

MEDIA RELEASE

For immediate release – 28 June 2017

Here come the drums!

As Kevin's life with bipolar took a turn for the worse, he decided to walk away from the world. His fear of not being able to commit to anything anymore allowed his brain to go dormant as he retreated into his 'cave'.

Once a strong person focussed on creativity, music, set design, acting and coaching musicals, Kevin found himself with a lack of motivation and confidence, which affected many aspects of his life.

Kevin recently took part in Anglicare Central Queensland's Tribal Drumming Circuit, which took place throughout Central Queensland in the towns of Biloela, Moura, Emerald, Longreach, Mt Morgan and Rockhampton.

'I can't put into words how enlightened I felt after this session,' said Kevin.

'I haven't felt like this for a long time.'

Bipolar disorder is a serious mental health condition that affects around 2 per cent of people. Bipolar used to be known as 'manic depression', because people tend to experience extreme moods – both low (depressed), and high or excited (manic).

Group drumming brings people together in a non competitive space and becomes a vehicle that can empower the human spirit, realign the body's energy system, stimulate creativity, build community, foster team spirit, promote healing and enhance general wellbeing and quality of life.

Drum therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the shamans of Mongolia to the Minianka healers of West Africa, therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health.

Case Worker for Anglicare's Personalised Support Service Program, Raylee Rees was inspired by the healing quality of Tribal Drumming.

'To see the faces of the participants was inspirational and humbling as they smiled and enjoyed just being in the moment, parking their lack of self esteem and confidence as they partook with the drumming.'

'Drumming helps with balancing the left and right side of the brain which helped one participant with the onset of MS,' shared Ms Rees.

'He found that the drumming helped him control his movements.'

Anglicare Central Queensland currently works with more than 4000 people affected by their mental health. Our professional team provides 'strengths based' individual and group support to many communities across the region.

Our commitment to those we work alongside is to help with identifying goals and mapping out a plan for recovery, looking at priorities, goals, and what a fulfilling, meaningful life looks like to each individual.

Similar group activities will be offered under Anglicare Central Queensland NDIS to promote social cohesion and integration of people with a disability.

For more information on Anglicare Central Queensland's mental health support program, and other programs including NDIS, contact our team on 4992 2421, ndis@anglicarecq.org.au or visit anglicarecq.org.au.

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For more information and to arrange a photo opportunity, contact Alyssah Anderson on 4827 8200 or aanderson@anglicarecq.org.au.

About Anglicare Central Queensland

For over 30 years, Anglicare Central Queensland has worked with people of all backgrounds, beliefs and walks of life to make the best of their lives. As a truly local organisation who is dedicated to leading the way in our field, we pride ourselves on supporting participants, upholding human rights, and advocating for the removal of unjust structures.

Over the years, our work has evolved under many banners including:

- Community housing – providing everyone with a safe place to call home
- Child Protection including Residential, Foster, Kinship and Intensive Foster Care
- Community Services including Disability Services, Mental Health and Counselling and Support

We believe that through respect, integrity, hope, compassion, innovation and purpose, we can work with our participants to overcome many of life's challenges which can affect our mental and physical wellbeing, financial position, relationships and family life.

Anglicare Central Queensland offers services tailored to meet local needs in communities from the Capricorn Coast inland to Winton collaborating with government and other organisations that support our work in the community.

With our people-first focus, we aim to facilitate an empowered and engaged culture – walking beside those who choose our services – in whatever they decide.