

Mental Health and Resilience through the Arts

THE ART OF GOOD HEALTH AND WELLBEING



Mikala Dwyer 'The letterbox Marys' 2017 (detail) installation of various artworks, mixed media. On exhibition at AGNSW, A shape of thought. Until 4 February 2018. Courtesy of the artist © Mikala Dwyer Photo: AGNSW, Mim Stirling

 **ACAHA** AUSTRALIAN CENTRE FOR
ARTS AND HEALTH

**9TH ANNUAL INTERNATIONAL ARTS AND HEALTH CONFERENCE
30 OCT - 1 NOV 2017 ART GALLERY OF NSW, SYDNEY**



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DAY 1 - Monday 30 October 2017

8am – 4pm:

Yiribana Foyer, Lower Level 3, Domain Theatre, AGNSW

9am – 11.00am:

Domain Theatre
Lower Level 3

The Domain Theatre will open at 8.30am. Please be seated by 8.50am as we will commence the session promptly at 9am.

11am – 11.15am:

11.15am – 1pm:

Domain Theatre
Lower Level 3

CONFERENCE REGISTRATIONS DESK

Delegates collect name tags and conference satchels.

Please note: AGNSW officially opens to the public at 10am.

Security will guide delegates to the Yiribana Foyer, Lower Level 3 from 8am.

WELCOME AND ACKNOWLEDGEMENT TO COUNTRY

Margret Meagher, Executive Director, Australian Centre for Arts and Health

Heather Whitely Robertson, Head of Learning and Participation, Art Gallery of NSW

PLENARY SESSION 1

MENTAL HEALTH AND RESILIENCE: OVERCOMING TRAUMA THROUGH THE ARTS

Holding Space: Veterans and Civilians Engage in Theatre

Chair: Michael Balfour, Professor of Applied Theatre, Griffith University, QLD

Introduction, Performance of 'Unload'; Q&A and Panel Discussion

George Belliveau (performer) Professor of Theatre/Drama Education, University of British Columbia, Canada

Marv Westwood (facilitator), Professor Emeritus of Counselling Psychology, University of British Columbia, Canada

Phillip Lopestri (performer), Military Veteran and Officer Cadet, The Seaforth Highlanders of Canada; Post-Grad Student, Masters of Education in Counselling Psychology, University of British Columbia, Canada

Foster Eastman, Multi-media artist and musician, Vancouver, Canada

Linda Hassall (panel) Program Director, Contemporary and Applied Theatre, Griffith University, QLD

MORNING BREAK

CONCURRENT SESSIONS

ARTS IN HOSPITALS, HEALTHCARE & HEALTH PROMOTION

Creating a Culture of Opportunity for Arts in Health

Fionnagh Dougan, CEO Children's Health Queensland; **Lynne Seear**, Manager, Arts in Health, Children's Health, QLD

The Dunedin Hospital Art Collection: Humanising Clinical and Institutional Spaces

Christine Mulligan, Healthcare Otago Charitable Trust, Dunedin and Wakari Hospitals, New Zealand

Recovery, Hope for the Future (Motivational), Courage/Resilience, Reflection, Patience, Partnership

Jenny McFarlane, Art Historian, Writer and Curator, Arts in Health, ACT Health

Integrating an Arts-based Program in the Health Services: Experiences with a Five-year Implementation Program

Dr Audun Myskja, Specialist in Family Medicine, Author, Musician, Researcher; Lecturer, Supervisor of The National Competence Centre for Arts and Health and Care Sciences, Norway; Advisor to The Norwegian National Resource Centre for Arts and Health, Norway

Using Art and Creativity to Counter the Challenges of Hospitalised Adolescents and Build Resilience: the Starlight 'Livewire' Program

Bridget Waters, Arts in Health Consultant, Starlight Children's Foundation, Perth, WA

DAY 1 - Monday 30 October 2017

11.30am – 1pm:

Centenary Auditorium
Lower Level 1

Gallery Space

Gallery Space

1pm – 1.50pm:

Function Space
Ground Floor Level

2pm – 4.30pm:

2pm – 3pm:
Domain Theatre
Lower Level 3

CONCURRENT SESSIONS

CREATIVE AGEING RESEARCH

Retaining Identity: Creativity and Caregiving

Anne Mondro, Artist and Associate Professor, University of Michigan School of Art & Design
Minneapolis, USA.

Evaluating the Impact of LAUGH (Ludic Artefacts using Gesture and Haptics) + Arts Engagement for Liveable Communities, Art Gallery of NSW

Gail Kenning, Honorary Reader, Cardiff Metropolitan University, Researcher University of
Technology Sydney, Art Gallery of New South Wales, Sydney, Coventry City University, UK
Danielle Gullotta, Access Programs Producer, Art Gallery of New South Wales, Sydney

Never Too Late to Learn a New Skill: Weaving Resilience in an Aged Care Home

Ilona Pappnes Demecs, Textile Artist, Nurse and Midwife, PhD candidate, QUT Brisbane, QLD

Mosaic Wings: Exploring the Use of Mosaic Art in Aged Care

Christine de Brenni, Art Therapist, Brunswick Heads, NSW

CREATIVE WRITING WORKSHOP

Imagining the Writing Cure: Exploring Fiction Therapy

Zacharey Jane, Author and Teacher Southern Cross School of Distance Education, Wollongbar, NSW

MEDICAL HUMANITIES EDUCATION WORKSHOP

Feeling Whole: Possibilities For Medicine And The Visual Arts

Frances Wild, Education Producer, Artmed Program and **Ingrid Anderson**, Educator, Artmed
Program, National Gallery of Australia, Canberra, ACT

LUNCH

Book Signing: Jill Rivers, Author of the newly released book *The Arts Apothecary - a vital
prescription for health, happiness & wellbeing*. Jill's book will also be available through the Art
Gallery of NSW Bookshop

CONCURRENT SESSIONS

MENTAL HEALTH AND CREATIVE ENGAGEMENT

The Art of Listening for Mental Health and Contemporary Performance Practice

Annette Tesoriero, Mezzo Soprano and Performance Artist, Contemporary Performance
Practice and The Mental Health First Aid Program, Shoalhaven Health and Arts, NSW

Art from the Heart: an Innovative Art Project in a Drug Consumption Room (DCR)

Sarah Hiley, Uniting Medically Supervised Injecting Centre, Kings Cross, Sydney NSW

Are Dancing, or Playing Instruments, Singing and/or Creating Theatre Good for Health?

Bente Irene Løkken, PhD fellow, Faculty of Medicine and Health Science, Norwegian University
of Science and Technology; Lecturer, Public Health, Nord University, Norway

The Impact of a Creative Arts Festival on Mental Health and Stigma Reduction in Young People

Adam Lo, Occupational Therapist and Mental Health Clinician, Child and Youth Metro South
Addiction and Mental Health Service, QLD

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2pm – 3pm:

Centenary Auditorium
Lower Level 1

Gallery Space

3.10pm – 4.45pm:

Domain Theatre
Lower Level 3

Centenary Auditorium
Lower Level 1

Gallery Space

4.45pm – 5.00pm:

CONCURRENT SESSIONS (CONTINUED)

Mockingbird: Understanding Post-natal Distress by Using Performance to Engage Audiences with Real Women's Stories over Four Generations Workshop

Diana Jefferies, Lecturer, School of Nursing and Midwifery, Western Sydney University, NSW; **Lisa Brickell**, Director of Funny Business, Auckland, New Zealand; **Taimi Allan**, CEO, Changing Minds, Auckland, New Zealand (appearance by video)

ARTS AND DEMENTIA WORKSHOP

Behind the Mask: Art Therapy in Dementia Support

Jill Bond, Dementia Link Worker, Alzheimer's Australia, SA

CONCURRENT SESSIONS

MENTAL HEALTH AND YOUNG PEOPLE

Building Resiliency and Capacity through Creative Engagement: Art Therapy with Young Adults

Kate Palmer, Art Therapist and Social Worker, Mater Young Adult Service, Brisbane, QLD

Where Art Meets Science: Investigation and Evaluation of the Therapeutic Use of Art Therapy

Frances Nielsen, Art Therapist, CCMH Sydney Local Health District, NSW

Createspace: Enhancing Wellbeing through Creativity for Young People within the Headspace

Felicity Sivewright, Clinical Co-ordinator and Createspace program Co-ordinator, Headspace Rockingham, WA

Youth Theatre and Wellbeing: How the Australian Theatre for Young People (ATYP) is Developing Resilience and Empathy in Young Australians

Amy Maiden, General Manager, Australian Theatre for Young People; **Tandi Palmer Williams**, Insight Director, Patternmakers, Sydney, NSW; **Brooke Boyce**, Research Manager, Patternmakers, Sydney, NSW

MEDICAL HUMANITIES WORKSHOP

Exploring the Poetry of Pharmacy: an Australian Perspective

Michael Leach, Adjunct Research Associate, School of Rural Health, Monash University; Data and Quality Specialist, Loddon Mallee Integrated Cancer Service, Bendigo, VIC

Finding Grace Under Pressure: Acting Skills and Verbatim Theatre as Tools for Culture Change in Clinical Work

Claire Hooker, PhD, Co-ordinator, Health and Medical Humanities program, University of Sydney, NSW

Musical Memories: A Museum Experience for People with Early-stage Dementia and Their Carers at the Grainger Museum

Danielle Barry, Medical Student, University of Notre Dame, Sydney, NSW and Music Composition MA University of Melbourne, VIC

Animation for Medical Education

Emma Lazenby, Director ForMed Films CIC and Conference Artist in Residence (ForMed Bristol)

ARTS AND HEALTH WORKSHOP

Creative Journey Recovery: A sustainable model of arts engagement for people recovering their mental health.

Adriane Boag, Program Producer, National Gallery of Australia, ACT;
Christopher Lipscomb, ACT Health

Please proceed to Exit. The Gallery closes promptly at 5pm.

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Yiribana Lower Level 3,
Domain Theatre, AGNSW

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Lower Level 3

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open at 8.30am.
Please be seated by
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commence the session
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11.15am – 11.30am:

11.30am – 1pm:

Domain Theatre
Lower Level 3

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WELCOME AND ACKNOWLEDGEMENT TO COUNTRY

Margret Meagher, Executive Director, Australian Centre for Arts and Health

PLENARY SESSION 2

CREATIVE AGEING

Artistry in Old Age

François Matarasso, Artist, Producer, Researcher, Writer, Trainer, Nottingham UK

Creating Reminiscence Theatre with Older People: Structure and Starting Out

David Savill, Artistic Director Age Exchange, London UK

Musical Pathways: Creative and Resilient Ageing in and through Music

Andrea Creech, Professor of Didactique Instrumentale, Faculty of Music and Canada Research Chair, Music in Community, Université Laval, Québec City, Canada

A National Educational Program in Music-based Environmental Treatment, with Integrated Use of Music, Song and Movement

Vegar Rangul, Specialist in Public Health, General Practice, Behavioural Epidemiology, Associate Professor, Nord University and Chairman of The Norwegian Centre of Arts and Health, Norway

Positive Ageing through Participatory Art: the 'Arts on Prescription' Model

Roslyn Poulos, Public Health Physician and Associate Professor, University of NSW, Sydney

Barriers, Budgets and Baked Goods: Adventures in Creative Ageing with England's Oldest Art Gallery

Michelle Weiner, Artist and Creative Ageing Consultant, Community Engagement Manager, Dulwich Picture Gallery, London UK

MORNING BREAK

CONCURRENT SESSIONS

CREATIVE AGEING

Play, Stillness and Presence: the Aesthetics of Caring Encounters

Prof Michael Balfour, Inaugural Chair in Applied Theatre in School of Humanities, Languages and Social Sciences at Griffith University, QLD

Music-based Caregiving (MBC): Development of an Arts and Health-based Program for Enhancing Quality in Dementia Care

Dr Audun Myskja, Specialist in Family Medicine, Author, Musician, Researcher; Lecturer, Supervisor of The National Competence Centre for Arts and Health and Care Sciences, Norway; Advisor to The Norwegian National Resource Centre for Arts and Health

Teaching Dance to Ageing Populations

Katrina Rank, Ausdance Victoria's Director of Education, Training and Lifelong Learning, Melbourne, VIC

Playing a Musical Instrument for Healthy Ageing

Jennifer MacRitchie, Research Theme Fellow, Health and Wellbeing, Western Sydney University, Penrith NSW

DAY 2 - Tuesday 31 October 2017

11.30am – 1pm:

Centenary Auditorium
Lower Level 1

Gallery Space

1pm – 1.50pm:

Function Space
Ground Floor

2pm – 4.30pm:

Domain Theatre
Lower Level 3

CONCURRENT SESSIONS (CONTINUED)

VISUAL ARTS AND HEALTH

Art(ful) Futures

Debbie Abraham, Gallery Director, Lake Macquarie City Art Gallery, Lake Macquarie NSW; **Alan Johnson**, Occupational Therapist, Morriston Psychiatric Hospital, member of Arts in Recovery (AIR), Newcastle, NSW

Is It Possible to Create an Enterprise That Uses Images of Nature to Soothe People?

Lisa Behan, Founder of Mindsettle P/L, QLD

Art as Part of a Three-pronged Approach to Smoking Cessation for Women Pregnant with an Aboriginal or Torres Strait Islander Baby

Jillian Guy, Southern Queensland Centre of Excellence in Aboriginal and Torres Strait Islander Primary Health Care

The Sensory Art Experience: a Qualitative Study Evaluating the Effects of a New Space on Mental Health and Wellbeing in the General Population

Bliss Cavanagh, PhD candidate, University of Newcastle, 2016 Young Social Pioneer

How to Measure Your Impact on the Health and Wellbeing of your Audience

Michael Chappell, CEO Culture Counts; Chairman, PVI Collective Contemporary Arts, WA

MINDFULNESS WORKSHOP

Mindful Art Therapy: Developing a Practice

Barbara Davis, author of Mindful Art Therapy: a Foundation for Practice, Founder Art and Soul Connections

LUNCH

CONCURRENT SESSIONS

CREATIVE AGEING: AN AFTERNOON OF EXPLORATION

Chair: Chris Mead, Director, Arts Health Agency, Tasmania

Applying Dutch Creative Thinking to the Australian Situation

Alexandra Conroy, CEO, Reliant Healthcare Sydney; **Susan Tredenick**, Healthcare Consultant, Reliant Care, Sydney

Lost and Found: Revaluating Hong Kong's Elderly

Liz Avern-Briers, founder Lizzie Bee Foundation, Hong Kong

Come Dine with Me

Yoke Lim, Quong Tart Leisure & Lifestyle Team Leader; **Agnes Mak**, Service Manager at Quong Tart - A Chinese-specific ageing in place facility

Holding the Story: Digital Storytelling for Wellbeing

Michelle Royce, Author, Adjunct Professional Fellow School of Health and Human Sciences, Southern Cross University, Communications Co-ordinator, Sawtell Catholic Care of the Aged, NSW

InterGENERATE: Creative Ageing

Vandana Ram, Bankstown Arts Centre Director, Sydney.

Developing Intergenerational Arts Programming: Educating Young Artists to Work with Persons with Dementia

Anne Mondro, Artist and Associate Professor, University of Michigan School of Art & Design Minneapolis, USA

Pass It On: Giving Older People Purpose through Skill-sharing Creativity

Caitlin Marshall, Social Worker and Director of Wild Rumpus, Wollongong, NSW; **Lizzie Rose**, Sustainability Practitioner and Community Education Worker, Co-founder, Wild Rumpus

DAY 2 - Tuesday 31 October 2017

2pm – 4.30pm:

Domain Theatre
Lower Level 3

2pm – 3pm:

Centenary Auditorium
Lower Level 1

Gallery Space

3.10pm – 4.30pm:

Centenary Auditorium
Lower Level 1

Gallery Space

Gallery Space

4.45pm – 5.00pm:

My Journey, My Story: a Three-month Pilot Arts Project at John L Grove Rehabilitation Unit, Launceston General Hospital

Hui-Yu Yao, MSW, BSW, PostDipTransInter, BA, Social Worker with Launceston General Hospital, Tasmania Health Service

Something to Look Forward to - Panel Discussion

Rosie Dennis, Artistic Director of Urban Theatre Projects (UTP); **June Hickey**, Reporter, UTP; **Annette Tesoriero**, Mezzo Soprano and Performance Artist, Contemporary Performance Practice and The Mental Health First Aid Program, Shoalhaven Health and Arts, NSW

CONCURRENT SESSIONS

ARTS AND HEALTH PROMOTION

Three Years of Life-giving Stories, **Michael Camit**, Acting Director and Manager of Social Marketing and Communication, NSW Multicultural Health Communication Service, PhD candidate University of Technology, Sydney, NSW; **Kevin Bathman**, Senior Consultant with NSW Multicultural Health Communication Service, co-founder Carnival of the Bold for social change, Sydney, NSW; **Semaema Grace**, Vocalist and Motivational Speaker, based in Wollongong, NSW (on the waitlist for a kidney); **Leah Upcroft**, Manager Corporate, Stakeholder & Community Partnerships, NSW Organ and Tissue Donation Service, Sydney NSW

POETRY FOR PERSONAL RESILIENCE WORKSHOP

Words to Raise Me Up: Lessons in Personal Resilience, Empowerment and Purposeful Recovery through Poetry

Nicki Cassimatis, Post-graduate Student, Mental Health Practice (Poetic Care for the Soul) University of Queensland, Brisbane, QLD

CONCURRENT SESSIONS

ARTS AND MENTAL HEALTH

Linking Positive Psychology to Art: an Artist in Residency Case Study

Celeste Wrona, Senior Visual Arts Teacher / Contemporary Artist with NSW Department of Education; **Kristopher Wrona**, Senior Psychologist with the NSW Department of Education

Towards a Caring Practice: A Model to Promote Effective Arts-Health Practice

Michael Tan Koon Boon, Artist, Educator, Researcher; Assistant Professor at the School of Art, Design and Media, Nanyang Technological University, Singapore

Building Strength in Coming Together: Exploring Indigenous Tobacco Smoking with Health Staff Through Art

Gillian Gould, Associate Professor, NHMRC and CINSW Research Fellow, University of Newcastle, NSW

Nurturing a Resilient Arts Practice in Creative Service to Self and Others

Mark Seton, Director of Sense Connection, Honorary Research Associate (Theatre and Performance Studies), Sydney University, NSW

DANCE FOR SENIORS WORKSHOP

Aesthetics and Agency: the Art of Good Dance Programs for Seniors

Katrina Rank, Director, Education, Training and Lifelong Learning, Ausdance Victoria VIC.

HEALTH RESEARCH AND THEATRE WORKSHOP

Bringing Health Research to Life Workshop: Active and Creative Approaches

George Belliveau, Professor of Theatre/Drama Education at the University of British Columbia, Canada

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DAY 3 - Wednesday 1 November 2017

8am – 4pm:

Yiribana Foyer, Lower Level 3, Domain Theatre, AGNSW

9am – 11.15am:

Domain Theatre
Lower Level 3

The Domain Theatre will open at 8.30am.

Please be seated by 8.50am as we will commence the session promptly at 9am.

11.15am – 11.30am:

11.30am – 1pm:

11.30am to 12.30pm:

Domain Theatre
Lower Level 3

11.30am to 1.00pm:

Centenary Auditorium
Lower Level 1

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PLENARY SESSION 3

MENTAL HEALTH FOR ALL AGES

Fostering Dementia Friendly Communities

Leslie Williams, Member NSW Legislative Assembly; Parliamentary Secretary, Regional and Rural Health; Co-founder, NSW Government Dementia Friendly Communities pilot program, Port Macquarie NSW

Whatchya Gunna Do? Immunisation Music Video

Leanne Sanders, Indigenous Mental Health, Aboriginal Immunisation Health Worker, Murrumbidgee and Southern NSW Local Health Districts

Creative Health

Mikala Dwyer, Australian artist

MIKE WHITE MEMORIAL LECTURE: A Restless Art: Community Art and Empowerment, sponsored by the National Gallery of Australia, Canberra

François Matarasso, Artist, Producer, Writer and Trainer, Nottingham UK

Creative to the Core

Jim Rimmer, Senior Projects Officer, Mental Wellbeing and the Arts, Victorian Health Promotion Foundation (VicHealth), VIC

Songbirds: Ballads Behind Bars

Murray Cook, Musician, Teacher, Co-ordinator, Songbirds Program, NSW Community Restorative Centre, Sydney; **Mindy Sotiri**, Program Director, Advocacy Research Policy, NSW Community Restorative Centre, Sydney NSW

MORNING BREAK

CONCURRENT SESSIONS

MUSIC AND HEALTH

Life is a Song: Using Songwriting for Good Mental Health and Community Connection

Phil Heuzenroeder, Founding Artistic and Executive Director of Wild at Heart Community Arts, Melbourne, VIC; accompanied by **Gizem Acaraglu** to share her lived experience. Presentation and Workshop.

CREATIVE AGEING

How to Conduct an Arts on Prescription Program for Older People with Unmet Health and Wellness Needs

Professor Christopher Poulos, Head of Research and Aged Care Clinical Services for HammondCare, conjoint Professor, Faculty of Medicine, University of NSW, Sydney; Rehabilitation Physician; **Roslyn Poulos**, Public Health Physician and Associate Professor, University of NSW, Sydney; **Michelle Heldon**, Artist (visual) and Project Manager, Arts on Prescription; **Annette Innis**, Artist (visual) and Project Officer, Arts on Prescription; **Pete McDonald**, Artist (musician), Arts on Prescription

REMINISCENCE THEATRE TECHNIQUES WORKSHOP

David Savill, Artistic Director, Age Exchange, London, UK

DAY 3 - Wednesday 1 November 2017

1pm – 1.50pm:

Function Space
Ground Floor

2pm – 5pm:

Centenary Auditorium
Lower Level 1

Gallery Spaces
Lower Level 2

5pm – 6pm:

Pop Up Bar,
Grand Court,
Ground Floor

LUNCH

ARTS AND HEALTH FESTIVAL OF IDEAS:

IMAGINE THE FUTURE: LET'S TALK ABOUT MENTAL HEALTH

The Pink Sari Melodies Songwriting Competition

Kevin Bathman, Senior Consultant with NSW Multicultural Health Communication Service, co-founder Carnival of the Bold for social change, Sydney, NSW; **Michael Camit**, Acting Director and Manager, Social Marketing and Communication, NSW Multicultural Health Communication Service; PhD candidate, University of Technology, Sydney, NSW; **Lee Hubber**, Music Producer, New Zealand & Australia

'Front Up' film screening: The Future of Living with a Disability

Danielle Gullotta, Access Programs Producer, Art Gallery of New South Wales

Hear and see creative participants talk about their experience of mental health, disability and the transformative power of the arts, in this Western Sydney Community Arts and Cultural based program, supported by the Art Gallery of NSW

Creative Ageing: "When does it start?"

The arts influence positive ageing from conception. It's a compelling idea.

Panel discussion: Margret Meagher, Australian Centre for Arts and Health, leads the conversation, with **Michelle Weiner**, Dulwich Picture Gallery, UK; **David Savill**, Age Exchange UK; **Adriane Boag**, National Gallery of Australia, Canberra; **Andrea Crech**, Université Laval, Canada.

Mini Masterpieces

Michelle Weiner, Co-ordinator, Dulwich Picture Gallery, London, UK. An arts program for babies (from sitting to 24 months). With babies joining this program as young as 6-months-old, this type of engagement into artistic practice, coupled with early exposure to the Gallery environment, aims to add insight and inspiration to the panel's examination of 'how early should creative participation start?'

Creative Art Programs: Therapeutic Art for people living with Dementia

Jill Bond, Dementia Link Worker, Alzheimer's Australia, SA

Artful Art and Dementia

Clare Thackway, Artist Educator and Co-ordinator, Museum of Contemporary Art (MCA), Sydney

The Dark Side of Creativity: Mental Health Support for Creative Practitioners

Mark Seton, Director of Sense Connexion, Honorary Research Associate (Theatre and Performance Studies), University of Sydney, NSW

Listening To Voices: A one-hour presentation and performance which asks the question "If someone would listen, really listen, what would you want to say?" and seeks to shatter stigma surrounding mental illness.

Catherine Simmonds, Founding Director of the Brunswick Women's Theatre and Artistic Director Gateway Health, Wodonga, VIC; **Kate Fiske**, Gateway Health, and performers **Ben Pearson**, **Kelly Bailey**, **Jain Thompson** and **Sarah Sewell**, Albury/Wodonga Hearing Voices group

ART & INSPIRATION

Join in a Creative and Imaginative Journey of Exploration, Fascination and Delight.

Presented by **AGNSW** artist educators

JOIN US FOR A CELEBRATORY GLASS TO CONCLUDE THIS YEAR'S CONFERENCE.

We invite you to stay and see the wonderful exhibitions on show at AGNSW including 'A shape of thought' by leading Australian artist Mikala Dwyer, featuring new and recent work by one of Australia's most inventive artists

The Art Gallery of NSW is open until 10pm on Wednesday evenings for Art After Hours - talks, films, exhibitions, music, drinks, food