

## **Press Release**

### **Mental health Week Event and launch of Report looking into Community needs of People living with a Mental Illness**

As part of Mental Health Week, the **Newtown Neighbourhood Centre** will be launching its report into the community needs of people living with a mental illness. The report canvassed the opinions of people with a mental illness, their families/carers as well as those of service providers. The event will see the launch of an educational DVD prepared as part of this project. The DVD was developed by local people and addresses specific issues faced by many residents of our own community. The Report and DVD point the way forward on crucial issues facing people with mental illness, basic issues such as employment, housing, health, life style/well being, recovery and community acceptance, The report will provide a basis for a community strategy to better respond to the needs of people living with mental illness.

On 9 October, the Newtown Neighbourhood Centre is hosting a Mental Health Week event entitled "Building Resilience and Well Being in our Community." The event, held outside the Newtown Neighbourhood Centre from 3:00-6:30pm, will feature a range of information stalls from Mental Health services and community groups. It is an event aimed at the whole of the community with children's activities and entertainment. As part of building healthier communities, there will be a chance to meet with local social and activity groups. There will be demonstrations of tai chi, gentle exercise, meditation and even the local knitting group Wrap with Love. Refreshments will be provided.

Lisa Burns the Executive Officer at Newtown Neighbourhood Centre, stated there is no doubt that times are tough. "People are presenting with needs that are more complex than several years ago. People are sometimes trying to deal with a multitude of issue such as managing their mental health, working through failing relationships, finding suitable housing, looking for meaningful employment, dealing with addiction issues and legal matters as well as coping with poverty. Society and community attitudes can add another level of difficulty for people who are often seen as undeserving of care and support. The solutions are as complex as the issues themselves. This report has highlighted that we need to find new ways to work together. People need to feel connected, to have family, friends, be part of a community that supports people when they need it." The Newtown Neighbourhood Centre will focus on these vitally important issues.

For further information call

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