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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

We hope you are keeping well during the ongoing challenges to health and wellbeing at the moment, especially if you are one of those in the performing arts who is facing loss of opportunities, loss of financial security and loss of connection to fellow artists and other members of the community. We encourage you to [share your story](#) to support others experiencing similar struggles.

While we have unfortunately had to postpone our conference until 2021, we are pleased to announce an [online event](#) coming up in June for our members, which we hope will be one of many opportunities we can facilitate this year to help our community to remain connected.

Members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter, free of charge. Simply email content to media@aspah.org.au by 30 June to be considered for publication in the next issue.

Keep healthy and well!

Camilla

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PRESIDENT REPORT

Dear ASPAH members, colleagues and friends,

This year, the world is experiencing more changes than we are likely to see for the rest of our lifetimes, and ASPAH is facing change too. As you know, I had the privilege of being appointed ASPAH's President in December 2019. Recently, my family responsibilities increased unexpectedly, making it impossible for me to fulfil the role as ASPAH deserves. Therefore, I returned to the Executive Committee and Dr Rachel Ward has been appointed President, as of 1 April 2020. Rachel is an extraordinarily capable person with a great love of the performing arts, performance science and healthcare, so I know that ASPAH will be the richer for her leadership. I speak for all of us in welcoming her as our new President.

Janet Karin OAM

WELCOME FROM OUR NEW ASPAH PRESIDENT

As the new ASPAH president, I would like to take this opportunity to thank Janet Karin for her fantastic work as president this year. Janet has been a wonderful leader and I know she will continue to be a strong advocate for the performing arts and the healthcare of all involved. Janet will remain a member of the ASPAH Executive Committee, so we look forward to our continuing relationship and her continued involvement in future ASPAH events and initiatives.

Personally, I would like to thank the Executive Committee for trusting me with the role of ASPAH President, and for warmly welcoming me to the role. I am excited to take on the challenge and look forward to continued work with the Committee and our members in our efforts to bring visibility and support to the healthcare needs of all performing artists.

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running some new events, including a series of Online Round Table Discussion Groups. Our aim is for these to facilitate networking and connection opportunities for our members. We look forward to your involvement. Please see details below of our first event in June!

In the meantime, best wishes to you all. Stay healthy and well.

Dr Rachel Ward
ASPAH President

Online Round Table Discussion

Tuesday 16 June, 2020

7pm – 7.40pm (AEST)

ASPAH is offering an Online Round Table Discussion Group to enable a thought-provoking networking opportunity to our members. The topic is:

“Bridging the gap – addressing the health care needs of performing artists”

This is an opportunity to actively discuss this issue with other participants where registrations will be limited. The discussion will be facilitated, but this is your chance to have your say in a friendly, supportive, and collegial forum.

Registrations are essential and, as we are limiting this event to a small number of registrants, we encourage interested members to register early.

REGISTER HERE

PERFORMING ARTS PERSPECTIVES: COVID-19

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The COVID-19 crisis presents particular challenges for those working in the performing arts. Two of our Ambassadors, dancer Amber Scott and violinist Glenn Christensen, have shared their experiences of the crisis so far in our [blog](#) and we invite others in the performing arts community to share their stories in the spirit of fostering connection, understanding, care and inspiration at this time.

If you are involved in the performing arts, whether as an actor, dancer, musician, circus artist, or in crew work, and you have been affected by the crisis, we would love to hear from you.

Share Your Story

Safe Dance Think Tank

In March 2020, just before the lockdowns took hold, I was fortunate enough to attend a wonderful face-to-face event in Sydney where we shared views and discussed strategies to enhance safe dance practice. **Ausdance NSW** in partnership with **The Australian College of Physical Education**, hosted the **Safe Dance Think Tank**. Attendees included independent artists, dance companies, dance educators, as well as experts and advisors from the health and wellbeing industries and state and federal levels of government.

The full day event included presentations by leading industry professionals already proactive in the area of safe dance, Nalina Wait (Australian College of Physical Education), Julie Dyson (Ausdance National), Katrina Rank (Ausdance VIC), Jason Lam (The Australian Ballet), Fumi Somehara (Dancers Don't Diet), Claire Hiller (University of Sydney) and Annie Jeffries (University of Technology Sydney) with Ashlea Mary Cohen (Sydney Dance Company). Linda Gamblin (Sydney Dance Company) facilitated a long table discussion: "From access and inclusion, to mental and physical well-being, what might safe dance practice look like in Australia today and in the future?"

It was great to see many Sydney-based ASPAH members in attendance and making insightful contributions to discussions. Congratulations to ASPAH members Jason Lam, Claire Hiller and Ashlea Mary Cohen on their presentations.

The event prompted much fruitful discussion and increased connection between passionate dance industry professionals. I look forward to continuing these

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discussions with new colleagues and collaborators.

Dr Rachel Ward

ASPAH President

ASPAH CONFERENCE POSTPONEMENT

In case you missed the notice sent out in April, due to the difficulties caused by the COVID-19 pandemic, the ASPAH Executive Committee has made the decision to postpone this year's conference until 2021. The 2021 conference will go ahead at the Brisbane Conference and Exhibition Centre, as was planned for 2020, but with revised dates of 20-21 November, 2021. The call for abstracts has been put on hold until early 2021.

We thank all ASPAH members for their ongoing support during this difficult time and look forward to hosting an inspiring and thought-provoking conference in 2021.

FREE ADVERTISING IN THE ASPAH NEWSLETTER

ASPAH members are welcome to send in relevant advertisements to be published in our bi-monthly newsletter, free of charge!

For conditions and guidelines please refer to our [Advertising Rates and Specifications](#)

To submit content, email media@aspah.org.au

LATEST RESEARCH TITLES!

Access to the MPPA database can be included in an ASPAH membership - click the below **JOIN ASPAH NOW** button to read this latest research in performing arts healthcare, if you are not already a member.

[The Collegiate Irish Dancer's Experience of Injury: A Qualitative Study](#)

Owen Higginbotham, Roisin Cahalan

[Fit to Dance Survey: Elements of Lifestyle and Injury Incidence in Chinese Dancers](#)

Yanan Dang, Yiannis Koutedakis, Matthew Wyon

[Elevated Forearm Coactivation Levels and Higher Temporal Variability in String Players with Musicians' Dystonia During Demanding Playing Conditions](#)

Florian Worschech, Michael Großbach, Bettina Bläsing, Eckart Altenmüller

[Intra- and Inter-Rater Reliability of a Ballet-based Dance Technique Screening Instrument](#)

Shaw Bronner, Ivetta Lassey, Jessie R. Lesar, Zachary G. Shaver, Catherine Turner

[Effect of Toe Type on Static Balance in Ballet Dancers \[OPEN ACCESS\]](#)

Momoko Kizawa, Toshito Yasuda, Hiroaki Shima, Katsunori Mori, Seiya Tsujinaka, Masashi Neo Free

[Embouchure Muscle Activity in Student and Elite Trumpeters](#)

Alan H.D. Watson, Kevin Price

[Physiological Characteristics of Musical Theatre Performers and the Effect on Cardiorespiratory Demand Whilst Singing and Dancing](#)

N. Stephens, Matthew Wyon

[An Overview of Premenstrual Voice Syndrome: Definition, Treatment, and Future Trajectories](#) [Review]

Sasha L. Kaye

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2020 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:

- Professional Listing on ASPAH's online Directory of Members
- Full annual subscription to *Medical Problems of Performing Artists**
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free advertising in ASPAH bi-monthly e-newsletters

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<ul style="list-style-type: none">• Opportunity to run local events• Receive regular news about local, regional and national performing arts healthcare events• The right to vote and hold office in the Society <p>*Available in select membership categories</p>		

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All donations over AUD\$2.00 are tax deductible.

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