Fiona Butler

0418 399 920

Creative Company: An inclusive creative space:

































Currently in Nowra, the opportunity for those with a mental health diagnosis to access a creative recovery outlet are limited. What is proposed is that enough funds be raised to hire out a space for twelve months and for the fit-out of a small café, performance space and drop-in centre. The centre would then work within the first twelve months to become self-sustaining at a cost level. This café space will provide a home to creative arts expression from books to art to live music and open mic events. It is hoped that with the facilitation of creative arts that existing stigma may be challenged in an inclusive space can be taken up and celebrated by all.

The World Health Organisation states that one in four people worldwide will be affected by a mental illness at some point in their lives and yet staggeringly, two thirds of those suffering will not reach out for help. WHO goes on to say that “Stigma, discrimination and neglect, prevent care and treatment from reaching people with mental disorders” (WHO, 2001) The provision of the café “Creating Company” is not just about providing a centre targeted to mental health recovery but also about promoting mental health wellbeing through creativity. Mental wellbeing affects us all and it is hoped that in providing an avenue to create a novel space in Nowra for locals to enjoy themselves, that those accessing the café will not consider it as a “mental health space” but rather a creative space that also targets mental health wellbeing. In this way, it will be an innovative café in Nowra, rather than simply a social inclusion project.

# How you can help

We are currently seeking to become an incorporated association, to register as a not-for-profit organisation and seek out community grants. These grants will allow for the fit out of a performance, café and drop-in space, and for the rent for the first twelve months of the project to be covered. We are looking for sponsorships, partnerships, donations and members to become part of a vibrant community that celebrates creativity and life. For further information please contact Fiona Butler on 0418 399 920 or at fionalouisebutler@outlook.com