Mental Health Month Events NSLHD 2017

**Wednesday 4 October**  
**What:** Sharing Your Story Project I  
Where: Ryde Community Mental Health Centre, Consumer Room  
Time: 10am – 3pm  
Detail: Supporting consumers to create an artistic representation of your own recovery journey, using purposeful storytelling, arts and crafts, over two sessions, with a culmination on November 1. No cost, all materials supplied.

**Saturday 7 October**  
**What:** day trip to the Blue Mountains  
Who: Ryde Community Mental Health Centre, Consumer Team  
Contact Paula Hanlon for details: 9858 7892

**Monday 9 October**  
**What:** headspace Day - Busker tent  
Who: headspace Brookvale  
Where: Manly corso  
Details: busker tent, information stall, giveaways, all in partnership with GLAM, the fabulous LGBTI group.

**Tuesday 10 October**  
**What:** presentation to Ryde Youth Interagency  
Who: headspace Chatswood

**What:** Presentation to St Paul’s High School, Manly, assembly  
Who: headspace Brookvale

**Wednesday 11 October**  
**What:** Annual Older Persons Mental Health Forum  
Where: Ryedale Room, Ryde Eastwood Leagues Club  
Time: 9am – 2pm  
Highlights: John Hockney (Master Storyteller and MC); Dr Ari Badaines on trauma informed practice; Dr Megan Alle on top tips for healthy ageing; and Ms Shelly Harpur on elder abuse.  
RSVP essential to Jeanine via Jeanine.Spratt@health.nsw.gov.au or 9887 5933 by Thursday 5 October.
What: Launch of the InsideOut Gallery exhibition: Share the Journey
Where: InsideOut Gallery, Northern Sydney Education Centre (NSECC), Macquarie Hospital
Time: 2 – 3pm
Exhibition dates: 11 October 2017 to April 2018

What: Ryde Consumer Forum
Where: Ryde Community Mental Health Centre, Meeting Room 1
Details: PIR representative talking about NDIS
Time: 10.30am – 2.30pm

Thursday 12 October
What: presentation to Davidson High School
Who: headspace Chatswood & Brookvale teams

What: presentation to Covenant Christian School, Belrose
Who: headspace Brookvale

What: Mental Health & Carers Week information stand
Who: Wellness at Work team and Carers Support
Where: Foyer, Mona Vale Hospital
When: 9am – 1pm

Friday 13 October
What: presentation at Chatswood Library HSC lock-in
Who: headspace Chatswood

Saturday 14 October
What: No Suppression group
Where: Macquarie Hospital, Conference Room 2
Details: Consumers are invited to share your music, poetry, comedy, ideas, or just enjoy being entertained as a member of the audience. Free to attend.
Time: 1pm – 3pm

Sunday 15 October
What: ‘Well-beings’ activity tent - Berry Reserve Market, Narrabeen
Who: Northern Beaches Mental Health Service and partner organisations: CCNB, One Door, headspace Brookvale and Northern Beaches Council
Time: 9am – 4pm
Details: art therapy, yoga, mindfulness, face painting, drum circle, tea drinking, musician, mobile library and information on accessing local mental health services at the regular community market.

What: Wellness Walk
Who: Mental Health Intensive Care Unit (MHICU) are organising a Hornsby team
Details: service wide team of staff, consumers, carers and family participating in the Wellness Walk across the Sydney Harbour Bridge
Get involved: https://www.wellnesswalk.org.au/
Monday 16 October

**What:** Mosman Market for Your Mind  
**Where:** Mosman Square and Village Green, Spit Junction  
**Who:** headspace Chatswood  
**Time:** 3.30pm – 6pm  
Details: a free event for young people of high school age providing fun and engaging ways to manage study stress and mental wellbeing. Featuring workshops, stalls and free food! For more details see: [http://events.mosman.nsw.gov.au/events/2603/market-for-your-mind](http://events.mosman.nsw.gov.au/events/2603/market-for-your-mind)

**What:** Police and Principals Forum presentation  
**Who:** headspace Brookvale and Chatswood

**What:** North Shore Youth Forum  
**Who:** headspace Chatswood  
Details: staff from headspace Chatswood will join a panel  
Keep a look out for more information.

Tuesday 17 October

**What:** morning tea for consumers and carers in the Hornsby PECC  
**Where:** Hornsby Psychiatric Emergency Care Centre (PECC)

Wednesday 18 October

**What:** Picnic Day for consumers, staff, family and friends  
**Who:** Ryde Community Mental Health Centre, Consumer Team  
**Where:** Darvall Park, West Ryde (or Ryde Eastwood Leagues Club if raining)  
**Time:** 10am – 2.30pm  
Contact Paula Hanlon for details: 9858 7892

**What:** Healthy Body Mind Expo  
**Who:** headspace Chatswood  
**Where:** Hornsby Mall, Florence Street, Hornsby  
**Time:** 11am – 2pm  

**What:** Mental Health & Carers Week information stand  
**Who:** Wellness at Work team and Carers Support  
**Where:** Lumby Foyer, Hornsby Hospital  
**When:** 10am – 12 noon

Thursday 19 October

**What:** Mental Health information stand  
**Where:** Food Hall area, level 3, Acute Services Building, Royal North Shore Hospital  
**When:** 12 noon – 2pm

Friday 20 October

**What:** Mental Health & Carers Week information stand  
**Who:** Wellness at Work team and Carers Support  
**Where:** Main Foyer, Acute Services Building, Royal North Shore Hospital  
**When:** 10am – 12 noon
Monday 23 October
What: Museum of Contemporary Art Collaboration
Who: Mental Health Drug & Alcohol, Northern Sydney Local Health District
Where: Museum of Contemporary Art (MCA) Circular Quay, Sydney
Time: 10am – 2pm
Details: celebrate wellbeing by sharing the creative process of making art together with MCA art educators, NSLHD consumers and staff. Everyone is welcome, and there is no charge.

What: Happy Health Teenagers – Information Session
Who: headspace Chatswood
Where: Hornsby Library, 28-44 George Street, Hornsby
Time: 6.30pm – 8pm
Details: free session to help parents and carers understand what goes on in the developing adolescent brain and how to recognise and respond to signs that a young person might be experiencing a mental health condition. See: http://www.hornsby.nsw.gov.au/my-lifestyle/events/all-events/all-events/happy-healthy-teenagers-information-session

Tuesday 24 October
What: Bowling! Mental Health awareness event and fundraising
Who: headspace Chatswood
Where: Strike Bowling Chatswood
Keep a look out for more information coming soon.

Wednesday 25 October
What: Sharing Your Story Project II
Where: Ryde Community Mental Health Centre, Consumer Room
Time: 10am – 3pm
Detail: Supporting consumers to create an artistic representation of your own recovery journey, using purposeful storytelling, arts and crafts, over two sessions, with a culmination on November 1. No cost, all materials supplied.

Thursday 26 October
What: Stall at Market Lane, Manly
Who: Northern Beaches Mental Health Service and partner organisations: CCNB, One Door, headspace Brookvale and Northern Beaches Council
Time: 1pm – 8pm
Details: spinning wheel, prizes, musician, and information about accessing local mental health services and support.

What: ‘Sharing the Journey’ forum and afternoon tea
Who: Consumer Peer Worker team, RNS Hospital and Community Health
Where: Guringai Room, ground level, RNS Community Health Centre, Herbert Street, St Leonards
Time: 1.30pm – 3pm
Detail: Chheng and Conrad will be presenting a forum on ‘sharing the journey’

What: Burdekin Mental Health Forum
Who: headspace Brookvale
Details: presentation and participants in the Q&A panel
Friday 27 October
What: Information and resource stand, RNS Hospital foyer
Who: North Shore Mental Health team
Where: main foyer, RNS Hospital
Time: 10am – 12noon

What: Movie Day
Where: Ryde Community Mental Health Centre, Consumer Room
Time: 10am – 3pm
Details: 10am screening of ‘One flew over the Cuckoo’s Nest’, 1pm screening of ‘Cosi’. No charge, bring your own lunch and popcorn.

Wednesday 1 November
What: Sharing Your Story Project III
Where: Ryde Community Mental Health Centre, Consumer Room
Time: 10am – 3pm
Detail: Supporting consumers share their creations describing their own recovery journeys.

Other events
What: morning tea and TED talks
Who: consumers on the Adult Mental Health Inpatient Unit at Hornsby Hospital
When: over the course of October

Check out the WayAhead NSW Mental Health Month calendar for all the events across NSW:

http://mentalhealthmonth.wayahead.org.au/events/2017-10/
MENTAL HEALTH WEEK FORUM
SPECIALIST MENTAL HEALTH SERVICES FOR OLDER PEOPLE
Wednesday 11 October 2017
The Ryedale Room, Ryde Eastwood Leagues Club
9.00am – 2.00pm

9.00am  Registration and Tea and Coffee
9.15am  Welcome to Country NSLHD Aboriginal Health Unit
9.20am  John Hockney (Master of Ceremonies)
9.40 am  Dr Ari Badaines: Trauma Informed Practice: An Overview of Neurobiology and Strategies for Working with Consumers
10.40am  Morning Tea
10.50am  Dr Megan Alle: Top Tips for Healthy Ageing
11.30am  BAMS Restructure Update
11.45am  SMH/OP Pathways to Community Living Initiative (PCLI) Presentation
12.30pm  LUNCH
1.00pm  “Keynote Presentation” Elder Abuse: Ms Shelly Harpur NSW Elder Abuse Helpline
1.45pm  Closing and Evaluation
2.00pm  CLOSE
Share the Journey

Mental Health Month
11th of October 2017 – April 2018

A group exhibition exploring the importance of social connections, using art making to help cope with life’s challenges and share the journey.

Opening 2-3pm
Wednesday 11th of October
InsideOut Gallery

Please join us to celebrate the official opening for
Share the Journey: A collection of works exploring mental health, breaking the stigma, improving social connection & resilience

Opening: Wednesday 11th of October 2017

Date: 11th October 2017 – April 2018
Hours: NSECC is open most working days 10 — 4pm (or by appointment)
Where: InsideOut Gallery
Northern Sydney Education Centre (NSEC)
Macquarie Hospital
Wicks Road North Ryde NSW

Contact: Jasmine 9887 5698 jasmine.steven@health.nsw.gov.au
or James on 0402894699

NSLHD MHDA Mental Health Month Events 2017
An invitation to hear and see your journey through the Arts 2017

New Venue

NO SUPPRESSION
"THE MACQUARIE" SESSIONS

Come and share your song, poem, story or artwork about your journey so far, or just come and be part of the afternoon, sharing and celebrating creativity

BYO Lunch Tea/Coffee Free
bring something to share for afternoon tea
For further information contact Paula Hanlon on 98587892 or 0413451073

SATURDAY 14th October 1:00pm - 3:00pm

CONFERENCE ROOM 2, MACQUARIE HOSPITAL (under the nurses home) Enter via WICK'S RD entrance.
MENTAL HEALTH AWARENESS MONTH EVENTS:

Sunday 15th October: Narrabeen Market Stall

8am - 5pm
Berry Reserve, 1417 Pittwater Road NSW 2101
With free wellbeing activities, prizes and something for everyone. Program coming soon!

Thursday 26th October: Manly Market Lane Stall

1pm - 7pm
Come down for a chance to win giveaways.

Brought to you by:
The theme is about sharing the journey, we as social human beings are connected through story-telling and shared experiences. We are not always aware of who is affected by mental health issues unless it has been disclosed! Loneliness and stigma are barriers we as a society need to be aware of, by sharing stories we can challenge stigma and address stereotypes. For 2017 let’s continue the conversation by sharing and supporting one another. You never know the impact your story has!

**CELEBRATE WITH US AT OUR ANNUAL COLLABORATION WITH THE MCA**

WHERE: Museum of Contemporary Art, Circular Quay

WHEN: Monday 23 October 2017

TIME: 10AM TO 2PM

WHAT: Celebrate wellbeing by sharing the creative process of making art together with MCA art educators, NSLHD consumers and staff.

WHO: Open to all people interested in art and community.

COST: **FREE**

For more information or to confirm your attendance please contact Chheng Hoang 9462-9171 (Consumer Worker Community Mental Health) or Maddie 9463 2326 (Occupational Therapist)
Sharing their personal journeys are Consumer Workers Conrad and Chheng, both with lived experience of mental health issues.

When: Thursday 26th October 2017

1.30pm-3.00pm

Where: Community Health Building, Ground Level, Guringai Room

2C Herbert St, St Leonards

Program

Hosted by Chheng and Conrad

1.30 Introduction & Acknowledgement of Country

Welcome- Sue Capel (Director for NSRMHS)

1.50-2.05 Chheng ‘The ups and downs of my experience’

2.05-2.20 Conrad ‘My Mental Health Recovery Journey’

2.20-3.00 Afternoon tea meet & greet

Please contact Chheng if wanting to attend or more info on 9462-9171, RSVP 20th October.

We look forward to seeing you all!