



# A picture of good health

## USING ART TO HEAL LIVES

**Alyssa-Jane Tucker**

ELIZABETH Emery is a firm believer art has the power to heal and transform lives.

The Rostrevor woman has helped many homeless and elderly people with Alzheimer's enjoy art.

She is now moving on to her next project – a 12-month mentorship to curate the gallery spaces at the Women's and Children's Hospital.

"Art takes me to a really good place and I've seen how it can nourish and pull you out of a dark place," Emery, 30, says.

"Art has been part of my life for a long time because my mother was an art teacher so I've always been surrounded by it.

"I love being able to share that with other people."

The mentorship, which is an initiative of the WCH Foundation and the Helpmann Academy for Visual and Performing Arts, provides emerging artists with hands-on experience curating art exhibitions at the hospital.

Ms Emery, who is doing her honours in Visual Arts at the University of SA, has long believed in the link between art and good health.

"I'm interested in the connection between creating art

and the therapeutic and restorative effect it can have on people," Ms Emery says.

She's volunteered with community groups including the Hutt Street Mission and was also involved in the Magill Pepper St Arts Centre, which runs art programs for people with memory conditions.

"You can see significant changes in people just from focusing on something positive and (giving them the opportunity) ... to take a bit of time away from the challenges they face," she says.

Ms Emery hopes the mentorship will provide a pathway to a career in arts and health.



Elizabeth Emery will be curating the gallery spaces at the Women's and Children's Hospital.

Picture: DEAN MARTIN