

act

belong

commit



Newsletter No.17, Jun 2009

MENTAL EXERCISE A GREAT WAY TO KEEP MENTALLY HEALTHY

The June edition of Act-Belong-Commit's bimonthly newsletter is themed *keeping a mentally healthy mind*. Most of us spend a lot of time keeping our bodies fit and healthy, but less time keeping our mind sharp. Like your body, your brain needs to be exercised too. Being mentally active means taking part in activities that involve thinking, being creative and social interaction. Research shows by being mentally active, the risk of dementia can be reduced by 30-50%. The risk of Alzheimer's disease may also decrease.

So exercise your brain today by reading, doing a puzzle or playing games. Being creative, learning new skills, helping, caring and volunteering and social interaction also stimulate the mind and contribute to better mental health. Go on, make it your goal this week to be more mentally active!

BRIDGE HELPS TO KEEP US MENTALLY HEALTHY

The best way to keep your brain mentally healthy is to learn a new skill and what better way than playing bridge. The benefits of this 'mind sport' are great. The brain is stimulated, memory skills are sharpened and concentration spans are increased. The game of Contract Bridge teaches logical thinking as well as mathematics. The Prince of Wales Medical Research Institute recommends bridge for older citizens as playing the game wards off dementia and Alzheimer's disease. The English Bridge Union record that school students, who learn to play bridge, show an increase in school grades by 32%.

Belonging to a club provides for social interaction, as well as opportunities to achieve, to volunteer, serve on committees or adopt a role as a mentor towards newer members. Throughout Western Australia, there are 32 clubs under the umbrella of the Bridge Association of Western Australia. Thirty six thousand people across Australia, enjoy the great game of bridge. Over a million players around the world compete in weekly sessions.

Annual fees are less than \$100 and table money usually costs approximately \$4 - \$5, which includes morning or afternoon tea. So don't miss out.

Take up bridge. You will never be lonely, bored or isolated. Meet new people and make new friends. You are one phone call away from enriching your life style.



Visit www.bawa.asn.au or
phone the Promotions
Officer, Di Brooks on 9528
1701 or email
dialbrooks@tadaust.org.au



MENTALLY HEALTHY RECIPE COMPETITION

Many of us love eating—in fact, much of our days are spent thinking about what we are going to eat for our next meal, from planning what to cook and what ingredients to buy, to when we need to turn the oven on. Much of our time is spent thinking about food. Not only does food provide us with our daily nutritional requirements but food also provides a sense of achievement when we plan and prepare a good meal, and a sense of belonging when we eat with friends and family.

Act – Cooking keeps us physically, mentally and socially active. Bake a cake, throw together a fresh salad, cultivate a veggie garden or plant some fresh herbs; catch a fish, learn to cook a new recipe to share with friends or family.

Belong – Share food with others! Cooking with friends can be fun and a good opportunity to catch up. Why not set a date to invite some friends over to cook a favourite dish. Having good social networks contributes to health and happiness.

Commit – Use your cooking skills to commit to a worthwhile cause. You could volunteer at your local seniors group to cook lunch for them once a month or bake for a charity organisation over the festive season. Helping others gives us a sense of achievement and satisfaction, which boosts our mental wellbeing.

Simply submit your favourite recipe with a photo and tell us in 150 words or less how your recipe keeps you, your family or friends mentally healthy.

Winning entries will be published in the Act-Belong-Commit Recipe Book.

HOW TO ENTER

Contact Ben Ceber for an entry form on 9266 1646 or email b.ceber@curtin.edu.au



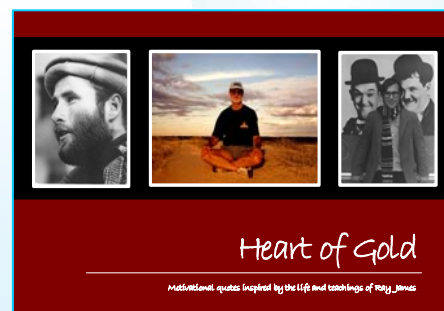
RAY JAMES MEMORIAL AWARD ANNOUNCEMENT

The Ray James Memorial Award is for excellence and innovation in health promotion research published during the previous year in the Health Promotion Journal of Australia. The Award will include \$1,000 prize money and be presented at the Annual General Meeting (AGM) of the Association during the Australian Health Promotion Association National Conference or at another suitable time as agreed by the Management Committee.

Further details about the Award and how to nominate will be included in issues of the Journal and circulated to members via other distribution channels. Financial members of the Association will be eligible to apply for the Award. It is hoped that the first Award will be announced in 2010.

A HEART OF GOLD

A Heart of Gold is a book dedicated to Ray James. It holds motivational quotes and photos from those whom he inspired in his life. Ray James's wife Sky, and a dear friend of Ray's, Leeann Murphy, put together the book in the memory of Ray's life. If you would like a book, please contact Jennie on 9266 3788 or j.ambridge@curtin.edu.au. It is asked that a donation of \$20 be given to Ray's charity of choice – the Burma Schools Project.



ROCKINGHAM PHOTOGRAPHY COMPETITION

The City of Rockingham and Healthway are holding an amateur digital photography competition for people of all ages in the community. The concept of PhotoVoice involves participants taking photos under a particular theme, in this case Act-Belong-Commit, and then including a sentence or short paragraph explaining the photo; this gives the photo a 'voice'.

PhotoVoice challenges us to keep mentally active by learning skills in photography. It also raises our awareness of the people and activities in our lives that keep us mentally healthy. The *Act-Belong-Commit PhotoVoice Rockingham* competition has three age categories: 12 years and under, 13 -17 years and 18 years and over.

Photos can be entered under non-modified or modified photographic styles. There are nine prize categories, including \$500 for first place! Second and third prizes are kindly supported by PhotoCoffee, The Good Guys and Rockingham City Shopping Centre.

Selected photos will be displayed at a three week exhibition at the Gary Holland Community Centre from Friday 9th October. All details about how to enter, prizes, theme, categories and terms and conditions can be found at www.photovoice.com.au

All entries are due by Monday 7th September 2009.



SUDOKU

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Puzzles are great to stimulate the mind. Each newsletter will feature a different puzzle with the solution given in the following edition. See if you can solve this week's Sudoku. Look for the solution in the next edition of the newsletter.



ADOPT-A-SPOT TO KEEP YOUR NEIGHBOURHOOD LITTER-FREE

Keep Australia Beautiful WA (KAB WA) recently launched community litter prevention program **Adopt-a-Spot**, encouraging individuals, community groups and businesses to 'adopt' a site in their local community to keep litter-free.

Adopters agree to look after a site for two years and KAB WA provides clean up tools, an adoption certificate, volunteer insurance, safety information and recognition on the Keep Australia Beautiful website honour roll.

It's a great way to get involved in your community, meet new people, get physically active and help keep your neighbourhood and WA litter-free.

For more information or to register your interest, please call 6467 5122 or email kabc@dec.wa.gov.au



LOCAL CLUBS

WA Boardgaming Association www.waboardgaming.org

Scrabble Australia www.scrabble.org.au

Bridge Association of WA www.bawa.asn.au

A MENTALLY HEALTHY QUOTE

'It is good to rub and polish your mind against the minds of others'

Michael Eyquem de Montaigne

WHAT TO KNOW MORE?

For more information about the Act-Belong-Commit Campaign, upcoming events or to see how your organisation or community can get involved contact Mentally Healthy WA on (08) 9266 1709, email a.laws@curtin.edu.au or visit www.actbelongcommit.org.au

