



"The Networker"

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February 2017



*Stephen M Robertson
Chief Executive Officer*

EXECUTIVE REPORT:

G'Day & all the best for the New Year.

We are off and running again with some modifications to some of the events and timings this year.

We will start off with our Golf Day on Friday the 3rd March at Eynesbury. If you are interested and have not registered as yet, please give me a call ASAP.

Our first General Meeting in Melbourne will be a day meeting with the topic being the ever importance of WHY Mental Health is Important for everyone. We have a well-known speaker to speak on his experiences and cover many aspects of this debilitating illness. We will also cover Worksafe Victoria's expectations of the employer. The meeting is open to ALL interested persons so please bring them along.

Interested attendees will be able to do a tour of the new council facility if desired, please indicate your interest when you register.

We are also happy to announce we have invited the IPWEA to join us to make a combined metro meeting.

With the two speakers organised, we hope to get everyone on the same page in understanding and maybe identifying and assisting in this area of coping with stress and mental illness in the workplace. Do you understand what your responsibilities are?

GENERAL MEETING DETAILS:

Date:	8 th March, 2017
Venue:	Brimbank City Council 301 Hampshire Rd Sunshine Level 6
Parking:	Sunshine Market (4hrs free)
Sponsor:	Dial Before You Dig
10.00am	Morning Tea
10:30am	Welcome
10:35am	Wayne Schwass , see overleaf
11:40am	Kevin Ford, Inspector Worksafe Victoria Employers understanding their responsibilities & Psycho Social Matters
12:10pm	Sponsor: DBYD
12:30pm	Lunch
1:30pm	Tour of council facilities
RSVP:	Stephen Robertson
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Victoria



IPWEA

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The audience will gain an insight into clinical depression through Wayne's personal experiences. He will share his own personal journey and the long road regaining control and reclaiming his life.

Wayne will share his experiences, knowledge and understanding of the following stages he worked through to overcome the debilitating effects of a mental illness".

- Why mental health is important for everyone
- Men don't cry & why they should be able to show emotion
- Training the athlete but not the person
- Denial
- Isolation & hopelessness
- Self-medication
- Epiphany
- Hard work
- Going public

- Coping with stress on and off the field
- Diagnosis
- Risks, characteristics
- Stigma
- Mental illness, the sole purpose
- Living a lie
- Help seeking & strategies
- Acceptance
- Authentic

