

# Mental Health – Art Works!






bringing it into the light.....

.....a celebration of creativity and mental health

The 17<sup>th</sup> annual mental health art exhibition held to celebrate Mental Health Month on the Central Coast.

## Entry Pack 2016

### Contents:

-  Information Sheet
-  Guidelines for Entering Your Artwork
-  Important Dates
-  Entry Form
-  Artwork Label



CELEBRATING  
17 YEARS!!!



The Mental Health – Art Works! Exhibition is hosted by the Central Coast Mental Health Service as part of Mental Health Month 2016

# Information Sheet



## Mental Health – Art Works! Exhibition Background

In 2000, the inaugural Mental Health Week Art Exhibition was held at the Gosford Regional Gallery & Arts Centre. It has now become an annual event to celebrate Mental Health Month on the Central Coast. Mental Health – Art Works! is an art exhibition with a difference – it provides people whose lives have been affected by mental illness the opportunity to use art as a form of expression and it engages the Central Coast community in a better understanding of mental health issues.

Each year artists of all ages exhibit a diverse range of artworks which includes all the different mediums in painting as well as sculpture, drawings, ceramics, photography and writing. Many artists share the inspiration behind their artwork and some of their personal story, which creates a very powerful and unique viewing experience for visitors to the exhibition.

## Eligibility Criteria

Artwork previously exhibited in a Mental Health Week Exhibition will **NOT** be eligible. To be eligible for acceptance into the exhibition the artwork must be created by:

• a person with a mental illness (consumer)	• a <b>**</b> carer of a person with a mental illness
• a family member of a person with a mental illness	• a friend of a person with a mental illness

You will be asked to provide details of how you meet this criteria on the Entry Form. Clients of the Central Coast Mental Health Service, their family and carers are strongly encouraged to enter artwork.

**\*\*Definition of Carer:** *A family member, friend, neighbour or other community member who provides regular (although this may be intermittent) support for someone who has a mental illness.*

## Awards

Awards will be given in recognition of the artwork exhibited, with presentations made during the Official Opening. It would be appreciated if award winners could attend the Official Opening if possible to receive their awards; therefore winners will be notified prior to this day. Awards offered may include:

- Central Coast Mental Health Award – value \$300 sponsored by Central Coast Mental Health Service
- Central Coast **\*\***Carer Award – value \$250 sponsored by Central Coast Carer Support
- Young **\*\***Carers Award – value \$50 art supplies voucher sponsored by Central Coast Carer Support
- Gallery Encouragement Award - art class sponsored by Gosford Regional Gallery & Arts Centre
- Young People's Award – value \$300 sponsored by Children & Young People's Mental Health
- Wisdom of Ageing Award – value \$300 sponsored by Specialist Mental Health Services for Older People
- Multicultural Health Award – value \$250 sponsored by Multicultural Health Service
- Aboriginal Health Award – value \$250 sponsored by Nunyara Aboriginal Health Unit
- LGBTI Award – value \$250 sponsored by Children & Young People's Mental Health
- Viewer's Choice Award – value \$200 sponsored by Central Coast Mental Health Service
- High Commendation Certificates

## Artwork For Sale

Please indicate on the Entry Form if your artwork is for sale and, if so, include the sale price. If your art is produced as a hobby you are NOT required to add GST to the sale price. If you complete a Business Activity Statement (BAS) return for the Australian Taxation Office you are required to include GST. Remittance of any GST payments to the Australian Taxation Office will be the responsibility of the individual artist. All efforts will be made to contact artists prior to any sales transactions taking place. Payment can only be accepted in cash or cheque (made payable to the artist) and the entire sale price will be forwarded to the individual artist as the organisers of the exhibition will collect no commission. Payment will be collected and forwarded to the artist at the close of the exhibition.

# Guidelines for Entering your Artwork

## Suitably Finished and Ready to Hang

**All hanging artworks MUST be ready to hang. This means they must have secure cord or wire attached across the back of the artwork.**

- **ALL** paintings **MUST** arrive complete with hanging fixtures already attached (secure cord or wire, **NO HOOKS**). This includes stretched canvases and works on board.
  - Stretched canvas does not need to be framed or under glass.
  - Works on paper (eg. watercolour, pastel, graphite) must be framed and ready to hang.
- It will NOT be possible to display works that are not suitably finished and ready to hang.**

## Labels

**The label in this Entry Pack MUST be completed and attached to the back of your artwork.**

## Restrictions

There is a limit of **ONE** artwork per artist. Artworks from previous Mental Health - Art Works! Exhibitions may **NOT** be re-entered.

## Size

A maximum size of 1.5 metres by 1.5 metres applies to all artworks.

**NOTE:** Due to limited space, size restrictions will be strictly adhered to.

## Selection of Artworks

Every effort will be made to exhibit all suitably finished artworks, however, should space limitations occur, the Selection Committee reserves the right to choose which artworks will be exhibited. Their decision is final.

**YOU WILL BE CONTACTED IF YOUR ARTWORK IS UNABLE TO BE EXHIBITED.**

**PLEASE CONSIDER YOUR ARTWORK ACCEPTED INTO THE EXHIBITION  
UNLESS YOU HEAR OTHERWISE.**

## Judging

A representative of each sponsor will carry out judging for the sponsored awards. Their decisions will be final.

## Reasonable Care

The Selection Committee will exercise all reasonable care with the works submitted but will not be responsible for loss or damage whatsoever to any work while in its custody.

## Insurance

Each entrant is responsible for maintaining his/her own insurance coverage.

## Late Collections

Artworks not collected during the set time will be relocated to the Central Coast Mental Health Service. Unless prior arrangements have been made with Jenice Alliston, artworks not collected within 60 days will become the property of the Central Coast Mental Health Service and will be disposed of as deemed appropriate.

# Important Dates



Health  
Central Coast  
Local Health District

## Return of Entry Form – Monday 15<sup>th</sup> August 2016

Entry Forms are included in this pack. Please fill in **ALL** details on **BOTH** sides of the form and return it **NO LATER** than **Monday 15<sup>th</sup> August 2016** to:

Mental Health - Art Works!  
Jenice Alliston  
PO Box 361  
(C/- Gosford Mental Health Centre)  
GOSFORD NSW 2250

**You will be contacted if your artwork is UNABLE to be exhibited.**

**Please consider your artwork accepted into the Exhibition unless you hear otherwise.**

## Artwork Delivery Day – Monday 26<sup>th</sup> September 2016, 10.00am – 7.00pm

Artwork is to be delivered to: The Community Gallery  
Gosford Regional Gallery  
36 Webb Street  
East Gosford

## Artwork Collection Day – Monday 10<sup>th</sup> October 2016, 10.00am – 7.00pm

Artwork can **ONLY** be collected on the day after the exhibition has closed, Monday 10<sup>th</sup> October 2016, between 10.00am and 7pm.

**PLEASE NOTE:** Artwork can ONLY be delivered and collected within the times and on the dates listed. **EARLY or LATE deliveries will not be exhibited.** Early pick up will be strongly discouraged.

## Exhibition Dates – Friday 30<sup>th</sup> September until Sunday 9<sup>th</sup> October 2016

The Mental Health - Art Works! Exhibition will run from 30<sup>th</sup> September until 9<sup>th</sup> October 2016 in The Community Gallery at the Gosford Regional Gallery, 36 Webb Street, East Gosford. It will be open from 10am – 4.30pm daily.

## Official Opening

The Official Opening is planned for Friday 30<sup>th</sup> September 2016 at 10.30am. **The time and date is still to be confirmed.** Invitations will be sent out to exhibiting artists. Your family and friends are welcome to attend.

## Further Enquiries

Jenice Alliston      Ph: 4320 2941      Email: [Jenice.Alliston@health.nsw.gov.au](mailto:Jenice.Alliston@health.nsw.gov.au)

# 2016 Art Exhibition Entry Form



Health  
Central Coast  
Local Health District

The information collected on the entry form is necessary to organise a professional exhibition.  
It is important to complete **ALL** questions on **BOTH** sides of this form.

## Section 1 - Artists Details (One artist per entry form)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Home Ph: \_\_\_\_\_

Address: \_\_\_\_\_ Work Ph: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Organisation/Group (if applicable): \_\_\_\_\_

**OPTIONAL:** The following three questions are optional. Please answer if you are eligible and wish to be considered for the Aboriginal, Multicultural or LGBTI Awards:

Are you Aboriginal or Torres Strait Islander? Yes

Are you from a Multicultural background? Yes  Please Specify: \_\_\_\_\_

LGBTI (Lesbian, Gay, Bisexual, Transgender, Intersex) Yes

## Section 2 - General Information

- Which best describes your contact with the Central Coast Mental Health Service? (Tick **ONE ONLY**.)  
No contact with the Service  Current Client  Previous Client   
\*\*Carer for a Client  Family member is/was a Client  Friend is/was a Client

• How did you find out about this exhibition? \_\_\_\_\_

- Have you previously exhibited in this mental health exhibition? YES  If yes, approx. how many years? NO   
1 year  2 – 3 years  4 – 5 years  6 – 7 years  8 – 9 years  10 or more years

• Are you interested in being interviewed by the media to promote this Exhibition? YES  NO

- Can your artwork be reproduced for advertising/promotion for this exhibition? NO   
Social Media (eg: Facebook, Twitter) YES  Other Media (eg: newspapers, flyers, newsletters) YES

## Section 3 - Eligibility Criteria

**\*\*DEFINITION OF CARER:** A family member, friend, neighbour or other community member who provides regular (although this may be intermittent) support for someone who has a mental illness.

- How do you meet the eligibility criteria for submitting artwork? (See Information Sheet for more details about this section)  
Consumer  Carer  **Please tick if you are eligible (\*\*see Definition of Carer above) and wish to be considered for the Carer Awards.**  
Consumer/Carer  Family  Friend  Paid Worker/Volunteer

Please provide details:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Do you want this displayed with your artwork during the Exhibition? YES  NO  PTO - More over

**Entry form must be returned by Monday 15<sup>th</sup> August 2016**

**You will be contacted if your artwork is unable to be exhibited, so please consider your artwork accepted into the Exhibition unless you hear otherwise.**

**Hosted by the Central Coast Mental Health Service as part of Mental Health Month 2016**

**Section 4 – Artwork Details (There is a limit of one artwork per artist.)**

Is this artwork for Sale? Yes  No  Price \$ (incl. GST if applicable) (See information sheet for more details)

Artwork Title:

Medium:

Artwork Size (centimetres)

Width:

Height:

Maximum 1500cm x 1500cm (1.5m x 1.5m)

Background Inspiration for this artwork:

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Do you want the background inspiration displayed with your artwork during the Exhibition? YES  NO

Do you want your name displayed with your artwork during the Exhibition? YES  NO

How do you want your name displayed?

Full Name  Full Name & Organisation Name  First Name only  First Name & Organisation Name   
Organisation Name only  Not Displayed

**Please complete only ONE of the following sections.**

**If this Entry Form HAS been completed by the exhibiting Artist:**

I certify that I have completed this form and that all details are true and correct.

Artist Name: ..... Signature: .....

**If this Entry Form HAS NOT been completed by the exhibiting Artist:**

I certify that all details in this form are true and correct and are completed with the artist's permission.

Your Name:..... Signature: .....

Relationship to Artist: .....

Organisation/Group (if applicable): .....

Daytime Phone No:..... Mobile:.....

This Entry Form (with **BOTH** sides completed) **MUST** be returned no later than:

**Monday 15<sup>th</sup> August 2016**

**SEND TO:** Mental Health-Art Works!, Jenice Alliston  
PO Box 361, (C/- Gosford Mental Health Centre), Gosford NSW 2250

# Artwork Label

This label **MUST** be completed in full and firmly fixed to the back of the artwork.

Entries that are not suitably labelled will not be displayed in the exhibition.

**Keep this label and attach it to your artwork.**

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Artwork Label		
Artist Name:	_____	
Address:	_____	
Suburb:	_____	Home Ph: _____
Mobile:	_____	Work Ph: _____
<b>Can your artwork be reproduced for advertising/promotion for this exhibition?</b>		
Social Media (eg: Facebook, Twitter)	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Other Media (eg: newspapers, flyers, newsletters)	YES <input type="checkbox"/>	NO <input type="checkbox"/>

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**Artwork Drop Off Day – Monday 26<sup>th</sup> September 2016**

**10.00am – 7.00pm**

**Artwork is to be delivered to:**

**The Community Gallery  
Gosford Regional Gallery  
36 Webb Street, East Gosford**