

Appreciate the little things in Bicheno

Mental Health Week 2025

**Sunday 5
October**

Swim or run for mental health

What? Ocean swim or 5km run club
Where? Waubs Bay
When? 8am, FREE BBQ brekkie 8:30am

Mental health kick

What? Football (soccer) game
Where? Bicheno Oval
When? 3:30pm for 4pm start
Wear orange for mental health

**Monday 6
October**

Mindful Monday

What? Mindfulness sessions
Where? cohealth medical centre
When? On the hour from 10am-4pm
Free, guided 10 minute sessions with
Mindfulness Australasia

Beginners restorative yoga

What? Gentle movement &
passive stretching session
Where? Bicheno Town Hall
When? 1-2pm, with Helen from
Bluecoast Yoga. Free.

**Tuesday 7
October**

Recycled Book Page Origami

What? Mindful Origami
Where? Bicheno Library
When? Tues 10am - 2pm
Wed 10am - 4pm Thurs 10am - 2pm
Saturday 9:30 am - 12:30 pm

OpenArms and SPEAK UP! Stay ChatTy

What? Community info session
Where? Bicheno Bowls and RSL
When? 2:30-5:30pm
Free, family-friendly event. Snacks
provided.

**Wednesday 8
October**

Here We Are

What? Community-connect &
dementia support event
Where? cohealth rooms
When? 10am-12pm

Art with Flo Art

What? Meditate & create with
Art Therapist Jess Florence
Where? cohealth rooms
When? 2-3:30pm, \$5 contribution

**Thursday 9
October**

Planting with Landcare

What? Bicheno Landcare open day
Where? Meet at Bicheno Blow Hole
When? 10am
Connect with nature for mental
health. 50 seedlings will be planted
on Rice Pebble Beach foreshore.

Men's Shed Knock-offs

What? Open afternoon
Where? Bicheno Men's Shed, Sinclair St
When? 3-5pm
Free refreshments & shed tour. See
what happens at the Men's Shed

**Friday 10
October**

cohealth out and about

What? Pop-up chat
Where? Bicheno Pharmacy
When? 8:30am-11:30am
Meet staff from cohealth &
volunteers from the community
advisory to talk all things health.

Self-care Friday

What? Do something kind for
yourself
Where? Wherever you are
When? Any time.
Meditate, sit in the sun, read,
listen to the birds, call a friend,
book a counsellor, move gently,
speak to yourself with kindness.

**Saturday 11
October**

weekend connect

What? Connect with your
personal community
Where? Whenever, wherever
When? Make time today to call or
catch up with loved ones. Try the
Take a Minute app for inspiration
<https://takeaminute.com.au/>

Skate, Create, Connect

What? Skate workshops & comp
with Jimmy's Skate School.
Art workshops with Mel
Fidler and Tash Lowe
BBQ by Bicheno Lions Club.
Where? Bicheno Skate Park
When? 12-4pm





Scarecrows as symbols of facing fears are being created and displayed throughout the municipality to raise awareness of Mental Health Week.

If you would like to participate in making a scarecrow, please contact Sallie Brockman on 0438 751 464

- Most events are “come-and-try” - just turn up and have a go!
- Numbers are limited for Yoga (phone Helena on 0457 153 796) and Art (Phone Jess on 0408 444 519) to register your interest



Activities supported by: cohealth, BCDA
Bicheno Health Group,
Bicheno Lions Club,
St Marys District School,
Bicheno Pharmacy, PUBS book stall,
Bicheno Food and Wine Festival
Bicheno Bowls and RSL,
Beachfront Bicheno and Longboat Tavern