

Activities for October Mental Health Month 2020

Event or Activity	Where	When
October Chats for Change Chats for Change are compassionate conversations organised by Illawarra Shoalhaven Local Health District and consist of different health professionals as well as people with lived experience. They are aiming at providing an empathetic ear for those experiencing distress and difficulties following recent suicides within our community.	Variety of locations across Kiama, Gerringong and Jamberoo	8, 10, 13, 15, 17, 20, 22, 27 October For more information visit ISLHD Facebook page .
Mad Poetry Workshops for people with lived mental health experience MAD Poetry Wollongong 2020 is a series of writing workshops delivered by and for local people with lived mental health experience. These face to face workshops will be led by David Stavanger with special guest facilitators Helena Fox, Tim Heffernan, Lillian Rodrigues-Pang, Anne Marie Te Whiu and Alise Blayney.	Wollongong Library	Thursday 8, 15, 22, 29 Oct, 2-4pm Book it here .
Lifeline South Coast Free Wellbeing Workshops This free practical workshop will explore how to look after yourself and others during struggle or tough times.	Variety of locations across Kiama, Gerringong and Jamberoo	8, 12, 14, 21, 23, 27 October For more information visit ISLHD Facebook page .
Shoalhaven Suicide Prevention and Awareness Network – SSPAN Memorial Service SSPAN is inviting the community to a memorial service to remember those we have lost to suicide or unexpected death & to show our support to one another.	Moona Moona Creek Reserve, Huskisson	Sunday 11 October 6pm For more info message info@sspan.org.au or visit www.sspan.org.au
Picnic in the Park for Carers Stride Family & Carer Program and Mental Health Carers ARAFMI Illawarra are inviting carers to join a BYO lunch picnic in the park for some light entertainment and games in a COVID safe, relaxed, and friendly atmosphere.	Wollongong Botanic Gardens	Tuesday 20 October, 11am – 1.30pm To register, email familyandcarer@stride.com.au by October 13 th .
One Fitness 247 ‘Push-ups with purpose’ Joining forces with Makuta, One Fitness 247 is organising a ‘Push-ups with purpose’ challenge to raise money to bring youth mental health support to Kiama & surrounding communities	Kiama Gym or online	Challenge starts on 10 October and finishes on 1 November Find more information here .
Queer Fusion Queer Fusion is a mental health awareness and community event that will bring together LGBTIQ+ community members, friends and allies, as well as health professionals from services such as Relationships Australia, headspace Wollongong, ACON, and volunteer group, the Illawarra LGBTIQ+ Inclusion Network (ILIN). This year’s theme is raising awareness of youth suicide in our region.	Arthouse Café, Port Kembla	Sunday 1 November 11:30am to 4:30pm (times TBC)

For an overview of activities happening across Australia or for more information visit www.mentalhealthmonth.org.au