

Act-Belong-Commit

August 2006 Update - Karratha



Act-Belong-Commit Profile: Michelle Louis

How I Act...

I love my family, being a wife and mother and enjoy socialising with friends and the community.

How I Belong...

I was diagnosed with breast cancer in December 2003 and I found living in the country, that there weren't any services or support groups around so I decided to start up a support group in Karratha.

How I Commit...

I love helping people, like my family and our community and want to people to know that I am there for them.



Michelle Louis – Another great Act Belong Commit example!

The new “Pilbara Multicultural Association”



Members of the Pilbara Multicultural Association

Still full of excitement following a hugely successful Multicultural Celebration in June, migrants in Karratha are keen to establish themselves as an official group so that more events like this can happen in the future.

The “Pilbara Multicultural Association” was registered at the end of July and the Launch will be held:

When: **Friday 8th September**

Time: **6pm**

Where: **Salvation Army, Bond Place**

Who: **All are welcome**

Please bring a plate of food which represents your culture.

The association aims to foster and celebrate cultural diversity to develop cultural awareness in the community and to promote cultural acceptance with respect and love by sharing our unique traditions and customs with all people who have chosen the Pilbara as their home.

What is Act Belong Commit?

The project aims to encourage people to be more physically, socially and mentally active in their community. For more info please contact Colby on 9143 2225 or Colby.Sidebottom@health.wa.gov.au.

SAFE Volunteer of the Month - Arlene McDonald



SAFE Founder, Sue Hedley comments.....

Saving SAFE's Finances!!!!



Arlene and Toby

Arlene is one of the greatest gifts to SAFE having taken charge of SAFE's finances for nearly two years. She has promised not to go anywhere in a hurry as "heaven forbid Sue having to take charge of all the accounts and money comings and goings!!!"

It's wonderful that we all have such different skills, abilities and interests to compliment each other! Arlene dedicates her volunteer time organizing SAFE's finances with great interest and enthusiasm. She does a brilliant job with little input from myself and basically is totally in charge-her Scottish ancestry is a bonus!

Arlene also has a great love of animals. She is pictured with Toby who she adopted from SAFE. It really was a case of love at first sight. Arlene has also cared for a number of other SAFE pets and assisted in so many other ways to keep SAFE going and growing.....

To get involved with the fantastic volunteer team at SAFE contact sue on 9185 4634 or safektha@bigpond.net.au Check out SAFE's website at www.safe.asn.au



Soroptimist International Karratha and Districts Invite you to join Families Walking for 'Women Survivors of War'

Commencing at the water tanks and ending at Karratha Community Library - Why not enjoy this spectacular nature walk while raising awareness of Women Survivors of War and Soroptimist International.

When: Sunday September 3

Where: Jaburara Heritage Trail

Time: Arrive between 9am - 12pm, wear strong Shoes, bring a hat and water

Gold coin donation to support Project Independence - Women Survivors of War



Karratha Community Library Book Club

Would you like to meet new people? Read a variety of books? Share your ideas with others? Belong to a group?

Why not join the Karratha Community Library Book Club? For more information please contact Joanne Roach on 9159 6886.



**Karratha Community
Library**

Check out the Act Belong Commit Website

To keep up to date with the Act-Belong-Commit campaign and to check out what is happening in your town and others go to www.mentallyhealthywa.org.au

The latest news from our Act-Belong-Commit Partners



Karratha Arts and Learning Centre Inc.

Karratha Arts and Learning Centre have been very busy as usual. Robyn Rayson, Milka Kovac, Gail Gates manned the KALC stall at the Lifestyle Expo on Sunday 30th July. The expo generated lots of interest, resulting in new members for our social groups and new bookings for the Centre.

KALC also sold raffle tickets for their major 'Craft Raffle' throughout the day, with the winners:

- 1st prize - Handmade quilt - Stephanie Taseski
 - 2nd prize - Handmade pottery wall plaque - Neil Elvin
 - 3rd prize - Scrapbooking supplies - Donna Craft.
- We raised just over \$1000 in our raffle.

Other good news for KALC is that they have been successful in their application to the Shire of Roebourne's Annual Community Sponsorship Grants Scheme for 2006/07. This will mean a facelift for the centre with the interior and exterior being painted, and the kitchen ceiling replaced. Congratulations to KALC on their successful application!!



KALC's display at the Lifestyle Expo on 30th July



FeNaCING Festival Volunteers

The Act-Belong-Commit Campaign would like to extend a big Thank-you to all the Volunteers who generously donated they're time over the festival weekend.

Thank you!!

Upcoming Events and Activities



Karratha Walk Week – Get Active!!

A Range of FREE walking events have been organised to celebrate the health benefits of walking. Come down and join in!

Paw Walk

Sunday 3 September, 9am @ Millar's Well Oval

Come out and enjoy the morning with your dog, or even if you don't have a pet come along! Followed by light refreshments and great prizes to be won.

All dogs must be on leashes and owners responsible for their pets.

Pram Push

Tuesday 5 September & Friday 8 September, 8:30am @ Karratha Community House - Pegs Creek Oval

Come and join the pram walk and enjoy the morning with other mums and their children. Followed by light refreshments and great prizes to be won.

Contact Colby on 9143 2225 or Colby.Sidebottom@health.wa.gov.au for more info

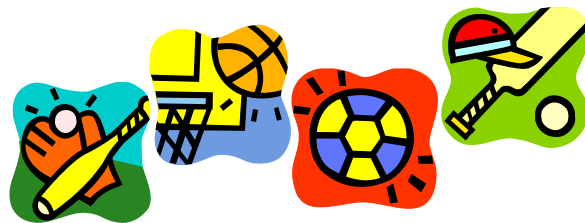
Clubs Conference

Wednesday 6 September, 8am @ Lotteries House
Cost: \$10 inc. morning / afternoon tea and lunch

For community sport and recreation club administrators, volunteers, coaches, officials, sports trainers and first aiders to share and exchange ideas.

Topics include:

- Injury management
- Club administration
- Volunteer management
- Promoting your organisation
- Sponsorships and funding



Contact Renee on 9182 2100 or renee.kleszcz@dsr.wa.gov.au for program information and registration

Good bye from Jess...

What an extremely Active year we have just had! Since the launch of the campaign in Karratha in November 2005 many positive activities and initiatives have been taking place to make Karratha a more mentally healthy place to live and enjoy life.

Getting a world first project off the ground meant a lot of Commitment to my work and really getting to know the town. Well, let me say – I can back the research which suggests that committing to something makes you feel better about yourself and others. I feel really positive about the partnerships and projects which have developed so far and feel confident and optimistic about year two of the campaign. So yes, I have gained an overall feeling of achievement and satisfaction and hope the community has too.

Of course, this couldn't have been made possible without the support of the community. An early indication of this was shown when over 80 community members attended the launch and forums of the campaign in Karratha. Furthermore, all of the Karratha *Act Belong Commit* partners have been providing so many great opportunities for people to be more mentally healthy and the Management Committee have really steered the campaign in the right direction.

For the next year I will off to Europe on a travelling adventure. I wish you all the best and thank you immensely for all your support. Colby Sidebottom will be taking on my position so all concerns, ideas and interest can be passed onto her – 9143 2225. Good bye and take care, Jess.

If you would like more information about the *Act Belong Commit* campaign in Karratha or would like to be featured in the next newsletter please contact Colby on 9143 2225 or Colby.Sidebottom@health.wa.gov.au

One very last big thank you to the *Act Belong Commit* Management Committee in Karratha, all of the local partners and everyone else who has helped get the project of the ground in Karratha!! Well done to you all in making Karratha a more mentally healthy place to live in and enjoy..

Jess - *Act Belong Commit* Intervention Officer Karratha July 2005 – July 2006.