

# HEAR. US. NOW.

14-17 JUNE 2022, PERTH

## ABSTRACT SUBMISSION

### ABSTRACT TITLE:

HEALTH AND HAPPINESS: THE ROLE OF THE ARTS AND HERITAGE IN SUPPORTING COMMUNITY WELLBEING

### PRESENTATION TAKEAWAY:

A conceptual understanding of wellbeing, the adoption of wellbeing by government in economic and social policy, and how cultural managers can support community wellbeing through their cultural programming using the principles of immersive learning, mindfulness and social connection.

### ABSTRACT CONTENT:

Governments are realising that the measurement of a successful city or community needs to be more than just about economic growth. Living standards is only one measure and countries like New Zealand and Canada, and now Australia, are adopting the concept of 'wellbeing' into their policy framework and budgeting assessment process as a measure for the quality of life.

This paper explores the concept of wellbeing and the ACT Government Wellbeing Framework that was launched in 2020. This framework includes domains that relate to our social and cultural wellbeing – such as 'access and connectivity', 'identity and belonging', 'life-long learning' and 'social connection'. These social indicators are central to the role we play as arts and cultural heritage managers.

The concept of community wellbeing framed the programming by ACT Historic Places as part of the recovery process following the bushfire and then Covid-19 pandemic in 2020 and 2021. Exploring the social outcomes of these initiatives and other case studies in the United Kingdom, North America and other Australian cultural agencies, this paper proposes that through the principles of immersive learning, mindfulness and shared experiences, cultural managers can play an important role in supporting the health and happiness of our community through our programming.

### HOW DELEGATES CAN CONTACT THE SPEAKER:

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