

Making zines to advocate for art in NDIS plans



Media release

Oct 16 2017

A comics workshop to explore the benefits of art making on youth mental health and well-being will be held at All Star Comics, 53 Queen Street, Melbourne on Friday 27 October, 2017, 2 to 4pm. Facilitated by artist and writer, Eloise Grills, the workshop has been coordinated by Linda Studena, Project Officer at Arts Access Victoria.

Participants who have a lived experience of mental health issues and/or are passionate about mental health issues have been invited by Arts Access Victoria to attend the workshop. The aim of the workshop is to explore what art making means to participants and the ways in which art is central to supporting good health and well-being in their lives.

Workshop facilitator, Eloise Grills is a writer, artist and editor of Scum Magazine based in Melbourne. Guided by Eloise, workshop participants aged 16 to 27 years will engage in line and ink drawing exercises which explore imagery relating to arts, health and advocacy. The resulting drawings will be used for a 'Youth Arts Planner' zine, a resource published by Arts Access Victoria to support young people to communicate the value of arts participation for their health and well-being in their NDIS plans.

Melbourne is known for its strong zine culture. A comics/zine style has been chosen for its ability to bypass traditional media, its accessibility to youth audiences, allowing the voices and experiences of those living with disability to be heard.

Established in 1974, Arts Access Victoria (AAV) is the peak body for disability in the arts. As a not for profit organisation AAV advocates for inclusion within the arts, valuing the lived experience of people living with disability. As the National Disability Insurance Scheme takes effect throughout Australia, Arts Access Victoria is committed to helping individuals include arts programs within their individual NDIS plans.

Relevant links:

[Art and You – A Planning Guide](#)

<https://www.artsaccess.com.au/>

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