



CFS video is full of beans with Mr Potato Couch Man

SUFFERING teenagers - its Fatigue Woman! And she's flown to the United States to spread the word about a group of Melbourne teenagers who are fighting a distressing illness with a little help from their video heroine.

STUFFED - or Suffering Teenagers Unite to Fight Fatigue and End Depression - is a self-help group of adolescents who suffer from myalgic encephalomyelitis (ME), better known as chronic fatigue syndrome (CFS).

Arts Access, in conjunction with the STUFFED group, have produced an imaginative video, *The Adventures of Fatigue Woman*, which provides information about CFS and injects humour into its discussion about a little understood illness.

One of the group becomes the superhero, Fatigue Woman and there's extra help and earthy wisdom from the delightful Mr Potato Couch Man, one of two puppet characters developed by the group to tell their story of the fight against fatigue and depression.

STUFFED support worker, Ms Tessa Brewin will screen the video at an international CFS conference in the US in October.

Some of the participants, aged 14 to 22, have been ill for more than 18 months and many are unable to attend school at all, often enlisting the assistance of the Visiting Teacher Services or the Correspondence School.

STUFFED members decided to share their experiences of the illness with newly diagnosed young people and rural sufferers whose isolation is even greater.

Ms Brewin approached Arts Access in late 1992 to discuss the concept of producing a video. Arts Access' Program



Above (left) Mr Potato Couch Man, a magical character from 'The Adventures of Fatigue Woman' and (right) shooting a video sequence in the Arts Access studio. The video will be launched nationally, hosted by the ME/CFS Society, in Melbourne in November, 1994.

Manager, Bobbie Hodge worked with Tessa and the group to design a project that would meet their aims and interests. Video was identified as a good medium to convey information, as concentration difficulties often make printed material difficult to absorb.

Arts Access employed two artists to collaborate with the group: Marianne Bragge, a theatre performer and director; and Julie Raffaele, a video and film artist. More than 20 young people were involved in the project's three stages of development, including research, script development, dramatic improvisation, model making, performing, image and sound recording and editing.

The video will be distributed to CFS Societies nationally, and to School Support Centres, libraries, hospitals and community health centres.

The CFS Video Project was funded through the Lance Reichstein Foundation, the Queens Trust /Australia, the Community Cultural Development Board of the Australia Council, Templestowe Apex, and Abbey's Auctions.

Contact STUFFED, C/- ME/Chronic Fatigue Syndrome Society of Victoria, 23 Livingstone Close, Burwood 3125. Telephone (03) 888 8991

INSIDE

- * EASE streaks ahead
- * 'Art Day' Newsletter
- * Spring at Cruden Farm

Spring at Cruden Farm

A special Spring viewing of one of Victoria's most distinctive gardens,
courtesy of Dame Elisabeth Murdoch AC, in support of Arts Access

Sunday, November 6, from 11am to 4pm

at Cruden Farm, Langwarrin - enter from Cranhaven Road,
off Cranbourne Road (see locality map over page)

Admission \$6 (\$4 concession/children under 15). All proceeds to Arts Access.

Cruden Farm, has been a home of Dame Elisabeth Murdoch since 1928. In that time the property has undergone many fascinating developments that will delight any lover of fine gardens.

Cruden Farm is infrequently opened for public viewing and November is the ideal month to see the garden at its best.

So join us for this special Spring occasion and support the work of Arts Access.

Features of the garden include:

- * the walled gardens designed by Edna Walling including the magnificent 'picking garden'*
- * the stables and dairy block designed by Percy Meldrum*
- * herbaceous borders and lawns extending to the ornamental lakes*
- * garden sculptures by Douglas Stephens, Leslie Bowles and Irwin Fabian*
- * the stunning drive lined with towering eucalyptus citriodora.*

The house will not be open for inspection.

\$500

worth of plants from Heronswood, Dromana will be won in our 'Spring at Cruden Farm Raffle' to be drawn at Cruden Farm at 3pm, November 6. Tickets are on sale for \$1 each at Arts Access, 109-111 Sturt Street, South Melbourne, or at Cruden Farm on the day.

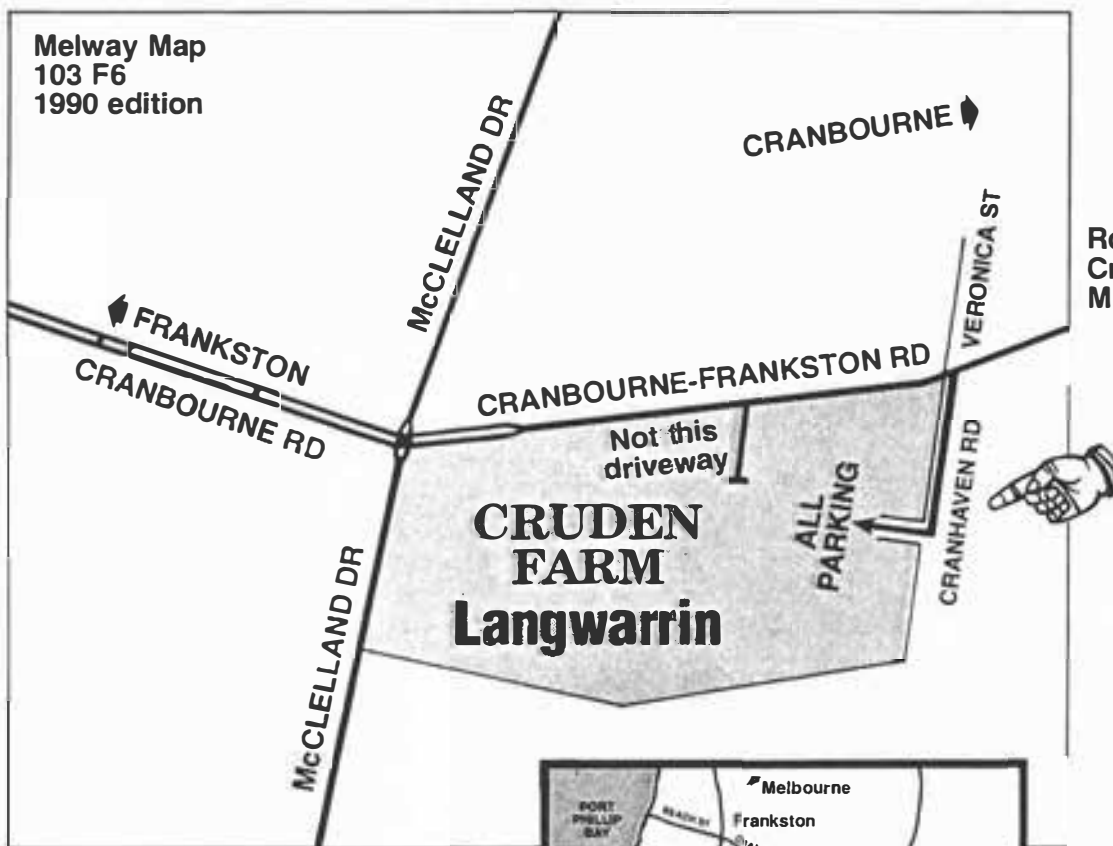
Dame Elisabeth Murdoch is patron of the Arts Access Trust Appeal.

Arts Access is a Victorian non-profit arts organisation creating cultural opportunities in partnership with people with disabilities and those disadvantaged by social conditions. Arts Access believes the arts play an important role in the lives of all people and makes the arts accessible to the most disadvantaged people in Victoria. It operates an Artistic Program, the Resources & Training Unit, and EASE - the Entertainment Access Service.

ARTS
Access

Enquiries: (03) 699 8299

Melway Map
103 F6
1990 edition



Route 4 from
Cranbourne and
Mulgrave Freeway



An Art Happening in the Western Suburbs

The positive role that the arts can play in fulfilling the potential of people with disabilities is demonstrated by a recent initiative of Arts Access. **Art Day** provides a creative outlet for people with intellectual disabilities who live in the western suburbs.

The **Art Day** group meet every Friday at a community centre in Spotswood. The program is designed to stimulate and develop the artistic expression of everyone involved through inspirational activities. The focus is on accessibility and especially on having a good time. Funded by Health and Community Services, the program is facilitated by visual artist, Lyndsay Mason and performance artist, Claire Teisen. Both accomplished in their fields, and with a successful history of working with intellectually disabled people, they have an easy rapport with the participants.

The project is not intended to be therapy-oriented. "A lot of programs are designed with social education in mind, but this is a day where we have a lot of fun and create something," Claire said.

Claire, Lyndsay and the support workers involved all agree that the program has many benefits. The support workers have remarked on how keen everyone is to come on Friday mornings. "Even for the quiet ones who may not appear to be actively involved, the group environment provides stimulation as they observe others having fun and interacting," Claire said.

A young man who requires one-to-one support has shown obvious progress in the three weeks he has been attending the program. As he is



David and Gary act out a story

responding to the harmonious environment, his challenging behaviours have noticeably decreased.

Visual art activities include painting, printmaking, drawing, mask-making, photography and ceramics. Performance art includes music, mime, movement, dance and drama.

The day begins with everyone sitting in a circle and doing warm-up exercises. Then the real fun begins. One popular game which requires fine movements and co-ordination involves standing on a piece of paper, then seeing how small the paper can be folded without stepping over the edges. "It's a great game for a competition and that gets the attention of the entire group," Claire said. "People love to play games - they leave their inhibitions at the door and we see their personalities being expressed," Lyndsay added.

Lyndsay, who has a background in

community theatre and visual art, remarked on how the group's painting and drawing skills have developed during the program. "To begin with, nearly everyone was fixed in one kind of visual expression. Now, many of the participants are experimenting with different uses of mediums and new concepts", she said.

Claire, who studied theatre in Paris for two years, has introduced a tradition of mask-making into the current program. This form originated in Switzerland where communities create masks based on real characters and myths for their village festivals. Everyone at Art Day has fashioned a

continued on page 3.

Inside

Arts Access	2
Art Day cont.	3
Art Beat	4

Arts Access programs

The Artistic Program

The Artistic Program reflects Arts Access aim of making the arts more accessible to people with disabilities and people disadvantaged by social conditions. Arts Access projects can have a significant impact on the communities in which they take place, in a number of ways. They can change the physical environment through the creation of permanent artworks; they can alter the social environment through providing an avenue for interaction; they can positively impact on people's perceptions of their own and other's potential for creative endeavours; and they can change the way people feel about the community in which they live.

Practical arts projects are initiated in diverse community settings, working with all forms of the arts to develop the artistic, social and physical skills of

participants and to promote their personal well-being.

Arts Access is increasingly becoming a national leader in its field, through initiatives such as the booklet *Healthy Arts*, which is designed to stimulate the long-term development of self-sustaining arts programs within the public health system.

Arts Access is also playing a vital role in promoting arts and disabilities at the national level through the development of the national advocacy network, Disability in the Arts, Disadvantage in the Arts Australia (DADAA). Its role is to lobby government on appropriate arts policy relating to disabled and disadvantaged people. Current issues include the accessibility of tertiary education in the arts and opportunities for disabled artists to utilise their potential to achieve professional status.

PICTURE: VERITY QUEALE

The Resource and Training Unit

This is a vital facility in the development of community based arts programs with special needs groups in Australia. As an information and consultancy service, the Resource Unit can assist communities in establishing their own arts programs.

The Resource and Training Unit manages a major collection of printed and audio-visual materials on the arts as they relate to disability and social disadvantage. The Collection is open for public inspection during office hours and is a valuable aid for disability support workers who wish to introduce the arts to their services, or for artists who wish to gain new skills. **Training workshops** for agency staff and service providers can introduce different ways in which the arts can be utilised.

The Resource and Training Unit continues to work in regions where there's a need for staff training and resources, such as Gippsland,



David dances on a square of paper, with encouragement from artists Claire (left) and Lyndsay (right) at Art Day.

Wodonga and Malmesbury, so that community members can come together in a spirit of creativity. The Unit could organise a workshop catering to your specific needs.

For more information, call Carol Downey at Arts Access on 699 8299.



ART DAY'S SISTER

The Creative Arts Program, funded by Health and Community Services, operates in the southern region at the Linden - St.Kilda Arts Centre with up to 21 participants attending each Friday. The program offers an exciting range of music, movement, drama, mime and mask activities. Professional artists provide workshops which encourage creative expression and develop artistic skills. For details, contact Barbara at Arts Access, on 699 8299.

EASE

Through its low-price ticketing and specialised seating service, the Entertainment Access Service assists people with disabilities and those disadvantaged by social conditions to attend mainstream entertainment and sporting events. This has created thousands of opportunities for cultural involvement and social interaction each year, including tickets to the Ford Australian Open and the NBL basketball matches and the intention is to expand further in this direction.

Membership is open to individuals and organisations who meet EASE eligibility criteria.

For information and bookings contact Dean Michael on 699 7636.

Art Day cont..



PICTURE: VERITY QUEALE

"Happiness can change to sadness in one gesture, its magic. The same mask can vary, depending on who's wearing it" - Claire Teisen.

continued from page 1.

papier mache mask from modelling clay moulded over tin cans. Leaving the masks unpainted highlights their expressiveness and allows the personality of the wearer to come through.

The masks have become precious to those who made them and one way in which they are used is as props in the stories which the group creates every week. With prompting from Lyndsay and Claire, the participants might act out a journey in which one person carries a special treasure to give to a friend in a faraway place. The group decides on the nature of the journey - through a jungle, over a snow mountain or across a busy highway. Everyone gets involved as they watch the performers navigate the various obstacles, using mime. Traditionally, mask plays are unspoken but here conventions are ignored and speech is encouraged. It's a treat for the audience to watch and the performers love the audience's reaction. "Most of the participants really appreciate the attention and so they give a good performance," Claire said.

As a seasoned performer and teacher, Claire explained why she enjoyed working with people who have intellectual disabilities. "These people give so much of themselves, without resistance or expectations. In the theatre, play and improvisation are so important and they are wonderfully gifted in those qualities."

Towards the end of the course, Claire and Lindsay would like to create an event using masks, music, performance, and artwork. This will give group members the chance to perform to an audience of family and friends.

Art Day is available for adults registered with Intellectual Disability Services in the Western Region. For information contact Barbara Doherty, the Art Day Program Co-ordinator at Arts Access on 699 8299.

Left: Drawing at Art Day with (from left) David, Kerrie and Maria and (above) Maria.

Art Beat

Performance Art Options for People with Intellectual Disabilities

Art Day is an ongoing Arts Access program which aspires to bring together a group of people with intellectual disabilities to create long-term artistic projects. The purpose of Art Day and the projects that evolve from it is to help each person positively identify and express themselves within their community. "As there are currently places available, we'd like to involve more people in Art Day on a regular basis," said the program co-ordinator, Barbara Doherty.

"In the future, we'd like to focus on specific project-making where workshop members can collaborate with other community groups to create and design large-scale projects, such as an outdoor mural or installation, or to participate in a community festival. At Arts Access, we firmly believe that active participation in the creative process enables people to understand and strengthen their cultural identity," Barbara said.

Participate in the West, a special event day initiated by the **Art Day** Program comprised workshops and performances for western suburbs residents with intellectual disabilities. The event was held on June 28 at the Maribyrnong Community Centre. The purpose of the day was to bring a variety of people together to explore creative art and to provide an opportunity for people to witness performers with disabilities. Workshops on the day included music, theatre and visual arts. The afternoon performance presented several exciting and unique works, including Sonja Teuben from Back to Back Theatre in a solo act called 'Gina's Story'. As a duo, Claire Teisen and John Tonso performed mask theatre and juggling and finally, the audience was captivated by the African rhythms of the percussion group Adzohu.

This pilot edition of the Art Day bulletin was written and designed by Kerrie Byrne. Photos by Verity Queale - phone 696 7814. Additional artwork thanks to the Art Day participants.



PICTURE: VERITY QUEALE



Claire and Debbie in a performing mood at Art Day

Professional opportunities for people with intellectual disabilities have significantly increased over the last five years. Throughout Australia, new performing groups are emerging, which include people with disabilities. Two such groups are **Big Bag** and **Back to Back Theatre** which both appeared recently in the **Next Wave Festival**.

Big Bag

Originating out of a joint project with performing arts students at Deakin University and Geelong's Corilong Centre in 1987, this 'disability-fuelled rock band' has achieved a unique status in the Australian rock scene. The acclaim that Big Bag has received reflects its innovative work in breaking down the barriers for people with disabilities.

Four of Big Bag's seven members have an intellectual disability and together with the three others they write, record and perform their own melodic dance-pop songs.

Back to Back

As Australia's only professional company of its kind, Geelong's Back to Back theatre company transforms the issues that confront people with intellectual disabilities into vibrant and professional theatre. Arising out of the same community arts project as Big Bag, the core artists are five actors with intellectual disabilities.

In their recent work, 'Voices of Desire', which played to packed houses in Melbourne and Geelong, questions of love, marriage and parenthood were explored, from a disability perspective.

ARTS Access

Celebrating 20 years of Participation, Innovation and Excellence, 1974-1994

The Western Region Creative Arts Program is funded by Health and Community Services, Intellectual Disability Services and is managed by Arts Access.

Arts Access is assisted by the Commonwealth Government through the Australia Council, its arts funding and advisory body; Arts Victoria, a division of the Department of Arts, Sport and Tourism; and Health and Community Services.



Artistic Program

POSTPONED:

Art & Disability Expo Day now rescheduled for 1995

This day of performances, forums and exhibits was planned for November 11, but will now be held at a date to be announced in 1995. A suitable venue is being sought and a comprehensive program is being developed.

* A full Artistic Program Update will appear in the Summer Access.



Above: Participants in the St.Kilda Supported Residential Services Program with decorative flags -part of the SRS Textile Exhibition held at St Kilda Public Library in August.

Resource & Training Unit Update

Staff Training leaps ahead in '94

There has been an overwhelming response to the Unit's Creative Arts staff training workshops in 1994, with many hopeful registrants being placed on waiting lists for future training opportunities.

Most recent is Creative Arts with the Aged III to be held on November 3-4, with visual artist, Jenny McCarthy, at the Arts Access Studio.

Mildura workshop

On November 8 and 9 a workshop will be held in Mildura for staff working in the areas of aged care and intellectual disability.

For registration and further information contact Karen Clifford at the Mallee Older Adults Recreation Network on (050) 22 3188.

H&CS Psych Services

Arts Access has been contracted, through Health & Community



Above: A group drama exercise during the 'Using the Arts' workshop in May for staff who work with people with psychiatric disability. Drama based visual arts and creative writing were also explored. Staff training programs have sparked a wealth of new ideas for arts programs in a range of Victorian human service agencies.

Services, Psychiatric Services, Staff Training Development Unit, to conduct

a three day staff training program during October.

The program will be run at the Mont Park campus of North Eastern Metropolitan Psychiatric Services and will focus on drama with performance artists Rhonda Whittaker and Jedda Bellham.

City of Port Phillip

In late November or early December, Jedda Bellham will coordinate a three day workshop for city staff working with disabled and disadvantaged residents in the St Kilda and Port Melbourne areas. The program will include arts and recreation and information sharing and networking. For further information contact Carol Downey on 699 8299 (Tuesday to Thursday).

Workshop Outcome

A participant in the **Creative Arts With the Aged II** workshop is preparing a major submission for an outdoor environmental arts project at a nursing home.

New Resources

PUBLICATIONS

ARTS & HEALTH

Art Injection: Youth Arts in Hospital

An illustrated documentation of a collaborative youth arts project conducted with Royal Alexandra Hospital for Children and the Sydney

College of the Arts. Includes stories, reflective essays, practical guides and evaluation.

ARTS & DISABILITY

Arts & Disability
Number nine in a series of arts strategy discussion documents from the UK

Arts and Disability Action Plan
Guidelines for practical measures to be taken by

organisations receiving money from the Arts Council of Great Britain to implement the recommendations of the Code of Practice on Arts and Disability, such as access, employment and attitudes.

Coastal Writing

Collection of poetry and prose from a creative writing group at the Psychiatry Unit, Prince Henry Hospital.

Equity and Access in Arts Training

Report of a 1992-93 project in WA that identified groups that have special needs in regard to arts training

VIDEO

Icons

Acclaimed dance work by 'integrated' Adelaide dance company, Restless.

Yes!

I want to do more to help Arts Access reach more people with more creative programs and services.

I wish to donate:

☐ \$50 ☐ \$250 ☐ \$100 ☐ \$25 ☐ \$.....

Donations of \$2 or more are Tax Deductible

Mr/Mrs/Miss/Ms.....

Address.....

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☐ Cheque enclosed ☐ Please debit my credit card

☐ Bankcard ☐ Visa ☐ Mastercard

Number:

Name on Card

Expiry Date / /

Signature

Please direct my donation to:

- ☐ Arts Access Trust
☐ Arts Access General Fund

Return with payment to:
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Arts Access
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*Celebrating 20 years
of innovation and excellence
1974-1994*

Arts Access is a non-profit organisation committed to creating opportunities in the arts with people with disabilities or who are disadvantaged by social conditions.

Membership

By joining Arts Access now you will help us reach more people with more programs.

Memberships are tax deductible and range from:

\$15 concessional

\$30 individual

\$50 organisational member

Donations of \$2 or more are tax deductible

Members are kept up to date with activities through the quarterly newsletter, Access and the Annual Report. Members also receive discounts on all Arts Access publications and are invited to participate by attending public performances, exhibitions and special events related to our wide range of arts projects.

Arts Access acknowledges the financial assistance of the Commonwealth Government through the Australia Council, its arts funding and advisory body; Arts Victoria, a division of the Department of Arts Sport & Tourism; and Health & Community Services.



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