12th Biennial ANZALS Conference

9 December - 11 December 2015
Adelaide, South Australia

Themed Session Call for Papers

Health and Leisure (where we live, work and play)

Lessons learned

Chair: Liana Bellifemini (Australian Health Promotion Association (SA Branch)), Aimee Brownbill (University of Adelaide) & Dr Janette Young (University of South Australia)

Theme focus: “Leisure” has strong health and wellness origins. The industrial revolution created a distinction between leisure and work time (Bailey, 1978). Leisure gave workers opportunity to recuperate and renew energies so they could be better workers (Gallant, Arai, & Smale, 2013) also engendering time for personal improvement (Bailey, 1978), and social and political engagement (Henderson & Presley, 2003). The arts, family and community networking, civic engagement, sporting activities, eating, shopping, continue to occur predominately in the non-work leisure time of most people. It is in leisure time and spaces that upstream builders of health including just societies, supportive relationships, artistic and creative endeavour occur. Let’s unpack this together! Our vision for discussion around this topic includes but is not limited to practitioners and academics in the fields of:

- Health promotion, Population health, Occupational science, Community development, recreation and leisure providers
- Leisure, policy, politics, health economics
- Arts, architecture, design, planning
- Population group foci eg Children, Adults, older people, those with special needs or abilities, ethnic and culturally diverse groups, youth, rural
- ...

Session format: We are seeking papers, research presentations, case-studies and practitioner reports that explore the development and maintenance of health (or its converse) in leisure settings, time, spaces and places. We are keen to glean a multi-disciplinary perspective on this topic. We would like to schedule and mix of presentation times – 5-10 minutes for those new to presenting or simple case study examples; 15-20 minutes for more elaborate research reports or conceptual/theoretical explorations.

Practitioners

We encourage case-studies and practitioner reports which explore how activity undertaken in the leisure field has built health. Possible examples could include:

- People whose pain, illness or other disablement has been alleviated by/in the undertaking of community projects and programs perhaps in the arts;
- Youth arts, physical activity or perhaps youth cultural activities that have made a difference to the health and wellbeing of some younger people.
- On-line and cyber-world stories - Facebook and cyber bullying or the converse eg “I'll ride with you”.


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**Practitioners**

The structure being sought encompasses:

- What was done
- What was observed and/or reported – eg what changed?
- Any unintended consequences (positive and negative)
- Key learnings – what can others learn from your stories

**Academics**

Conceptual questions that might be explored include:

- How do the parallels of over and under-work impact on health? Are there conceptual connections between these?
- Why is children’s play seen as “wasted time”?
- How is societal inequity played out in the leisure: health space?
- How/does over-focus on illness and disease impact on development of upstream leisure-time activities that could be health building and protective?

Abstracts should be 250-350 words clearly indicating the following information:

- Author name(s) indicating position and affiliation as well as full details of correspondence author.
- Full paper title as it will appear in the conference programme.
- Abstract including Background (outline of the context/literature informing the study or issue), Approach/methodology (indication of the broad theoretical orientation and/or methodological approach) and Significance/Key learnings (description/application of findings or key learnings).
- Full references for any research cited in the abstract (no tables, figures or footnotes).

Abstracts using Word format are to be submitted to Liana Bellifemini (lianabell@bigpond.com)

**Deadline for abstracts is Friday 29th May 2015**