

# What's On @ The Wellbeing Place

## November 2024

### Welcome to November "What's On @ The Wellbeing Place"

We are welcoming November and the last month of Spring.

At the RFDS Wellbeing place, we are doing Mental Health and Wellbeing differently. There is no one size fits all approach to healing and personal growth and we are seeing more and more evidence that a whole person approach to wellness builds long term sustainable outcomes.

Some of our offerings include Yin Yoga, Meditation and Transpersonal Art Therapy with Naomi Wild, who is committed to providing a holistic model of care that meets the psychological, physical, emotional and spiritual aspects of our humanness.

Yin Yoga is a gentle, slow-paced practice that some refer to as 'embodied mindfulness'. A combination of slow holds, breathwork and compassionate attention to whatever is occurring (on all layers) for ourselves, so as to soothe the nervous system and support trauma, stress, tension and other blocks to shift or dissolve. Naomi holds a truly inclusive space that is not focussed on outcomes or goals, rather the cultivation of a calm inner strength. All skill levels welcome.

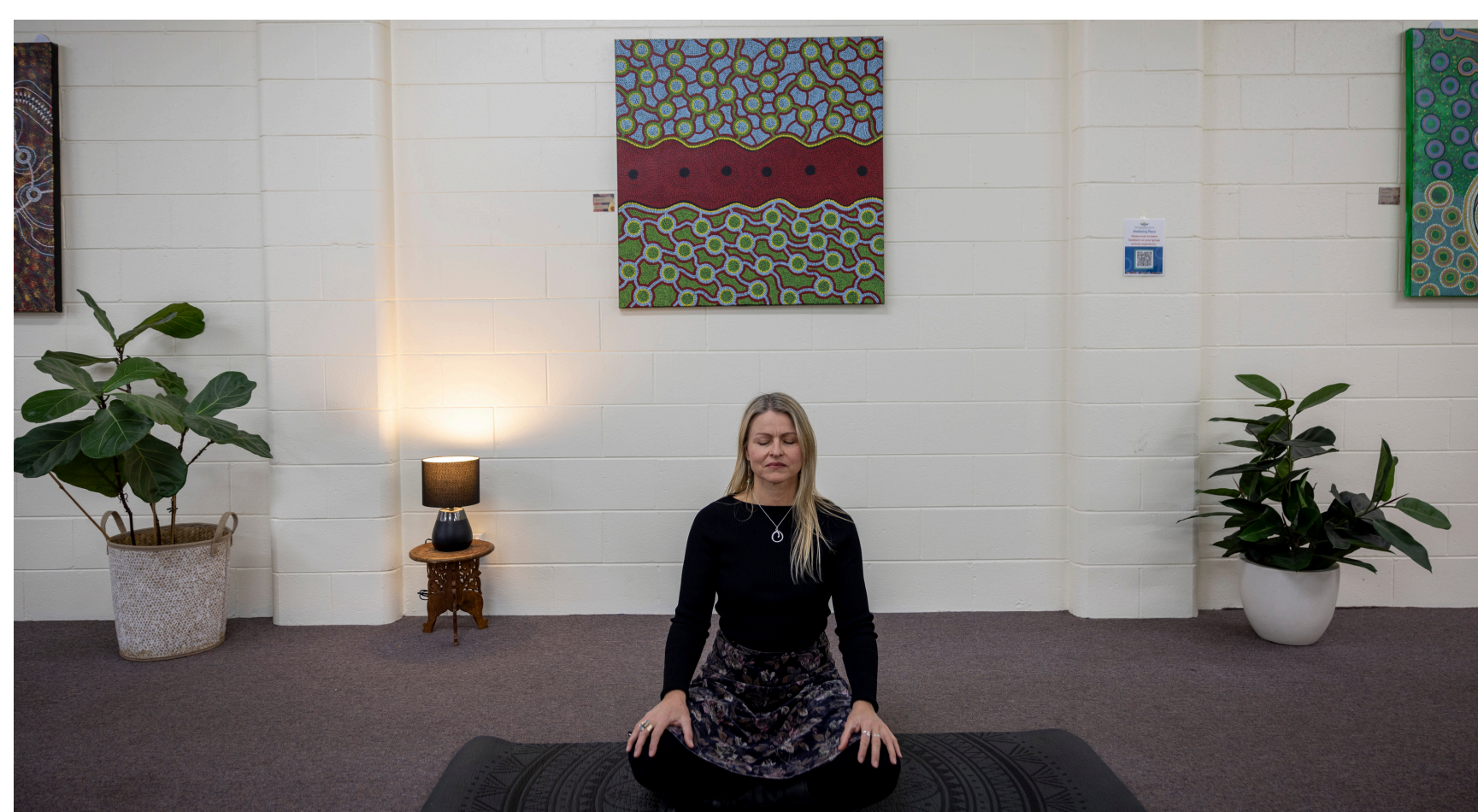
The Meditation group has similar principles and is for those new to the practice as well as those who are seasoned and appreciate the nourishing qualities of community shared space. Sessions are spent with a mix of guided practices, breathwork and contemplating deeper principles of how we might support ourselves to face life with more peace.



As a Therapist, Naomi utilises her Transpersonal Art Therapy background where holistic depth enquiry, symbolism, creative visualisation and expression give voice to things in our experience that are non-verbal or even subconscious. She also draws on Somatic practices, Shamanic deep listening and Conscious Communication resources to help us face the world with more ways that bring healthier connection to ourselves and one another.

The common theme in these modalities is to support people in deepening their self-awareness, creating a steadier sense of presence to their life experience and restoring safety as a resource they can access within themselves when facing whatever life brings.

Please see our Wellbeing Host for any more information, the times and days of Naomi classes are on this page under "Whats on at the Wellbeing Place"



## 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



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# NOVEMBER OUTREACH CLINIC ATTENDANCE



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

## 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.

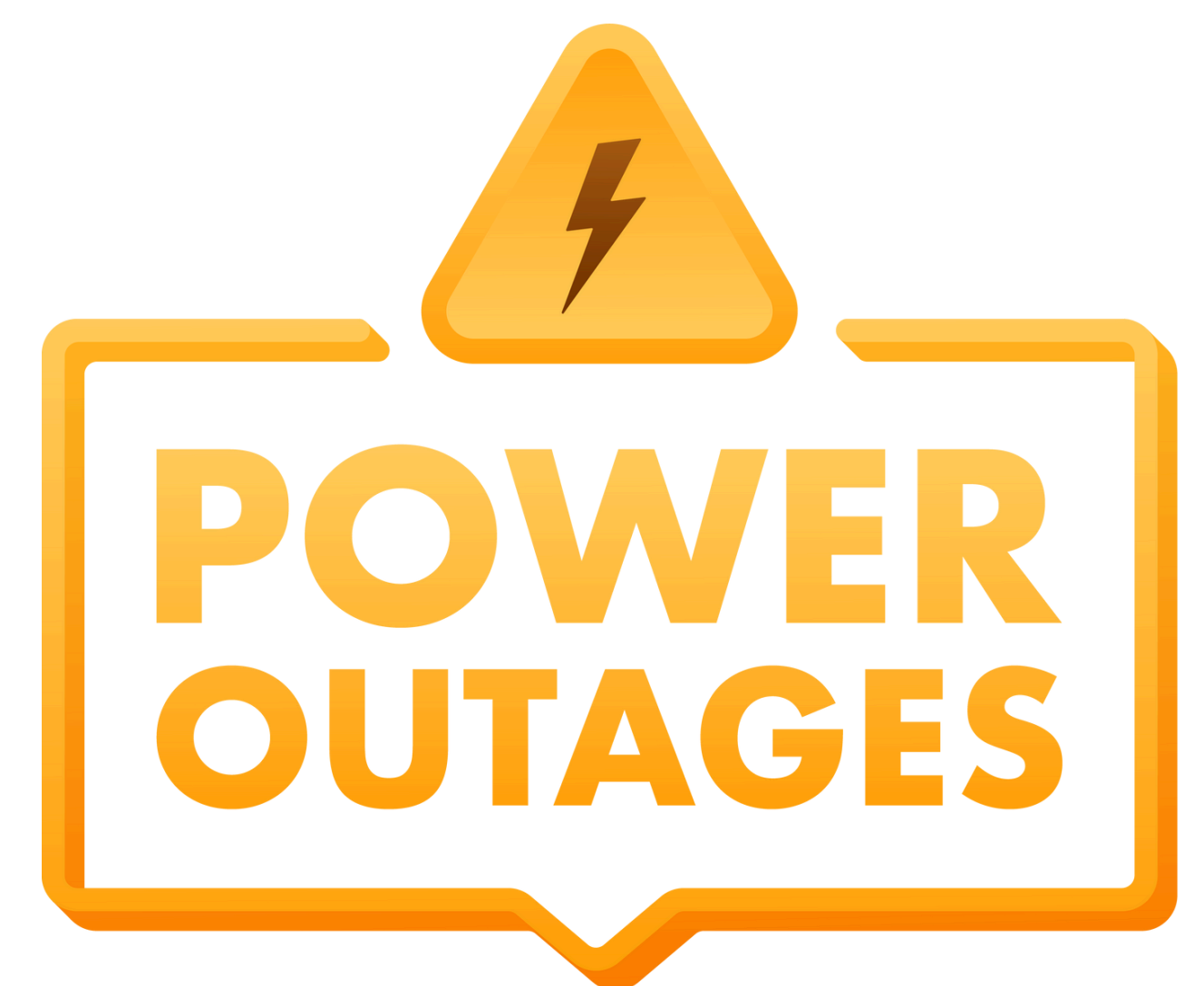
Through this program, we can ensure naloxone is available for supply to people in community who are likely to need it. We can supply take home naloxone at no cost to consumers, carers, or family members, and provide a brief intervention about how to use the medicine.

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



In light of the recent power outage, our RFDS Wellbeing Place in Broken Hill was open on the Tuesday the 22nd of October to the general public, offering a space for the community to recharge and access free wi-fi, biscuits, tea and coffee. We were extremely grateful to local business, The Deli, for dropping off a tray of sweets for us and the community, plus to those locals who dropped off supplies. We had over 100 people visit and use the space on this day.

We want to let the community of Broken Hill and surrounding areas, if we do have another power outage like we did that day, that our doors will be open again the the public to use the space.



On Thursday the 24th of October, The Premier, Broken Hill Mayor and Roy Bulter, visited the Wellbeing Place to show their gratitude to the Wellbeing Place team for being their for the community in a time of need.





# WEEKLY PROGRAM

## THE WELLBEING PLACE

<b>MONDAY</b>	Tai Chi (drop in) 9:00AM <b>\$5</b>	Toddler Time 10:30AM <b>FREE</b>	African Drumming 6:30PM <b>From \$12</b>	
<b>TUESDAY</b>	Hatha Yoga 6.00PM <b>\$10</b>			
<b>WEDNESDAY</b>	Tai Chi (advanced) 10:00AM <b>\$5</b>	SMART Recovery 1.00PM <b>FREE</b>	Yin Yoga 5:30PM <b>\$10</b>	Meditation course 7:00PM <b>\$10</b>
<b>THURSDAY</b>	Yin Yoga 9:30AM <b>\$10</b>	Cuppa Conversations 1.00pm <b>FREE</b>	Hatha Yoga 6:00PM <b>\$10</b>	
<b>FRIDAY</b>	The Workshop 9:30AM <b>FREE</b>	Group Art Therapy 11.00AM <b>FREE</b>	<b>BOOKINGS ARE ESSENTIAL</b>	
<b>SATURDAY</b>	Tai Chi (advanced) 9:30AM <b>\$5</b>			
<b>SUNDAY</b>	Tai Chi (beginner) 10:00AM <b>\$5</b>			

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Some classes may run to a changed timetable during school holidays

Please call the Wellbeing Place on 0439 515 247.



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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

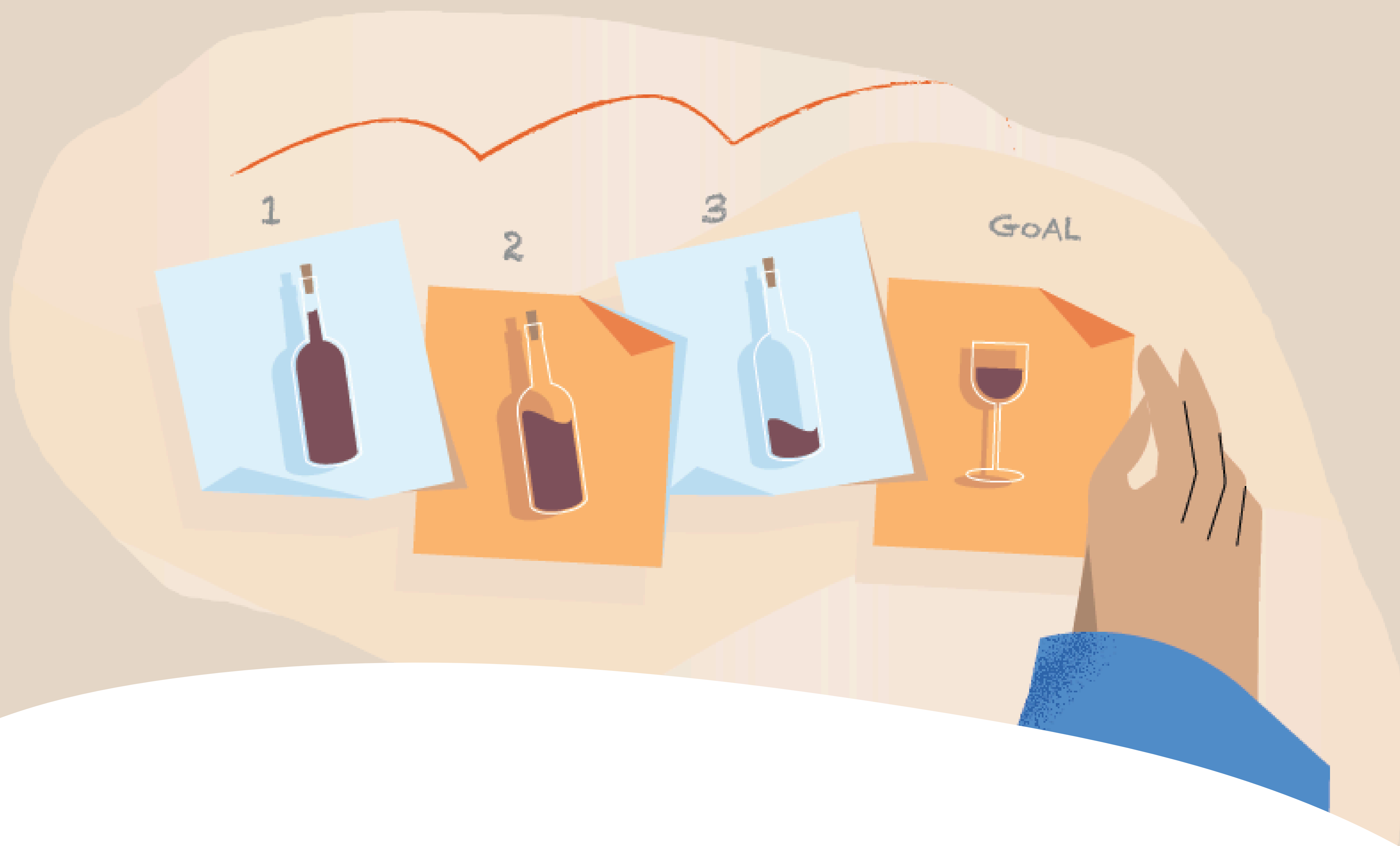
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# Choose your own path to a healthier future

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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## Wellbeing Place

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