



Faculty of Medicine, Dentistry & Health Sciences

Department of General Practice

FREE PUBLIC LECTURE



"That book changed my life"

Reading and Creative Writing for Wellbeing

Monday 18 April, 3:30-4:30pm

Seminar Room. Ground Floor, 200 Berkeley Street, Carlton.

This free public lecture is of interest to anyone who enjoys reading and works with, or alongside, individuals and groups to promote their wellbeing in formal and informal contexts. This includes carers and people who have struggled with mental ill health themselves; health and social care professionals; occupational therapists, social workers and psychologists.

*How many times do you hear people say,
'That book or play changed my life'?*

*Can reading and creative writing
promote wellbeing
and develop professional empathy?*

The Hearth Centre (thehearthcentre.org.uk/) was set up in 2003 as a centre for Health, Education and the Humanities with Art at the Heart. Hearth uses the arts to animate key issues in mental health, social care and the humanities, and to promote well being. Since 2007, the Hearth Centre has been introducing Reading for Wellbeing, a shared reading approach, into secure and community mental health settings in Birmingham, UK.

In this lecture, you will learn about the work of the Hearth Centre to date and exciting new directions, including how Reading for Wellbeing is being used in a recently funded Melbourne Social Equity Institute interdisciplinary seed funding project.

Presenter



Polly Wright
Artistic Director

HEARTH

Change through the Arts

Polly Wright is a theatre director, occasional performer, facilitator, writer, lecturer, and researcher.

Polly has taught in secondary schools and adult and higher education. She is a part time lecturer in Clinical Communication Studies and Literature and Drama in Medicine at Birmingham University. She has an MSc in Health Promotion and was commissioned by health agencies to write many studies in which drama was used as a method of social research into service provision and health perceptions. She published articles on the approach and is on the editorial board of the Arts and Health journal, Policy and Practice.

Register for the free public lecture at
<http://events.unimelb.edu.au/events/6323>