

ARTS FOR HEALTH

Using our imagination and visualising our thoughts and ideas can be a fun and creative way to express ourselves and communicate what we think and feel.

Select a health or social issue you are concerned or passionate about and would like to see positive change take place.

Select a creative method to share your thoughts and ideas with our Mayor to inform them of your chosen issue.

Get creative:

- Write a poem
- Write and sing a song
- Write a story
- Write a play
- Record your own music
- Record history
- Draw, sketch or paint a picture
- Perform and record a dance
- Take photos
- Make something skilfully – sew, knit, crochet, create a collage, weave, make a sculpture. (Helpful tip: see what recyclable items you have at home or what items you can find in nature to make an artwork)

Dear Mayor

The health or social issue I have chosen is ...

I have chosen to communicate my thoughts and ideas through the art form of ...

Activity instructions

How do I record and share my video or photos of the artwork I have created?

There are many ways you can record your video and share your videos and photos with us. We have provided a list of free video and photo sharing applications you might like to use. Each of these applications has privacy options so only people you want to share your video or photos with can do so via a file sharing link you provide.



To record and share via Zoom

visit <https://blog.zoom.us/so-youve-made-a-zoom-recordingnow-what/>



To record and share via Vimeo

visit <https://vimeo.com/blog/post/how-to-screen-record-mobile-desktop/>



To upload and share a video via YouTube

visit https://support.google.com/youtube/topic/16547?hl=en&ref_topic=9257610



To share photos and videos via OneDrive

visit <https://support.microsoft.com/en-us/office/share-onedrive-files-and-folders-9fcc2f7d-de0c-4cec-93b0-a82024800c07>



To share photos and videos via Dropbox

visit <https://www.dropbox.com/features/share>

Submit your creation

Submit an email with your name, a brief description of your artwork along with your file sharing link to healthplan@shepparton.vic.gov.au to have your ideas included in Council's Public Health and Wellbeing Action Plan.

If you would like to share your video or photos via social media, you will need to ensure your social media profile is public. Upload your video or photos to your preferred social media channel, Facebook, Twitter, Instagram or TikTok and tag us using @GreaterShepp #GSCC @GetMooving #GetMooving

To discover how Council is working towards creating a healthy, liveable regional city download a copy of Council's Public Health and Wellbeing Plan <https://greaterhepparton.com.au/community/safety-and-wellbeing/municipal-health-plan>

Our Privacy Statement www.greaterhepparton.com.au/sundries/privacy