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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

Thank you to all those who got their 2016 memberships in before March 1st to assist with the MPPA print deadline. Those who haven't yet finalised their membership for 2016, there's still plenty of time to sign up and receive benefits for the rest of the year! Journals that have already been issued for the 2016 year will be posted out to any new subscribers as they sign up and online access will be current until 2017 renewals in March next year.

If you are a member and have an event, article or any news you would like to share through the ASPAH newsletter, please send your content through to media@aspah.org.au by May 1st to be considered for publication in the next issue.

Keep healthy and well!

Camilla

IN THIS NEWSLETTER

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MESSAGE FROM THE PRESIDENT

Greetings to all our members, old and new. As the year gets into full swing, the news of this edition is that membership is open for renewal, the committee has had a very productive planning meeting, setting a clear course for the year, we are busy with social media and finalising our new website, and we are thrilled to welcome a new member to the committee, Aislinn Sharp.

We are now calling for all current members to **renew their membership for 2016**, to make sure they don't miss out on the range of benefits and activities the society has planned for 2016. We are also asking members to **talk about ASPAH to colleagues and friends** – let people know who we are, what we do, why we exist and the benefits of being a member. [Encourage them to join the society](#). Please tweet @aspah_au and share ASPAH on Facebook. As the community comes to recognise the value of the arts to our health and wellbeing, this opens the way for us to talk about the importance of performing artists' health and how we can promote and support it. **Be part of the conversation.**

If you are on social media and follow ASPAH, you will have noticed an increase in posts and tweets over the last month. This is one of the initiatives of the committee resulting from the planning weekend held on 20-21st February. Member survey feedback from 2015 clearly indicated that members want more from the society – more information, more professional development opportunities, more networking. So our brief for the planning weekend was to find ways to provide this to members. It was an intense weekend but the committee were fully focused on the job at hand.

HARD AT WORK

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AFTER THE JOB WAS DONE



ASPAH Committee: Luke Hopper, Karen Lonsdale, Clifton Chan, Paul Duff, Judy Wood, Gene Moyle, Cate Madill, Laura Crocco

We need to note that whilst David Peirce was not at the meeting, he made an

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invaluable contribution from a distance!

As a result of our planning meeting, we have committed to ensuring the following benefits and activities for members this year:

- Member directory on our new website (in the final stages of completion)
- Five webinars covering some aspect of health care across the core areas of performing arts
- Regular research and information updates via twitter and Facebook
- A new member materials pack (to be sent out this year to all members), to assist members to promote their commitment to the health of performing artists
- Subscription to the MPPA – the source of the latest research in the performing arts
- Support for local chapter activities and initiatives promoting ASPAH's Mission via the ASPAH Support Funding scheme (details available soon on our website)

We are thrilled to be welcoming a new committee member, Aislinn Sharp. Aislinn brings a new energy and realm of experience with her knowledge base in music performance and psychology. I'm sure her contribution will be appreciated not only by the committee but by the wider membership.

The year is shaping up to be a busy and exciting one. Please be a part of your society – email us your requests and ideas, tweet and retweet the conversation, sign up to attend a webinar, keep abreast of the latest research, and make sure you say hello to us at the next ASPAH event on your calendar.

Chookas,

Cate Madill

ASPAH President

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2016 MEMBERSHIP BENEFITS

Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

Membership benefits include:

- Full annual subscription to *Medical Problems of Performing Artists*
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to the Health Services Database (in development)
- Access to webinars, podcasts and other resources for professional development
- Discounted registration for ASPAH conferences and webinars
- Access to Local Chapter events
- Opportunity to run Local Chapter events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society

Membership type:

Standard membership: \$130.00 (\$100.00 for MPPA online only)

Concessional membership: \$65.00 (\$50.00 for MPPA online only)

JOIN ASPAH IN 2016!

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Introducing Aislinn Sharp

As a singer/songwriter and graduate from the Queensland Conservatorium, Brisbane, Aislinn Sharp has experienced first-hand some of the work-life challenges of being a performing artist.

Inspired by the potential of helping music students with psychological issues and career development, Aislinn is now a Registered Psychologist, Careers Counsellor and Guest Lecturer in *Managing Performance Anxiety* at the Queensland Conservatorium, Griffith University. Having completed a Master of Organisational Psychology at The University of Queensland, Aislinn takes an evidenced-based approach to teaching and helping students with improving their emotional regulation, thoughts, and behaviours related to preparing and performing music.

Aislinn is very excited to become an ASPAH committee member, and to network and collaborate with multidisciplinary professionals with a shared passion for improving the health and wellbeing of performing artists.

Aislinn is happy to be contacted by ASPAH Members via e-mail at aislinn.sharp@hotmail.co.uk.

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ENTERTAINMENT ASSIST

The *Intermission* Mental Health Training Session will be held in Sydney and Melbourne this month. Sessions are free to entertainment industry workers.

Intermission is a mental health training program specifically for entertainment industry workers to build their skills and knowledge in relation to mental health, help-seeking and supporting someone who has mental health issues. The session will include:

- common myths about mental illness
- consequences of stigma
- prevalence of mental illness
- difference between 'normal' mood and mental illness
- signs and symptoms of depression and anxiety
- how to recognise mental health issues
- having conversations about mental health

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SYDNEY

March 22nd, 6pm - 9.15pm
Black Dog Institute Theatre
Prince of Wales Hospital
cnr Hospital Road & Francis Martin Drive
Randwick, NSW

[Register here](#)

MELBOURNE:

March 15th, 6pm - 9.15pm
JMC Academy Auditorium
169-171 Bank Street
South Melbourne, VIC

[Register here](#)



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