most vulnerable groups. This collaborative approach will ensure our programs are relevant, culturally sensitive and tailored to the unique needs of each community.

By meaningfully engaging the community in the design and implementation of health and arts initiatives, we will demonstrate our commitment to creating health services and facilities that are welcoming, accessible and reflect the diversity of our population.

It has been well established that the Arts can be an effective vehicle for health promotion. These programs offer unique opportunities to convey health-related messaging and create awareness in ways that are relevant and targeted to the community.

We acknowledge the broader social factors that influence health outcomes and the importance of a compassionate and trauma-informed approach to

healthcare. Through use of the Arts, we can support grassroots projects that address health and social issues that are integral to wellbeing, connecting more effectively with our community.

There is fantastic work being conducted across south western Sydney, and a key objective of the strategy is to promote and celebrate these achievements more effectively and consistently.

By shining a spotlight on the success of health and arts projects and programs, we encourage continuous improvement, knowledge sharing and and hope to inspire future initiatives.





Key Objectives

- Develop a positive cultural identity that reflects the diversity of our community
- Increase community awareness and connection, with a focus on sustaining long-term engagement in health and arts initiatives
- Design community focused health and arts strategies and programs that are culturally inclusive, accessible and support vulnerable groups using a strengths-based approach
- Promote achievements and celebrate innovative health and arts health and arts programs through dynamic communication channels.
- Prioritise opportunities to design welcoming spaces that support healing and engagement within the Aboriginal community in partnership with First Nations Artists.

*“Poetry Day” Bowral Hospital/Health Infrastructure
South West Sydney Local Health District*

Research & Innovation

There is increasing support for the measurable benefits of the use of the Arts in the improvement of health and wellbeing, in particular the engagement of typically marginalised communities and priority populations. Health and Arts research is a rapidly maturing field examining the influence of artistic expression to enrich health and well-being across a wide spectrum of health settings.

Through the delivery of innovative programs and services, south western Sydney not only has the potential to promote healthy behaviours more effectively, but also to enhance the quality of programs and services provided.

We will seek inspiration from best practices both locally and internationally to seamlessly embed research in our health and arts activities, supporting us to both measure and promote the impact of these innovative multidisciplinary programs. A primary focus will be the recognition and expansion of local projects with demonstrated impact, ensuring that we effectively scale and sustain successful innovations.

south western Sydney will leverage its partnership with research organisations, universities, cultural institutions and education providers to build capacity in arts and health research, education and training, publications, funding and knowledge exchange opportunities, connecting through local, national, and international networks.

Ultimately, successful research and innovation will help us contribute to a more compassionate, holistic, and patient-centred approach to healthcare, recognising the intrinsic connection between health, wellbeing, and culture.





Key Objectives

- Establish and expand the evidence base for the positive impact of arts within healthcare
- Identify and implement best practices for the integration of health & arts both locally and internationally
- Support the integration of research within innovative health and arts models and initiatives, building capacity within partner organisations
- Strengthen relationships between health and arts stakeholders, academic partners, and the education sector.

"Paradoxes of Paradise"
Casula Powerhouse, Liverpool City Council

Want to learn more?

To learn more about South Western Sydney Local Health District and our plans for the future, go to the SWSLHD website:


www.swslhd.nsw.gov.au

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