

# What's On @ The Wellbeing Place

## APRIL 2024



### Welcome to April "What's On @ The Wellbeing Place"

We hope you had a wonderful Easter break and were able to spend time doing something that brings a smile to your face. Last month, our team were busy at The Wellbeing Place and across Far West. Our LDAT (Local Drug Action Team) provided non-alcoholic options for those attending the opening of a new local art gallery 'The Shed', members of the team attended a women's health day in Louth, Huichol yarn paintings were created in Packsaddle and Wilcannia and throughout the month we saw the continuation of SMART Recovery groups at The Wellbeing Place. Lesley Harvey, our valued Child and Family Mental Health Professional and Play Therapist, was recognised with an Alumni Excellence Award from Deakin University. Lesley has been with the Flying Doctor for four years and has had such an enormous impact on communities across Far West. Deakin University spoke to Lesley about her thoughts on play psychotherapy and its enormous potential for the broader community: "People know me for my passion for children – ensuring that their voices are heard, and their right to play and privacy is respected. As we grow up play changes, but I hope that play can remain and become a part of everyone's life because playing benefits us in so many ways." As we enter April, Lesley reminds us that on the 23rd is World Infant, Child and Adolescent Mental Health Day (WICAMHD). Lesley encourages us to recognise the global importance of infant, child and adolescent mental health and advocate for the promotion of mental health and prevention of mental illness in infants, children and adolescents. Congratulations Lesley, we are very proud to have you in the team and observe your ongoing support and influence of children and families across Far West.

*The Wellbeing Team*

### FUNDRAISER ACKNOWLEDGEMENT

Thank you, Alli, Marg and Ross!

Two years ago, Marg Symes completed a solo walk from Tibooburra to Broken Hill, raising funds and awareness for The Wellbeing Place in Broken Hill. In late November-early December 2023, Marg replicated the journey, but this time in the company of Alli Nevill. The women walked over 300km raising funds and awareness for the vital mental health programs the RFDS facilitates across Far West NSW. They endured extreme heat, rain and blisters. These two incredible women were accompanied by Marg's husband and RFDS Engineer, Ross who ensured they were always well fed and hydrated along the way, even providing his First Aid skills when required. The walk was celebrated with a charity auction in Broken Hill on completion. On Friday, 22nd March, Marg and Alli presented a cheque to the team at The Wellbeing Place, RFDS CEO Greg Sam and RFDS Board Member and local Ruth Sandow with the final donation amount. They raised an incredible amount of **\$28,420.50**. Thank you to Marg, Ross and Alli for your incredible efforts and kindness in this donation! Your dedication to RFDS and providing services across Far West is admirable.



RFDS Wellbeing Place Broken Hill  
Mental Health, Wellbeing, Alcohol & other Drug  
343 Blende Street, Broken Hill NSW 2880  
0439 515 247  
Monday to Friday 9.00am - 5.00pm

The Royal Flying Doctor Service (South Eastern Section) pay our respect to the traditional custodians of the lands we live and work on.

We respect the knowledge of and connection to land, waters, and sky, Aboriginal people have.

We pay our respect to Elders past, present, and emerging as holders of knowledge and seek to work with Aboriginal peoples, families, and communities on our journey of reconciliation.

### What's On Every week & regulars

#### Mondays

Tai Chi Drop in Class 9.00am  
Contact Gail 0447 311 252

Toddler Time 10.30am-12.30pm  
Contact Mission 08 8087 2518

African Drumming Class  
6.30-7.30 (during school terms)  
Contact Ali 0421 503 904

#### Tuesdays

Anita's Yoga & Wellness 6pm-7.15pm  
Contact Anita 0418 442 051

#### Wednesdays

Tai Chi Advanced 10:00am

Yin Yoga with Naomi 5:30pm-6:45pm  
contact Naomi on 0424 265 922

SMART Recovery Group 1.00pm

Meditation Course 7pm-8pm  
contact Naomi: 0424 265 922

#### Thursdays

Yin Yoga with Naomi 9.30am-11.00am

Anita's Yoga & Wellness 6.00pm-7.15pm

#### Fridays

The Workshop 9.30am

Group Art Therapy 10.30pm  
**BOOKINGS ESSENTIAL**  
contact Naomi: 0424 265 922

#### Saturdays

Tai Chi advanced 9.00am & 10.15am

#### Sundays

Tai Chi beginner 10.00am

Please discuss holiday availability  
with your program facilitator.



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# APRIL OUTREACH CLINIC ATTENDANCE



S	M	T	W	T	F	S
	1 PUBLIC HOLIDAY	2 Tibooburra Menindee	3 Tilpa Wilcannia	4 STAFF TRAINING DAY	5 Menindee	6
7	8 Wilcannia Ivanhoe	9 Tibooburra Menindee	10 White Cliffs	11 Wanaaring	12 Menindee	13
14	15 Ivanhoe	16 Tibooburra White Cliffs Menindee	17 White Cliffs Pine View	18 Louth	19 Ivanhoe Menindee	20
21	22 Wilcannia Ivanhoe	23 Menindee Wiawera Tibooburra	24 White Cliffs Wanaaring	25 PUBLIC HOLIDAY	26	27
28	29 Ivanhoe	30 Durham Down Menindee				

SAVE THE  
DATE  
BROKEN HILL AGFAIR  
WEEKEND

BROKEN HILL WOMEN'S AUXILIARY  
proudly supporting  
  
Royal Flying  
Doctor Service  
SOUTH EASTERN SECTION

## The Flying Doctor Ball

GARY RADFORD PAULION  
BROKEN HILL REGIONAL EVENTS CENTRE

FOR INFORMATION ON TICKET SALES  
AND TO STAY UP TO DATE FOLLOW  
 Royal Flying Doctor Service Broken Hill Women's Auxiliary

Sat 4th May

# WEEKLY PROGRAM

## THE WELLBEING PLACE

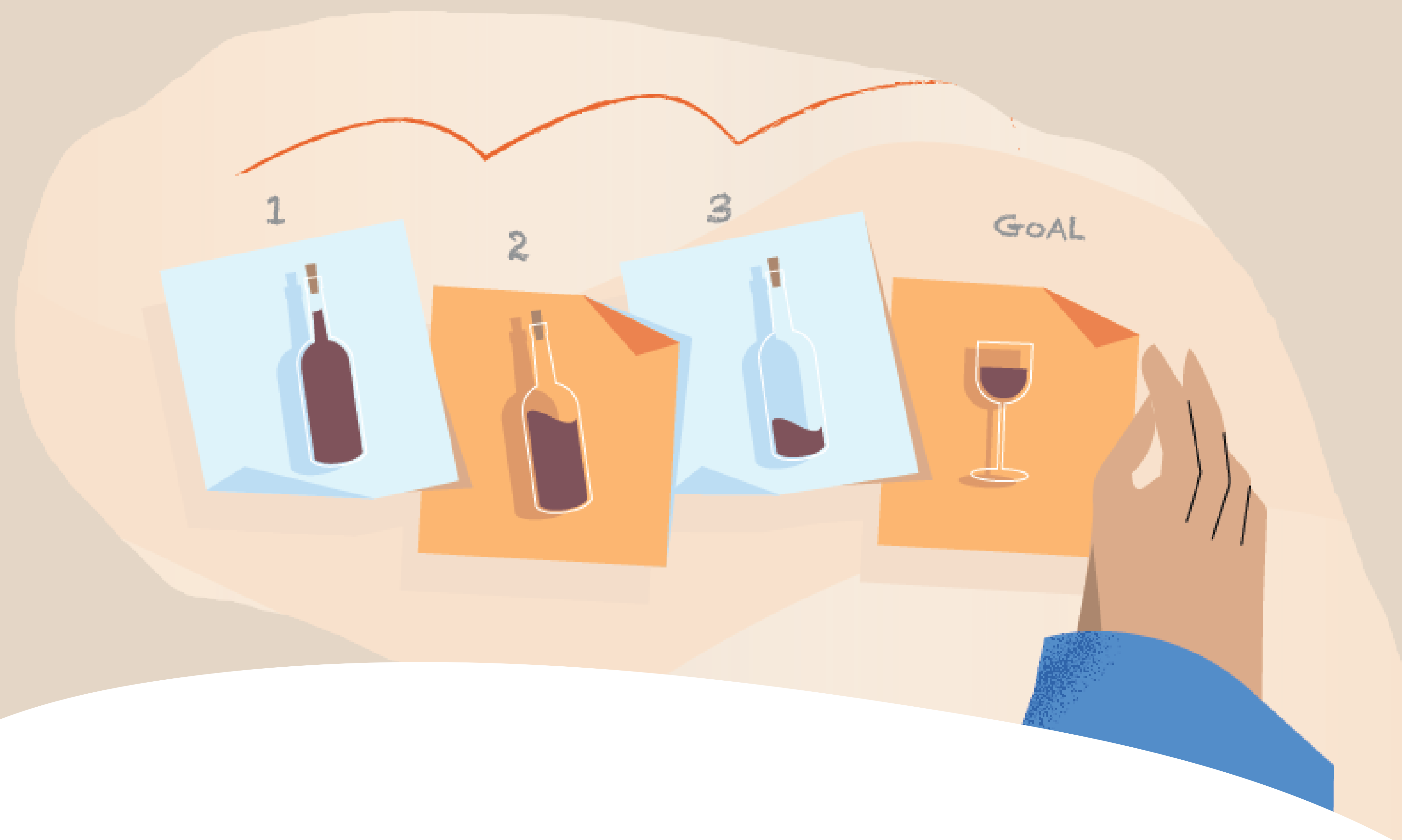
MONDAY		Toddler Time		African Drumming	
Tai Chi (drop in)		10:30AM		6:30PM	
9:00AM \$5		FREE		From \$12	
TUESDAY					
Hatha Yoga					
6.00PM \$10					
WEDNESDAY		SMART Recovery		Meditation course	
Tai Chi (advanced)		Yin Yoga			
10:00AM \$5		1.00PM FREE		5:30PM \$10 7:00PM \$10	
THURSDAY					
Yin Yoga		Hatha Yoga			
9:30AM \$10		6:00PM \$10			
FRIDAY		Group Art Therapy			
The Workshop		10.30AM			
9:30AM FREE		FREE BOOKINGS ARE ESSENTIAL			
SATURDAY					
Tai Chi (advanced)					
9:00AM & 10:15AM \$5					
SUNDAY					
Tai Chi (beginner)					
10:00AM \$5					

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# Choose your own path to a healthier future

What is SMART Recovery? Free, practical support groups that train you to champion your own behaviour change around alcohol and other drug use, gambling and any behaviour of concern.

## Broken Hill

Weekly meetings

**Wednesdays**

Starts at 1:00pm

please arrive 15 minutes early

## Why SMART

- Set weekly goals that work for you
- No stigma, labels or judgement
- Learn practical self help tools
- Attend as you need

## Royal Flying Doctor Service

The Wellbeing Place

343-345 Blende Street

Broken Hill 2880



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## Wellbeing Place

For more information, please call The Wellbeing Place: 0439 515 247





# New Meditation 8 week Course

## The Yoga of Meditation

Yoga is more than movement and fitness, it offers teachings for all parts of our lives. Its definition of 'Union', speaks of how it helps us find inner harmony.

The physical practice of yoga and meditation are only two of the eight branches of the bigger tree of yoga philosophy, which supports us to encounter both the relationship with ourselves and the external world with more **wisdom, peace** and **grace**. Over this course we will connect with ancient teachings that enhance these things in our modern lives.

Beginners and seasoned yogis all welcome.

Further info contact Naomi 0424265922



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**Wednesdays 7-8pm Feb 7- Mar 27**





# GROUP ART THERAPY

The RFDS Wellbeing Place (RFDSSE Mental Health, Wellbeing, Alcohol and other Drug Team) has expanded clinical services to offer Art Therapy consultations in groups for clients of the RFDSSE.

This initiative will be facilitated by Naomi Wild, Broken Hill based Artist, Transpersonal Art Therapist, Yoga and Meditation Teacher.

## What is group Art Therapy?

Art Therapy provides a safe and supportive environment where, via the use of various materials and mediums, individuals engage their creative side, encouraging a holistic and integrative therapeutic experience. There is no prerequisite of any artistic talent as Art Therapy focuses more on the process than the outcome. The processes are referred to as 'mark making' rather than a focus on 'art making'. Group Art Therapy aims to provide a safe space to express emotions, feelings and experiences in a creative therapeutic environment. Participation reduces isolation and promotes understanding and empathy. This initiative is facilitated by Naomi Wild, Broken Hill based Artist, Transpersonal Art Therapist, Yoga and Meditation Teacher. To find out more about group and individual Art Therapy please contact:

**Naomi Wild, Art Therapist**

P: 0424 265 922

E: [naomi@creativeheart.space](mailto:naomi@creativeheart.space)

## 'MARK MAKING' RATHER THAN 'ART MAKING'

- Ages 12-70+ (younger by further enquiry)
- 60-90 minute group sessions
- Zoom available for community members residing on stations and in remote communities resources will be supplied and sent in advance
- Self-refer by contacting Naomi, or discuss Art Therapy with your RFDS clinician or GP
- Individual Art Therapy sessions available

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