



July 2026 Newsletter

Greetings to all our fantastic volunteers

When it comes to Mental Health we all have different ways of coping with life and the situations that we find our selves in. These situations and circumstances change with time and sometimes make daily decisions and doing the daily tasks more difficult. With this in mind I wanted to share with you some places where you can find help to navigate life and it's changes and difficulties.

Along with the below training opportunities I have attached some brochures and flyers that you may find useful. The training below is free and online for you to access from home if you would like to. I have done and offered in a group session last year. It was very informative and useful for any relationship.

All you have to do is hover over the picture hold the Ctrl key and hit enter or click the left mouse button, enter the details in the registration form, they will send you an email notification with the link to the training for the date that you have chosen (multiple options). **NOTE: Question 7 go the "Select Your Answer" down drop arrow which is under the info about the times differences to choose the date you want to sit in on.** All you need to is a computer that is not really old and it should automatically upload the session app at the time.



July face to face catch-up and training opportunity

Tuesday the 28th 10:30am at the Uniting Church Merimbula. The subject is "Listening Without Fixing". It is from the Mental Health First Aid organisation. I personally am a Mental health First Aider and recommend to everyone if you have the opportunity to do that course to do it. As with normal first Aid, it is extremely important to have that knowledge when an extreme event happens, it can save a life.

Signing off with a laugh

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"



Sincerely, Lee & Ali