



# Mentally Healthy WA Campaign Update: Albany

September 2007

Number 3

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## Management Committee Members: Albany

**Sandra Crowe** (WA Country Health Service, Great Southern)

**Avonia Donnellan** (GS Division of General Practice)

**Josey Hurley** (Dept of Education & Training)

**Martin Lloyd** (Dept of Environment & Conservation)

**Miranda Miller** (GS Mental Health Service)

**David Schober** (City of Albany)

**Chris Thompson** (DSR)

## Greetings

We hope you enjoy this update of the **Act-Belong-Commit** campaign in Albany. There's a great competition to enter, and some news about local events. As this is the last news update for the year, Trish & Pam would like to thank everyone for their participation and involvement with the project. There are way too many supporters to thank individually, and it really has been a community effort. Well done, Albany!

## End of the 2<sup>nd</sup> Year

As 2007 comes to a close, so does the second year of the project...and what a busy two years it has been. A follow-up survey to evaluate the results of all this busy-ness is about to be conducted, so we will not know for sure about our success for some time yet. Anecdotally, it seems that the **Act-Belong-Commit** message has reached many people in the community. We're optimistic that the message is being understood and, importantly, enacted upon so that in the longer term the health and well-being of this great community improves. Detailed results will be ready in 2008.

## You are invited!

Mentally Healthy WA invites you to attend a stakeholders and community members' session. Professor Rob Donovan from the campaign's headquarters at Curtin University in Perth will provide a presentation on some of the findings of the **Act-Belong-Commit** campaign. Morning tea will be served. Details are:

**Date:** Tuesday 23<sup>rd</sup> October, 2007

**Time:** 10am until 11.30am

**Venue:** Vancouver Arts Centre, Vancouver St Albany

**RSVP:** 9842 7500 by Friday 19<sup>th</sup> October

## Photo competition

Anyone can enter the **Act-Belong-Commit** photo competition, and be in the running to win some cool prizes. **What is the competition about?** It's about sharing positive images of Mental Health Promotion in photos of Act-Belong-Commit activities and events in your local town.

**It's as easy as A-B-C!!!! To enter:**

1. Choose up to three photographs that depict an Act-Belong-Commit moment.
  2. **Email** photo(s) and entry contact details to [j.ambridge@curtin.edu.au](mailto:j.ambridge@curtin.edu.au)
- OR
3. **Post** CD plus entry form to: J. Ambridge Curtin University – CBRCC GPO Box U1987 Perth WA 6845

By 17<sup>th</sup> October 2007 ( See the website for more details)

## Act-Belong-Commit Team Members in Albany

Trish Travers: 08 9842 7538

Trish.travers@health.wa.gov.au

Pam Lincoln: 08 9842 7500

## Visit Us

[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)

125 Grey Street West  
Albany WA 6330

## Feedback & Ideas

- Please let us know if there's anything you'd like to hear about
- Send us your ideas for future activities with clubs or groups to which you belong

## Favourite websites

[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)

[www.ride2work.com.au](http://www.ride2work.com.au)

## Relay for Life: It's on again in 2008

The inaugural Albany Relay for Life raised a **record \$140,000** and was a shining example of a community working together for an important cause. Relay for Life is the world's biggest fundraising event for cancer and is now held in over 2,500 locations worldwide. In Australia, Relay for Life continues to raise millions of dollars annually for cancer research, education and patient services. Albany's Relay was held in April 2007. Planning is already underway for next year, and we'd like to remind you that the Relay provides a fantastic opportunity to **Act-Belong-Commit** and for each of us to participate in whatever way we can to eliminate cancer. Relay is about hope. Relay is about being **active** in your community. Relay is about the sense of **belonging** you feel when being part of such a worthwhile cause and it is also about making a **commitment** back into the community by fundraising for cancer research. For further information please send a letter to: **Albany Relay For Life, C/O PO Box 5147 Albany WA 6330** or email [albanyrelayforlife@hotmail.com](mailto:albanyrelayforlife@hotmail.com)

## Healthway sponsored events

The **Act-Belong-Commit** message will be seen across a broad range of the community over the coming months. Healthway have sponsored the following groups and events to promote **Act-Belong-Commit**!

- Men's Resource Centre Fun Run - Sunday 30<sup>th</sup> Sept - Middleton Bch
- Retrospective exhibition - October - Vancouver Arts Centre
- Jazz Marsala concert series - various
- Like Minds Like Mine art project

See the Albany section of the **Act-Belong-Commit** website for more details. If you would like information about applying for a Healthway funded **Act-Belong-Commit** sponsorship for your arts or sports event, please contact Trish Travers on the details above.

## Mental Health Week 2007

Here's just a sample of what's on over Mental Health Week 2007 (from 8<sup>th</sup> to 14<sup>th</sup> October):

- Tuesday 9<sup>th</sup> Multicultural Cooking Class
- Wednesday 10<sup>th</sup> Have a go Day (Narrogin)
- Thursday 11<sup>th</sup> Community Walk (Mt Barker)
- Friday 12<sup>th</sup> Skywest, UWA Lecture by Prof Sven Silburn
- Sunday 14<sup>th</sup> Family Fun Day (Denmark)

Look out for the detailed program about the many wonderful events to celebrate good mental health – contact us or go to the Albany page of the [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au) website