**Arts on Prescription - Building a better way back together through transformative applied arts experiences**

**Deborah Pearson, Dr Christina Davies, Miles Openshaw**

*Arts on Prescription* (AoP) is a form of social prescribing with a focus on prevention, early intervention and the management of short and long-term chronic health and/or mental health conditions. People are referred by their GP/health practitioner to an AoP program of up to 8-10 weeks to engage in applied arts experiences (e.g. painting, drawing, crafts, music workshops) in small groups guided by professional artists. The AoP Model comes after extensive research in the UK where AoP projects have shown a 37% drop in GP consultation rates, a 27% reduction in hospital admissions, and a social return on investment of between £4 and £11 for every £1 invested.

**Instructions for a more caring society**

**Boaz Shearer**

If clothes are important enough to have care instructions, then people are too. Imagine if (in some contexts at least), the first thing a person asked you after learning your name wasn’t “What do you do?”; but “What are your care instructions?” – basic things that help us thrive, feel good and respected. Making ‘Care Instructions’ more universal would help to de-stigmatise the experience of having a disability, mental health condition, or chronic health condition; and would result in a more inclusive, accessible, compassionate, empathetic, and close-knit world.

**Care Opinion 2020: The uberfication of consumer feedback**

**Pip Brennan**

The Care Opinion website was established in the UK 14 years ago to ensure that "people [are] able to share their experiences of health and care in ways which are safe, simple, and lead to learning and change." It's as simple as that: safety and quality conversation conducted transparently on a moderated platform where everyone can see how and where services are listening and changing in response. The Health Consumers Council sees the incredible value that a moderated platform for feedback like this offers the community. WA should lead the nation in the human services sector by facilitating its uptake with all NGOs which receive state funding to deliver services.

**Community - Understanding the value of ageing**

**Denver D’Cruz**

 The WayFairer Project helps adults aged 50+ years old and community networks to connect with each other and foster a reciprocal relationship. Adults aged 50+ years old will be matched with community clubs and organisations to gift their time, skills, talents and interests to help address the challenges faced by clubs and help them thrive. The WayFairer project brings together frameworks of engagement and community development principles that lead to community wellness for people as they age and transition from the workforce, offering a practical solution to a societal gap being experienced in all Australian communities.

**Community Dads Program**

**Jane Miller**

The Community Dads Program supports Dads in their parenting role and connects them to the community reducing social isolation and improving mental health. The program engages men in the Cockburn and Kwinana communities to assist in designing a peer-led home visiting program for dads. Volunteer dads, trained by the Curtin School of Nursing and supported by a The Fathering Project facilitator, will mentor men in their parenting role, provide them with information on supporting children's development and connect them to the community and services relevant to them.

**Connecting Aboriginal Children with Community**

**Virginia Dingo, Maree De Giambattista**

Aboriginal children do best when they are connected to their community and, in situations where they need to be cared for away from their birth families, they do better when they are with Aboriginal carers. Western Australia’s only Aboriginal Controlled Community Organisation (ACCO) in the Out of Home Care (OoHC) sector will support other ACCOs to provide OOHC services directly in their own communities. Building the capacity of ACCOs already working within their own community will mean that safe, nurturing short or longer term placements can be found for children on their own country, with their own people

**Drumbeat - Building resilience through rhythm**

**Jonelle Kapsalos**

Drumbeat is the world’s leading therapeutic drumming program, achieving remarkable social outcomes across Australia and around the world. Drumbeat is an engaging and effective evidence-based program that brings people together in a conducive environment to explore and improve resilience, wellbeing, self-confidence and relationships. This project would create a customised DRUMBEAT module to explore current issues exacerbated by COVID-19, and to offer participants practical tools to address a range of social and emotional issues.

**The Fiona Stanley Hospital Community Link Booth**

**Antonella Segre; Tegan O’Rafferty**

The Community Link Booth at Fiona Stanley Hospital connects patients to non-clinical support that will enable them to manage their conditions following discharge. The first of its kind, the booth is integral to individuals, families, and carers who require emotional and physical support upon departure from the hospital premises. Patients and those who support them can visit the booth to access information and resources about their condition, and locate local Support Groups and services aligned with their health and mental health needs, so that they may apply self-management strategies to decrease their own re-hospitalisation rate.

**Harakeke - A model for parent-led support**

**Daniella Radaelli**

In Harakeke, parents are resourced to design and deliver their own weekly, hour-long, free to low-cost meet-up activity for other parents in their local area. This could include spending an hour at a local playground with a few other parents and their kids, hanging out at a nearby cafe, or anything else parents choose. In Auckland, over 220 families have benefited from Harakeke activities in one year alone, with 55 Parent Leaders running events: representing a significant reduction in isolation and a return of control and power to so many families. The adaptation of the model to a WA context carries a powerful potential for disadvantaged Western Australian communities.

**Home Hub - A web app for a sustainable housing system**

**Iain Shields, Home Hub**

Home Hub (homehub.org.au) is a centralised, independent and non-profit driven website for landlords to list properties easily and where people can apply for safe and affordable homes quickly. The roadmap for Home Hub includes a whole of community collaboration to design, develop and launch a more sophisticated version that: captures real-time housing and wellbeing needs of individuals and families across WA; captures real-time data of assets (homes) across WA; and supports empty and latent homes to be registered under a ‘Homes for Good’ program, among other features, with the aim to reduce and prevent housing stress and poverty.

**Living and Learning Centre**

**Nicole Jolly, Neami National**

Recovering lives of meaning and purpose for people living with mental ill-health requires a different approach beyond psychiatry and the biomedical. A Living and Learning Centre (LLC) pilot could offer group and individual supports delivered by professional and peer staff with a focus on skills, learning and preventative and community support. People seeking support would explore their needs through a supportive assessment process before co-creating a tailored package of supports.to match their unique needs. An LLC pilot would be a place for people to build connections, share food and stories, and feel less alone, providing consumer with a level of choice, autonomy, and connection not seen in mainstream service offerings.

**Making Tobacco a Priority Across the Community Services Sector**

**Zainab Zaki, Cancer Council WA**

The community services sector is in a unique position to assist people to reduce and quit smoking due to their existing, trusted relationships and ability to provide personalised ongoing support.By embedding tobacco dependence treatment across the sector we can ensure every community service provides best practice support, smoke-free environments, and protection from second-hand smoke exposure. The Make Smoking History program will offer resources, staff training and personalised support for each service to develop consistent tobacco policy, appropriate training and resources for all community services staff, and free nicotine replacement therapy (NRT) for everyone accessing the sector.

**Mortgage Mates - Buy a Home in Half the Time: The development of co-ownership in Australia**

**Daisy Ashworth**

Mortgage Mates is an innovative online platform that uses a unique algorithm to match like-minded individuals to each other to co-purchase properties together. Through the facilitation of this match and through co-purchasing agreements, Mortgage Mates will enable “mates” to enter the property market together with less financial risk and in half the time. By increasing co-ownership, Mortgage Mates not only increases housing affordability for those entering home ownership, but also those reliant on the rental market by creating a fluid, free moving and affordable rental system.

**Urban Permaculture Food Forests**

**James Patton**

Grassroots communities come together to reclaim a piece of the urban commons and build lush, edible permaculture forests that would help make the environment greener and cleaner, bring people of all ages and backgrounds together to collaborate in growing healthy food and provide an urban sanctuary for birds and insects. The forest would become an attractive tourist destination for people from other suburbs to visit and a place where people could work together to create something beautiful and useful to all. This would also provide a valuable opportunity for vital knowledge to be passed down from one generation to the next about how to garden and care for the earth.