



Arts And Health = AAH! an exclamation of surprise, amazement, wonder or joy!  
 Research shows us that experiencing or participating in art and culture is great for our health.

Detail of James Morrison, 2018 Magasker Valley. From 'Greenworld' exhibition at Bayside Gallery



**AAH! ARTS AND HEALTH**  
 Welcome to edition 10!!  
 Experiencing the arts and cultural events helps us engage with others, express emotions and understand ourselves & the world more fully. I hope you find your AAH! moment in this issue.

**CONNECT!**  
 “Social connection is good for our mental health, can lower anxiety and depression, help us regulate our emotions, and lead to higher self-esteem and empathy” Victoria Together website has a wealth of ideas.  
[Connecting with others](#)

**NATURE AND ART**  
 Mother nature mesmerizes and provides creative inspiration for us all.  
 Issue 10 celebrates our freedom and appreciation of life.  
[Greenworld Exhibition](#)



**WATCH ANYTIME MOVING ART BY LOUIE SCHWARTZBERG**  
<https://movingart.com/gallery-gratitude/>  
<https://movingart.com/wonder-awe-tedxla/>  
 Wonder and awe - Art and science collide in time-lapse and slow-motion cinematography

# GREENWORLD

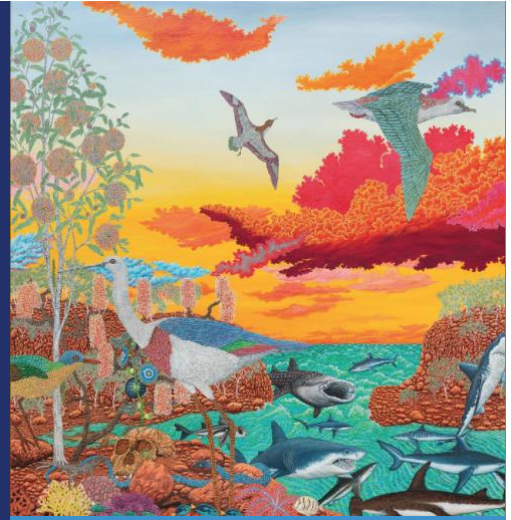
The Greenworld exhibition launched at Bayside Gallery during COVID-19, "a time when as city dwellers, our appreciation for the green and open spaces of our parks, creeks, rivers and the shoreline of the bay has strengthened. Our access to these pockets of nature has become more meaningful and life affirming than ever before. This exhibition reflects on the power of nature to offer relief, sustenance and inspiration during these times"

[Welcome to Greenworld](#)

[The work of James Morrison](#)

[Jigsaw puzzle online](#)

[Healing Nature - The power of nature Panel Discussion](#)



## ANYTIME ANYWHERE - DISCOVER SOMETHING NEW!

GALLERIES, MUSEUMS AND PERFORMING ARTS AROUND THE WORLD HAVE RESPONDED TO COVID-19, PROVIDING AN ARRAY OF FREE ONLINE EVENTS, PERFORMANCES & ACTIVITIES

### Nature Bathing

With travel restrictions lifted, Victorians can take the opportunity to enjoy nature's wonder.

[Nature Bathing: ABC interview with Raf Epstein](#) (10 minutes)

### Parks Victoria All Abilities Access

Visiting a park can be a challenge if you have physical limitations, however in Victoria there are a wide range of facilities to help people of all abilities. Bathe in nature or be inspired to re-engage in a hobby - photography, drawing, writing, poetry..... let your creativity loose!

### Natural History Museum (NHM)

Can't get out to enjoy nature? The NHM in London UK has developed a wide range of activities and ideas for you and your family to enjoy at home, from the couch, in your garden or a local outdoor space.

[Try this at home with NHM](#) A large variety of viewing interests or activities to try. Take a look!

[Live nature talks with NHM scientists](#) From blue whales to coral and climate change, there are 54 different talks, all recorded during COVID-19 for your enjoyment at home!

[Cross stitch a dodo](#) Cross stitch pattern and instructions provided.

[Wildlife photographer of the year 2020 People's Choice](#) Highly recommended!

### Choirs

[WE wish you by RMH Scrubs Choir](#) Released in December by Royal Melbourne Hospital choir

[Vienna Boys Choir Christmas Album](#) Merry Christmas everyone, We made it!

## Brandenburg Orchestra

Brandenburg One is our new digital platform. Learn about period instruments or choose from a variety of performance including the Bach series or the Christmas Noel performance

[Brandenburg One online](#) - Check out the full content available free online

## Noel Noel Brandenburg Choir

An uplifting excerpt from the Christmas concert starring soprano Madison Nonoa and the Brandenburg choir (25 min video)

## Australian Centre for the Moving Image (ACMI)

Victoria on Film - A fortnightly series. look back at iconic movies, produced by ACMI and Film Victoria, each episode approx. 25 mins featuring critiques, interviews, movie clips and insights.

[Victoria on Film Episode 5 Romulus my father](#)

## The Dax centre

Located in the Kenneth Myer Building at the University of Melbourne, Child and Mother is a rich visual exploration of relationships and connections, featuring work of Kathryn Del Barton.

[Child and Mother Exhibition](#) (watch 2 min video or take the self-guided virtual tour)

## Cirque du Soleil - be amazed! New release

[Spotlight on "O" Cirque du Soleil](#)

Released on 5<sup>th</sup> December this 30 minute video is an enthralling tribute to the beauty of water.

## **FRIDAY LUNCHTUNES - weekly livestream at Bethlehem**

LUNCHTUNES@BETHLEHEM - LIVESTREAM EVERY FRIDAY 12.00 -1.00PM

Let us know if you have a song request and we'll play it for you!

[Lunchtunes@bethlehem](#) - performed by our talented Music Therapy department



AAH! An Arts and Health initiative for our patients, families, staff and friends.  
(please acknowledge Calvary Health Care Bethlehem when sharing)

Curated by Nicki Jackson with support from community volunteers, staff and friends.

**WE LOVE IDEAS AND FEEDBACK!**  
email to [artsandhealth@calvarycare.org.au](mailto:artsandhealth@calvarycare.org.au)