

EVENT CALENDAR

Mental Health Week 2011



Find out about
more great
events happening
throughout the
week from the
Mental Health
Week website.

Statewide and Mental Health Services
Department of Health and Human Services



STATEWIDE

Minds Do Matter Art Exhibition 2011

Presented by Aspire

FREE
EVENT

Burnie

When: Monday 10 – Friday 14 October
10am – 4pm daily

Where: Two Oaks Art Gallery,
15335 Bass Highway, Somerset

Launceston

When: Monday 10 – Friday 14 October
9am – 8pm daily

Where: LGH Gallery, Charles Street, Launceston

Hobart

When: Tuesday 11 – Monday 31 October
9.30am – 5pm daily

Where: Display Gallery, Royal Tasmanian
Botanical Gardens

Minds Do Matter uses the visual arts to create a unique and inspirational opportunity to share the insight, experience and stories of people who have an experience of mental illness.

Focussing on the relationship between art and wellbeing this exhibition celebrates the life-affirming and life-enhancing power of art.

SOUTH

Barry Jones Co-Morbidity EP Launch and Live Show

Presented by Barry Jones

Supported by Edge Radio 99.3FM,
Dominic Francis, Manchester Mourning
and DJ BTC

When: Sunday 9 October • 5pm at Irish Murphys
Tuesday 11 October • 9pm at The Republic
Thursday 13 October • 9pm at The
Brisbane Hotel

Barry Jones is back and going a bit mental, which is why he has chosen Mental Health Week in Hobart to release his EP Co-Morbidity. Barry will be performing live around Hobart during Mental Health Week with a band of mysterious local musicians including two very special guests.

Come on down to one of Barry's gigs for your chance to win a free copy of his EP.

For more information email
barryjonesmusic@gmail.com

Indulge Your Mind and Body: Hobart Women's Health Centre Open Day

When: Monday 10 October • 8.45am – 3pm

Where: Hobart Women's Centre,
25 Lefroy Street, North Hobart

Join in a range of activities at Hobart Women's Health Centre including TaKe TiNa; Tai Chi; Hand Massage and Shiatsu Massage (fee charged).

FREE
EVENT

Eureka Clubhouse Breakfast

When: Tuesday 11 October • 7am – 10am

Where: Eureka Clubhouse,
6 Florence Street, Moonah

FREE
EVENT

Come along and play your part in the conversation around mental wellbeing by joining the team at Eureka Clubhouse to celebrate Mental Health Week with a free breakfast.

RSVP essential by phone **6278 9179** or
email eurekaclubhouse@colony47.com.au

Mental Health Week South Expo Keeping the Balance: Investing in Your Mind and Body

Presented by Anglicare Tasmania,
ARAFMI, The Hobart Clinic, Langford,
Mental Health Services South and
Richmond Fellowship Tasmania

When: Wednesday 12 October • 11am – 5pm
Official opening with His Excellency,
the Governor of Tasmania at 12pm

Where: City Hall, 57-63 Macquarie Street, Hobart

For anyone working in the city this is the event for you the celebrate Mental Health Week! As well as over 40 stalls with health information; giveaways and prizes there are heaps of activities throughout the day.

For more information view the full program online or email [Rabia](mailto:Rabia@thehobartclinc.com.au) at rmarkham@thehobartclinc.com.au

NORTH WEST

Keeping the Balance: Find Out What's Happening in the North West

FREE EVENT

Presented by the North West Regional Co-Morbidity Action Group

When: Monday 10 October • 10.30am – 12pm

Where: Mersey Yacht Club,
Anchor Drive, East Devonport

Come along and find out what's happening in the North West throughout Mental Health Week. It's not too late to become involved, there will be information and resources to support your business to celebrate in Mental Health Week 2011.

Keeping the Balance: Investing in Your Mind and Body

FREE EVENT

Coordinated by Child and Adolescent Mental Health Services

When: Saturday 15 October • 10am – 4.15pm

Where: Burnie PCYC, The Boulevard,
Terrylands Street, Hillcrest

Come along for a day of workshops and activities that will show you lots of different ways to invest in your mind and body.

For more information view the full program online or contact **Emma** at CAMHS on **6434 7280**.

Celebrating Mental Health Week in Glenorchy

FREE EVENT

Presented by Phoenix Centre, Glenorchy Suicide Prevention Network, Wesley Life Force, Glenorchy LINC and Glenorchy City Council

When: Thursday 13 October • 10am – 12.30pm

Where: Glenorchy LINC, Terry Street, Glenorchy

Attend the launch of the Community Information Cards Project then stay on and celebrate investing in your mind and body with a range of free activities for all ages, information stalls and a community morning tea at 10.30am.

For more information view the full program online.

Mental Health Week Quiz and Lunch

FREE EVENT

Presented by Hobart City Council, Alzheimer's Tasmania and the Department of Health and Human Services

When: Thursday 13 October • 10.30am – 2pm

Where: 50 and Better Centre

You are invited to a FREE quiz morning followed by a social lunch to celebrate Mental Health Week.

For registration or more information please email **Danielle Walker** at walkerd@hobartcity.com.au or phone **6238 2772**.

Co-existing Mental Health and Alcohol and Drug Issues Among Older Adults

FREE EVENT

Presented by Alcohol Tobacco and Other Drugs Council

When: Friday 14 October • 9.30 – 10.30am

Where: Clinical School Lecture Theatre 2
43 Collins Street, Royal Hobart Hospital

The Alcohol, Tobacco and other Drugs Council presents an information session for anyone working in the health and community sector.

To attend complete the registration form at www.atdc.org.au and email to amandas@atdc.org.au

Keeping Balanced – Interactive Training for CALD Community Members and Providers of Mental Health Services

FREE EVENT

Presented by the Phoenix Centre

When: Friday 14 October • 9.30am – 4pm

Where: Glenorchy Civic Centre,
Cooper Street, Glenorchy

Come and hear from Psychologist Judy Saba who was awarded a Churchill Fellowship to explore diversity training and Human Rights Integration in police organisations in the US, Middle East and London.

A range of sessions will be held throughout the day – come to one or come to them all!

For more information view the full program online.

NORTH

Invest in Your Mind and Body with FREE Exercise Classes

Run by an accredited Exercise Physiologist from Exercise and Sports Science Australia

FREE CLASSES

When: Tuesday 11 October • 10am
Wednesday 12 October • 10am
Thursday 13 October • 5.30pm

Where: UniGym Launceston,
Brooks Road, Newnham
(University of Tasmania campus)

Attend a free group exercise session of aerobic and strengthening activities led by an Accredited Exercise Physiologist to boost your confidence, reduce stress and improve your mood.

Suitable for all fitness levels and ages, sessions are limited to a maximum of 15 attendees so phone **6324 5484** or email cecilia.shing@essa.org.au to book your place now!

Campbell Town Community Outing

FREE EVENT

When: Friday 14 October • 11am – 12pm

Where: Campbell Town School

Play minutes to win it, find out information on mental health, mental illness, mental wellbeing and recovery, the benefits of laughter, brain teasers and mind games along with a free BBQ lunch.

Mental Health Week Bike Ride

FREE EVENT

Hosted by Richmond Fellowship, Anglicare Tasmania and Adult Community Mental Health Services – North

When: Friday 14 October • Official opening at 10am, finishing at 12pm

Where: Heritage Forest, Invermay, Launceston (ride starts from the main BBQ area), enter off Conway Street

Celebrate Mental Health Week with a bike ride (about 2km) followed by a BBQ lunch, cake and goodie bags for ride participants.

Local bike shops will be offering free bike servicing on the day, so you can bring your own bike and helmet, or borrow them on the day. This event is open to everyone!

Investing in Your Mind and Body: FREE Information Stalls

Presented by ARAFMI

FREE INFORMATION

When: Saturday 15 October
8.30am – 2.30pm

Where: Brisbane Street Mall, Launceston

Pop into Brisbane Street Mall for some free entertainment and pick up some information on ways to invest in your mind and body.

GENERAL INFORMATION

More information about Mental Health Week events including full programs and session times available from the website www.dhhs.tas.gov.au/mentalhealth then click the Mental Health Week logo.

The Mental Health Week Steering Committee would like to thank our sponsors, **Southern Cross.**



The Committee also gratefully acknowledges the support of **Adam Cousens.** Find out the latest about this stellar Tassie musician at www.facebook.com/adamcousens
For general enquiries please email laura.banks@dhhs.tas.gov.au or phone **6230 7809.**