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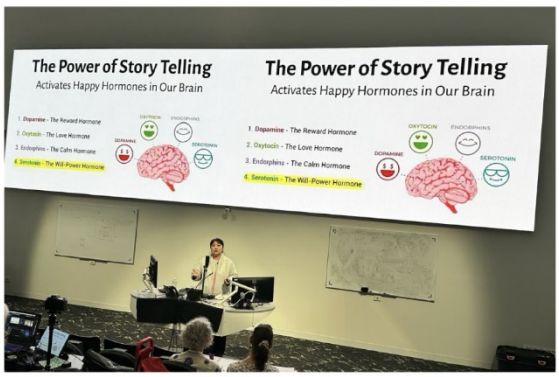
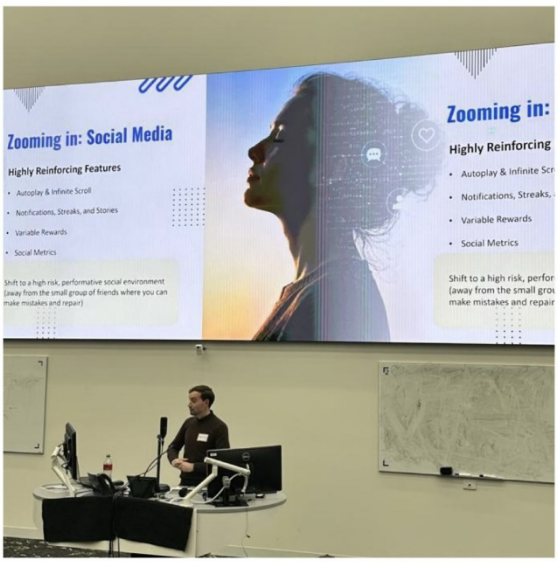
July-August 2026 NEWSLETTER

Moving to Wellness Mental Health Forum in July





Reflections on the Mental Health Wellbeing Forum. By Rebecca Baldsing

As a Mental Health practitioner, I am passionate about promoting mental health and wellbeing. I was invited to facilitate the resource table and was grateful for this opportunity. The Wellbeing forum was held on the 4th and 5th July 2026 and I keenly attended both days. I enjoyed being at the resource table and conversing with those who came up to browse, pick up resources and/or ask questions. It was an invaluable opportunity for me to listen and impart my knowledge through psychoeducation. I thoroughly enjoyed forming new connections and engaging in the rich and meaningful conversations. Some shared their contact details expressing their desire to stay connected and receive mental health resources.

I enjoyed all the presentation talks - the highlight/takeaway for me was the presentation by Dr. Alice Arianto on Play: The Fun Pathway to Family Wellness. Dr. Arianto talked about the effectiveness of play therapy for young children who have experienced trauma. Through play therapy, they are able to express repressed emotions in a safe, fun and playful way. Dr. Arianto then talked about the importance for us adults to have fun and be playful – it is important for our creativity as well as our emotional and mental wellbeing. It also slows down the ageing process and helps us to remain youthful.

Dr. Arianto emphasised that being joyful is an internal experience and is not dependent on external factors. Our joy is not tied to our circumstances. This reminded me of the verse in Habbakuk 3:16-19 “Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls”; No matter what happens around us or directly to us, we can still be joyful in the Lord and remain resilient!

Thank you Bec for your insights!

The whole weekend was a success with over 200 people attending either in person or online from Australia and overseas. The feedback was so positive and we are looking forward to the next one already.

Other activities held recently:

A successful SPA Corps involving 25 volunteers in Papua New Guinea (above left)
A Blanket distribution for the Homeless in Auckland: 70 blankets donated (above right)

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