

Act-Belong-Commit

September 2007 Update Esperance



In this month's Newsletter....

Well Spring is in the air and there are a number of ways people can spring into action in Esperance. We have the 10000 Steps Community Challenge starting up in September. Mental Health Week planning continues with a number of local groups expressing their interest in being involved. The Chaplaincy Challenge 200km bike ride to Condingup will be taking place at the end of Mental Health Week. The Year 12 students at Esperance Senior High School will be taking part in their End of School Celebrations. The Esperance Art Society Inc will have their Grand Opening for the Biennial Art Exhibition 2007. Our Lady Star of The Sea Catholic Primary School also hosted their School Drug Education Forum recently. It is great to see the people of Esperance supporting Mentally Healthy WA in the ways that they Act-Belong and Commit. Read on for details of how this is being done.....

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 Sonia or Kylie on

0890 710444 or

kylie.ryan@

health.wa.gov.au.

10,000 Steps

Are you prepared to STEP up to the Challenge and Commit 2 B Fit?

The 10,000 Steps Community Challenge is a six-week pedometer based walking challenge that commences on Monday 17th September 2007.

Enter as an individual or team with workmates, friends or family to have fun and get fit!

Great prizes to be won!!

Registrations

Including pedometer and t-shirt (limited to the first 100 registrations) = \$10

Without pedometer and t-shirt = free

Registration forms MUST be returned to the Bay of Isles Leisure Centre, Black Street, Esperance by Friday 14th September 2007.

Commit 2 B Fit

Additional pedometers can be purchased from Sportspower, Bay of Isles Sports, and Dempster Sporting.

Registration forms can be collected from:

Bay of Isles Leisure Centre – Black Street
Esperance Community Health – Forrest Street
Bay of Isles Sports
Sportspower
Dempster Sporting

For further information about the 10,000 Steps Community Challenge please call:

Louise Paterson on 90710679

Tanya Robinson on 90710757

Thank you to Healthway, WA Country Health Service, Lotterywest, and Curtin University for your support and funding of Mentally Healthy WA in Esperance and other regional sites over the past two years.



Mental Health Week 2007

Mental Health Week Working Group

The Mental Health Week Working Group are continuing with planning ideas for Mental Health Week 2007. Several expressions of interest have already been received from local clubs and groups who would like to participate in Mental Health Week activities. So far the calendar of events for Mental Health Week includes:

- 7th October – Esperance Triathlon Club Mini Triathlon
- 7th October – Esperance Deep Sea Angling Club Children's Fun Fish Day
- 11th October – Esperance Patchwork Club Open Day
- 11th October – Esperance Weight Watchers Club Open Meeting
- 12th October – Esperance Bridge Club Introduction to Duplicate Bridge
- 12th October – Chaplaincy Challenge Bike Ride to Condingup
- 13th October – Esperance Bay Rotary Club Miniature Railway Day
- 13th October – Harmonee House Open Day

Plans are also underway to host an interactive stall display for Stress Less Day with details of this event yet to be confirmed – so watch this space....

The West Australian Association for Mental Health (WAAMH) will officially close Mental Health Week in Esperance at the Harmonee House Open Day. The theme for this event will be along the lines of 'The World is Your Backyard'.

If you would like to become involved in Mental Health Week activities, please contact Sonia Commisso on 90710444 or Kylie Ryan on 90710756.

Mental Health Week: 7 - 13 October 2007

World Mental Health Day: Wednesday 10 October 2007

Stress Less Day: Wednesday 10 October 2007

If you would like more information regarding ideas and plans for Mental Health Week please contact Sonia Commisso on (08) 90710444 or email Sonia at Sonia.Commisso@health.wa.gov.au

Act-Belong-Commit Chaplaincy Challenge

Chaplaincy Challenge 2007

200km Individual / Team Bike Ride from Esperance to North of Condingup and Return starts Friday 12th October 2007.

Saturday 13th October 2007 ride to Condingup Wool Fair & 1-2 hours later depart for Esperance. Leaving Condingup around 12noon for return ride to Esperance.

We are looking for Riders & Road Crew to help raise funds for the High School Chaplain – CRE materials for primary schools.

For further information on the Challenge please contact:

Email: deslee@westnet.com.au
Email: murray.pownall@police.wa.gov.au

Leanne Pownall
Wk: 90719536
A/h: 90713195
Fax: 90719556



Murray Pownall
Wk: 90711900
A/h: 90717251
Fax: 90711900

Act-Belong-Commit The Vortex Project

Esperance Senior High School Year 12 End of School Celebrations

End of School Celebrations and Exit Week for Esperance Senior High School Year 12 Students will be taking place in September 2007.

Activities and Events have been planned for the students under the banner of

THE VORTEX PROJECT

Thursday 13th September – Presentation at ESHS

Friday 21st September – Presentation at ESHS

Wednesday 26th September – Parent Night at ESHS

Wednesday 26th September – Vortex party at the Pink Lake Country Club

Further information about the Vortex project can be obtained from Geoff Poole at Esperance Senior High School on 9071955 or Kylie Ryan at Esperance Community Health on 90710756

Act- Belong-Commit Biennial Art Exhibition

The Esperance Art Society Inc will host their Biennial Art Exhibition during September with the Act-Belong-Commit message being promoted throughout the event. Mentally Healthy WA are proud to sponsor the Art Exhibition and wish all entrants the very best.

ESPERANCE ART SOCIETY – BIENNIAL EXHIBITION 2007
THURSDAY AUGUST 30TH – SUNDAY SEPTEMBER 9TH

CONTACT

Sally Proudfoot on (08) 90711774
Cannery Arts Centre on (08) 90713599

Act-Belong-Commit School Drug Education Forum



Our Lady Star of the Sea Primary School

Drug Education Forum 2007

FORMAT: Whole of School Assembly
(including a range of arts media)

WHEN: Thursday August 16th

REPEATED: Friday August 17th

TIME: 1.30pm

WHERE: Junior Assembly Area



Our Lady Star of the Sea Primary School hosted their School Drug Education Forum in August, which was a great success and a credit to both students and teachers. A variety of skits were showcased by students as well as a range of artwork
Congratulations to all who took part

If you would like more information about the *Act Belong Commit* campaign in Esperance or would like to be featured in the next newsletter please contact Kylie on 0890 710756 or kylie.ryan@health.wa.gov.au