

Media statement

2 April 2015

Delivering the WoW factor to Bundaberg

The Queensland Mental Health Commission is helping to deliver wellness training to people in Bundaberg and the South Burnett region.

Bundaberg Skills Centre Inc, trading as IMPACT Community Services, has received almost \$15,000 as part of the QMHC's investment in mental health programs across the state.

Queensland Mental Health Commissioner Dr Lesley van Schoubroeck visited Bundaberg today to meet with IMPACT staff who will be both participating in and delivering the "*Wheel of Wellbeing*" or "WoW" training.

The "Wheel of Wellbeing" was developed in the United Kingdom as part of a program for building individual and community mental wellbeing. It encourages awareness of all the aspects of our lives that sustain our wellbeing, and provides simple tools and techniques to help keep things in balance and in perspective.

IMPACT Chief Executive Tanya O'Shea said the WoW program had been well received in Bundaberg because it takes a positive approach to enhancing wellness.

The first of five WoW community workshops was delivered last week in Bundaberg. Further programs will roll out throughout the year, including one in Kingaroy.

Ms O'Shea said: "The QMHC funding has allowed us to run a series of workshops and also provide the training to our staff so that they can provide follow-up services to our community."

WoW also features a website and mobile app to provide further resources and support.

Ms O'Shea said a large number of people in Bundaberg, including school children, were still impacted by anxiety associated with floods and severe weather events.

"We are also seeing the impact of rural hardship in the South Burnett where a lot of people are doing it tough," Ms O'Shea said.

Dr van Schoubroeck said the QMHC was working to improve the mental health and wellbeing of all Queenslanders and minimise the impact of drug and alcohol and substance misuse in communities.

The Queensland Mental Health Commission recently distributed funding of just over \$500,000 for local level community wellbeing enhancement, awareness and capacity building activities as part of its Stronger Community Mental Health and Wellbeing Grants Program.

For further information on the "WoW" training delivered by IMPACT Community Services, phone (07) 4153 4233

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