

What's On @ The Wellbeing Place

JUNE 2024



Welcome to June "What's On @ The Wellbeing Place"

During May, our Wellbeing Place teams from Dubbo, Cobar, Lightning Ridge and Broken Hill travelled to meet at our Broken Hill Wellbeing Place to participate in annual training. This training consisted of broader Mental Health, Alcohol and other Drug skill sharing, presentations on the large scope of services we provide and the opportunity for team bonding. The skills gained and information shared during this week is then implemented into improving our growing service delivery across all locations. The Mental Health, Wellbeing, Alcohol and other Drugs team service over 26 clinics across the South Eastern Section.

Our group Art Therapy sessions with Naomi are becoming increasingly popular, participants who have attended group Art Therapy are benefiting from the great benefits of engaging in a distinct discipline that incorporates creative methods of expression through visual art media and psychotherapy. Non-traditional methods of therapy and wellbeing engagement activities provided at The Wellbeing Place are becoming increasingly popular and proving positive health benefits to participants.

Currently, Naomi is unable to accept any referrals for individual Art Therapy sessions due to high interest. There is still availability to access the **FREE group Art Therapy** sessions which occur every Friday at 11.00am.

To find out more about group Art Therapy, please contact The Wellbeing Place or Naomi on 0424 265 922. We look forward to seeing you during June!

The Wellbeing Team

MEET THE TEAM

Lianne Rowland

MHNIP (Mental Health Nursing Inservice Program)

Lianne has recently moved to Broken Hill from Sydney with her young family to pursue the role of MHNIP at The Wellbeing Place. After completing training at Kings College in London as a Mental Health Nurse and working there for several years, Lianne then moved to Australia in 2012. For the past 10 years, Lianne has been working in Sydney at St Vincents Hospital in a Clinical Nurse Specialist role for the Older People's Mental Health Service and in acute mental health inpatients. In previous employments she has utilised her skill set to work in collaboration with diverse and vulnerable populations to achieve more meaningful and purposeful lives.

From her short time in Broken Hill, Lianne has already found the people and community here to be very welcoming. Lianne and her family are excited to experience all that Broken Hill and the rural lifestyle has to offer.

Drop in and say hello to Lianne!



TAKE NOTICE
OF THE LITTLE THINGS THAT
BRING YOU JOY

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

SMART Recovery Group 1.00pm

Yin Yoga with Naomi 5:30pm-6:45pm
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

Fridays

The Workshop 9.30am

Group Art Therapy 11.00am
BOOKINGS ESSENTIAL
contact Naomi: 0424 265 922

Saturdays

Tai Chi advanced 9.00am & 10.15am

Sundays

Tai Chi beginner 10.00am

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.

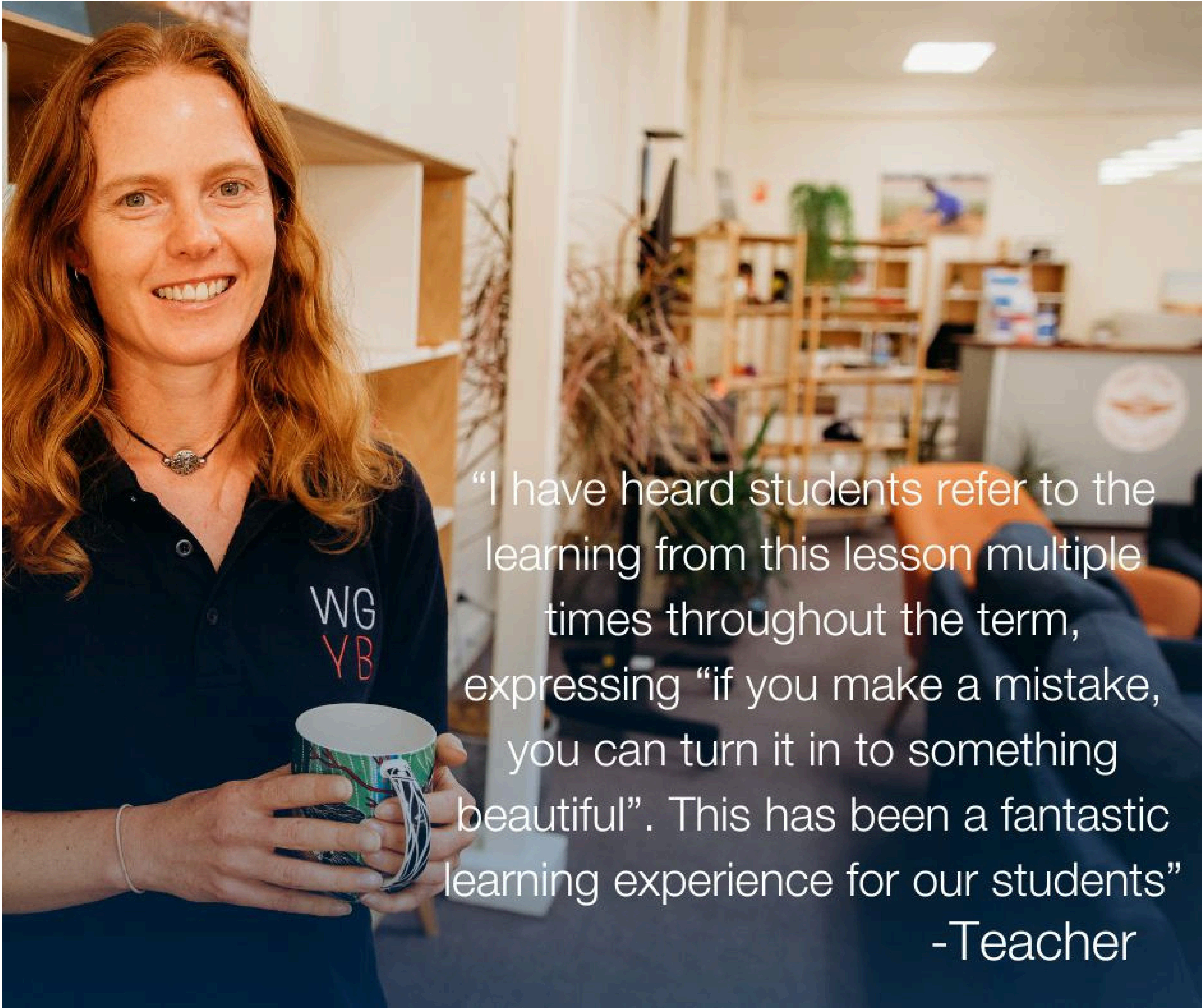


Royal Flying Doctor Service
SOUTH EASTERN SECTION



JUNE OUTREACH CLINIC ATTENDANCE

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



“I have heard students refer to the learning from this lesson multiple times throughout the term, expressing “if you make a mistake, you can turn it in to something beautiful”. This has been a fantastic learning experience for our students”
-Teacher



Interested in learning a new hands on skill?

Want to share knowledge and connect with others with similar interests?

Come along to The Wellbeing Place each Friday at 9.30am to engage in a variety of **FREE** craft and woodworking activities while connecting with others. Take the time to enjoy a cuppa and meet with Semitj our experienced facilitator and other participants. The Workshop is inclusive of all people and all woodworking abilities.



For further information, please contact:
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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

'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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WEEKLY PROGRAM

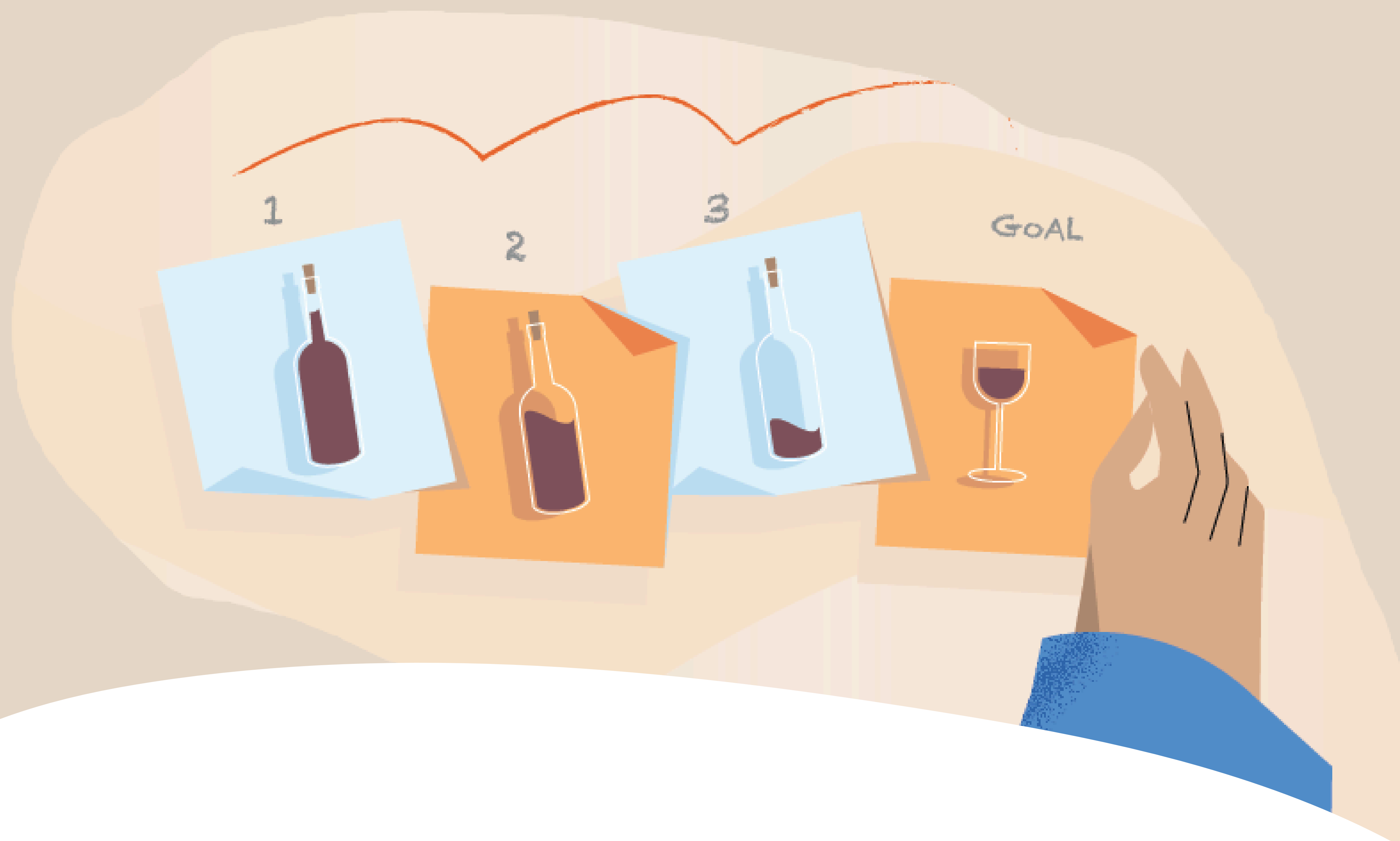
THE WELLBEING PLACE

MONDAY	Tai Chi (drop in) 9:00AM \$5	Toddler Time 10:30AM FREE	African Drumming 6:30PM From \$12	
TUESDAY	Hatha Yoga 6.00PM \$10			
WEDNESDAY	Tai Chi (advanced) 10:00AM \$5	SMART Recovery 1.00PM FREE	Yin Yoga 5:30PM \$10	Meditation course 7:00PM \$10
THURSDAY	Yin Yoga 9:30AM \$10	Hatha Yoga 6:00PM \$10		
FRIDAY	The Workshop 9:30AM FREE	Group Art Therapy 11.00AM FREE	BOOKINGS ARE ESSENTIAL	
SATURDAY	Tai Chi (advanced) 9:00AM & 10:15AM \$5			
SUNDAY	Tai Chi (beginner) 10:00AM \$5			

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SOUTH EASTERN SECTION



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