



# Rural in Reach Program

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### HEDLAND WELL WOMEN'S CENTRE

3A Leake St  
South Hedland WA 6722  
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W: [www.wellwomens.com.au](http://www.wellwomens.com.au)

### NINTIRRI CENTRE

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### SOUTH WEST WOMENS HEALTH & INFORMATION CENTRE

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Bunbury WA 6230  
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### WOMENS HEALTH & FAMILY SERVICES

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## Mental Health Week - 'Together We Can Save Lives'

The World Mental Health Day is 10th October. In recognition of this important International event, WA will hold the 2016 Mental Health Week from 8th to 15th October.

This week is about raising community awareness about mental health challenges experienced in Australia, as well as to:

- *Promote social and emotional wellbeing;*
- *Encourage people to maximise their health potential (physical, mental, social and spiritual);*
- *Enhance the coping capacity of communities, families, individuals; and*
- *Increase mental health recovery (Mental Health Commission, WA, 2016).*

'Act-Belong-Commit' is this years theme and will focus on suicide prevention, 'Together we can save lives'.

To highlight the importance of this week and the ACT theme, Rural in Reach is holding a special event information session in October. Using the recently launched Community Mental Health 1st Response Training Package as an example of 'ACT-ing', we will briefly discuss the 5 online modules that cover basic & specific mental health illnesses/ challenges as well as associated first responses. There will also be scope for discussion and questions.

This online package was developed in consultation with rural communities and developed for rural communities to build the skills of non-health professionals in supporting themselves as well as others to become resilient in coping with adverse life events and mental health challenges.

For more information about this article or the program in general, please contact the Rural in Reach on 1800 998 399 or email on [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au)

**act** Keep mentally, physically, socially and spiritually active. Take a walk, read a book, play cards, stop for a chat, get creative, make plans...

**belong** Join a club, volunteer, stay connected with friends and family, take a class, get involved in your community...

**commit** Take up a cause, help a neighbour, find your passion, learn something new, take on a challenge...



# what's on...



## RinR Community Talks - Spring/Summer Special Event

Community Mental Health 1st Response Training Package  
*Presented by Nicole Gale, Rural Services Coordinator, WHFS*

To highlight the importance of mental health week and the ACT theme, Rural in Reach is holding a special event information session in October. Using the recently launched Community Mental Health 1st Response Training Package as an example of 'ACT-ing', we will briefly discuss the 5 online modules that cover basic & specific mental health illnesses/challenges as well as associated first responses. There will also be scope for discussion and questions.

Tuesday, 25th October 1.15pm - 2.30pm

*Places are limited for the Community Talks so register ASAP by 12pm the day before to secure your place by calling 1800 998 399 or ruralinreach@whfs.org.au*

*The 2016 topics have now been completed. The Rural in Reach team will run other sessions by request for the remainder of the year.*

### Westlink Broadcasts Spring/Summer

- Parenting Across the Agespan - November
- The 'Silly' Season: How to Balance Indulgence Over the Festive Season - December

*Please check the Westlink Calendar for viewing dates & times for these broadcasts.*

*Alternatively, they are available on the Rural in Reach website:*

[www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au)

## RinR Upcoming talks

The next quarter will begin in February 2017. Upcoming topics will be in the Mental Health & Alcohol and Other Drugs Series

*Any suggestions for future topics in the series of talks for 2017, please let your local CRC know or email the Rural in Reach team at [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au)*

### RinR Past Talk Recordings

As a reminder these past talks are available on our website [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au):

- *Family and Domestic Violence*
- *Mental Health Challenges for Young People*
- *Alcohol and Pregnancy*
- *Men's Business*
- *Postnatal Depression*
- *Children's Nutrition*
- *Breast Cancer Prevention and Awareness*
- *Resilience: Helping Your Teenager Bounce Back*
- *Women and Ageing*
- *Youth, Drugs and Alcohol*

Any questions regarding viewing past recordings or suggestions for future topics, please contact the Rural in Reach team on 1800 998 399 or [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au)

## Community Feature - Dalwallinu CRC

Dalwallinu CRC works hard to provide the community with lots of opportunities to better their health and wellbeing through a variety of workshops and information sessions, as well as encouraging them to participate in activities or join in with social groups. Currently the *Food Sensations* workshops are running, which utilises trainers in Perth via Video Conferencing and is followed by a practical hands-on session where participants prepare a meal based on what they have learnt.

November sees Dalwallinu CRC taking part in Seniors Week, with a morning tea and information session aimed at seniors and their carers. *Make Your Home Safer* will help prevent falls and injuries to seniors, enabling them to stay in their homes longer.

Mental health and social well-being is also important. The CRC provides opportunities for people to join groups such as the *Daily Snappers*, a social photography group. The culture buffs in the community can join like-minded people when they attend the live Westlink broadcasts in November and December, with *Tartuffe* from the Black Swan Theatre Company, and the WASO *Symphony in the City*.

For more information on what is available at the Dalwallinu CRC, please call them on 9661 1802.



womens health  
& family services

### Want more information about the RinR Program?

Why not check out our website! [www.ruralinreach.whfs.org.au](http://www.ruralinreach.whfs.org.au) You can also register your email at [ruralinreach@whfs.org.au](mailto:ruralinreach@whfs.org.au) to receive the RinR quarterly newsletter to keep up-to-date on RinR community activities and events!

To find out more about all the services and programs at Womens Health & Family Services go to [www.whfs.org.au](http://www.whfs.org.au)