

**RICHMOND FUTURES LTD**  
**OFFICIAL OPENING OF THE EXHIBITION, 'THE ART OF WELLBEING'**  
**REMARKS BY**  
**HER EXCELLENCY THE HONOURABLE BARBARA BAKER AC**  
**GOVERNOR OF TASMANIA**  
**WATERSIDE PAVILION, MAWSON PLACE, WEDNESDAY 9 OCTOBER 2024**

Good morning, it is a pleasure to join you to officially open this 'Art of Wellbeing' exhibition hosted by Richmond Futures. This event is part of Mental Health Week, which has the theme, "Appreciate the little things".

May I begin by acknowledging the Muwinina people upon whose Country we gather. I acknowledge today's Tasmanian Aboriginal Community as ongoing custodians of Country. I recognise their enduring culture and deep connection to land, sea, sky, and waters.

As Patron of Richmond Futures, may I acknowledge your 40 years at the forefront of mental health support for our community, with your services guided by your Principles, I quote:

- "Mental health and wellbeing is everyone's right
- Mental health recovery is about living a valued and fulfilling life
- Working side by side, we embrace a holistic approach to health and well-being
- Everyone's journey is as unique as they are, and
- Ensuring a culture that values lives."<sup>1</sup>

End of quote.

The artists' works we see today were completed in Richmond Futures' TasRec programs. programs offer more than art classes, they are also safe spaces for personal expression, with a support network, and pathways to wellbeing. Research shows that creative activities can have positive effects on mental

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<sup>1</sup> <https://richmondfutures.com.au/>

health, boosting serotonin levels, reducing stress, and improving cognitive function.<sup>23</sup> Art can also help many people to express thoughts and feelings, without having to use words.<sup>4</sup>

This exhibition gives our participants the opportunity to connect with their community, celebrate their talent, and create awareness of the benefits of art for mental health and wellbeing.<sup>5</sup>

I now have the great pleasure of declaring “The Art of Wellbeing” exhibition officially open. I wish you all the very best with your exhibition and your continuing valued work for our community. Please now all enjoy appreciating the exhibited works.

Thank you.

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<sup>2</sup> Kaimal, G., Ray, K., & Muniz, J. (2016). Reduction of Cortisol Levels and Participants' Responses Following Art Making. *Art therapy : journal of the American Art Therapy Association*, 33(2), 74–80.  
<https://doi.org/10.1080/07421656.2016.1166832>

<sup>3</sup> Katahira, K., Yamazaki, Y., Yamaoka, C., Ozaki, H., et al. (2018). EEG Correlates of the flow state: a combination of increased frontal theta and moderate frontocentral alpha rhythm in the mental arithmetic task. *Frontiers in Psychology* <https://doi.org/10.3389/fpsyg.2018.00300>

<sup>4</sup> <https://www.mentalhealth.org.uk/explore-mental-health/blogs/how-arts-can-help-improve-your-mental-health>

<sup>5</sup> Email Patrick Lilwall to the Official Secretary dated 7/8/24.