

29 September 2022

## Edging towards social and emotional wellbeing

Albany-based Southern Edge Arts has received \$225,000 in Healthway funding to deliver a suite of activities that promote good mental health through its Nurturing Wellbeing Through the Arts program over the next three years.

The funding will assist Southern Edge Arts to work in partnership with local youth service providers and health organisations to develop customised resources and staff training that will help them to build the social and emotional wellbeing of children and young people participating in the arts in the Great Southern Region.

Children and young people participating in the program will learn a range of mental health and wellbeing strategies, including emotional literacy, positive coping strategies, stress management and know when and how to seek mental health support.

The program includes about 600 social circus and theatre art workshops that will create meaningful arts experiences, belonging and inclusion by also promoting the Act Belong Commit message.

To find out more about the available Healthway grants visit [www.healthway.wa.gov.au](http://www.healthway.wa.gov.au)

### Comments attributed to Healthway Lotterywest CEO Ralph Addis:

“Healthway is proud to support Southern Edge Arts through Act Belong Commit, as the mental health of WA’s youth is incredibly important, especially in regional WA.

“Its program provides a fantastic platform to empower children and young people and give them a safe and inclusive space to express themselves, feel safe, and grow.

“The funding will support Southern Edge Arts to deliver a suite of activities that will improve the social and emotional wellbeing of children and young people.”

### Comments attributed to Southern Edge General Manager Megan Turpin:

“It’s exciting to play a role in creating arts experiences in a nurturing and supportive environment for young people.

“Research has shown people who do not engage in the arts during their childhood are less likely to as adults and programs such as Southern Edge Arts Nurturing Wellbeing Through the Arts program create accessible pathways for young people to connect with the arts.

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“Healthway funding has been a crucial part of Southern Edge Arts history and several other local community groups and allows organisations to create and deliver programs for the whole community to access which increases the overall vibrancy and wellbeing of the community.”

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