

What's On @ The Wellbeing Place

DECEMBER 2023

Welcome to December "What's On @ The Wellbeing Place".

During November, clinic attendance proceeded as usual as the MHAoD team continue to provide services to Broken Hill and the Far West.

Marg Symes and Alli Nevill have begun their fundraising walk raising money and awareness of The Wellbeing Place services. The events started in Tibooburra on Saturday 25th of November. Many Tibooburra locals joined the ladies for their depart and walked with them for 5km. They also had the Tibooburra resident emu join them for 15km until it couldn't go any further due to a cattle grid. If you want to support Marg and Alli by either joining them or donating to them as they work toward creating awareness and raising funds for Mental Health please see the attached flyer for the auction night in Broken Hill at the end of their trip.

After a successful seven month residency as the live in painting teacher and artist, Nick Swann collaborated with Vanessa Latham to stage a solo art show of his time at The Wellbeing Place.

Nick had been able to observe the plane hangars, had multiple observation flights and been included in the day to day running of The Wellbeing Place operations. The Art show titled "Solid" was the culmination of Nick's time in Broken Hill and the RFDS, it was a capture of his impressions. Students from Nick's art classes at The Wellbeing Place also had the opportunity to showcase their works. Half the paintings were of the town and half were of various views of the planes within the RFDS. One painting in particular proved so popular that it has gone on to sell 16 prints of the image and reproductions will be for sale at the RFDS Visitors Centre.

The exhibition night was highly successful with an estimated attendance of 70 people. Nick was able to sell the majority of the paintings which assisted him to make a sizable donation of \$1800 to The Wellbeing Place at the end of the exhibition. It has been a pleasure having Nick working with us at The Wellbeing Place and the positivity and creativity he brings.

We hope to see you during 2024 at one of our many Wellbeing Place activities or outreach clinics. Please do not hesitate to contact The Wellbeing Place to enquire further with any questions you may have. Stay safe, healthy and hydrated during the holiday period, we will see you next year!

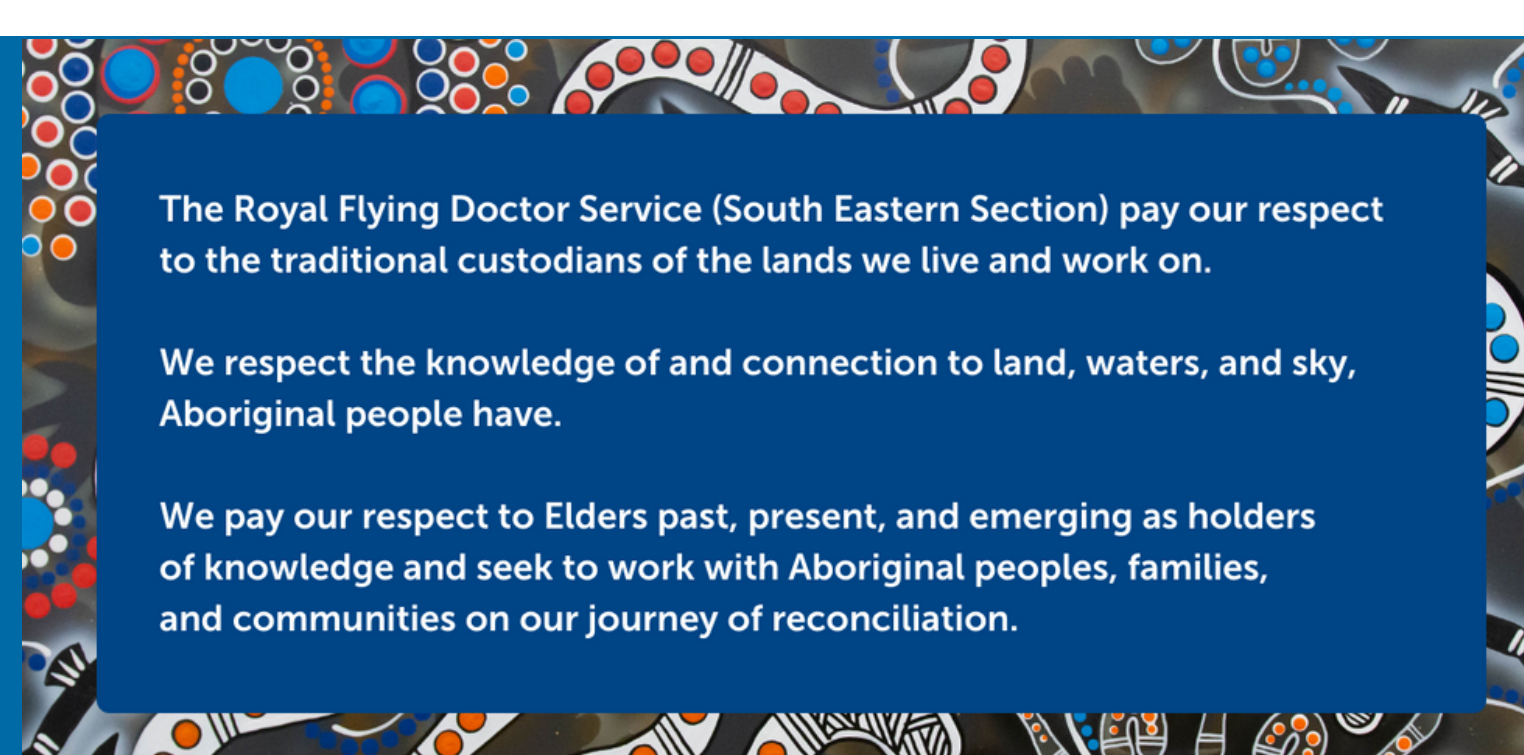
The Wellbeing Team

Step Into Summer Auction donation

Windmill blade painted by the very talented Vicki Hemley. Vicki painted this blade between the business of station life to donate to the charity auction. This incredibly detailed artwork which features Packsaddle Roadhouse, Packsaddle Station, Packsaddle airstrip, an RFDS plane and a few locals made a huge amount of \$3,000. This was an incredible way to begin the fundraiser!



RFDS Wellbeing Place Broken Hill
Mental Health, Alcohol, other Drug & Wellbeing
343 Blende Street, Broken Hill NSW 2880
0439 515 247
Monday to Friday 9am - 5pm



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

Art Workshops 1pm-4pm
Contact Nick: 0439 515 247

Weaving (Reclaim the Void project) 5.30pm - 7.30pm
Contact Ali: 0421 503 904

Wednesdays

Tai Chi Advanced 10:30am

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

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

Art Work shops with Nick 5.30pm-7.30pm

Fridays

The Workshop **ON HOLD**

Saturdays

Tai Chi advanced 10.00am

Sundays

Tai Chi beginner 10.00am

















**Please check with
your program
facilitator for
dates over the
holiday period.**



Royal Flying Doctor Service
SOUTH EASTERN SECTION

DECEMBER OUTREACH CLINIC ATTENDANCE




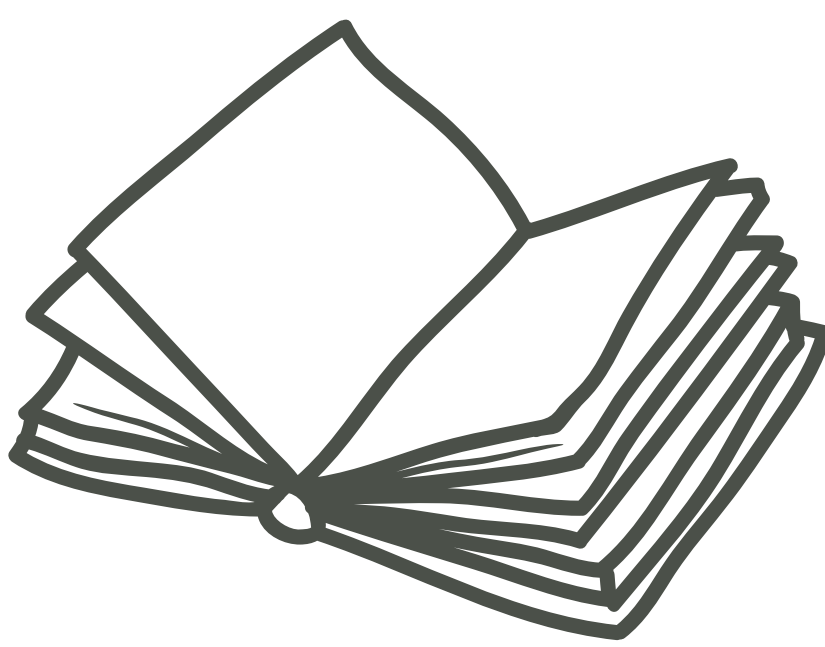
S	M	T	W	T	F	S
					1  Menindee	2
3	4  Wilcannia	5  Tibooburra Wiaweira	6  White Cliffs Menindee	7  Pooncarie	8  Menindee	9
10	11  Wilcannia Ivanhoe	12  Tibooburra	13  White Cliffs Wilcannia Menindee Tilpa	14  Packsaddle Monolon	15  Menindee	16
17	18  Wilcannia	19  Tibooburra Menindee	20  White Cliffs Pine View	21  Wanaaring Hungerford	22  Menindee Ivanhoe	23
24	25 PUBLIC HOLIDAY	26 PUBLIC HOLIDAY	27 Wellbeing Place open 10-2pm	28 Wellbeing Place open 10-2pm	29 Wellbeing Place open 10-2pm	30/31

Supporting your Mental Health and Wellbeing during the holiday period

We understand that the holiday season is not necessarily an enjoyable time for everyone. For many people, the holidays lead to a massive disruption in your day-to-day routine. By maintaining healthy habits such as mindfulness, eating healthy meals, getting enough sleep and exercising are critical to keeping your mental health on track. Make time for your important relationships and connect with yourself through self-care. You can even connect with loved ones who are no longer with you through a family tradition or a personal remembrance ritual.

Care for your Mental Health and Wellbeing by accepting whatever emotions come up, maintaining healthy habits and making time for meaningful connection.

 Need support in a crisis?
Far West Local Health District Community
Mental Health Team 08 8080 1554
Lifeline 13 11 14
Emergency 000



Did you know?
The Wellbeing Place has a Wellbeing Library with some great mindful resources that you can borrow for the holidays or sit and have a read. Reading has physical benefits in addition to being an intellectual workout. Research shows that regular reading can lower blood pressure, reduce stress and improve sleep quality.

STEP INTO SUMMER

CHARITY AUCTION

Two years ago, Marg Symes completed a tremendous solo walk raising vital funds and awareness for the Royal Flying Doctor Service Wellbeing Place in Broken Hill.

This year, Marg is replicating the journey from Tibooburra to Broken Hill, but this time in the company of Alli Nevill.

Once they complete their 300 kilometre walk, Marg and Alli will host a charity auction to raise funds for the Mental Health, Wellbeing, Alcohol and Other Drug programs which the RFDS Wellbeing Place provide to Broken Hill and 18 outreach clinics across Far West.

The auction will be held at The Demo Club in Broken Hill on Saturday 9 December from 6.30pm onwards.

Local businesses have kindly donated items to the charity auction which will be facilitated by Nutrien Ag Solutions. Auction items include X2 Mundi Mundi Bash weekend tickets, painted windmill blades by local artists Amanda Johnson, Clark Barrett and Trudi Rennie, along with a signed Taylor Walker guernsey.

All the money raised goes directly back to The Wellbeing Place.

For further information, please contact:
Eliza Emmlin 0436 634 646

Location:

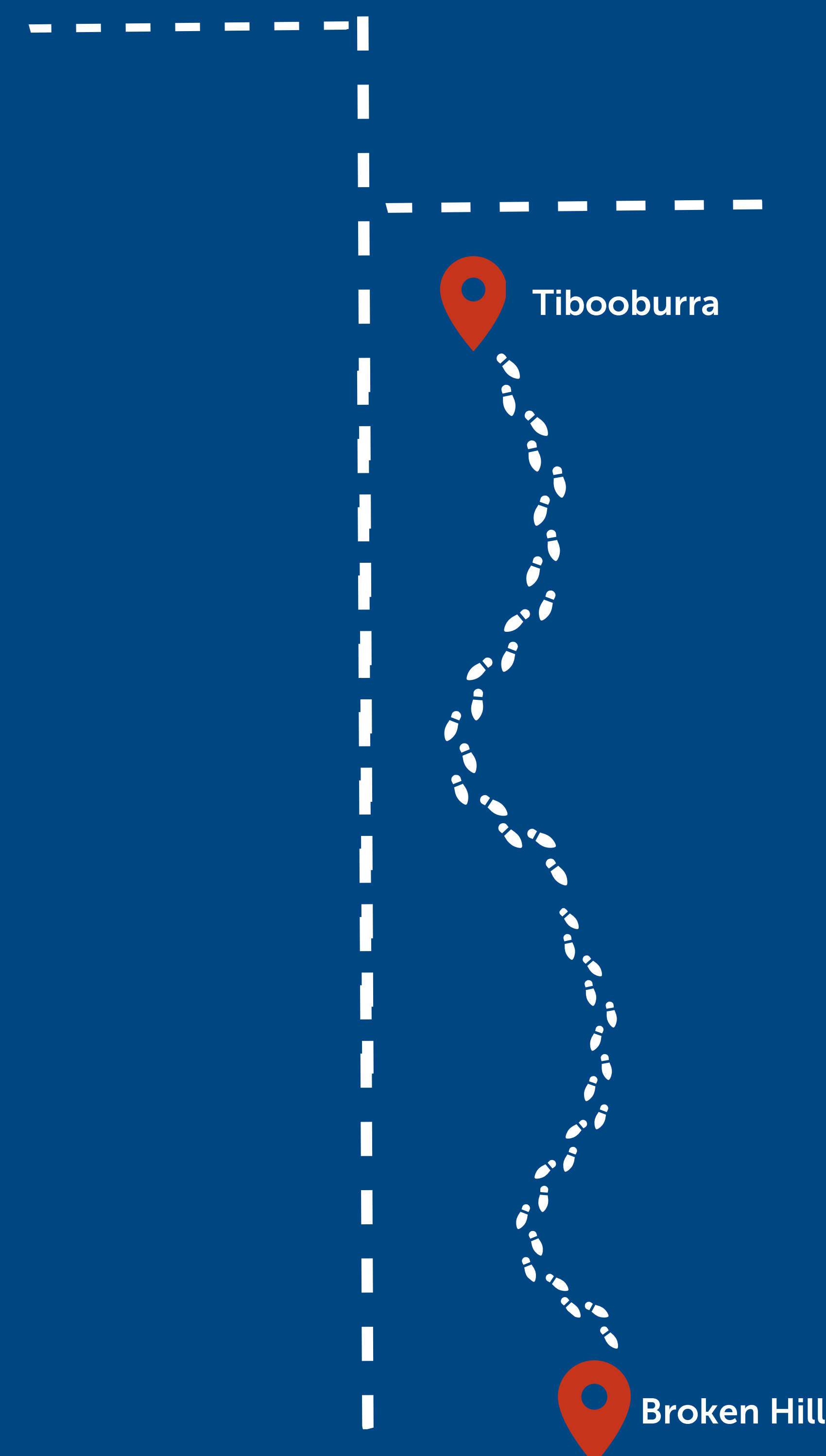
The Demo Club, Broken Hill

Date:

Saturday 9th of December

Time:

6.30pm CST onwards





Royal Flying Doctor Service
SOUTH EASTERN SECTION

Wellbeing Place

Christmas/New Year Opening Hours

Friday 22 December	9.00am - 2.00pm
Christmas Day, Monday 25th December	CLOSED
Boxing Day, Tuesday 26th December	CLOSED
Wednesday 27 December	10.00am - 2.00pm
Thursday 28 December	10.00am - 2.00pm
Friday 29 December	10.00am - 2.00pm
New Years Day, Monday 1 January	CLOSED
Tuesday 2 January (return to usual opening hours)	9.00am - 5.00pm



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