

# MEDIA RELEASE

Tuesday 2 August 2017

## “THE ENEMY WITHIN” – AN INSPIRING WORKSHOP TACKLING MENTAL HEALTH

Joe Williams a former NRL player, professional boxer and now mental health advocate will be sharing his story through his “The Enemy Within” workshops being held for the Narrandera High School and Bidgee Boxing on 14 August 2017. These workshops will cover such important themes as adversity, mental illness and addiction, personal battles with suicide and improving attitudes woven within the story of Joe’s own personal experiences.

These workshops have been made possible through funding received by Narrandera Shire Council relating to Reconciliation Week which in turn facilitated a partnership with Narrandera High School and Bidgee Boxing to bring this inspiring and informative workshop to town.

“I am so pleased that Council was able to facilitate this event, which will shine the light on what are often hard topics to discuss. Joe’s own story and battles bring such a personal element that I am sure many people will relate to” said Narrandera Mayor Cr Neville Kschenka.

Joe Williams, a proud Wiradjuri man, played in the NRL for the Rabbitohs, Panthers and Bulldogs before switching to professional boxing in 2009. Joe is a 2 times WBF world junior welterweight champion and recently won the WBC Asia Continental title. Joe is also a published author and has been involved in the filming of the documentary “Suicide, the Ripple Effect”.

“I understand that Joe’s struggle with Bi Polar disorder resulted in his subsequent dedication to helping others tackle the tough issues of mental health, which is something to be truly admired” said Cr Kschenka.

Workshops are being held with Narrandera High School students during the day on Monday 14th August and a free Community workshop organised by Bidgee Boxing will be held in the evening from 6-7pm at the Narrandera Bowling Club which is open to everyone with a light supper provided.

For further information on Joe Williams visit [www.joewilliams.com.au](http://www.joewilliams.com.au) and for information on the workshops contact Narrandera Shire Council on 6959 5510 or email [council@narrandera.nsw.gov.au](mailto:council@narrandera.nsw.gov.au)

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Workshops Tackling Mental Health			
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<b>Authorised By:</b> Interim General Manager; Judy Charlton	<b>Media Contact:</b> Interim Personal Assistant to GM & Mayor; Edwina Foley T (02) 6959 5500	Number of Pages	<b>1</b>
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