



SEPTEMBER 2022 | ISSUE NO.353

COST \$2.50

OUTBACK
★ **FESTIVAL** ★
MEEKATHARRA

23RD – 25TH SEPTEMBER 2022

FRIDAY 23RD
COUNTRY
BALL

SATURDAY 24TH
HORSE
RACES

SUNDAY 25TH
SIDE SHOW &
FIREWORKS



CONTACT

Shire of Meekatharra

08 9980 0600 | meekashire.wa.gov.au

 [meekatharradust](https://www.facebook.com/meekatharradust)  [meekatharradust](https://www.instagram.com/meekatharradust)

Meekatharra Race Club

meeka.rc@gmail.com

 [meekaraceclub](https://www.facebook.com/meekaraceclub)

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Peter Foster MLC
MEMBER FOR MINING AND PASTORAL REGION



SHIRE OF MEEKATHARRA

SCHEDULE OF MEETING DATES, TIMES AND LOCATIONS

JULY 2022 TO JUNE 2023

ORDINARY MEETINGS OF COUNCIL

In accordance with section 5.25 of the Local Government Act 1995 and regulation 12 of the Local Government (Administration) Regulations 1996 the scheduled Shire of Meekatharra Ordinary Meeting dates for 2022/23 are as follows:

Saturday, 16 July 2022

Saturday, 20 August 2022

Saturday, 17 September 2022

Saturday, 15 October 2022

Saturday, 19 November 2022

Friday, 16 December 2022

Saturday, 21 January 2023

Saturday, 18 February 2023

Saturday, 18 March 2023

Saturday, 15 April 2023

Saturday, 20 May 2023

Saturday, 24 June 2023

All meetings are held in Council Chambers located at the corner Main & Savage Streets Meekatharra and commence at 9:30am (except the 16 December 2022 meeting which commences at 2:00pm).

AUDIT COMMITTEE MEETINGS

Audit Committee Meetings will be arranged as required by the CEO in consultation with the Shire President.

KJ Matthews
Chief Executive Officer

Advertising in the Meekatharra Dust

The Meekatharra Dust is a newsletter produced by the Shire of Meekatharra each month that highlights local events and helps to distribute news locally. The Newsletter reaches hundreds of people each month through the copies sold around town, copies sent in the mail, and those viewed online. If you wish to advertise in the Meekatharra Dust please get in contact with us on cdo@meekashire.wa.gov.au.

Prices (from 1st of July 2022)

Local non-for-profit organisations are able to receive free advertising.

Size	Colour	Black & White
Full Page	\$74.05	\$52.10
Half Page	\$43.10	\$26.70
Quarter Page	\$24.65	\$16.50
Eighth Page	\$18.50	\$13.95

Calling for Submissions

The Meekatharra Dust is always looking for new submissions to be added to the community newsletter. We are chasing articles about things happening around town. If you have any articles with information about any upcoming community events then we want to hear from you!

The Shire of Meekatharra will pay \$100 for articles that are related to Meekatharra. Articles include short stories, poems, photos or similar. Get in contact to find out more about this opportunity.

"The Meekatharra Dust" is a non-profit community newspaper. The Meekatharra Dust is published during the first week of each month. The deadline is the 24th of the previous month.

If you have an article, a photo you would like to share or an advertisement, you can post them to: *PO Box 129, Meekatharra WA 6642* or drop them in at the Shire office. Alternatively, you can email us at: cdo@meekashire.wa.gov.au



GENERAL DISCLAIMER

The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Meekatharra. All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be the correct advice on any particular matter or subject referred to. No person should act on the basis of any matter, comment or advice contained in this publication without first considering, and if necessary taking appropriate professional advice upon the applicability to their particular circumstances. Accordingly, no responsibility is accepted or taken by the Shire of Meekatharra, or the authors and editors of the Meekatharra Dust, for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained herein.



meekatharradust



meekatharradust



The Shire of Meekatharra



meekashire.wa.gov.au

SATURDAY
24TH SEPT
12PM

MEEKA *Races*

COUNTRY RACING *at it's* BEST

Licensed *bar* • Food options *available* • AFL Grand Final *televised*
Plenty of camping spaces • Entertainment by *Dj Rev*

Meekatharra Racecourse, Goldfields Hwy
Tickets purchased through **Eventbrite**
Contact Kylie for further information 0491 972 800



TECHNOLOGY
METALS AUSTRALIA LIMITED

FLSMIDTH

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NOTE FROM THE EDITOR

Dear Readers,

September is always a big month in Meeka, including our annual events we have a few more happening this year to make this month busy and so much fun.

This month hosts R U OK? Day and Mission Australia are holding a morning tea and lunch on the 8th at Welcome Park to celebrate this event. More information on page 27.

On the 10th The Struggling Kings are coming to town to perform their amazing songs for the community. There will be dinner, popcorn and more during this live music event. This event is alcohol and drug free. More information on page 16.

The North West Central By-Election is on the 17th, voting is done at the Town Hall between 8am-6pm.

The Meekatharra Outback Festival is happening over the Queen's Birthday Long Weekend. Starting off with the Country themed Ball on the 23rd, Races on the 24th and the Side Show on the 25th. More information is on page 12 & 13. To keep up to date with the events of the weekend follow Meekatharra Dust and Meeka Race Club on Facebook.

The Editor

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm – 5:00 pm 	3 on 3 Basketball @ the Youth Centre Kidzone	Music @ the Youth Centre Kidzone	Arts & Craft @ the Youth Centre Kidzone	Game day @ Youth Centre Kidzone	Drop in @ the Youth Centre Kidzone
6:00 – 8:00 pm 	12+ indoor cricket @ indoor cricket centre 	AFL for all ages 	10+ Mixed Sports @ the indoor centre 	Basketball vs Karalundi 	Movie night @ the Youth Centre 

Youth Services 2022 Term 3



CEO COUNCIL MESSAGE

Welcome to the September 2022 edition of *The Dust CEO Council Message* Report that provides information for all residents regarding the Council ordinary meeting that was held on the 20th of August 2022 as well as the Health, Building and Town Planning Committee meeting that was held on the same day. This section of *The Dust* is intended to provide a snapshot of the issues discussed at Councils Ordinary Meetings that are held each month.

The unconfirmed minutes of Council Meetings are placed on the Council website as soon as possible within the prescribed time limit whereby they are confirmed at the next scheduled Council Meeting. Furthermore, items listed on the agenda when published for the community may not include all the items that were discussed at the Council Meeting, as provision is made for councillors and/or staff to introduce late items for consideration as permitted by legislation and Councils Standing Orders. Therefore, the following resolutions are only an extract of the full meeting agenda with the entire meeting proceedings being available in the official Council Minutes that are confirmed at the next meeting of Council.

Items from the Shire of Meekatharra Health, Building & Planning Meeting 20 August 2022

Item 7.1.1 – Principal Environmental Health Officer/ Building Surveyor's Report

That the Principal Environmental Health Officers report be accepted.

The above resolution included an update regarding the ongoing recent issues of sewerage at the Meekatharra Caravan Park and in particular where Council has insisted that the following be attended to without delay:

- Sewage pumps and electrical switch board be replaced and upgraded.
- Sewage tanks to be pumped daily, and

- Sewage affected areas to be remediated.
- The above issues have now been satisfactorily been completed although regular monitoring will still occur.

Items from the Shire of Meekatharra Ordinary Meeting 20 August 2022

Item 11.1 – Local Laws Review

That Council adopts and makes the Shire of Meekatharra Health Local Law 2021 (that is not significantly different from the law that was proposed).

AND

That Council adopts and makes the Shire of Meekatharra Local Government Property and Public Places Local Law 2021 (that is not significantly different from the law that was proposed).

AND

That Council authorizes the affixing of the Common Seal of the Shire of Meekatharra to the Local Laws adopted above.

The above resolution confirms Councils endorsement of the Health Local Law 2021 and the Local Government and Public Places Local Law 2021 that will now be gazetted and come into force 14 days after gazettal.

Item 13.3 – Lloyds Plaza Relocation and Lease Meekatharra Community Resource Centre

That Council approve the relocation of the Meekatharra Community Resource Centre from its current location to occupy the Museum, CRC1 and CRC2, and the Art Gallery (on a co-shared basis) area of the Lloyds Plaza Complex in accordance with the Terms and Conditions of the Lease appended to this Report, and approves the execution of the Lease by the Chief Executive Officer and the Shire President and affixing of Councils Common Seal.

The above resolution confirms Councils agreement for the Meekatharra Community Resource Centre (CRC) to

relocate from its current premises to the Lloyds Plaza Complex. The relocation of the CRC from its current premises to the Lloyds Plaza will be under the same terms and conditions as those that currently apply. While the relocation of the CRC to Lloyds was originally planned when Lloyds Plaza was constructed and opened, for various reasons this did not occur. Council is therefore pleased to see that the CRC will soon occupy the Lloyds Plaza that will provide additional use of the complex and provide more opportunities for the CRC to expand.

Further Information Snippets

- Staff changes – Council bid farewell to Ms Runny Vong in August as our Finance Officer who has departed to further her career in Perth and we wish her all the best. Mr Kezang Dorji has been appointed as the new Finance Officer and Ms Lisa Bracknell appointed as the Assistant Finance Officer. We also welcome Mr Lawrence Hinrichs as our Roads Administration Supervisor and the

promotion of Mr Stephen Hoare as our Rural Roads Supervisor.

- Town Street Widening Works – the widening extension works for Savage and Streets have been delayed due to unforeseen circumstances. Originally planned for August, these works will now be scheduled for mid to end of September and a Public Notice will be issued advising the community of the rescheduled works and street closures.

The next Ordinary Meeting of Council is scheduled for 9.30am on Saturday the 17th of September 2022 and the next *CEO Council Message* column will appear shortly after this meeting in the October 2022 edition of *The Dust* to provide information from this Council meeting as well as general information updates to the community. Until the next edition Bye for Now!

KJ Matthews – CEO



The Online Hub for Family and Local History in the Central Goldfields of Western Australia



Discover more about people's lives in the Central Goldfields of Western Australia or explore more about the history of places in this vast region. FREE resources and information for all family and local history researchers.



Western Australian
Virtual Miners Memorial

An online place where the men and women of Western Australia who have lost their lives in the mining industry, can be remembered and honoured for their supreme sacrifice.

The Outback Family History website:
www.outbackfamilyhistory.com.au
 Our library of information and photographs

The Outback Family History blog:
www.outbackfamilyhistoryblog.com
 Stories of people and places

WA Virtual Miners Memorial website:
www.wavmm.com
 A profile page for every person



[@OutbackFamilyHistory](#) | Email: moyasharp@westnet.com.au



The Meekatharra Seventh
Day Adventist Church
(McCleary Street) invites
you to join us in a weekly
service for all ages from
10am Saturday mornings



Extraordinary Outback Experience

Self contained units
Twin rooms
Camp sites
Camp kitchen
Fuel
Licensed store
Lawns & shade

**Mt Augustus
Tourist Park**
Heart of the Gascoyne
at the World's
Biggest Rock

0899439527
mtaugustustouristpark@skymesh.com.au

*Coral Coast * Ningaloo * Karijini * Goldfields Highway * Woolwagon Pathway*

M E E K A T H A R R A



ACCOMMODATION CENTRE

Open Daily 6.00am—9.00pm

Catering for your special function? Email us for a quote on

bookings@meekatharraaccomodation.com.au

or call on 99811253

BE RESPONSIBLE



Please ensure whilst exercising your dog to pick up any waste and dispose of in the bins provided.

FREE Waste Bags are available at the oval.

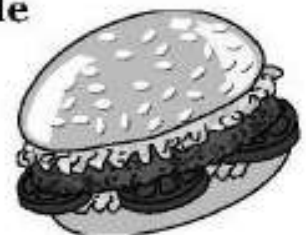
Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

Ph: 9981 1151



BP Fuel & Lubricants
Premium Unleaded Fuel now available
Auto Accessories
Kleenheat Gas
Key Cutting
Take-Away Food
Asian Food



A range of Asian Ingredients and utensils available for sale



Burgers
Rolls
Sandwiches made to order
Bottled water deliveries

Tyre Repairs
Driveway Service





Thugarri Group

Strong, young man

Young Meeka men are invited to come to the
Youth Focus building every
second Monday starting at 6pm
(starting 1st August 2022)

Just bring your manners and respect

We might stay at the office or we might head out
somewhere like Peace Gorge

We will put on a feed

This group is for young men only.

For more information please speak to
Uncle/Pop Junior
phone: 0436 336 345



Notice of Election Saturday 17 September

North West Central By-election

Polling day for this by-election will be Saturday 17 September 2022.

Nominations forms must be lodged with the Returning Officer no later than 12 noon on Friday 26 August 2022. Registered parties may lodge a nomination form with the Electoral Commission no later than 12 noon on 25 August 2022.

Carnarvon Shire Offices
3 Francis Street, Carnarvon.

The Returning Officer will be present here from 11 am to 12 noon on Friday 26 August 2022 to accept final nominations.

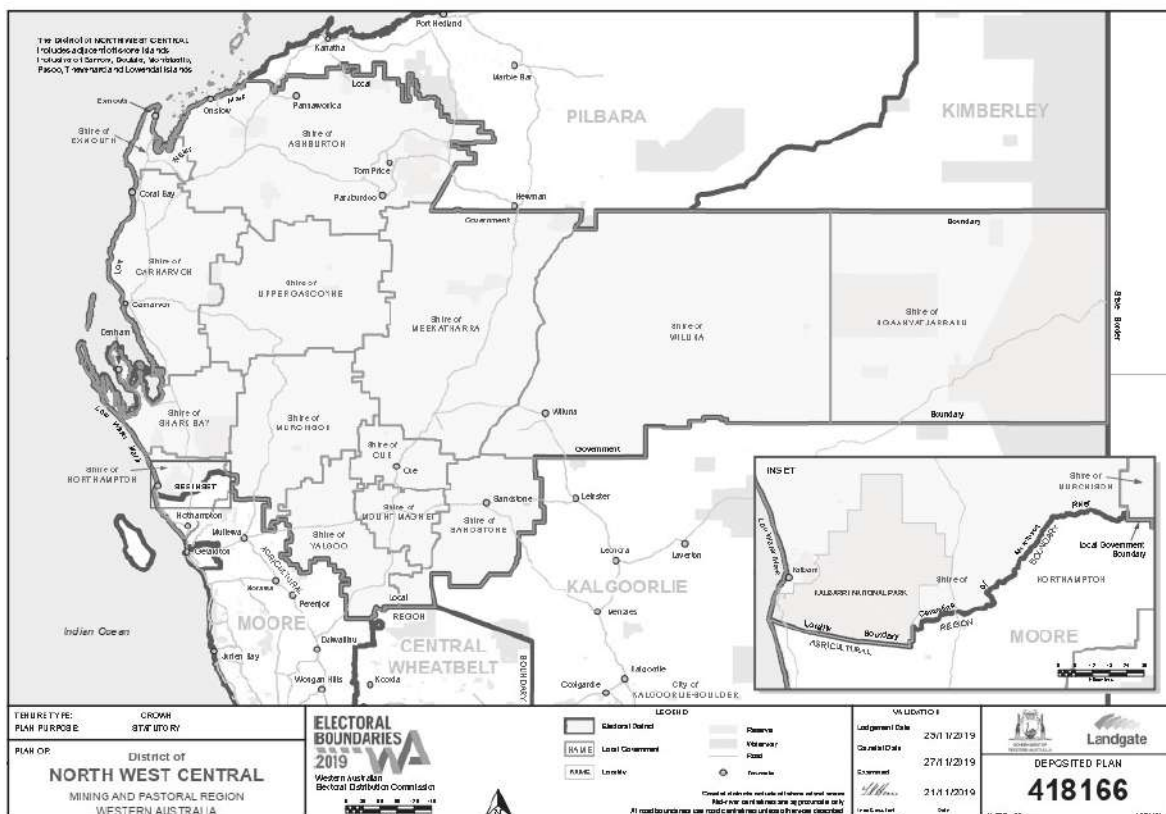
At 12 noon on Friday 26 August 2022 the Returning Officer will then produce all nomination forms, declare the names, occupations and residences of all nominated candidates, and conduct the draw of the position of candidates' names on the ballot papers.

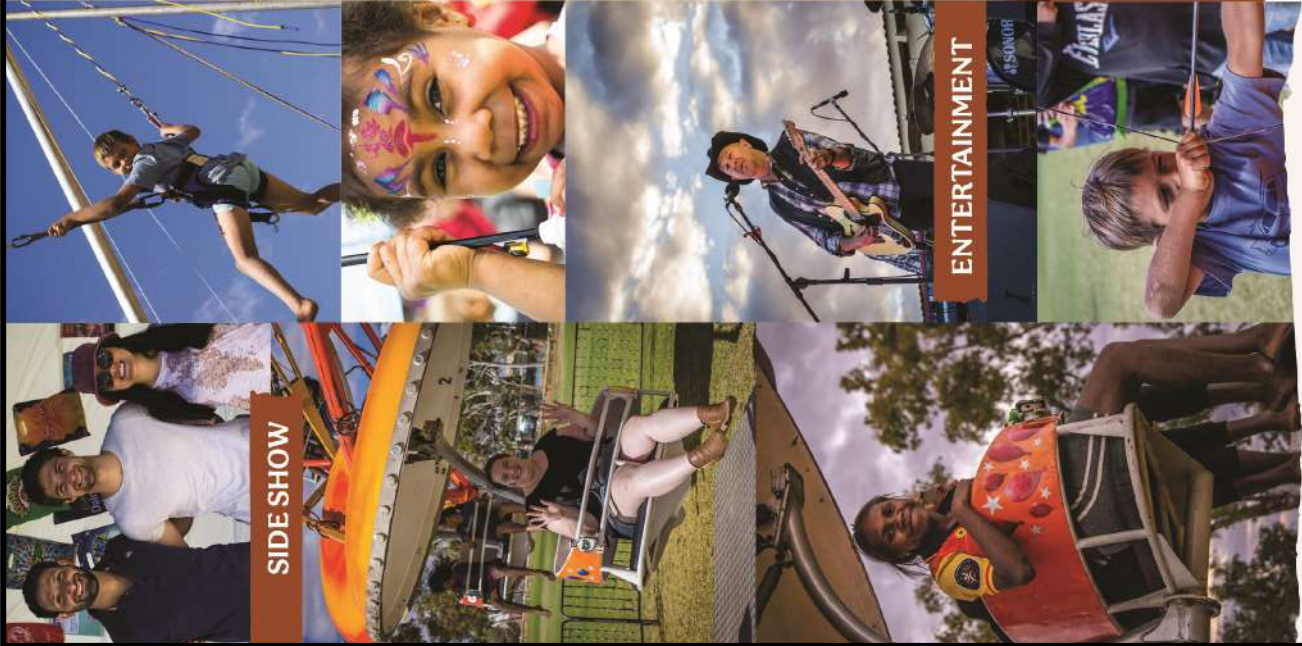
Persons living in the district of North West Central have until 6 pm 17 August 2022 to check their enrolment details are up to date.

To check or update enrolment, please visit www.elections.wa.gov.au. Alternatively if you do not have access to the internet you can call the Commission on 13 63 06.

Voting is compulsory for all electors enrolled in the North West Central District. Further information about voting, including applying for a postal vote and early polling locations, will be available on www.elections.wa.gov.au.

Robert Kennedy
Electoral Commissioner





SIDE SHOW

ENTERTAINMENT

COUNTRY BALL ★ HORSE RACES ★ SIDE SHOW

CONTACT

Shire of Meekatharra

08 9980 0600 | meekashire.wa.gov.au

Facebook meekatharradust

Instagram meekatharradust

Meekatharra Race Club

meeka.rc@gmail.com

Facebook meekaraceclub



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23RD - 25TH
SEPTEMBER 2022



COUNTRY BALL ★ HORSE RACES ★ SIDE SHOW



COUNTRY BALL

7PM TO
MIDNIGHT
Shire Hall

FRIDAY
23RD

18+
EVENT

\$25 PER TICKET

★ WITH BAND
★ MIDNIGHT RAMBLERS ★

WITH CATERING BY CHARLIES PIZZA
CASH BAR RUN BY ROYAL MAIL HOTEL
COUNTRY/WESTERN THEMED

Tickets on sale from September at the shire office



HORSE RACES

12PM TO LATE
Meekatharra
Racecourse

SATURDAY
24TH

★ ANOTHER YEAR OF
COUNTRY RACING
AT ITS BEST! ★



SIDE SHOW ★ & FIREWORKS

1PM TO 8PM
Meekatharra Oval

SUNDAY
25TH

MECHANICAL RIDES
PETTING ZOO
RADIO MAMA | FACE PAINTING
CAREY RIGHT TRACK
FOUNDATION
SHOW BAGS | FIREWORKS



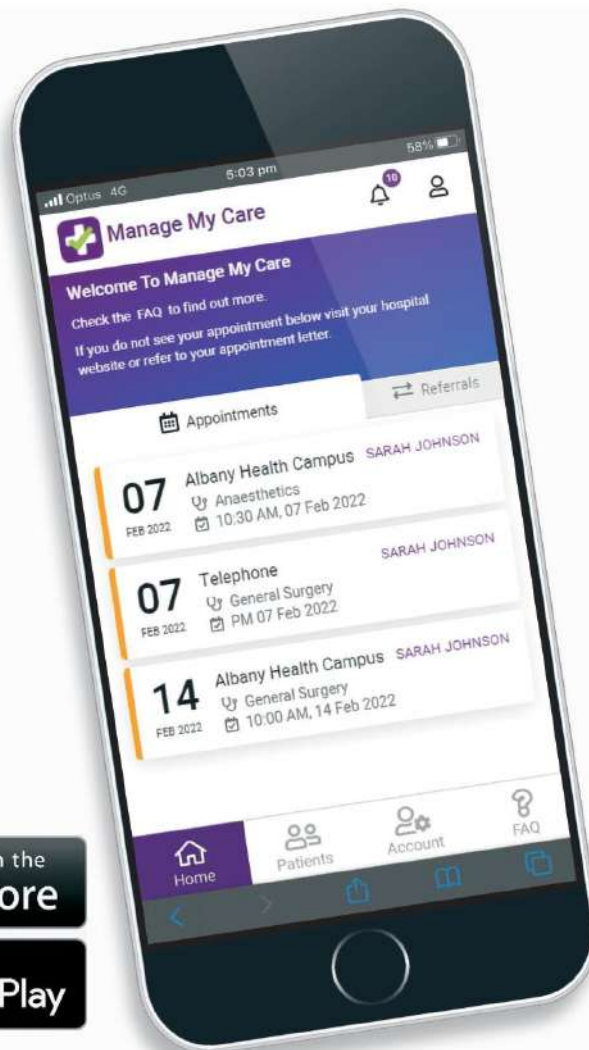
Government of **Western Australia**
WA Country Health Service



Manage My Care

Download the free app or visit
healthywa.wa.gov.au/ManageMyCare

- Easily see your public outpatient appointment and referrals 24/7.
- View and track appointments and referrals for people you care for.
- Update your contact details.



SCS-013855 FEB'22

healthywa.wa.gov.au/managemycare

MEEKATHARRA ABORIGINAL REFERENCE GROUP MEETINGS

2022

(Second week of each month mostly)

Community MARG Members 9:30 a.m.

Invited Stakeholders to attend from 11:00 a.m.

February	Wednesday 9 th	Face to Face
March	Wednesday 9 th	Face to Face
April	Wednesday 13 th	Cancelled Covid
May	Wednesday 11 th	Face to Face and ZOOM
June	Wednesday 8 th	ZOOM Online
July	Wednesday 13 th	Face to face and ZOOM
August	Wednesday 10 th	ZOOM Online
September	Wednesday 14 th	Face to Face and ZOOM
October	Wednesday 12 th	ZOOM Online
November	Wednesday 11 th	Face to Face and ZOOM
December	Wednesday 7 th	? TBC



Government of Western Australia
Department of Health

COVID-19

Stay COVID safe

Stop the spread of COVID

No big mobs

COVID spreads easily when big mobs get together.

Keep your distance.



Wear a mask when required

Masks help to stop COVID spreading.



Get vaccinated



Call the clinic if you're sick



Wash your hands



Keep your distance



Cover coughs and sneezes



Clean shared surfaces

healthywa.wa.gov.au

© Department of Health 2021

MURCHISON DENTAL TEAM ROSTER 2022

Meekatharra: 2nd February - 11th of February

Mount Magnet: 23rd February - 4th March

Cue: 23rd March - 1st April

Meekatharra: 27th April - 6th May

Mount Magnet: 23rd May - 29th May

Sandstone: 29th May - 3rd June

Meekatharra: 22nd June - 1st July

Yalgoo: 20th July - 29th July

Mount Magnet: 17th August - 26th August

Meekatharra: 14th September - 23rd September

Mount Magnet: 12th October - 21st October

Meekatharra: 9th November - 18th November

Mount Magnet: 7th December - 16th December

CONTACT NUMBERS:

MEEKATHARRA - 9981 0640 OR 0427 386 647

YALGOO PRIMARY SCHOOL - 9962 8029

MOUNT MAGNET, CUE, SANDSTONE - 0427 386 647

MENTAL HEALTH RESOURCES

FOR FAMILIES AND COMMUNITY



Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au ehespace.com.au
Lifeline WA [24 hrs]	13 11 34	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.health.wa.gov.au/our-services/mental-health
Mental Health Emergency Response Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au
Ngala Parenting Helpline	9368 9368 Callback Service 1800 111 546 Rural	ngala.com.au

ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

Download these Apps for free in iTunes or Google Play



Smiling Mind



Mindshift



Reichout: Worry Time



What's Up?



The Check-in

5 TIPS TO BE MENTALLY HEALTHY...





THE STRUGGLING KINGS

Saturday, 10th of September 2022

Starting at 6pm, Meeka Oval

Dinner & Live Music

Alcohol and Drug Free Event





Give animals a 'brake'

SLOW DOWN AT DUSK AND DAWN

You might know the road like the back of your hand, but you don't know when an animal might suddenly appear in front of your car. Remember to give animals a 'brake' and slow down at dusk and dawn. Livestock collisions can be fatal for drivers, passengers and animals.

To find out more, or to report a hazard, visit mainroads.wa.gov.au or call **138 138**

LIVESTOCK COLLISIONS CAN BE FATAL





WA PLASTICS BAN

Business Engagement Program

To reduce plastic pollution, the WA Government
is implementing a ban on certain plastic items.

From **1 July 2022**, it is illegal to supply:



Any Plastic
Shopping Bag
with Handles



Disposable
Plastic Straws
& Stirrers



Disposable
Plastic Cutlery



Disposable
Plastic Plates



Disposable
Plastic Bowls
(without lids)



Disposable
Plastic Food
Containers
(without lids)



Expanded
Polystyrene Food
Containers & Trays



Disposable
Plastic Cups for
Cold Drinks*

*Banned from **1 Oct 2022**

Releases of balloons will also be banned in WA from 1 July 2022.

*Some exemptions and other banned items apply. See plasticsbanwa.com.au for details



COVID-19: Symptom guide

With COVID-19 in the community it is important to know what the symptoms are and when to seek medical advice.



Fever



Headache



Loss of taste and/or smell



Fatigue



Dry cough



Sore/scratchy throat



Shortness of breath



Muscle aches



Vomiting



Runny nose



Chills/night sweats



Diahorrea

Mild symptoms

Most people will have mild symptoms for up to 2 weeks. Avoid high-impact activities, weights, running and workouts.

Recover at home

Worsening symptoms

Symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

Call your GP

Severe symptoms

Symptoms become severe such as difficulty breathing when resting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

Call 000

WA.gov.au/symptoms

We're all in this *together.*

Ask

RU OK?™

No qualifications needed

Have a conversation using these 4 steps



1. Ask RU OK?

How are you travelling?

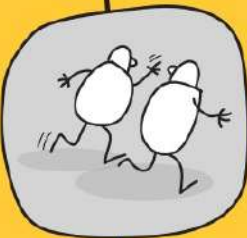
You don't seem yourself lately – want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn more at ruok.org.au

★ FIGHT *the* BITE ★



COMMON SYMPTOMS OF ROSS RIVER VIRUS:

- ★ PAINFUL, SWOLLEN JOINTS ★
- ★ PAINFUL, ACHING MUSCLES ★
- ★ SKIN RASH ★ FEVER ★



www.healthywa.wa.gov.au/ **FIGHTTHEBITE**



Government of Western Australia
Department of Health

"OFF THE BEATEN TRACK" WITH MATTY



98.3 MEEKA FM

Meekatharra, WA

A FAVOURITE TRAVELLING SONG? REQUEST IT FOR THE SHOW.



MONDAYS LUNCH



CORPORATE TO CAMELEER



There were many people in Meekatharra rubbing their eyes in disbelief on Thursday afternoon 25th August at the sight of six camels, one dog and a bearded man walking down the main street.

John Elliott was on the final stretch of a mammoth 3 ½ year trek around Australia with his camels - Cam, Bill (the bastard), Jackson, Ted, Arthur and Charlie and his dog, a blue heeler/ dingo cross, Bruski.

Living the corporate life, in Perth as an insurance broker, nightclub owner and highflyer John thought he had it all but one day decided he didn't want his life to only ever be about chasing money. He sold or gave away all his possessions and began looking for a new adventure that would push him out of his comfort zone.

Camels have certainly done that. John spent time at the Camel Connection, Victoria and Pilbara Camel Trekking, Paraburdoo, WA, learning how to train and handle camels before purchasing his own camels, four of whom were captured in the Simpson Desert, one who came from Goondiwindi, QLD and the sixth from Broken Hill, NSW.

Normally John and his team average around 25 kms per day but their fastest five days was the 200 kms leading into Meekatharra. 'Knowing there was a pub at the end of those

days spurred me on a bit!' John said, with a grin. When asked how that first beer tasted John, with a big grin, replied, 'It was pretty damn good'.

Having traversed over 11000 kms John and his team have faced every kind of weather condition from droughts, fires, floods, snowstorms, heat and wind. Continuous moist ground can cause issues for the camel's feet as can hard roadways which is why John has no set route but prefers to trek where his camels are most comfortable.

Carrying two months of dried food supplies as well as 300 litres of water means John has not been severely impacted by Covid restrictions, other than spending two weeks in hotel quarantine in Tasmania.

'It means I can avoid towns quite often. I am probably the most self – isolated person in Australia', John laughs.

The trek hasn't been completely trouble free with John having an incident in the High Country of Victoria when a wet track gave way under him and the camels, sending them sliding towards the river, whilst in Tasmania a washed out track required the help of the SES to assist and encourage the camels back to firm terrain. John carries a range of emergency equipment with him at all times as well as a substantial first aid kit.

This journey isn't just about John finding new adventures. John is also raising money for the charity 'Skin Check Champions' (www.skincheckchampions.com).

'I was lucky that I had a skin check before leaving on my trip. The doctor discovered a stage one melanoma on my back and was able to remove it. If I hadn't been doing this trip it may not have been discovered in time', John said.

John's journey with his four legged friends is due to finish in Geraldton in October, with the City of Geraldton having a range of events and celebrations planned. Whilst John hasn't decided on his future plans one thing is for certain: The camels will be retiring to a nice green paddock for a well-deserved rest.

To find more out about John's journey and adventures you can go to:

www.johnelliott.com.au

Instagram @johnelliott

Facebook: <https://www.facebook.com/insurancegod>



KIDS ZONE UPDATE

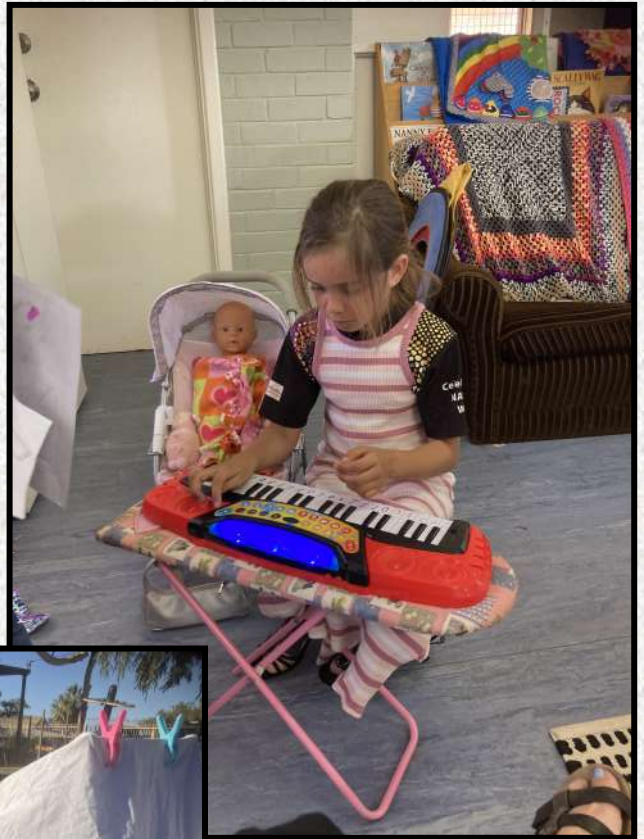
Kids Zone is always such a magical place for the kids of Meekatharra to play, use their imaginations and create life long memories with the other kids and the incredible staff.

In the past few weeks Kids Zone has been exploring making forts around the yard. The kids have been using whatever they can find to make a roof, walls and floor. A fort would not be a fort without some toys, pillows and blankets. The kids have let their imaginations run wild thinking of the different designs they could do.

Playing dress ups and pretending to be a superhero or royalty is a great part of being a kid. The kids at Kids Zone have been making the most of the costumes they have and acting out how they believe the characters behave.

Kids Zone is a great place to be and make memories. Open Monday– Friday 3pm-5pm during the school term for ages 4-9 years old.





Farmbot's Biggest Ever Giveaway

WIN **TOYOTA HILUX** 4x4 SR



Wearing out your ute checking water? It is time to park it up.

To reward you on making the change, Farmbot is giving you the chance to win the use of a Toyota Hilux SR (4x4) until June 2025. PLUS, 10 lucky runners up will win Farmbot Prize Packs.

How to win?

Buy Farmbot Monitors and be in the running to WIN. The more monitors you buy, the more chances of winning. Competition ends **18th November 2022**.



Learn more at **farmbot.com.au/winaute**
or call us on **02 9030 4760**

Call Dalwallinu Traders on 0427 086 738 to order one today.

Entries open at 9am AEST on 15/8/2022 and close at 5pm AEDT on 18/11/2022. Open to Australian residents aged 18 years and over only. Winners will be drawn at 10am AEDT on 22/11/2022 at 15b/390 Eastern Valley Way, Roseville NSW 2069. Winner's names will be published at farmbot.com.au on 22/11/2022. Total prize pool valued up to \$53,787.38. Full terms and conditions available at farmbot.com.au/winaute. NSW Permit No. TP/02047 NTP/04667, ACT Permit No. TP 22/01527, SA Licence No. T22/1161.

R U OK?

R U OK CELEBRATION

WHEN: 8TH September 2022

WHERE: Welcome Park-Main Street Meekatharra

TIME: 10.30am – 1.00pm

FREE!

Morning Tea

Burger Lunch

Open to the community.....Come and say Hi

Bus available if transport is needed – call 99 565 100

MISSION
AUSTRALIA



Get behind the wheel

Emergencies don't have working hours, that's why we need more volunteer Drivers. If you're looking for a way to help, and love getting behind the wheel, this is the role for you.

You'll help with patient transfers, inter-hospital moves and RFDS transfers. And while this is mainly a driver-only role, you will still receive the training you need to assist an Ambulance Officer in an emergency.

We always need help, so to see how people exactly like you can contribute head to stjohnchangelives.com.au or give our Community Paramedic Michelle Fyfe a call on 0437 681 562, or email Michelle.Fyfe@stjohnwa.com.au

Help keep your ambulance service strong in Meekatharra.

Life goes on.
Volunteer with St John.





Integrated **Chronic** **Disease Care Program**

**Do you have a team that can
assist with your **diabetes**,
cardiovascular disease or
respiratory disease?**



Podiatry | Dietetics | Physiotherapy | Diabetes Education

**Our Team can assist with these services and provide
care co-ordination to assist with all your health
appointments or enquiries.**

**If you suffer from Diabetes, Cardiovascular Disease or Respiratory
Disease and would like to make changes to improve your health,
call our Care Coordinators Beryl or Danielle on **0447 268 603****





Department of
Transport



Department of Transport Remote Services

Visiting: Meekatharra

When: Wednesday 7th September - 2pm to 4pm

Where: Yulella Offices

We will be able to help you with the following services:

- theory test
- photo card applications
- driver's licence applications
- change of address
- registration and driver's licence renewals
- vehicle transfers
- return of vehicle plates
- driving assessments

To enable us to help you, please ensure you bring your birth certificate, Medicare card, bank card and two types of proof of residency, along with cash or card for payment.

For enquiries please call: Karen - 9216 8194

Swap queue time, for you time



Online services
available 24/7

Sign up to DoTDirect online services for around the clock services, payments, and applications, to manage your personal details, and more.

www.transport.wa.gov.au/dotdirect

DoTDirect



Department of Transport Remote Services

Visiting: Meekatharra

When: Thursday 8th September - 9am to 3.30pm

Where: CRC Offices Meekatharra

We will be able to help you with the following services:

- theory test
- photo card applications
- driver's licence applications
- change of address
- registration and driver's licence renewals
- vehicle transfers
- return of vehicle plates
- driving assessments

To enable us to help you, please ensure you bring your birth certificate, Medicare card, bank card and two types of proof of residency, along with cash or card for payment.

For enquiries please call: Karen - 9216 8194

Swap queue time, for you time



Online services
available 24/7

Sign up to DoTDirect online services for around the clock services, payments, and applications, to manage your personal details, and more.

www.transport.wa.gov.au/dotdirect

DoTDirect

CITROEN CAR CLUB VISITS MEEKA

It's not every day you see Citroen cars from the 70's driving around town. Meeka was lucky enough to have the Association of Citroen Enthusiasts Western Australia (A.C.E. WA) driving through town to pick up supplies on their way. They are a group of like-minded car enthusiasts who gather together every four years to do daring tracks across the country, called the ACE Raid 2022. Currently, they are on day 12 of a 28-day trip. This time they are making their way up to Lake Argyle from Perth following parts of the Canning Stock Route.

The group of eight cars is made up of people from around the world who travel to WA to join in on the fun of driving around the outback and seeing new places. Two couples are from Europe and have made sure to make the trip to see the great Australian outback in one of the most unique ways. The group camps in the outback and bond over their love for the old cars. They trade stories, tips and tricks about these fascinating cars.

The trip is about the journey, not just the destination. The group has taken the most scenic route to their Kimberley destination. They started in Perth and made their way through to the Goldfields and are now into the Mid-

west area of their trip. They pass through stations, and towns and try to stay as off-road as they can to make the experience more special. Only come to town when they need supplies and fuel.

These cars take 95 or 98 fuel, which is hard to come by in the country. So they make the most of it when they are able to find it and stock up. Thankfully these cars are very fuel efficient and only use around 7L per 100ks, less when they are taking it slow.

The group travels with three support cars to ensure their safety, these are modern 4WD's. Although they are now left with two after one had issues with tyres and is currently in Geraldton getting everything patched up.

This club is very unique and they all look like they are having a blast!





MEEKATHARRA GP CLINIC

Due to an increase in COVID in the WA community, we ask that everyone please stay safe and healthy.

Please take the time to look after yourself, and others, and to recognise any health issues early to ensure you receive the best healthcare that we can offer.

We now have new measures in place to ensure we are all safe. When visiting our GP Clinic, we ask that you wear a mask, and ring the doorbell at the front door.

This is to prevent our Clinic closing due to an outbreak.

A friendly reminder that we are not a walk-in Clinic, and you will need to call and book.

Meekatharra GP Clinic: 6444 7980

MEEKA SPORTS FOR ADULTS

WEDNESDAYS 6PM-8PM
AT THE OVAL

shire of
meekatharra
a golden prospect

FREE
ALL ADULTS WELCOME



CAPPED AIRFARES HAVE LANDED IN REGIONAL WA

\$199
ONE WAY

< 1000km
from Perth

\$299
ONE WAY

> 1000km
from Perth

Now it's even easier for regional residents to stay connected to family, friends and access essential services in Perth. In a joint initiative between the State Government and our aviation industry, capped airfares are now available for regional residents travelling to Perth and back. Affordable, everyday air travel is one way of helping regional WA get a fare go.

Flights begin on July 1, so for booking details or more information, contact the airlines, your travel agent or visit farego.wa.gov.au

Terms and conditions apply.

 farego.wa.gov.au

MEEKA GYM

The Shire gym has all the equipment (plus more) that you will need to achieve your fitness goals. Come into the Shire Office to sign up.

More information is on our website.

Access restricted to adults 18 years or older
Unmanned gym open 5am-10pm daily
Proof of COVID-19 Vaccination is required to enter



shire of
meekatharra
a golden prospect

Meekatharra AA Meetings - Wednesdays 7.00pm

Seventh Day Adventist Church - Mc Cleary Street



ALCOHOLICS ANONYMOUS

Contact - 0472686962 for more information



SQUASH COURT

LOCATED AT THE SPORTS COMPLEX

Keys available at the Shire Office
\$50 Cash Key Bond
\$10 Per Game

More information on our website
www.meekashire.wa.gov.au



NAME PAVERS

Be apart of this fundraising activity for the
Meekatharra Outback Festival Committee

NAME PAVERS ARE:

- A unique and lasting record of your support;
- A creation of memories and milestones;
- A celebration of a wedding, new baby, birthday or anniversary;
- A tribute to someone special or a precious memorial to a loved one.



Your donation entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed on the footpath outside the Shire Administration Building proudly showing your donation. To place your order please come into the Shire Office.



INTERVIEW WITH SVENJA CLARE FROM MEEKATHARRA ST JOHN AMBULANCE

How long have you been volunteering with the ambos?

I started with the ambos here in 2011. Last month I had the honour and pleasure of going to the St John conference in Perth where I received a 10-year service medal – I didn't realise you get a proper medal so I was very chuffed! St John do know how to celebrate and recognise their volunteers and do it very well – it was a great award ceremony, conference and ball. Free food! Yay!

What made you start volunteering?

It was a medical incident where I witnessed someone falling unconscious. I had done a first aid certificate a few years prior but my mind was racing and all I could remember was the recovery position (putting the person on their side to keep their airway clear). Apart from that I had no idea what was going on – were they having a heart attack? A stroke? What is happening!? That was a real motivator to refresh my knowledge and learn more. I had a few friends around me at the time who were ambos so they inspired me to follow suit.

What do you do as part of your role?

I am an Emergency Medical Technician and Volunteer Development Officer which means I attend to patients in the back of the ambulance and also deliver training for my fellow ambos.

We attend on average 3-4 calls a week with about 50% of calls being simple transfers from the hospital to the RFDS base for patients to be flown to Perth or Geraldton. We also do event attendance, for example going to Landor or the races in town which is good fun.

What do you like most about it?

Personally, I find the medical side of things really fascinating.

I love having solid emergency care experience so that when people are having a terrible day, because they just rolled their car or broke their hip or are suffering a heart attack, I can help – whether as part of the ambulance service in town or just as a first aider when I'm elsewhere.

I also really enjoy the comradery amongst our ambos – we have a great bunch of people!

What's the worst aspect?

I must admit I don't like some of the alcohol induced 2am callouts – whether it's the 'pissed and fell over' incidents or violent altercations because people don't know when to stop and walk away – it's so preventable... Luckily, I feel the num-





ber of alcohol-induced callouts has reduced over the years (not sure about the stats but that's my perception) plus I've learnt to look after myself and not burn out.

Do you have any interesting/funny/fascinating stories you can share?

I remember one callout to a rollover between Meeka and Cue a few years ago. The patient had a broken arm but apart from that was surprisingly well as the car was a total write off. I wanted to call our Clinical Support Paramedic in Perth to run a few things by them but the only place I could get reception was on top of the firetruck overlooking the beautiful Outback scenery. That was a moment where I had to pinch myself given the absurdity of the situation... This young German backpacker being out here in the Outback on top of a fire-truck with a patient in the ambulance that I was responsible for. Crazy.

What's something people don't know or should know about volunteering with the ambos or volunteering in general?

It's not all blood and gore – people don't give it a go because they think they can't handle it. Many of our calls are simple transfers where the patients are already packaged up and stable – nice and cruisy jobs. Of course we do get trauma jobs every now and again but it's not that often and as volunteers we always get a bit of info first up so if someone really can't handle blood or whatever their trigger may be, they always have the option to decline the call.

Furthermore, there are behind the scenes support roles too – we would love volunteers who could help with washing the vans, doing maintenance/repair jobs at the subcentre, do stocktakes and expiry date checks.

And did you know there's a thing called "Voluntourism" where you can help out at other subcentres? I just did a week down in Margaret River during my holiday which was super interesting and the scenery was gorgeous! Plus a week's free accommodation in Margs – hell yeah!

Do you need more vollies? How do people go about signing up?

Yes absolutely. We've got 7 vollies at the moment which is a great improvement already but will happily take more – as mentioned above not just for the ambulance driving/attending jobs but also for the support roles.

People can jump online <https://stjohnwa.com.au/changelives> to find out more and sign up or they can come to the subcentre first (we meet fortnightly Wednesdays 6pm for training) to have a look and a chat first. There are a few requirements (drivers' licence, police clearance etc) but all the training is provided.

Volunteering with St John has some great perks (on top of free food and shiny medals at the conference haha) so it's worthwhile checking it out.



Government of **Western Australia**
Department of **Justice**

Aboriginal Mediation Service

Assisting Aboriginal people to resolve conflict before it escalates to violence or results in court action



If you would like more information about the Aboriginal Mediation Service, contact:

Freecall: 1800 045 577 | **Phone:** 9264 6176

Email: aboriginalmediationservice@justice.wa.gov.au

Office hours: 9am - 4:30pm, Monday - Friday (closed public holidays)

www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.

"We're here to help, call us for a yarn"

13 92 76



Culturally Safe Space



Available 24/7 across Australia from any phone



We listen, without judgement or shame



This initiative is funded by the Australian Government, Department of Health



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

This service has been developed in collaboration with Gayaa Dhuwi



TECH TRAINING NIGHT!



Bring your devices!
Free WIFI access
Free sausage sizzle

LEARNING BENEFITS

Cyber security
Basic technology
Social media awareness
Phones and tablets
How to use apps
Virtual reality

Ages 11 +
5:00pm - 9:00pm
Every second Friday
76 Darlot Street
Community Connectors Hub

CUT COSTS, NOT FLAVOUR

Tasty food doesn't have to cost the earth, and with a few savvy cooking tricks we can turn out tasty meals. Here are some of our favourite cheap and cheerful ways to eat delicious, healthy food all year round.



Spice spice, baby

Beans, peas and lentils are nutrition powerhouses, cost less than \$1 a serve and are so, so flexible. Think Mexican-inspired bean soup, warmly spiced lentil dhals and fragrant Moroccan chickpeas. Investing \$5 in some versatile dried spices and combining them in different ways works out cheaper than buying single-serve spice mixes and pastes and gives you more control over the flavour. Ground cumin, coriander and smoked paprika are some of my favourites.



Go for canned and frozen

Some of our favourite fresh vegies are more expensive at the moment, so it's a great time to try out [canned and frozen options](#). For a cheap and delicious green side dish, fry off garlic, add frozen green beans, frozen peas and fresh or frozen broccoli. Toss around and finish with a drizzle of olive oil, pepper and a good squeeze of lemon (hopefully free from a neighbourhood tree!).

Soup-er savings

A packet of soup mix (dried lentils, barley, beans etc) + stock (homemade or powdered is cheapest) + the last of the vegies lurking in the crisper = a wholesome, delicious and nourishing soup that can feed an army for just a few dollars. Fancy it up

with a swirl of pesto, some tasty dip or a strong cheese. Perfect winter food.



Cook root-to-leaf

Now is not the time to let good food go to waste! Keep an eye on your perishable foods, even putting them in a more prominent spot in the fridge so you can take action before they get icky. Wilted herbs can be frozen in olive oil in ice-cube trays, brown bananas are THE BEST for baking, and sad vegies (stems, leaves and all) can become delicious soup in a jiffy. We've got loads of tips over here to help the planet and save your hard-earned dollars.

Get vegie-curious

Meat is often one of the more expensive elements in a dish, so why not try some tasty vegetarian alternatives? Beans and legumes are a steal, and tofu, eggs, tinned fish and cheese are still usually cheaper than meat. You don't have to go full vego to save - cut down on meat portion sizes and bulk up meals with cheaper foods. For example, add a tin of lentils to a Bolognese, throw some peanuts into a stir-fry or add potatoes or tinned beans to a casserole or curry.



Retrieved from <https://livelighter.com.au/news/cut-costs-not-flavour>

How to ask a friend if they're OK



We all have good and bad days

But did you know young people are **most likely** to talk to friends or family members as the first step in seeking support when they're struggling.

Asking a friend how they're going could be the first step in getting them the help they need.



You're not expected to fix someone's problems or know the best way to help and support. But you can listen to what your friend is saying, let them know you care and tell a trusted adult if you're worried about them.



Learn how to ask a friend R U OK? in this guide



When to ask R U OK?

These are some of the signs or changes that can indicate a friend might need some support.

You might notice that they:

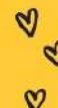
- Withdraw from their friends or their family.
- Lash out at people and get angry or upset easily, including towards the people they care about.
- Cry or become emotional.
- Lose interest in activities and things they usually love.
- Have changed their sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (like in the middle of the day).
- They could be eating more than usual, or less.



The most important thing is to trust your gut. If you notice a change or just feel that something's not quite right with your mate, take the time to ask, "are you OK?"

Before you ask R U OK?

- Make sure you're in a good headspace, so you're not distracted or stressed.
- To help them feel comfortable opening up, find a time and place that works for you both.



For more tips visit ruok.org.au

R U OK?

A conversation could change a life.



1. Ask R U OK?

- Be yourself, be genuine and start the conversation in a way that feels right for you and your friendship with them. You don't need to dive into the heavy stuff straight away. You might start by talking about general stuff. When you're ready to ask them how they're going **you could ask something like:**



How are you?

I'm here for you if there's anything going on you want to talk about?

My week's been rough. How was yours?

How are things going at home/school/university/TAFE/work?

- It can help to **make an observation about a change you've noticed:**

You seem pretty tired. What's been going on?

I haven't seen you around as much lately. How have you been?

It's not like you to react that way. Is there anything going on for you?

- Sometimes it takes a while for someone to feel ready to open up. If they're not ready to talk, give them some time, and if there's an opportunity that feels right then ask them again.
- If they don't want to talk let them know you're always ready to listen or ask if there's someone else they'd be more comfortable chatting to.



2. Listen

- Listening with an open mind and not judging shows your friend that you're there for them and helps them feel safe being honest with you.
- If there's silence, try and sit patiently with it. When someone's sharing for the first time it can take time for them to find the right words.
- You can show you're listening through eye contact and nodding at what they're saying.
- Asking open ended questions can help them open up. **You could ask:**



How are you handling all of that?

Have you been feeling this way for a while?

What's been the hardest thing for you?



4. Check in

- Remember to check in a few days later to see how your friend is doing.
- Ask how they're going and if they've found a better way to manage the situation. They may not have taken any steps yet as it can take time for someone to be ready to get help. Be positive about the role of professionals and accessing support in managing tough times.
- It's important to stay in touch and show them you've got their back. Your ongoing care and support can make a difference.



3. Encourage action

- Things that could help include talking to a family member, friend or trusted adult or connecting with a health professional or support service.
- You could say:**

"What do you think might help you right now?"

"What can I do to help you?"

"Have you talked to anyone else about this? It's great you've opened up to me, but it might be good to get advice and support from a health professional."

"Your doctor can actually help you with this stuff. I can go along with you, if you want?"

"Did you know that you can get free and confidential support online or over the phone from places like Kids Helpline and ReachOut.Com? These services are confidential and can help you figure out what's going on for you and where you can find the right support. If you're looking for some face-to-face support I've heard headspace is great."

Useful contacts for someone who's not OK

Kids Helpline
1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5-25.

headspace
headspace.org.au

Support and information for young people 12-25 for mental health and what's going on in their life.

ReachOut.COM
au.reachout.com

Help with tough times for 14-25 year olds and their parents.



MEEKATHARRA DUST

ISSUE NO. 144 SEPTEMBER, 2002 PRICE \$1.20 incl. GST

Oh what a weekend...

Saturday the races were well attended by many happy and some not so happy punters(as they say winners are grinners). Two-up also drew a good crowd, with evening continuing on till well after dark with



the crowd being entertained with Meeka F.M. and the D.J. skills of Eric and Anita Seery.

Sunday saw breakfast put on at the Race Track and then a reasonably quiet day for most (Shire office workers and ball committee excluded) in anticipation for the evening to come...

Meekatharra Race Round Masquerade Ball was an absolute hit and it seemed everyone had a wonderful time dancing the evening away to the sounds of the Troupadores.

Monday it was back to the track again with



If you weren't in town on the weekend, one would have to wonder why ...???

The best weekend in Meekatharra, for some time took place on the Queen's Birthday Long Weekend, and oh what a weekend it was.

more than one sore head to be seen on course.

MORE DETAILS INSIDE...

Commercial Hotel Meekatharra

Opened daily from noon til late

Excellent counter meals daily:

Lunch: 12 noon – 1:30pm
Monday to Saturday

Dinner: 6pm-8pm
Sunday to Saturday



Air conditioned Dining / Function Room

Suitable for Meetings, Conferences & Dinners

Accommodation Includes:

Modern Motel units with en suite, TV & air con
Located at the rear of Hotel with enclosed parking.

and

Traditional Hotel rooms with TV & air con
Located upstairs in original building



Telephone: 99811020

Fax: 99811021

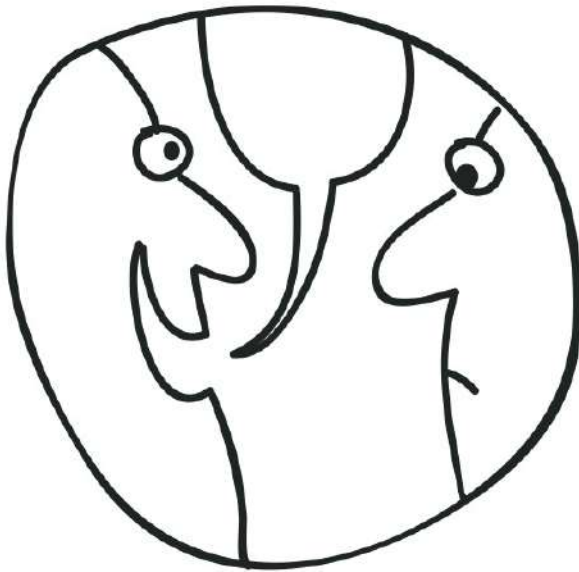
Emails: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642

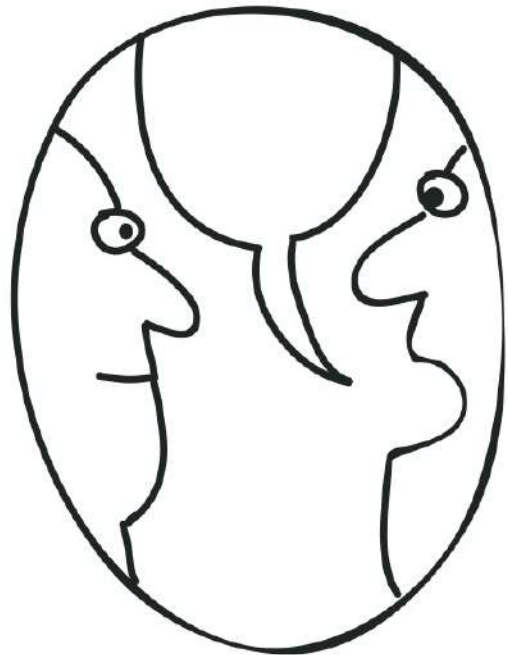


www.commercialmeeka.com.au

KIDS CORNER



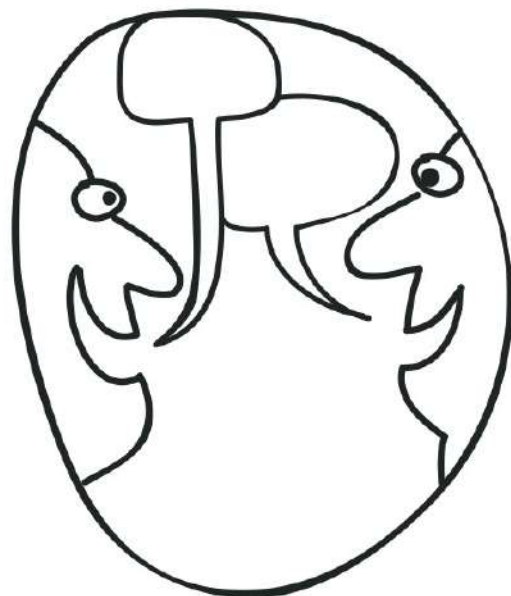
1. Ask are
you OK?



2. Listen



3. Encourage
action



4. Check in

Learn how to ask at
ruok.org.au

RUOK?TM
A conversation could change a life.

BEEF SKEWERS WITH TZATZIKI

These tasty skewers are perfect for throwing on the barbie

Ingredients

- ▲ 2 cloves garlic, peeled and finely chopped
- ▲ 2 cups mint leaves, finely chopped
- ▲ 1 Lebanese cucumber, grated and squeezed of extra moisture
- ▲ 1 cup low-fat Greek yoghurt
- ▲ 400g lean beef mince
- ▲ 1 onion, peeled and finely chopped
- ▲ ½ cup flat-leaf parsley, finely chopped
- ▲ 2 teaspoons ground cumin
- ▲ 2 teaspoons ground coriander
- ▲ 1 teaspoon ground cinnamon
- ▲ Pepper, to taste
- ▲ 2 Lebanese cucumbers, extra, diced
- ▲ 2 tomatoes, diced
- ▲ 1 red capsicum, diced
- ▲ 2 spring onions (including green tops), sliced
- ▲ 4 wholemeal or wholegrain wraps

Method

1. To make the tzatziki, combine ⅓ of the garlic and mint into a small bowl and mix in the grated cucumber and yoghurt. Set aside.
2. In a medium sized bowl mix together the mince, onion, parsley, spices, pepper and the remaining garlic and mint. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Press each portion around a metal or pre-soaked wooden skewer.
3. Spray a barbeque, chargrill or griddle with oil and heat on high. Cook skewers for 8 minutes or until cooked through, turning every few minutes.
4. In a medium sized bowl, combine diced cucumber, tomatoes, capsicum and spring onion.
5. To serve, divide wraps, salad and tzatziki between 4 plates and add 2 beef skewers to each.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 4





Antidepressant medication

There is a lot of misinformation about antidepressant medication and there is no simple explanation as to how it works. Medication can be important in the treatment of moderate to severe depression and in some anxiety conditions. This fact sheet looks at what antidepressants do, how they work and where to get more information and help.

How do antidepressants work?

Research shows that more severe forms of depression are associated with specific changes in the brain, including changes to some hormones and chemical message systems. In these forms of depression, there are alterations in the activity of the brain in areas which may cause a major depressive episode. This is associated with the symptoms and disability seen with depression. Antidepressant medication is thought to influence the activity of serotonin and noradrenaline in some areas of the brain. However, depression is not simply a deficiency of these chemicals. Different types of antidepressants work in slightly different ways, but they all have an influence on parts of the brain related to emotions and motivation.

When is antidepressant medication used?

Antidepressant medication may be prescribed, along with psychological treatments, when a person experiences a moderate to severe episode of depression. Sometimes, antidepressants are prescribed when other treatments have not been successful or when psychological treatments are not possible due to the severity of the illness or a lack of access to the treatment.

People with more severe forms of depression (bipolar disorder and depression with psychosis) do generally need to be treated with medication. This may include one or a combination of mood stabilisers, anti-psychotic drugs and antidepressants.

Which antidepressants are the most useful?

Making a decision about which antidepressant is best for a person can be complex. The decision is made in consultation with a doctor, after careful assessment and consideration. People can help the doctor's assessment by providing as much information as possible about themselves and their medical history. Important factors include the person's age, symptoms, other medications and, if female, whether they are pregnant or breastfeeding.

There are many different types of antidepressant medication which have been shown to work, but their effectiveness differs from person to person. Your doctor may wish to prescribe a particular antidepressant to tailor it to your particular symptoms. Antidepressants take at least two weeks before they start to help, and it may also take some time for the doctor to find the most suitable medication and dosage.

Age

Depression is common and can affect people of all ages, however, generally medication is not recommended as the first choice for the treatment of depression in children and young people.

The Therapeutic Goods Administration (Australia's regulatory agency for medical drugs) and manufacturers of antidepressants do not recommend antidepressant use for depression in young people under the age of 18. There are, however, no government (i.e. Pharmaceutical Benefits Scheme) restrictions placed on the prescription of antidepressants and doctors are not prevented from prescribing them if they feel they are needed.

There is concern that a small percentage of young people up to the age of 24 years taking Selective Serotonin Reuptake Inhibitors (SSRIs) for the treatment of depression may experience an increase in suicidal thoughts and behaviour. Research shows the risk to be roughly 4 per cent compared to 2 per cent for those taking a placebo dummy pill).

A young person will require close medical supervision and monitoring in the early stages of treatment if an antidepressant is prescribed.

Chronic illness

Like any medication, antidepressants can produce side-effects. In some cases, taking antidepressants can affect existing symptoms or treatments for other illnesses. It is important for people to let doctors know about any illness they may have and any medication they are taking.

Pregnancy and breastfeeding

The decision to take medication while pregnant or breastfeeding is an individual one. It should be made in consultation with a doctor after considering the risks and benefits to both the mother and baby. The lowest effective dose should be used.

If a woman is breastfeeding, generally specific types of medications are preferred. While a number of factors will influence the choice of antidepressant, a group of antidepressants called tricyclics, as well as sertraline, citalopram and fluvoxamine are most commonly prescribed for women who are breastfeeding.

Studies show that paroxetine is generally not recommended at this time.^{1,2}

Antidepressants and bipolar disorder

People who have bipolar disorder and experience an episode of depression will often be given a mood stabiliser alone. It can take time for mood stabilisers to work. Sometimes antidepressants are used along with mood stabilisers to help ease the symptoms.

Antidepressant medication is generally not recommended for use by itself in people with bipolar disorder as it can trigger mania.

"I resisted medication for years; inaccurately believing it was 'weak' or I would turn into a 'vegetable'. Many misconceptions exist regarding medication. In my case, medication propelled my recovery and helped me to utilise psychological treatments effectively."

April, 25

Types of antidepressants

There are many different types of antidepressant medication. Your doctor may need to find the medication and dose which is most effective for you. Keep in mind antidepressants take time before they start to help (at least two weeks). Below is a description of the different classes of antidepressants. Please note, this list only includes the generic medication names and not the pharmaceutical brand names. Please look on your medication packaging to find the name of the medication you are taking (this is usually written in lowercase).

There are differences in effects and side-effects of the antidepressants listed below, which can be discussed with your prescribing health professional.

Selective Serotonin Reuptake Inhibitors (SSRIs)

This class includes sertraline; citalopram; escitalopram; paroxetine; fluoxetine; fluvoxamine. SSRIs are:

- the most commonly prescribed antidepressants in Australia
- often a doctors' first choice for most types of depression
- generally well tolerated by most people
- generally non-sedating.

Serotonin and Noradrenalin Reuptake Inhibitors (SNRIs)

This class includes venlafaxine; desvenlafaxine; duloxetine. SNRIs:

- have fewer side-effects compared to the older antidepressants (such as TriCyclic Antidepressants)
- are often prescribed for severe depression
- are safer if a person overdoses.

Reversible Inhibitors of MonoAmine oxidase (RIMAs)

The class includes moclobemide. RIMAs:

- have fewer side-effects
- are non-sedating
- may be less effective in treating more severe forms of depression than other antidepressants
- are helpful for people who are experiencing anxiety or sleeping difficulties.

TriCyclic Antidepressants (TCAs)

The class includes nortriptyline; clomipramine; dothiepin; imipramine; amitriptyline. TCAs are:

- effective, but have more harmful side-effects than newer drugs (i.e. SSRIs)
- more likely to cause low blood pressure – so this should be monitored by a doctor
- more risky if a person were to overdose.

Noradrenaline-Serotonin Specific Antidepressants (NaSSAs)

This class includes mirtazapine. NaSSAs are:

- helpful when there are problems with anxiety, sleeping or poor appetite
- generally low in sexual side-effects, but may cause weight gain.

Noradrenalin Reuptake Inhibitors (NARIs)

This class includes reboxetine. NARIs are:

- designed to act selectively on one type of brain chemical – noradrenalin
- less likely to cause sleepiness or drowsiness than some other antidepressants
- more likely to:
 - make it difficult for people to sleep
 - cause increased sweating after the initial doses
 - cause sexual difficulties after the initial doses
 - cause difficulty urinating after the initial doses
 - cause increased heart rate after the initial doses.

“Medication is not an instant fix. It takes time and often works alongside other strategies/treatments. In addition, you should be aware you will probably have side-effects, but they do ease over time and eventually, you will feel like you again.”

Cina, 38

Things to note

- All of these drugs have been shown to have effect as antidepressants for more severe depression however their effectiveness differs from person to person.
- When symptoms are directly due to depression, the person is likely to begin to improve after 4-6 weeks of effective therapy. For example, although SSRIs commonly make sleep difficulties or insomnia worse initially, they are associated with improved sleep 4-6 weeks later.
- TCAs are commonly prescribed for their wide range of general benefits, but are also the most toxic antidepressants if taken in large quantities.
- SSRIs or clomipramine (TCA) would be the first choice if obsessive compulsive disorder symptoms were prominent.

Monoamine Oxidase Inhibitors (MAOIs)

This class includes tranylcypromine. MAOIs are prescribed only under exceptional circumstances as they require a special diet and have adverse effects.

Tetracyclics

This class includes Mianserin. Tetracyclics:

- operate via noradrenaline and serotonin neurotransmitters systems
- include side-effects such as sedation and dizziness
- can cause a rare side-effect to arise, so occasional blood tests are necessary.

What are the side effects?

Antidepressants can make people feel better, but they won't change their personality or make them feel happy all the time. They will not improve unhappiness due to a predicament or an event. Like taking any other medication, some people will experience some side-effects. Common side-effects, depending on which medication is taken, include nausea, headaches, anxiety, sweating, dizziness, agitation, weight gain, dry mouth and sexual difficulties (e.g. difficulty becoming/staying aroused).

Some of the side-effects can be short-lived, but people who experience such symptoms should tell their doctor, as there may be ways of minimising them. The likelihood of a particular side-effect happening varies between individuals and medications.

It is not uncommon for people with depression to have suicidal thoughts. Treating the depression effectively will reduce the likelihood of a person hurting him or herself. In the period of time between the person starting antidepressant medication and responding to treatment – which can be more than two weeks – the person should still be monitored by the doctor and his or her progress reviewed, as the risk of suicidal behaviour may even be slightly increased.

How long are antidepressants usually needed?

Like any medication, the length of time a person needs to take antidepressants for depends on how severe the illness is and how they respond to treatment. Some people only need to take them for a short time (usually 6-12 months) with psychological treatments and self-help techniques being sufficient in stopping its return. Others may need to take them over the long term to prevent recurrence.

People often want to stop taking antidepressants quickly because they are concerned they are addictive. This may be because they confuse them with sedatives, a group of medications that are used to help a person feel relaxed and, in some cases, fall/stay asleep. Sedatives are designed to be used only for a short time. If used for long periods of time, sedatives may cause withdrawal insomnia and anxiety and be needed in higher doses in order for them to have the same effect. Sedatives may be craved and become addictive. This is not the case with antidepressants.

Stopping some antidepressants quickly (e.g. some SSRIs and SNRIs) can lead to a discontinuation syndrome, which consists of flu-like symptoms. For many people, this will last for several days and can be avoided if the medications likely to do this are stopped gradually, on a doctor's recommendation and under supervision. However, in some cases these symptoms can last for weeks, months or even years. Sometimes discontinuation symptoms are severe, including irritability, agitation, dizziness and confusion.

Stopping medication should only be done gradually, on a doctor's recommendation and under supervision.

“No one treatment has been helpful by itself for me. It's been a combination of medication with talk therapy, as well as lifestyle changes such as getting regular exercise and modifying my diet (i.e. cutting down on alcohol and carbohydrate intake).”

Greg, 42

Everyone needs to find the treatment that's right for them. Just because a treatment has been shown to work scientifically, doesn't mean it will work equally well for every individual. Some people will have complications, side-effects or find that the treatment does not fit in with their lifestyle. It can take time, strength and patience to find a treatment that works.

After seeking appropriate advice, the best approach is to try a treatment you're comfortable with and one that works for most people. If you do not recover quickly enough, or experience problems with the treatment, discuss this with your health professional and consider trying another.

References

- ¹ Reference: Beyond Blue (2011). *Clinical practice guidelines for depression and related disorders – anxiety, bipolar disorder and perinatal psychosis – in the perinatal period. A guideline for primary care health professionals*. Melbourne: Beyond Blue <http://www.nps.org.au/publications/health-professional/health-news-evidence/2013/ssris-pregnancy>
- ² NPS MedicineWise (2013). *Is it safe to use SSRIs during pregnancy?* [online] Available at: <http://www.nps.org.au/publications/health-professional/health-news-evidence/2013/ssris-pregnancy> [Accessed 22 Dec. 2014].

This fact sheet was reviewed and updated in December 2016. Clinical information might change after this date. This fact sheet is not a substitution for medical advice from your doctor.

Where to find more information

Beyond Blue

 beyondblue.org.au

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

 1300 22 4636

Email or chat to us online at
beyondblue.org.au/getsupport

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Head to Health

 headtohealth.gov.au

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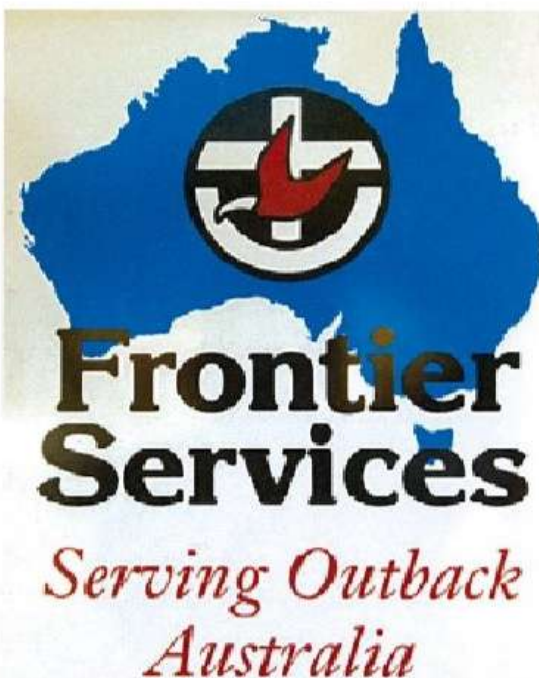
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IMPORTANT DATES

September 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29 KindiLink 10am-12pm	30 On Country Education 9am-11:30am Ranger 4 Life 3pm-5pm	31 KindiLink 11am-1pm Adults Sports 6pm-8pm @ Oval	1 On Country Education 9am-11:30am Ranger 4 Life 3pm-5pm	2 KindiLink 10am-12pm Tech Training Night 5pm-9pm @Community Hub	3 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am 	4
5 KindiLink 10am-12pm	6 Rhyme Time 10am @ Shire Library On Country Education 9am-11:30am Ranger 4 Life 3pm-5pm Pediatrician @ Hospital	7 Department of Transport @ Yulella 2pm-4pm KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm Adults Sports	8 R U OK? Day Morn- ing Tea and Lunch 10:30am-1pm @ Welcome Park Department of Transport @ CRC 9am-3:30pm On Country Education 9am-11:30am	9 KindiLink 10am-12pm	10 The Struggling Kings Band 6pm @ Oval Containers for Change 8am-12pm Meeka Goes Green 9am-11am	11
12 KindiLink 10am-12pm Lions Outback Vision Midwife @ Clinic	13 Rhyme Time 10am Lions Outback Vision Midwife @ Clinic Physio @ Hospital	14 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm Adults Sports 6pm-8pm Dentist @ Clinic	15 On Country Education 9am-11:30am Ranger 4 Life 3pm-5pm Dentist @ Clinic Diabetes Team @ Clinic	16 KindiLink 10am-12pm Tech Training Night 5pm-9pm @Community Hub Dentist @ Clinic	17 North West Central By-Election @ Shire Hall 8am-6pm Ordinary Council Meeting 9:30am Containers for Change 8am-12pm Meeka Goes Green Recycling	18
19 KindiLink 10am-12pm Dentist @ Clinic Renal Nurse @ Clinic	20 Rhyme Time 10am Dentist @ Clinic ICDC Team @ Hospital/Clinic 360 Health @ Clinic	21 KindiLink 11am-1pm Containers for Change Adults Sports Dentist @ Clinic	22 On Country Education 9am-11:30am Ranger 4 Life 3pm-5pm	23 Outback Festival Country Ball 7pm @ Town Hall 	24 Races 12pm @ Race Course 	25 Outback Festival Side Show 1pm-8pm @ Oval 
26 Queen's Birthday Public Holiday	27 Rhyme Time 10am	28 Containers for Change 12:30pm-4:30pm Adults Sports 6pm-8pm	29	30 Tech Training Night 5pm-9pm @Community Hub	1 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	2