



**Mental Health Month - October 2016**  
**“Learn and Grow”**  
**Western NSW Local Health District**  
**Western NSW Region**



DATE	EVENT	TOWN	DETAILS	CONTACT
4 <sup>th</sup> October	Drumming workshops	Cobar	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. <b>Venue: Drummond Park</b> <b>Time: 2.30pm-4pm</b> <b>Cost: FREE</b> <b>Booking is required!</b>	<b>Outback Arts</b> 6822 2484
		Bourke	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. <b>Venue: Little Birdy</b> <b>Time: 6.30pm-8pm</b> <b>Cost: FREE</b> <b>Booking is required!</b>	<b>Outback Arts</b> 6822 2484
5 <sup>th</sup> October	Launch of the Glovebox Guide		Launch of the Glovebox Guide to Mental Health 5th Edition. Grab a copy of The Land Newspaper to get the latest Glovebox Guide to Mental Health magazine, with this year’s theme “Service your Mind”. This is an annual publication developed between The Land and the Rural Adversity Mental Health Program (RAMHP) and features people’s personal stories about their journey with mental illness, tips to stay mentally healthy, and services available to assist.	<b>RAMHP</b> (02) 6363 8444 or <a href="mailto:ramhp@newcastle.edu.au">ramhp@newcastle.edu.au</a>

	<b>Official Opening of LikeMind Orange</b>	<b>Orange</b>	<p>The official opening of LikeMind Orange by Hon Pru Goward MP, NSW Minister for Mental Health. LikeMind is a NSW first, an initiative of the NSW Government's Ministry of Health and an exciting new way of providing mental health care. LikeMind will provide a range of services under the one roof with Aftercare, the lead agency, the Local Health District's Acute and Continuing Care team (currently the Cadia and Curran teams), and a range of other government and non-government support services. People will be able to access GPs and other services which support a broad range of needs such as physical, mental health, drug and alcohol and psychosocial and vocational.</p> <p><b>Venue:</b> 122-124 Kite St , Orange  <b>Time:</b> 11am – 2pm  <b>*Invitation Only</b></p>	<p><b>Sharon Jones</b>  0438 363 664  <a href="mailto:sharon.jones@aftercare.com.au">sharon.jones@aftercare.com.au</a></p>
	<b>Drumming workshops</b>	<b>Warren</b>	<p>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 &amp; 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.</p> <p><b>Venue: Calara House</b>      <b>Venue: WOW Centre</b>  <b>Time: 2.30pm-3.30pm</b>      <b>Time: 4.30pm-6.30pm</b>  <b>Cost: FREE</b>  <b>Booking is required!</b></p>	<p><b>Outback Arts</b>  6822 2484</p>
<b>6<sup>th</sup> October</b>	<b>Drumming workshops</b>	<b>Coonamble</b>	<p>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 &amp; 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.</p> <p><b>Venue: Outback Arts Gallery</b>  <b>Time: 10.30am-12pm</b>  <b>Cost: FREE</b>  <b>Booking is required!</b></p>	<p><b>Outback Arts</b>  6822 2484</p>

		<b>Walgett</b>	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. <b>Venue: Gray Park</b> <b>Time: 3pm-5pm</b> <b>Cost: FREE</b> <b>Booking is required!</b>	<b>Outback Arts</b> 6822 2484
	<b>Launch of Book on Prescription</b>	<b>Parkes Orange</b>	The local community are invited to the launch of latest edition of the Glove Box Guide and 'Books on Prescription', clinically vetted collection of Cognitive Behavioural Therapy (CBT) based self-help books which are available at public libraries across Central and far Western NSW. <b>Venue: Parkes Library and Orange City Library</b> <b>Time: 9.30am – 12.30 pm</b> <b>Cost: Free</b>	<b>Dianne Gill</b> 0427 460 430 6340 3300 <a href="mailto:dianne.gill@health.nsw.gov.au">dianne.gill@health.nsw.gov.au</a>
	<b>Glove Box Guide Launch</b>	<b>Orange</b>	Guest speakers include: NSW Minister for Mental Health, The Hon. Pru Goward (via video), Mr. Andrew Gee MP, and people with a lived experience of mental ill-health. <b>Venue: Orange City Library</b> <b>Time: 10.30am-11am</b> <b>Cost: Free</b> Light refreshments will be provided	<b>Jocie Johnston</b> 6363 8444 or <a href="mailto:crrmh@newcastle.edu.au">crrmh@newcastle.edu.au</a>
<b>7<sup>th</sup> October</b>	<b>Drumming workshops</b>	<b>Lightning Ridge</b>	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. <b>Venue: Bourke Racecourse</b> <b>Time: 10.30am-12pm</b> <b>Cost: FREE</b> <b>Booking is required!</b>	<b>Outback Arts</b> 6822 2484
<b>8<sup>th</sup> October</b>	<b>The Big Picture Family Fun Day</b>		Please join us at 'The Big Picture' Family Fun Day. There will be information stalls and a lot of fun activities including jumping castle, face painting and lucky door prizes. <b>Venue: Warren Racecourse</b> <b>Time: 12pm</b> <b>Cost: Free</b>	<b>Australian Pig Doggers &amp; Hunters Association</b> 1300 364 648

	<b>Pride March</b>	<b>Dubbo</b>	Rainbow Alliance has partnered with headspace Dubbo to celebrate the diversity within the Dubbo community. The march will be held on the 8 <sup>th</sup> October, 10am-2pm, from the Bligh Street parklands, up Bultje Street, down Macquarie Street, left into Church Street and concluding at Ollie Robbins Oval. At Ollie Robbins Oval, there will be various activities and stalls for members of the community to enjoy.	<b>Nic Steepe</b> 5852 1900
<b>8<sup>th</sup> and 9<sup>th</sup> October</b>	<b>Mental Health First Aid Course for Pharmacists</b>	<b>Orange</b>	The Rural Adversity Mental Health Program is delivering Mental Health First Aid training for pharmacists. This is being organised by the Pharmacy Guild for Community Pharmacists and their staff. <b>Venue:</b> Ex Services Club	<b>Dianne Gill</b> 0427 460 430 6340 3300 <a href="mailto:dianne.gill@health.nsw.gov.au">dianne.gill@health.nsw.gov.au</a>
<b>9<sup>th</sup> October</b>	<b>Mums move to beat the blues</b>	<b>Dubbo</b>	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.	<b>Lorna</b> 0431 719 553
<b>10<sup>th</sup> October</b>	<b>World Mental Health Day</b>			
<b>10<sup>th</sup> October</b>	<b>Hats off to mental health</b>	<b>Orange</b>	Presentation to Rotarians in conjunction with Rotary's Hats Off for Mental Health promotion. Talking about signs of mental illness, how to discuss this with someone you are concerned about, how to get assistance and looking after self. <b>Venue:</b> Tobruk Room, Orange Ex Services Club <b>Time:</b> 6pm Closed to general public	<b>Dianne Gill</b> 0427 460 430 6340 3300 <a href="mailto:dianne.gill@health.nsw.gov.au">dianne.gill@health.nsw.gov.au</a>
	<b>'Pinch and Press' Ceramics workshops</b>	<b>Gulgong</b>	Orana Arts, House with No Steps and the MHDA Service are delivering FREE one day ceramics workshops as part of the Love your Life program and Mental Health Month.  The workshops will be facilitated by Mudgee artist & Mud Factory Studio Director Toni Behrens, these workshops are an opportunity to explore your pottery skills & create your own pinch pot cups & saucers. <b>Venue:</b> CWA Hall, 80 Herbert Street <b>Time:</b> 9am - 12pm <b>Cost:</b> FREE Bookings are essential as spaces are limited.	<b>Paris Norton</b> 0409 245 020 or <a href="mailto:info@oranaarts.com">info@oranaarts.com</a>

	<b>'Pinch and Press' Ceramics workshops</b>	<b>Coolah</b>	<p>Orana Arts, House with No Steps and the MHDA Service are delivering FREE one day ceramics workshops as part of the Love your Life program and Mental Health Month.</p> <p>The workshops will be facilitated by Mudgee artist &amp; Mud Factory Studio Director Toni Behrens, these workshops are an opportunity to explore your pottery skills &amp; create your own pinch pot cups &amp; saucers.  <b>Venue:</b> Youth Centre Hall, Binnia Street  <b>Time:</b> 2pm - 5pm  <b>Cost:</b> FREE  Bookings are essential as spaces are limited.</p>	<p><b>Paris Norton</b>  0409 245 020 or  <a href="mailto:info@oranaarts.com">info@oranaarts.com</a></p>
	<b>'Pinch and Press' Ceramics workshops</b>	<b>Gilgandra</b>	<p>Orana Arts, House with No Steps and the MHDA Service are delivering FREE one day ceramics workshops as part of the Love your Life program and Mental Health Month.</p> <p>The workshops will be facilitated by Mudgee artist &amp; Mud Factory Studio Director Toni Behrens, these workshops are an opportunity to explore your pottery skills &amp; create your own pinch pot cups &amp; saucers.  <b>Venue:</b> CWA Rooms, 3 Warren Rd  <b>Time:</b> 10am - 1pm  <b>Cost:</b> FREE  Bookings are essential as spaces are limited.</p>	<p><b>Paris Norton</b>  0409 245 020 or  <a href="mailto:info@oranaarts.com">info@oranaarts.com</a></p>
<b>11<sup>th</sup> -12<sup>th</sup> October</b>	<b>Mental Health First Aid Course for general community members</b>	<b>Dubbo</b>	<p>The MHDA Service is holding FREE Mental Health First Aid courses on the 11<sup>th</sup> and 12<sup>th</sup> of October and then again on the 19<sup>th</sup> and 20<sup>th</sup> of October for general community members. The course runs for 2 days and teaches people the signs and symptoms of what to look out for when someone is unwell or is becoming unwell with Mental Illness. It also deals with Suicide and Non-Suicidal Self Injury, as well as Panic Attacks and Traumatic Events.  <b>Venue:</b> 41 Bultje Street  <b>Time:</b> 9am-5pm  <b>Cost:</b> FREE  <b>Booking is essential as there are limited spaces</b>  *Please note this is a community event and we are not permitted to allocate these sessions to organisations within our region.</p>	<p><b>Yvonne</b>  6881 4162</p>
<b>11<sup>th</sup> and 18<sup>th</sup> October</b>	<b>Mental Health First Aid Course</b>	<b>Parkes</b>	<p>The Rural Adversity Mental Health Program is working in partnership with CareWest to deliver FREE Mental Health First Aid courses on the 11<sup>th</sup> and 18<sup>th</sup> of October. The course runs for 2 days and teaches people the signs and symptoms of what to look out for when someone is unwell or is becoming unwell with Mental Illness. It also deals with Suicide and Non-Suicidal Self Injury, as well as Panic Attacks and Traumatic</p>	<p><b>Dianne Gill</b>  0427 460 430  6340 3300  <a href="mailto:dianne.gill@health.nsw.gov.au">dianne.gill@health.nsw.gov.au</a></p>

			Events.	
12 <sup>th</sup> October	Drumming workshop	Dubbo	Weekly drumming workshops at the Macquarie Conservatorium funded by House with No Steps. <b>Venue:</b> 72 Bultje Street <b>Time:</b> 12.30pm-1.30pm <b>Cost:</b> FREE	<b>Yvonne</b> 6881 4161
	Bathurst tackles Mental Health	Bathurst	The local community is invited to attend the Bathurst Mental Health Expo at TAFE, join us for a BBQ, guest speakers, music, activities and information stalls to raise awareness and break down the stigma surrounding mental health. <b>Venue:</b> The Student Hub @ TAFE Western, Bathurst College. <b>Time:</b> 11am – 1.30PM <b>Cost:</b> FREE	<b>Rachael Buckerfield</b> 63915696 <a href="mailto:Rachael.Buckerfield1@tafensw.edu.au">Rachael.Buckerfield1@tafensw.edu.au</a>
12 <sup>th</sup> -13 <sup>th</sup> October	Mental Health First Aid Course for general community members	Mudgee	Ability Links (CareWest) is holding FREE Mental Health First Aid courses on the 12 <sup>th</sup> and 13 <sup>th</sup> of October for general community members. The course runs for 2 days and teaches people the signs and symptoms of what to look out for when someone is unwell or is becoming unwell with Mental Illness. It also deals with Suicide and Non-Suicidal Self Injury, as well as Panic Attacks and Traumatic Events. <b>Venue:</b> Mudgee Community Health Service <b>Time:</b> 9am-5pm <b>Cost:</b> FREE <b>Booking is essential as there are limited spaces</b> *Please note this is a community event and we are not permitted to allocate these sessions to organisations within our region.	<b>Sue Purdon</b> 0447 448 913 or <a href="mailto:Sue.Purdon@cw.org.au">Sue.Purdon@cw.org.au</a>
13 <sup>th</sup> October	Work Place Support Skills Training	Parkes	Work Place Support Skills Training at the Parkes Roads and Maritime Services	<b>Dianne Gill</b> 0427 460 430 6340 3300 <a href="mailto:dianne.gill@health.nsw.gov.au">dianne.gill@health.nsw.gov.au</a>
	Disability League tag	Dubbo	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.	<b>Client Pathways</b> 1300 134 450 or <a href="mailto:western.iri@fac.s.nsw.gov.au">western.iri@fac.s.nsw.gov.au</a>
	RAMHP Presentation	Coonabarabran	Presentation by RAMHP Coordinator Camilla on mental health, how to have the conversation and keeping mentally health, and Books on Prescription launch at	<b>Camilla</b> <a href="mailto:camilla.kenny@health">camilla.kenny@health</a>

			Coonabarabran Library. More details to come.	<a href="http://nsw.gov.au">nsw.gov.au</a>
	<b>Dream Festival's Piano on the pavement</b>	<b>Dubbo</b>	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. Visit the website <a href="http://www.dreamfest.com.au/">http://www.dreamfest.com.au/</a> .	<a href="mailto:info@dreamfest.com.au">info@dreamfest.com.au</a> or <a href="mailto:events@dreamfest.com.au">events@dreamfest.com.au</a>
15 <sup>th</sup> October	<b>Farmers' Markets</b>	<b>Dubbo</b>	Mental Health and Drug & Alcohol and Richmond-PRA 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 our stall to receive advice and information on mental illness and local mental health services.	<b>Yvonne</b> 6881 4161
	<b>Mums move to beat the blues</b>	<b>Dubbo</b>	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.	<b>Lorna</b> 0431 719 553.
	<b>Dubbo Regional Disability Carnival</b>	<b>Dubbo</b>	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.	<b>Brianna</b> 02 68845151 or <a href="mailto:Brianna.phillips@breackthru.org.au">Brianna.phillips@breackthru.org.au</a>
16 <sup>th</sup> October	<b>CARERS WEEK</b>			
16 <sup>th</sup> October	<b>DREAM Festival's Lantern Making workshops</b>	<b>Dubbo</b>	The DREAM Festival Committee is organising the Adult Lantern Making Workshops on Sunday 16 <sup>th</sup> October, the workshops cost \$25 per person.  People can also purchase small already made lanterns and just decorated. Participants can also parade their lanterns at the Lantern Parade on the 24 <sup>th</sup> October.	<a href="mailto:info@dreamfest.com.au">info@dreamfest.com.au</a> or <a href="mailto:events@dreamfest.com.au">events@dreamfest.com.au</a>
17 <sup>th</sup> October	<b>Mental Health Month launch</b>	<b>Dubbo</b>	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!	<b>Cindy</b> 6883 4600
	<b>Cowra Mental Health Expo</b>	<b>Cowra</b>	The local community is invited to attend the Cowra Mental Health Expo, join us for tea, coffee, activities and information stalls to raise awareness and break down the stigma surrounding mental health. <b>Venue:</b> Cowra Library <b>Time:</b> 11 am - 1.30pm <b>Cost:</b> FREE	<b>Susan Bonar</b> 0437269307 <a href="mailto:Susan.Bonar@health.nsw.gov.au">Susan.Bonar@health.nsw.gov.au</a>
	<b>Carers Lunch at the Japanese Gardens</b>	<b>Cowra</b>	CentaCare Wilcannia-Forbes is organising a free event during Carers Week at the Japanese Gardens in Cowra and this will be followed by lunch. This event is for carers/family members of someone with a mental illness.	<b>Els</b> 6360 0587

18 <sup>th</sup> October	Youth forum at St John's College	Dubbo	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.	
	Looking after our Mental Health	Dubbo	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.	Macquarie Regional Library 6801 4510.
	Learn and grow for healthy household	Cobar	What we eat has a big impact on our mental health & wellbeing in our everyday lives - at home, at school, and at work! Come along to this fun and informative FREE event to celebrate Mental Health Month and get together with others in your community. It's a great night to get out, have a light supper, have some fun and learn something new! <b>Venue:</b> Cobar Bowling and Golf Club <b>Time:</b> 6.30pm-9.30pm <b>RSVP by Tuesday 11 October 2016</b>	Lisa (02) 9393 9488
19 <sup>th</sup> October	Drumming workshop		Weekly drumming workshops at the Macquarie Conservatorium funded by House with No Steps. <b>Venue:</b> 72 Bultje Street <b>Time:</b> 12.30pm-1.30pm <b>Cost:</b> FREE	Yvonne 6881 4161
	Learn and Grow photography workshop	Dubbo	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 at the Community Mental Health and Drug & Alcohol Service.  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.	Mission Australia 6884 8526
	Learn and grow for healthy household	Brewarrina	What we eat has a big impact on our mental health & wellbeing in our everyday lives - at home, at school, and at work! Come along to this fun and informative FREE event to celebrate Mental Health Month and get together with others in your community. It's a great night to get out, have a light supper, have some fun and learn something new! <b>Venue:</b> Brewarrina Tourist and Information Centre <b>Time:</b> 6.30pm-9.30pm <b>RSVP by Tuesday 11 October 2016</b>	Lisa (02) 9393 9488



	<b>Orange Tackles Mental Health</b>	<b>Orange</b>	The local community is invited to attend the Orange Mental Health Expo at TAFE, join us for a BBQ, guest speakers, music, activities and information stalls to raise awareness and break down the stigma surrounding mental health. <b>Venue:</b> The Student Hub @ TAFE Western, Orange College <b>Time:</b> 11am-1.30pm <b>Cost:</b> FREE	<b>Rachael Buckerfield</b> 63915696 <a href="mailto:Rachael.Buckerfield1@tafensw.edu.au">Rachael.Buckerfield1@tafensw.edu.au</a>
	<b>Carers Luncheon at Mudgee Winery</b>	<b>Mudgee</b>	Local carers in the Family & Carer Mental Health Program will travel to the beautiful wine region of Mudgee and be treated to a scrumptious three-course meal at one of Mudgee's premier winery restaurants.	<b>Cindy</b> 6883 4600
<b>19<sup>th</sup>- 20<sup>th</sup> October</b>	<b>Mental Health First Aid Training course for general community members</b>	<b>Dubbo</b>	The MHDA Service is holding Mental Health First Aid courses on the 11 <sup>th</sup> and 12 <sup>th</sup> of October and then again on the 19 <sup>th</sup> and 20 <sup>th</sup> of October for non-government organisations. These courses have been funded by House with No Steps. The course runs for 2 days and teaches people the signs and symptoms of what to look out for when someone is unwell or is becoming unwell with Mental Illness. It also deals with Suicide and Non-Suicidal Self Injury, as well as Panic Attacks and Traumatic Events. <b>Venue:</b> 41 Bultje Street <b>Time:</b> 9am-5pm <b>Cost:</b> FREE <b>Booking is essential as there are limited spaces</b> *Please note this is a community event and we are not permitted to allocate these sessions to organisations within our region.	<b>Yvonne</b> 6881 4162
<b>20<sup>th</sup> October</b>	<b>Floral arrangement class (carers)</b>	<b>Dubbo</b>	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.	<b>Kath</b> 6881 4162
	<b>Learn and grow for healthy household</b>	<b>Bourke</b>	What we eat has a big impact on our mental health & wellbeing in our everyday lives - at home, at school, and at work! Come along to this fun and informative FREE event to celebrate Mental Health Month and get together with others in your community. It's a great night to get out, have a light supper, have some fun and learn something new! <b>Venue:</b> Bourke High School <b>Time:</b> 6.30pm-9.30pm <b>RSVP by Tuesday 11 October 2016</b>	<b>Lisa</b> (02) 9393 9488
<b>20<sup>th</sup>-21<sup>st</sup> October</b>	<b>Ceramics workshops: Masterclass</b>	<b>Coonamble</b>	Outback Arts, House with No Steps and the MHDA Service are delivering ceramics workshops as part of the Love your Life program and Mental Health Month. The workshops will be delivered by Anthony Brink, renowned studio-based potter of Fireant Ceramics. Please bring samples of bisque-fired work along.	<b>Outback Arts</b> 6822 2484 or <a href="mailto:admin@outbackarts.com.au">admin@outbackarts.com.au</a>

			<b>Day 1: 10am-4pm</b> <b>Day 2: 9.30am-4pm</b> <b>Venue:</b> Coonamble Ceramics workshop <b>Cost:</b> \$50 per person BYO lunch and drinks Open to two day bookings only. Bookings are not confirmed until payment is received	
21 <sup>st</sup> October	NEAMI Open Day	Dubbo	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.	<b>Germaine</b> 68268246
22 <sup>nd</sup> October	Floral arrangement class (general community members)	Dubbo	The Mental Health Drug and Alcohol Service 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.	<b>Yvonne</b> 6881 4162
	DREAM Festival's Twilight markets	Dubbo	DREAM Twilight Markets and Lantern Parade is an afternoon and evening for everyone. Spend an evening enjoying the Dubbo lifestyle! <ul style="list-style-type: none"> <li>• Enjoy the tastes of local cafes and DREAM food tents</li> <li>• Learn something new and different about fashion</li> <li>• Enjoy a refreshing beverages from local producers - <b>Must be 18 years +</b></li> <li>• Bring a picnic blanket and listen to the sounds of fabulous local musicians</li> <li>• Discover the talents of local artists</li> </ul> <b>Venue:</b> Victoria Park <b>Time:</b> 4 – 11pm	<a href="mailto:info@dreamfest.com.au">info@dreamfest.com.au</a> <u>u</u> or <a href="mailto:events@dreamfest.com.au">events@dreamfest.com.au</a>
	DREAM Festival's Lantern Parade	Dubbo	The DREAM Lantern Parade is an exciting display of magical lights which takes place in the Dubbo CBD and concludes at the beautiful Victoria Park. <b>Venue:</b> TBC <b>Time:</b> 7.30pm	<a href="mailto:info@dreamfest.com.au">info@dreamfest.com.au</a> <u>u</u> or <a href="mailto:events@dreamfest.com.au">events@dreamfest.com.au</a>
	Warrangal Community Wellbeing Day	Coonamble	Coonamble Community Wellbeing day for the whole family with guest speakers (including RAMHP Coordinator Camilla Kenny) and lots of stalls from local service providers. For more information please search 'Warrangal' on Facebook. This will be followed by a Mental Health First Aid Course to be held on 14th & 15th November 2016. <b>Venue:</b> McDonald Park <b>Time:</b> 10am	<b>Kate</b> (02) 6822 1872

	<b>Ceramics workshops</b>	<b>Coonamble</b>	<p>Outback Arts, House with No Steps and the MHDA Service are delivering ceramics workshops as part of the Love your Life program and Mental Health Month. The workshops will be delivered by Anthony Brink, renowned studio-based potter of Fireant Ceramics.</p> <p><b>Day 1: 9.30am-4pm</b>  <b>Day 2: 9.30am-4pm</b>  <b>Venue:</b> Coonamble Ceramics workshop  <b>Cost:</b> \$50 per person  BYO lunch and drinks  Open to two day bookings only. Bookings are not confirmed until payment is received</p>	<p><b>Outback Arts</b>  6822 2484 or  <a href="mailto:admin@outbackarts.com.au">admin@outbackarts.com.au</a></p>
<b>23<sup>rd</sup> October</b>	<b>DREAM Festival Zoocoustic</b>	<b>Dubbo</b>	<p>The Macquarie Credit Union 2016 DREAM Festival will take place between 13<sup>th</sup> – 22<sup>nd</sup> October. DREAM Festival is a 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. Visit the website <a href="http://www.dreamfest.com.au/">http://www.dreamfest.com.au/</a>.</p>	<p><a href="mailto:info@dreamfest.com.au">info@dreamfest.com.au</a>  or  <a href="mailto:events@dreamfest.com.au">events@dreamfest.com.au</a></p>
<b>24<sup>th</sup> October</b>	<b>Stress Less Day</b>			
<b>25<sup>th</sup> October</b>	<b>Mission Australia Client Stall</b>	<b>Dubbo</b>	<p>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 and support the guys on the day, and buy yourselves some early Christmas presents or treat yourself and. Items include toys for the kids, clay earrings, beautiful mosaic plant pots and a few more surprises. Cash only.</p>	<p><b>Mission Australia</b>  6884 8526.</p>
	<b>Mental Health Drug &amp; Alcohol (MHDA) Service Stress Less Day BBQ</b>	<b>Dubbo</b>	<p>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.</p>	<p><b>Yvonne</b>  6881 4161</p>
<b>25<sup>th</sup>-26<sup>th</sup> October</b>	<b>Mental Health First Aid Training Course for service providers</b>	<b>Dubbo</b>	<p>The MHDA Service is holding Mental Health First Aid courses on the 25<sup>th</sup> and 26<sup>th</sup> of October for non-government organisations. These courses have been funded by House with No Steps. The course runs for 2 days and teaches people the signs and symptoms of what to look out for when someone is unwell or is becoming unwell with Mental Illness. It also deals with Suicide and Non-Suicidal Self Injury, as well as Panic Attacks and Traumatic Events.</p> <p><b>Venue:</b> 41 Bultje Street  <b>Time:</b> 9am-5pm  <b>Cost:</b> FREE  Booking is essential as there are limited spaces</p>	<p><b>Yvonne</b>  6881 4162</p>

<b>26<sup>th</sup> October</b>	<b>Drumming workshop</b>	<b>Dubbo</b>	Weekly drumming workshops at the Macquarie Conservatorium funded by House with No Steps. <b>Venue:</b> 72 Bultje Street <b>Time:</b> 12.30pm-1.30pm <b>Cost:</b> FREE	<b>Yvonne</b> 6881 4161
<b>27<sup>th</sup> – 30<sup>th</sup> October</b>	<b>ARTLANDS Conference</b>	<b>Dubbo</b>	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.	Please visit the ARTLANDS website <a href="http://www.artlands.com.au">www.artlands.com.au</a>
<b>28<sup>th</sup> October</b>	<b>'Out of the shadows into the light' walk</b>	<b>Dubbo</b>	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. <b>Time:</b> 10am	<b>Jimmy Forrest</b> 0407636594