



## **The Imagine Me project. Awareness raising, skill-building, creative photographic project for people with disability in rural and regional Australia**

### **Sue Murray**

Imagine Me

Imagine Me is an innovative skill-building creative project empowering people with spinal cord injury living across Australia, to explore their imagination in an empowering creative process. The aim being to foster greater understanding towards people living with disability, and open up new creative opportunities by building skills and fostering community engagement.

Participants are invited to a series of workshops where they create self-portrait artworks using professional photographic equipment, specially adapted for people with spinal cord injury. This equipment enables someone with quadriplegia to control a digital camera and professional photographic studio using a mouth-stick with a mobile phone.

Peer support is a valuable part of community health and wellbeing and this workshop process encourages people to broaden and build new social networks, to share stories and to build resilience.

The specialised adaptive equipment for people with limited mobility is building capacity, while helping people with spinal cord injury to learn new skills while developing a sense of control over their circumstances. The workshops teach new skills through a creative process involving experimentation, expressing ideas, and forming judgments. These critical thinking skills are primary to the creative process of making art.

Imagine Me is currently planning to run a series of workshops and exhibitions in Regional Art Centres concluding with a major exhibition at Casula Powerhouse Arts Centre on International Day for people with Disability December 3 2015.

The long-term vision for the Imagine Me project is to run creative workshops across Australia, along with touring exhibitions of the portraits created, linking each small community group into a network where individual stories can be heard and shared, offering support to others with spinal cord injury living across Australia.