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

## PRIDE OF AUSTRALIA MEDAL 2011

The Pride of Australia program aims to discover, recognise and celebrate our state's unsung heroes. A Pride of Australia medal acknowledges ordinary Australians who are doing extraordinary things. In 2011 the South Australian Pride of Australia medal for Care and Compassion has been claimed by Marcia Johnson Timm – MIFSA Support Group Facilitator.

MIFSA's CEO, Natasha Miliotis says that for almost two decades Marcia has volunteered her time, skills and her carers touch as a Support Group Facilitator of the Mood Disorders Carer Support Group. "Marcia has always made us proud, what an honour that Australia agrees!" says Natasha. Having won the SA award, Marcia now travels to Sydney to compete for the Australia-wide gold medal in November.

With a typically humble approach Marcia shares "it is indeed a great honour to be presented with the 2011 Pride of Australia medal for Care and Compassion. I have accepted this medal for all the carers of the Mood Disorders Carers Support Group. To all those carers out there who have yet to find my support group, I say, we exist...don't face it alone...we can give you help and support in your caring roles. My thanks to Natasha Miliotis and the MIFSA staff for the encouragement to continue on in my leadership role. And lastly, I accept this medal in memory of my late husband William Timm who was the reason I began this group over 18 years ago and who later became my greatest supporter."

MIFSA and the Mood Disorders Association of SA (MDA) merged in 2006. Marcia Johnson-Timm began her involvement with the Mood Disorders Association in the early 1990's and since that time has contributed significantly in various volunteer roles.

"Marcia continues to contribute her time, experience, energy and compassion in an exceptional manner as the Facilitator of the very strong, successful and well attended Mood Disorders Carer Support Group, a support group of MIFSA" notes Natasha. "Marcia also became a Life Member of MIFSA in 2009, and was recognized for contributing above and beyond expectations of a volunteer role in an exceptional manner."

Bob Burke, prior Mood Disorders Association President, prior MIFSA Vice President and current Mood Disorders Carers Support Group member, says that Marcia has assisted and supported over 100 carers since June 1993. "Many of these carers have continued to attend group meetings for many years, with the older and more experienced carers providing additional support for new carers. Many of us felt that we were alone in caring for someone with a mood disorder, and found it a great relief when we discovered Marcia's group, and that there were many others who had been down this road ahead of us, and who shared our concerns and could advise us of coping skills and where to go for specialist help."

*continued page 14*



*Marcia Johnson Timm, photo taken by Brooke Whatnall, courtesy of The Advertiser.*



## 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.



## MENTAL ILLNESS FELLOWSHIP SOUTH AUSTRALIA INC

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### DEADLINE

For the Summer issue of *MIFSA News*:

Tuesday, 15 November 2011

### DISCLAIMER

Contributions to *MIFSA News* do not necessarily reflect the views of MIFSA.

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## From the President



*I'm sitting in my office hearing Farsi, the language of Iran, spoken in the next room. One of our PHaMs workers 'reaching people we haven't reached before' as we say in the MIFSA strategic plan.*

The Humanitarian Entrants PHaMs staff have more than a dozen languages between them, and their list of more than 70 participants shows a kaleidoscope of nationalities, ethnicities, religions and language. All people who need help to deal with mental illness; people who only a year ago would not have known MIFSA existed.

Many of the cultures that these participants and their families come from still severely stigmatise mental illness; even more so than the 'Anglo' Australian community. Mental illness is often associated with evil spirits and sin in ways that can make for extreme social exclusion, and seeking help almost impossible. So 'reaching out' to each other has been a painstaking process over the last eighteen months, in which the employment of cultural brokers in the first phase was crucial.

For me, the success of this program is a perfect example of how MIFSA is evolving. Mental illness is present in every part of our society. Unlike many other chronic illnesses, there are few class, regional, income or ethnicity markers for the prevalence of mental illness (although as usual, better off people have better access to help).

So over time, with all the resources we can muster, we have to advocate for relevant responses for every part of the South Australian community. Of course MIFSA doesn't aim to do it all; there are other excellent providers delivering recovery services, and we will always help people find services that we don't currently have. But we undoubtedly do need more metropolitan and country locations, more cultural diversity and indigenous representation in our staff and volunteers, and an open mind about where the next access challenge lies. This is exciting stuff that matters.

*David Meldrum*



## From the Chief Executive Officer

*MIFSA provides services for and with people. This means that our work is all about communication. Communication is vital at MIFSA because our work involves people and people interact well with quality information, various ways of communicating and differing forms of communication.*



The newsletter which you are reading, the MIFSA News, is one of our key promotional resources as well as a source of information for our staff, volunteers, members and participants. Our website is another source of information used by increasing numbers of individuals seeking information about mental health and MIFSA. We also receive many thousands of calls each year from people seeking information, referrals, brochures and fact sheets.

Continuous reviews of the ways we communicate results in ongoing adjustments. In the coming year we will be moving from a six issue newsletter to quarterly issues with Spring, Summer, Autumn and Winter editions of the MIFSA News. This means that the next issue will be in your post boxes or email inboxes early January as a part of the Summer MIFSA News edition.

We are transferring some of the resources from our newsletter into further enhancements of our website. Web traffic to the MIFSA website at [www.mifsa.org](http://www.mifsa.org) is steadily increasing. We are committed to providing an interesting experience for visitors. We are continually developing new content. We would like to see increased traffic with greater interactivity and continually growing numbers of people seeking us out through our website.

In the past month some of the website inquiries I have received and which MIFSA staff have responded to include inquiries about Peer Work, volunteer opportunities at MIFSA, skills needed to become a Respite Worker, requests for information about mental health advocates in the sector and an individual seeking support via electronic media due to feeling uncomfortable with phone contact.

Our MIFSA Wayville reception service is staffed by our wonderful Administration Team. Not only do they provide a warm welcome to people visiting our MIFSA Wayville site they also provide information to tens of thousands of callers each year. So if there is a brochure or fact sheet that you need why not pop in and have a look at our bulging information racks or check us out on-line. If there is a question about our services you need answered or if you are looking for referral to another service and don't know where to start then why not give us a call or send us an email.

I hope you enjoy this issue of the MIFSA News, with its updates, celebrations, information and reports.

*Natasha Miliotis*

### ANNUAL GENERAL MEETING

of the Mental Illness Fellowship South Australia will be held on Monday the 17th of October, 6pm at MIFSA Wayville, corner of Rose Terrace and Cooke Terrace. Please note that we have parking undercroft, alternatively there is street parking subject to time restrictions.

RSVP for catering purposes Wayville reception 8378 4100.



## Activity Programs

*Walking Group; from left to right Kimberley (student), Stephen, Ian, Robert, Cindy, Maureen, Rae, Stephen and just a glimpse of Barry!*



*Working in the MIFSA Panangga Activity Program*

I have been working with participants who visit the Panangga Activity Program since September 2011 as a Sessional Worker. Through sharing different activities and talking with many participants I have come to see that the challenges they face are as varied as shells on the beach. While always mindful that I am working, the job is usually cheerful and energising, as I go to the zoo with participants, play a game of pool or walk on the beach.

There are often lovely surprises at work such as being shown a wonderful piece of artwork accomplished by a participant or hearing a thoughtful insight into something. At other times work is more serious, like when someone is having trouble and asks for help to deal with their personal or mental health issues. I feel privileged to have earned their trust and respect enough that they feel safe to share with me.

Working with participants at MIFSA is very rewarding and I listen, offer a word of encouragement or look for opportunities to encourage participants to consider an issue from a new perspective.

In the short time I have known the people that access Panangga Activity Programs I have seen many examples of personal growth as people relax as they feel valued and accepted, try something new or are proud of a job well done. I find the role as a Sessional Worker highly enjoyable and satisfying.

*Cindy Cedic  
MIFSA Sessional Worker – Activity Programs*



*Panangga Music Group beats out new rhythms*

### *Music and new rhythm at MIFSA Panangga Activity Program*

At MIFSA's Panangga Activity Program new tunes and fresh beats can be heard. Over recent years there certainly has been music activity within the program, and music has always been enjoyed by Panangga's participants.

Then in early 2011 participants also started to get together informally to play and share their passion for music. This natural momentum came at a time when a new student from Flinders University, Monique, was looking for a project as part of her practical placement requirements. Monique was delighted with this opportunity and has run with the idea with great enthusiasm, having experience in bands and music over many years.

Monique consulted with and spoke to interested participants who decided that they wanted to practise and play a mixed genre, with a focus around rock songs. The group is being supported by four volunteers with music and teaching expertise, providing welcome support and informal tuition to the group.

Each person expresses their own individual style and talent. Some of the participants have a great deal of experience and expertise regarding their musical aptitude and others have had limited exposure but are keen to learn how to play an instrument and/or join in with the vocals.

There are a number of songs that have been played over the past few months, they include: Suspicious Minds (Elvis Presley), April Sun in Cuba (Dragon), Knockin' on Heaven's Door (Bob Dylan), The House of the Rising Sun (Animals) and Eleanor Rigby (Beatles). In recent sessions a few more songs have been included to the current song list: Proud Mary (Creedence Clearwater Revival), Walking the Dog (Rolling Stones) and Let it Be (Beatles).

The group has been warmly received throughout the centre with many participants, volunteers and staff regularly complimenting the group on their musical harmony. As well as producing some good sound, music is proving to be the medium where people can let go and express their feelings through their instruments and voices. Encouragement is given to all and regularly the music group spontaneously applauds their efforts after a great sounding rendition of a song.

By the time you read this, it is hoped that plans currently underway for a performance by the group at a local venue during Mental Health Week will be well consolidated. At that time the group will review its progress and consider its future. We would like to thank Monique, all the volunteer music tutors, participants and MIFSA for supporting such a wonderful program.

*"Music is the literature of the heart; it commences where speech ends" Alphonse de Lamartine.*

*MIFSA Panangga Activity Program staff*

Activity programs incorporate Support for Day to Day Living in the Community - a structured Activity Program and are funded from various sources including HACC, SA Department of Health, Commonwealth Department of Health and Ageing and through the generous support of ElectraNet in regard to MIFSA Eyre.





## MIFSA Mount Gambier and MIFSA's Business Systems

MIFSA is best known for our range of programs. We aim to reach people we haven't reached before and we are good at "sharing the journey" as staff and participants work together to progress recovery and/or carer journeys.

However, there are other forces at work too. The role of Business Systems at MIFSA is to maintain the ICT (Information and Communication Technologies) resources at their optimum level. Business Systems staff ensuring that program staff can use ICT resources to provide better services.

As part of the motto, "give our people the tools they need to do their jobs", in August, MIFSA's Business Systems Specialist, Shayne O'Brien, called on our Mt Gambier PHaMs Office. MIFSA has recently bought 25 computers as part of our ongoing asset replacement program, with computers going to Reynella and Mount Gambier.

This was Shayne's first visit to MIFSA Mt Gambier and the PHaMs team had plenty of questions to go with their friendly hospitality. "I enjoy meeting the teams on their 'turf'" said Shayne, "I am always amazed at the resourcefulness of our teams and I always learn something new with each visit".

MIFSA has a regular computer replacement or redeployment schedule to ensure that all staff have the best equipment available. Another 10 Desktop computers, Notebooks and Data Projectors are due to be purchased by the end of 2011.

The Business Systems Team, consisting of Shayne and IT Support Officer, Aaron Powell, maintain over 200 computing devices, including Servers, computers and printers as well as a high speed network infrastructure. Business Systems is also responsible for our telephone systems and ensuring the Website is up to date.

So next time you call us, or check out our website or maybe send MIFSA an email you'll know who's behind the scenes making sure you connect easily and smoothly.

*Shayne O'Brien*

*Business Systems Specialist*

## MIFSA STRATEGIC PLAN 2009 – 2011 HIGHLIGHTS

Over the past 3 years our focus has been on reaching people we haven't reached before whilst also building a strong MIFSA as we strive to be the organisation of first choice in mental health.

Over 2011 we have been building a new strategic plan which will expand on the progress we have made over the past years. The following represents just some of the highlights of our current strategic goals over the past 3 years:

- > We reached people we hadn't reached before through new sites: MIFSA Mount Gambier, MIFSA Reynella and our Respite House
- > We moved our largest site from Keswick to MIFSA Wayville
- > We increased our services targeted specifically to people from culturally and linguistically diverse backgrounds, particularly through our PHaMs Humanitarian Entrants program
- > We continued to develop the cultural competency of our organisation via a range of strategies including the employment of an Aboriginal Broker as well as Cultural Brokers from more than 11 countries and speaking over 14 languages
- > We established a range of new partnerships and programs consistent with our strategic goal to "Reach People We Haven't Reached Before"
- > We worked with participants accessing new MIFSA programs including our Residential Respite Program, the Tobacco and Mental Illness Project, PHaMs Humanitarian Program, Well Ways Duo and Well Ways Snapshot
- > We delivered new and expanded services in country regions, both to carers and consumers
- > We developed a corporate sponsorship partnership with ElectraNet
- > We developed relationships with a number of organisations and individuals who generously fundraised on MIFSA's behalf
- > We re-engaged with placements at MIFSA for Police Cadets
- > We developed strategies which create opportunities for individuals to contribute to a "collective voice" for improvements in the mental health sector
- > We worked on raising our profile through a range of means including via increased radio spots, a refreshed website and a range of promotional materials
- > We have continued to put in place HR, IT and financial systems to ensure quality processes and procedures to create a strong and sustainable MIFSA for years to come
- > We upgraded our IT and continued development of a MIFSA database
- > We developed a MIFSA Foundation Training program
- > We were accredited at Award Level of the Service Excellence Program
- > Our financial viability was further strengthened through increased grant revenue by an incredible 81%
- > We have renewed our commitment to continue to develop services which support people to progress their recovery or carer journeys and which provide opportunities for life-changing work

*We look forward to updating you on our new Strategic Plan in the Summer Issue of MIFSA News early in 2012.*



# Education and Therapeutic Groups Programs

## Grassroots up

**THERE IS SOMETHING ABOUT MIFSA THAT SEPARATES US FROM THE PACK. FOR SURE, OUR EDUCATION PACKAGES ARE FANTASTIC, OUR CONSUMER BASED LIVED EXPERIENCE PROVIDES A FANTASTIC OPPORTUNITY TO SHARE IN THE EXPERIENCE OF SOMEONE WITH AN ILLNESS, AND OUR ANCILLARY SERVICES ARE UNBEATABLE.**

With all these wonderful things, it's easy to forget our greatest asset - and that is the fact that our community involvement is grass roots up. This means we involve the community every step of the way in what we do, from members, carers, support groups and participants, rather than following a faceless corporate model that only communicates through advertisements.

To date, this has mainly been the mental health community, but now we are hoping to become a byword in the larger community for mental health support, training and education by involving the larger community in our programs. The reason for this is because we believe education should come from within the community itself, and only by this method of delivery will we be able to reach a greater number of people. Mental health education awareness and training is for everyone, and ultimately, we want to reach as many people as we can.

Education, not discrimination, is the way of the future.

This is all part of the education team's drive to bring mental health education, not to the lucky few, but to everyone. It's clear that the mental health education we provide for teens sets them in best stead for dealing with these issues in the future.

So where do you come in? You are already part of the community, you already have contacts, and we find the community knows it's own needs better than anyone else. You can help. Part of a club or organisation? Would the club like to continue furthering the health and lifestyles of the community around them? Just connect them with MIFSA's Education Team or email us at [education@mifsa.org](mailto:education@mifsa.org).

*Adam Gould*

*Education Support Officer*

### Wednesday Forums

Wednesday 23 November, 1 - 2.30 pm

Conference Room, 5 Cooke Terrace, Wayville

Please check our website in October for November's Forum details

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

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

### Therapeutic Groups Program

MIFSA's Therapeutic Groups focus on assisting individuals to develop and maintain a key role in their recovery, build strengths and achieve the best possible quality of life. Sharing ideas and methods for managing wellbeing with others who have had similar experiences can be particularly helpful.

#### Emotional Wellbeing

Tuesdays, 18 Oct - 22 Nov 2 pm - 4 pm	Level 1, Education Centre Modbury Hosp. Modbury
Fridays, 21 Oct - 25 Nov 10.30 am - 12.30 pm	MIFSA Wayville Conference Room, 5 Cooke Terrace

- 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

**Both are two hour sessions held over 6 weeks, including a break for refreshments. No cost, but a gold coin donation would be appreciated.**

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

*The focus is about thriving,  
not just surviving*



## Well Ways Programs



### Well Ways Programs to come

#### Well Ways Building a Future Programs (for family and friends) conducted over 8 consecutive weeks

Thursdays, 6-9pm session, commencing 6 Oct 2011	Pathway Community Centre 1/249 Milne Rd, Modbury North
Wednesdays, 6-9pm commencing 12 Oct 2011	MIFSA Panangga, 64 Elgin Avenue, Christies Beach

Well Ways Building a Future is a program delivered in 8 modules of 3 hours each. You will:

- gain knowledge about mental illness, treatment and recovery.
- receive information about mental health services for people with mental illness and their families.
- increase confidence in dealing with the challenges created by mental illness.
- learn about behaviours associated with diagnosis and strategies to respond effectively.

Well Ways Programs are funded by the Australian Government under the Mental Health Community Based Program.



## WHAT WELL WAYS PROGRAMS MEAN TO PARTICIPANTS

Many issues confront those supporting a person with a mental illness. How do we manage, stay well and get on and enjoy life?

These were some of the dilemmas facing a loyal wife who found it very hard to speak of the issues she constantly faced in her relationship with her husband. She felt very disloyal speaking about these difficulties.

*"Do I continue putting up with the difficult 'depressed' husband who goes to work each day but who cannot do anything at home? A wonderful guy to others and not so great to me. What should I do? Leave? What?"*

Having registered in a Well Ways program, the participant gained knowledge, increased her confidence, explored the concept of separating the person from the illness and its symptoms and found herself becoming more empathetic and not so demanding and confrontational.

A major aim of Well Ways is to increase the capacity of carers to care effectively for themselves, as well as their loved one. Another example is of a male participant whose GP recommended the Well Ways program as he considered it would be beneficial for him.

Prior to completing the Well Ways Building a Future program the participant was not aware of the extent of support services available to him or his wife for whom he cares. His wife had become housebound with anxiety. Since completing the program they have engaged in regular joint counselling sessions and gone out socially.

*"The program has enabled me to be more assertive and has given me the courage to communicate with the Doctor, adding observations which are relevant to consider for my wife's recovery. I have now made a conscious effort to put the mind into gear before speaking, which is a real effort but a new skill learned from the program".*

Contact Well Ways  
Phone 8378 4100  
email [wellways@mifsa.org](mailto:wellways@mifsa.org)



## Respite Programs

**DURING JULY AND AUGUST  
2011 MIFSA RESPITE SERVICES  
RECEIVED 85 REFERRALS**

**Services provided include:**  
**1 to 1 respite supporting care recipients and carers**  
**Residential respite at Respite House (see next page for  
upcoming programs)**  
**Short breaks / retreats**  
**Telephone Support**

If you would like to know more about the eligibility and referral requirements of the Respite Programs, or for further information, please contact:

**MIFSA Respite Programs**  
**5 Cooke Terrace, Wayville 5033**  
**Ph: (08) 8378 4100, Fax: (08) 8378 4199**  
**Email: [respite@mifsa.org](mailto:respite@mifsa.org)**

**Respite Programs are an Australian Government Initiative**



# Respite House

RECOVERY-BASED SERVICES

## October Respite Programs

The MIFSA Respite Programs is pleased to offer the following recovery-based respite services at Respite House, 17 Davenport Tce, Seaview Downs.

### Self Care & Relaxation: Wed 5 Oct - Fri 7 Oct

For CARE RECIPIENTS and CARERS.

Program\* is available for up to 7 participants who are living with a mental illness and receive regular support from a family member or friend. Carers are also welcome to attend or can take a break from their usual caring role.

The group will enjoy activities, excursions and shared meals while staying at the MIFSA Respite House.

- BBQ By The Sea
- Visit Himeji Gardens
- Relaxation Foot Spas
- Relaxation Techniques

### Come and Try: Thurs 20 Oct - Fri 21 Oct

For CARE RECIPIENTS and CARERS.

Program\* is available for up to 7 participants who are living with a mental illness and who receive regular support from a family member or friend. Carers are also welcome to attend or can take a break from their usual caring role.

The aim of the program is to provide new participants with an opportunity to sample the house by offering a one night stay featuring typical activities offered during longer programs such as:

- Adelaide Zoo Trip
- BBQ By The Sea
- Wellbeing Workshop

## November Respite Programs

The MIFSA Respite Programs is pleased to offer the following recovery-based respite services at Respite House, 17 Davenport Tce, Seaview Downs.

### Thrills and Skills: Thurs 1 Nov - 4 Nov

For CARE RECIPIENTS and CARERS.

Program\* is available for up to 7 participants who are living with a mental illness and receive regular support from a family member or friend. Carers are also welcome to attend or can take a break from their usual caring role.

The group will enjoy activities, excursions and shared meals while staying at the MIFSA Respite House.

- Melbourne Cup
- Laser Skirmish
- Go Karting
- Woodwork

### Let's Get Physical: Tues 8 Nov - Fri 11 Nov

For CARE RECIPIENTS and CARERS.

Program\* is available for up to 7 participants who are living with a mental illness and who receive regular support from a family member or friend.

Carers are also welcome to attend or can take a break from their regular caring responsibilities. The group will enjoy activities, excursions and shared meals while staying at the MIFSA Respite House.

- Fishing
- Beach
- Golf
- Zumba

### Spring Has Sprung: Tues 15 Nov - Fri 18 Nov

For CARE RECIPIENTS and CARERS.

Program\* is available for up to 7 participants who are living with a mental illness and who receive regular support from a family member or friend.

Carers are also welcome to attend or can take a break from their regular caring responsibilities. The group will enjoy activities, excursions and shared meals while staying at the MIFSA Respite House.

- Hans Heysen Studio & Garden
- Create a Herb Garden
- Beerenberg Strawberry Farm
- Trip to the Central Markets

If you are interested in any of these programs please contact:  
**MIFSA RESPITE PROGRAMS** (5 Cooke Terrace, Wayville SA 5034)  
 Phone: (08) 8378 4100, Fax: (08) 8378 4199, Email: [respite@mifsa.org](mailto:respite@mifsa.org)  
 \* Eligibility criteria applies



## National Tobacco & Mental Illness Project

*While Australia has one of the lowest rates of smoking in the world, of those who do smoke, more than 40% have a mental illness.*

The South Australian Tobacco and Mental Illness Project has been recognised for its effectiveness nationally and internationally. The roll out of a national project to broaden the reach of the Tobacco and Mental Illness Project is a unique opportunity to help make a positive impact on the health of people with mental illness across Australia.

The Commonwealth Department of Health and Aging (DoHA) has provided funding to Mental Illness Fellowship Australia (MIFA) to create and facilitate the development of a national model.

The project is managed by Mental Illness Fellowship South Australia (MIFSA) and initially is being established in four MIFA member organisations. These are Mental Illness Fellowship Victoria (MIF VIC), Mental Illness Fellowship Western Australia (MIFWA), Schizophrenia Fellowship New South Wales (SFNSW) and Mental Health Carers Northern Territory (MHC NT).

In collaboration with this national project the existing South Australian Tobacco & Mental Illness project, lead by Maxi Ashton and her team, have put together a training package for the project based around existing materials and drawing from their extensive work in this area.

The package has been used in the training of staff from all organisations involved in the national project. Staff have been trained to facilitate the ten week Tobacco Free course and have received extra training drawn from experience and expertise of the Peer Work Project.

Two states/territories have completed their first Tobacco Free courses with the other two states commencing in August. There have been some great results already and staff are positive that there will be many more to come. One participant, who has never tried to quit before, set his birthday as a quit date (August) and dramatically reduced his intake ready to take the next step. Several other participants had also completely quit at the time of completion of the 10 week course.

All sites are starting to develop their networks and local partnerships, with a team outside of the MIFA member organisations having also received training. The Project team are starting to recognise specific regional differences, some of which were expected and some new. Regional differences include accessibility of services, the number and range of services in the area, other tobacco related programs, local funding options, current working relationships, participant demographical data and location of the project. We will be working with these differences while also enhancing the strengths and similarities within the National Tobacco & Mental Illness teams to create a positive and supportive project for all involved.

All in all it has been a great start to this national initiative with some good learning opportunities along the way. Over the coming year we are hoping to grow on this strong base and see the project mature to achieve the successes of the current South Australian Tobacco Free project upon which the National Tobacco & Mental Illness Project is based.

### Tobacco Free!

A supportive program for tobacco smokers with mental illness

Would you like to quit or cut back tobacco?

Join a **Tobacco Free!** Support Program.



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.

Groups are provided at venues around Adelaide, including MIFSA Wayville and MIFSA Panangga at Christies Beach.

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

*It's a good course with good support*

*Really good to be in the company of the others and taught how to stop as this was my first attempt at stopping*

*They're great! You don't feel alone. Much easier as a group hearing other people's comments/quitting techniques*

*I highly recommend this group, very helpful*

*Deiniol Griffith*

*Project Manager, National Tobacco & Mental Illness Project*



## Peer Work Update

*A brief update of what will be happening in the Peer Work Project in 2012.*

We have recently commenced the last Introduction to Peer Work courses for 2011 and again had a high caliber of applicants wanting to draw from their lived experience to become Peer Workers. If you are interested in registering for the first Introduction to Peer Work course in 2012 please contact MIFSA Wayville to register your interest.

As some of you may be aware national standards are being created for a Certificate 4 in Peer Work by the Community Services & Health Industry Skills Council (CSHISC). These standards are due to be released by the end of the year.

The Peer Work Project (PWP) has started creating new materials in preparation for the release of the national standards, so we will be able to continue to provide training to individuals wanting to become Peer Workers. This will mean that individuals attending the Peer Work training we facilitate will be accredited for a specific number of the modules required for the completion of Certificate 4 in Peer Work and will be able to complete the rest of the Certificate with one of our training partners.

This is fantastic recognition of the growth of Peer Work and a start to a more succinct and respected Peer Workforce on a national level.

We continue to provide individualised support to organisations in the employment, development and management of Peer Workers and are developing more formalised structures of Peer Supervision and Mentoring for organisations both locally and interstate. Please contact us if you would like more information about supporting the implementation of Peer Workers into your workforce or the support of those already employed.

So, 2012 will see some changes to how the Peer Work Project runs its training(s) and see us working hard towards the end of 2011 to create new resources. We continue to be unwavering in our belief, respect and value of Peer Workers and the remarkable work they undertake.

*Deiniol Griffith*

*Peer Work Project Team Leader*

## "Student says thank you!"



To the PHaMs West team of 2011,  
(Fiona, Paula, John, Cary, April, Liz, Sharr, Mel)  
I have had such an enjoyable placement experience and I am very grateful to all of you for contributing to that.  
Thankyou for being so friendly and welcoming, this was great especially in the beginning when I was so nervous.  
Thank you for sharing your knowledge with me, it has been great to learn about different practice approaches.  
Thank you for being supportive, encouraging, offering feedback and answering my questions.  
I feel so lucky to have been a part of such a wonderful team whilst on placement.  
From Jess Hill - 31/08/2011.

Over past six months Jessica Hill has undertaken her third year Social Work placement with the PHaMs West team at MIFSA. Below is the description of Jessica's painting, her farewell gift to PHaMs West and her thank you note from the back of the painting.

Each flower represents one of the 8 staff members within the PHaMs West team.

The images in the middle represent development for participants within the PHaMs Program i.e. from left to right: seeds before germination, seeds slowly germinating, plants slowly growing and then lastly flowering. This imagery can also be used to describe goal development, increasing self reliance/confidence etc...

Jess adds: "Professionally, I have learnt new skills to add to my toolbox and have an understanding of what it's like to work in the mental health sector. I have enjoyed working with participants and learning what it means to support them along their recovery journey. I have also enjoyed learning about the PHaMs program, which fosters hope during difficult experiences with mental illnesses and supports participants to develop their strengths. These are a couple of reasons that I realise the program's importance within the community."

## Board Profiles



*Each year several of the Board members' terms of office end, and they have to re-nominate if they wish to continue. This year our nominations are able to be matched to our vacancies, so there will not need to be an election.*

*I would like to extend my congratulations to Richard Price, Michelle Williams, Eddy Lynch and Jane Anderson. I am also pleased to be continuing on MIFSA's Board of Management for another term. Richard, Michelle, Eddy, Jane and I will join ongoing Board members Victoria Morton, Dr Eli Rafalowicz., Pat McLeod and Neville Rice.*

*On the next page you will find profiles of some new faces as well as ongoing Board members continuing their service.*

*David Meldrum*

*President*

*MIFSA Annual General Meeting: Monday 17 October, 6pm at MIFSA Wayville, 5 Cooke Terrace, Wayville. Everyone welcome. RSVP 8378 4100*



**JANE ANDERSON** As a lawyer and a Deputy President of the Guardianship Board I regularly meet and have the privilege of making decisions about people whose lives are impacted by mental illness. I am committed to ensuring that people with a mental illness and their carers who experience the legal and justice system are afforded dignity and respect.

My legal skills and knowledge of the law and its relevance to the issues surrounding mental illness will be a resource for the MIFSA Board. My compassion, understanding and genuine interest in this important area will mean that I will be a passionate and committed member of MIFSA. I hope to further my interest and experience in the area of mental health advocacy, support and fundraising.

My experience at the Guardianship Board and my experience as a lawyer has provided me with a good understanding of the needs of people with mental illness and their carers, and the challenges faced by them, both immediate and future. I welcome, and indeed, am honoured by an appointment to the MIFSA Board.

**EDDY LYNCH** Mental Health is my passion to which I have given my whole working life (psychiatric nurse for more than 40 years) and I also volunteer time to the needs of others. I have served on the MIFSA Board for the past six years and would like to continue contributing in MIFSA's governance, aiming always for best practice.

I previously served as President of the Mood Disorders (SA) Association Board for fourteen years and three years as Vice President. I was a foundation member of Family Therapy (SA) Association and the Mental Health Alliance. I am keen to continue my commitment to support the Board of Management in their work in guiding MIFSA as a leading NGO. I can bring a rich history and I have a passion for people who have or had mental disorder.

**DAVID MELDRUM** I have experience on a number of Boards, both at a state and national level, which I hope gives me the skills and understanding of good governance that can assist MIFSA. I also have good networks in the health and community services sectors. My current position is Executive Officer of the Mental Illness Fellowship of Australia.

My work history includes extensive experience in both the government and non-government sector in the management of health and community services. Previous roles have included the Chief Executive Officer of South Australian Mental Health Services. I serve on the Boards of Foodbank (SA), and the Adelaide North Eastern Division of General Practice. I have been on the MIFSA Board for seven years, and have a good understanding of its programs, finances and human resources.

I hope my experience and my profound admiration for MIFSA and its people will help me to contribute useful advice on matters of policy, governance and the overall development of MIFSA.

**RICHARD PRICE** Currently the Managing Director of an Adelaide based high technology company with 350+ employees country wide. Like most of the community, I was insulated from mental illness, ignorant beyond what I had read in the media and had thought little of its impact on families until encountering it directly. We cannot afford to ignore the contribution those affected by mental illness can make to society not only for the good of the individual but the community as a whole.

MIFSA has undergone a burst of growth in recent times and is continually striving to reach more and more people. I would look to support the management of MIFSA in delivering our strategic goals by drawing on broad management, technical and business development skills. In particular, I would work with the board and management to manage the risks associated with dramatic growth so that MIFSA remains a sustainable organisation, preserves its strong culture and retains the enthusiasm and commitment of its participants.

**MICHELLE WILLIAMS** I am an experienced management generalist with 21 years in the Banking and Finance sector. My experience spans across numerous disciplines including operational management, quality and risk control, personnel and budget management at a senior management level. I currently work for Shared Services SA a division of the Department of Treasury and Finance. My current role involves managing change programs through a shared service delivery business model.

I presently sit on the National Volunteer Advisory Group for the Starlight Children's Foundation and have recently been appointed to the Women in Treasury Advisory Group. I am a long-term volunteer for the Starlight Children's Foundation and the Hutt St Centre.

I am passionate about influencing community attitudes through education and understanding. I wish to fully utilise my extensive experience, knowledge and skills in the private and public sector to support MIFSA's vision and growth strategy. I seek to make a tangible difference in the area of mental health and I bring significant expertise in finance, business development, relationship building, leadership and strategic management.



# Marcia Johnson Timm, Pride of Australia 2011 winner



*continued from page 1*

*Bob adds "Marcia deserves the gratitude and recognition of the community for creating and facilitating a support group which has changed the lives of so many carers for the better, and for setting such a high personal standard of compassion, persistence and support as a carer of someone with a mental illness." Natasha agrees: "through the Mood Disorders Carer Support Group Marcia has effectively created and maintained a large MIFSA Carers family and network.*

*Marcia Johnson Timm, Pride of Australia 2011 winner, an exceptionally worthy candidate indeed.*

*Bob penned the following song and then sang it with his wife Judy in Marcia's honour at her celebratory party:*

*There's two kinds of people  
Among those at large;  
Some like to follow  
While others take charge.  
Others take charge, others take charge;  
Some like to follow while others take charge.*

*Now Marcia is our leader  
She shows us the way;  
And our carers support group  
Is proof to this day.*

*She stands here before us  
The one we all thank;  
She's the Pride of Australia:  
Not bad for a Yank!*



Marcia ensures that each meeting is properly set up and organises Guest Speakers

*"The Group was literally a life saver for us. After our family member was diagnosed we didn't know where to turn and I know many others share this view. We have reached the stage where we no longer need the support as such and we are able now to support new members. This is what makes this Group such a living and ongoing group; those who require the support become the givers of support, and we have Marcia to thank for this."*

Marcia individually hand writes to each group member inviting them back to the next meeting and sends out "monthly letters" and emails

*"Marcia does not merely write to/e-mail current support group members - she corresponds with any who have come to the group. This ensures they remain in touch with their fellow-members - the value of this is that we have seen at Annual functions people who do not normally attend the monthly meetings. This also means that we have regular contact and maintain an affinity with others in the group when our life commitments mean we are unable to attend regular meetings"*

Marcia has given hours and hours of her own time supporting carers through difficult periods over the phone and face to face "it is Marcia's lived experience as a carer that demonstrates how valuable it is to have someone in her role and why, having to find ways to cope with her own situation, she has such empathy and rapport with other carers."

Marcia has done all this (and more!) for no financial reward – she has volunteered her time, energy, skills and passion.

*"As a new MIFSA staff member who visited this support group last year (in Marcia's absence), I was overwhelmed at how cohesive, interested and welcoming the group was after something like 17 years together. I mentioned this to some of the group members who said that Marcia kept it going, was always open to new people and gave them an outlet where they could talk about their caring roles openly and freely and that they really felt it had kept them going for many years. It was inspiring!"*

## Introducing Sandra: Volunteer and Events Coordinator

On the 15th of August I was fortunate to begin my "MIFSA journey" by accepting the newly created position of MIFSA Volunteer and Events Coordinator.

From my first day on the job I was greeted by staff members that were enthusiastic in their welcome - thank you all! It is clear I have joined an authentic caring organisation and as a new person coming in it a privilege to join you.

Now a bit of background and history....

It is quite common for people in my profession to become "accidental" Volunteer Coordinators, which is what happened to me 10 years ago. I joined Australian Red Cross as their charity retail manager, and began working with volunteers for the first time.

This experience with volunteers, empowering and harnessing energy and commitment from people from all walks of life made me realize I wanted to be a Volunteer Coordinator.

I then moved into a Volunteer Coordinator role, and since then I haven't done anything else. I have worked for both the not for profit sector, and the Local Government Sectors and have had the privilege of working with and learning from some extraordinary volunteers in that time.

By now you must be asking "So if volunteering is so wonderful, what type of volunteer work do you do?" Interesting question! I am a volunteer performer with Babaloyia. We perform at fundraising and community events. I certainly have some funny stories about our belly dancing adventures.....

I am looking forward to meeting our MIFSA volunteers and talking to staff about what type of volunteer roles they would like to see developed in the future. We have a great team of committed energetic volunteers who I hope feel valued and recognized for their work.

Ten years on as a Volunteer and a Volunteer Coordinator I still am excited and energised by the power of volunteering.

Thank you all again for your warm welcome! I hope I can make a positive input and support your work by providing resources and advice for MIFSA volunteering and events.

Regards Sandra

### MIFSA Sunflower Shops locations:

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

**GOODWOOD** 145 Goodwood Road (near Capri Theatre);  
phone 8272 7162

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

### SUNFLOWER SHOP COLLECTION BINS LOCATIONS:

- Sixth Avenue Shopping Centre, Cnr Sixth Avenue and Stephens Terrace, St Peters
- Woolworth's Plus, 272 Shepherds Hill Road Eden Hills

**SHOPS COORDINATOR** Elisha, 0409 697 432





## Care & Share Group

MEETINGS HELD AT MIFSA PANANGGA, 64 ELGIN AVE, CHRISTIES BEACH ON THE SECOND MONDAY EACH MONTH, 7 PM - 9 PM, INCLUDING PUBLIC HOLIDAYS.

Group aims are to support carers of a person with a mental illness as well as to make a difference in the mental health sector. New members are always welcome.

Coming meetings: Mondays, 10 October, 14 November, 5 Dec 2011 (Dec mtg at Morphett Vale Lawn Bowls Club)

For more information or if you wish to join the group please phone MIFSA Wayville Reception, 8378 4100.

Josie Stevens  
Group Facilitator

## Rewire Recovery Group

A GROUP FOR PEOPLE EXPERIENCING ANXIETY, DEPRESSION AND/OR MANIA. GROUPS ARE HELD ON THE SECOND WEDNESDAY OF EACH MONTH, 1PM - 2.30 PM.

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.

**Wed 12 October**      **Dealing with painful or unpleasant thoughts**

Sick of being pushed around by your mind chatter? Learn how to unhook from Negative Unhelpful Thoughts (NUTs!!)

**Wed 11 November**      **Worry, Work & Optimism**

Differentiate between helpful and unhelpful worrying. Learn strategies for dealing with unhelpful worry and how to adopt a more optimistic approach to life.

**Wed 14 December**      **Building Resilience**

What is it we need to weather life's difficulties and bounce back with more ease and grace? Brainstorm internal and external building blocks of resilience.

**All sessions held at MIFSA Wayville in the Conference Room, 5 Cooke Terrace, Wayville.**

Street parking is available (observe time limit signs) or under the MIFSA building; entrance off Rose Terrace.

No referral required. Newcomers welcome, carers or support workers may also attend.

Please direct all enquiries to Anna Byas, Group Coordinator/  
Facilitator: annab@mifsa.org or phone 8378 4100.

## Marion Carers 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 PM.

Upcoming meetings:

Monday 10 October; Monday 5 Dec, 2011

The Marion Carer's Group has been supporting carers for twenty years, and then as now the Carer's welfare is the central focus of the group. All are welcome: carers, consumers, clinicians, support workers, friends and family, to join our friendly, understanding group.

Just let Jeannette know on 8297 6974 on the Friday before the dinner so I can confirm numbers - thank you. Looking forward to seeing you then,

Jeannette Walsh  
Group Facilitator

## Mood Disorders Carers Group

MEETINGS ARE HELD ON THE FOURTH TUESDAY OF THE MONTH, AT MARJORIE BLACK HOUSE, 47 KING WILLIAM ROAD, UNLEY; 7.30 PM.

Offering help and support to those in the role of caring for people with a mood disorder.

Upcoming meetings:

Tuesday, 25 October

Tuesday 29 November 2011, guest speaker Dr. Leslie Stephan

Newcomers welcome. To join this group or for more information phone MIFSA Wayville Reception, 8378 4100.

Marcia Johnson Timm  
Group Facilitator

## 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 that we can continue to support people with 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.



## Sound Minds

A GROUP SUPPORTING PEOPLE WHO HEAR VOICES;  
MEETS WEEKLY ON THURSDAYS, 1.30 PM – 3 PM AT  
MIFSA (CONFERENCE ROOM), 5 COOKE TCE, WAYVILLE.

Aims of the group:

- Bring voice hearers together in a supportive environment
- Acknowledge strengths and achievements
- Share knowledge and experiences
- Share and discover ways of managing voices
- Build hope, acceptance and new possibilities
- Enjoy ourselves and have fun.

No referral required. Enquiries to Anna Byas, Group  
Coordinator/Facilitator: [annab@mifsa.org](mailto:annab@mifsa.org) or 8378 4100 or  
Ben Swift: [ben@mifsa.org](mailto:ben@mifsa.org)

## FATHERS INFORMATION PROJECT



The development of the fathers information resources for the COPMI website is taking shape. Over the next two months the primary focus will be to capture dads, children (lived experienced) and professionals on film.

An important aspect of the COPMI website will be to have dads and children, in particular, talking about their experience of fathering. COPMI believes this is an important way to communicate information to fathers when mental illness plays a part in their life.

To compliment the video footage, information sheets will be developed on the topics that were identified by the focus group consultations.

For further information or to be involved in the development of the information resources, contact Nigel Skeates, Fathers Information Officer, from Monday to Wednesday (telephone 08 8367 0888, extension 30 or email [skeatesn@aicafmha.net.au](mailto:skeatesn@aicafmha.net.au)) or Lydia Du Rieu, Consumer and Carer Participation Officer (telephone 08 8367 0888, extension 29 or email [durieul@aicafmha.net.au](mailto:durieul@aicafmha.net.au)) or visit the website ([www.copmi.net.au](http://www.copmi.net.au)) and follow the prompts for information for fathers.

## Healthy Living Group Workshops

**Staying motivated for recovery and wellness.**

**'Personal Development Plan to stay well!'**

Incorporating self management and community participation.

**Wednesday, 5 Oct; 1 - 3 pm**

**Creativity to Recovery, Part 3**

MIFSA Wayville Training Room

Guest Presenter: Renée Edwards, Southern Mental Health Services.

- Innovation for everyday wellbeing activities
- Recovery discussion
- Consumer participation

**Wednesday, 2 Nov; 1 - 3 pm**

**Staying hydrated and healthy during summer**

This workshop will cover:

- How to stay cool, comfortable and hydrated
- What are the signs of heat stress and stroke
- What to do if becoming affected or in an emergency situation

**Wednesday, 7 Dec; 1 - 3 pm**

**Reducing Christmas and Holiday Stress**

- Planning ahead and staying in control
- Coping strategies
- Staying healthy

**Workshops are held at MIFSA Wayville in the Conference Room, 5 Cooke Terrace, Wayville unless stated otherwise.** Street parking is available (observe time limit signs) or under the MIFSA building; entrance off Rose Terrace.

**Staff and students are welcome to attend.**

The workshops are facilitated by Dave Tapley (Consumer Consultant) from 1 pm to 2.15 pm followed by positive outlook sharing 2.30 pm to 3 pm. Held 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. Join in for a chat with a healthy afternoon tea. Group norms apply and must be respected.

**Bookings and enquiries to Dave Tapley, phone 8378 2723 or email: [dave.tapley@bigpond.com](mailto:dave.tapley@bigpond.com)**

**Funded by the Commonwealth Department of Health and Ageing.**

## Housing SA Accommodation Advice

Housing SA provides an Outreach Service for people with mental illness.

The Outreach Service Officer meets clients fortnightly at MIFSA Wayville on Thursdays, 1 - 4 pm.

**To make an appointment with the Outreach Service Officer, phone MIFSA Wayville Reception on 8378 4100.**



SOCIETY  
HELPING  
INDIVIDUALS  
NEEDING  
ENCOURAGEMENT

## Foundation Shine

THE ART OF FUNDRAISING WITH HEARTS FULL OF PASSION

A Foundation Shine event is an extravaganza. A feast for the eyes, a delight for the senses, with delicacies to savour, sensational music to enjoy and classy, quality purchases to be made. Sounds more like an exclusive party than a fundraising event and yet fundraising is the aim of Foundation Shine.

From their website: Foundation Shine is a "fund raising organisation which has been established to create awareness and assist organisations that are dealing with the broad issues associated with mental health. The name deriving from the idea of helping people to overcome issues with the view to reach their full potential and to shine" ([www.foundationshine.org.au](http://www.foundationshine.org.au)).

If you ask MIFSA's Chief Executive Officer Natasha Miliotis about Foundation Shine she will laugh and say – let me tell you the story about how we met Sharon and Robyn! Natasha explains: "Four to five years ago Michael as Finance Manager and I used to whimsically dream about two well connected, talented women that knew about fundraising and could volunteer their time to help us achieve our aim of generating 'MIFSA funds' to be able to assist more people. You see 'MIFSA money' allows us to reach people we haven't reached before by extending our sought-after programs".

At the same time in another suburb of Adelaide Sharon Middleton and Robyn May were forming their own plans and dreaming up Foundation Shine. Robyn, Foundation Shine President, states "whilst we didn't have a lot of knowledge in the area of Mental Health, there was plenty of passion and determination to contribute and learn where we, and how we, could help. After contacting a few places it wasn't until I came across MIFSA that I finally felt I had connected to an amazing organization which made us believe you CAN make a difference and that we had found the right 'home base' for us to begin our journey."

Natasha laughs and adds "yes, you can just imagine the conversation Michael and I had when Robyn and Sharon walked through our front door for the first time. I said to Michael later 'I think that dream we have had for a few years about two talented, fundraising women has come true. Quick! While our wishes are being granted, wish for world peace!'"

Foundation Shine's inaugural launch dinner was in October 2008 and since then the organisation has consistently undertaken vital fundraising on MIFSA's behalf. For example, Foundation Shine has assisted in the relocation of the Activity Program's accredited kitchen from Keswick to MIFSA Wayville, made a donation to our research fund, supported the purchase of music equipment for the Wayville Activity Program and to assist RECOVERY! Band with future development, prepared gift boxes for carers attending MIFSA's Residential Respite Accommodation Program, provided fundraising support to extend mental health education to schools and provided considerable funds to extend the amount of counselling sessions available for people affected by mental illness (consumers and carers).

*High Tea*

You are invited to Foundation Shine Inc High Tea  
 Lenzerheide Restaurant  
 Thursday 13th October at 12.00pm

Enjoy a delicious, delectable High Tea lunch, shop in our "Mini Shopping Mall" and share a wonderful afternoon of fun with your friends, at the same time raising much needed funds and awareness for Mental Health.

Cost \$55 per head

Please call Robyn on 0418848319  
 if you would like to come along.



On receiving the latest donation, Natasha says "Never underestimate the influence you have when you are a part of a Foundation Shine event – in this case the vital support has created opportunity for many hundreds of people to access a MIFSA counsellor offering vital, professional, life-changing counselling sessions – thank you!"

Robyn adds "It has been a pleasure and privilege to work with the many warm and caring staff at MIFSA, I look forward to experiencing the positive energy I always feel on my little visits to MIFSA and we look forward to continuing in our cause of raising funds and awareness for Mental Health."

On behalf of the individuals who have been supported by programs made possible by the generous donations of Foundation Shine we say Thank You. Our ongoing heartfelt appreciation for the vital fundraising undertaken by Foundation Shine which supports life changing work at MIFSA as more people are able to connect with our mental health programs.



MIFSA PRESENTS |

## 'Celebration of Life Exhibition

### WEST TORRENS AUDITORIUM

"KURRI-TRUKKO" GALLERY | HAMRA CENTRE  
1 BROOKER TERRACE, HILTON

**OPEN** | 4TH-13TH OCTOBER 2011

**OFFICIAL OPENING** | FRIDAY 7TH OCTOBER 12 PM

BRING FRIENDS AND FAMILY  
LISTEN TO OUR GUEST SPEAKERS

JOIN US FOR LIGHT REFRESHMENTS

*We look forward to your presence with other caring people involved with mental illness in their lives. Exhibition supported by the MIFSA Well Ways participants.*

## Mental Health Week is again upon us for 2011

For information about Mental Health Week 2011 contact the Mental Health Coalition of South Australia at <http://www.mhcsa.org.au> or call 8212 8873. The following is from the August issue of Mental Health Coalition's newsletter:

"This year's line up will include the Margaret Tobin Awards on Monday 10 October, the Stress Less Walk down Rundle Mall on Thursday 13 October, an expo at Colonnades Ramsay Square, stall days at Arndale, Elizabeth, TTP and Marion shopping centres.

Cracking Up will hold a performance at the Nexus Cabaret on Sunday 9 October with Kehau Jackson as MC and the JMG band performing for us with special musical guests.

The Big Circle will be holding an exhibition trail in 2011 with 36 locations and two leading exhibitions openings. One at the Adelaide Town Hall (15 October 2011) for established artists and one at the Bakehouse Theatre (10 October 2011) for emerging artists.

The winners (of the poetry competition) will be announced at the SA Writers' Centre along with the launch of 'Mindfields' at 6pm on Thursday 13 October. The Minefields book is a collection of winning poetry from the competition 2008 to 2011."

### The Big Circle Exhibition Trail

Once again, The Big Circle Arts Collective is holding the annual Mental Health Week Exhibition Trail for 2011. Lasting throughout the month of October, with exhibitions overlapping Mental Health Week (9 -15 October), the exhibition trail celebrates emerging and established artists from a wide variety of backgrounds.

The Big Circle Arts Collective is for artists who have had a lived experience of mental illness, disability or are disadvantaged in some way or form. Just like physical health, good mental health is a concept valid to us all. Whether you are currently suffering from a mental illness, or just use art as a way to keep your mind healthy – this exhibition is for you!

Artists may enter as "emerging" or "established" artists, for the main exhibition venues of the Adelaide Town Hall and the Bakehouse theatre. The Art Work pieces for these venues are selected by our curator.

Other venues will have art work matched to them by the Big Circle staff.

If you would like to speak to a big circle staff member, please contact the MHCSA. We are happy to talk to you about any questions you have. Please visit our website, call or email us for a registration form. Entries close 19 August 2011.

This project is proudly supported by the Richard Llewellyn Arts and Disability Trust.

*Re-printed with permission of the Mental Health Coalition of South Australia.*

## MEMBERSHIP FORM/ CHANGE OF ADDRESS



Mail to : PO Box 310 Marleston 5033

- Membership Renewal
- New Membership
- Change of Address

### Membership Categories

- Single \$20
- Concession/Student \$10
- Organisation \$45
- Family \$30
- Concession 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

## Please support MIFSA to reach people we haven't reached before.

### Sharing the Journey Appeal

MIFSA is a charitable, not-for-profit organisation providing services for and with people with mental illness. With donations and fundraising MIFSA is able to extend its Activity Programs, Community Education, Carer Programs, Training, Counselling, Support Groups, One-to-One Support and Respite Services to reach more people living with mental illness, their carers, families and friends.

### How the funds will be used

Each year donations assist MIFSA to reach hundreds of people we haven't reached before. Through your generous donations we are able to extend our services and programs to support people to manage their mental health, to find better ways of caring; as well as to improve understanding and awareness about mental health in our communities.

### Key areas of expenditure

Increase our counselling services.

Expand Well Ways education and support programs to country carers and family members.

Improve understanding and awareness throughout the community via our Education programs.

You can donate online at:

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

### MIFSA LOCATIONS

Wayville: 5 Cooke Terrace, Wayville 5034

Panangga: 64 Elgin Ave, Christies Beach 5165

Reynella: PO Box 255, Morphett Vale 5162

Eyre: PO Box 2292, Port Lincoln 5606

Mount Gambier: PO Box 1146, Mt Gambier 5290