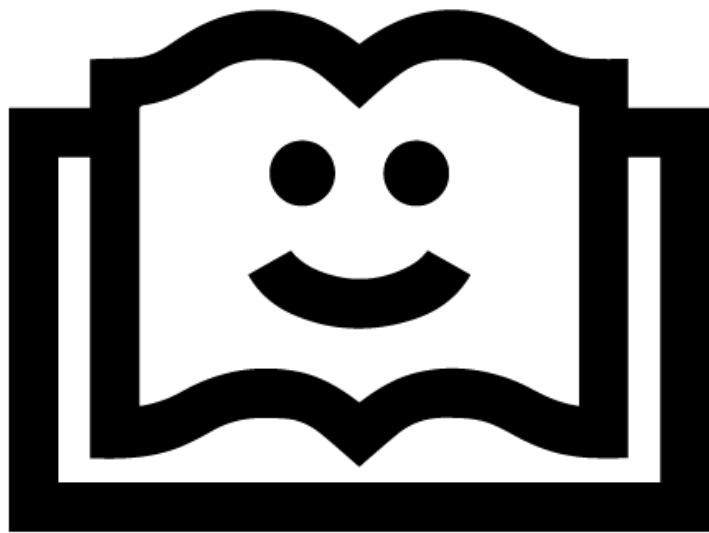




**Planning your visit to
Wellbeing Through Art
at the Art Gallery of NSW**

Visual Story

What is a Visual Story



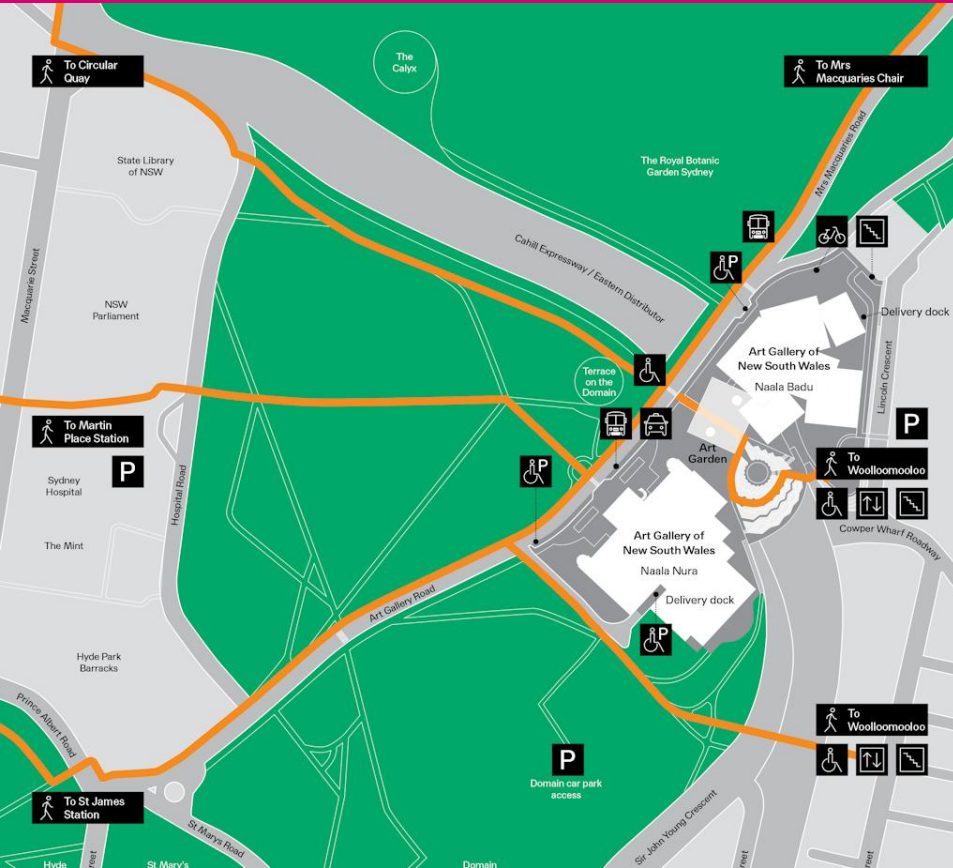
Visual Story

A Visual Story is a helpful guide that combines images and text to assist you when you're in a new environment.

It's designed to make unfamiliar environments less intimidating and more familiar, so you can feel more at ease and less stressed.

This guide will give you all the information you need about the [Wellbeing Through Art](#) event, including an overview of what is planned and what to expect.

Planning Your Visit



The event will be held at the AGNSW - Art Gallery Road, The Domain, Sydney.

Public transport

Bus 441: Departs from the York Street side of Queen Victoria Building and drops off near the AGNSW.

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

There are three dedicated accessible parking spaces onsite. I can find out more about visiting here: [Getting to AGNSW](#)

Art Gallery of New South Wales



The Art Gallery of New South Wales has two main buildings:

- Naala Badu - North building
- Naala Nura - South building

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

I can find out more about the Art Gallery of New South Wales, including access programs and different exhibition here:

[Plan your visit](#)

Art After Hours



This event is being held as a part of the Art Gallery of NSW's 'Art After Hours' series.

Along with the Wellbeing Through Art event, the gallery will remain open until 10pm. After the event, I can explore the other exhibitions, which include both free and paid options.

For more details about Art After Hours, I can check the AGNSW: [What's on Page](#).

Event Information



The Wellbeing Through Art event explores how art can support mental health, wellbeing, and self-expression. Through creativity, connection, and community.

Speakers Include:

- Em Rusciano
- Hiromi Tango
- Dr Jane Miskovic-Wheatley
- Beatrice Gralton
- Bec Charlwood

As this event is on the topic of mental health, I can take a break if I need to and step out of the event at any time.

Art Gallery of NSW - North building



The main entrance to the Naala Badu is located on Art Gallery Road I go through the Welcome Plaza to get there.

The Naala Badu and the Naala Nura buildings are not connected. If I want to go to the Naala Nura, I have to walk out the front entrance first.

When I get to the entrance, I find glass doors that open by themselves. There's also a Welcome Hub next to the entrance where I can find help if I need it.

Welcome Hub



At the entrance of the Naala Badu, I can find the Welcome Hub. This is where I can cloak my bag and can 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.

Getting to Meers Hall



Once I have entered the Naala Buda building, I will come into 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 the gallery can be accessed via ramps, lifts, stairs and escalators.

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 signs on them.

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

Event start times and refreshments

The logo for 'Wellbeing Through Art' is displayed in large, white, sans-serif font against a background of a vertical gradient from orange at the top to purple at the bottom. The text is arranged in three lines: 'Wellbeing' on the top line, 'Through' on the middle line, and 'Art' on the bottom line. To the right of the text, there are two white, stylized, wavy lines that resemble a pulse or a heartbeat, one above and one below the text.

Wellbeing Through Art

Doors open at 5:45pm, with the event starting at 6:00pm.

The event begins with a Welcome to Country, followed by three keynote talks. A short break will take place at 6:45pm before the event continues with an In Conversation between Em Rusciano and Dr Jane Miskovic-Wheatley at 7pm.

Light refreshments will be available after the event. A photographer will be capturing moments throughout the event, and cameras at the back of the room will be set up for a live stream.

Art Gallery of NSW Front of House Staff

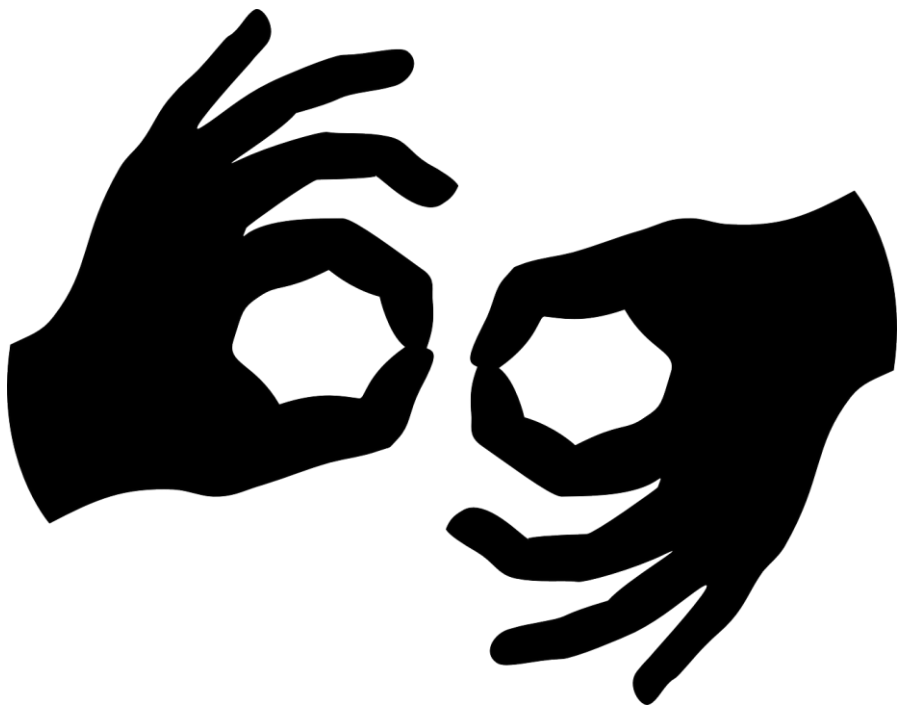


Art Gallery of NSW Front of House staff will be working throughout the gallery.

They be able to provide me with information about the exhibitions, events and help with first aid.

I can identify them by their blue shirts or Art Gallery of NSW badges.

Access at Wellbeing Through Art

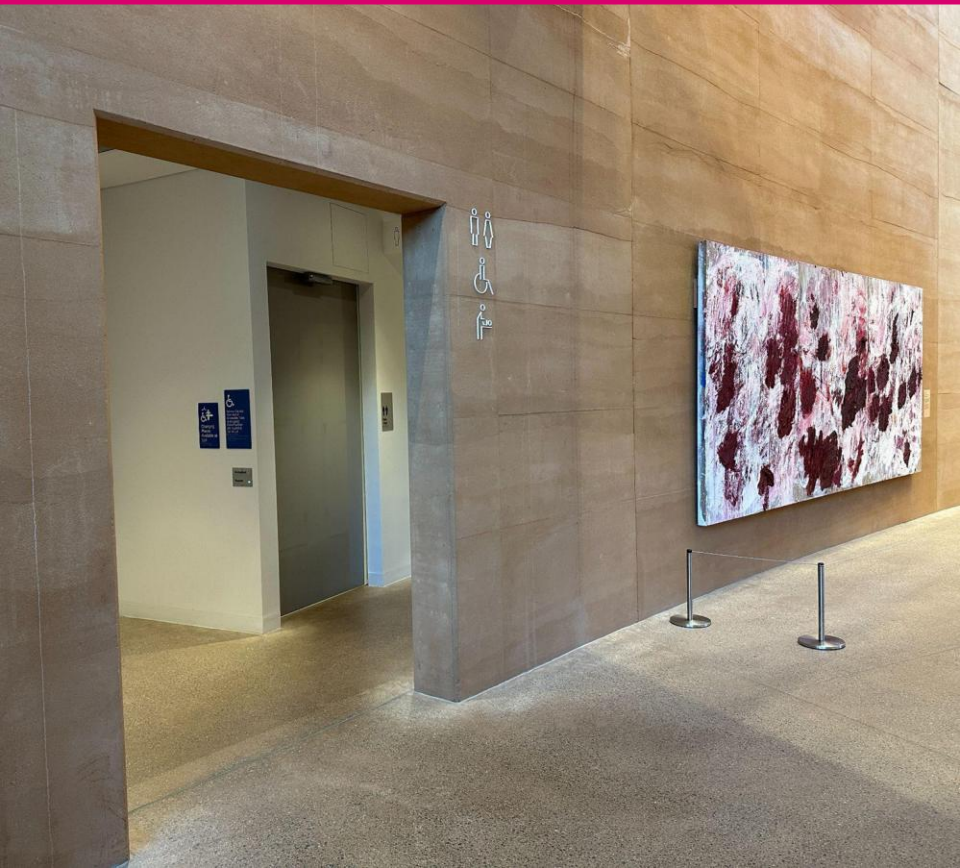


The event will be Auslan interpreted and live captioned.

If I need an accessible seat, I can approach the Art Gallery of New South Wales hosts, or the Accessible Arts team 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 via their website here: [Contact Us](#)

Public Toilets



Accessible toilets, parents and carers rooms are located on Lower Levels 1 and Lower Level 2 with the Naala Badu 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 Naala Badu & Naala Nura buildings.

During Art After Hours MOD Restaurant located in Naala Badu on Lower Level 1 and the Gallery Restaurant and Café in Naala Nura are open: [Food & Drink](#)

Food and drinks are not permitted in the exhibition spaces.

There will be free light refreshments and non-alcoholic drinks serviced after the Wellbeing Through Art event from 8pm till 9pm in Meers Hall.