

CONSUMER &amp; CARER ADVISORY COUNCIL

# NEWSLETTER



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## About the newsletter

Hello dear readers,

As we turn the page to a new month, we invite you to join us on a journey—one where the rhythmic cadence of footsteps harmonises with the beat of a resilient heart. This month, our focus converges on a singular, yet expansive theme; walking. Why walking, you ask? The simple act of walking, often overlooked in its therapeutic potential, provides not just physical but also profound mental benefits. This is beautifully encapsulated in our feature *Walking - a step towards better mental health*.

Walking offers an embrace to all who seek its refuge—a sanctuary of calm, an arena for reflection, a theater of inspiration. This theme holds even more weight as we draw attention to a pressing concern that affects millions across our sunburnt country; anxiety. This ubiquitous shadow touches Australians of all ages and genders. It weaves itself into the tapestry of daily life, often lurking unnoticed until it becomes an overwhelming tide. It is essential, therefore, to spotlight it, understand its intricacies, and share stories of hope and recovery.

For those of you nestled in or around our lovely region or even those planning a visit *A walking guide to Greater Shepparton* will be your compass. Let the diverse landscapes of Shepparton be your backdrop as you embark on curated trails that promise both scenic beauty and a mental reprieve. From the murmur of the Goulburn River to the whispered secrets among the eucalyptus trees, Shepparton is not just a place on a map. It is an experience waiting to be felt—one step at a time.

Highlighting the deeply personal nature of anxiety, we share an individual's poignant recovery journey in *One Story at a Time*, emphasising resilience and the strength derived from understanding and support. We hope such narratives resonate and inspire hope within our community. Further, our education segment delves into comprehensive insights about anxiety, empowering readers with knowledge about its nuances and coping mechanisms.

# WALKING

## A STEP TOWARDS BETTER MENTAL HEALTH

Walking is more than just a mode of transportation or an exercise to keep our heart healthy; it's also a gateway to improved mental well-being. The rhythmic cadence of each step, the interaction with the environment, and the subtle changes in our physiology make walking a uniquely holistic remedy for the mind. Let's explore the reasons why walking is so beneficial for our mental health and the myriad of advantages we can derive from it.

**Connection to Nature:** For many, walking, especially in green spaces like parks or forests, offers a direct connection to nature. Natural environments have an inherent tranquility that provides a refuge from the daily hustle and bustle. This immersion, often referred to as "forest bathing" in cultures like Japan, can reduce cognitive fatigue and boost feelings of awe, pulling us out of our mundane worries.

**Meditative Repetition:** The repetitive motion of walking, much like the repeated chants of meditation, creates a rhythm that can become hypnotic. This rhythm helps anchor the present moment, centering our thoughts and reducing rumination on past regrets or future anxieties. The walking meditation practice, where one is mindful of each step and the sensations it brings, further deepens this meditative aspect of walking.

**Endorphin Release:** Physiologically, walking, like other forms of exercise, promotes the release of endorphins. These chemicals, often dubbed "feel-good hormones," play a crucial role in mood regulation. Even a short brisk walk can trigger an endorphin surge, leading to a reduction in stress levels, a boost in self-esteem, and an overall feeling of well-being.

**Improved Sleep Patterns:** Regular walking can assist in regulating sleep patterns. Good quality sleep is not just essential for physical health but is a cornerstone of mental health. When we walk, especially in the morning or during daylight hours, our exposure to natural light helps recalibrate our internal body clocks, promoting better sleep at night. This can lead to improved mood, reduced anxiety, and increased cognitive clarity.

**Social Connection:** Walking can be a social activity. Whether you're strolling with a friend or joining a walking group, these shared experiences foster connections and combat feelings of loneliness and isolation. Social interactions during these walks can lead to deeper conversations, shared experiences, and a strengthened sense of community.

**A Break from Digital Overload:** Our modern lives are inundated with screens. Phones, computers, and TVs constantly demand our attention. Walking provides a much-needed digital detox. It's a time when we can unplug, let our minds wander, and take a break from the constant onslaught of information. This pause can boost creativity, improve focus, and reduce feelings of digital burnout.

**Increased Cognitive Function:** Regular walking, particularly as we age, can help maintain cognitive function and reduce the risk of cognitive decline. The increased blood flow to the brain during walks delivers oxygen and essential nutrients that support brain health. Over time, this can lead to better memory, sharper focus, and reduced risk of diseases like dementia.

In conclusion, walking, with its simple, rhythmic motion, holds profound benefits for mental health. It offers a blend of physiological, psychological, and environmental advantages that collectively boost our mood, reduce stress, and enhance cognitive function. While it might seem like a basic activity, its impacts are vast and deep. So, the next time you feel overwhelmed or bogged down by the weight of the world, remember that a walk, whether it's a quick stroll around the block or an extended hike through nature, might just be the therapeutic step you need.

# A WALKING GUIDE TO GREATER SHEPPARTON

Let this [Walk in Greater Shepparton](#) booklet be your guide to discovering the great outdoors of Greater Shepparton, which offers visitors and locals alike a plethora of pathways and trails to explore the region.

Home to a population of over 60,000 people, there is an abundance of historical, cultural and natural treasures within the Greater Shepparton region, just waiting to be discovered.

The [Walk in Greater Shepparton](#) booklet is the local guide to walking in the region, with comprehensive coverage of pathways, tracks and trails within the townships, tips and information on safety and good practice. Inclusions encompass walking club details, annual events and useful and easy to read maps to find your way around, as well as interesting features about each of the walks.

There is also a detailed map of the Yanha Gurtji Shared Path Network along the banks of the scenic Goulburn River. In preparing this booklet, the Greater Shepparton City Council, respectfully acknowledges the past and present traditional owners of the land which this booklet relates to. It also acknowledges the contributions of all Australians towards caring for the land we all live in and share together. For further information about walking in Greater Shepparton, and other information for visitors to the region, visit the [Shepparton and Goulburn Valley website](#). Happy trails!

## Walk in Greater Shepparton



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# BOOK REVIEW:

## PERFECT MOTION - HOW WALKING MAKES YOU WISER

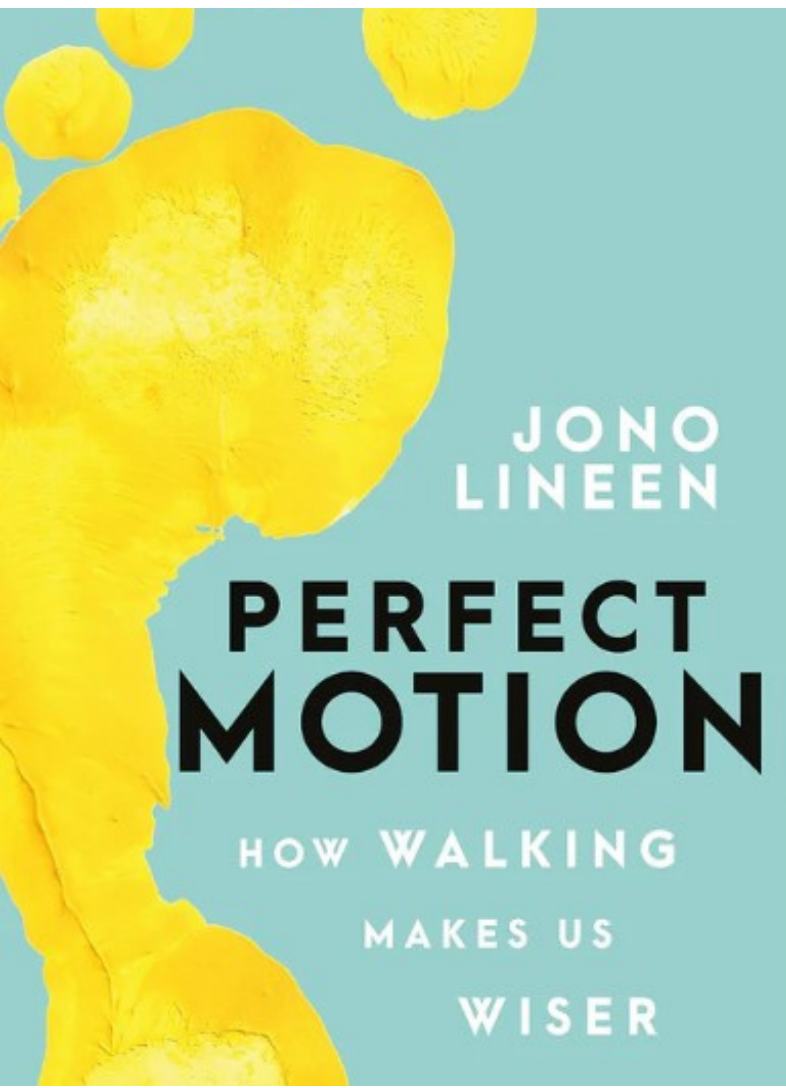
Since our first ancestor rose up to place one foot in front of another, our desire to walk has produced fundamental changes in our bodies and minds.

In *Perfect Motion*, Jono Lineen investigates that transformation, and why walking has made us more creative, helped us to learn, constructed our perception of time, strengthened our resilience and provided a way of making sense of our life – and death.

After the tragic loss of his younger brother, Lineen experienced walking's regenerative power firsthand. Grief-stricken and adrift, he set off on a 2700-kilometre solo trek across the Himalayas. He walked for months until his legs ached and feet blistered, and by the end of the expedition, something had changed in him. He was stronger – not just physically, but psychologically and emotionally.

What had happened? What had given him this feeling of peace; joy even? Determined to find out, he began researching the science and history of walking and running and discovered that there were fascinating reasons for his metamorphosis. Now, weaving together his own remarkable personal stories with evolutionary research, psychology, neuroscience, anatomy, and philosophy, Lineen reveals for the first time the powerful effect that even the shortest strolls can have on us. And why walking is what we're made to do; it is our perfect motion.

[Listen to an interview with the author on The Drum.](#)



# ONE STORY AT A TIME

## *Journey from Shadows: Maya's Triumph Over Anxiety*

The serene suburbs of Millbrook were known for their vibrant flowers, chirping birds, and houses with white picket fences. In one of these houses lived Maya, a talented artist with dreams as colorful as her canvases. However, an uninvited guest called anxiety cast a shadow over her life, turning her bright days into hues of gray.

Maya's journey with anxiety started during her late teenage years. The initial triggers were subtle: a growing apprehension about social events, an irrational fear of missing deadlines, or the overwhelming dread of judgment. Over time, these worries transformed into physical symptoms: a racing heart, clammy hands, and nights spent staring at the ceiling, enveloped by spiraling thoughts.

At the peak of her anxiety, even the thought of picking up a brush paralyzed Maya. She withdrew from friends and family, retreating into a shell, her once lively eyes now reflecting the chaos inside her mind. One particularly challenging day, Maya stumbled upon an old journal from her childhood. A particular entry read, "Today, I painted the sky. It wasn't perfect, but the colors made me happy." This simple sentiment acted as a beacon of hope. She realized that her pursuit of perfection and the fear of judgment had imprisoned her in chains of anxiety.



Determined to regain control of her life, Maya sought professional help. Her therapist, Dr. Lina, introduced her to Cognitive Behavioral Therapy (CBT). Through regular sessions, Maya learned to identify and challenge her negative thought patterns. Dr. Lina equipped her with tools to confront and diffuse her anxious feelings. Maya also attended group therapy, where she met others grappling with similar challenges. These sessions became a sanctuary, a place where they shared their stories, fears, and little victories.

Alongside therapy, Maya embraced mindfulness and meditation. The practice of grounding herself in the present, focusing on her breathing, and observing her thoughts without judgment gradually weakened anxiety's grip on her. Yoga became a daily ritual, a dance where she celebrated her body and mind's resilience.

However, the most significant shift occurred when Maya decided to channel her anxiety into her art. She began painting her emotions, using her canvases to depict her internal battles. From abstract portrayals of her darkest days to vibrant illustrations of her milestones, her art became a testament to her journey.

Maya also started conducting art therapy workshops in her community. These workshops became a refuge for many, a place where art became the language of expression, and canvases bore witness to countless untold stories.

Years passed, and while Maya still had days when anxiety tried to claw its way back, she was now better equipped to face it. Her art, once a source of stress, had transformed into her strongest ally. The community around her, once a source of fear, now stood by her, inspired by her resilience.

Maya's journey wasn't about eradicating anxiety but learning to coexist with it. She often said, "My anxiety is a part of me, but it doesn't define me." Today, nestled in the heart of Millbrook, Maya's art studio stands tall, not just as a testament to her talent but as a beacon of hope for every soul seeking light amidst the shadows of anxiety.



**"OUR ANXIETY DOES NOT COME FROM THINKING ABOUT THE FUTURE, BUT FROM WANTING TO CONTROL IT." — KAHLIL GIBRAN**

**"YOU DON'T HAVE TO CONTROL YOUR THOUGHTS. YOU JUST HAVE TO STOP LETTING THEM CONTROL YOU." — DAN MILLMAN**

**"YOU WOULDN'T WORRY SO MUCH ABOUT WHAT OTHERS THINK OF YOU IF YOU REALIZED HOW SELDOM THEY DO." — ELEANOR ROOSEVELT**

# MENTAL HEALTH EDUCATION

## Anxiety

### What is anxiety?

Most people experience feelings of anxiety before an important event such as a big exam, business presentation or first date. Anxiety disorders, however, are illnesses that cause people to feel frightened, distressed and uneasy for no apparent reason. Left untreated, these disorders can dramatically reduce productivity and significantly diminish an individual's quality of life.

Anxiety disorders are among the most common mental illnesses in Australia. 3 million Australians are living with anxiety. Anxiety is the most common mental health condition in Australia. 1 in 4 people will experience anxiety at some stage in their life.



### What are the symptoms of anxiety?

Anxiety symptoms vary and may include any of the following:

- Feeling restless
- Feeling tired
- Difficulty concentrating or losing their train of thought
- Irritability
- Muscle pain, tightness, or soreness
- Difficulty sleeping – both falling asleep or staying asleep or being rested

## What causes anxiety?

Stress is a normal, proportional reaction to a stressful situation or external pressures. It's normal to feel stressed about a final exam or job interview. Anxiety in anxiety disorders is characterized by feelings of apprehension or unexplained thoughts of impending doom.

While most individuals will experience some form of anxiety in their lives, there is still research being done on the causes of anxiety disorders. New research shows that anxiety disorders run in families, and that they have a biological basis, much like allergies or diabetes and other disorders. Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

For people who experience trauma, anxiety is a way that the brain and body has reacted to the traumatic experience – sometimes as a protective measure. When we're feeling attacked it makes sense to be on guard and not trust others. For people who have been through trauma, those thoughts and protective behaviors continue even when danger is gone. Finding ways to feel safe, re-teach your body and mind to readjust to feelings of safety, and working through bad experiences can help.

## Types of anxiety?

**Generalized Anxiety Disorder:** Chronic, exaggerated worry about everyday routine life events and activities, lasting at least six months; almost always anticipating the worst even though there is little reason to expect it. Accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache, or nausea.

**Obsessive-Compulsive Disorder:** Repeated, intrusive and unwanted thoughts or rituals that seem impossible to control.

**Panic Disorder:** Characterized by panic attacks, sudden feelings of terror that strike repeatedly and without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal discomfort, feelings of unreality, and fear of dying.

**Phobia:** Extreme, disabling and irrational fear of something that really poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives.

**Post-Traumatic Stress Disorder:** Persistent symptoms that occur after experiencing a traumatic event such as war, rape, child abuse, natural disasters, or being taken hostage. Nightmares, flashbacks, numbing of emotions, depression, and feeling angry, irritable, distracted and being easily startled are common.

**Social Anxiety Disorder:** Fear of social situations in which the person is exposed to unfamiliar people or to possible scrutiny by others. The individual fears that he or she will act in a way (or show anxiety symptoms) that will be embarrassing and humiliating, often times leading to avoidance of social situations and severe distress when participation in social situations can't be avoided.

## How do you treat anxiety?

Anxiety is about worry and fear. Worry and fear happens when something causes you to learn to be scared and worried. This learning process affects your thoughts and your body, for example by causing your heart to race or excessive sweating. You can treat anxiety by addressing the thoughts and physical reactions that are happening in your mind and body. For example, you can re-learn how to be around the thing that scares you and NOT react with fear, essentially retraining your thoughts and physical reactions.



# WHAT ANXIETY FEELS AND LOOKS LIKE



# ANXIETY

@BELIEVEPHQ

WHAT ANXIETY FEELS AND LOOKS LIKE?

VS

HOW TO MANAGE YOUR ANXIETY



## Some examples of how to treat anxiety include:

**Therapy:** There are many different types of therapy. It can be a great way to change behaviors, gain confidence, learn new skills, and talk with someone openly and honestly. One of the most common and researched types of therapy for anxiety is Systematic Desensitization and Exposure Therapy. The main aspects of these types of treatment are slow exposure in uncomfortable situations, often in a safe environment with someone working with you to address the desire to run away. The goal is to do the thing you're scared of and work on changing thoughts and behaviors.

**Support groups:** Support groups are made up of individuals with similar experiences, like anxiety, who meet regularly to discuss their experiences. There are many groups specific to anxiety, in addition to groups around broader issues. Talking to people who are going through the same things can make you feel less alone and more connected. It also creates a space where people can share what has worked for them and talk through their struggles with people who understand.

**Medication:** Another option is to take medications. Medications literally mellow you out and prevent your body from reacting in a fearful way. Anti-anxiety medications like Xanax or Klonopin are designed to work quickly to help calm you down by slowing down brain activity or communication between your body and brain. Unfortunately, these drugs can be very addictive. Another drug that can be used to treat anxiety are antidepressants.

**Lifestyle Changes:** Research shows exercise, meditation, and yoga can all improve mood and overall well being. Research also shows the importance of nutrition and certain supplements in supporting brain and mood. Other things like taking time to take care of yourself, trying activities you enjoy, and spending time with people or environments where you feel supported can help as well. While there is no one simple answer, people do recover with a combination of supports. It can take some time to find out what works best for you, but it does get better.

# MENTAL HEALTH RESEARCH

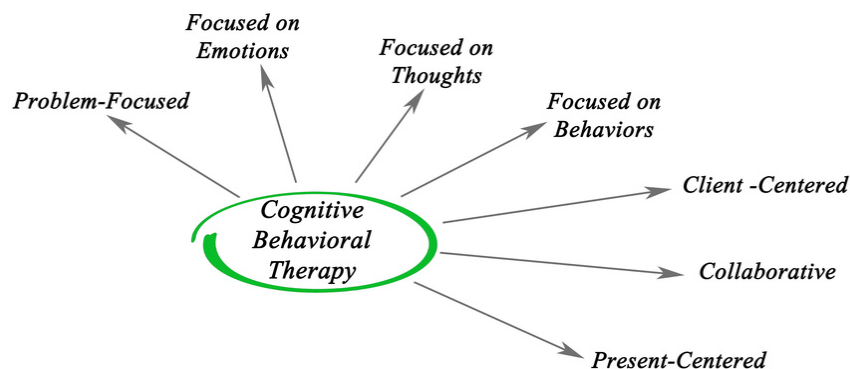
*"The Efficacy of Cognitive Behavioral Therapy (CBT)" by  
Aaron T. Beck, A. John Rush, Brian F. Shaw, and Gary Emery*

Cognitive Behavioral Therapy (CBT) has been recognized as a groundbreaking psychotherapeutic approach. The research by Aaron T. Beck, A. John Rush, Brian F. Shaw, and Gary Emery is fundamental in establishing its efficacy for treating various mood disorders, including anxiety.

CBT is rooted in the concept that our thoughts, feelings, and behaviors are interconnected. Maladaptive or distorted thinking patterns can give rise to negative emotions and, consequently, undesirable behaviors. Beck and his colleagues emphasized that by identifying and challenging these negative thought patterns and by equipping individuals with strategies to change them, it's possible to bring about significant improvements in emotional well-being and behavior.

In their research, Beck and his team conducted a series of controlled trials comparing CBT with other therapeutic interventions and even pharmacological treatments for depression and anxiety. Their findings consistently highlighted CBT's effectiveness. Not only did CBT demonstrate substantial immediate benefits, but it also showed potential for long-term efficacy, reducing the likelihood of relapse when compared with medication alone.

One of the unique aspects of this research was its focus on the structured nature of CBT. Sessions are typically time-limited, goal-oriented, and focused on the present. The therapeutic process involves collaboration between the therapist and the client. The therapist plays an educational role, guiding the client in understanding their thought patterns, challenging distortions, and learning coping mechanisms.



Beck and his colleagues also introduced the idea of "homework" in therapy. Clients were encouraged to apply the strategies learned during sessions to real-life situations outside of therapy. This active engagement was found to be instrumental in ensuring the practical applicability of CBT techniques and ensuring long-term success.

The research also highlighted the flexibility of CBT. While it was initially designed to treat depression, the results showed that with slight modifications, CBT could effectively address a range of mood disorders, including various forms of anxiety.

In conclusion, the work by Beck, Rush, Shaw, and Emery has been pivotal in establishing CBT as a first-line treatment for mood disorders. Their rigorous research methodology and consistent findings have made a lasting impact on the field of psychotherapy, leading to widespread adoption and further refinement of CBT techniques.

**Reference:** Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive Therapy of Depression*. Guilford Press.



# AFTER SILVERCHAIR ENDED, BEN GILLIES WAS SO ANXIETY-RIDDEN HE COULDN'T SURF ANYMORE. 13 YEARS LATER, HE'S BACK IN THE WATER

September 24, 2023 | Australian Broadcasting Corporation: Web Edition Articles (Australia)  
Author/Byline: Leisa Scott and Ben Cheshire; Leisa Scott And Ben Cheshire | Section: News

Out in the surf and all at sea in the months after Silverchair announced its indefinite hibernation, the band's drummer, Ben Gillies, started "freaking out".

He can't recall just what set him off, but within seconds, the lifelong surfer, the man who embraced surfing as freedom, meditation and peace was spiralling into an anxiety attack.

"When anxiety hits," Ben tells Australian Story, "you just have this terror and fear. It just comes out of nowhere and it's really hard to explain.

"A single thought ... just popped in my head and that thought triggered another thought. And then the spiral started and then I just started freaking out ... it just overcame me. And the one thing I could think of was I need to get out of the water and I need to feel the ground under my feet."

Ben turned straight for the beach ... and didn't pick up a board again.

"You avoid those feelings of terror or feelings of being out of control," he says. "I haven't been surfing for 13 years."

Ben had been dealing with anxiety ever since he'd experienced an acute psychotic break at the height of Silverchair's fame, when his first ecstasy pill, combined with a heavy marijuana habit, "pushed me over the edge".

He's not sure if the 2011 end of Silverchair, the fizzling out of a rock and grunge band that had been his entire life, was the trigger for the attack in the surf, but admits it's likely.

"I definitely felt a heaviness," he says. "I was sad and I was hurt and I had to carry that around with me and I had no way of releasing it, or no way of dealing with it."

Part of the hurt was the loss of the friendship with the two mates he'd known since he was in primary school, the other members of Silverchair, frontman and lead guitarist, Daniel Johns, and bass guitarist, Chris Joannou.

Ben still has little contact with Daniel. They just haven't found a way to reconcile the creative differences, the tensions, slights and sniping, that built up over 17 years of fame, a monumental Australian music success story which saw Silverchair sell more than 10 million records.

But Ben and Chris are great mates again. To get that friendship back, Ben, who stopped smoking marijuana after the psychotic break, had to drop another vice. Alcohol.

The ultimatum that changed Ben's life

Kicking that addiction came via an ultimatum from the person he couldn't imagine living without – his wife, Jackie. "She is a force to be reckoned with," he says.

Jackie knew Ben when he was with Silverchair; she knew he liked to party. But it wasn't until after the band's last concert in 2010, and after the couple were married later that year, that she became alarmed by the extent of his drinking.

As time went by and Jackie's concern grew, she went hunting. "I looked under the bed," recalls Jackie, a psychic and cast member on the reality show, *Real Housewives of Melbourne*. "There were some bottles there ... and some behind the lounge."

She could take no more.

"I said, 'If you don't stop, I'm out...I don't care who you are. I don't care how much money you've got. I will not be in a relationship where someone's life is catered by alcohol. It's not going to happen.'"

The next day, Ben sought help. Recovery has come with a few bumps, Jackie says, but her "loyal, loving, giving, generous" husband is sober now.

Getting sober enabled Ben to grapple with the mistakes he'd made and his need to repair his friendship with Chris. It had fallen apart when a drunk Ben insulted Chris's talent during the making of the sixth, never released, *Silverchair* album.

"It was all my fault," Ben says. "There's no excuse. I did it...You just do dumb shit when you drink."

"Once Chris and I reconciled after I kind of took accountability, it was like we were closer than ever."

Since their reconciliation, the rhythm section duo has helped each other through a range of health battles. In 2019, Chris was diagnosed with stage four, soft tissue sarcoma. Treatment worked, and he got the all-clear.

Then, last year, he suffered a heart attack, the type doctors term a "tombstone heart attack", because survival is rare. Chris was one of the lucky ones. He has heart damage and has had stents put in, but he says, "I'm still here".

Ben's on the mend, too. He's weaned himself off anxiety medication but continues to manage his mental health. For too long, he says, he hid his battles with addiction and mental illness and is now a strong advocate for talking about it.

"The more I talk about it and the more I'm open about it, the more I feel better about it," Ben says. "But also, it's amazing how many people say to me, 'Oh man, I've been having those feelings,' or 'I've had this medication'."

"Instantly, the walls just melt down ... it's just being human."

He's taken another big step. During the filming of *Australian Story*, he went surfing for the first time in 13 years. He picked up a board and headed out into the waves with a mate, the same mate who was there the day he had his anxiety attack.

It wasn't pretty; the surf was a bit messy and Ben was rusty. He got sucked down by a couple of waves; had a few wipe-outs. But for a couple of seconds, he stood up. And it was fun.

"I didn't feel anxious," Ben says. "So that was good. Hopefully, this is the comeback. The comeback journey of Ben in the waves."

Watch *Australian Story's A Silver Lining: Part 2* at 8pm on ABCTV and ABC iview.



# Meet the New Mental Health Minister

## The Hon. Ingrid Stitt

Western Metropolitan  
Legislative Council  
Australian Labor Party

Minister for Mental Health  
Minister for Ageing  
Minister for Multicultural Affairs  
[More information](#) ↓

Before entering Parliament, Ingrid fought for low paid workers across the private and public sectors. She was Secretary for the Victorian Branch of the Australian Services Union between 2004 and 2018. Ingrid's family has lived in Melbourne's west for more than 20 years. She wants to ensure it remains a great place to live, work and raise a family. This is what prompted her to run for Parliament.

The priorities Ingrid has for her community are to ensure all families have access to world-class public hospitals, schools, early learning facilities, transport infrastructure, and green open spaces. She is also deeply committed to supporting the growth of safe and secure local jobs in Melbourne's growing western suburbs, and ensuring that vulnerable community members have the support they need.

Ingrid's vision for Victoria's future is that it is known as the best place in the world. She believes that we should provide every child with the knowledge and skills that will see them thrive throughout their lives. And she is committed to the conservation and protection of Victoria's precious natural environment for generations to come.

### Appointments

- Minister for Mental Health since October 2023
- Minister for Ageing since October 2023
- Minister for Multicultural Affairs since October 2023

[Read more here.](#)

## Media Release

**Ingrid Stitt MP**  
Minister for Mental Health  
Minister for Ageing  
Minister for Multicultural Affairs

Monday, 16 October 2023

### A FURTHER NINE MENTAL HEALTH LOCALS NOW ONE STEP CLOSER

The Allan Labor Government is on track to deliver another nine Mental Health and Wellbeing Locals across Victoria, ensuring more people have access to walk-in mental health care and support, without the need for a GP referral.

Following the opening of the first six sites in 2022, Minister for Mental Health Ingrid Stitt today announced the providers selected to deliver these critical services for people aged 26 years and over, living with mental health or co-occurring alcohol and other drug concerns.

Acting as a 'front door' to the mental health system and staffed by qualified mental health professionals, the Locals can be found in metropolitan and regional Victoria.

Selected for their experience and expansive sector knowledge, the providers for the next nine sites include:

- 
- **Dandenong** – Mind Australia in partnership with Monash Health, The Victorian Foundation for Survivors of Torture Inc. and Thorne Harbour Health Ltd
  - **Shepparton** – Wellways Australia in partnership with APMHA Healthcare Ltd and Goulburn Valley Health
  - **Melton** – Mind Australia in partnership with IPC Health, MidWest Area Mental Health Service, Thorne Harbour Health Ltd and Western Health
  - **Mildura** – Wellways Australia in partnership with Mallee District Aboriginal Services, Mildura Base Public Hospital and Sunraysia Community Health Services
  - **Lilydale** – Wellways Australia in partnership with Eastern Health, Inspiro and Oonah Belonging Place
  - **Bendigo and Echuca** – Mind Australia in partnership with Bendigo & District Aboriginal Co-operative, Bendigo Health, Echuca Regional Health, The Salvation Army and Thorne Harbour Health Ltd
  - **Orbost and Bairnsdale** – Wellways Australia in partnership with Gippsland Lakes Complete Health and Latrobe Regional Health

Support is delivered in-person, telehealth, and via outreach services and a care plan is then designed to match patient goals and preferences – family, carers and supporters can also be involved pending patient permission.

A flagship reform following the *Royal Commission into Victoria's Mental Health System*, the Labor Government will deliver 50 Local Services across Victoria by the end of 2026.

In the most recent *Victorian Budget 2023/24*, \$67 million was invested to establish another three Mental Health and Wellbeing Locals across the state, with an additional \$10 million to plan for another 20 locations.

Since the Royal Commission handed down its final report, significant progress has been made with work underway to implement more than 90 per cent of recommendations and more than \$6 billion invested in the system over the past three years – the largest investment in mental health in Victoria's history.

#### Quotes attributable to Minister for Mental Health Ingrid Stitt

*"The Royal Commission showed us that there can be a number of barriers hindering people's access to the mental health system – that is why the Locals are a critically important 'front door' to getting them the help they need."*

*"The providers are incredibly experienced, with teams of highly qualified mental health professionals who understand the importance of this initial support in reducing the need for more acute care in the future."*

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# GivingTuesday

What a difference a day can make

## **November 28, 2023**

### **Inspiring Australians to give back**

GivingTuesday is an opportunity to give back to the organisations making a difference in people's lives. For one day each year, individuals, communities and business come together to give their time, money, goods or voices, to celebrate and thank Australian not-for-profits.

GivingTuesday started in New York's 92nd Street Y in 2012, which served as the catalyst and incubator for GivingTuesday, with the United Nations Foundation providing their strategic and communications expertise. In 2013, Australia was invited to join the campaign, and the GivingTuesday message started spreading across Australian communities.

Since then, GivingTuesday has spread to more than 50 countries across the world. Each country participates on the same day, which brings together individuals and communities from across the world to celebrate generosity together.

[Read more here.](#)



# Welcome

Creating new possibilities for humans and horses.



## An Equine-Assisted Therapy charity program based in Mooroopna, Victoria.

**Address:** 840 Ardmona Road, Mooroopna North, VIC, Australia, Victoria

**Contact:** 0417 541 778

**Email:** [info@horsesforhope.org.au](mailto:info@horsesforhope.org.au)

**website:** <https://www.horsesforhope.org.au/>

**Facebook:** <https://www.facebook.com/horsesforhopeLtd/>

Horses for Hope uses the connection between horses and humans to heal and improve the lives of both. People and horses work together in a safe and therapeutic environment to foster self-efficacy, empathy, resilience and emotional management. The results include improved wellbeing, a regulated nervous system, new ways of handling challenges, and the knowledge you have improved the life of a horse that is learning to trust humans again. Horses for Hope can assist individuals, families, and groups in developing life skills such as personal agency and self-efficacy, anger management and emotional regulation, teamwork and leadership, assertiveness and boundaries, trust and relationship building, compassion and empathy, confidence and self esteem, self awareness and listening. [Learn more here.](#)







-  **WHEN:** 22 November 2023 at 6:00pm
-  **WHERE:** Riverlinks Eastbank - 70 Welsford Street, Shepparton
-  **COST:** Full \$45.00 / Concession \$30.00 / Aboriginal, Torres Strait Islander, Ukrainian Newcomer \$20.00
-  **WWW:** [Buy Tickets](#) 

Rekindled Systems is the unlikely collaboration between Yorta Yorta artist Allara and Ukrainian-Canadian artist Olenka Toroshenko. Their duo show employs skillful storytelling using a sweet tangle of double bass, looped tones, song, spoken word poetry, and dance to weave a multidisciplinary and multicultural narrative. [Learn more here.](#)



# International Day of People with Disability

4 – 7 December 2023

Celebrate International Day of People with Disability 2023 with us! Join Greater Shepparton City Council for a week-long series of events aimed at increasing public awareness, understanding and acceptance of people with disabilities.

On Monday 4 December we will be hosting the International Day of People with Disability Concert featuring Gerry's Well Oiled Machine, a disability-led band with a commitment to spreading disability awareness through their music.

Show 1 will be from 10.30am to 12.00pm.

Show 2 will be from 1.00pm to 2.30pm.

On Wednesday 6 December, the [Shepparton Art Museum](#) will be hosting Art for All Day, providing opportunities for people with learning difficulties, intellectual, sensory and physical disabilities to experience a range of art activities.

On Thursday 7 December, from 11.00am to 1.00pm, Try Before You Ride will be held at the Shepparton Railway Station, assisting people of all abilities feel more confident when using the public transport system.

[Learn more here.](#)



We are delighted to extend an invitation to you for a one-day conference in honour of Dr. Julie Stone AM, an esteemed Infant, Child & Family Psychiatrist, Churchill Fellow, and Zero to Three Fellow.

The event is being held at Shepparton Art Museum on Saturday the 25th of November 2023.

The conference will focus on ideas that form the creative heart of work with families and communities, children and adults across the lifespan and the relationships that buoy professional development and wellbeing across the life of the clinician.

Dr Stone's work has significantly contributed to the development of Infant, child and adolescent mental health in Victoria, Australia and internationally. We hope to attract participants to visit Shepparton at the beautiful SAM precinct to meet, share and enjoy the companionship of colleagues and be part of what will be a reflective, stimulating, and nourishing day.

[Register here.](#)

Registration enquiries can be directed to [thecreativeheart2023@gmail.com](mailto:thecreativeheart2023@gmail.com)



# THE ARNDT COLLECTION FROM ONE WORLD TO ANOTHER

11 NOVEMBER 2023  
- 10 MARCH 2024

**Curator:** Rachael Vance, Director and Curator of Programming of the ARNDT Collection

**Location:** SAM (Shepparton Art Museum) People's Gallery, Level 2

**FREE**

## The ARNDT Collection: From One World to Another 11 November 2023 – 10 March 2024

Presenting over 40 artworks from renowned international and Australian artists, **The ARNDT Collection: From One World to Another** is a major exhibition that celebrates the pursuit of art collecting through a selection of treasures from the extensive private collection of Matthias Arndt and Tiffany Wood.

Featuring works from significant international artists, including UK sensation Gilbert & George, German-born Joseph Beuys and Spanish master Pablo Picasso, alongside contemporary Australian artists, including Del Kathryn Barton, David Noonan and Ben Quilty, this exhibition sheds light on the personal passion of collecting - one that often transforms into a lifelong captivation. This exciting exhibition marks the first major presentation of The ARNDT Collection in a public institution in Australia.

[Learn more here.](#)

### Contact us:

We value your feedback and questions. If you have any inquiries, suggestions, or simply want to connect with us, please feel free to reach out. You can contact us through the following channels:

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