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[www.mifsa.org](http://www.mifsa.org)

# MIFSA Residential Respite Accommodation Program

**OVER THE PAST COUPLE OF MONTHS WE HAVE IDENTIFIED A SUITABLE RESPITE HOUSE AT 17 DAVENPORT TERRACE, SEAVIEW DOWNS AND HAVE SIGNED A LEASE WITH THE OWNERS WHO SUPPORT OUR USE OF THE PROPERTY TO DELIVER QUALITY RESPITE SERVICES.**

The property is around a 15min walk to Marion Shopping Centre and a 20min walk to the beach and is also close to Flinders University and Medical Centre.

In late 2009 the Development Assessment Panel of the Marion Council approved MIFSA to deliver services from our first Respite House following their initial refusal of our application and subsequent approval of our compromise proposal. We attended the Environment, Resources & Development Court in January and were advised that an Appeal by a nominated community member will be proceeding against the decision to allow MIFSA to offer respite services.

This article may come as no surprise to readers of The Guardian Messenger as the Seaview Downs community has featured quite prominently in their local paper recently, see page 6 for the articles that featured in the Guardian in support of our exciting new respite venture.

A number of local residents have been very vocal about their views of MIFSA delivering respite services in their community. There have been negative and positive opinions shared across a number of different forums which have given us an opportunity to address a lack of understanding and misconceptions around mental health evident in some areas of the community.

At the same time, we have been honoured to see the positive response from many more community members and would like to sincerely thank all staff, members and the community who have offered us their ongoing support for this Program.

*continued page 5*



17 Davenport Terrace, Seaview Downs



## Vision & Mission

**Our vision** is that every person with mental illness is able to make a valued contribution to society, without stigma or discrimination, due to an increased understanding and awareness of mental illness in the community and the availability of appropriate services as required.

**Our mission** is to provide education, support, rehabilitation and recovery based programs in a safe, quality environment to assist people with mental illness and their natural support network living in South Australia to enjoy the best possible quality of life.



## A day with the healing drum!

**MIFSA ACTIVITY PROGRAMS DELIVER SERVICES TO CREATE OPPORTUNITIES FOR PARTICIPANTS TO ENGAGE IN MEANINGFUL ACTIVITIES WHICH BUILD CONFIDENCE, SKILLS AND CREATE A GENERAL INTEREST IN LIFE! A RECENT EVENT AT WAYVILLE ACTIVITY PROGRAMS CAUGHT THE INTEREST OF MANY – A DAY WITH THE HEALING DRUM!**

On 3 December 2009, to celebrate the International Day for People with a Disability, MIFSA Activities Centre at Wayville made the floor shake with the sounds of West African drumming and loud, wonderful, (and just a little risqué), West African singing and dance! Funding had been generously provided by FaHCSIA, which set the scene for a lunch time feast, two enthusiastic drum circle facilitators, and a host of djembe drums from a local organisation, The Percussion House.



Interest poured in from all corners of MIFSA as the rhythms began to get into full swing. No prior drumming or musical experience was needed, so all people, participants, staff and visitors came, joined the circle, and began to experience making music, right then and there!

As a participant in this event, I noticed how easy it was for us all to come together, to feel a sense of connection, and to begin to create music very quickly. Group drumming is said to be especially effective at inspiring a sense of community connection! It works within equality and inclusivity, not competition. In circle, we all came together on a level playing field, none of us expert, all of us as one in our brand new learning experience. As drummers, we shared a common purpose – to have fun, be together, to be fully present – in the moment and to **MAKE SOME NOISE!!** Noise we made! We stamped our feet, moved our bodies, and wailed out some traditional African ‘call-and-response’ songs. One participant in the circle noted,



### “What a great exercise in mindfulness!”

So true! We were fully engaged, body and mind and emotions, on the task of learning, and feeling simple hand rhythms. Most definitely an experience in mindfulness, as our minds went past the worries of the day, and moved into the fun of the moment, we pounded our cares into the drum, and into the air – leaving us feeling exhilarated and full of life!

The group drumming circle is an experience that is accessible to all, because we all have rhythm! To drum, we become tuned in to the beat of our own drum – the heart! We slow down our thoughts as we connect to our breath and enter into the groups’ rhythm. The sustained repetition of a steady beat brings us together, emotionally, physically and mentally. As a result of connecting a repeating activity with our breath and our full presence and attention, research tells us that our brainwave activity changes! We find ourselves, very rapidly, experiencing a calm, focused awareness. We are both relaxed and re-energised! Research also tells us that group drumming can improve mood states, enhance capacity to concentrate, reduce symptoms of depression and anxiety, and is great for the immune system! Wow! What’s more, we have learned a new skill and have experienced a sense of increased achievement – we have made music, with our friends!



Many thanks to our new friends at The Percussion House, and our two drumming facilitators, Bortier, and Rusty. If you would like to read further on music, drumming and mind-body wellness, please contact me for references.

Rebekkah Sparrow  
[rebekkah@mifsa.org](mailto:rebekkah@mifsa.org)





## From the President

**RECENTLY I HAVE TAKEN OVER FROM MARGARET SPRINGGAY AS THE EXECUTIVE DIRECTOR OF THE MENTAL ILLNESS FELLOWSHIP OF AUSTRALIA (MIFA).**

This is an association of eight organisations in Australia, including MIFSA, delivering services in every state and territory. All are consumer and carer-based, and all focus on delivering better services for people affected by mental illness. Collectively, they employ more than 1000 staff, with budgets totalling more than \$50 million, and provide services to tens of thousands of people.

As president of MIFSA, I've been on the Board of MIFA for about five years, and I have a high regard for the benefits of a national approach to the issues we all grapple with. However, moving from participating in occasional Board meetings to this being my 'day job' has given me a great opportunity to try to take MIFA to a new level of usefulness and influence. Luckily (for me) I still get to be the chair of the MIFSA Board, but my role on the MIFA Board will be taken over by your Vice-President, Marion Croser.

There have been great achievements during Margaret's time in the job. New programs like Well Ways have received Government funding to be implemented across the country. More than 50 Federal MPs and Senators are members of the 'Parliamentary Friends of

Schizophrenia', organised and supported by MIFA, which meets regularly in Canberra. Many exceptional international speakers have toured Australia through collaboration between MIFA, pharmaceutical companies and member organisations like MIFSA. Very soon (this month in fact) a new MIFA website goes into action, helping consumers, carers, health professionals, researchers and media people to access information about mental illness and our services across Australia. And these are only a few examples. It's a tough act to follow, but we think we can do more, especially in influencing governments and increasing public awareness and acceptance of people affected by mental illness.

I'm visiting all the member organisations, to meet their staff and their Boards. My main job is to clarify the next steps for MIFA, and how to pay for them to be implemented. That starts with what MIFSA, the Mental Illness Fellowship of Queensland, and all the others want from their national body. It's an absolute privilege to get around like this. I'm finding it wonderfully satisfying to talk to people all over the country who are doing great things, some in very similar ways to MIFSA, others very differently. Of course I'm a new kid on this block. Natasha and the other CEOs talk together all the time, and there's more than one good idea from another state that has been used here, and vice versa.



I have two offices, one in MIFSA, and one in Canberra. I have two part-time staff, June Sperryn (who many of you will know at MIFSA) and Susan Golley, who is assisting me with mental health policy issues. The current plan is to re-locate MIFA to Canberra, where most 'peak body' associations base themselves, but not until we have enough funding to run a properly resourced operation. Since I like living in Adelaide, my job is to work myself out of a job! But I know that will bring long term benefits for MIFSA, so it's a job I relish doing.

David Meldrum

## From the Chief Executive Officer

**A VERY HAPPY NEW YEAR TO ALL OUR READERS! THE BEGINNING OF THE YEAR, LIKE MOST BRAND NEW THINGS, FILLS ME WITH EXCITEMENT WITH ALL ITS POTENTIAL AND POSSIBILITY.**

At MIFSA the end of one year signals an opportunity to review our achievements as well as our challenges over the past 12 months, and to plan our way forward into the new year.

Reflecting on 2009, our 25<sup>th</sup> year since incorporation, has included celebrating many achievements over the decades.

Certainly the last few years have included much growth and expansion. We have extended the foundations laid by founding members all those years ago and added further constructions and renovations.

It hasn't all been good news though. In this edition of *MIFSA News* you will read about the challenges we are currently experiencing in setting up our first Respite House. The fears and misconceptions apparent in the community are a reminder of how far we have yet to travel to achieve acceptance of mental illness as a manageable condition.



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## MIFSA Respite Program

THE MIFSA RESPITE PROGRAM IS FUNDED BY THE AUSTRALIAN GOVERNMENT UNDER THE MENTAL HEALTH RESPITE PROGRAM.

The Respite Program has been busy delivering services over the past three months, including 1 to 1 Respite, Telephone Support and Short Breaks. In addition we have offered the following services:

### December 2009 Retreat

Our third Retreat was run in December 2009. While Carers received a four day break from their caring role, we delivered a Retreat in partnership with the YMCA at Stockport for Care Recipients who experience a mental illness. Thirteen Care Recipients took the opportunity to enjoy a stay in the country, learn new skills and meet people. All Participants are encouraged to be involved in the activities and to support each other to meet new challenges, including:

- Bush Walk and River Hike
- Expressive Art (mosaics)
- Initiatives—problem solving, creative thinking, teamwork and communication
- Archery
- Low Ropes
- High Ropes
- Giant Swing
- Swimming.

**“I had a great experience and I did things I never would have thought of doing. The people and the staff were all lovely and I would love to come again.”** Care Recipient



**“Sometimes I think I am the only person in the world who has a mental health problem. It’s nice to know you are not alone.”** Care Recipient

**“The program was great. I enjoyed my time away and got to meet new people who are living with the same sorts of things I am”.** Care Recipient



**“The staff were good. I got upset and someone sat with me until I felt better. I just get anxious sometimes and having someone there who lets you take your time is great.”** Care Recipient

We asked Carers if they were able to take a break from their caring role and responsibilities while the person they care for attended the Retreat:

**“Yes, because I knew they were OK and out of the house.”** Carer

### Short Break Healthy Living Series

In celebration of health and wellbeing, we held the first Healthy Living Series in October and November 2009. The Series supported Carers to have a break from their caring responsibilities while Care Recipients were invited to participate in small group activities over a five week period.

The Series offered a variety of educational, recreational and social activities focusing on exercise and nutrition. Participants were given opportunities to learn and develop healthy living options that can be introduced into daily life through cooking and being active. Weekly sessions included a ‘hands on’ cooking class exploring multicultural foods with an emphasis on delicious and nutritious meals that people can recreate at home with a few simple ingredients. Partnered with cooking, opportunities were provided for participants to try a variety of activities such as arts and crafts, plant and grow herbs, an introduction to meditation and yoga, a Latin dance class, an outing to the CBD to investigate South Australia’s multicultural background, and a group Drumming class.

At the end of each session participants joined together to eat the healthy lunch that they prepared and cooked together. It was great to see the growth in confidence and skill in the kitchen not to mention the mouth watering meals!





"I was able to try yoga and drumming for the first time and I enjoyed it." Care Recipient



"Trying cooking from all different cultures was great." Care Recipient

The MIFSA Respite Program will continue supporting Carers and Care Recipients with a variety of services throughout 2010. We have begun preparations for Retreats and Short Breaks and would like to invite anyone interested in more information about future events or to register your interest in any of the above services to contact us:

MIFSA Respite Program  
 respite@mifsa.org  
 T (08) 8378 4100  
 F (08) 8378 4199  
 PO Box 310, Marleston SA 5033

## MIFSA Respite Program Recruitment

We are continuing to seek applications for Respite Workers through our open recruitment campaign to increase our pool of casual Respite Workers.

We are looking for people who are available to deliver 1 to 1 Respite services, working with Participants individually in the community across the whole metropolitan area. We anticipate increased opportunities for Respite Workers to support Participants with Retreats, Short Breaks and Residential Respite services in 2010 and 2011.

If you are interested in working in the Respite Program, several positions remain available. Please visit the MIFSA website and follow the link for Employment Opportunities, which outlines the Job and Person Description and application requirements.

The MIFSA Respite Program is funded by the Australian government under the Mental Health Respite Program. The MIFSA Residential Respite Accommodation Program is an Australian Government Initiative.

## MIFSA Residential Respite Accommodation Program

*continued from front page*

The Respite House will be available to people who are managing their mental health issues well, while their families or friends who provide them with support and care have a break from their caring role.



The Respite House will offer up to seven people a chance to stay Monday to Friday in quality accommodation while enjoying a week of outings, DVDs, shared dinners and building of friendships.

If you would like more information about the Program, please contact:

Residential Respite Accommodation Program  
 T 8378 4100  
 F 8378 4199  
 E respite@mifsa.org

Amanda Porter  
 Programs Manager



# MIFSA Residential Respite Accommodation Program

ARTICLES FEATURED IN RECENT EDITIONS OF GUARDIAN MESSENGER REGARDING MIFSA'S PLANS TO PROVIDE RESIDENTIAL RESPITE ACCOMMODATION.

## Knock back for respite and compassion By Matt Deighton

I HAD a lot of time and respect for Dr Margaret Tobin, the former SA Mental Health chief who was gunned down in tragic circumstances in 2002.

She had earned her stripes in the bush and came to SA with a clear vision for the future of mental health services, something this state desperately needed after several decades of decay.

Her view was simple: the shutting down of psychiatric institutions across Australia during the '70s and '80s had failed because the people booted onto the streets had little or no support and were forced to live in often sub-standard and under-resourced boarding houses.

This led to a generation of lost souls, the likes of whom you will still see today on the streets of Adelaide, Semaphore and Glenelg.

The answer, she and I would discuss, lay in supervised neighbourhood accommodation where people with mental health issues were able to rebuild their lives in a community environment.

This would help them feel part of something tangible, while breeding tolerance and understanding in a community where one in five of us will, at some point in our lives, succumb to mental health issues.

When Dr Tobin was murdered, mental health reform stalled. While there has been some progress in recent years the likes of Monsignor David Cappo have helped to fill the considerable void left by her – I'm not sure the state has ever really recovered.

So I was rapt late last month to see a plan by the Mental Illness Fellowship of SA for a respite centre for people with mental health issues, to be located in a bayside neighbourhood.

This was Dr Tobin's vision personified.

And I was equally saddened to see Marion Council's development assessment panel knock it back following a public outcry which cited, among other things, the effect on the "amenity of the area", the impact on the "desired character of the residential zone" and a lack of on-site parking.

I often write in these pages about how I see South Australia as a compassionate and tolerant society, which takes great pride in caring for its most vulnerable and disadvantaged.

But it's decisions like this that make me question whether I'm kidding myself.

Matt Deighton  
Journalist,

Guardian Messenger, pg 23, 2 December 2009

## Josie's long, tough road

By Matt Turner

WHEN her son's mental illness took a turn for the worse two years ago, Josie went through a bout of depression.

Overcome by stress and guilt, she endured sleepless nights, started seeing a therapist and had to fight to keep her family from falling apart.

Josie says she was "lucky enough to recover" because gradually, as her son's situation improved, so did her own.

"It takes a great toll on you . . . and you have episodes," she says of being a carer.

"When you see your son become ill and change towards you and act differently it's got a way of tearing you apart.

It affects you both physically and mentally, it's heart-wrenching and it can destroy families."

Josie says a respite care centre, like the one rejected for Seaview Downs, would be an asset to her situation.

"My son's okay at the moment but anytime down the track we might need that assistance in the future, that helping hand.

It'd give me time to calm down, get my thoughts together and have some quality, relaxing time.

You've got to look after your own mental health."

Josie says the community has to overcome its negative perceptions towards people with mental illnesses.

"Having it in the community means people could even drop in and become more informed rather than being fearful.

We have to get something up and running because the needs are becoming greater."

Matt Turner

Journalist,

Guardian Messenger, pg 8, 9 December 2009

## Sanctuary needed for depressed By Matt Turner

WHEN all of life's pressures catch up with her, "Lucy" makes an appointment with her psychiatrist.

But what she says she really needs in those moments is a "sanctuary", such as the respite house proposed for Seaview Downs.

"We're very safe, capable people and that can only be nurtured and brought out by places like this," Lucy, who has lived with depression for the past nine years, says.

"We can come, relax and have fun."

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# Personal Helpers and Mentors (PHaMs) Program

**THE PEOPLE YOU MEET. I HAVE MET THE MOST INCREDIBLE PEOPLE IN THE CONTEXT OF MY WORK IN MIFSA'S PERSONAL HELPERS AND MENTORS (PHAMS) PROGRAM.**

I have met the most knowledgeable and passionate people within the wider MIFSA staff team. You will not find many organisations where people “talk the talk”, but most importantly “walk the walk”. There is a culture at MIFSA of genuinely wanting to make a difference in people’s life. My MIFSA colleagues have inspired me to work harder at demystifying and normalising mental illness in the community. When stigma is concerned, status quo is not ok.

I have met the most dedicated, enthusiastic and generous people in the PHaMs team. If you needed a picture to illustrate “hope” in the dictionary – you could use our team photo! PHaMs workers live and breathe the fundamental belief that recovery from a mental illness is possible. We work hard at sharing this hope with our participants and inspire them to take the steps necessary to reclaim their own life. We are incredibly supportive of each other in the PHaMs team. As PHaMs workers, we do not hesitate to exchange knowledge, share a laugh or make a cuppa for one another when things are a bit more difficult. PHaMs workers have a range of diversified expertise and we use it to skillfully support our participants to become self-reliant and confident.

I have also met the most courageous participants in the PHaMs program. I have the privilege of sharing people’s recovery journey – they welcome me in their home and in their life. I work in the community with people who are willing to face their greatest fears and anxieties because they want to live a rich, full and meaningful life in accordance with their values. They categorically refuse that their mental illness could be what defines them and what limits their life; instead, they create



meaning out of having a mental illness and they use it to be more compassionate towards others.

I am reminded everyday, through my work with participants, that whilst there are some things you cannot control in life, you can choose your actions. PHaMs participants choose to act with courage and dignity. They start with small steps and before they know it, they are climbing mountains. The greatest reward of this role is when participants tell me that they don’t feel they need PHaMs anymore because they now feel confident that they can deal with whatever problems life throws at them. They tell me that they still have a mental illness, but the illness is now sitting in the back seat, coming along for the ride; it does not dictate the journey anymore.

I am grateful to be surrounded by such great people everyday.

**Emilie Gagnon Milot**  
**PHaMs Outer South**  
[emilie@mifsa.org](mailto:emilie@mifsa.org)

*Personal Helpers and Mentors PHaMs Program – Outer South Team members taken in October 2009  
 From left: Elisabeth, Marguerita, Emma E., Deb, John, Andrew, Aja, Becky, Pedr, Emilie, Emma G*



## MIFSA Well Ways Programs

### FAMILIES OFTEN ASK- 'WHY DO YOUNG PEOPLE OR PEOPLE WITH A MENTAL ILLNESS USE DRUGS?'

These people use drugs for the same reasons as others do:

- To relax
- To have fun
- For the euphoria (the rush)
- To feel less inhibited
- To be part of a group (identify/peer pressure)
- Out of curiosity
- To cope with problems
- To relieve stress, anxiety or pain
- To overcome boredom
- To provide a reason for living.

For young people drug use may be influenced by a number of factors. These include:

**The individual:** Adolescence is a time of immense physical and emotional change. Young people often feel awkward and self-conscious. They may feel caught between conformity and the urge to be different and they may not always have the skills to deal with the stresses and pressures of life to which they are vulnerable. For example, experiences such as neglect, abuse (emotional, physical and sexual) and domestic violence can damage confidence and lead to low self-esteem and little sense of control.

**Family and Friends:** Young people learn about drugs at a very early age, for example, taking medicine for childhood illness. Parents and other adults use tobacco, tea, coffee, aspirin, prescribed drugs and alcohol.

**Society:** Mixed messages from media, peers, sport sponsorship, parents, school and work often contradict or conflict with young people's experience of themselves. Alcohol is a good example: for males (and increasingly for females) there is often the expectation, real or perceived, to 'drink like a man' and to be able to 'hold your liquor'. Young people get many messages regarding alcohol and other drugs. Different messages mean they receive both encouragement and discouragement regarding drugs. Adolescent binge drinking often occurs in social settings with friends and is therefore perceived to have positive recreational outcomes among young people. At the same time health campaigns warn of the negative health and other effects of binge drinking, such as acute intoxication and the increased likelihood of risky behaviour.

People with a mental illness use drugs for the same reasons as others; however, the impact for people with a mental illness is much greater. In addition, the issues associated with mental illness make it harder to refrain from the use of drugs or alcohol. The immediate effect of drugs or alcohol usually provides relief from the some of the symptoms of the illness, but withdrawal from the drug or alcohol will make the symptoms worse.

But, do drugs and alcohol cause mental illness? Drugs and alcohol can cause drug-induced psychosis in susceptible individuals. They can also be a trigger to the development of schizophrenia or other psychotic illnesses, which can only be diagnosed if symptoms don't subside over a drug-free period.

People with 'a dual diagnosis' (a mental illness and substance use) generally have difficulty following through with treatment and hence the course of the mental illness may be more severe and of a longer duration.



### WHAT EFFECT DOES 'DUAL DIAGNOSIS' HAVE ON THE FAMILY?

Behaviours associated with 'dual diagnosis' can be extreme and may be very hard for the family, friends and the community to cope. Dependence issues plus the symptoms of mental illness can result in overbearing behaviour, reduced concerns for the consequences of that harsh or risky behaviour and the lack of ongoing connections with the family or others.

Family have to manage by often seeing their loved ones physical or psychological health deteriorating: problems with relationships, problems with accommodation, finances, employment or education and sometimes problems associated with the law.

Managing good physical health and avoiding anxiety or depression is very challenging for the loved ones. Well Ways DUO is an excellent program that MIFSA is running over six weeks to increase skills in managing challenging behaviours associated with a dual diagnosis, gain increased information about mental illness and the interaction with drugs and alcohol as well as treatment and support options. Sessions include presentations by a Consulting Psychiatrist, a Crisis team member and a Police representative.

### Well Ways DUO Programs for families

start at Christies Beach on Tuesday 9 February at 6pm and at Wayville starting on the Tuesday 23 February at 9:30am.

Maureen Lewis  
Coordinator, Well Ways Programs  
mlewis@mifsa.org

Some of the information in this article has been drawn from the Australian Drug Association (ADF) [www.adf.org.au](http://www.adf.org.au)

See next page for coming sessions of the Well Ways suite of programs.

# MIFSA Therapeutic Groups and Education Program

SUPPORTS THE PRINCIPLES OF REHABILITATION AND RECOVERY AND UNDERSTAND THAT THERE IS HOPE AFTER DIAGNOSIS OF MENTAL ILLNESS.

The groups focus on building strengths and achieving the best possible quality of life. Sharing ideas and methods for managing well-being in a group with others who have similar experiences can be particularly helpful.

MIFSA Therapeutic Groups are small groups exploring pathways to wellbeing. Topics throughout the year will include:

- Alleviating Anxiety
- Dealing with Depression
- Emotional Wellbeing
- Managing Mania
- Recovery from Psychosis.

See page 12 for the Rewire Recovery Group Program.

If you are interested in any of these programs or for more information please contact Anna or Ben, phone 8378 4100 or by email: [annab@mifsa.org](mailto:annab@mifsa.org) or [ben@mifsa.org](mailto:ben@mifsa.org)

*The focus is about thriving,  
not just surviving*

## Well Ways Programs

### MI Recovery Program (for people with mental illness)

|   |   |
|---|---|
| Conducted over 8 consecutive weeks on Fridays, 5 February – 26 March; 12:30pm – 3pm | MIFSA Wayville<br>5 Cooke Terrace<br>Wayville |
|---|---|

### Well Ways Building a Future Program (for family & friends)

|  |   |
|--|---|
| Conducted over 8 consecutive weeks on Tuesdays, 9 February – 30 April; 6pm – 9pm | Pathway Community Centre<br>Unit 1, 249 Milne Road<br>Modbury North |
|--|---|

|  |  |
|--|--|
| Conducted over 8 consecutive weeks on Wednesdays, 24 Feb – 14 April; 6pm – 9pm | Bower Cottage,<br>200 Bower Road<br>Semaphore Park |
|--|--|

|   |  |
|---|--|
| Conducted over 8 consecutive weeks on Tuesdays, 16 March – 4 May; 6pm – 9pm | MIFSA Panangga<br>64 Elgin Avenue<br>Christies Beach |
|---|--|

### Well Ways DUO (for family & friends)

|  |  |
|--|--|
| Conducted over 6 consecutive weeks on Tuesdays, 9 Feb – 16 March 6pm – 9pm | MIFSA Panangga<br>64 Elgin Avenue<br>Christies Beach |
|--|--|

|   |   |
|---|---|
| Conducted over 6 consecutive weeks on Mondays, 23 Feb – 30 March; 9:30am – 2:30pm | MIFSA Wayville<br>5 Cooke Terrace<br>Wayville |
|---|---|

## Coming Workshops...

### Recovery from Psychosis

|   |  |
|---|--|
| Tuesdays, 2 February – 9 March; 2pm – 4pm | Level 1, Education Centre<br>Modbury Hospital, Modbury |
|---|--|

We will work together to:

- Share experiences and increase knowledge and awareness of psychosis and its impact on participants and relationships with others
- Understand anxiety, its effects on health, and how to manage it
- Identify early warning signs and positive strategies to manage health
- Explore personal values and identity related to and apart from psychosis
- Understand motivation, realistic goal setting and structuring time
- Acknowledge and feel good about strengths and achievements.

### Emotional Wellbeing

|  |  |
|--|--|
| Thursdays, 4 February to 11 March; 10am – 12noon | Clarence Park Comm. Centre<br>72 East Avenue, Black Forest |
|--|--|

|  |  |
|--|--|
| Fridays, 5 February to 12 March; 10am – 12noon | Community Campus, Gunther<br>St, Elizabeth Grove |
|--|--|

We will work together to:

- Share experiences and increase knowledge and awareness of how our emotions, thoughts and actions impact on our sense of wellbeing
- Understand the ups and downs of self esteem
- Learn strategies and techniques to reduce the impact of stress and anxiety
- Explore how our thinking affects our moods and practice ways to deal with unhelpful thinking
- Learn helpful ways to deal with unpleasant or uncomfortable emotions
- Explore ways to communicate more positively and effectively
- Get in touch with what really matters in life.

These groups will run for 2 hours, including a break for refreshments, over six weeks.

For more information or to register please phone Anna or Ben on 8378 4100, or email [annab@mifsa.org](mailto:annab@mifsa.org)

**Cost:** a gold coin donation would be appreciated.

*Therapeutic Groups are funded by the South Australian Department of Health*



## MIFSA Peer Work Project

HELLO AND HAPPY NEW YEAR! AFTER GETTING BACK INTO THE SWING OF THINGS IN 2010 AND HAVING REFLECTED ON WHAT WAS AN EVENTFUL 2009 THE PEER WORK PROJECT WOULD LIKE TO LET PEOPLE KNOW WHAT TO EXPECT FOR 2010:

### For interested Peer Workers

Four 'Introduction to Peer Work' courses are being planned for the coming months. The first course will start in February and the second will be starting in May, with the information session at the end of April. People who are living well with their mental illness and are interested in becoming Peer Workers need to register their interest by calling MIFSA on 8378 4100. They will then be invited to an information session, where they will have a chance to learn more about the course, ask questions and submit their application form. Unfortunately due to the high number of applications, not every person will be successful in gaining entry to the course. People who are unsuccessful are given information and feedback about their application and other possible courses or events to get involved in as well as invited to put their name back on the expressions of interest list to be considered for the next available course.

The course will then begin one or two weeks after the information session for one day a week for six weeks, followed by three weeks of group mentoring to assist with job applications and resume updating. Ongoing Peer mentoring will also be offered to assist with finding employment while on the job.

### For Graduates and current Peer Workers

Peer mentoring is still available for current graduates and existing Peer Workers, either for those wanting to find work or currently working in the mental health area. If you would like to talk to a Peer Mentor please contact Liza at MIFSA or Sheryl at Baptist Care (SA).

We are also running our Educate and Facilitate workshop and a Physical Education workshop in the first half of the year. Information will be sent out to the network closer to the time. If you are interested or would like more information please check the website [www.peerwork.org.au](http://www.peerwork.org.au) or contact MIFSA.

We are still sending out job opportunities via email and posting them on our website, so if you do not have an email address or do not get online often, please make sure you contact us regularly to check what there is available. Some ongoing employment opportunities are with the MIFSA Respite Team, the MIFSA Education Program and the Talking Libraries program. To find out more about these positions please contact us or check the MIFSA website.

### For Employers and potential Employers

The Peer Work Project offers a wide variety of services to organisations who are currently employing Peer Workers or who wish to employ Peer Workers. We can also provide trained people who can act as Consumer Consultants on interview panels, to

provide consumer insight into new initiatives or can present the lived experience to staff teams.

We are also able to provide information and support around how to employ and support Peer Workers within your organisation, including help with job and person specifications, staff training/information sessions and on the job mentoring for Peer Workers.

If you are interested in attending an information session or would like some more information please contact MIFSA or Baptist Care (SA).

Dei Griffith  
[dgriffith@mifsa.org](mailto:dgriffith@mifsa.org)

Contact details:  
MIFSA: Dei or Liza – 8378 4100  
Baptist Care (SA): Carmen or Sheryl – 8338 6799

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## Sanctuary needed for depressed

By Matt Turner

Often feeling as though she is alone in dealing with her mental illness, Lucy says she would welcome living with other people in a similar predicament.

"Some days are a bit harder than others, so I cope with what devices I have on the day.

"We (residents) will all have something in common, that we're all living with a mental illness . . . and we can all share our experiences with one another.

"We need a break from the world as well."

Lucy says she has been horrified by some of the comments made by local residents opposing the proposal.

She says much of what people hear about mental illness gives them the wrong perception.

"They need to be more educated.

"I don't want society to push us away as mad people.

"We're normal people – we just may have a mental illness."

Lucy's carer Ruth says the house would be the perfect respite environment.

"(Lucy) could meet more people, do things she doesn't normally do and we'd know that while she's doing it she's safe," she says.

"We both need something like this."

Matt Turner  
Journalist,  
*Guardian Messenger*, pg 3, 16 December 2009



## Bread tags fundraiser

THE TALLY OF BREAD TAGS COLLECTED BY OUR MEMBERS AND THE GENERAL PUBLIC, BOTH IN SOUTH AUSTRALIA AND INTERSTATE, CONTINUES TO GROW.

### Thank you all for a fantastic effort!

Our thanks also are extended to the assistance of our volunteers from James Nash House in weighing and bagging the bread tags. Your efforts are greatly appreciated.

Since the last *MIFSA News*, bread tags collections large and small, from near and far, have been received from:

|  |                                       |
|--|---------------------------------------|
| <i>Dept for Transport, Energy &amp; Infrastructure, Land Services Division</i> |                                       |
| <i>Carolyn Cordon and the Mallala community</i>                                |                                       |
| <i>Royal District Nursing Service SA</i>                                       | <i>Christadelphian Hall, Adelaide</i> |
| <i>Alexandra Beeching-Marshall</i>   | <i>Warradale Primary School</i>       |
| <i>Hallett Cove R-12 School</i>  | <i>Pam Brown, Strathalbyn</i>         |
| <i>John &amp; Thea Burrows</i>   | <i>Westminster School</i>             |
| <i>Lions Club of Lock</i>  | <i>Karen Fitzgerald</i>               |
| <i>Tuila Wells</i>   | <i>TafeSA</i>                         |

Thank you all, and the many anonymous donors who leave bread tags at our Sunflower Shops, the Collection Bins, Panangga and the Royal Adelaide Hospital Kiosk. Your support is appreciated.

### Delivery Points for Bread Tags

Sunflower Shops at Christie Downs, Goodwood or Seacombe Gardens – see addresses below.

Sunflower Shops Collection Bins located at:

- 6th Ave Shopping Ctre, Cnr Sixth Ave & Stephens Tce, St Peters
- Woolworth's Plus, 272 Shepherds Hill Rd, Eden Hills

MIFSA Wayville: 5 Cooke Terrace, Wayville 5034

MIFSA Panangga, 64 Elgin Avenue, Christies Beach 5165

MIFSA Mount Gambier, 12 Crouch Street South, Mt Gambier 5290

### In Memoriam

Thank you to those who have supported MIFSA in this way with donations in lieu of flowers. It is through your generosity and financial support we can continue to help both people with mental illness and their carers. MIFSA gratefully accepts memorial gifts to help its work. Donations are promptly acknowledged to the bereaved and the donor.



*Shops Coordinator Elsha and volunteer Diana with baskets made for the Goodwood Road Market Day held in November 2009*

### MIFSA Sunflower Shops are located at:

**CHRISTIES DOWNS** Shop 4, Flaxmill Shopping Centre, 303 Flaxmill Road; phone 8236 2456

**GOODWOOD** 145 Goodwood Road (south of the Capri Theatre); phone 8272 7162

**SEACOMBE GARDENS** 577 Morphett Road; phone 8298 3051

**SHOPS COORDINATOR** Elsha, 0409 697 432



## CEO Report *continued from page 3*

We have also experienced pressures in other programs. We continue to strive to meet the needs of participants within available funding and resources. This sometimes proves difficult, especially with growing requirements around program outcomes, ensuring ongoing accreditation against a range of standards, undertaking quality improvements, providing safe and welcoming environments, whilst addressing increasing costs.

We have a lot on our side though. We have a strong MIFSA team made up of staff, participants, volunteers, members and Board of Management who offer an equally impressive combination of expertise, energy and skills. We are delivering a broad range of programs that offer people experiencing mental illness, their families, carers and friends, assistance in managing the impacts of mental illness. It is lovely to hear from individuals who have connected with a MIFSA program and who are inspired to share their renewed hope, their successes or simply their appreciation in "sharing the journey" with us.

In 2010 MIFSA will continue to create those spaces of hope where people are able to progress their recovery and carer journeys.

Once again, happy new year and may 2010 bring us all much to celebrate.

Natasha Miliotis



## Marion Support Group

MEETINGS ARE HELD BIMONTHLY (FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER, DECEMBER) ON THE SECOND MONDAY (EXCLUDING PUBLIC HOLIDAYS) AS SOCIAL GET-TOGETHERS OVER A MEAL AT THE WARRADALE HOTEL, 234 DIAGONAL ROAD; 6:15PM.

Our first meeting for 2010 will be dinner and social get-together at the Warradale Hotel, Diagonal Road, Warradale on Monday, 8 February 2010; 6:15pm; seniors menu available.

Everyone welcome – come along and enjoy a ‘Carers Time Out’!!  
**Bookings essential, please phone Narelle on 8378 5796 by Friday 5 February please.**

Our Christmas dinner was attended by 32 past and present carers. fun for all, with gifts from Father Christmas.

Happy 2010 to all – much happiness and good health.

**Cheers, take care**  
**Narelle Gordon**

## Voice Hearers’ Group

MEETS WEEKLY ON THURSDAYS, 1:30PM – 3PM AT THE MIFSA CONFERENCE ROOM, 5 COOKE TERRACE, WAYVILLE.

The group will work together to:

- Develop effective life management skills as well as voice management skills
- Identify stressful situations and helpful coping strategies
- Increase self-awareness about patterns of voices and how they relate to life events, thoughts and emotions
- Explore personal values and identity related to and apart from voice hearing
- Acknowledge and feel good about strengths and achievements
- Develop goals towards improving health and well-being.

Groups will recommence Thursday 4 February 2010.

**No referral is required. Please direct all enquiries to Anna Byas, Group Coordinator/Facilitator: [annab@mifsa.org](mailto:annab@mifsa.org) or 8378 4100.**

## Mood Disorders Carers Group

MEETINGS ARE HELD ON THE FOURTH TUESDAY OF THE MONTH, AT MARJORIE BLACK HOUSE, 47 KING WILLIAM ROAD, UNLEY; 7:30PM.

Offering help and support to those in the role of caring for people with bipolar affective disorder and depression.

**Coming meetings: Tuesdays 23 February, 23 March 2010.**

Newcomers welcome; to join this group please phone MIFSA on 8378 4100.

**Marcia Johnson Timm, Convenor**

## Rewire Recovery Group

A GROUP FOR PEOPLE EXPERIENCING ANXIETY, DEPRESSION AND/OR MANIA. GROUPS HELD ON THE SECOND WEDNESDAY OF EACH MONTH, 1PM – 2:30PM.

MIFSA Rewire Recovery Group follows the rehabilitation and recovery model, which focuses on supporting people experiencing depression, anxiety and/or mania, to develop and maintain a key role in managing their own recovery.

Newcomers welcome.

**No referral is required. Please direct all enquiries to Anna Byas, Group Coordinator/Facilitator: [annab@mifsa.org](mailto:annab@mifsa.org) or 8378 4100.**

### Rewire Recovery Group Program 2010

|   |   |
|---|---|
| February 10   | Identity and Self-Esteem                          |
| Exaggerate your weaknesses? Nasty inner critic? Feel inadequate? Fear negative judgement by others? Learn to develop powerful strategies to enhance sense of self and improve self-esteem.    |   |
| March 10  | Expand your life – Managing Anxiety and Avoidance |
| Stress and anxiety getting in the way of living the life you want? Learn strategies and techniques for reducing the impact of stress and anxiety on physical, emotional and social wellbeing. |   |
| <b>All sessions held in MIFSA’s Conference Room 5 Cooke Terrace, Wayville (carpark under building or street parking available – observe time restrictions).</b>                               |   |





## Healthy Living Group workshops

Staying motivated for recovery *and* wellness. 'Personal Development Plan to stay well'.

This is a peer led project: placing the consumer in the 'Drivers Seat'.

|   |  |
|---|--|
| <b>Wednesday, 3 February; 1pm</b><br>MIFSA Wayville Training Room,<br>5 Cooke Terrace, Wayville | <b>Act – Belong – Commit</b><br>Build and Maintain your mental health<br><br>How to dedicate time to wellness<br><br>Achieving the balance |
| <b>Wednesday, 3 March; 1pm</b><br>MIFSA Wayville Training Room<br>5 Cooke Terrace, Wayville     | <b>Stress and Stress-Busters</b><br>Causes of stress<br><br>Learn stress management skills<br><br>Stress and our general health            |

Parking available in street (observe time limit signs) or under building; entrance off Rose Terrace.

The workshops are facilitated by Dave Tapley (Consumer Consultant) from 1pm – 2:15pm, followed by positive outlook sharing 2:30pm – 3pm, on the first Wednesday of each month, for anyone interested in the promotion of better health.

The workshops are friendly interactive groups where we share and brainstorm answers and solutions, and our knowledge is enhanced by peers in the group.

Recognised fact sheets are referred to and handouts supplied in easy to understand language.

Group norms apply and must be respected.

Enquires to Dave Tapley by email: [dave.tapley@bigpond.com](mailto:dave.tapley@bigpond.com) or phone 8378 2723.

## Volunteer work at MIFSA

Looking for voluntary work? Enjoy meeting people? Committed to supporting MIFSA? MIFSA provides its range of services through the generous and enthusiastic support of volunteers.

If you would like to learn more, please contact Susan Wilkes on 8378 4100 or email [susanw@mifsa.org](mailto:susanw@mifsa.org)

## Housing SA Accommodation Advice

Fortnightly at MIFSA Wayville on Thursdays, 1pm – 4pm

Housing SA provides an Outreach Service for people with mental illness. To make an appointment with the Outreach Service Officer, phone MIFSA Reception on 8378 4100.

## Be Smoke Free!

A supportive program for tobacco smokers with mental illness

Would you like to quit or cut back tobacco?

Join the *Be Smoke Free!* Support Program being conducted at MIFSA during 2010.



The 2010 Program will be held at MIFSA Wayville on Thursdays from 10am – 12noon.

The next term starts on Thursday 11 February, however people can join at any time during the term.

The group provides a positive and supportive place to work on smoking and is for people who are:

- Just thinking about quitting
- Wanting to cut back
- Really keen to stop smoking.

For more information or to register interest please phone the Tobacco and Mental Illness Project on 8200 2009 or talk to Simone Phippen, MIFSA Wayville Activity Program on 8378 4100.

## Financial Counselling Services at MIFSA, Wayville

Tuesdays, 11am – 1pm

### Gain control over your finances

Make an appointment with a qualified financial counsellor from UnitingCare Wesley Bowden for assistance in managing a wide range of financial problems: from budgeting to debt problems, legal action and bankruptcy, and advice on concessions available for people to access.

To make an appointment with the Financial Counsellor please phone MIFSA Wayville Reception on 8378 4100.

## Australasian Schizophrenia Conference, 2010

**THE INVITATION IS OUT TO ATTEND THE AUSTRALASIAN SCHIZOPHRENIA CONFERENCE 2010; BEING HELD AT THE SHERATON ON THE PARK HOTEL IN SYDNEY, 22-24 SEPTEMBER.**

A public forum in association with the conference will be held on Tuesday evening, 1 September. Final details still being finalised.

The conference theme is 'Molecules to Mind', which reflects the broad perspective required to achieve a greater scientific understanding of schizophrenia, understanding that will make a tangible difference in the lives of people with this illness.

While there has been an explosive increase in knowledge about schizophrenia and its treatment, growth in genuine understanding of the disorder has proceeded by small increments at a painfully slow pace. This is precisely why this conference is so important. Not discouraged by the complexities involved in schizophrenia, we are all excited by the broad range of scientific

enquiry being brought to bear on this illness, stimulated by the task of integrating the diverse range of information to form a coherent understanding of the nature of the illness and how it develops, and challenged by the search for better means of treatment and prevention. Excited, stimulated, challenged – but not daunted.

We are expecting over 300 psychiatrists, medical practitioners, psychologists, research scientists, clinical educators, nurses and other mental health workers to attend ASC 2010.

To attend and be involved in the search for understanding of schizophrenia and how better to relieve the suffering it causes, register online at: [www.asc2010.com](http://www.asc2010.com)

Prof Vaughan Carr  
CEO, Schizophrenia Research Institute  
ASC 2010 Conference Chair  
[www.asc2010.com](http://www.asc2010.com)

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## Bullied children more likely to develop psychosis

**CHILDREN WHO ARE BULLIED AT SCHOOL ARE UP TO FOUR TIMES MORE LIKELY THAN THEIR PEERS TO DEVELOP PSYCHOTIC SYMPTOMS SUCH AS HALLUCINATIONS, DELUSIONS AND PARANOIA – AND THE MORE SEVERE THE BULLYING THE MORE SEVERE THE SYMPTOMS.**

At the Annual Meeting of the Royal College of Psychiatrists in the United Kingdom, held in Liverpool in 2009, Professor Dieter Wolke from the University of Warwick Medical School said that around five per cent of the general population in the UK displayed psychotic-like symptoms and that the vast majority of these people were likely to have been bullied at school.

Professor Wolke told meeting delegates that bullying in school can be divided into two types: overt bullying and relational bullying. Overt bullying includes punching, kicking and physical intimidation while relational bullying includes spreading rumours and cyber-bullying.

Professor Wolke and colleagues analysed data from the Avalon Longitudinal Study of Parents and Children. The long-term study has followed a total of 6,437 expectant mothers and their partners since 1991. The parents, and their children, are followed up annually using a range of physical and psychological assessments.

Professor Wolke examined the study interviews conducted with the parents and children when the children reached the age of thirteen. He found that factors such as a family history of mental health problems, IQ levels, previous psychiatric problems, or poor housing had little or no bearing on whether a child went on to develop psychotic symptoms.

However, if a child was bullied at primary school, he or she was four times more likely to develop psychotic symptoms. They were also twice as likely to go on to be bullied at secondary school.

Children who experience psychotic symptoms are sixteen times more likely to develop full-blown psychosis later in their lives.

Professor Wolke said: "We have for the first time shown that the bullying has occurred before the psychotic symptoms developed. The more severe the victimisation, the higher the likelihood of having psychotic symptoms".

"But if you are bullied over a long time your risk quadruples and if you experience both overt and relational bullying, your risk increases 4.6 times. There is no higher predictor of psychosis than bullying."

Children with few friends were more likely to be bullied because other children were not there to defend them, said Professor Wolke.

Being continually bullied could lead to changes in the young brain as a result of overreaction to stress and a continual increase in the release of the stress hormone cortisol.

Prof Wolke concluded that having friendships and good relationships with classmates plays a vital role in children's mental health and well-being.

Used with permission from The Royal College of Psychiatrists in the United Kingdom; to access article as well as the RCP's broad range of mental health information go to: [www.rcpsych.ac.uk/press/pressreleases2009/bullying.aspx](http://www.rcpsych.ac.uk/press/pressreleases2009/bullying.aspx)

## Volunteering at MIFSA

**AUSTRALIA HAS A PROUD NATIONAL HISTORY OF VOLUNTEERING AND A CULTURE OF 'PITCHING IN' AND 'DOING THEIR BIT' AS PART OF COHESIVE COMMUNITY LIFE AND IN TIMES OF NEED OR TROUBLE.**

In our emergency services, sporting groups, schools, hospitals, surf life saving clubs, committees, churches, social clubs, charities, conservation groups, not for profit organisations (to name but a few) Australians give hours of their experience and skills to help out and we are incredibly generous in times of natural disaster.

MIFSA exemplifies this having been born of the pioneering spirit of concerned friends and relatives of people living with mental illness who joined together to support, advocate, educate and lobby for the needs and inclusion of their loved ones. Without our foundational volunteers we would not exist and throughout our 25 year history, volunteers have enabled MIFSA to expand the delivery of much needed programs and services.

The Hon. Senator Ursula Stephens, Parliamentary Secretary for Social Inclusion and the Voluntary Sector has stated that "Volunteers are crucial to the wellbeing of our society." Senator Stephens states that:

**"Volunteering delivers a number of key social and economic benefits including creating and supporting community resilience, enriching our cultural life and protecting our natural environment."**

(For the full text and background papers go to: [www.socialinclusion.gov.au/LatestNews/Pages/NVSBegins.aspx](http://www.socialinclusion.gov.au/LatestNews/Pages/NVSBegins.aspx)).

The Australian Government recognises the enormous contribution made by volunteers and the social and economic value of volunteering within our society and is developing a National Volunteering Strategy to be released in 2011: the 10<sup>th</sup> Anniversary of the United Nations International Year of Volunteering. "A national strategy will articulate the Government's vision and commitment to volunteering in Australia, highlight the

key issues and flag the emerging trends in volunteering over coming years." (Background Paper, National Volunteering Strategy 2009)

Volunteering Australia is the national peak body working to advance volunteering in the Australian community. A survey conducted in 2009 provides an insight into the issues that affect volunteering in Australia. The survey attracted a record number of participants with more than 3,700 respondents taking part, ensuring a wide cross section of opinions from individual volunteers, volunteer involving organisations and companies with employee volunteer programs.

Key findings of the report found:

- 'Knowing that my contribution would make a difference' is most important to volunteers in their decision to volunteer (selected by 80% of volunteer respondents)
- 'Being accepted as a valuable team member', 'personal thank you' and 'feedback about my contribution' are the most significant methods of recognition which made volunteers feel valued
- Thirty per cent of organisations surveyed have not been able to access adequate information about the protection of volunteers under occupational health and safety legislation
- Forty four per cent of volunteers reported that out of pocket expenses affect their ability or desire to volunteer, with fuel (84.6%) and telephone charges (65.4%) being the two most common cost problems
- More than one third (36%) of volunteers reported they had not had any recognition for their good work in the last month of their volunteering.

MIFSA is implementing the National Standards "best practice model" for not for profit volunteering organisations. We aim to continually improve our volunteer program and this includes strengthening volunteer processes, supporting as well as acknowledging the work of MIFSA volunteers and adapting/evolving our volunteer roles to meet the changing needs of our organisation and of our volunteers. MIFSA therefore reads outcomes of surveys such as these with interest in terms of improvements we too can make.

Susan Wilkes  
Communications Officer  
[susanw@mifsa.org](mailto:susanw@mifsa.org)

*Just three of the more than one hundred wonderful MIFSA Volunteers. Receiving their certificate of thanks from Patron Jane Doyle at the recent 2009 MIFSA Volunteers Function are: Left: June Williams; Centre: Alison Marsh; Right: Margaret Herde.*



## MEMBERSHIP FORM/ CHANGE OF ADDRESS



Mail to : PO Box 310 Marleston 5033

- Membership Renewal  
 New Membership  
 Change of Address

### Membership Categories

- Single \$20   
Pensioner/Student \$10   
Organisation \$45   
Family \$30   
Pensioner Family \$18   
Donation

We keep membership cost low.

Why not make a tax deductible donation and support MIFSA.

Mr/Mrs/Ms/Dr \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Email Address \_\_\_\_\_

Contact Telephone \_\_\_\_\_

Old Address (if applicable) \_\_\_\_\_

Membership payment by  Cheque  Money Order  Cash  Credit card

Visa  Mastercard

Credit card number                      Expiry date /

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

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DEADLINE for articles, letters,  
reports for the April / May 2010  
issue of MIFSA News:

**Monday, 1 March 2010**

### SUNFLOWER SHOPS

#### Coordinator

Elsha Stolk  
0409 697 432

### MIFSA LOCATIONS

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MIFSA Reynella: PO Box 255, Morphet Vale 5162

MIFSA Eyre: PO Box 2292, Port Lincoln 5606

MIFSA Mount Gambier: PO Box 1146, Mt Gambier 5290