



Mentally Healthy WA



WEBINAR - WEDNESDAY 29 NOVEMBER 2023

Planning for 2024 and maximising your Act Belong Commit partnership



2024 initiatives

- Selection of initiatives promoted each year which support the Act Belong Commit message.
- Dedicated resources are developed for Partners.
- Initiatives will cover each domain (Act Belong Commit).
- New initiatives to boost engagement from identified target groups.
- 2024 calendar of initiatives and timeline for information and implementation.





2024 initiatives calendar

Hosting events for these initiatives?

Don't forget to add them to the **Activity Finder** one month in advance!



actbelongcommit.org.au/my-mental-health/submit-an-activity

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 1-29 February** Feelgood Feb
- 18-24 March** Harmony Week
- 31 March** Neighbour Day
- 15-21 April** Arts April
- 20-26 May** Volunteer Week
- 7-14 July** NAIDOC Week
- 1-31 August** Active August
- 12 August** International Youth Day
- 1-30 September** Social September
- 1-31 October** Outdoors October
- 1-31 October** Bike Month
- 5-12 October** Mental Health Week
- 10-17 November** Seniors Week (TBC)
- 3 December** International Day of People with Disability

1

Feelgood February

THEME: COMMIT
Entire month

Initiative #1: Feelgood Feb

Think: Volunteering, charity, goal setting.

Act Belong Commit:

- Showcase relevant Partners via social media.
- Drive Activity Finder.
- Content on goal setting and overcoming challenges (for general population).

Assets for Partners:

- Content for charity/volunteer Partners to promote benefits of volunteering and assisting with recruitment and retention.
- Partners can also share ABC content on goal setting and overcoming challenges (for general population) if relevant.

2

Harmony Week

THEME: BELONG

18-24 March

Initiative #2: Harmony Week

Think: Celebrate multiculturalism.

Act Belong Commit:

- Promote the week on social media.
- Showcase/promote what Partners are doing for Harmony Week via social media.
- Drive Activity Finder.
- Share 'Words to Live By' videos.

Assets for Partners:

- Refer to Harmony Week website <https://www.harmony.gov.au/>
- Partners can also share ABC 'Words to Live By' videos if relevant.

3

Neighbour Day

THEME: BELONG

31 March

Initiative #3: Neighbour Day

Think: Connecting with your neighbours.

Act Belong Commit:

- Promote the day on social media.
- Promote grants available through our Partners, for general population.
- Promote events.
- Drive Activity Finder.

Assets for Partners:

- Refer to Neighbours Every Day website <https://neighbourseveryday.org/day-of-action/>
- Content for Local Government Partners promoting the benefits of belonging to support promotion of grants.

4

Arts April

THEME: ACT

15–21 April

Initiative #4: Arts April

Think: Increase participation/engagement in all forms of art.

Act Belong Commit:

- Promote the week and '5 Day Arts Challenge' (in collaboration with Good Art, Good Mental Health) on social media.
- Showcase relevant Partners via social media.
- Drive Activity Finder.
- Share reels and quotes promoting the benefits art has on mental health.

Assets for Partners:

- Opportunity for arts-based Partners to feature in the challenge.
- Digital and print assets for the challenge.
- Partners can also share videos and reels, if relevant.

5

Volunteer Week

THEME: COMMIT

20-26 May

Initiative #5: National Volunteer Week

Think: Volunteer recognition (and recruitment).

Act Belong Commit:

- Promote the week on social media.
- Showcase/promote Partners with volunteers and upcoming volunteer opportunities.
- Drive Activity Finder.
- Share videos promoting benefits of volunteering and overcoming barriers.

Assets for Partners:

- Refer to National Volunteer Week website <https://www.volunteeringaustralia.org/get-involved/nvw/>
- Appreciation certificates (template) and volunteer of the month (social media tiles).
- Recruitment and retention toolkit (in collaboration with Volunteering WA).
- Partners can also share ABC volunteering videos, if relevant.

6

NAIDOC Week

THEME: BELONG

7-14 July

Initiative #6: NAIDOC Week

Think: Celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Act Belong Commit:

- Promote the week on social media.
- Showcase/promote Partners supporting and engaging Aboriginal and Torres Strait Islander peoples.
- Drive Activity Finder.

Assets for Partners:

- Refer to NAIDOC Week website <https://www.naidoc.org.au/>
- Resources to support Partners to embed cultural awareness (created in collaboration with experts/peak bodies).
- Share existing assets e.g. Act Belong Commit Standing Strong Together resources.

7

Active August

THEME: ACT

Entire month

Initiative #7: Active August

Think: Promote and increase activity in all domains (mentally, physically, socially, spiritually, culturally).

Act Belong Commit:

- Showcase relevant Partners via social media, providing suggestions on ways to be active.
- Drive Activity Finder.

Assets for Partners:

- Calendar template for Partners to populate and share to promote their own activities.
- Partners can also share ABC social media posts, if relevant.

8

International Youth Day

THEME: ACT, BELONG, COMMIT

12 August

Initiative #8: International Youth Day

Think: Promote and increase Act Belong Commit opportunities for youth.

Act Belong Commit:

- Promote the day on social media.
- Showcase relevant Partners via social media.
- Drive Activity Finder.

Assets for Partners:

- Social media template for Partners to showcase their youth members/volunteers etc.
- Partners can also share ABC social media posts, if relevant.

9

Social September

THEME: BELONG
Entire month

Initiative #9: Social September

Think: Promote and increase social connections.

Act Belong Commit:

- Showcase relevant Partners via social media, providing suggestions on ways to 'Belong'.
- Drive Activity Finder.
- Promote the benefits of socialising, provide tips to engage, and address barriers.

Assets for Partners:

- Bingo card template for Partners to populate and share, promoting a range of options for community members to be social throughout the month.
- Partners can also share ABC social media posts, if relevant.

10

Outdoors October

THEME: ACT

Entire month

Initiative #10: Outdoors October

Think: Getting people active outdoors.

Act Belong Commit:

- Showcase relevant Partners via social media.
- Drive Activity Finder.

Assets for Partners:

- Digital assets for outdoors-based Partners promoting the mental health benefits of being outdoors.

11

Bike Month

THEME: ACT
Entire month

Initiative #11: WA Bike Month

Think: Getting people to ride their bike.

Act Belong Commit:

- Promote the month on social media.
- Showcase/ promote what Partners are doing for Bike Month via social media.
- Drive Activity Finder.

Assets for Partners:

- Refer to WA Bike Month website <https://www.transport.wa.gov.au/activetransport/bike-month-wa.asp>
- Partners can also share ABC social media posts, if relevant.

12

Mental Health Week

THEME: ACT, BELONG, COMMIT

6-13 October

Initiative #12: Mental Health Week

Think: Increase awareness.

Act Belong Commit:

- Promote the week on social media.
- Showcase/promote what Partners are doing for Mental Health Week via social media.
- Drive Activity Finder.

Assets for Partners:

- Grants Hub (on Partnership Portal) will be updated pre-October to reflect any upcoming Mental Health Week grants.
- Partners can share ABC social media posts, if relevant.

13

Seniors Week

THEME: ACT, BELONG, COMMIT

Date TBC

Initiative #13: WA Seniors Week

Think: Promote and increase Act Belong Commit opportunities for seniors.

Act Belong Commit:

- Promote the week on social media.
- Showcase/promote what Partners are doing for Seniors Week via social media.
- Drive Activity Finder.
- Share videos promoting seniors.
- Promote 'Have a Go Day' at Burswood.

Assets for Partners:

- Partners can share ABC seniors videos and social media content, if relevant.

14

International Day of People with Disability

THEME: ACT, BELONG, COMMIT
3 December

Initiative #14: International Day of People with Disability

Think: Promote and increase Act Belong Commit opportunities for people with disability.

Act Belong Commit:

- Promote the day on social media.
- Showcase/promote Partners providing opportunities for people with disability.
- Drive Activity Finder.

Assets for Partners:

- Refer to IDPWD website <https://www.idpwd.com.au/>
- Consult with relevant Partners/peak bodies to create resources, or direct Partners to information, about best practice.

2023 examples

Take a picture
of 3 things that
make you happy.
Send them to
a friend.

If you are waiting
in line today,
let someone go
ahead of you.

Reflect on
steps you have
taken to achieve
past goals.

Feelgood Feb



Mentally Healthy WA

2023 examples

Active AUGUST

There are many ways to be active! Use the themed days as inspiration to try something new.

Mentally active
Just as our body performs better when we are physically fit, so does our mind when we are mentally fit.

Physically active
Keeping our bodies active is not only good for our physical health but our mental health too.


Culturally active
Keep connected to your culture through learning more, practising traditions and educating others.

Socially active
Connecting with others is not only enjoyable but also provides us with a support base when we need it.

Spiritually active
The term spirituality means different things to different people. Engaging in a form of spirituality contributes to mental wellbeing.

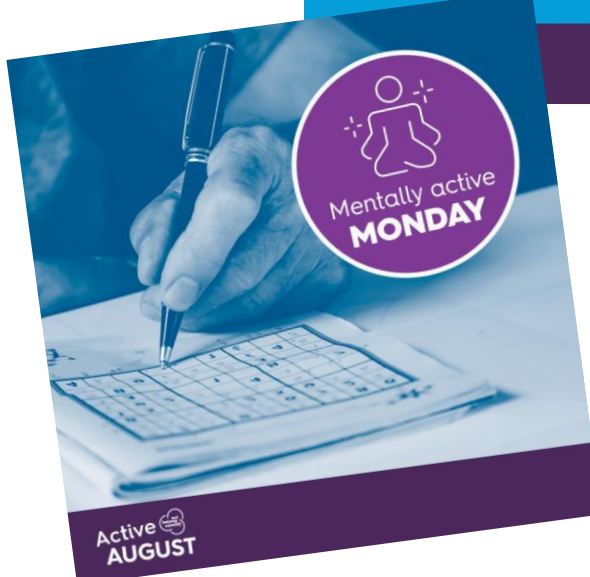
Mentally active MONDAY	Try something TUESDAY	Walk it out WEDNESDAY	Think culturally THURSDAY	Physical FRIDAY	Social SATURDAY	Spiritual SUNDAY
	1 DIY a <u>craft activity</u>	2 If you have kids walk them to school	3 Learn more about your own culture	4 Join an exercise class	5 <u>Volunteer</u> for a cause close to your heart	6 Find ways to regularly practise <u>mindfulness</u>
7 Play a board game	8 Enjoy listening or playing some music	9 Walk up stairs instead of taking the lift	10 Learn a greeting in another language	11 Put some music on and clean the house	12 Organise an outing with friends	13 Do something creative (e.g. draw, paint, photograph)
14 Do a <u>brain puzzle</u>	15 Challenge yourself to a new activity	16 Go for a nature walk	17 Cook a <u>meal from another culture</u>	18 Try an online workout	19 Ask someone to join you to engage in the arts	20 Take some quiet time to <u>reflect in nature</u>
21 Start a new book this Book Week	22 Try a new recipe	23 Walk or cycle with a friend to catch up	24 View some Indigenous art (in-person or <u>online</u>)	25 Find a <u>Parkrun</u> near you	26 Chat to your <u>neighbour</u>	27 <u>Write down</u> things you're grateful for
28 Challenge your brain and <u>learn a complex skill</u>	29 Attend a class of something you're interested in	30 Find a <u>local walk trail</u>	31 Go on an Indigenous tour			

Walk it out Wednesday



City of Rockingham
Heart Foundation walking groups

Newman Neighbourhood Centre
Red Dirt Wanderers walking group



Mentally active **MONDAY**

Active **AUGUST**

Active August

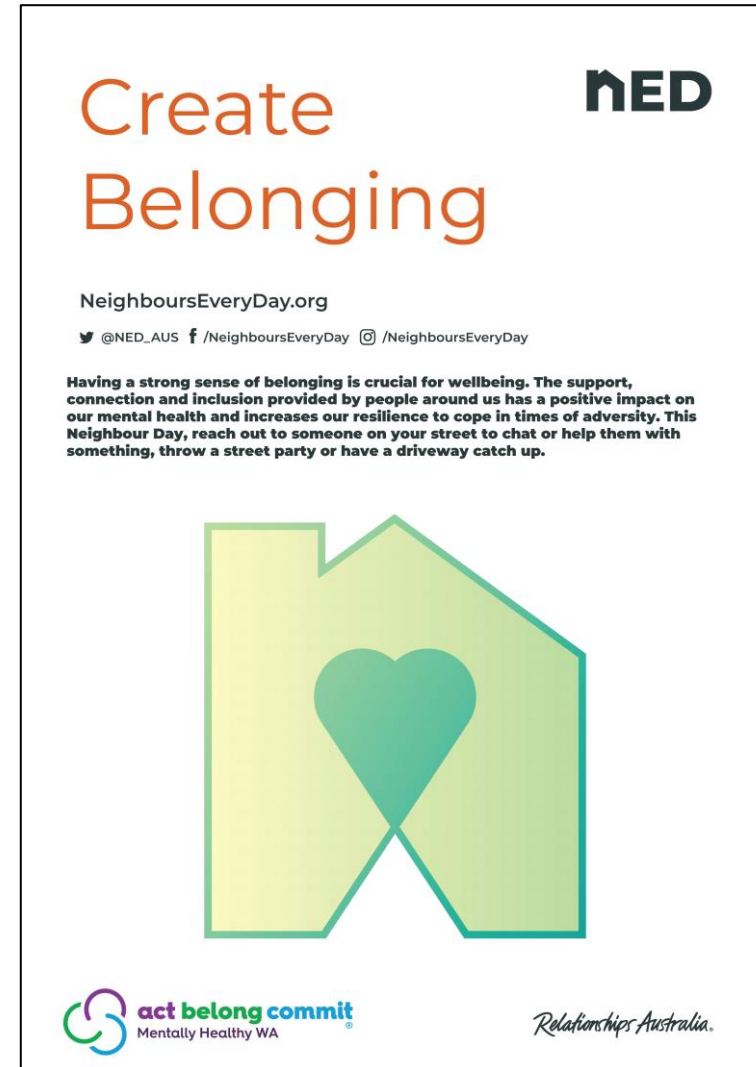


Mentally Healthy WA

2023 examples



Neighbour Day



2023 examples



WA Bike Month

2023 examples



Theme 1 **Mind**

Doing something we are proud of, especially when it's challenging, builds self-confidence and self-esteem.

 2023 Mental Health Week

Theme 2 **Body**


Keeping our bodies moving is good for physical and mental health.




 2023 Mental Health Week

Theme 3 **Environment**

The environment where we live, work and play has an impact on our mental wellbeing.



 2023 Mental Health Week

Mental Health Week



Mentally Healthy WA

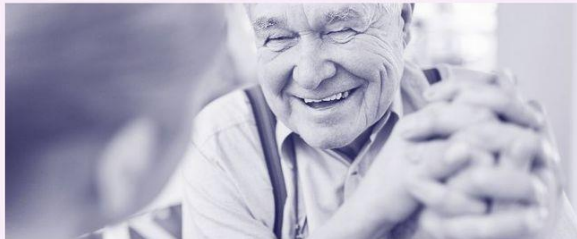
2023 examples

2023 Seniors Week



Meet new people

2023 Senior's Week



Monday, 13 November
CITY OF BAYSWATER
Dementia without loneliness
PRESENTED BY
MICHAEL VERDE

2023 Seniors Week



Friday, 17 November
CITY OF BAYSWATER
SING ALONG SUNDOWNER
this Senior's Week

WA Seniors Week



Mentally Healthy WA



Mentally Healthy WA

Further help and assistance



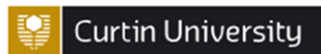
Thank You

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