

### ***Drumming Flash Mob***

To celebrate and bring awareness to Mental Health Month, each Bryan organises a Drumming Flash Mob in Bathurst. People are encouraged to bring a drum or tin along, make some noise and then stay around for a chat and to find out more about mental health services. Bryan runs regular drumming groups and says that some people find it easier to communicate and show their emotions through the drum.



### ***Perinatal Mental Health Week*** ***7th —11th November***

The week aims to drive better awareness and understanding among the community and health professional around perinatal mental health. We are holding information sessions each day during this week, please contact Jen for session times and registration links.

[jennifer.coote@health.nsw.gov.au](mailto:jennifer.coote@health.nsw.gov.au)

### ***Eating Disorder Support Team***

The Eating Disorder Support Team is a hybrid virtual and face-to-face service that supports the core business of Western NSW Local Health District in providing treatment to people with an eating disorder in both inpatient and community settings. This additional service is available to people who are receiving eating disorder treatment in a hospital or are receiving treatment and care from Western NSW Local Health District Community Mental Health Drug and Alcohol Service.

The Eating Disorder Support Team may be able to help with

- education for people with an eating disorder, families and carers
- Co-assessment with community mental health clinicians
- Co-therapy with local community mental health clinicians
- Meal support

Please speak to the community mental health team or hospital treating team for more information.

## Peer Work in Oberon

Zac will be visiting Oberon on a regular basis to help people access mental health services and supports.

Below are some of the ways Zac can help:

- supporting a person's journey across mental health services
- improving people's knowledge and understanding about mental health services and supports
- facilitating access to mental health support through GP's, community health, psychologists and counselling services
- connecting people to community-based services and social supports, e.g. housing, employment and transport
- identifying and resolving local barriers to services
- building up a person's capacity to access and engage with health services such as dentists, optometrists and podiatrists
- supporting people who are socially isolated to reconnect with activities they enjoy

Contact Zac on 0499 844 148 for more information or to make an appointment.

## Communication for Safe Care Project

**Communication for Safe Care** is a project that aims to improve the experience of people with a communication difficulty when they go to hospital or health care appointments. This project has started and will finish in February 2024 – part of the project will run in Western NSW. There will be a range of ways to be involved in the project from regular meetings, reviewing information and documents, or one-off interviews. The project team wants to work with people and carers who have had lived experience with communication disability to help us make the best changes we can. If you are interested in being involved and have lived experience of a communication difficulty or would like more information please get in touch:

[SWSLHD-CommunicationForSafeCare@health.nsw.gov.au](mailto:SWSLHD-CommunicationForSafeCare@health.nsw.gov.au)

## HASI/ CLS

A three year evaluation of the Housing and Accommodation Support Initiative (HASI) and Community Living Supports (CLS) showed improvements in the mental health, physical health and social connections of people with lived experience in the programs.

The programs are delivered by community managed programs in partnership with the Health District.

[Read the full report in full](#)

We are keen to hear what you would like to hear more of in this newsletter.  
Contact Jen at [jennifer.coote@health.nsw.gov.au](mailto:jennifer.coote@health.nsw.gov.au) on 0409 334191 for suggestions or to provide feedback.

