Recovery Tip – Walking

According to researchers, simply taking a leisurely walk can play an important part in fighting away stress and depression. Through a brisk stroll, one can walk those blues away and get hold of numerous mental health benefits of walking. Walking directs the release of endorphin, the body’s natural medicine for happiness. More to the point, walking is an effortless form of exercise that can be carried out by nearly everyone with little or no monetary cost and can be easily integrated into daily living. Getting away from nerve-racking surroundings, having to take breaths of fresh air and the sensation that your body is in motion are natural stress-relievers. For information read more here: https://goodrelaxation.com/2014/06/mental-health-benefits-walking/

RRCI Walking Group for Peers

‘I think I have always know about the benefits of walking, but finding the motivation to walk has always been easier when I have had someone to walk with me.’ Quote from a RRCI member.

So with the benefit’s of walking in mind, and because a lot of our members have said they want to start a walking group, Recovery Rocks Community is pleased to announce and invite you to our first organised walk. We hope you can join us and help make the day a success.

Date: Saturday, October 19th  Time: 3.00pm to 5.00pm
Venue: Wireless Hill Reserve, McCallum Crescent, Ardross

For more information
Email: our.recovery.rocks@gmail.com
Mobile: 044 764 1122
Reminder: Wear comfortable shoes
Bring a hat, sunscreen and water. Your phone for photos
Money for coffee – C15 Coffee Shop in Applecross for those wanting to catch up afterwards!!!
RRCi Coffee Morning in the North

Recovery Rocks Community is coming North of the RIVER during the day. We have often heard from our members in the North that they would like to come to RRCi events if they were in the Northern Suburbs.

So we are pleased to announce a Northern Suburbs Social Catch Up

You are invited to join Anita and Amanda on **Wednesday 30th October**
10am till 12pm at Lakeview café located within Waldeck’s
173 Wanneroo Rd, Kingsley. ALL WELCOME

**RSVP Email: our.recovery.rocks@gmail.com**
Phone/text: 0447 764 1122

Mental Health Week- 6th till the 12th October 2019

Mental Health Week in WA has been running for more than 50 years, and is coordinated by the Western Australian Association for Mental Health (WAAMH), with the support of the Government of Western Australia, Mental Health Commission and Lotterywest.

Mental Health Week will again focus on how we live, learn, work and play - realising it’s a combination of factors which impact our mental wellbeing. Mental Health Week / Day / Month is celebrated all around Australia, with each state adopting their own theme and holding their own events each year. World Mental Health Day is Thursday 10th October.

There are many ways you can get involved and attend a mental health week event. Check out this link for further information on WA events [https://mhw.waamh.org.au/events/](https://mhw.waamh.org.au/events/)

Sing Along Perth 2019 for World Singing Day

**ABOUT:** Founded in 2012 by USA musician, Scott Johnson, World Singing Day is an annual global sing-along, held on the third Saturday in October, using the power of song to unite people and communities across the world. World Singing Day is a community experience for musicians and non-musicians alike, from shower singers to celebrities. People come together in public spaces to simply sing without the pressure of performing. World Singing Day is not religious or political, nor does it promote any one country or culture. It aims to transcend those differences and celebrate what we all share as human beings. Find out more about World Singing Day here: [https://worldsingingday.org](https://worldsingingday.org)

Every year the World Singing Day team choose one song to be Song of The Year. We sing this at the events across the globe and then a montage video is created as a great memory of the day. This year's Song of The Year is **Twist and Shout.**

Locally the main event will be a giant karaoke style sing-along in Yagan Square in the centre of Perth, other sing-alongs are being held in Joondalup and Fremantle. These are free events, suitable for all ages and abilities. Join in the singing here [https://wsdglobal2019.eventbrite.com](https://wsdglobal2019.eventbrite.com)
My Wish For You

By Trish Tran

May you see the worth which you possess, even when the world seeks to dispossess you from it
May you hold others up to the light and let the light fill their darkness but never at the expense of robbing your light from you
May you spirit witness and cherish the beauty and gifts which exists all around
May the footprints you leave in the lives of others, always be soft and welcomed
May you give yourself the permission you need to be truly free to live the life you desire
May you pass this wish to others who have no wishes of their own

Expressions of Interest for New Management Committee Members for Recovery Rocks Community

Since our beginnings in 2012 we have relied on people to volunteer their time, skills, expertise and resources to help build our capacity to offer activities wanted by the community and this has not changed. We are seeking suitably skilled and committed people to assist us to develop and grow.

Our management committee currently has vacancies for people interested and suitably experienced, in governance and community development to help build a strong and vibrant community.

Recovery Rocks Community is currently taking expressions of interest from members that have the skills and experience and are interested in becoming management committee members.

The positions are voluntary and require availability and commitment of approx. 8-10 hours a month. Monthly Meetings are held out of office hours and online via teleconference. For more about us and a copy of our constitution, previous annual reports and copies of our newsletter please look online
https://recoveryrockscommunity.org/

To discuss your interest please call Amanda 044 764 1122 or email your interest, experience, copy of your CV and why you would want to serve on the RRCi Management Committee to our.recovery.rocks@gmail.com by COB 18th October.

Suitable applicants will be invited to nominate at our upcoming AGM Thursday 31st October.

SAVE THE DATE

Recovery Rocks Community - ANNUAL GENERAL MEETING

5:30– 6:30pm Thursday 31st OCTOBER 2019
Upcoming Event
Next Members Social Event During Mental Health Week

Friday October 11th
5:30pm – 7:30pm

Venue: Dome Café
Gosnells
2160 Albany Highway
GOSNELLS 6110

RSVP by Thursday October 10th
Email: our.recovery.rocks@gmail.com
Phone/text: 0447 764 1122

Save the date for our upcoming
Recovery Rocks Community
Annual General Meeting

Thursday 31st October 2019

5:30pm till 6:30pm
South Lakes Ottey Centre
2A South lakes Rd
South Lakes

Contact us for more information
Recovery Rocks Community Inc.
ABN 86935166752
Phone
044 764 1122

Email
our.recovery.rocks@gmail.com

Postal Address
PO Box 358
Cannington WA, 6987

Check out our Website
www.recoveryrockscommunity.org

Join our Closed Facebook Group
Recovery Rocks Community Inc.

Visit our YouTube Channel
Recovery Rocks Community

Thankyou to MIFWA for your ongoing support in printing and postal distribution of the newsletter to our community.