

A Move to the Country

When I finished my Master of Social Work I applied for a position in the New England Region as a Mental Health clinician. The manager sold me on the benefits of working and living in a rural area and as I drove to Inverell I was pleased with the lovely rural town I saw and friendly people I met.

I used to sit in Sydney traffic for up to an hour each way and had a very high rent to pay with a limited chance to get ahead. Now it only takes me 3 minutes to travel to and from work, I have purchased my own home (for less than \$200,000) and have chooks in my backyard and a thriving veggie garden.

I have a lot of scope in my work and travel across the cluster to different sites which help to make life interesting. Last year I created a presentation on Happiness for Older

Persons which I presented at the library. I have attended an international Psycho-geriatricians conference which was a great learning opportunity. The multidisciplinary team I work in is very supportive and I am also part of a broader Social Work team who all keep in regular contact and provide discipline specific support and supervision.

I am a member of the local bushwalking club and am on the committee for the Inverell Community Garden.

I have experienced a few challenges and had to make some changes along the way but it has been very worthwhile.

Anonymous

