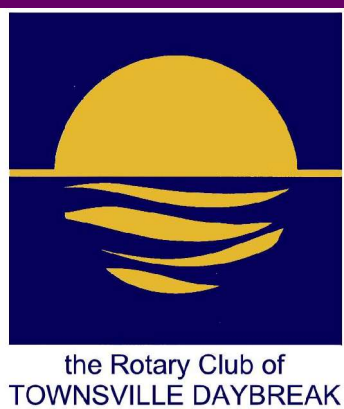


In Celebration of Schizophrenia Awareness Week 2011

Mental Illness Fellowship NQ Inc.
Daybreak Rotary Sunflower
Awards Lift-out



2011
MIFNQ
Daybreak
Rotary
Sunflower
Awards
19 May 2011



The Mental Illness Fellowship of North Queensland (MIFNQ) Daybreak Rotary Sunflower Awards were presented on Thursday 19th May at a breakfast function in the presence of friends of the Fellowship from many parts of our community.

CEO of the Mental Illness Fellowship of North Queensland, Andy Froggatt said that, *"the selection committee were inspired by the stories and work of all the nominees. They showed that mental illness is just a part of the fabric of life, something not to be feared and through adversity often comes great inspiration."*

Special guest speaker was Mr Max Tomlinson a former Managing Director and Board Member within the News Ltd group. Max spoke eloquently about his own battle with depression, the bleakness that descended upon him and how he hopes his story can inspire other to get help early so that hope can return to their lives.

CEO of the Mental Illness Fellowship of North Queensland, Andy Froggatt said that, *"Max's story is typical of so many we hear, but along with the inspirational stories from our award nominees, it shows that people do recover from mental illness and can help others do the same. The more our community is aware of these issues the quicker people can access help and commence that journey of recovery."*



Max and Lorraine Tomlinson

The Mental Illness Fellowship of North Queensland and Townsville Daybreak Rotary, would like to congratulate all the nominees on their inspirational achievements and contribution to the North Queensland community.

Further information and interviews can be obtained by contacting:

Andy Froggatt, Chief Executive Officer

E: andyfroggatt@mac.com

T: 0747 253 664

M: 0423 053057



Thank you to our partners



MIFNQ are proud to announce that this year's winners are....

Mayor's Recovery Award (presented by Townsville Mayor, Cr Les Tyrell)

'A special award to recognise an individual who has made great strides in their recovery, and who is an example of what is possible.'



Townsville Mayor, Cr Les Tyrell presents Tiffany Cover with her award.

Joint Winners:

Tiffany Cover (Townsville) and Tarah Bowman (Mackay)

Tiffany was diagnosed with depression and anxiety at age 15, has worked at her recovery, and maintained her wellness on a daily basis. Since completing the Mental Illness Education Australia (MIEA) training, she has visited and spoken to students at rural and remote schools addressing hundreds of students and many teachers entirely on her own initiative whilst on uni break.

Now back in Townsville, Tiffany has commenced local presentations in high schools and is really connecting with students, sharing her story and providing a positive role model, proving that living and recovering from mental illness, reaching for goals and dreams enhanced by the lessons learned along the way is possible.

Tarah's recovery journey has inspired many. Through the medium of art, Tarah brought to life her own journey and shared it with the community. Her art exhibition "Unscrew the Taboo" on mental illness gave an insightful and real look at her own life living with mental illness and allowed her to continue her recovery journey.

Tarah provides positive peer mentoring to other participants with MIFNQ's programs and in the wider community.

Employer Achievement Award

'For an employer who has shown outstanding commitment to support the recovery of an individual, or group of people, in the workplace.'

Joint Winners: Advance Employment (Townsville) and Worklink (Cairns)



Cathy O'Toole, Advance Employment

Over a long period, Advance Employment have not only strongly advocated for the importance of work in peoples recovery – but have actually employed people who have had mental health challenges. Their workplace is an example of what is possible – not only for those who gained employment – but also for employers who can gain wonderful, productive staff members.

Worklink is a diverse not-for-profit organisation and is part of the Disability Employment Services, funded by the Dept of Education, Employment and Workplace Relations, and provides services free of charge to both job seekers and employers.

Worklink provides employment assistance, professional support and counselling services to jobseekers, who have experienced a mental health condition and other disadvantaged groups in the Cairns region.



Dorothy Dunne, Worklinks

Outstanding Reform/Service Coordination Award (presented by Bob James, President of MIFNQ)

'For a service initiative that has demonstrated the ability to effectively integrate/co-ordinate services, in order to provide better outcomes for consumers and their families. This award is open to government and non-government providers.'



Winner: Headspace Townsville

Townsville has made a tremendous difference to youth trying to access mental health services within the region. They have seen amazing growth in services since commencing and recently celebrated a huge milestone, which saw them cater to 1500 youths accessing their service in only 18 months of operation.

Dr Mary Emeleus accepting the award on behalf of Headspace from MIFNQ President, Bob James



Media Award

'For an individual or media organisation that has provided high quality coverage of issues relating to emotional health and wellbeing'.

Winner: Michele Adams-Townsville Sun

Since taking over as our advertising consultant at Townsville Sun, Michele has shown great passion in promoting not only our organisation but also mental health issues in the community in the best possible way.

Michele is proactively pursuing print media avenues to raise awareness and to educate the community on mental health issues.

Michelle Adams, Townsville Sun

Mental Health & Well Being Community Award (presented by Martin Wilkinson, President Townsville Daybreak Rotary)

For an individual or organization that has given exceptional support to the promotion of mental health and wellbeing awareness throughout the community.

Winner: Art Works! Program--Kith and Kin Association

Through art workshops called "Connect and Create", participants are able to interact with others who had similar experiences to them.

The workshops also assist the participants to express their emotions and feelings through self-reflection onto their artwork and to develop skills and self-confidence.

The final piece of the workshop truly depicted the aspect of the theme "From the Outside Looking In". Participants drew outlines of themselves, or someone who is close to them in charcoal and created an intertwining effect with movement, colours and beauty.



Kith & Kin's Alfred Wimblett accepting the award from Marty Wilkinson

Special Mentions

The judging panel also decided to give special mentions to three people who make a great difference in the North Queensland Community.

Kevin Freele - for his contribution to carers, families and friends of those living with a mental illness.

Janelle Godfrey - for her commitment to developing mental health awareness and services, in particular for youth mental health.

Sue Longin - for her dedication to mental health education and helping others.



Zarina Reljanovic, Lyn Tyson, Donella Pickles and Dennis Wreford



Foreground, Kith and Kin Association's table