

# Health & Wellbeing

## Protect your smile @ Foothills Denture

AT Foothills Denture Clinic, denture repairs can be done while you wait, and denture re-lines are usually a same day service.

Father and daughter team Malcolm and Raynee McArthur are both dental prosthetists, licensed to make all dentures including part acrylic and metal dentures.

The clinic is a Medi-bank Private Members Choice Provider and

an HBF Members Plus Provider.

Rebates are available from all other health funds and we also deal with Veterans Affairs and offer pensioner discounts.

Special arrangements can be made for country clients to reduce the number of visits.

The team are happy to discuss any difficulty or query you may have with your denture – free



of charge – and offer a professional service at a reasonable price. For a free quote call 9250 1733. Foothills Denture Clinic is at Shop 4, 16 The Avenue, Midland.

## What to do when someone close to you is diagnosed with mental illness?

This week, 10 – 17 October, is Mental Health Week and there will be lots of talk about how to look after your mental health. But what if someone close to you is diagnosed with mental illness?

Supporting someone who lives with mental illness can be overwhelming and frustrating for the people close by. Especially if this person is a family member or dear friend and we care and want to help. However, you may not know what to do.

The best way to help someone experiencing a mental health challenge or illness, is to offer a listening ear and let them know you are there for them.

Often, we have a strong desire to ‘fix’ or ‘solve’ someone else’s problem, however this is not your role and should be left to a professional. The best thing you can do is to help them find an appropriate service through a GP, mental health phone line, mental health service

or by searching online.

Acknowledge your own feelings. Educating yourself about their mental illness may help with processing your own emotions. It’s also essential to practise self-care when you are supporting someone with mental health challenges, to avoid getting to the point where you experience fatigue or burn-out. Go back to the basics: get enough sleep, do some regular exercise, eat well, spend time with friends, and

engage in activities that you enjoy.

Realise that you do not have to go through it alone! HelpingMinds offers free and confidential support to people who are caring for someone living with mental health challenges. They offer free counselling, support groups, school holiday programs and Family LINK from their office in Midland.

Call HelpingMinds on (08) 9427 7100 or visit [www.helpingminds.org.au](http://www.helpingminds.org.au)

## Hooked on Collecting Bottles

Steve started collecting bottles 18 years ago after purchasing old milk bottles at a garage sale. His interest in the history encouraged him to join a bottle collecting club. The club meetings are very interesting particularly discussing digging up old tips. After his first dig he was truly hooked on collecting bottles.

He loves researching the history of bottle companies and being part of a Club, this gives him regular con-

tact with people of the same interests.

Bottle collecting is quite a large global hobby and there is an Australian on-line forum where you can share information with many experienced collectors. This is great for your mental health as you learn new things on a regular basis and stay connected with your community with Shows and other social events.

This weekend is Steve’s Clubs Antique



Vintage Collectables Sale at the Cannington Exhibition Centre. He is excited to show his collection of Warners Safe Cures at this event.

## Family Life: It’s not always easy

The constant demands for time and general busyness means that families sometimes struggle to connect in meaningful ways.

COVID-19 has put extra pressures on families, sometimes to do with employment and financials, for others it may have triggered negative emotions, depression, anxiety, stress or tension between family members.

Talking, checking in and connecting with each other regularly is important to maintain healthy family relationships.

The 6-week Family LINK program facilitated by HelpingMinds is for families living in and around the Swan region.

Helping Minds supports families who would like to connect with each other in fun and nurturing ways, through a variety of interactive activities, games and discussions.

Various topics and common challenges are explored and discussed. This includes learning about each person’s particular communication style and ways to resolve conflict in healthy ways.

Fiona Langley, Family LINK Facilitator, says “Families who have completed the program report feeling heard and more accepted by their family members, as well as feeling less isolated and alone through



connections made with other families.

Often mums, dads and kids gain a new understanding of each other’s worlds in a fun, interactive and relaxed way.”

Family LINK is a free program for families living in and

around the Swan region with children under the age of 18.

Programs are run all year round in various places in the City of Swan such as Midland and Ellenbrook. Call HelpingMinds on (08) 9427 7100 for more information.

## Helena Valley Medical Centre

Skin Checks, Shingle Vaccines, Pneumonia Vaccines, Measles Vaccines, Medical Acupuncture, Aviation Medicals Available

NEW PATIENTS WELCOME.

*\*BULK BILLING for children under 16 years, pensioners, health care card holders. \*Conditions apply*

You can book your appointment on line at [www.hvmc.com.au](http://www.hvmc.com.au) or by phone

# 9255 1161

DOCTORS:  
Dr Monica Rosca Dr Anne Minty Dr Yoshi Inoue  
Dr Sharnee Rutherford Dr James Otiende

OPENING HOURS:  
Mon-Fri 8:30am-5:30pm, Sat 9am-12pm  
160 Scott Street, Helena Valley

## Antique, VINTAGE & Collectable SALE

Wide variety of items, bank notes, coins, watches, jewellery, antique bottles, ceramics, glassware, bar accessories, china and bric a brac

SATURDAY Oct 10<sup>th</sup> 9am to 4pm  
SUNDAY Oct 11<sup>th</sup> 9am to 3pm  
\$2 - Gold Coin Entry Children Under 14 free

### Cannington Exhibition Centre

Cnr Station St & Albany Hwy, Cannington WA  
Arranged by CBCC Enq: Cheryl 0408 588 512  
Refreshments Available On-Site CAFE

## Would you like to strengthen your family relationships?

Family LINK is a free program that will help your family to connect and talk to each other in a fun and relaxed way.

**Midland**  
12 Oct to 16 Nov (6 weeks)  
Monday evenings | 5.30–7.30pm

**Ellenbrook**  
7 & 14 Nov (follow-up meal 26 Nov)  
Saturday afternoons | 1–5pm

Call 9427 7100 for more information

FREE | Catering provided  
Registration essential  
If transport is a barrier, please speak to our team on registration

This program is open to families living in and around the Swan region. Funded by the Australian Government Department of Social Services.

helpingminds.org.au