



Newsletter No.12, July 2008

## BEATING THE WINTER BLUES

It's cold and wet outside. With the warmth of our homes and comfort of our couches beckoning us it is hard to muster up the energy to keep up fitness and the thought of battling the wet roads to visit friends and family is too much to bear. But it is not all doom and gloom...

By keeping up friendships, hobbies and recreational pursuits during the cold and wet months you can stay mentally and physically healthy. Engaging in regular physical activity will help to keep away the winter blues, make you feel healthier and happier and ensure when summer time comes you are confident to step out in style without worrying about the extra kilo's you may have stacked on during winter.

Now is a good time of year to start that dance class you have been talking about, begin a language course at TAFE or meet friends before or after work for a chat over a warm hot chocolate. You could start a lunchtime walking group or yoga class with your colleagues.

Engaging in regular physical, social and mental activities will give you more energy, enable you to accomplish more, which will in turn give you greater confidence, self esteem and self worth. These things make us more resilient and more mentally healthy.

Go on, get out there and Act-Belong-Commit!

## ACT-BELONG-COMMIT SITES

We now have seventeen towns across WA participating in the campaign. We are keen to talk to organisations who are interested in joining the mentally healthy movement.

WA Country Health Service sites	Metropolitan sites
Goldfields – Kalgoorlie & Esperance Great Southern – Albany, Katanning & Denmark Midwest – Geraldton Pilbara – Karratha, Headland & Newman Wheatbelt – Northam, Moora, Narrogin & Merriden	City of Rockingham City of Gosnells City of Melville Gosnells Women's Health Service

*Contact Amberlee on 9266 1709 to find out how your organisation can get involved.*

## ACT-BELONG-COMMIT WORKSHOP

Mentally Healthy WA is hosting another introduction to Act-Belong-Commit workshop on Wednesday, 20 August 2008. If you would like to learn about this positive mental health message and find out how your organisation can get involved in this exciting campaign to create stronger more resilient individuals and communities, contact *Amberlee Laws* on 9266 1709 or [a.laws@curtin.edu.au](mailto:a.laws@curtin.edu.au) for more information on how to register.

## PASSPORT TO NATURE!

Contact with nature, whether through parks, natural bush, pets or farm animals helps us recover from stress and mental fatigue, helps us relax and puts us in a good frame of mind.

View our website [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au) and click on the link 'Store' to see resources that you can purchase to get you closer to nature.



## WHAT'S ON IN ROCKINGHAM

The Rockingham Act-Belong-Commit Campaign has been operating since April 2008 and was officially launched in early July.

Over this time Rockingham activities have focused on spreading the Act-Belong-Commit message by encouraging people to stay mentally healthy. Local Project Officer, Simone Comtesse, held displays at various community events such as the Lark Hill Sportsplex Opening which attracted over 3000 people and gave the campaign great exposure. These information displays have resulted in many people learning about the Act-Belong-Commit campaign and registering to receive newsletters and updates.

A steering committee also formed over this time and has helped to drive Act-Belong-Commit activities. Members include City of Rockingham staff, local health services, volunteer organisations and a member of the local newspaper, which has ensured great media coverage of the campaign. Further to this, the Rockingham team advertised the program in local newspapers to coincide with state-wide TV advertising, which has driven a strong social marketing approach and increased awareness in the general community.

The Rockingham campaign was officially launched on July 3, and incorporated a community forum. Approximately 50 people from local health services, sporting and social clubs, volunteer organisations and the general public came along to learn about the program and how they can get involved. A range of great ideas were generated as people felt passionately about the societal issues Act-Belong-Commit addresses. The ideas generated will now be used to form an action plan of how the program will roll-out in Rockingham.

From here the Rockingham team have started to organise activities with local mental health services for Mental Health Week 2008. They anticipate holding shopping centre and library displays, service provider education workshops and networking opportunities.

The Act-Belong-Commit campaign has been embraced enthusiastically by the Rockingham community and looks to take off in the coming months with many individuals and organisations eager to get involved.

## WHAT'S ON AT GOSNELLS WOMEN'S HEALTH SERVICE

Gosnells Women's Health Service (GWHS) are very excited to be part of the Act-Belong-Commit campaign. As a not for profit organisation that has a key focus on prevention, Act-Belong-Commit has integrated well into the programs that GWHS offers.

*"Many existing GWHS programs already adhere to the principles of getting out and involved in the local community, so it was an easy decision to take up the idea"* said Kirsty Cave, GWHS Health Promotion Officer.

*"In Term 3, GWHS Act-Belong-Commit branded events and programs will include Belly Dancing and Tai Chi beginner's classes and an anger management information session titled 'Temper Temper!'."*

*"We are collaborating with the City of Gosnells and South Metro Public Health to coordinate a Giant Walk in Gosnells in September to break the Guinness World Record, which will be a massive event where we can promote Act-Belong-Commit".*

*"We also have our ongoing programs, The Wednesday Women's Walk and Talk, which is a walking group for mums that meets at 9.30am each week to go for a walk and then have a cuppa and a chat afterwards, as well as our support groups for women experiencing peri-natal depression."*

Another aspect of the Act-Belong-Commit program that particularly applies to GWHS is the promotion of volunteering as a way to connect with the community. *"Volunteers play a huge role in our organisation"* said GWHS manager Elizabeth Cheong. *"We currently have more than 15 volunteers coming in weekly to help out in different areas at GWHS. Volunteers allow us to broaden the services that we offer to the community by supporting the crèche and undertaking tasks in the administrative and reception areas. It's not just GWHS that benefits from the work that volunteers do for us. We often hear volunteers say that they really look forward to the time they spend with us and commenting that they just love coming in and helping. As the Manager, it is very rewarding watching volunteers grow in confidence during the time they come to GWHS. This is a key element of the Act-Belong-Commit message".*

For more information about GWHS and our involvement in Act-Belong-Commit, please call 9490 2258 or email [info@gwhs.com.au](mailto:info@gwhs.com.au).

## THE SAMARITANS A MENTALLY HEALTHY PARTNER

The Samaritans is a 24 hour a day, seven days a week listening support service for the suicidal and despairing. Most of the work we do is on the phones though we are available for face-to-face support for people who would prefer to come in and see us at our premises (60 Bagot Rd Subiaco). The Samaritans operate throughout WA and are part of a worldwide organisation with 55 years experience in providing listening support to the lonely, despairing, suicidal or those at risk of becoming so. The Samaritans have been offering support to West Australians since 1967.

As an almost exclusively volunteer run organisation, The Samaritans ability to be there for and to support the lonely, despairing and suicidal in Western Australia is of course dependant on the number of volunteers we have available. A complete training program is provided to allow almost anyone with a compassionate ear to become a Samaritan. The Samaritans run training sessions for new volunteers several times each year. Our volunteers are our lifeblood for without them we do not exist, anywhere in the world. If you live in the Perth metropolitan area and would like to volunteer to be a listening ear for someone who is despairing, suicidal or at risk of becoming so, please call 9831 5725 or email [samswa@bigpond.net.au](mailto:samswa@bigpond.net.au)

If you are feeling in need of emotional support and would like to talk to a Samaritan please feel free to call us on: Careline – 9381 5555, Youthline – 9388 2500, Country – 1800 198 313  
TTY – 9382 8822 or Email [samswa@bigpond.net.au](mailto:samswa@bigpond.net.au)

### PHOTO BOARD



Project Officer Simone Comtesse, Sandy Clark, Julia Dick & Gillian Hocken at the launch of ABC in Rockingham



Rockingham Project Officer Simone Comtesse promotes Act-Belong-Commit at the Lark Hill Sportsplex Opening



Act-Belong-Commit Display at Gosnell's Women's Health Service

Submit your Act-Belong-Commit Photo!  
Send to [j.ambridge@curtin.edu.au](mailto:j.ambridge@curtin.edu.au) and go in a draw to win an Act-Belong-Commit prize pack.

## CALENDAR OF EVENTS

Event	When	Where	Contact
<i>Wednesday Women's Walk and Talk</i>	Ongoing every Wednesday, 9.30am	Gosnells	Kirsty Cave 9490 2258 <a href="mailto:info@gwhs.com.au">info@gwhs.com.au</a>
<i>Tai Chi</i>	Monday evenings 4 <sup>th</sup> August – 22 <sup>nd</sup> September 7-8pm	Gosnells	Kirsty Cave 9490 2258 <a href="mailto:info@gwhs.com.au">info@gwhs.com.au</a>
<i>Belly Dancing</i>	Thursday Evenings 31 <sup>st</sup> July – 25 <sup>th</sup> September 7-8pm	Gosnells	Kirsty Cave 9490 2258 <a href="mailto:info@gwhs.com.au">info@gwhs.com.au</a>
<i>Giant Walk</i>	Monday 1 <sup>st</sup> September 12pm	Gosnells	Kirsty Cave 9490 2258 <a href="mailto:info@gwhs.com.au">info@gwhs.com.au</a>
<i>Wongan Arts Society Biennial Art and Craft Exhibition</i>	18 <sup>th</sup> September – 21 <sup>st</sup> September 08	Wongan Hills	Angela Murray 9651 0282
<i>TranscenDANCE</i>	Aug - Dec 08	Esperance	Mary Rogers Esperance Community Arts 08 9072 1158
<i>The Banquet 2008</i>	Sep 08	Esperance	Mary Rogers Esperance Community Arts 08 9072 1158
<i>ABC Launch</i>	TBA	Katanning	Claire Hughes 9821 6287

### A TRIBUTE TO DR RAY JAMES

This newsletter is dedicated to Dr Ray James, who was the heart of the Act-Belong-Commit Campaign. Ray's leadership, dedication and passion for the health promotion profession he loved so much was an inspiration to all. His legacy will live on forever through the people he touched, and the campaign in which he helped create.

You will notice at the end of each Act-Belong-Commit newsletter there will be a quote, in honour of Ray.

### A MENTALLY HEALTHY QUOTE

Life isn't about waiting for the storm to pass...  
It's about learning to dance in the rain.  
(unknown)

### How to find out more about the Act-Belong-Commit Campaign

For more information about the Act-Belong-Commit Campaign, or to see how your organisation or community can get involved, contact Mentally Healthy WA 9266 1709, email [a.laws@curtin.edu.au](mailto:a.laws@curtin.edu.au) or visit [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)

