



MINDFUL
MARGARET RIVER

ANNUAL REPORT

2021 / 2022



Mindful Margaret River's Board, Professional Liaison Team and volunteer members acknowledge the Wadandi Pibelmum peoples as traditional custodians of the land on which we operate.

We pay respects to Elders past, present and emerging. We value the rich history, unbroken culture and ongoing connection of Aboriginal and Torres Strait Islander people to country.



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About us

Mindful Margaret River was established to actively support partnerships between the community and service providers to address local issues and to provide a means to coordinate and implement a community driven approach to improved resilience and mental wellbeing in the Shire of Augusta Margaret River

Our goals

In our community:

- People are comfortable talking about their mental health.
- We have clear pathways to services when needed.
- We have good mental health literacy.
- There is collaboration between services and government which listens to, and responds to, local needs.

Our purpose

Improve community access to health and wellbeing services available in the Shire of Augusta Margaret River.

For education and awareness programs to build an education campaign to address stigma and stoicism in the community around mental health.

To advocate for and bring key social emotional and mental Health Services into the Shire

To develop an ongoing Community Social and Emotional Wellbeing and Health Collaborative.

Our Volunteers



Implementation of this project is supported by community members participating in the Mindful Margaret River Taskforce. Mindful Margaret River is only possible due to the local volunteers. These volunteers guide, support and develop the work of MMR through their expertise and local knowledge.

The volunteers work in Taskforces to deliver local action and are supported by the Project Implementation Officer who is co-located at the Shire of Augusta Margaret River.

For 2021-2022 we have had nine separate volunteer teams working on the following projects:

1. Promote general wellbeing messages and information to the community.
2. Respond to community requests for awareness raising activities.
3. Build community capacity for wellbeing and mental health through training.
4. Support sporting clubs to incorporate mental health, alcohol and other drug messaging.
5. Build strong relationships with youth service providers, particularly with the high school to increase opportunities for youth connectedness and support.
6. Support the Eco Health pilot program at the High School.
7. Support the wellbeing and mental health of isolated community members - focus on rural men, men's groups, men's early intervention connections.
8. Support and resources for family and domestic violence local initiatives and advocacy.
9. Support women's mental health through proactively supporting women's wellbeing literacy.

A word from....

Our Chair

-Marilyn Hopkins



It is a privilege to be able to present this report on behalf of Mindful Margaret River, particularly as I have sat in the Chair for just a few months, following in the very able shoes of Martin Ringer.

At our last Annual General Meeting, members decided on a way forward which led to around 80 volunteers in nine separate focus teams working on projects.

Despite all the uncertainty imposed on us as Covid began affecting our community, under the able guidance of our Project Implementation Officer, Erin Statz, events happened, almost as planned.

What we have seen in the past year is the growth and development of Mindful Margaret River whilst at the same time being flexible and adaptive.

From the following pages, it is easy to see that the focus teams have not sat back but have pushed on with whatever projects have been possible. From the Big Ten Day at the Margaret River Senior High School last November involving the Youth team to the Listen Up Blokes projects being run by the Men's team, there has been a lot going on.

The inclusion of articles written by Mindful Margaret River volunteers has opened avenues for the community to have conversations about our mental and social wellbeing. These have been well received, the feedback is positive, and they will continue for as long as volunteers are prepared to submit their articles to our editor.

The website is a valuable tool and anyone from health professionals to community members will benefit from using it. It has an enormous amount of information, links to helplines, podcasts, assistance groups, training courses, fact sheets, it is all there at the press of a button.

Various reports commissioned by government bodies across Australia are now recommending models like Mindful Margaret River, it appears we may be leading the way.

This year we were lucky enough to welcome Maxine Williams from the Margaret River Hockey Club to the Board and I want to take this opportunity to thank the Board for the excellent contributions they make to the good governance of this organisation.

We are also lucky to enjoy an amazing relationship with the various government agencies which support and contribute to the Board on several occasions throughout the year. We thank them for making the time to be involved.

Of course, nothing would happen without the enthusiasm and commitment of our volunteers who very much reinforce the fact that Mindful Margaret River is driven by the community, which is at it should be. The Board thanks all volunteers for their work this year.

The invaluable contribution the Shire of Augusta Margaret River makes to enable Mindful Margaret River to operate from its premises and use Shire facilities is very much appreciated. I am sure there would not be one ratepayer who would begrudge a small amount of the Shire's budget being allocated to this organisation if it helps improve the community's social wellbeing.

No thanks would be complete without thanking Erin. She is more than just a Project Implementation Officer, apart from being the webmaster, she is on top of everything and never misses a beat. She puts in more time than she is engaged to and is passionate about the mental wellbeing of this community.

As for the future, the structure we have appears to be working well. We do need some specific help from volunteers in some areas, the 'job' adverts can be found on our website, but generally, as we hopefully move away from the constraints and effects of the pandemic, we will only continue to improve on what we have now.

One of the Board's priorities for the future is to put considerable energy into finding a viable funding model until such time as the State or Federal Government takes some responsibility for assisting community-driven multi-disciplinary agencies such as Mindful Margaret River.

A word from....

Our Project Officer

-Erin Statz

Well what a year this has been! As the sole employee of a community group, working with volunteers, our Board and PLT members has been a real privilege.



Every single person that contributes to MMR either through writing an article to supporting a particular project, does so because they care about their community. They care about the people that live here and they want to live in a community that cares for the wellbeing of everyone. This last year has been full of challenges but people still show up, they still put up their hand to help. MMR is unique and in all my years as a public servant at many levels and places, I have not seen such a grass roots response that is so empowered to address community issues that is also so well supported by local people. We can be responsive and flexible in our approach, and we can look at addressing local issues without the red tape that comes with government funding. With your support, MMR will continue to respond and adapt, to train and develop our local community. Given what we have already accomplished, I look forward to seeing where our volunteers lead us next.

Our Board

Marilyn Hopkins Chair

As a lawyer and mediator, Marilyn has always had a sense of fairness which has been demonstrated by her passion to see everyone given the opportunity to access education whenever they are ready in their life.

As a result, Marilyn has spent many years participating in organisations which give second chances for education. These have included 15 years' service on the Board of Canning College and 6 years' service on the Governing Council of South Regional TAFE. There is no doubt in Marilyn's mind that those left behind in education at a young age, for whatever reason, are more likely to struggle with confidence and self-esteem in later life. Marilyn has many other interests and carries out many other roles, amongst which are secretary of the Rotary Club of Margaret River, treasurer of the Margaret River Rowing Club, secretary of Above the Line, member of the Margaret River Senior High School Board.

Miriam Avery Deputy Chair

She has seen, firsthand, the struggles that farming families deal with and the difficulty in receiving mental health assistance.

Miriam is a businesswoman, a mother and co-founder of the program "Open the Gate" – specifically created to educate and raise awareness about mental health and suicide prevention in Scott River, Augusta, Karridale and Nannup and how these communities can get assistance and where.

"I am extremely passionate about my community and its welfare and am willing to do whatever it takes to improve mental health services cohesion in this beautiful corner of the world."

Brian Middleton Treasurer

Brian operates an accounting practice in Margaret River and is active in many local community organisations.

He has previously served as a Shire Councilor with the Shire of Augusta Margaret River and as a Commissioner with the WA Conservation Commission.

Brian is currently treasurer of Rotary Margaret River and deputy chairman of Margaret River Men's Shed steering committee.

Dr Mike Wood Secretary

Dr Mike Wood has been a journalist, academic, senior public servant as Public Service Commissioner, head of the Department of Local Government, chair of the WA Salaries and Allowances Tribunal, director of his strategy company and Dean of the Curtin Business School.

He recently completed a period as chair of Member (trustees) for Ruah Community Services, having been the founding chair of its board in the 1990s.

As a board member of incorporated organisations, Mike has contributed to governance structures and the clarification of responsibilities between boards and management.

Prior to buying here in 2004, Mike was a regular visitor to Margaret River.

Judith Maechler **Board Member**

Judith migrated from France to Australia in 2010. After spending eight years in Perth practicing as a dispensing optician and after the birth of her second child, she moved down to Margaret River.

Her own experience of perinatal (pre-and post-) stress and anxiety made her uncover the difficulties women experience due to parenthood (most of the time long before even becoming a parent) and prompted her to volunteer as a peer supporter in various programs and organisations. She also realised that the personal issues women experience result from much broader narratives that foster mental health issues and impede their well-being. As a result, she has a keen interest in gender and women issues, perinatal mental health, discrimination and prejudice, and representation of diversity in society. She believes that addressing and managing such matters would directly positively impact the mental well-being of community members

Dr Peter Durey **Board Member**

Peter Durey was born in Guyana, South America. He attained degrees in Medicine and Biochemistry at St Bartholomew's Hospital, London. Immigrating to Australia in 1976 where he continued to practice family orientated general medicine retiring four years ago. He is grateful for the extra time that retirement has given him to study and reflect, amongst pursuing numerous other interests and hobbies.

Peter is devoted to supporting the principles of personal and local community responsibility in the areas of Health and Wellbeing and has made it a priority to focus his attention on areas of improving communication, collaboration, and empowerment for people.

Within Mindful Margaret River, and along with the committed team of volunteers, he is dedicated to improving social and mental health in our community.

Yen Hawkes **Board Member**

Yen is a multi-passionate entrepreneur, a foodie, has travelled extensively for work, was based in the US, Spain, Jakarta & Malaysia which helped broaden her horizons. Yen has spent more than 30 years, managing multicultural teams in the corporate sector; a banker with the Development Bank of Singapore & Citibank for 15 years, managing 5- star hotel benchmarking in the Asia Pacific region for STR Global, market research consultant for AQ Services International – project managed large scale customer service initiatives for key international clients in Singapore, Indonesia and Australia.

Yen is passionate about assisting migrants in Margaret River and the region in the areas of isolation and language barriers.

Maxine Williams **Board Member**

Maxine Williams has lived in Margaret River for ten years. She moved from the family farm in Esperance with husband Craig and children Helena and Rowley. Maxine and Craig visited Margaret River as backpackers twenty years ago not knowing that this region would become their forever home.

In a new town and with a young family, Maxine joined various sporting and creative groups to meet new friends. Maxine is passionate about working with children through sport, enjoys coaching and playing hockey, and is currently President of Margaret River Hockey Club.

Our Board

Martin Ringer Board Member

For as long as I can remember I have been curious about what makes human beings 'tick'. Soon after graduating as an engineer, I moved careers to work in the field of human services and education.

Since being in Western Australia I have taught group work in the Schools of Social Work at UWA and at Curtin University, taught in the Edith Cowan Masters in Psychoanalytic Counselling and Psychotherapy, consulted to the Royal College of GP's, ran dozens of adventure therapy and group facilitation workshops in many countries around the World, and provided 'reflective space' sessions for two CAMHS multi-disciplinary teams as well as for the CAMHS metro group of psychiatrists



The Board 2021-2022



From top L to R

Marilyn Hopkins, Miriam Avery, Brian Middleton
Dr Mike Wood, Judith Maechler, Dr Peter Durey
Yen Hawkes, Maxine Williams, Martin Ringer

The Professional Liaison Team

Angela Delaney
A/Executive Manager
South West
Department of Communities

Belinda Hutchinson
Community Development
South West
Headspace

Marina Johns
Regional Manager
South West
WA Primary Health Alliance

Andrew Host
Principal
Margaret River Senior
High School
Department of Education

James Shepherd
Director,
Corporate and Community
Services
Shire of Augusta Margaret River

Simone Taplin
Officer in Charge
Margaret River
WA Police

Robert Kimmel
Mental Health Services
Lower South West
WA Country Health Services

Colin Penter
Projects Lead
WA Association for
Mental Health

Nicky Smith
Suicide Prevention Officer
SW Community AOD Service
SJOG Social Outreach

Jacquie Tarrant
Suicide Prevention Officer
SW Community AOD Service
SJOG Social Outreach



**Officer in Charge,
Simone Taplin
participating with
her team at the
Loud and Proud
Youth Week
event in April
2022.**



Our approach

Mindful Margaret River seeks to engage in local action empowering community members to know when, where and how to seek help for their wellbeing as well as how to support family, friends and colleagues who may be experiencing poor mental health.

We do this by:

- Developing practical, local solutions to enhance community mental health and wellbeing through the collaboration of key agencies and the community.
- We use local knowledge as well as the findings, outcomes and recommendations of reports relevant to mental health and wellbeing in the Shire of Augusta Margaret River to develop and inform our approach.
- Focus on efforts on the key areas access, education, information and collaboration.
- Work with community groups, schools, workplaces to promote ways to collaborate, share information and develop local solutions to current gaps in services and supports.
- Providing and promoting as many local opportunities for education, training and information sharing as possible.
- Promote and provide an online mental health hub of information to improve local awareness and as a resource for community members.

What we do



We work as a local resource and community collective for mental health and wellbeing in the Shire of Augusta Margaret River - we are the mental health hub for our community.

We bring together a diversity of local leaders, service providers and community members to guide and lead efforts to promote social connection and inclusion in our Shire.

We work to ensure the community understands they can access local mental health and wellbeing services through a referral from a general practitioner or through self-referral for some services but that regardless of how they go, there is support available.

We have developed and recurrently resource a digital platform that contains a validated list of these initiatives and supports.

We work across government and service delivery silos to address local needs and gaps.

We run and promote training for our community from mental health first aid to workshops for general practitioners.

We work to educate, challenge, engage and connect with our community.

We maintain an ongoing dialogue to destigmatise talking about mental health through news articles, podcasts and social media posts.

Engage

Educate

Challenge

Connect



Connecting through caring was held on 25 November 2021.

This event was attended by 57 community members.

Our stories

Our strength is in our people. Part of our commitment to normalising conversations about mental health is our popular series of articles written by our volunteers in partnership with the Augusta Margaret River Mail. Our articles are popular locally and in syndication in Busselton, Bunbury, Mandurah and other regional communities across WA. Below are some excerpts from a few of our articles, the full articles can be found online at: mindfulmargaretriver.org.au/blog

Excerpt from: Sometimes it just takes a moment to change a life

"What's the best thing to say to someone when they tell you they are having suicidal thoughts?" This is the most asked question I receive from adults when I run my mental health training courses. "Can we hug the person who is sad?" That's the most asked question I receive from the young people I work with on these programs.

As adults, we like to fix things... and sometimes people (my husband would win first prize at this!).

While it's reassuring that we care for one another so much that we actually want to fix them, people aren't really broken and don't need others to repair them.

What we all need is someone to listen, to show us kindness and to walk alongside us when we need extra support.

Look out for or check in on people around us.

Notice one another.

Mindful Margaret River is encouraging us to do more of this. There are services on their website that are local.

I am so proud to be a part of the team at MMR; community members that want to make a difference.

Libby Kustka is a volunteer for Mindful Margaret River and is also a master trainer for Youth Mental Health First Aid, Conversations about suicide and Non-suicidal self-injury.

This article first appeared in the Margaret River Mail on the 7 March 2022.



Since October 2021, MMR has supported over 15 registered mental health training activities for community members.

Our stories

Excerpt from:

Boundaries are the key to avoiding burn out

There is no denying the last few years have been extremely challenging for many people in business.

If you are feeling like your well has run dry, you are not alone. The Australian economy is dominated by a whopping 98 percent of small to medium businesses.

The World Health Organisation declared burnout as a syndrome characterised by three dimensions:

- Exhaustion - feeling exhausted and lacking energy
- Cynicism - feeling negative or cynical about your work
- Inefficacy - reduced productivity

Right now, I'm tired, I need to constantly check-in and ask myself "What do I need most right now?" and draw on my PRESS PAUSE boundaries in business model to keep burnout at bay.

Say NO to yourself, things that don't align with your business vision, and other people, and avoid pushing through. We are never at our best or do our best work when pushing through.

Seek support - join your local Chamber of Commerce it's a great way to network and connect with other business owners.



20 years of experience owning and operating small businesses in Margaret River, Rebecca Hannan is also a volunteer for Mindful Margaret River.

This article first appeared in the Margaret River Mail on the 1 March 2022.

Rebecca presented Mental Health in Business seminars locally in 2022 and also spoke at the International Women's Day event.

Our stories

Excerpt from Is it tough being a bloke?

As a recently retired GP I have obviously had too much time to reflect, question and read. Also, through my involvement with Mindful Margaret River, I have been involved with many other volunteers in areas mostly involving communication.

First, in trying to improve collaboration between mental health practitioners in our local community, and then, through a public workshop, a discussion on the ways to improve connections between people, facilitate empathy and effective caring.

Lastly, trying to address the other pandemic, the pandemic of increasing loneliness in modern society. This issue has impacted elderly and single men in rural communities and is a significant issue in our area with ill-health, destructive behaviour and depressive illness often a result.

In response we have created a 2-hour workshop for small groups of men.

It's called "LISTEN UP BLOKES", with a subtitle, "How can us blokes be better understood, listen more and talk less!".

The workshop provides an opportunity to learn new information and have discussions in a relaxed setting.

It covers four topic areas:

- What are we talking about? We can all listen... or is there more to it?
- Why bother? Are we already stuck in our ways, or could we change for the better?
- When to listen and how to deal with someone's feelings or decide when not to listen!

How to really listen and deal with assumptions and bias.



A retired GP, Peter is an active volunteer for Mindful Margaret River and is a member of the Board.

This article first appeared in the Margaret River Mail on the 9 May 2022.

Since June 2022, Peter has run over six sessions of 'Listen Up Blokes' to men from across the Margaret River region and has plans to continue delivering this series until the end of the year.

Our stories

Excerpt from: **A connected and resilient community**

The Simple English Wikipedia defines 'Community' as "a group of living things sharing the same environment. They usually have shared interests. In human communities, people have some of the same beliefs and needs, and this affects the identity of the group and the people in it. Although communities are formed around personal similarities in interests, every individual is divergent in their own ways, which is the main reason for social diversity in a community".

A connected and resilient community is the sum of all its parts.

We are a community 'sharing the same environment'.

So where are we 'sharing our interests'?

Where do we connect with people with similar 'beliefs and needs'?

Are we connecting in ways that validate and respect the reality that 'every individual is divergent in their own ways' helping to nurture 'social diversity in (our) community'?



Whether you have lived in this region your whole life or you moved here more recently, we are all connected by the beautiful natural environment that surrounds us.

We choose to live in a rural area for all the benefits we feel it provides, and we accept the challenges it can sometimes present us.

Each of us have different interests and needs, and we find ways in which to engage with those interests and often with others who share them. If there is a need for a new service, support or group, the community often creates it.



Lydell Huntly is the Manager of the Margaret River Community Centre and a taskforce member of Mindful Margaret River.

This article first appeared in the Margaret River Mail on the 11 October 2021.

MMR is a strong supporter of, and is supported by the Margaret River Community Centre.

Our work at a glance

SOME OF OUR VOLUNTEERS AND PROJECTS IN ACTION!



Peter Griffyn, our volunteer website designer launching our website in September 2021.

The Mindful Margaret River website is a hub of information and an excellent accessible community resource. Here you will find local contacts and information to help you find the right support at the right time.

mindfulmargaretriver.org.au



Deputy Chair Miriam Avery meeting with the Honorable Jackie Jarvis MLC and Ms Jane Kelsbie MLA



Our volunteers have had the opportunity to attend various subsidized or free training over the last year. These sessions have also been open to the entire community. MMR has supported over 15 registered training events attended by over 200 community members.



Families enjoying activities as part of mental health week October 2021. Over 50 community members participated in the activities.

Our work at a glance

SOME OF OUR VOLUNTEERS AND PROJECTS IN ACTION!



Volunteer Debbie George talking with Shire staff at the Depot as part of RUOK Day. Debbie spoke with Shire Depot staff in the morning and Administration staff in the afternoon reaching over 100 staff.



MMR hosted the launch of the First 1000 Days at Playgroup. This event also helped launch the start of the first Margaret River based Radiance peer support group. Volunteer and board member Judith Maechler facilitating a session with families with CJ Heins from Radiance. Over 40 parents, expectant parents and children attended this event.



Mindful Margaret River is a unique and innovative partnership between the community and the Shire of Augusta Margaret River, awarded Innovative Partnership at the 2021 Community Development Awards by the Local Government Professionals WA.

Martin Ringer, Erin Statz, Jason Cleary, Stuart Hicks, James Shepherd and Stacey Hutt



Local activities and programs supporting youth wellbeing and mental health

2022-2023 school year



Compiled by Mindful Margaret River for distribution to community networks, school communities, local services and families. Purpose of this resource is to enable community to become more connected and aware of opportunities for youth to engage and connect. This document can be added to at any time, please email Mindful Margaret River on info@mindfulmargaretriver.org.au

Our focus on youth team has put together a resource for parents, teachers, schools and the community which is free and available on our website.

This resource lists all known activities promoting youth wellbeing and resilience during the 2022 school year.

Current members of this volunteer group include principals, teachers, counsellors, support staff and local service providers. This is our largest group with over 26 members.

Our work at a glance

SOME OF OUR VOLUNTEERS AND PROJECTS IN ACTION!



Volunteer Jacqui Tarrant at the Hard Talk Helps workshop in November 2021 addressing community members, parents, teachers and volunteers. The workshop focused on how to talk with youth about grief, loss and suicide.

Over 60 community members attended this event.



Students from the Margaret River Senior High School participating in the innovative Ecohealth project 2021. Eco Health was developed by volunteers Suzanne Hicks and Sandra Robertson and recently evaluated by UWA. Mindful Margaret River is a strong supporter of this project and values the innovation and opportunity this provides to our youth.

The goal is that Eco Health will be available in partnership with Margaret River Senior High School in 2023.

Our impact

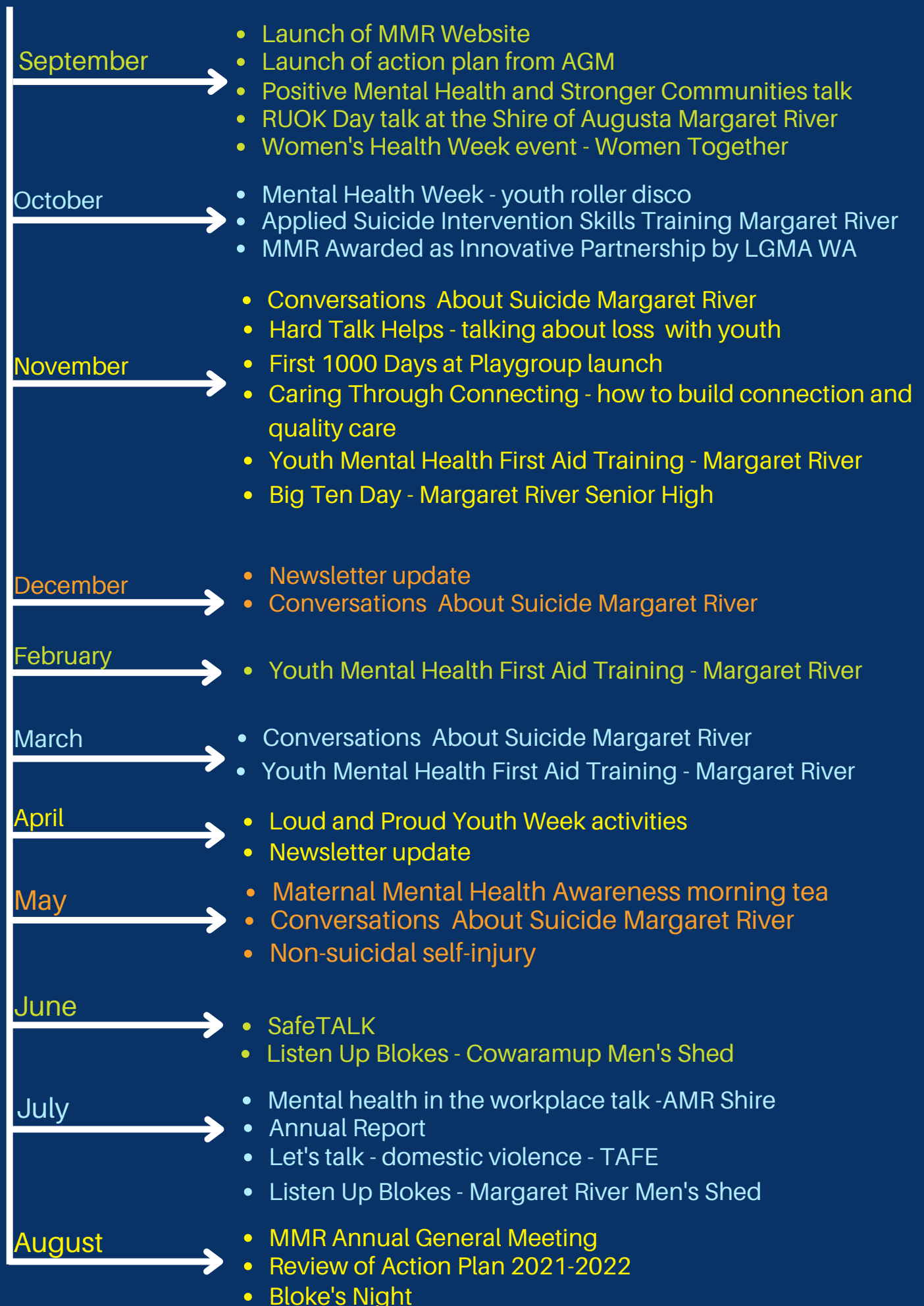
What have we achieved? And is it possible to measure?

The very fact that Mindful Margaret River exists and has become well known in the community provides a stimulus for people to talk in everyday life about social and emotional wellbeing and mental health. This alone is an important and powerful intervention that enables people who previously would have been silent and alone to find relief in conversation as well as possibly seeking professional help. For instance, we directly and actively involve 80 people in our work and this translates into at least 80 families whose everyday life includes conversations about social and emotional well-being. Members of each of those families in turn converse with many others and, in addition to all the activities that we conduct, our work stimulates the everyday thinking of hundreds of people in our community.

Whilst it is tempting to think that we can measure accurately the effect that Mindful Margaret River has had on social and emotional well-being in the Margaret River catchment area, this is an impossible task. Human functioning always occurs in a complex context of relationships work play housing and other elements that all interact with each other. Two major impediments exist to scientific measurement of our efforts. One is that many other initiatives, events and activities occur simultaneously with ours and the result of each cannot be differentiated from others. The second is that to measure changes in social and emotional well-being in any community requires pre- and post- measures. The resources required to conduct thorough research would exceed the amount that it currently takes to run our operation. Our resources are much better expended in community activities than in scientific research.

Because we do not provide a direct service like counselling, therapy or providing housing or healthcare, our impact will necessarily be through indirect means such as assisting other agencies to provide service, providing information that enables people in need to know about and access services etc. Other parts of this report describe the 'output' of MMR that is a direct form of 'input' into our community. The next page describes some of our 'output/input' from the last year in our Annual Timeline.

Our annual timeline



Our highlights

The community-driven nature of MMR has gained the attention of many people, including mental health professionals in the WA Association for Mental Health (WAAMH).

They have been clear to us that our model of functioning provides a working template that is applicable in many other rural communities around WA. Key elements are as follows:

- Community driven and hence credible and scaled appropriately for the local community
- Credible because of strong Shire support and the involvement of and endorsement of key community leaders
- Evidence-based because the organization emerged from needs that were identified by two comprehensive community research projects on social and emotional wellbeing in our area. Also, data from more recent reports informs emerging strategies.
- Accessible because there is one central clearing house for information about a wide range of services and training
- Integrative, in that many services that are in separate silos in urban settings are all included in our web site and data base
- Responsive, in that we have an employee who is well integrated into the community and has an extensive system of communication
- Inclusive, in that we connect with other local agencies whose work intersects with ours. Examples are Just Home (Housing), Arts Margaret River, The Community Centre, the Margaret River High School, The Margaret River Police, The Margaret River Chamber of Commerce and the Shire of Augusta Margaret River.

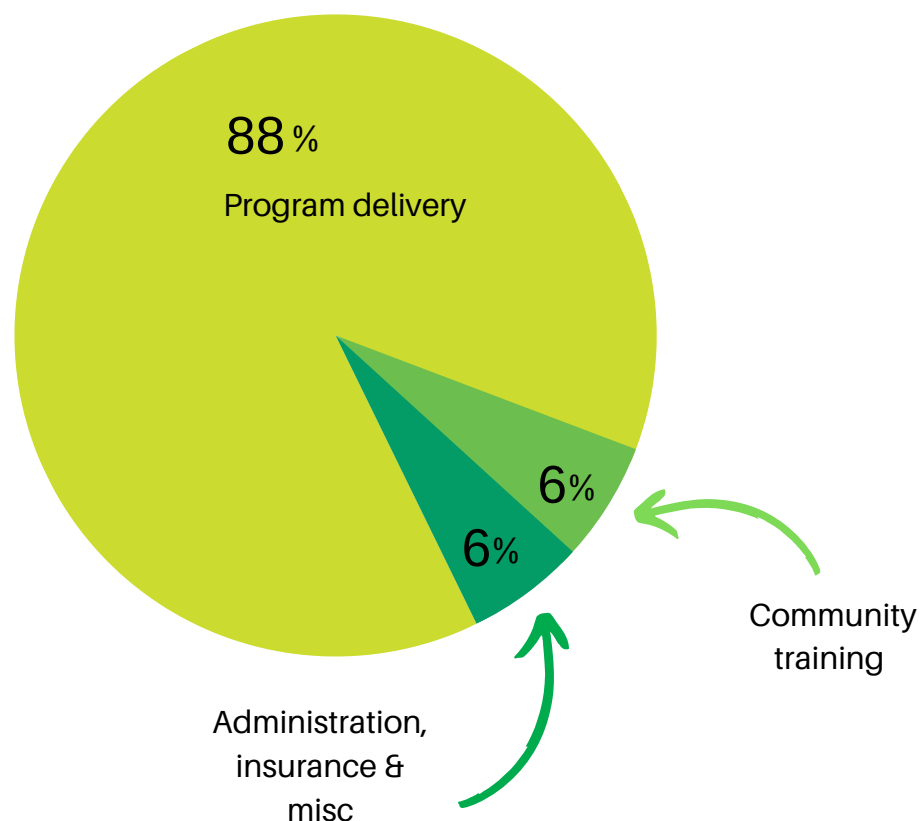
Finance

In 2020, Mindful Margaret River successfully applied for a grant of \$176,000 from LotteryWest to implement its strategic community plan. We also received a \$20,000 grant from the Shire of Augusta Margaret River to assist with implementing the program which links to the Shire's own Community Strategic Plan 2036. Under an auspicing agreement between LotteryWest and the Shire, grant funds are administered by the Shire of Augusta Margaret River on our behalf.

In addition, through an MOU with the Shire, MMR receives considerable in-kind support including being provided with an office and support facilities. The Shire's ongoing support for MMR enables us to operate with minimal administration costs so that we can focus our efforts and finances on implementing projects in the community through the volunteer taskforce teams. This collaborative partnership has harnessed the energies of an array of talented, committed professionals working together with a common goal.

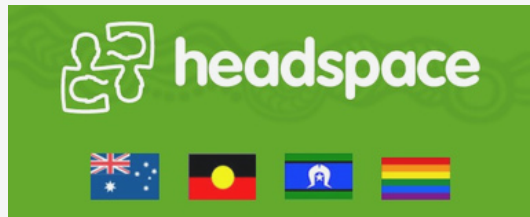
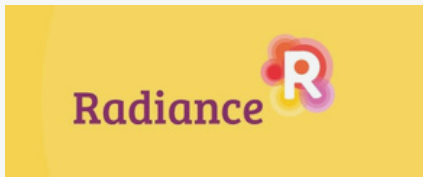
MMR has also received grants to stage community events at the Margaret River HEART (\$2500) and sponsored advertising pages in the Margaret River Rotary Directory (\$3000).

Expenditure



THANK YOU

Mindful Margaret River proudly collaborates with:



**WA Country Health Services
Department of Communities
South West Mental Health Services
Accordwest**

THANK YOU

Mindful Margaret River is funded by:



Mindful Margaret River is supported by:

