



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.

Our ABBA obsession returned with the band recently announcing their first new album in 39 years!

Pictured: Swedish band ABBA performing Mamma Mia on 'Bandstand Special', Australia, March 1976 (photo: Polar music International)



AAH! ARTS AND HEALTH

Welcome to Issue 14

Experiencing the arts and cultural events helps us engage with others, express emotions and understand ourselves & the world more fully. Listen to the new ABBA songs for a real AAH! Moment (viewed nearly 20 million times!)

CONNECT!

Discover something new. Victoria Together is here to connect, inspire, entertain and inform. With some of Victoria's greatest digital experiences, there's something for all ages

[Experience Victoria Together](#)

[ABBA I still have faith in you](#)

Victoria Nature Festival

11 - 26 September 2021

A virtual exploration of our rich natural environment and wildlife. Art, culture, storytelling, podcasts & more!

[Nature Festival online](#)

[School holiday Activities](#)



BACK TO NATURE

[The health benefits of nature](#) (4 min video)

8-part documentary on ABC TV or iview app

"Do you ever feel like nature is healing you? Being in nature can improve our mental health and lift our mood. The awe we experience in nature can increase prosocial behaviour: caring, sharing and co-operating with others. Incredibly even just viewing images of nature supports relaxation & recovery."

Hilma af Klint at home

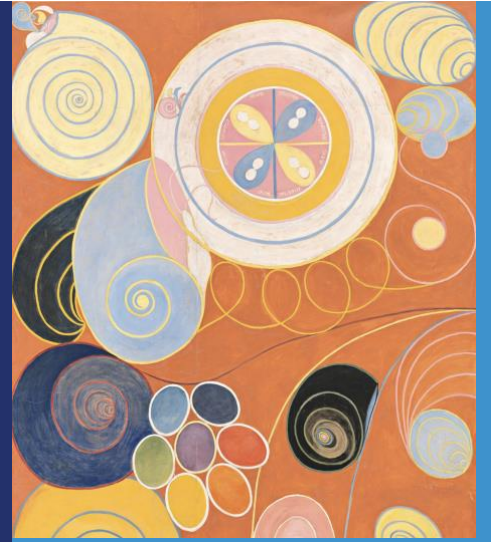
“More than a century ago, Swedish artist Hilma af Klint created paintings unlike anything that had come before. Monumental and wondrous, with enigmatic symbols and radiant colour combinations, they forged an entirely new language of abstract form.” Art Gallery of NSW

The ten largest: “predominantly abstract, these paintings represent four stages of human development: childhood, youth, adulthood and old age. Botanical references convey her view of humanity’s connection to the natural world.” Art Gallery of NSW

[Hilma af Klint - exhibition](#)

[Hilma af Klint: the ten largest \(1min video \)](#)

Pictured: detail from Hilma af Klint Group IV, the ten largest, no. 3, *youth* 1907



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

National Library of Australia

Discover fascinating stories from the incredible archive of our National Library.

[Frank - Hurley in Antarctica](#) - listen to this podcast, 2021 Creative Arts Fellow presentation - Dr Jordie Albiston discusses her new poetry project 'Frank'

[Banjo Paterson: the Poet and Lawyer](#) - discover the legal journal from the Banjo Paterson collection (short narrated video with transcript available)

[Banjo Paterson: the man behind the words](#) - Poet, lawyer, husband, father - personal letters and photos presented by Assistant Curator of manuscripts, Bronwyn Ryan.

[Banjo Paterson Children's Poetry](#) 'The animals that Noah forgot' 1933, illustrated by N Lindsay

Melbourne Symphony Orchestra (MSO)

[Performance of a lifetime](#) a message from the Victorian Arts Community

[MSO x SSO Musical Friendship](#) - a symphony for 2 orchestras: Australia and Singapore, Aug 2021

[MSO footy anthems](#) - Yes, it's that time of year again, September AFL football fever!

National Gallery of Victoria

Beyond the frame - 6 podcasts examining the rebellion behind the French Impressionist movement

[Beyond the Frame](#) understand the bravery of artists such as Monet, Degas and Cezanne.

[Drop by drawing - sketching series](#) - free 'how-to' series guided by professional artists

[Cirque du Soleil](#) - a favourite with young and old, back by popular demand!

[Cirque du Soleil KURIOS](#) - Cabinet of curiosities, an hour long awe-inspiring special

Art for Wellbeing

Culture dose is an online art experience with your wellbeing at its focus. 10 sessions available
[Culture dose - Art for wellbeing](#) - Presented by Art Gallery of NSW and the Black Dog Institute
[Discover Brett Whiteley](#) - a digital resource designed to allow you to navigate Whiteley's world.

iPhone Photography Secrets

[iPhone Photography School](#) Check out some of the short 'how to' videos on this popular you tube channel and create your own incredible "back to nature" images that you can enjoy at home.

[How to avoid blurry iPhone photos](#) (15 min video)

[iPhone close-up photography secrets](#) (7 min video)

[Tips for taking incredible iPhone reflection Photos](#) (18 min video)

Australian Centre for the Moving Image (ACMI)

[Make a stop motion animation](#) - step by step guide, great holiday activity for children/grandchildren

[My cat has Issues - Junior Animation winner](#) - watch this short 1 minute video for some inspiration!

Bandstand - pop music favourites

[Bandstand Australia](#) Learn about the history of Bandstand, the longest running pop television show of it's time, running from 1957-1972, hosted by Channel nine newsreader Brian Henderson.

[Bandstand 12 March 1966](#) Watch this episode of Brian Henderson's 'Bandstand' featuring the Beatles, the Easybeats and a compilation of the hits of 1965 - population of Australia 11 million

[ABBA - Don Lane Show March 1976](#) (11 min video - Don Lane interviews ABBA, includes live performance of S.O.S and their new hit song 'Fernando')

FRIDAY LUNCHTUNES - weekly livestream at Bethlehem

Tune in for a weekly dose of your favourite tunes. Songs by request from patients and staff.

[Livestream Friday Community Lunchtunes](#) - look out for the weekly reminder!



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