



## ‘Learn and Grow’ Mental Health Month October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <sup>th</sup> September	26 <sup>th</sup> September	27 <sup>th</sup> September	28 <sup>th</sup> September	29 <sup>th</sup> September	30 <sup>th</sup> September	1
2	3 <b>Labour Day</b>	4 Drumming workshop (Bourke, Cobar)	5 Drumming workshop (Warren)	6 Drumming workshop (Coonamble, Walgett)	7 Drumming workshop (Lightning Ridge)	8 Pride March
9 Mums move to beat the Blues  Riverside Markets	10 <b>World Mental Health Day</b>	11 MHFA Training (Community)	12 MHFA Training (Community) Drumming workshop (Dubbo)	13 Disability League Tag DREAM Festival’s Pianos on the pavement launch	14	15 Mums move to beat the Blues Farmers Markets Dubbo Regional Disability Carnival
16 <b>Carers Week</b> DREAM Festival’s Lantern making workshops	17  <b>Launch</b>  DREAM Festival’s Lantern making workshops	18 Youth Forum – St John’s College Looking after our Mental Health Talk DREAM Festival’s Lantern making workshops	19 MHFA Training (Community) Drumming workshop (Dubbo) Learn & Grow Photography exhibition Carers Luncheon DREAM Festival’s Lantern making workshops	20 MHFA Training (Community) Floral arrangement class (Carers) DREAM Festival’s Lantern making workshops	21 NEAMI Open Day DREAM Festival’s Lantern making workshops	22 Floral arrangement class (general community) DREAM Festival’s Twilight Markets and Lantern Parade
23 DREAM Festival’s Zoocoustic	24 <b>Stress Less Day</b>	25 MHFA Training (NGO) Mission Australia Client Stall MHDA Service Stress Less Day BBQ	26 MHFA Training (NGO) Drumming workshop (Dubbo)	27 ARTLANDS Conference	28 ARTLANDS Conference Out of the shadows into the light walk	29 ARTLANDS Conference
30 ARTLANDS Conference	31					

Please like the ‘Mental Health Month 2016 Dubbo and Region’ Facebook page: <https://www.facebook.com/MentalHealthMonth2015/>

**ARTLANDS Conference:** The Regional Arts Australia National Conference returns to NSW for the first time in 12 years. The Festival program highlights include the ARTLANDS Art fair, arts exhibitions, performances and arts workshops. From the 27<sup>th</sup> October-30<sup>th</sup> October 2016. For more information, please visit the ARTLANDS website [www.artlands.com.au](http://www.artlands.com.au).

**Youth Forum at St John's College:** The Black Dog Institute will be delivering two presentations - 'Insight' and 'Navigating Teenage Depression' to St John's College staff and Year 9 students. Both presentations will be delivered by trained presenters who either have lived experience or are supporting someone living with a mental illness. Presentations are only open to St John's College staff and students.

**Dubbo Regional Disability Carnival:** Prepare for the BIGGEST athletics event this year! Join us for a fun filled day of athletics and an afternoon League Tag game on 15<sup>th</sup> October, 10am-6pm at Barden Park. For more information contact Brianna on 02 68845151 or [Brianna.phillips@breakthru.org.au](mailto:Brianna.phillips@breakthru.org.au).

**Disability League Tag:** Dust the boots off for a fun filled day of entertainment and networking at Caltex Park on the 13<sup>th</sup> October. Everyone welcome. For more information please contact Client Pathways on 1300 134 450 or [western.iri@facs.nsw.gov.au](mailto:western.iri@facs.nsw.gov.au).

**DREAM Festival:** The Macquarie Credit Union 2016 DREAM Festival will take place between 13<sup>th</sup> – 22<sup>nd</sup> October DREAM Festival is community festival that welcomes everyone; embraces many facets and grows as we celebrate our region. Each festival brings a series of entertainment, theatre, dance, visual arts, music and outdoor events from local and professional groups and artists. DREAM proudly utilises a range of Dubbo's facilities and venues and has a variety of ticket prices, plus many free events. For more information contact [info@dreamfest.com.au](mailto:info@dreamfest.com.au) , [events@dreamfest.com.au](mailto:events@dreamfest.com.au) or visit the website <http://www.dreamfest.com.au/>.

**Drumming workshops:** This October, as part of the Love Your Life Program, House with No Steps, Macquarie Conservatorium, Orana Arts, Outback Arts and the Mental Health and Drug & Alcohol Service will be delivering FREE drumming workshops in Bourke, Cobar, Coonamble, Dubbo, Lightning Ridge, Walgett and Warren. The workshops will be delivered by Dale Freeman an employee at the Macquarie Conservatorium. Please contact Yvonne on 6881 4161 (for Dubbo workshops) or Outback Arts on 6822 2484 (for Regional workshops).

**Carers Luncheon at Mudjee Winery:** Local carers in the Family & Carer Mental Health Program will travel to the beautiful wine region of Mudjee and be treated to a scrumptious three-course meal at one of Mudjee's premier winery restaurants.

**Farmers Markets:** Mental Health and Drug & Alcohol, headspace Dubbo and Flourish Australia staff will have a stall at the Farmers Markets from 8am to 12 noon on the 17<sup>th</sup> September and 15<sup>th</sup> October. Come visit stall to receive advice and information on mental illness and local mental health services.

**Floral arrangement class (Carers):** The Family and Carer Mental Health Program has partnered with House with No Steps and The Meadow to deliver a FREE 'Learn & Grow' floral arrangement workshop for people supporting someone living with a mental illness. The workshop will be held on Thursday 20<sup>th</sup> October, 6pm-8pm. Light refreshments will be served on the night. Booking is required as places are limited; please contact Kath on 6881 4162.

**Mums Move to Beat the Blues:** On the 9<sup>th</sup> and 15<sup>th</sup> October at 9am, a pram walk for mums, mums-to-be, dads & kids will be held at the Farmers Markets to promote the benefits of physical exercise for our mental well-being. Contact Lorna, 0431 719 553, for further details.

**Floral arrangement class (general Community):** The MHDA Service has partnered with House with No Steps and The Meadow to deliver a FREE 'Learn & Grow' floral arrangement workshop for general community members. The workshop will be held on Saturday 22<sup>nd</sup> October, 2pm - 4pm. Booking is required as places are limited; please contact Yvonne on 6881 4162.

**Learn & Grow Photography exhibition:** Mission Australia and Westhaven Clients have attended several workshops throughout August and September to encompass the theme- Learn and Grow into their photography work. Over 20 clients will participate in the project and submit a piece of photography to be displayed during a photo exhibition in Community Mental Health Bultje Street Building. These pieces of photography will be showcased during an opening night in a gallery for clients and their families to attend. The showcase evening is formal wear and will include catered nibbles and prizes for the best pieces. RSVP only. For more information contact Mission Australia on 6884 8526.

**Looking after our Mental Health' Talk and Books on Prescription Launch:** Come to the Library on the 18<sup>th</sup> October, 2pm and learn about mental health and illnesses, how to have the conversation, and staying mentally well by RAMHP, plus the launch of the new Books on Prescription program. More info contact Macquarie Regional Library on 6801 4510.

**Mental Health First Aid (MHFA) Training:** MHFA is a training course that aims to help reduce stigma and improve mental health knowledge, skills and attitudes. This year the MHDA Service will be delivering course for non-government organisations as well as the general community. Contact Yvonne, 6881 4162, to request the registration form.

**Mental Health Month Launch:** Come and join us at Church Street Mall from 11am for the launch of Mental Health Month 2016 by the Hon Troy Grant MP, Member for the Dubbo Electorate. This year's theme is "Learn and Grow". Stay a while and enjoy a free sausage sizzle!

**MHDA Service Stress Less Day BBQ:** In a work environment that is very stressful, Stress Less Day aims to celebrate positive mental health, social inclusion, and relaxation. The MHDA Service will be organizing a free BBQ sausage sizzle for Bultje St staff on the 25<sup>th</sup> October at 12.30pm.

**Mission Australia Client Stall:** Clients from Mission Australia's Adult Mental Health Programs will be selling items they have made throughout the year in their craft programs. Come on down to the stall on the day to grab yourself some early Christmas presents or treat yourself and support the guys. Items include toys for the kids, clay earrings, beautiful mosaic plant pots and a few more surprises. Cash only. For more information contact Mission Australia on 6884 8526.

**NEAMI Open Day:** The NEAMI National Mental Health Recovery and Rehabilitation Centre is organising an Open Day on Friday, 21<sup>st</sup> October, 2016, from 11.00am - 2:00pm. Please come along for a free BBQ lunch, learn more about the Recovery Centre, to hear recovery stories from past clients and participate in many fun activities on the day. Please contact Germaine on 68268246.

**Out of the shadows into the light walk:** Come and show your support and commitment to the prevention of suicide and remember those lost to suicide by joining us on our walk. Starting at the boat ramp at Riverdale, and walking to Wiradjuri Park. For more information, contact Jimmy Forrest on 0407636594

**Pride March:** The Pride Committee, chaired by headspace Dubbo and Connected Communities Project Rainbow Alliance are celebrating the diversity within the Central West. The march will be held on the 8<sup>th</sup> October, 10am-2pm, from the Blich Street parklands, up Bultje Street, down Macquarie Street, ending at the Information Centre. Afterwards, there will be various activities and stalls for members of the community to enjoy. Contact Nic Steepe, 5852 1900, for more information.