

Building our mental wellbeing

DID you know almost 50 per cent of Australians are likely to be diagnosed with a mental illness in their lifetime, leaving 50 per cent of us knowing someone living with or having experienced a mental health issue?

October is Mental Health Month, providing an opportunity for conversations with friends, family, and community about this important topic.

It's a great time for everyone to learn about self-care, community wellbeing and what support services are available.

This year, the theme for South Australia's mental health awareness program is "Connecting with the Community".



MEL OTTAWAY

The word "community" means something different for all of us. It's a place where we can share our experiences and values and find connection and meaning.

Your community could be with a group of people who live around you, share your interests or shared experiences, or it could be your family or friends.

Our communities can be in a physical space or online.

Wherever you find your community, being a part of it

creates a positive impact on your mental health and wellbeing.

They give us a sense of belonging and connectedness which helps improve our quality of life.

Communities come in all shapes and sizes – I encourage you to continue to connect with a community that promotes and supports your mental health.

Mental health supports delivered in the community by not-for-profit services help people to stay well and are available to people experiencing a range of mental health issues.

They are tailored to suit all kinds of individuals and all sorts of needs.

Community mental health services deliver programs that can be in a group setting, one-on-one, in your home or in a community organisation.

This Mental Health Month we are encouraging all South Australians to connect with their community and to reach out to those who could be isolated.

By connecting with each other we can support others' wellbeing, as well as our own.

Look out for events happening around the state at mhcsa.org.au/mental-health-month

Mel Ottaway is Uniting Communities' executive manager, services for older people

THE WAY WE WERE

What was making news in The Advertiser 50 years ago this week. Compiled by Andrew O'Grady



By KEITH BUTLER

North Adelaide won the Australian football premiers' championship yesterday and will divide the \$10,000 prize 60-40 between the players and club. The \$10,000 went into the club's coffers after North's display of red, raw courage in coming from a seemingly hopeless position to beat VFL premier Carlton by a point in a desperate finish at Adelaide Oval. The final score was 10.13 to 10.12

The usually tight-lipped North Adelaide coach Mike Patterson gave an instant reply when asked what Carlton captain-coach John

Nicholls – an old rival from the VFL – had said to him after the match.

"Congratulations, you bastard," were Nicholls' first words as he shook hands with Patterson, known as the "Swamp Fox" when he played with Richmond. Why "bastard"? I asked Patterson.

"Well, from my playing days in Melbourne, I knew that John is exclusively left-handed when knocking the ball.

"So I had Gary Sporn coming in from the same side as 'Nik' and on his left.

"It frustrated the big fellow and you saw what sort of a game Sporn played," said Patterson.



Hitler's art focus in spotlight

ADOLF Hitler's often overlooked artistic background will be brought into sharp focus during two special public lectures this week.

To be presented by art specialist and auctioneer Leigh Capel, left, the talks – entitled Art and the Third Reich – will provide a different glimpse

into the life of the German dictator and frustrated artist.

Mr Capel will discuss Hitler's attempt to influence taste and trends through his push to acquire some of the most famous examples of Classical Art for his self-curated "Führermuseum".

Art and the Third Reich will be presented at St

Andrews Church – at 43 Church Tce, Walkerville – at 10.30am and at the Burnside Uniting Church 384 Portrush Rd, Tusmore, at 7.30pm, on Wednesday, October 12. Tickets are \$25 and include morning tea or supper.

For bookings and more information email pottergk@bigpond.net.au

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Don't stop driving by accident.

THINK!
ROAD SAFETY

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 EST. 2011
 COFFEE BAR

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