



COMMUNITY WELL-BEING AND LEADERSHIP YARNS



MENTAL HEALTH MONTH OCTOBER 2023.

In the aftermath of years of COVID and subsequent floods, it's critical to acknowledge the significance of this matter.

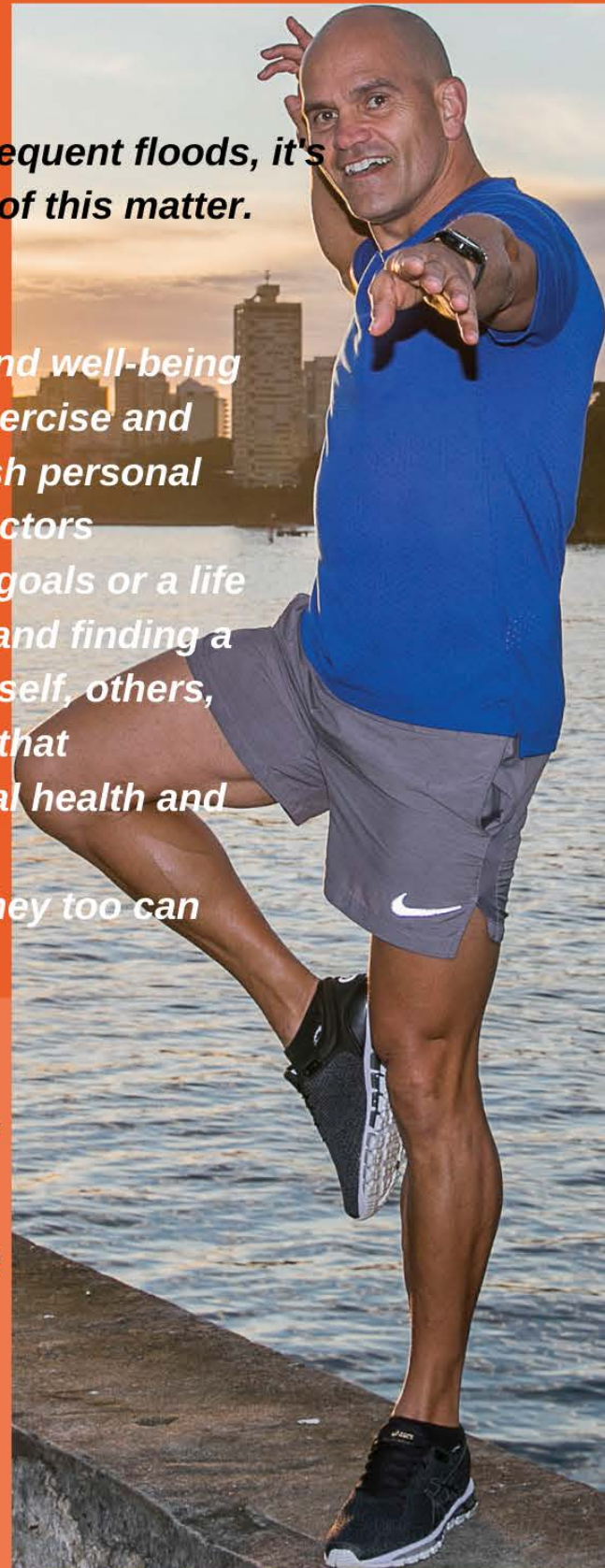
WALGETT 9TH OCTOBER

Making positive changes in mental health and well-being can start with small steps towards better exercise and dietary habits. It's also beneficial to establish personal boundaries, identify internal and external factors affecting mental health, and set achievable goals or a life plan. Recognizing the things that bring joy and finding a happy place is also crucial. Respecting oneself, others, and the environment is a unifying principle that underpins these steps towards better mental health and well-being.

The aim is to give others the tools so that they too can spread the word.

BREWARRINA 10TH OCTOBER

Jeffrey Morgan shared his experience of transitioning from being in jail to becoming a successful entrepreneur. He discussed the tools he used to achieve his success and led exercises on self-motivation, setting realistic goals, and breaking down the journey into achievable steps.



LOVE, EMPATHY, RESPECT AND KINDNESS (GRANDMA'S HOUSE RULES)

A photograph of Jeffrey Morgan, a bald man in a dark blue shirt, pointing towards a whiteboard. The whiteboard contains handwritten text and diagrams, including a circular flowchart and the letters 'VB' and 'VI'.

GOODDOOGA 11TH OCTOBER

Jeffrey Morgan shared his journey from being in jail to becoming a successful entrepreneur and discussed tools for success. In an informal group discussion, the community of Goodooga addressed needs such as a men's group and community garden. Jeffrey suggested passing cultural knowledge to the younger generation through activities like taking them bush. With boredom leading to negative activities like alcoholism and crime, community-based activities were discussed. Participants enjoyed the session and expressed interest in future workshops.

COLLARENEBRI 12TH OCTOBER

Jeff's motivational speech was received with significant interest among the school students, and it was undoubtedly a valuable experience for them. Nevertheless, it's regrettable that a broader audience, including clients and members of the community, were not in attendance, as they too, would benefit the most from such an event. RESPECT RESPECT was the main message placing you in a happy place. Respect yourself, others around you and even mother earth and all of a sudden you are in a better place.

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