



## VISION

Our vision is to enable and equip those facing mental challenges to move forward, live a purposeful and meaningful life and to reach the highest potential to be the best they can be.

We wish to be an inclusive, harmonious, diverse group of people working together in a safe and sustainable environment.

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Naomi Graphics  
Naomi Denes  
0402 610 532  
naomigraphics.com.au



... from Narelle, our President

Wow, it is all happening - Naradell Inc has now covered State and Federal Government requirements. It has taken just over 12 months and a lot of hard work, but surely and steadily we got there. We are now in a position to commence fund raising and provision of services. The hard work has been done, now the harder work starts. With your help it should be a lot of fun.

***2018 was about setting up - 2019 is about growth***

Recently I went to my very first Trivia Night and it was a lot of fun and a lot of laughter. A fund raiser in the pipeline. And just for a bit of fun: What is "COULROPHOBIA"? It is one of the most common phobias: the fear of clowns. Johnny Depp and Daniel "Harry Potter" Radcliffe are both coulrophobics.

***To make a difference for the better in the  
mental health arena on the Sunshine Coast  
we need your support***

- Support us by becoming a member
- Support us with your voice by sharing our Vision with family & friends
- Support us by participating in fundraising events
- Support us with your knowledge, information and questions by attending Naradell Natters
- Support us by following us on Facebook

### **A must read ...**

*Heartbeats of Hope* by Daniel Fisher MD PhD. Daniel has written from his own lived experience with mental distress and the road to recovery that was beneficial to him which, in turn through his own insights, led him to become a Psychiatrist. He has now been practising for over 40 years. In his book he writes "*I hope for a day when .....*". I will leave it blank for you to ponder on what your answer would be. You may like to come and share that at our next Naradell Natters group.

## Naradell Natters

Information Sharing

Our next meeting will be held 10.00am - 12.00 noon  
on Monday 3 June 2019  
at Maroochy Neighbourhood Centre  
2 Fifth Ave, Maroochydore (use Beach Parade entrance)



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Contact us: [info@naradell.org.au](mailto:info@naradell.org.au)  
PO Box 8033, Maroochydore Qld 4558

[www.naradell.org.au](http://www.naradell.org.au)

*"Let the beauty we love be what we do."*

Rumi