

# Media release



## Bark in the Park

**11<sup>th</sup> April 2018** – Youth Week is a chance for young people across the country to share ideas, passions and talents. This year, **headspace** Orange in partnership with their Youth Reference Group (YRG) are bringing the community together to raise awareness of the role pets can play in sustaining mental wellness.

Bark in the Park will see pet owners; advocates and pet professionals come together in the Northcourt this coming Sunday to highlight how pets can do wonderful things for our wellbeing.

Sharna Lord, **headspace** Orange's Community Engagement Officer says Bark in the Park will be a chance for the community to come together and appreciate the role their pets play in their wellbeing.

"There have been a lot of studies completed on the ways pets can boost your mental health. Findings suggest owning a pet offers stability, routine, companionship and a sense of support," comments Lord.

The event ties in with the mission of Youth Week which is to engage and empower young people. Alison Logan, **headspace** Orange's Program Manager says the Youth Reference Group were eager to hold a positive event that highlighted the importance of their furry friends.

"People share a special bond with their pets and that's something the Youth Reference Group was eager to celebrate. They wanted to create a fun and inclusive event that was a little bit different to anything we've previously organised," comments Logan.

Bark in the Park will feature many local services including Deb Coleman the Dog Lady who was named Australian Pet Dog Trainer of the Year 2017, Cin's Pet Sitting Service, Mullion Produce, TAFE Animal Services, RSPCA Orange Branch, representatives from the Animal Welfare League and Pamper Paws Studios.

"The Animal Welfare League and the RSPCA will be bringing their dogs that are available for adoption; there will be informative talks and professionals on hand to answer any questions about pets and the way they can positively impact on one's mental wellbeing, plus the Youth Reference Group will be making some delicious lemonade," Lord continues.

Bark in the Park will begin at 10am at Northcourt, concluding at 12pm. For more information about the event or if you are a young person with something going on, please visit [www.headspace.org.au/headspace-centres/orange/](http://www.headspace.org.au/headspace-centres/orange/), drop into the centre at 264 Peisley Street or call 6369 9300.

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### About headspace:

Marathon Health is the lead consortium for headspace centres located in Bathurst, Orange, and Dubbo. The primary focus of **headspace** is the mental health and wellbeing of young Australians. **headspace** helps 12 – 25 year olds going through a tough time through a national network of over 100 **headspace** centres. **headspace** also offers online and telephone counselling services through **eheadspace**. **headspace** can help young people with general health, mental health, education and employment and alcohol and other drug services. **headspace** was established by the Australian Government in 2006. From 1<sup>st</sup> July 2016, **headspace** centres across Australia are now managed by Primary Health Networks. Primary Health Network's receive funding from the Australian Government to support **headspace** centres. Visit [headspace.org.au](http://headspace.org.au) to find a **headspace** centre or access help.

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