

Hi there Dear Friends of the Academy!

Earlier this year I was awarded a \$600 scholarship from Friends of the Academy.

On Saturday 26th November, this money assisted me to attend a conference titled 'Don't Tell Me To Rest!', held by the Australian Society for Performing Arts Healthcare (ASPAH). I presented a talk at the conference which outlined the findings of my 2016-2017 Honours independent dance study.

I am writing with sincere thanks for the financial contribution the Friends of the Academy made to making this opportunity possible for me. It was an extremely valuable, inspiring and enjoyable day. There were a number of professionals from different fields, all with a mixed interest in both the arts and health, and all ultimately working to improve the health and sustainable careers of Australia's performing artists. My talk was very well received and initiated a number of discussion topics. I made connections to many new people and left with a deeply renewed passion for pursuing both my artistic pathway and further dance research.

I would be very happy to provide further information or talk about the event with the Friends of The Academy if required/if anyone is interested. This was one of those rare opportunities which did not necessarily appear to fit the mould of other 'secondments' but has had a significant impact on my learning. I felt that the conference really opened new possibilities of thought and consolidated my confidence in myself; as a dance artist who can create, perform AND offer an artistic perspective in health and academic contexts.

Thank you very much to the Friends of the Academy for having faith in my ability to take on a new kind of opportunity and make the most of it. It was absolutely fantastic!

All my best wishes and sincere gratitude,

Daisy