



WELCOME to ART for Soothing & Strengthening!

*I look forward to working with you, to encourage your creativity and help you meet the goals you have set for yourself as part of your NDIS plan.*

*Before we start here is some important information:*

### What's is ART for Soothing & Strengthening? NDIS

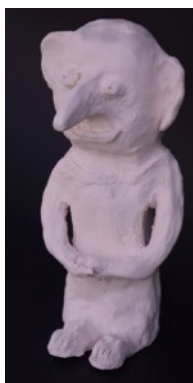
ART for Soothing & Strengthening is a studio-based arts practice run by artist Anne Riggs, PhD, for people who are suffering, are vulnerable, or who have aspects to their lives and selves which make it difficult for them to participate in everyday community art activities. This may be mental ill-health, and/or other disability.

The programs are purposefully creative. ART for Soothing & Strengthening builds on strengths, and helps participants develop new ones. These will be art-making and creative thinking, and others such as communication, relationship building, emotional regulation and expression.

Groups and one-on-one sessions are tailored through collaboration to meet the interests and goals of individuals. Creative and enjoyable experiences in the studio offer opportunities to explore beyond the challenges of the everyday, to find a more positive and fulfilling future. Many participants are surprised to see what they have achieved, and therefore encouraged and excited to see what they can achieve.

Being part of a creative community builds an appreciation of the world around us and our part in it, and thereby helps reduce feelings of isolation, depression and anxiety. This can assist participants better manage behaviours that aren't positive or helpful, such as drug and alcohol mis-use; spending long periods during the day in bed, or responding to OCD impulses.

Looking forward to, and being in the art group, or coming to your one on one session sets participants up for a good day and week ahead. As a non-medical approach, yet one based on research and years of practice, participants recognise arts' many benefits, which often includes them setting up space at home to continue their creative practice, going to the art shop, or out for a walk in nature to take photos.



## Who is it for? About You

The idea of art making and exploring your creativity is a bit exciting. You might be well and healthy at the moment and feeling it would be great to do something creative and relaxing. Maybe you are keen to learn something new.

However, you may not be feeling that great, and are looking for something soothing that will help you relax, express yourself, or keep anxiety or pain at bay.

People on NDIS plans join small groups or one-on-one sessions. You are welcome to bring a carer with you.

## About me: Anne Riggs

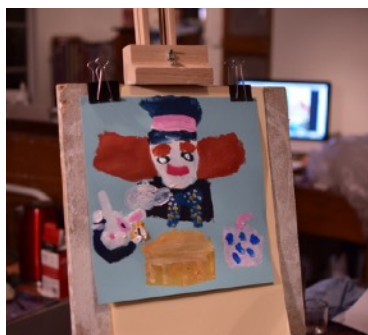
I am a visual artist - a painter, drawer, maker. I work with clay, paper, photography, timber and mosaics, and make hand made books. I am a researcher, teacher/trainer, and contributor to books, journals and conferences on the topics of art and health, art and trauma recovery, art and cancer care, arts in international community development, and art in aged care.



I have a PhD for research into arts practice in recovery after sexual assault, a Master's of Fine Arts degree for work about the impact of war, as well as a BA in Visual Arts. I am an Affiliate member of the Australian Psychological Society, a member of the Australian Centre for Grief and Bereavement, and various organisations who provide services in the arts, trauma, loss and grief.

I work creatively with people who have experienced trauma, loss and grief, including with the South Eastern Centre Against Sexual Assault; in mental health care, in hospitals, aged care homes, with people with a disability, with life-ending or life-changing illnesses and their families. I have taught in Higher Education about trauma, the arts, community development, mental health and AOD.

I enjoy welcoming participants into my studio and see you flourish. If you would like to see pictures or read about some of the projects I run - including similar groups to these I invite you to look at my website [anneriggs.com](http://anneriggs.com) or Facebook (Anne Riggs).



## How it works

I will meet you before we start the art groups to have a conversation, get to know you a little and understand what your goals are for this activity.

## Choice

You come to the studio to explore your creativity and self-expression. I will talk with you about what you would like to do to meet your goals for the session. I will show you skills and examples, and introduce you to new materials and ideas. You are free to choose what art form you would like to undertake for each session, and whether you want to take up my suggestions. You are invited to bring your own ideas to the studio and I will help you achieve your creative goals.

## Health, accessibility and safety

### Allergies

The studio is in a garden and there are two cats who live here too. One often sits in the studio. If you are allergic to cats, please let me know.

Please let me know if you have food requirements, as I offer participants a snack.

### Accessibility

The paths, studio and hand washing facilities are accessible, however at the moment the toilet is not fully accessible. There are no steps to navigate but the room is small and not wheel-chair accessible.

### Studio access in emergencies

There are two doors to the studio. The double doors are always unlocked during studio time. The side access door always has a key in the lock for easy exit from the studio if necessary. There is a path around both sides of the house which lead to the street.

### Illness

Please avoid coming to the studio if you are ill. I can offer you some suggestions to continue your arts practice during your time away.

### Safety

In a studio there are some safety rules which must be followed, such as when using tools, and keeping the air free from dust. You must follow my guidance for the safety of all of us using the space.

### Respectful behaviour

It is important that each of us treat the other with care and respect whilst in the studio. I ask participants to:

- Speak in calm voices. Please do not raise your voice, or shout. Use polite language, and avoid swearing.
- Understand that some people in our groups have experienced trauma, or are particularly sensitive to some topics. Conversations may need to be general, and uplifting.
- Treat materials, tools, artworks and the space with respect. As the studio is my working space, there are fragile artworks here which are not to be touched, and materials that are not available to participants as they require a high level of art training.

You can expect me (Anne) and others in our groups to treat you with respect and kindness.

### Cancellations / Non-attendance

Please let me know in advance when you are unable to attend, 0417 526 636.  
Cancellations without adequate notice will be charged for.

### Privacy

I work on a strengths basis, and only need to know enough details about your disability/ background to ensure you get the best out of your art experience. You are, however, welcome to share any personal information with me.

I may occasionally have a conversation with your co-ordinator regarding you, or your plan. Usually I will discuss this with your first, however, there may be times when I speak first to your co-ordinator - such as if your behaviour has changed and I need some advice on how to best proceed.

I do not share anything about you, such as personal information or photos, without your consent (see attached consent form) with the exception of professional supervision discussions.

Please be respectful of others in the group, and do not share private information about them.

### Feedback and Complaints

You are welcome to give me feedback about your experiences, or for future planning.

You can do this through conversation; writing me an email or via text. I am very pleased to hear your comments and to work with you to ensure your experiences here meet your expectations and aspirations.

If you are unhappy with the service you receive, firstly, please try and talk to me as soon as you feel unhappy. Most situations can be resolved with a careful and respectful conversation. If you find it difficult to bring your concerns up directly with me, you are welcome to invite a carer, or your NDIS support co-ordinator to speak with me.

We will organise a time to meet and discuss your concerns. You are welcome to bring a support person who can help you or speak on your behalf.

I will always try to resolve things with you through respectful conversation. If however, you are still not satisfied, you are welcome to take the following steps :

1. Contact your NDIS support co-ordinator, and seek their advice.
2. We can set up a meeting with an outside mediator.
3. You can place a formal complaint to the NDIA.

#### **Complaint contact form**

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)

#### **Call**

1800 035 544 (freecall from landlines)

#### **National Relay Service**

[www.relayservice.gov.au](http://www.relayservice.gov.au) then 1800 035 544

#### **Translating and Interpreting Service 131 450**



### Further information

- Booking is essential to confirm your place for all programs
- Most programs are run at my garden studio in Highett.
- I am a **registered NDIS provider**. Feel free to contact me to discuss any specific needs.
- Check website for dates, or subscribe to receive a monthly newsletter/update.  
[ariggs@alphalink.com.au](mailto:ariggs@alphalink.com.au).