

## “Wellbeing in the Workplace” Competition



This year MHACA ran a competition where workplace teams of between 8-20 people could win a “Wellbeing Package” valued at \$2,000 (incl. team lunch, workshops on stress & conflict management and massage and yoga sessions). To enter, workplaces had to answer two questions: 1) What is your understanding of good mental health? and 2) How does your workplace support the mental health and wellbeing of its employees? Additional spot prizes were also awarded to the best individual answers, an opportunity for employees to let us know how they feel supported by their workplace with regard to their mental health & wellbeing (spot prizes included gym membership, massage and beauty treatments).

**Congratulations to CatholicCare NT!** - Several entries were received and congratulations go to the winning team at CatholicCare NT - for their detailed and thorough entry reflecting a lot of thought as well as a collaborative team approach which was the aim of the competition. Winners of the individual spot prizes were Shirley Baker, Elaine Tate and Dorothy Welsey from Catholic Care, and Lindy Moffat and Jade Evans from the Alice Springs Women’s Shelter.

**Thank You again to all our Sponsors** - EASA, Diplomat Alice Springs, Jane Clark Massage, Beyond Breathing Space, YMCA, Get Physical, Alice Body Crafts & Mombasa Day Spa.

## Tues. 6 October - ‘Understanding Mental Health & Wellbeing’ - Auseinet Auspiced Workshop



Mental health is more than the absence of mental illness:

- ◆ What does it mean to have ‘mental health’?
- ◆ What positive steps can be taken to help prevent illness?

Nationally there is a major focus to increase awareness of mental health promotion and prevention across all sectors as a way to help prevent mental illness from occurring or further developing. This 5-hour Auseinet workshop is intended for all health professionals, service providers, policy makers and all others interested in strengthening mental health promotion. There was a receptive turnout which included several managers from local agencies (incl. the Dept of the Chief Minister, STEPS and Congress SEWB). The workshop is well-resourced and structured and received positive feedback, helping participants to think more about ways to strengthen good mental health to help reduce the risk of illness developing.

*Presented by Rita Riedel under the Auseinet UMH&WB Program*

## Thurs. 8 October - Mental Health Information Stall @Yeperenye Mall

A joint stall was held with Mental Health Carers NT on Thursday, 8 October to raise awareness about mental illness. Passers-by were encouraged to answer a simple questionnaire on mental illness before being given a large yellow balloon. Thank you to all the staff, consumers and committee who helped out on the day.

## Fri. 9 October - Mental Health Information Session @Anzac Hill High School

Laurencia Grant gave an early morning presentation to staff at Anzac Hill High as part of their professional development program. The focus of the session was to speak about relevant mental health services available to adults and young people in Alice Springs.

# “Mental Health in the Workplace”

## Wed. 7 October - “Dinner with John Brogden”

A HIGHLIGHT of MHW this year in Alice Springs was the gala dinner featuring former NSW MP, John Brogden. John spoke openly and sincerely about his struggle with depression, both in his personal and professional life, and his ensuing public breakdown and attempt at suicide. He also spoke about the courage he found to overcome these challenges, together with the love of his family and the support of professional help. Clearly a passionate man in all areas of his life, John was a dynamic engaging speaker, especially regarding his passion to help get mental illness from ‘out of the margins and into the mainstream.’ As John highlighted, the more we talk openly about mental illness, particularly in the work place, the more we will help reduce its stigma and the less likely people will suffer unnecessarily in silence.

The event was hosted by guest MC, comedienne Fiona O’Loughlin, who equally inspired us with her humour, warmth and honesty. Through the gift of her storytelling, humour and laughter, Fiona reminded us that being able to look for the light in our darkness, together with having a regular good laugh, is vital to maintaining and strengthening our mental wellbeing.

Also on the agenda was the Honourable, Minister Malarndirri McCarthy (who gave a very moving and heartfelt speech), our local Salvos/ MHACA Choir (thank you Peta Boon and Adye Viney) and MHACA Chair Trish Van Dijk who announced the winners of our ‘Wellbeing in the Workplace’ Competition. It was another good night to remember. ✂



Key guest speaker of the night, John Brogden



The Salvos/MHACA choir performing at the dinner



Phil Dempster & John Brogden at the speaker’s table



Min. McCarthy & John Brogden



Minister Malarndirri McCarthy speaking at the dinner



Fiona O’Loughlin centre stage providing many good laughs for the 160+ guests



Guests of Mental Health Carers NT enjoying the night

# Mental Health Week ♦ 4-10 October

## Fri. 9 October - "Work Life Balance Dinner"



MC for the evening, Jay Green

To celebrate the first big Mental Health Week event in Tennant Creek, Mental Health Promotion Officer Jay Green organised a "Work Life Balance Dinner," held at Fernanda's Restaurant. The 'specials' on the menu were 3 guest speakers who spoke on the importance of keeping a healthy work-life balance - Phil Walcott, a psychologist from Alice Springs; Ann Dickinson, a visiting Physiotherapist; and Dr. Sandra Cabot, Medical & Executive Director of the Australian National Health Advisory Service. Well-known for authoring several health books, Dr Cabot is also renowned for flying herself - and her Beechcraft Baron aircraft - throughout Australia to conduct talks and do regular work for the Angel Flight Charity.



Guest speaker, Dr Sandra Cabot



The 3 Guest Speakers on the night - Ann Dickinson, Dr Sandra Cabot & Phil Willcott

Over 50 people attended the 3-course dinner, with live entertainment by local band the "Longtails." One lucky guest, Elizabeth Warschauer, won the MHACA door prize which was a night for two at the Crown Plaza in Alice Springs. A small possie of Alice Springians drove up to support the event including MHACA General Manager, Claudia Manu-Preston and her husband Darryl, Bruce Macgregor, Brian and Lynn Kennedy, Val Dearman and Judith Taylor. It was wonderful to see such a great turnout for the event and a really great night was had by all who attended. ✕



Guest speaker, Ann Dickinson



Leni Jarvis with guests at the 'Work Life Balance' dinner



Claudia Manu-Preston and Bronwyn de Aldi



Val Dearman and Dr Sandra Cabot



Catholic Care NT & TC Women's Shelter staff



Phil receiving a thank-you gift from Jay  
Right: Brian and Judith enjoying a laugh!

