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News from ASPAH Executive Committee

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**A CAREER IN THE SPOTLIGHT:
ENHANCING PERFORMANCE HEALTH AND
WELLBEING**

2015 Annual Conference
Nov 21st - 22nd, Queensland University of Technology, Brisbane
Register at aspah.org.au **EARLYBIRD CLOSSES SEPT 28**



LETTER FROM THE EDITOR

Dear <<First Name>>

We would firstly like to acknowledge and thank our newsletter editor, Filloyd Kennedy, who will be stepping down from this role to pursue an exciting opportunity abroad. We wish her all the best and are so grateful for her generous commitment to ASPAH over the years.

I will be taking over the editorial role and look forward to keeping performing arts healthcare news and conversations circulating!

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 November 1st to be considered for publication in the next issue.

Keep healthy and well!

Camilla Tafra

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PRESIDENT'S REPORT

Hello Everyone,

It is only eleven weeks until our Annual Conference in Brisbane, and only two weeks before the closure of the early bird registration rates. So, if you haven't done so already, visit www.aspah.org.au/web/index.php/events/aspah-conference-2015. It may be my perspective as a GP and a clinician but just reading the titles of the presentations had my head whirring about the implications for my practice. Clifton and the Conference Subcommittee really are to be commended on pulling together one of the tightest and impressive programs ever. Thanks to you all.

That weekend of the 21st and 22nd of November also hosts our Annual General Meeting, and with that the election of a new Committee. We currently have one vacancy on the Committee and a couple of the current members completing their terms, so there is space for new blood.

No organisation can thrive without renewal, change and the energy that this brings. While I can be a crusty old fart at times I deep down enjoy being challenged by new perspectives. There is nothing quite as heartening as hearing someone at a meeting say, "Why don't we do it this way?", and finding yourself thinking, "Why didn't I think of that?"

Joining the governing body of ASPAH is not that big a commitment. We have, this year, met by Skype for less than 2 hours a month and had one weekend in February taken up meeting face to face. Next year may be different as how often the Committee meets is up to the Committee. Beyond those meetings we welcome as much input as you can afford. You don't need political or bureaucratic experience, although expertise is very welcome. The tone of our meetings is very informal although motion driven and democratic by design. We believe in being mutually supportive and open minded. That's not to say that there is no passion in our discussions but we have always tended to act by consensus, so everyone's voice counts.

And at the end of it all you get to have been involved with some truly great people. Win / Win, I think.

Interested?

Nomination forms are coming out with this newsletter so please, give it some thought. You won't regret it.

Paul Duff

Conference Set to Inspire

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The 2015 ASPAH Conference will feature keynote speakers Dr Kate Hays, Associate Professor Rae de Lisle and Dr Cate Madill covering the conference theme: "A Career in the Spotlight: Enhancing Performance Health and Wellbeing."

This is set to be a full two days with featured lectures, short paper presentations, workshops and of course networking opportunities with like-minded professionals from around Australia.

This year's conference features a large number of workshops, with six currently scheduled on the draft program covering both physical and psychological challenges for performing artists. Paired with three fantastic keynote speakers, we can certainly expect this conference to get our minds and bodies inspired to push forward in our attempts to create a more nurturing and empowering world for performing artists. Find out more about what to expect by checking out the draft program [here](#).

Conference packages range from full registrations including Saturday night dinner to attending a single workshop across the weekend, so there really is something to meet every interest and budget! You can see a full price schedule and register at our [conference page](#).

Don't forget that time is running out for early-bird discounts!

EARLYBIRD REGISTRATION CLOSES:



----- [Register Now](#) -----

Local Chapter News

Members in Perth and Brisbane have been taking advantage of their local ASPAH communities by holding their own Local Chapter events.

In late August Dr Clifton Chan dazzled local performing arts healthcare enthusiasts in Brisbane giving a free presentation on management of string player injuries, and last month the Perth community met and enjoyed a guest lecture from Dr Eleanor Quested on "The Motivational Climate: Introduction, overview of the research, and impact for dancers' health and well-being."

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We encourage members to establish chapters in their own area. This could be as simple as meeting up for a coffee on a regular basis with other like-minded people, and ASPAH will assist you with contacting others in your area and promoting your events. If you are interested, please [contact us](#).

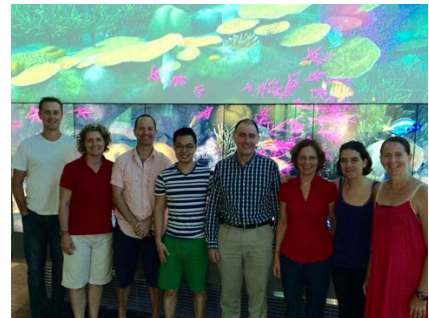


Dr Eleanor Quedstedt presenting at the WA Local Chapter

JOIN THE ASPAH COMMITTEE!

If you or someone you know have energy, expertise and enthusiasm to bring to the ASPAH Committee we would love to hear from you!

Nominations for election to the board are open until November 6th, you can find more information and the necessary forms [here](#).



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RIVERSIDE HOTEL ACCOMMODATION

Special Deal for Conference Delegates (for bookings before October 1st)

The Riverside Hotel, South Bank is offering the following specials for ASPAH conference delegates.

One Bedroom Apartment (fully self-contained unit with one queen bed, one sofa bed (that opens up into a double bed), kitchenette and laundry facilities.

\$159.00 per night, based on a 2 people stay

\$25.00 per additional person per night, with a maximum of 4 guests per room.

2. **Standard Hotel Room** (one queen bed and one single bed)

\$139.00 per night, based on a 2 people stay

\$25.00 per additional person per night, with a maximum of 3 guests per room.

Discounted rate available for a full buffet breakfast of \$16.50 for each delegate per morning. Parking will be free of charge for the duration of stay.

To access these rates use the special promotion code (ASPAH) when booking via the website www.riversidehotel.com.au

Please note this promotion code will only be valid for guests staying on the 21st and 22nd November. Hurry! This discounted rate applies to bookings made before the **1st October**.

BOOK SPECIAL OFFER

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