

Rotary



Rotary Club of Port Macquarie

The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc

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Rotary Club Meeting at Endeavour Mental Health Clubhouse





On Monday, our Rotary Club had the opportunity to visit the Endeavour Mental Health Clubhouse, hosted by CEO Garth Norris. Garth provided an inspiring overview of the essential services the Clubhouse offers to support individuals in their mental health recovery journeys.

Garth shared moving stories from Clubhouse members whose lives have been transformed through its programs. One member, previously overwhelmed by mental health challenges, found hope and stability through the Clubhouse's employment support services, eventually securing a job that gave them a renewed sense of purpose. Another story detailed how a member who struggled with depression and isolation became an active participant in the Clubhouse's creative programs, discovering a talent for art that helped them regain their confidence and express their emotions in healthy ways.

These stories touched the hearts of all who attended, underscoring the Clubhouse's profound impact on the community. It was clear that the support and sense of belonging offered there make a real difference in the lives of its members.

After the presentation, we gathered for a relaxed dinner at Settlers Inn and reflected on how our Rotary Club can contribute to local mental health initiatives, inspired by the work being done at Endeavour.

We thank Garth Norris for hosting us and sharing these powerful stories.

NEXT WEEK

21 October 2024
Monthly Social Night
Finnians Irish Tavern
6pm
RSVP Andrew

Weekly Brain Teaser

The more of this there is, the less you see. What is it?



Last Weeks Answer: Keyboard

**SOCIAL
NIGHT**

Next Social Night

Join us for our monthly social night at **Finnians Irish Tavern**, where we'll have a relaxed evening to catch up and enjoy great company.

Our social night will be held on **October 21st, 2024**, at Finnians Irish Tavern, located at 97 Gordon Street, Port Macquarie, NSW

2444. It's a fantastic opportunity to unwind, so mark your calendars!

We look forward to seeing you there for what promises to be an enjoyable evening!

Please RSVP to Club Services Director, Andrew Hinton.

Coming Up - 28th October

Join us on Monday, 28 October, at Panthers for the induction of new and honorary members into the Rotary Club.

It's a great chance to welcome new members and hear from the exchange student our club is sponsoring, who will introduce themselves and share their plans for the year ahead.

The event will be followed by dinner in the bistro for those who wish to continue the evening with a meal and conversation.

For more information, please contact Club Services Director, Andrew Hinton. We look forward to seeing you there!



Wedding Anniversaries October 2024



Birthdays October 2024

16/10 - David and Heather Mayne

1/20 - Bob Cleland

1/10 - Diana Gammon

11/10 - Julieanne Medway

15/10 - Josi Rutishauser

24/10 - Donna Wearne

*"You make a living by what you get; you
make a life by what you give."*

-Winston Churchill



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