



Planning your visit to Wellbeing Through Art

Visual Story

What is a Visual Story

A Visual Story is a visual & written accessible guide to assist you with your visit.

Visual stories are used to prepare a person for and increase the predictability of a new environment or situation. This helps bring familiarity to a process and to reduce anxiety and stress.

This guide provides information on how to access the Wellbeing Through Art event at the Art Gallery of NSW, and what to expect when you arrive and who to ask for assistance.

Wellbeing Through Art Event



Wellbeing Through Art is a free event presented by Accessible Arts and the Art Gallery of New South Wales for NSW Women's Week.

It will be held on Wednesday, 6 March at the Art Gallery of New South Wales as part of the sensory-friendly Art After Hours.

At the event I will hear from artists as they explore the many benefits of art on our health, wellbeing and diverse creative expression.

Art After Hours



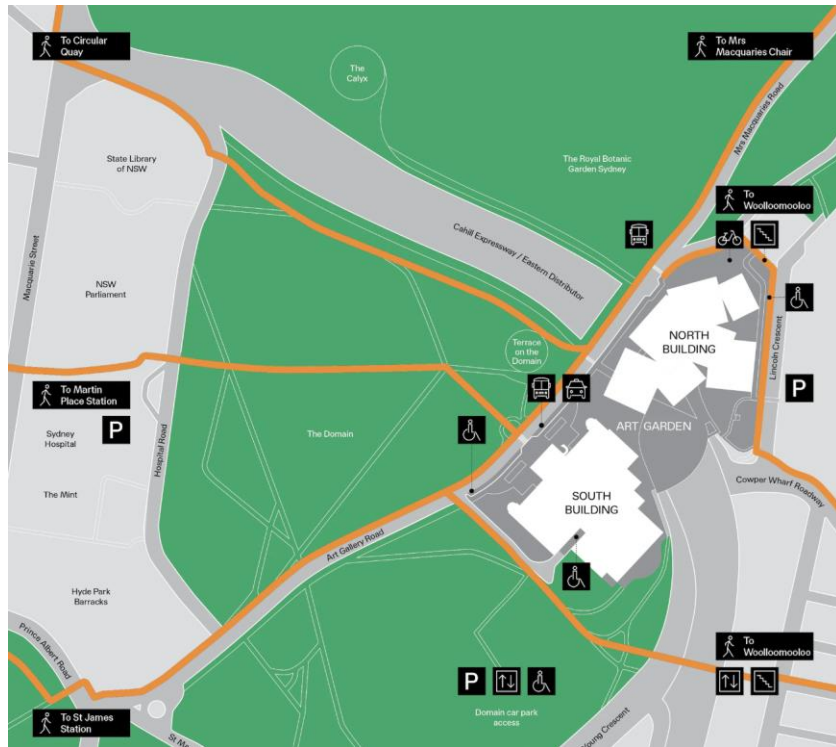
ACCESSIBLE ARTS | WELLBEING THROUGH ART | VISUAL STORY

Every Wednesday night, the Art Gallery of New South Wales stays open late. This is called Art After Hours. I can find more about the program by clicking here: [Art After Hours](#)

This Art After Hours will be sensory-friendly. This means there will be reduced sensory stimuli, no public announcements and gentler light throughout the gallery.

The gallery will close at 10pm.

Planning Your Visit



The event will be held at the Art Gallery of New South Wales - Art Gallery Road, The Domain, Sydney NSW 2000.

Public transport:

Bus 441: Departs from the York Street side of Queen Victoria Building and drops off near the Art Gallery. Returns to Queen Victoria Building, picking up outside the Art Gallery.

Train: St James and Martin Place stations are both about 10 minutes walk.

There are three dedicated accessible parking spaces onsite. To find out more about visiting click here: [Getting here](#)

Art Gallery of New South Wales



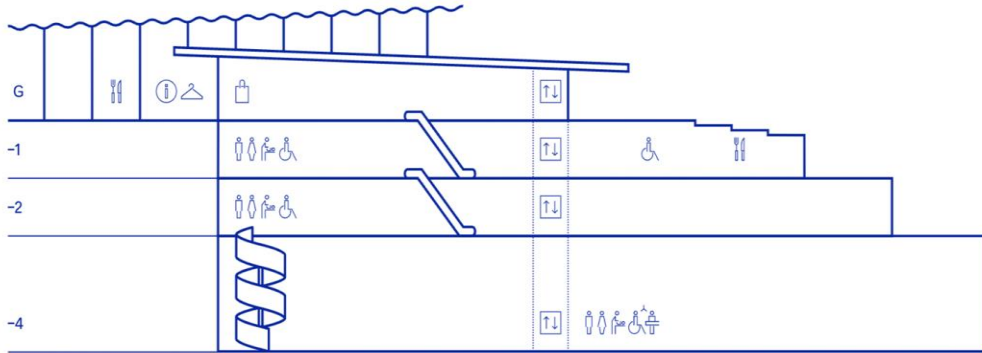
The Art Gallery of New South Wales has two main buildings, including the new building known as the North Building and the original building called the South Building.

The Wellbeing Through Art event will be held in Meers Hall. Located on Lower Level 2, North Building.

I can find out more about the Art Gallery of New South Wales by clicking here: [Plan your visit](#)

Map of the North Building

North Building



This is a map of the North Building precinct which shows the locations of the amenities.

There are different free and paid art exhibitions on each level. More exhibitions are available in the South Building.

I can find out more about the venue and the exhibition spaces here: [Venue Map](#)

Welcome Plaza



The main entrance to the North Building is situated on Art Gallery Road and can be accessed through the Welcome Plaza.

Once I arrive at the entrance, I will see glass doors that open and close automatically. I can also locate the Welcome Hub next to the entrance for further assistance.

Welcome Hub



At the entrance of the North Building, I can find the Welcome Hub. This is where I can cloak my bag and ask for a gallery map.

If I need a wheelchair or mobility scooter, I can book this free service at the Welcome Hub. I will be asked for my ID when booking.

At the end of my visit, I must return the mobility aid to the Welcome Hub.

Art Gallery of New South Wales Hosts



The Art Gallery of New South Wales hosts will be working throughout the gallery. I can identify them by their blue shirts with the word Welcome printed on the front.

I can ask the hosts for information about the exhibitions, where to find things and for help with first aid.

Getting to Meers Hall



Once I have entered the North Building, I will arrive at a large foyer. I can take the elevators located straight across from the entrance or the escalators down to Lower Level 2.

The first set of escalators will take me down to Lower Level 1. There is a second set of escalators located near the restaurant which will take me down to the Lower Level 2.

Getting to Meers Hall



Lower Level 2 is made up of a large open atrium space with adjoining exhibition galleries.

On the opposite end from the escalators across the atrium I can find Meers Hall.

All public areas inside both the North and South buildings can be accessed by ramps, lifts, stairs and elevators.

Meers Hall



At the entrance to Meers Hall I will be greeted by Accessible Arts staff who will be wearing a pink lanyard with their name on it.

Inside the event space I will see a stage and chairs set up in rows. I can choose to sit anywhere I want except for chairs with a reserved sign on them.

The doors will open for the Wellbeing Through Art event at 5:45pm.

Event start times and refreshments

The doors to the event open at 5:45pm. The event will start at 6pm with a Welcome to Country.

There will then be three different speakers give their keynote presentations.

At 6:45pm there will be a short 15min break between the keynote speakers and the artists in conversation. The artists in conversation will feature a discussion between two people with ending with an audience Q&A.

Free light refreshments will be provided in Meers Hall from 8pm to 9pm.

During the event there will be a photographer taking photos, as well as audio and video equipment as the event is being live streamed.

Access at Wellbeing Through Art



Wellbeing Through Art will be Auslan interpreted and live captioned.

If I need an accessible seat I can approach the Art Gallery of New South Wales hosts and they will be help me find one.

If I want to ask about specific access requirements before the event, I can reach out to the Accessible Arts team by clicking here: [Contact Us](#)

Public Toilets



Accessible toilets, parents and carers rooms are located on Lower Levels 1 and 2 in the North Building.

The closest toilets to Meers Hall are on the opposite side of the Lower Level 2 atrium behind the escalators.

I can ask the Art Gallery of New South Wales hosts to help me find them.

Food and Drink



I can find restaurants in both in the South Building, and North Buildings.

During the evening MOD Restaurant in the North Building and the Gallery Restaurant and Café in the South Building are open: [Food & Drink](#)

Food and drinks are not permitted in the exhibition spaces.

Leaving the event



When the event finishes, I can explore the exhibitions at the Art Gallery of New South Wales.

To exit, I can return to the main entrance on the Ground Level which leads out to the Welcome Plaza.

I can find out more information about the Art Gallery of New South Wales by clicking here: [AGNSW](#)