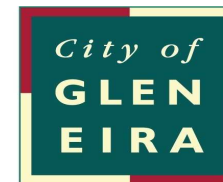


# Connecting through creative arts-play



Yumi Supported Playgroups



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# Background

- Need-16% of mothers giving birth in Australia experience PND. Ref: beyond blue
- BBCH- at time of proposal (in 2007) serviced 2050 new mothers
- Ramifications for the individual, family and society

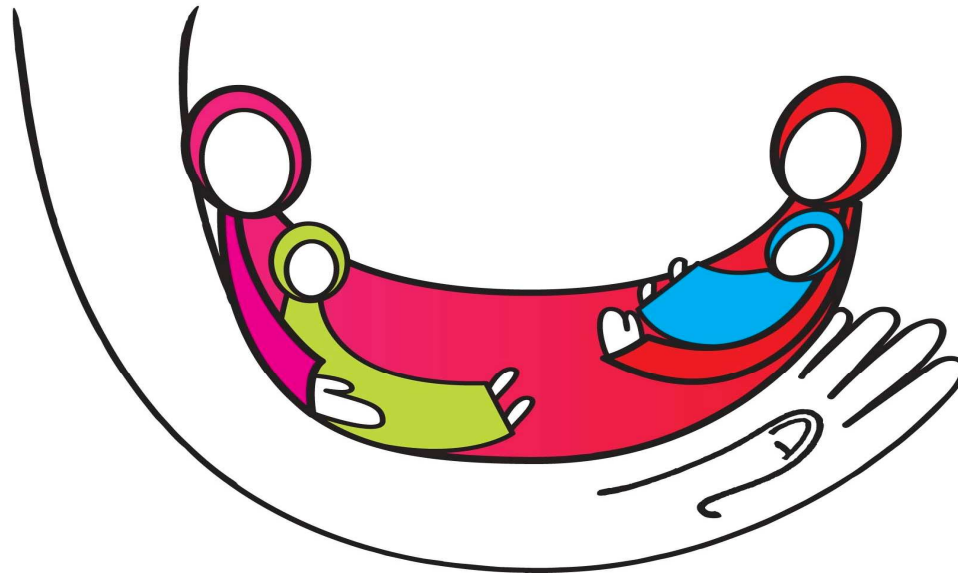
# The project

- Funding - The Pratt foundation 
- Time - 3 years (July 2008 - July 2010)
- Proposal – To provide supported playgroups for mothers with PND and anxiety

# Yumi Playgroups

- Pronounced You - me

Yumi

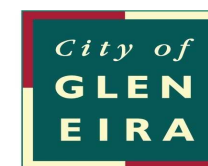


# Partnerships

## Glen Eira Maternal and Child Health

### GEMS - Glen Eira Mothers Support program

- Part of Maternal and Child Health
- Focus on mother and child-dyad
- 8 week program
- Topics including: interaction with your baby, relaxation and simple play strategies



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## Moongala Women's Community House

- Venue
- Open
- Welcoming



# Partnerships

## Monash Division of General Practice

- Michele Speak - Program coordinator mental health
- Link to GP's
- Poster
- Advice and support



## PANDA -Post and Antenatal Depression Association

- Belinda Horton - CEO
- Advice, information and support
- Referrals
- Network meetings

# Why the partnerships work?

- Relationships
- Same goal
- Working together
- All have our role to play-no hierarchy

# Connecting through Creative Arts-Play



# Creative Arts

## Creative Exercise

- Think about a recent experience, for example your journey to the conference today.
- What stood out for you in this experience.
- Create an image to represent this experience.
- When you have finished, turn to the person next to you and take turns to discuss your representation and experience

or

- Choose an object or card that catches your attention
- Find a partner and take turns to discuss the image or object you chose

Ref: The Australian Creative Arts Therapies Association

# Why the creative arts?

- Creative arts based processes are used to facilitate self expression, communication, self awareness and personal development.
- The experience of expressing one self through creative activity has been found to assist in the promotion of physical, emotional, cognitive, social integration and functioning.
- The consequent insights and personal understanding can be instrumental in facilitating change.
- Modalities-clay, sand play, drama, poetry.....

# Underpinning Values

- Respect
- Generosity
- Honesty
- Community-sense of belonging
- Perseverance