

# What makes you feel like you belong?



## Entries invited for two Community Art exhibitions: 'BELONGING'

- Entries open to everyone
- Selected works will be exhibited
- Prizes to be awarded
- Entries close, **Wednesday, 3 April 2019**

The community is invited to submit artworks for two upcoming art exhibitions.

Entries from clients, volunteers, staff and the broader community are invited to encourage involvement in creative activities and the promotion of wellbeing through art.

The exhibitions are jointly organised by Connect Health & Community's Social Support Program<sup>i</sup>, Gambler's Help Southern<sup>ii</sup> and Volunteer and Community Connections Team<sup>iii</sup>.

Artworks reflecting 'Belonging' can be prepared in any medium and must be presented in A3 size. Amateur and professional artists are welcome to submit up to 2 works each. See the Artwork Submission Form for details. Artworks submitted will be reviewed by a curation panel. Chosen artwork will be displayed in one or both of the art exhibitions:

### 'Belonging' Inter-Agency Art Exhibition

Girrawheen Centre (453 New St, Brighton),

**1 - 28 May, 2019**

### 'Belonging' Community Art Exhibition

Connect Health & Community

(2A Gardeners Road, Bentleigh East),

**13 June – 12 July, 2019.**



i. **Social Support Groups** are a great social opportunity for those who have difficulty getting out and about but wish to stay connected to their community. Our program offers activities including exercise, crafts, music, dancing, games, discussions, outings, special events, celebrations, quizzes and entertainers. It is facilitated by qualified staff and assisted by wonderful volunteers.

ii. Our **Gambler's Help program** aims to prevent or reduce the negative impacts of gambling on individuals, families and the community. We use a public health approach to prevent gambling harm and address a range of social and environmental factors that contribute to problem gambling. Social connection and mental wellbeing are two relevant determinants of health.

iii. Volunteering brings many benefits, from improving our health and fitness to promoting a sense of belonging, boosting mood and making friends. Our **Volunteer and Community Connections Team** have many volunteer opportunities including assistance with hydrotherapy, walking groups, and driving clients to appointments and engagements in the broader community.

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