

People and their wellbeing must be the first consideration of organisations and communities; this was the passionate plea of Deputy Mental Health Commissioner Fay Jackson at the recent launch in Liverpool Hospital of the South Western Sydney Wellbeing Collaboration and the Five Ways to Wellbeing South Western Sydney initiatives.

The South Western Sydney Wellbeing Collaboration has been created to facilitate co-ordinated and strategic action by individuals and organisations to promote wellbeing in the South Western Sydney community. Some of the main activities of the Collaboration over the next 12 months will include: Championing the Five Ways to Wellbeing; development of a Suicide Prevention Action plan; building Wellbeing capacity and capability in organisations; embedding Wellbeing in the Recovery framework and co-ordinating Mental Health Month. The Five Ways to Wellbeing framework was developed in the UK based on extensive research findings and has been adopted by South Western Sydney Health Promotion Service as the communication strategy to promote wellbeing messages.

Professor Peter Sainsbury, Population Health Director welcomed the 160 guests to the launch and emphasised the importance of addressing the social determinants of wellbeing, especially those which can exclude or dehumanise people already marginalised in our communities.

Professor Sainsbury also thanked Dr Claire Jones, Director; Mental Health Services for the ongoing support mental health services gives to mental health promotion in the District through funded positions.

Barry Taylor, Senior Health Promotion Officer – Mental Wellbeing told the audience that adoption of a wellbeing framework will ensure that the work of the Mental Wellbeing team is more closely aligned with Living Well: NSW Mental Health Strategy.

The audience was treated to a performance by the Spanish Speaking Community Choir, an excellent example of Five Ways to Wellbeing in action.



From left to right: Barry Taylor, Deputy Mental Health Commissioner Fay Jackson, Dr Claire Jones, Professor Peter Sainsbury