

What's On @ The Wellbeing Place

October 2024



Welcome to October "What's On @ The Wellbeing Place"

How is it already October?? In October we see a busy month coming up for our Wellbeing Team. To start it off we welcome "Mental Health Month".

The 2024 Mental Health Month Theme is; 'Let's Talk About It'.

In NSW, Mental Health Month is observed annually throughout October.

This year's theme, "Let's Talk About It," prompts us all to reflect on our mental health and overall wellbeing, irrespective of whether we've personally encountered mental illness. It emphasises the significance of maintaining good mental health in our daily lives and encourages a proactive approach to seeking help when necessary.

"Let's Talk About It" further highlights the importance of connecting with others, as supported by research showing how relationships with family, friends, and broader community connections can support one's well-being. Engaging in conversations about mental health and sharing lived experience stories with supportive individuals can improve psychological well-being and overall wellness. Through collective unity and compassion, we create environments where individuals feel empowered to openly discuss mental health, find reassurance, and seek support. Within the Wellbeing Place, we have many opportunities to connect with others. Look at our "What's On".

Childrens Week

In October we also have; Children's Week. This is an annual event celebrated in Australia held around the fourth Wednesday in October. In 1996 it was decided to adopt a permanent theme: "A Caring World Shares" as a reflection of Children's Week aims while at the same time acknowledging the designated year on national posters and other printed materials.

A diverse range of events and activities are organised at National, State and Local levels. These focus the attention of the wider community on children, their needs and achievements.

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities.

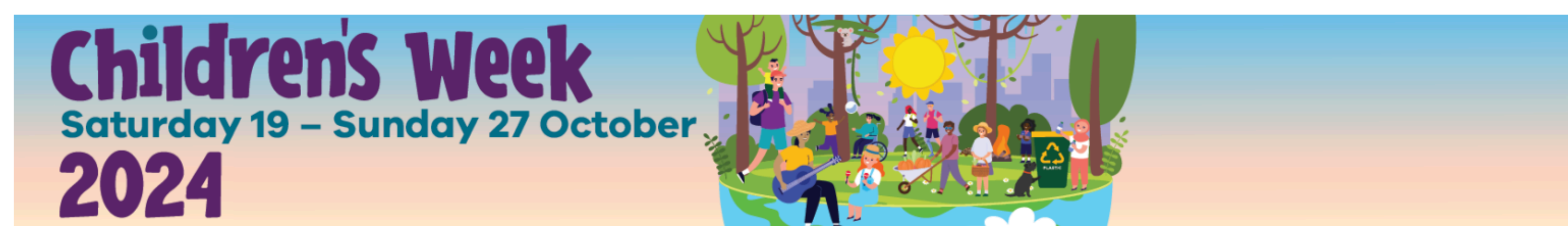
'Children's Week coincides with Universal Children's Day. Each year the theme of Children's Week highlights a particular Children's Right.

The Children's Week National Theme for 2024 is based on UNCRC Article 24: 'Children have the right to a clean and safe environment.'

During the month of October you will see our Wellbeing team hold a number of different events around our network communities. Please see flyer attached for more information.



The Wellbeing
Team



RFDS Wellbeing Place Broken Hill
Mental Health, Wellbeing, Alcohol & other Drug
343 Blende Street, Broken Hill NSW 2880
0439 515 247
Monday to Friday 9.00am - 5.00pm

The Royal Flying Doctor Service (South Eastern Section) pay our respect to the traditional custodians of the lands we live and work on.

We respect the knowledge of and connection to land, waters, and sky, Aboriginal people have.

We pay our respect to Elders past, present, and emerging as holders of knowledge and seek to work with Aboriginal peoples, families, and communities on our journey of reconciliation.

What's On Every week & regulars

Mondays

Tai Chi Drop in Class 9.00am
Contact Gail 0447 311 252

Toddler Time 10.30am-12.30pm
Contact Mission 08 8087 2518

African Drumming Class
6.30-7.30 (during school terms)
Contact Ali 0421 503 904

Tuesdays

Anita's Yoga & Wellness 6pm-7.15pm
Contact Anita 0418 442 051

Wednesdays

Tai Chi Advanced 10:00am

SMART Recovery Group 1.00pm

Yin Yoga with Naomi 5:30pm-7pm
contact Naomi on 0424 265 922

Meditation Course 7pm-8pm
contact Naomi: 0424 265 922

Thursdays

Yin Yoga with Naomi 9.30am-11.00am

Cuppa Conversations 1pm - 2pm

Anita's Yoga & Wellness 6.00pm-7.15pm

Fridays

The Workshop 9.30am

Group Art Therapy 11.00am
BOOKINGS ESSENTIAL
contact Naomi: 0424 265 922

Saturdays

Tai Chi advanced 9.30am

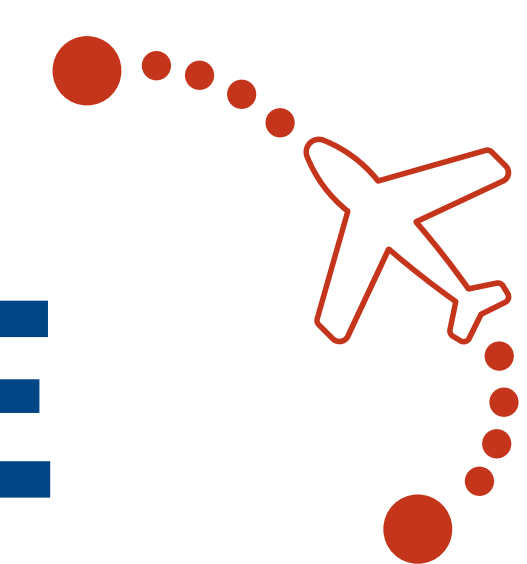
Sundays


Tai Chi beginner 10.00am



Royal Flying Doctor Service
SOUTH EASTERN SECTION

OCTOBER OUTREACH CLINIC ATTENDANCE



S	M	T	W	T	F	S
	Wilcannia Ivanhoe	1 Tibooburra White Cliffs Menindee	2 Wilcannia Tilpa	3 Packsaddle White Cliffs	4 Menindee Ivanhoe Wilcannia	5
6	7 	8 Tibooburra Wiawera Menindee	9 Wanaaring White Cliffs Wilcannia	10 Pooncarie Ivanhoe	11 Menindee Ivanhoe Wilcannia	12
13	14 Wilcannia Ivanhoe	15 Tibooburra Durham Downs Menindee	16 White Cliffs Louth Wilcannia	17 Packsaddle Monolon	18 Menindee Ivanhoe Wilcannia	19
20	21 Wilcannia Ivanhoe	22 Tibooburra Menindee	23 White Cliffs Pine View Wilcannia	24 Wanaaring Hungerford	25 Menindee Ivanhoe Wilcannia	26
27	28 Wilcannia Ivanhoe	29 Tibooburra White Cliffs Menindee	30 Wilcannia Tilpa	31 Packsaddle White Cliffs		

DID YOU KNOW?



Royal Flying Doctor Service AOD Team delivers a Take Home Naloxone Program to reduce mortality and morbidity amongst people across our area who use opioid drugs or medicines.

Through this program, we can ensure naloxone is available for supply to people in community who are likely to need it. We can supply take home naloxone at no cost to consumers, carers, or family members, and provide a brief intervention about how to use the medicine.

We encourage naloxone for people using methamphetamines as research indicates an increase in these types of products being laced with opioid products.

October is also Breast Cancer Awareness Month. Some people may not know but The Wellbeing Place is the home of our Breast Care Nurse, Jo Beven.

- Breast Cancer is the second most commonly diagnosed cancer worldwide, with currently 1 in 7 people in Australia diagnosed with breast cancer during their lifetime.
- Over 20,000 Australians will be diagnosed with Breast Cancer this year alone - This equates to 57 Australians every day.
- Through the tireless work of organisations such as Breast Cancer Network Australia, McGrath Foundation, and Breast Cancer Trials, survival rates are currently above 90% at 5 years.



For Breast Cancer Awareness Month we are hosting a morning tea. All are welcome to come get some morning tea for a gold coin donation that will be donated back towards Breast Cancer Treatment.

Where: The Wellbeing Place, 343 Blende Street Broken Hill

Date: 16th of October

Time: 10.30am-11.30am



WEEKLY PROGRAM

THE WELLBEING PLACE

MONDAY	Tai Chi (drop in) 9:00AM \$5	Toddler Time 10:30AM FREE	African Drumming 6:30PM From \$12
	Hatha Yoga 6.00PM \$10		
TUESDAY	Hatha Yoga 6.00PM \$10		
	Tai Chi (advanced) 10:00AM \$5	SMART Recovery 1.00PM FREE	Yin Yoga 5:30PM \$10
WEDNESDAY	Yin Yoga 9:30AM \$10	Cuppa Conversations 1.00pm FREE	Hatha Yoga 6:00PM \$10
	The Workshop 9:30AM FREE		
FRIDAY	Group Art Therapy 11.00AM FREE		
	BOOKINGS ARE ESSENTIAL		
SATURDAY	Tai Chi (advanced) 9:30AM \$5		
	Tai Chi (beginner) 10:00AM \$5		
SUNDAY	Tai Chi (beginner) 10:00AM \$5		

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Monday to Friday 9am - 5pm

Some classes may run to a changed timetable during school holidays

Please call the Wellbeing Place on 0439 515 247.



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SOUTH EASTERN SECTION



Interested in learning a new hands on skill?

Want to share knowledge and connect with others with similar interests?

Come along to The Wellbeing Place each Friday at 9.30am to engage in a variety of **FREE** craft and woodworking activities while connecting with others. Take the time to enjoy a cuppa and meet with Semitj our experienced facilitator and other participants. The Workshop is inclusive of all people and all woodworking abilities.



For further information, please contact:
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SOUTH EASTERN SECTION

STARTS AT
10:30
AM

Breast Cancer

Awareness Month



 0439 515 247

MEET OUR BREAST CARE NURSE

COME JOIN US FOR A MORNING TEA

Where: RFDS Wellbeing Place, 343 Blende Street

When: 16th of October 2024

Time: 10.30am - 11.30am

Gold coin donation



Jo Beven

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SOUTH EASTERN SECTION



MENTAL HEALTH MONTH AND CHILDREN'S DAY

During the month of October, the RFDS MHAOD team will be supporting Mental Health Month and Children's Week.

Where can you see us and how can you be involved?

Clinic days:

Peter Crossing and Lesley

Harvey will be at:

- Tilpa - 2nd October
- Pooncarie - 10th October

Come and join Lesley Harvey, Ali Lloyd and Lianne Rowland at the Teddy Bear Clinic and Picnic Day:

- Louth - 16th October.

- Ali Lloyd will be at schools in Ivanhoe, Tibooburra (School and playgroup), White Cliffs and Wanaaring, as well as storytime at Packsaddle with her Wellbeing programs.
- Members of the team will be at Children's Day in the park at Sturt Park on Wednesday 25th October.



Please come into the Broken Hill Wellbeing Place for our interactive window fronts.

For more information, contact
The Wellbeing Place on:
0439 515 247

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Mental Health, Wellbeing, Alcohol & other Drug

343 Blende Street, Broken Hill NSW 2880

Ph: 0439 515 247 or Email: Wellbeingplacebh@rfdse.org.au

Monday to Friday 9.00am - 5.00pm



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SOUTH EASTERN SECTION



GROUP ART THERAPY

The RFDS Wellbeing Place (RFDSSE Mental Health, Wellbeing, Alcohol and other Drug Team) has expanded clinical services to offer Art Therapy consultations in groups for clients of the RFDSSE.

This initiative will be facilitated by Naomi Wild, Broken Hill based Artist, Transpersonal Art Therapist, Yoga and Meditation Teacher.

What is group Art Therapy?

Art Therapy provides a safe and supportive environment where, via the use of various materials and mediums, individuals engage their creative side, encouraging a holistic and integrative therapeutic experience. There is no prerequisite of any artistic talent as Art Therapy focuses more on the process than the outcome. The processes are referred to as 'mark making' rather than a focus on 'art making'. Group Art Therapy aims to provide a safe space to express emotions, feelings and experiences in a creative therapeutic environment. Participation reduces isolation and promotes understanding and empathy. This initiative is facilitated by Naomi Wild, Broken Hill based Artist, Transpersonal Art Therapist, Yoga and Meditation Teacher. To find out more about group and individual Art Therapy please contact:

Naomi Wild, Art Therapist

P: 0424 265 922

E: naomi@creativeheart.space

'MARK MAKING' RATHER THAN 'ART MAKING'

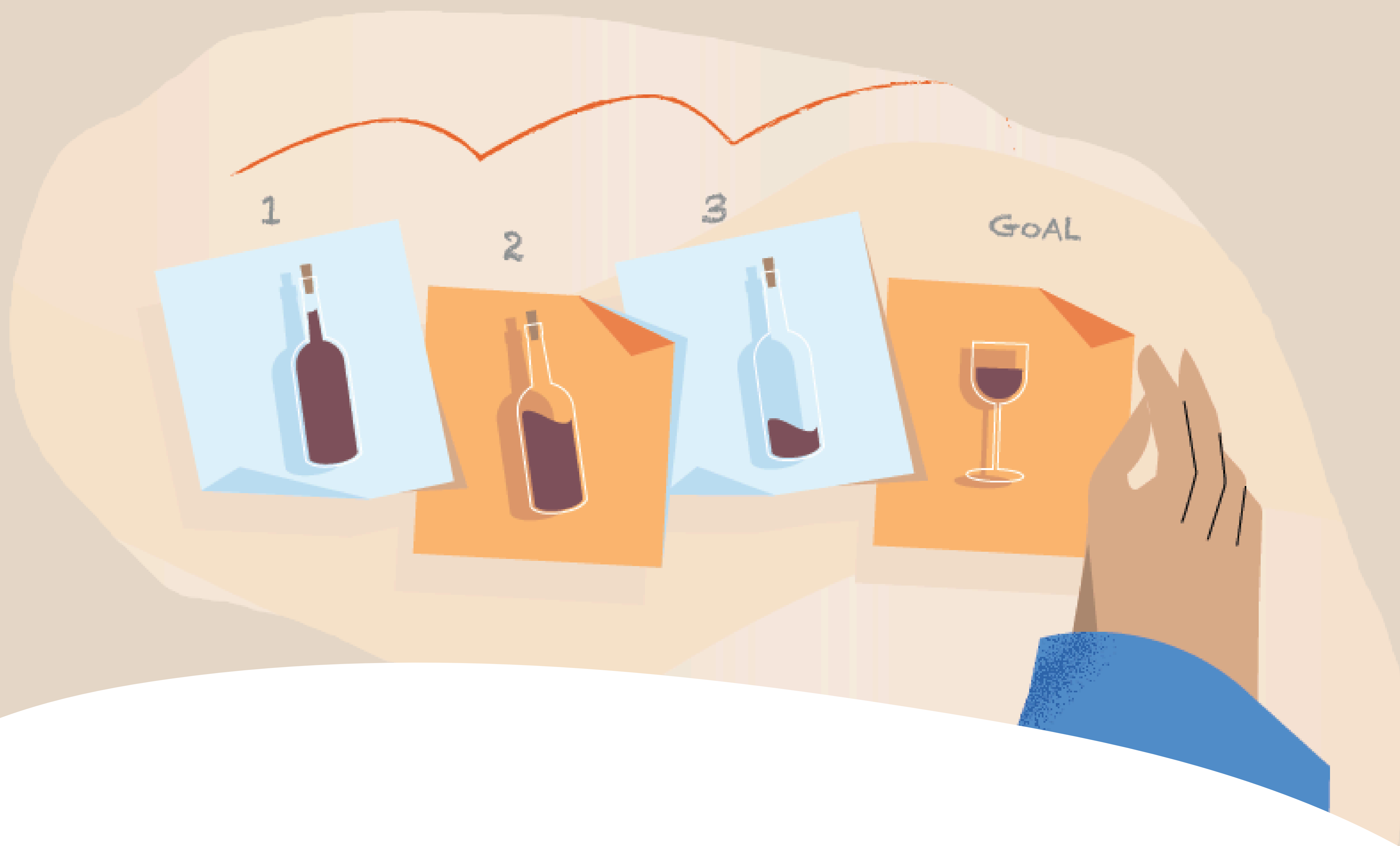
- Ages 12-70+ (younger by further enquiry)
- 60-90 minute group sessions
- Zoom available for community members residing on stations and in remote communities resources will be supplied and sent in advance
- Self-refer by contacting Naomi, or discuss Art Therapy with your RFDS clinician or GP
- Individual Art Therapy sessions available

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SOUTH EASTERN SECTION



Choose your own path to a healthier future

What is SMART Recovery? Free, practical support groups that train you to champion your own behaviour change around alcohol and other drug use, gambling and any behaviour of concern.

Broken Hill

Weekly meetings

Wednesdays

Starts at 1:00pm

please arrive 15 minutes early

Why SMART

- Set weekly goals that work for you
- No stigma, labels or judgement
- Learn practical self help tools
- Attend as you need

Royal Flying Doctor Service

The Wellbeing Place

343-345 Blende Street

Broken Hill 2880



Royal Flying Doctor Service

SOUTH EASTERN SECTION

Wellbeing Place

For more information, please call The Wellbeing Place: 0439 515 247