

What's On @ The Wellbeing Place

JULY 2024

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

July brings with it a delightful twist as we embrace the essence of winter in our midst. While the Northern Hemisphere basks in summer's glow, we find ourselves drawn to the cozy comforts of winter's charm.

As winter has well and truly set in, we welcome all current and future visitors to our Wellbeing Place, and invite you to join the programs we have on offer.

1st July is Play Therapy Day in Australia. It's a day where we celebrate and highlight the importance of play therapy as a form of psychotherapy. We all need play in order to experience positive emotions and for children in therapy, play is particularly important to bring an understanding to their lives. Play Therapy helps to improve children and adolescent's mental health through the powers of play.

Happy Play Therapy Day!



Lesley Harvey, RFDS Play Therapist



The Wellbeing Team

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.



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-6:45pm
contact Naomi on 0424 265 922

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

ON HOLD

Thursdays

Yin Yoga with Naomi 9.30am-11.00am

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 9.00am & 10.15am

Sundays

Tai Chi beginner 10.00am



Royal Flying Doctor Service
SOUTH EASTERN SECTION



JULY OUTREACH CLINIC ATTENDANCE

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



90% of clients have
K10 improvement
since accessing our
Mental Health services



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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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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WEEKLY PROGRAM

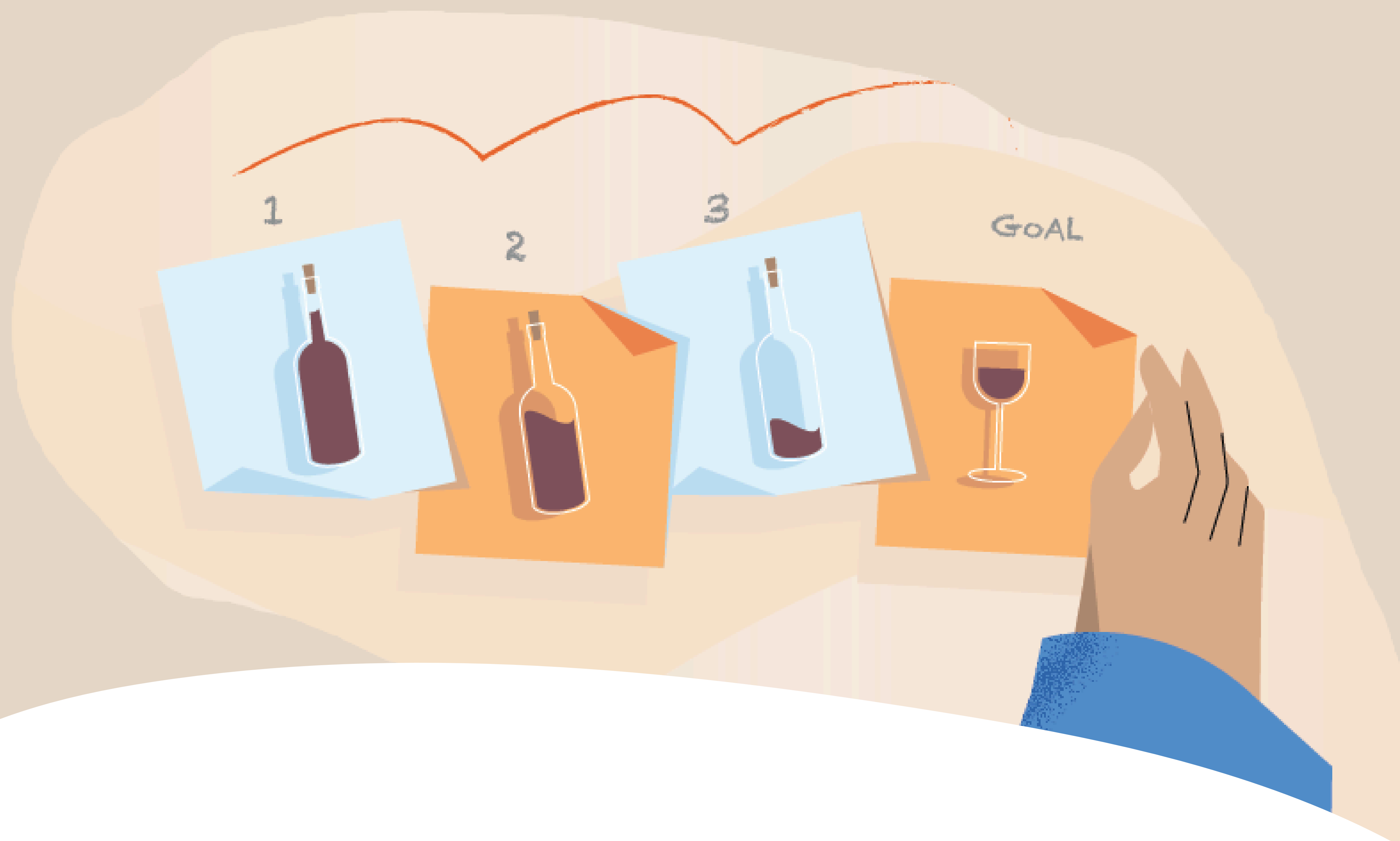
THE WELLBEING PLACE

MONDAY	Tai Chi (drop in) 9:00AM \$5	Toddler Time 10:30AM FREE	African Drumming 6:30PM From \$12
TUESDAY	Hatha Yoga 6.00PM \$10		
WEDNESDAY	Tai Chi (advanced) 10:00AM \$5	SMART Recovery 1.00PM FREE	Yin Yoga 5:30PM \$10
THURSDAY	Yin Yoga 9:30AM \$10	Hatha Yoga 6:00PM \$10	
FRIDAY	The Workshop 9:30AM FREE	Group Art Therapy 11.00AM FREE	BOOKINGS ARE ESSENTIAL
SATURDAY	Tai Chi (advanced) 9:00AM & 10:15AM \$5		
SUNDAY	Tai Chi (beginner) 10:00AM \$5		

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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



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