

## **INFINITREE - TADA'S HEALTH, WELLBEING & CAPACITY BUILDING working group**

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This working group's understanding of health and wellbeing fundamentally includes capacity building. We see capacity not only in reference to professional skills training and information sharing dimensions, but in recognition of how being unable to effectively work, earn a living, express one's talents or artistic skills - detrimentally impacts on the health and wellbeing of individual artists, groups and communities. Our TADA working group name **Infinitree**, is an intentional 're-languaging' and 'branding' to reflect the distinctive nature of the work we see ourselves undertaking. It is a way of members instantly identifying our activities not only for organisational functionality and fulfilment of constitutional commitments, but for an arts-sector membership whose primary work is artistic expression. The symbolism of a tree implies a simultaneous and symbiotic growth process - a development from root to fruit. We aim to offer support to our membership not by operating as problem-solvers or rescuers but by recognising each one's potential (seeds/imagination inner resources) to surface their own resilience, confidence and wellness.

*The purpose of this Working Group is to identify and give attention to the needs of those within the dance and theatre sector generally, and of TADA members in particular. We will respond to these needs using a variety of approaches, materials, support services and through ongoing processes of learning, networking and growing strategic partnerships.*

### **A. Focus areas:**

- *Mental, physical, psycho-emotional, spiritual health and well-being*
- Professional creative and industry-related opportunities for skills development, practical experience and access to relevant information
- *As part of the ongoing TADA organisational learning and development process - to collate and archive relevant documentation - generating a resource from which educational materials may be developed in future*

## **B. Tasks:**

- 1. To undertake a survey of members and identify needs related to :**
  - their mental, emotional, psychological health and wellbeing , as well as their suggestions for how they may be assisted.
  - Skills development ( financial, technical, creative etc).
- 2. To compile and update a list of agencies, institutions and individuals who are able and willing to offer help** with the different dimensions of health, wellbeing and capacity-building outlined above (incl. Fees, bursaries, reduced rates or alternative forms of exchange)
- 3. To identify individuals within our sector who are particularly vulnerable** e.g. single people over 70, recently bereaved members who may benefit from social engagement, theatre and dance community support or referral to accessible , professional therapeutic services
- 4. To identify opportunities for financial support for those in desperate need** and to **link them** to such opportunities and to liaise with the **Theatre Benevolent Fund about how TADA may work with them.**
- 5. To compile a list of dance and theatre people whom we have lost over the last year** and create a **Wall of Remembrance** or some other form of **memorialization** that is updated as necessary.
- 6. To devise and implement plans to meet skills development needs** through a combination of appropriate methods (in association with members and/or other partners)
  - a. workshops
  - b. short and medium-term courses
  - c. mentorships
  - d. residencies
  - e. master classes
  - f. seminars/webinars/podcasts
- 7. To keep records of participants in TADA's capacity-building platforms** and to integrate them further into TADA's membership and working groups.
- 8. To coordinate a practical campaign in association with the Membership, Advocacy and Communications Working Groups** to create a national circuit of venues, including formal and non-formal spaces, urban and community-based spaces for work to be toured nationally. This project is to be used to research the needs, challenges and possibilities in developing a national circuit of venues for rehearsals/creations/production and distribution of dance and theatre.