



MIFSA News

Newsletter of the Mental Illness Fellowship of SA
incorporating Mood Disorders Association (SA)

Issue 6
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Correspondence and articles for inclusion in MIFSA News to:

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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 reach their full potential.

æ *Providing a range of education, support, rehabilitation, information, advocacy services and programs, which address comprehensively the needs and interests of people with mental illness and psychiatric disability, and their carers;*

æ *Promoting greater community knowledge, awareness, understanding and support about the effects of mental illness on individuals and their carers; through research, illness management, support, reducing stigma and advancing the rights of people with mental illness and their carers.*

Following several months of consultation with members, volunteers, staff, stakeholders and the Board of Management, MIFSA is now ready to unveil its new Vision and Mission statements and organisational values. Thank you to all who have helped create and shape this work. The statements and values below truly reflect the unique and inspiring characteristics of the Mental Illness Fellowship of South Australia.

MIFSA VISION STATEMENT

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.

MIFSA MISSION STATEMENT

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 reach their full potential.

MIFSA VALUES

Commitment

Commitment means that we are dedicated to working towards our vision and achieving our mission. We encourage members, volunteers and staff to commit to these values and ensure they are incorporated into the delivery of services and the culture of the organisation.

Respect

Respect means that the lived experience of people affected by mental illness is recognised and valued and informs the way our services are designed and delivered.

Quality

Quality means that all services are of a high standard and people with mental illness can participate in a safe, welcoming environment. We pursue excellence and seek to constantly evaluate the effectiveness and efficiency of our organisation.

Acceptance

Acceptance means that we include and accept people regardless of their abilities and capacity. We are a non-judgemental organisation and seek to break down the barriers of stigma and discrimination for people with mental illness through education and systems advocacy.

INSIDE THIS ISSUE

News & Muses	2	Fundraising	9
Keeping you up to date	3-4	Schizophrenia Awareness Week	10
MIFSA Programs:	5-7	MIFSA Positions Vacant	11
(Psychosocial Groups Program)	5)	For Your Interest	12-17
(Peer Worker Program)	6)	Support Groups	18
(Well Way Program)	6)	Book Corner	19
(Education Program)	7)	Activity Centres Services	20-23
Volunteers	8-9	Membership Renewal Form	24

News and Muse

Au Revoir to all at MIFSA

As the saying goes, all good things come to an end. However, there is also new beginnings to this end. I would like to take this opportunity to say thank you to all at the Mental Illness Fellowship of SA. Starting with the Board members, staff, members, volunteers, and all who access the Activity Centre. THANK YOU! I can truly say that every one of you have passion, skills, and what it takes, to support and assist people affected with a mental illness, whether its consumers, their families, carers or others, with information of maintaining wellbeing.

Well, where do I begin? I came to MIFSA with my daughters as this person who was not quite sure (and mentally not right) of what to expect of this organisation and what it was all about. With enough signs and symptoms to freak out (yes, the hurricane itself) I, Katrina, walked in, took small gentle steps, small jumps and bumps, walks, sprints, runs, and of course the now great leap of faith into the bigger wide world of mental health. Not to say of course that MIFSA isn't big ... and known out yonder.

I would like to share with you and say that part of my journey here at MIFSA is one that I will keep so dear and close to my heart. I will be able to reflect a lot more now that I will have more time and days in my favour. I can say that I have had one of the best times here. This organisation has it all, just like the one stop shop; and some may know how much I love retail therapy! For me it offered the opportunity to be a member, a volunteer, a relief worker, an acting activity officer, a facilitator and co-facilitator, a community and hospital outreach worker, an activity officer, and acting coordinator. I will be able to take a step back, have a laugh, and to laugh at myself, shed a tear, take a walk, read the MIFSA News, and keep up to date as to which activities I would like to participate in, especially on Thursdays, Fridays and Saturdays. I will be able to make a phone call, register my name, hop on the bus, attend the outings, of course enjoy the great company of the members in the activity centre. I can also be cheeky to the new activity officer and call out, 'is it coffee time?'

I am going to miss all of you. You all have provided the many different tools and skills for me to take on my next adventure. It will be interesting and challenging.

The Activity Centre, both at Keswick and Panangga, are the best places to be, where all can enjoy, have interesting conversation, share experiences and a great place to make friends. Thank you to all who supported me, believed in me, and enabled me to get onto the next chapter of my journey. I would like to acknowledge and encourage the members who are all at different stages in their own journey to utilise the tools and skills, AND of course staff at MIFSA, to enable you to get on with your own journey of recovery and maintain wellbeing.

I now can enjoy more time with my daughters, my husband, family and friends and the new challenges ahead. I have enjoyed the friendships made here at MIFSA, and will be back to enjoy the company in the future. Thank you,

Katrina Kalaburnis

VALE LEN DOWNING

Sadly Len Downing passed away on February 11th 2007. Len was one of the original founding members of the Schizophrenia Fellowship in 1982-83, a Board member from 1984-87 and inducted as a Life Member in 2006.

Along with his family, Len was a dairy farmer in Mt Barker for most of his life, and even following his retirement remained highly active in the district promoting the needs of MIFSA members at every opportunity. For example, for many years Len regularly participated in MIFSA's Sunflower Badge Days, raising several thousand dollars at Mt Barker in the last decade.

Len's ongoing commitment to MIFSA and our programs and desire to improve the lives of people with mental illness was truly inspiring. Len's funeral was attended by more than 500 individuals who came to celebrate Len's many achievements. The Mt Barker Courier ran an article referring to Len as a "committed community worker" and a "Hills identity".

Len's authentic, continuous and steadfast stance of supporting people in need was such a wonderful example of all that is good in the human spirit –determination, self-confidence, integrity and humility. Len was more than a gentleman; he was a gentle man.

Train of Thought ...

People sitting on trains wearing protective shields

Covering up their true feelings, to which they will not yield

Occasionally looking out the window at the sheep grazing in the field

Not realising that they themselves are like the sheep

following their own kind.

Living up to a consumer driven world without human feelings in mind.

For once the journey of life has been complete and we have reached the end

Let us not revel in cold material possessions

But in the warm richness of family and friends

For they themselves will remember us, and on their journey will go

With strength and understanding in a fast paced beautiful world.

© June Williams 2007

Keeping you up to date

FROM THE PRESIDENT

Mental health has gained some momentum on the national agenda, particularly during this most recent federal parliamentary term. The Senate Select Committee Report on Mental Health, 'A National Approach to Mental Health – from Crisis to Community' of April 2006, and other significant reports, put mental health in the national spotlight. The Council of Australian Governments committed money to some new Commonwealth funded services that are currently being tendered out for implementation.

Although public mental health services are the responsibility of state governments, there has for many years now been a national mental health plan with nationwide objectives. The federal government also has responsibility for policy areas that have significant impact on people with a mental illness and their families – employment, carer and consumer education, social security policy and payments, and the Medical Benefits and Pharmaceutical Benefits schemes, amongst others.

Despite the profile of mental health and recent initiatives, there is still a long way to go. Significant under-resourcing, commonwealth/state tensions and blameshifting, and more generally the lack of community understanding and acceptance of mental illness all hinder better outcomes.

I encourage your participation in the campaign coordinated by Mental Illness Fellowship of Australia to keep mental health clearly on the agenda in this year's federal election. All MIFSA members will have recently received a letter from Natasha Miliotis with an opportunity to complete a National Survey. Why not encourage family & friends to complete the survey on-line at www.mifa.org.au

It is difficult for each of us alone to make an impact on national policy, but our voices together can make a difference for those of us with mental illness and their families. I hope you decide to get involved, and thank you in anticipation.

David Meldrum



FROM THE EXECUTIVE DIRECTOR and PROGRAMS & OPERATIONS MANAGER



Thank you to the many of you who completed our *Mission and Vision Statements Questionnaire* which was sent out with the last newsletter. We tallied all the responses and then chose and shaped the statements and values according to those that received the greatest positive feedback (see page 1).

As always members provided us with fantastic feedback. For example, question 5 asked you to rank the most important features of a "better future" for people affected by mental illness. The option rated as the most important was "services are available when required". Interestingly, a number of members commented that some of the statements were interdependent. For example the statement, "there will be no stigma or discrimination" is only possible if there is an "increase in the general understanding of mental illness" and "once appropriate services are available", the "severity and prevalence can be reduced" as much as possible.

Thank you also to all the members that gave input on our proposed logos. Feedback has been compiled and rather than indicating one clearly preferred logo, the results indicated three with similar positive response rates. There was also a range of useful and consistent input regarding preferences regarding colours, fonts, use of the full organisational name, the MIFSA acronym, dislike of dark colours and "dark holes" or "black centres" and so forth. A final draft of our new logo has now been developed, incorporating your input, with final conversion into letterhead, business card and compliments slips being made. The logo will be unveiled in the next newsletter.

By now all MIFSA members, along with members from Fellowships across states and territories of Australia, will have received a survey asking for your comments on mental health issues that are the responsibility of the federal parliament. Members' responses to the survey will form the basis of a paper we will produce called "Australians talk mental illness. Election 2007: MIFA members survey". We will then ask all significant political parties to respond and we will publish the responses and distribute to members. Please take the time to complete the survey and encourage your friends and family to complete the survey – available on line at www.mifa.org.au

(Continued on page 4)

Keeping you up to date

(Continued from page 3)

On to staffing news! Katrina Kalburnis has tendered her resignation as Activity Officer; however, we are very happy to continue enjoying her input as a MIFSA Board member. Katrina has been an integral part of the Keswick Activity Centre for several years and she will be sorely missed – you can read her fantastic and heartfelt goodbye on page 2. Brian Gardiner is acting in the position while we undertake recruitment, see page 11 for Job Advertisement.

It is a pleasure to welcome Sophie Angell as a MIFSA Education Coordinator and Lynne Forrest who has joined the MIFSA Administration team. We also welcome back Scott Stewart who many of you will remember was an Activity Officer with the Keswick Activity Centre. Scott rejoins the MIFSA ranks as an Accommodation Support Officer as we farewell Mike Tarawa and Jane Hopton. Mike and Jane, Accommodation Support workers, were supporting one and two clients respectively and both have been successful in securing alternative job opportunities. It has been a pleasure to work with both Jane and Mike who have achieved great progress with the individuals they have supported.

In late January a very difficult and painful decision was made to close the Sunflower Shops at Ridgehaven and Salisbury North. The main purpose of the shops is to create an independent source of income for MIFSA, and to assist and sustain the association into the future. Unfortunately MIFSA has experienced growing concern over the past few years regarding the increasing demand of coordinating all 5 shops effectively over a large geographical area with the rising costs of petrol and the desire to effectively meet the needs of volunteers.

We have worked very hard with volunteers at both shops over the past couple of months to ensure that they have access and support to connect with other local volunteering opportunities. MIFSA wishes to express its sincere thanks to all volunteers and staff, both past and present that have contributed their time and energy to the Ridgehaven and Salisbury North shops.

MIFSA hopes that by concentrating its future energies and resources in its stores located in the Southern suburbs, it will be possible to manage and coordinate the Shops more effectively and achieve better results for our fundraising efforts. We will continue to work as effectively as possible towards generating funds to extend programs for people affected by mental illness.

We are committed at MIFSA to providing best quality programs and we thank members for sharing your wealth of experience and expertise to help shape and guide MIFSA's work. Thank you to those who have already returned their responses to our member survey to guide our Federal Election advocacy campaign. We look forward to receiving many more responses. *Thank you,*

Natasha and Monique

Mental Health Reference Report released

As noted in the last MIFSA News newsletter, the Social Inclusion Board had been charged by the Premier to prepare a report on redesign and improvement of South Australia's mental health system.

In February the Social Inclusion Unit released the long-awaited report alongside the launch of the Governments response. "Stepping Up - the Social Inclusion Report on Mental Health in SA" sets out a five year action plan to reform the mental health system in our state.

A commitment of \$43.6 million has been made by the State Government prior to the 2007 budget, with funding largely aimed at restructuring in the acute care part of the system. The initiatives also include a kickstart for some new initiatives such as "Step up Step down facilities" or "Prevention and Recovery Centres" for which MIFSA strongly advocated.

The reform is based on a stepped approach with five levels of care: 24-hour supported accommodation, community recovery centres, new intermediate care beds, acute care and secure care. The aim is to address individual needs before they reach crisis point and to offer a balance of services along a continuum, from prevention through non-acute to acute care.

As a member based and member driven organisation MIFSA commends the first two recommendations which outline the importance of inclusion of people with a mental illness, carers and families in developing a people-centred system.

Consumer participation is recommended at all levels of the system with meaningful involvement in planning, organising and evaluating services. Carers and families must be seen as partners in the care process and the recommendation outlines inclusion in the care planning processes, with agreement of the consumer, with carers receiving timely and appropriate information and support.

While the plan acknowledges the important role of non-government service providers, the government response does not at this stage provide any new recurrent funding for services that support people to stay well in the community.

(Continued on page 11)

MIFSA Programs

PSYCHOSOCIAL GROUPS PROGRAM

WORKING TOGETHER TOWARDS RECOVERY 2007 GROUPS PROGRAM (MAY — DECEMBER)

Who can attend?

Adults with a mental illness

Where are they held?

In Community Centres across Adelaide

How many in a group?

6-8 participants and
2 facilitators

How long do they go for?

About 2 hours a week for 6 weeks
- with a break for food.

Cost:

Free, however a gold coin donation would be appreciated

Aims

Our aims are to:

- Share experiences
- Increase knowledge and skills
- Manage our wellbeing
- Acknowledge personal strengths
- Have fun

Interested?

Contact Jane or Bernie:
Phone: 8221 5160
Fax: 8221 5159
Email: jane@mhrc.org.au
PO Box 310, Marleston 5033

MIFSA is located at:

Mental Health Resource
Centre
1 Richmond Road, Keswick
(3rd building at back of site)

DEALING WITH DEPRESSION:

week beginning 14th May to week ending 22nd June

MANAGING MOODS—BOTH HIGHS AND LOWS:

week beginning 6th August to week ending 14th September

ALLEVIATING ANXIETY

week beginning 22nd October to week ending 26th November

LOCATION	DAY/TIMES
Clovelly Park Memorial Community Centre/ Clarence Park Community Centre	Wednesday 10am—12noon
Level 1, Education Centre Modbury Hospital	Wednesday 10am—12noon
Elizabeth House, Christie Downs	Wednesday 2pm—4pm
Eastwood Community Centre, Eastwood	Wednesday 2pm—4pm
Findon Community Centre, Findon	Thursday 10am—12noon
Community Campus, Elizabeth Grove	Friday 9:30am—11:30pm
Payneham Community Centre, Payneham	Friday 2pm—4pm

**Locations, dates and times of groups may be subject to change,
please contact Jane or Bernie to confirm**

The focus is about thriving, not just surviving

Comments from previous group participants—what they found helpful:

- *Strategies always practical, easy to apply.*
- *Group discussion, very good activities, which really made me think much more deeply about my issues*
- *Sharing with other people, knowing you are not alone*

*The PGP Team
Jane Dodding
Psychosocial Groups Program Team Leader
jane@mhrc.org.au*

MIFSA Programs

PEER WORKER PROGRAM

Hello all,

Well here I am sitting all alone in my office. Maggie has made the move and from all reports is doing well and settling in to life in Wentworth. But don't feel too bad for me, because there is always a friendly face willing to pop their head around the corner to say hello and have a chat. Something that I have learned is a pre requisite at MIFSA.

In the past weeks I have met many people within the area and heard some great stories. One of the highlights was attending the opening of the new Margaret Tobin Centre, a prestigious affair with many people of interest and tasty food. Another highlight has been getting a tour around several of the mental health services and acute wards by the one and only Paul Nestor. This was a fantastic opportunity to meet several peer workers and bounce some ideas around.

The interest and momentum of the Peer Worker Program continues to grow, with over 60 people added to the list for the next information session since I have been at MIFSA. Interest has also been high from other organizations, asking about training options for staff, creating new Peer Worker positions and sourcing a variety of people to act as paid consumer consultants for once off sessions. The next Introduction to Peer Work course is starting on the 19th of March and promises to be an energetic group, with about 16 people registered. This is an above average number compared to previous courses, again showing how much interest there is out there about Peer Work.

The response to the Centacare Consumer Consultant role offered to people who have undertaken the Peer Worker training was fantastic, with many enquiries. It has also been good to hear that people who have completed the course have been getting interviews for peer and non-peer related work and receiving positive feedback about their applications. Some recent job prospects include the new Community Rehabilitation Centre opening soon called Elpida House and the Peer Worker Mentor position being created by Baptist Community Services, which I am hoping will receive plenty of applications.

So as you can see there is a lot happening within the Peer Worker Program, with more ideas and growth planned for the future. I am looking forward to seeing how the program will evolve. **Take Care,**

Deiniol Griffith
dgriffith@mhrc.org.au



WELL WAYS PROGRAM

For carers, family and friends of people with a mental illness.

KESWICK

Wednesdays, 11th April — 30th May, 12:30pm—3:30pm
Mental Health Resource Centre, Conference Room
1 Richmond Road, Keswick

HILLCREST

Mondays, 16th April — 4th June, 6pm—9pm
Meeting Room 1, Hillcrest Community Centre
27-31 Queensborough Avenue, Hillcrest

ENFIELD

Thursday, 26th April — 14th June 6pm—9pm
Meeting Room 1, Enfield Community Centre
540 Regency Road, Enfield

BOOK NOW for the initial eight weeks – three hour sessions, of this traveller's guide to well-being for families of people with a mental illness.

The 12 month program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

BOOKINGS ESSENTIAL — NUMBERS LIMITED
Please phone Maureen on 8221 5160 to confirm details

WELL WAYS PROGRAM

Two Well Ways Programs have already been conducted this year at Enfield to the Carer Consultants from the Central Northern Adelaide Health Service (CNAHS) and to an equally wonderful group of Carers at Modbury.

The Programs at Keswick, Enfield and Hillcrest are already filling up as this goes to press. Please check the dates and times shown.

"Advanced Communication Skills" was the topic of the very friendly evening held in the conference room at Keswick for forty Well Ways Participants recently. Together with the happy social atmosphere came laughter and the learning. It was a great night.

Well Ways encourages Carers to learn ways to care for themselves, their family and friends plus the person with the mental illness. Friendships develop and people often are able to venture into new activities or revisit old hobbies etc. Enjoy life. Enjoy and learn with Well Ways.

I am always happy to talk with you.

Maureen Lewis
Well Ways Program Coordinator
mlewis@mhrc.org.au
Ph: 8221 5160



MIFSA Programs

EDUCATION PROGRAM



Education Group members have provided education and information to staff of a number of organisations including the Australian Tax Office (ATO) and Red Cross, Ross Smith High School, and to members of community groups, and during the last few months the Education Program has been represented at a number of Expos around Adelaide.

Details of our next Focus Seminar are below, if you would like to attend please use my contact details below to register your interest.

Wednesday 18th April, 1pm—6pm, MIFSA will be part of a community Wellbeing Expo at the Playford Civic Centre in Elizabeth with an information stall.

An education session on Schizophrenia will be held on **Tuesday 22nd May**, 1pm - 2pm, during Schizophrenia Awareness Week in the Conference Room upstairs at MHRC. Book your place now! Please phone Lynne Forrest on 8221 5160 to register.

On June 14 (10am - 12noon) we will provide a stall at a Health Expo being organised by the SA Aboriginal Sports Training Academy at the Para West Adult Campus gymnasium, 23 Crafter Street, Davoren Park.

The Education Program has been invited back for follow up sessions with the ATO and Red Cross, and we continue being offered opportunities to have a presence, through Expos and Information Days etc, to increase knowledge in the community and therefore help break down the stigma towards people living with mental illness. This is achieved through the valued experience and skill of our Community Educators.

An Education Program meeting in February generated lively discussion and valuable input. The MIFSA Education Program is undergoing change to meet quality management framework requirements and to streamline and improve our service delivery. We are also looking forward to Sophie Angell joining the Education Program team as Country Education Program Coordinator to continue our awareness raising and education work with a team of enthusiastic Community Educators.

Andrew Kelly
Education Coordinator Country SA
akelly@mhrc.org.au

FOCUS SEMINAR:

UNDERSTANDING THE MENTAL HEALTH SYSTEM — Guest Speaker: Dr Leslie Stephen

Don't know where to start or who to turn to in the event of mental illness? **THURSDAY 12th JULY 2007, 7pm – 9pm**
Have you always wanted to know more about the mental health system?
Then this information session is for you.

Glenside Staff Meeting Room

Glenside Hospital Campus
226 Fullarton Road Glenside

To REGISTER Contact:

MIFSA, ph (08) 8221 5160

or email your booking to: akelly@mhrc.org.au



Cost:
\$10 Waged
\$5 Concession
\$4 MIFSA members
(Includes GST)

Supper and refreshments provided

Please arrive 15 minutes earlier for registration

Participants of MIFSA's Well Ways 2007 Retreat held in March. A rare opportunity for Carers to get away; have a break, relax and have some fun – evident by the smiles!



TO SUNFLOWER SHOPS VOLUNTEERS



It's been a busy month with the closure of our two shops in the north.

The shop at Salisbury was very busy right up to the last day. The volunteers all helped out, putting away the clothes that were left. That Friday afternoon we sat in the empty shop and farewelled it with a meal. On the Monday Emma, Linda, Kaye,

Brian, Monique and I dismantled the racks and cleaned the shop.

Ridgehaven was next. Again all the volunteers stayed and looked after the Sunflower shop till the last day. This time Pam and I cleaned up the shop. Gloria, one of the volunteers is starting a second hand shop on Milne Rd and she will use the racks for her new venture. Last Saturday the girls and I had a very pleasant farewell lunch together.

Thank you to the wonderful Salisbury and Ridgehaven volunteers for your efforts in making the closures go so smoothly. Most of all, I'd like to thank you all for your amazing work over the time the shops were open.

Please come and see us at the three remaining shops in the south. All three shops have beautiful clothes, shoes, bags and all sorts of other things at very good prices. Summer clothes are very cheap as we want to sell them all before the cold weather hits us.

Thank you to all the Sunflower Shops volunteers for making my job such a pleasure.

Esha

Sunflower Shops

are located at:



CHRISTIE DOWNS, Shop 8, Flaxmill Shopping Centre,
303 Flaxmill Road, Ph: **8326 2456**

GOODWOOD, 145 Goodwood Road, (just south of the Capri Theatre) Ph: **8272 7162**

SEACOMBE GARDENS, 577 Morphett Road
Phone: **8298 3051**

SHOP VOLUNTEERS WANTED

**Looking for voluntary work? Enjoy meeting people?
Committed to supporting MIFSA?**

Do you have good "people skills" and enjoy customer service? Are you confident in cash/sales transactions, able to work alone or in a team, are committed, reliable and punctual, show patience and a willingness to learn? Why not join a team of people enjoying the challenge of doing their best.

If you would like to join the Sunflower Shop teams, **please contact Esha on 0409 697 432.**



VOLUNTEERS WANTED PANANGGA ACTIVITY CENTRE

SANDWICH ARTIST

Mondays or Thursdays, 11am—1:30pm approx

Duties and Responsibilities: To prepare lunches for the members of the activity—drop in centre by taking orders, organizing ingredients and food preparation, as well as serving members as required, cleaning/washing up, and maintaining the kitchen according to the Food Safe standards. Being a friendly caring contact for members whilst at the centre.

ACTIVITY CENTRE ASSISTANT

Monday, Tuesdays, Wednesdays, or Thursdays

Full day or half day

(volunteer can choose day / hours of work)

Duties and Responsibilities: To assist in the day to day duties of the activity centre, which include serving members, assisting in kitchen duties and assisting the Coordinator where necessary. Being a friendly caring contact for members whilst at the centre.

**If you are interested in either volunteer positions,
please phone Prue or Yvonne, 8382 5588**

GIVING IS GOOD FOR MENTAL HEALTH

Giving, as opposed to getting—kindness and support, is good for our mental health.

As well as the many studies linking better health and less depression to volunteering, researchers at the University of Michigan in the US, who followed 423 older couples for five years, reported that those who helped others were half as likely to die as those who gave not support.

A second study of more than 200 US Presbyterians found that those who helped others had better mental health than those who received the help.

Being kind may also produce pleasurable changes in brain chemistry—a phenomenon called 'helper's high' - according to a study of 3000 volunteers who reported feelings of euphoria after helping others.

MIFSA Volunteers

EDUCATION WORKSHOPS FOR VOLUNTEERS

See below for details of some up-coming training and information sessions for MIFSA Volunteers, and Support Group members—put the dates in your diary; letters with more information will be sent to all MIFSA Volunteers with the next MIFSA News.

May — Thursday, 31st 3pm FOR ALL MIFSA MEMBERS

Venue: Fullarton Community Centre (Cnr Fisher St & Fullarton Rd).

As part of Schizophrenia Awareness Week, the Mental Illness Fellowship of Australia (MIFA) is presenting a national lecture program on schizophrenia research. Professor Chris Pantelis will be speaking on “Schizophrenia: the search for solutions”. Please RSVP to Lynne Forrest, 8221 5160.

August — Thursday 9th, 2—4pm, MHRC Conference Room

Possible topics could include: “Emotional Wellbeing”, “Understanding Anger” or “Stress, anxiety and relaxation”.

October — Monday 8th For all MIFSA members

Barton Pope Lecture, Professor bob Goldney at the Convention Centre (time to be advised)

December — Thursday 6th, 2—4pm, MHRC Conference Room

(see possible topics listed for August)

V is for the Very special people that you are
O is for the Overwhelming support & compassion you offer others during their time of need
L is for the Little things you do that make such a difference in someone's life
U is for the Unspoken words that sometimes mean just as much
N is for the Need you fill when others aren't able
T is for the Time you give of yourselves on top of your own busy schedules
E is for the Emotional support you continually give
E is also for the Endless energy you all seem to possess
R is for the Responsibility you have taken on & never once complained
S is for the Smiles you bring to patients & families by just being you

By Lisa Ellinwood

www.energizeinc.com/reflect/poem.html

MIFSA Fundraising

Bread Tags

The tally of bread tags collected by our members and the general public, both in South Australia and interstate is now over 870kg, additional to the 400kg already sold.

THANK YOU ALL FOR A FANTASTIC EFFORT!

Our thanks also, to all the efforts of our volunteers in picking up bread tags, weighing and bagging them; it's greatly appreciated.

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

Pt Augusta TAFE SA library staff

Country Women's Association, Glenelg

Cherie Walkington, Riverland Special School

Anne Hamilton, Pt Pirie Regional Health Svce

Kangarilla/Clarendon 'Out of School Care'

Theo's Café, Flinders Medical Centre

Jenny Juett

BT Financial Group

Fasta Pasta, Christies Beach

The Advertiser

Pat Cherry

Olive McGovern

District Council of Kimba

Judy Visser & Avon customers

Willunga Uniting Church

The Advertiser (per Ann Nilsson)

Mr J Carbone

Agnes Reichstein

Annette Ramsay

Pinnaroo IGA Store

Jo Walker, Wamboin NSW

Nikki Dellaria, Carramar Clinic

Yvonne & Glenn Przibilla, BP Pinnaroo Road House

Gill Pitt, KI

Marjorie Flynn, Normanville

TAFE SA, per Andy Kelly

Thank you also to the many anonymous donors who leave their collected bread tags at our Sunflower Shops, the Collection Bins, Panangga, and the RAH Hospital Kiosk.

THANK YOU ALL—YOUR SUPPORT IS APPRECIATED!

KEEP COLLECTING ON!

DELIVERY POINTS FOR BREAD TAGS:

Sunflower Shops—see addresses opposite

Collection Bins at:

6th Avenue Shopping Centre,

Cnr 6th Ave & Stephen Tce, St Peters

Woolworth's Plus,

272 Shepherds Hill Rd, Eden Hills

Mental Health Resource Centre, 1 Richmond Road

Keswick or to **PANANGGA Activity Centre,**

64 Elgin Ave, Christies Beach.

Or for those in the metro area, when a worthwhile quantity is collected, please phone MIFSA on 8221 5160 to arrange pick up.



Schizophrenia Awareness Week

AFTER 10 YEARS THE SUNFLOWER AWARDS RECEIVES A MAKEOVER!



The Mental Illness Fellowship of South Australia has hosted the **Sunflower Awards** for the last 10 years. The Sunflower Awards were introduced in 1997 with the aim of providing a unique avenue for consumers and carers, and others directly involved in mental health service delivery, to acknowledge outstanding contributions provided by paid or unpaid workers in the mental health system in South Australia.



The Sunflower Awards are awarded to a person, program or group who has made an outstanding contribution to the lives of people affected by mental illness in our community.

Traditionally the Sunflower Awards have been held each year during Schizophrenia Awareness Week. The Awareness Week is hosted and coordinated nationally by the Mental Illness Fellowship of Australia.

Following the merger of the Mood Disorders Association and the Mental Illness Fellowship of South Australia, MIFSA has taken the opportunity to review the format and timing of the Sunflower Awards event.

As the Sunflower Awards celebrate best practice in the mental health sector, and do not relate specifically to schizophrenia, we have chosen to move the Awards event out of Schizophrenia Awareness Week. It has also been an opportune time to review a number of other factors about the event. We are very excited to present a makeover for the Sunflower Awards event in 2007 – stay tuned for more information!



Schizophrenia Awareness Week 2007

20th MAY—26th MAY — PROGRAM

MONDAY 21st MAY — OPEN DAY AT PANANGGA—11am-3pm

Help us celebrate Schizophrenia Awareness Week, and join us for a 'Day at Panangga'; see and experience the range of activities on offer, Displays of art, creative writing, and massage, foot reflexology etc. Free sausage sizzle, coffee and tea.

Contact Yvonne or Prue at Panangga to find out more, 8382 5588

TUESDAY 22nd MAY — EDUCATION WORKSHOP 1—4PM

Open to everyone—learn more about schizophrenia and other mental illnesses, their symptoms, treatments and outcomes. To be held at the Mental Health Resource Centre (Conference Room upstairs).

No entry fee, refreshments provided. Please phone Lynne Forrest on 8221 5160 to register your place.

WEDNESDAY 23rd MAY — OPEN DAY AT KESWICK

Come and see what goes on at the Keswick Activity Centre. See and experience a range of recreational, social and awareness activities and join us for a sausage sizzle 12:30-1:30 (\$1.50 ea); free tea/coffee. For more details phone Carol on 8221 5160, or see you on the day!

FRIDAY 25th MAY — KARAOKE NIGHT, 6:30PM-10PM

Celebrate your health and well being with us during Schizophrenia Awareness Week with a fun night of singing, dancing and socialising.

Transport may be available for people requiring a ride home (please book). If you can assist with car pooling please let us know.

Enter our Mystery Karaoke Competition for your chance to win a prize as well as door prizes.

*Cost \$ 8 (includes snacks and light supper)

*Soft Drinks \$1

*Free Coffee & Tea

**To RSVP please contact
Melanie or Brian 8221 5160
RSVP & purchase of tickets is
essential by Friday, 18th May**

As part of Schizophrenia Awareness Week, the Mental Illness Fellowship of Australia (MIFA) is presenting a national lecture program on schizophrenia research.

Thursday, 31st May, 3pm

Fullarton Community Centre,
Cnr Fullarton Rd and Fisher Street

Professor Chris Pantelis will be speaking in Adelaide on "**Schizophrenia: the search for solutions**". Professor of Neuropsychiatry and Scientific Director at Melbourne Neuropsychiatry Centre, The University of Melbourne & Melbourne Health, Professor Chris Pantelis will be speaking on behalf of the Australian Psychosis Research Network, an exciting new national initiative (see page 12 for more about the Network).

Prof Pantelis and his team of researchers have been undertaking neuroimaging and neuropsychological work on schizophrenia and psychosis over the last 12 years in Australia. He has established an internationally unique database of over 1,800 MRI brain scans in patients with schizophrenia & other neuropsychiatric disorders.

Make sure you book a place, please RSVP by phoning Lynne Forrest, 8221 5160



SUNFLOWER BADGE DAY FRIDAY 8th JUNE 2007

Volunteer Collectors are needed at sites in city and suburbs. Just an hour or two of your time, will offer hope with each Sunflower Badge sold. Please phone Michael Becker, 8221 5160 to register as a Collector.

Look out for our Collectors in their bright yellow caps at venues such as City, Burnside, Blackwood, Stirling, Norwood etc — and

please give generously!

Positions Vacant

Groups Program Coordinator

(more than one position available)

hours negotiable - contract to December 2008

Remuneration commensurate with experience, with generous salary packaging adding considerably to income

We are looking for someone to join our team to contribute to the provision of a group based program across metropolitan Adelaide.

Are you looking for an opportunity?

- to be creative, flexible and innovative
- to be autonomous
- to work with a small supportive team
- to be involved in program development
- to develop and facilitate therapeutic groups
- to establish and foster networks

Do you have?

- relevant tertiary qualifications and considerable experience working with people with mental illness
- demonstrated ability to supervise and support staff
- experience in developing and facilitating therapeutic groups
- knowledge of Rehabilitation and Recovery principles in mental health care
- comprehensive knowledge of the needs of people affected by mental illness; individuals, carers and the community
- understanding of the principles of, and commitment to consumer focus and involvement
- a current SA driver's license

Initial inquiries may be directed to the Psychosocial Groups Program Team Leader, Jane Dodding on 8221 5160.

A Job and Person Description and Application Procedure are available by contacting Lynne Forest, Administration Officer on 8221 5160, by email to: lynnef@mhrc.org.au or go to: www.mifsa.org

Please address applications to:

**Programs & Operations Manager
Mental Illness Fellowship of South Australia
PO Box 310
MARLESTON SA 5033**

Applications close 13th April 2007

Activity Officer

18 hours per week, Thursday – Saturday

The Keswick Activity Centre aims to promote wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted and connect with the community.

Keswick Activity Centre is seeking an Activity Officer to assist in the planning, delivery and evaluation of the Activity Centre Program. The Keswick Activity Officer position is offered at 18 hours per week. The salary is based on the provisions of the Social and Community Services Award at a rate of \$32,666 - \$35,826 (Full Time Equivalent) with salary packaging significantly increasing remuneration. Applications are invited from suitably qualified and/or experienced people for the position of Activity Officer.

The successful applicant will have:

- Ability to work within a small team
- Ability to relate well and communicate with people with mental illness, carers and service providers
- Effective interpersonal, communication and negotiation skills
- Developed computer skills
- Ability to maintain basic records
- Prior experience in community service delivery, including experience in working with people with mental illness

This position requires relevant qualifications and/or experience. Initial inquiries may be directed to the Acting Activity Centre Coordinator, Carol Weston on 8221 5160. Job and Person Description and Application Procedure are available by contacting Lynne Forrest, Administration Officer on 8221 5160, by email to: lynnef@mhrc.org.au or go to: www.mifsa.org

Please address applications to:

**Programs & Operations Manager
Mental Illness Fellowship of South Australia
PO Box 310
MARLESTON SA 5033**

Applications close 13th April 2007

(Continued from page 4)

There are expectations that the recommendations regarding building capacity in the non-government sector and the release of \$25 million one-off funding in 2005 (Recommendations 19 and 20) will be addressed as part of the budget process in the 2007 budget.

MIFSA will continue to lobby and advocate for the services which our members have clearly indicated are needed to assist people to live well in their community.

The action plan "Stepping Up" and the Government response to the action plan can be accessed at the Social Inclusion website: www.socialinclusion.sa.gov.au. The Social Inclusion Unit can be contacted on: 08 8226 0916.

For your interest

AUSTRALIA LEADS THE WAY IN PSYCHOSIS RESEARCH

Last year in late November a major step was taken towards a cure for schizophrenia and bipolar disorder. The Australian Psychosis Research Network (APRN) was launched at Parliament House in Canberra.

The Parliamentary Friends of Schizophrenia (a bi-partisan group of federal parliamentarians), and supported by the Mental Illness Fellowship of Australia, hosted the launch of the APRN.

The Australian Psychosis Research Network brings together an impressive national team of medical researchers and psychiatrists. In a world first, Australia has taken the lead in psychosis research with specialists planning to collaborate and integrate currently separate fields of research in the development of a nationwide program.

The devastating consequences of psychotic disorders (bipolar affective disorder, schizophrenia and severe clinical depression) are all too well known to many MIFSA members:

- æ > 3% of the world's population suffer a
 - 7 > 50% do not acknowledge that they are ill or need treatment
 - 7 > 5% commit suicide as a direct consequence of their illness
- æ Unlike dementia, cancer or cardiovascular diseases that primarily affect older people, psychotic disorder permanently disable young people for the rest of their lives
- æ 69% of bipolar disorder is misdiagnosed
- æ suicide rates in individuals with bipolar disorder are 15x that of the general population

So why research?

- æ Nearly 80% of disability associated with schizophrenia is completely untreatable
- æ Current treatments for schizophrenia are inefficient, costing > \$200,000 to reduce time of disability by one year
- æ Australia spends \$6.1 million on schizophrenia research annually, representing 0.23% of the total cost of this disease, or less than one research dollar for every \$400 the disease costs

Australia has world renowned neuroscience and genetics research centres and leading psychosis research groups. With more than 4,000 new cases of psychotic disorder diagnosed in Australia each year, the time is ripe for a coordinated approach to psychosis research with the establishment of the Australian Psychosis Research Network.

Each year the Mental Illness Fellowship, as part of Schizophrenia Awareness Week, hosts an international guest speaker as part of a national speaking tour. This year our national organisation has chosen to showcase Australian talent and explore the work of the Australian Psychosis Research Network.

On **Thursday, 31st May, 3pm**, Professor Chris Pantelis will be speaking in Adelaide on **"Schizophrenia: the search for solutions"** at **Fullarton Community Centre, Cnr Fullarton Rd and Fisher Street**. Gold coin donation on entry.

Facts and figures in this article used with permission from the Australian Psychosis Research Network (APRN); the statistics shown at right were featured in the March 2007 edition of Headlines newsletter of the Schizophrenia Research Institute



Have you been hospitalised lately?

I am conducting research as part of my studies at Flinders University of SA. The research is inquiring into what hospitalisation is like for young people aged between 15 and 20 years, who are experiencing their first episode of psychosis.

During this research I will be talking with young people who have had this experience, a member of their family or significant other, and nurses who have had the experience of caring for young people with first episode psychosis in inpatient settings. Knowing more about this experience from a variety of perspectives will assist health professionals in the future to understand and plan care for young people with this first episode psychosis.

If you would like to be involved in the study you will be asked to participate in an interview with myself about what the experience of hospitalisation was like for you when you were first diagnosed with psychosis. The interview will be done in an informal way at a time arranged as suitable for us both, and in an agreed place.

Further information can be obtained either from Monica McEvoy (telephone 0418 891 564).

For your interest

INFORMATION FOR FAMILY & FRIENDS OF SOMEONE WITH DEPRESSION

It's not always easy to help someone who may be experiencing depression. It can be hard to know what to say or do. Below are some tips.

- ☉ Talk to the person about how they're feeling.
- ☉ Listen to what the person says - sometimes, when a person wants to talk, they're not always seeking advice, but just need to talk about their concerns.
- ☉ Maintain eye contact and sit in a relaxed position - positive body language will help both people feel more comfortable.
- ☉ Use open-ended questions such as "So tell me about...?" which require more than a 'yes' or 'no' answer. This is often a good way to start a conversation.
- ☉ If conversation becomes difficult or if the person with depression gets angry, stay calm, be firm, fair and consistent and don't lose control.
- ☉ Often, just spending time with the person lets them know someone cares and understands them.
- ☉ Encourage the person to seek professional help from their family doctor or a mental health worker.
- ☉ Take care of yourself. Supporting someone with depression can be demanding. Family and friends should take 'time out' to look after themselves.

Used with permission from Beyond Blue website, for more information on depression, anxiety, post-natal depression and bipolar disorder, go to: www.beyondblue.org.au

POSTNATAL PSYCHOSIS

Up to 80 percent of new mothers experience the baby blues; up to 20 percent experience postnatal depression; while one or two in a thousand suffer from postnatal psychosis.

The causes are cumulative, as with psychosis in other circumstances. A dramatic drop in progesterone levels (from up to 400mg manufactured daily in late pregnancy to around 20mg after delivery) is one factor. Others may include the stress of adjusting to the new role of parent; lack of sleep; slow recovery from delivery; difficulty in breastfeeding; a fussy or ill baby; a past history of stress disorder; family history; or past abuse.

Early intervention is vital and with adequate personal and professional support, the prognosis is good.

Recognition of mental disorders and attitudes to treatment: changes amongst the general public over eight years

A national survey of Australian adults in 1995 showed a low level of recognition of mental disorders. Beliefs about treatment were often discordant with those of professionals. This study aimed to find out whether recognition and treatment beliefs had changed in eight years.

Respondents were presented with a vignette of a person with either depression or schizophrenia. They were asked what was wrong with the person and to rate whether a range of interventions was likely to be helpful or harmful. In 1995 although most recognised some sort of mental health problem in the vignette, only a minority used conventional psychiatric labels. Furthermore, some standard psychiatric treatments were more often rated as harmful than helpful.

Later surveys of mental health professionals, using the same questions, confirmed that there were some major discrepancies between public and professional beliefs about mental disorders.

The past few years have seen increased efforts to improve the mental health literacy of the Australian public. We therefore carried out a second national survey to assess whether there had been changes in recognition and treatment beliefs.

Considerable changes in the knowledge and beliefs about mental disorders and their treatment were found. Better recognition of the disorders, and more positive beliefs about the helpfulness of a range of interventions were exhibited. The public's beliefs have become more similar to mental health professionals.

There was increased agreement that a person with depression would be helped by seeing a GP, psychiatrist or clinical psychologist, taking antidepressants and receiving cognitive behaviour therapy or counselling. For schizophrenia, the public showed increases in helpfulness ratings for seeing a GP, psychiatrist or clinical psychologist and taking antipsychotic medication.

In relation to admission to hospital, 'harmful' ratings still outnumbered 'helpful' ratings.

So there has been a general change in the belief that it is necessary to get help and in the range of interventions seen as potentially helpful, along with a major decrease in the belief that it would be better to deal with a mental disorder alone.

This study is the first step to monitoring Australia's mental health literacy in the long term. The goal of raising mental health literacy is universally important. Poor mental health literacy limits the implementation of evidence-based care and the degree of community support for people affected by mental disorders.

Anthony F Jorm, Helen Christensen, Kathleen M Griffiths

The full text of this article appears in the Australian and New Zealand Journal of Psychiatry, volume 40, number 1, January 2006, pg 36

This and the Postnatal Psychosis article above, used with permission from the Schizophrenia Fellowship of Queensland News, April 2006

For your interest

CARER STORY—MIFSA Member, Barry Samuel

Before I start with our caring story, let me say that caring roles vary. Among them are those who care for people with age associated problems, physical disabilities, intellectual disabilities, mental illnesses and some with more than one. My wife and I have experienced only the disability of Depression!

About 13 years ago, our son was diagnosed with Major Depression. Surprisingly, this was a relief to us all as finally we knew just what the problem was that had been affecting our son for some time. We thought that a cure was on its way and soon our son would recover.

He has had lots of psychiatric help, drugs and hospital stays. However, as time progressed, we became sadly aware that this was not a temporary condition. We had become the Carers of a person who had a mental illness, didn't know what a Carer did, and had only vague, inaccurate, stereotyped views about mental illnesses. We were and had never heard of Major Depression! It was, to all the family in those days, the beginning of a nightmare. Obviously, our son was going to need lots of help.

My wife and I stopped living our normal lives and concentrated on caring for our son. Both still employed but sharing the load. We worked in a partnership to look after him. We had no help for ourselves and didn't know where to go to find any!

Our son seemed quite normal as he grew up. He progressed through life much as all children of similar age. But in his high school matriculation year he started to have failures in his high school subjects. He was unable to cope. He left school and attended TAFE but still was unable to study and complete the courses. My response was to tell him what to do. But he couldn't get going! He seemed lazy. He wouldn't get out of bed in the mornings. He wouldn't study. He kept dropping out.

Unknown to us, he had settled into a deep silent sadness and was planning to commit suicide if he couldn't meet the next new goal he was setting for himself. He said nothing to us about any of this. We learned later that he had been feeling like this for some years.

At 20 years of age, he broke down completely and was diagnosed as suffering from Major Depression. This illness disabled him, physically as well as mentally! He had tried to commit suicide or hurt himself on a number of occasions and had taken some medication overdoses. It was a very unsafe situation in those early times.

He is now 32 years of age. He stays with us one day and in his SA Housing Trust unit the rest of the week. This will vary depending on how he is feeling at the time.

We became very concerned 3 years ago, when he started to have frequent Grand Mal epileptic seizures. Just what he needed! This is still being treated (with even more medication!), but luckily appears to be under control.

Today he is much improved but still greatly disabled by the illness. This includes feelings of guilt, sadness, failure, hopelessness; lack of energy; tiredness; a big black hole he can't climb out of; suicidal and self harm feelings sometimes. He 'escapes' by sleeping 12 to 14 hours a day.

One day, while visiting our son in Fullarton Private Hospital, my wife saw brochures about Carers SA and an organisation called *Self Help MDP* [forerunner of MDA]. After some enquiries we became members of the MDP Carers' support group and Carers SA. The MDP support group was set up for people who cared for those with Bi-polar and depressive disorders.

From Carers SA and our support group (now the Mental Illness Fellowship of South Australia) we get social, counselling, advocacy and information support. I can say quite positively that this was a great breakthrough for us. We realised that self destructing was not an option for us and so learned to look after ourselves! We do volunteer work with both organisations with the aim of trying to help others who are in the situation that we were in.

Finally let me say to those like our son who read this story, please remember that you are not the problem, your illness is! You didn't cause it ... Don't feel guilty about it. Take whatever help you can get!

Barry Samuel is a Board Member of Carers SA

*Used with permission from SA Carer, March 2007
newsletter of Carers SA*

IN MEMORIAM

Thank you to those who have supported MIFSA in this way with their 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.

FREE LEGAL ADVICE—1300 366 424

Monday—Friday ~ 9am—4:30pm

**If an appointment is needed please call your
nearest office:**

Adelaide 8463 3555

Elizabeth 8207 9292

Holden Hill 8369 1044

Noarlunga 8207 3877

Pt Adelaide 8207 6276

Whyalla 8648 8060

For your interest

RESPIRE SERVICE

Provided by Richmond Fellowship of SA



Group Walks for consumers in metro Adelaide

Including Botanical Parks, River Walks, Adelaide Hills etc

2 hours duration—on the first Thursday each month, commencing 1st March 2007

Leaving from: Richmond Fellowship SA, 99 King William St Kent Town at 9:30am—the bus will call in to MIFSA to pick up consumers from Keswick—and return to Richmond Fellowship

Transport is available to and from Richmond Fellowship if required

Please bring a backpack containing water, sunscreen and nibbles for the walk; food and refreshments will be provided at the end of the walk

These walks are for consumers of mental health services who are eligible for respite

Please contact Daniel or Suzie from the Richmond Fellowship Respite team for more information, on 8363 1144

VALE PROFESSOR ROBERT BARRETT

It was with great sadness that we learned in February of the death of Professor Robert Barrett.

Professor Barrett was a highly respected clinician, gifted teacher and wise mentor. A long-time supporter of the Mental Illness Fellowship of South Australia, Professor Barrett's contribution to the mental health sector in South Australia has been invaluable.

Professor Barrett's training as a clinical psychiatrist and a social anthropologist enabled him to contribute significantly to a number of disciplines including psychiatry, medical education and medical anthropology.

As Professor of Psychiatry at the Royal Adelaide Hospital, Professor Barrett was involved in research whilst also being in high demand to give lectures. He shared his knowledge and expertise with medical students, trainee psychiatrists, anthropology and psychology students. Professor Barrett's teaching style was captivating, undoubtedly shaping the practice of many students as they developed into health care clinicians and practitioners.

Professor Barrett was an inspiring clinician, scholar and humanitarian who will be sorely missed but fondly remembered by family, friends, colleagues, students and patients.

CENTRAL NORTHERN ADELAIDE HEALTH SERVICE AND THE UNIVERSITY OF SOUTH AUSTRALIA

Social Support Adventure Program

Do you want some fun and adventure?

Are you aged around 25 to 30?

Have you had your first episode of psychosis within the last 5 years?

Want to meet new people?

We are currently looking for eligible participants to take part in this new and exciting program!!



University of South Australia Occupational Therapy students Emma and Rick in collaboration with Central Northern Adelaide Health Service are looking for people to participate in an adventure based, social support program for people aged between 25 and 30 who have experienced first episode psychosis in the last 5 years.

The activities of the Social Support Adventure program are to be decided between the participants and group facilitators and may include such things as canoeing, hiking, rock climbing, abseiling or mountain biking.

If you require further information please do not hesitate to contact Emma or Rick, or one of the CNAHS staff on the following details:

Contact:

'The Gully' (Central Northern Adelaide Health Service)

Phone: 8282 0630
8282 0600



Central Northern Adelaide Health Service



UNIVERSITY OF SOUTH AUSTRALIA

For your interest

'ICE' IN AUSTRALIA

In the past few years, the media has started to report an emerging problem with a new type of amphetamine called 'ice'. Amphetamines have always caused problems such as drug-induced psychosis, and ice is suddenly attracting a large amount of attention and concern, particularly in the area of mental health. Here are some facts about this emerging issue.

WHAT IS ICE?

Ice is a street name for 'crystal methamphetamine hydrochloride', which is a powerful, synthetic stimulant drug. Stimulant drugs speed up the messages going to and from the brain. Ice is more potent than other forms of amphetamines and is more pure than the powder form of methamphetamine ('speed'). It often appears as large, transparent and 'sheet-like' crystals that may have a hint of pink, blue or green colour. One of the most common street names for ice is 'crystal meth', but other slang terms are used as well. Ice can be smoked, swallowed, snorted, injected or used as a suppository.

ICE USE IN AUSTRALIA

In 2004, 3.2 percent of Australians aged 14 years and older had used amphetamines for non-medical purposes in the previous year and over 38 percent of this group reported the type of amphetamine they used was ice. Ice use among injecting drug users increased from 15 percent in 2000 to 52 percent in 2004. In 2004, 64 percent of a sample of people who used ecstasy had tried ice at least once and 45 percent had used ice in the past six months.

The purity of different batches of ice may vary widely, increasing the risk of accidental overdose. As the effects of ice wear off, a person may experience a range of symptoms such as tension, depression, radical mood swings, violence and exhaustion.

WHAT ARE THE EFFECTS OF ICE?

The effects of any drug (including ice) vary from person to person, depending on the individual's size, weight and health, how much of and how the drug is taken, whether the person is used to taking it, and whether other drugs are taken. Effects also depend on the environment in which the drug is used—such as whether the person is alone, with others or at a party.

IMMEDIATE EFFECTS

Soon after taking ice, a person may experience a number of psychological and physical effects including:

- æ Feelings of euphoria, excitement and well being
- æ Increased alertness, confidence and libido, more energy, feelings of increased strength, talkativeness, restlessness, repeating simple acts, and itching, picking and scratching
- æ Tremors of the hands and fingers
- æ Speeding up of bodily functions, such as increased breathing rate, body temperature, blood pressure, a rapid and irregular heartbeat and excessive sweating

- æ Difficulty sleeping, reduced appetite, dilated pupils, dry mouth, stomach cramps, nausea, dizziness, blurred vision and severe headaches
- æ Abrupt shifts in thought and speech
- æ Nervousness, panic attacks, anxiety and paranoia
- æ Irritability, aggression, hostility and 'amphetamine psychosis', including hallucinations, paranoid delusions and bizarre behaviour.

LONG-TERM USE OF ICE CAN RESULT IN A NUMBER OF HEALTH ISSUES, INCLUDING:

- æ High blood pressure and increased risk of heart-related complications such as heart attack and heart failure
- æ Malnutrition and rapid weight loss due to reduced appetite
- æ Chronic sleeping problems
- æ Reduced immunity and increased susceptibility to infections due to the person not sleeping or eating properly
- æ Depression, anxiety, tension and paranoia
- æ Brain damage (there is some evidence that amphetamines may damage brain cells resulting in reduced memory function and other impairments in thinking)
- æ Dental problems (from grinding teeth)
- æ Smoking ice can damage the lungs
- æ Snorting ice can damage the lining of the nose
- æ Injecting ice can lead to scarring, abscesses and vein damage. Sharing injecting equipment increases the risk of contracting blood-borne viruses, such as hepatitis B and C, and HIV.

OTHER EFFECTS AND ISSUES

Due to some of the effects of ice, some people may be more prone to practice unsafe sex. This increases the chances of contracting sexually transmitted infections and blood-borne viruses, such as hepatitis B and C, and HIV.

As well as health problems, using ice (or any drug) can result in family, financial, legal, work, school and other personal problems. These problems can be made much worse because some people who use ice can become irritable, hostile and violent and/or experience other psychological problems. It is also dangerous to drive a vehicle or operate machinery after using ice.

TOLERANCE AND DEPENDENCE

People who use ice can quickly develop a tolerance to the drug so that increasingly greater doses are needed to achieve the desired effects. Ice can also lead to physical and/or psychological dependence. People who are psychologically dependent on ice find that using it becomes far more important than other activities in their life. They crave the drug and find it very difficult to stop using it. Physical dependence occurs when a person's body adapts to the drug and the body gets used to functioning with the drug present. If a person who is physically dependent on ice suddenly stops taking it they may experience withdrawal symptoms.

For your interest

(Continued from page 16)

WITHDRAWAL

Some of the symptoms people may experience once they have stopped using ice include disorientation, hunger, extreme fatigue and exhaustion, decreased energy, apathy and the limited ability to experience pleasure, anxiety, irritability and depression, and craving ice.

MORE INFORMATION

For more information on amphetamines, other drugs and drug prevention, contact the DrugInfo Clearinghouse, phone: 1300 85 85 84 or email: druginfo@adf.org.au

References

¹Australian Institute of Health and Welfare (AIHW) 2005, 2004 National Drug Strategy Household Survey: Detailed findings, Canberra AIHW

²National Drug and Alcohol Research Centre (NDARC) 2005 Australian Drug Trends 2004: Findings from the illicit Drug Reporting System, Sydney: NDARC

³NDARC 2005 Australian Trends in Ecstasy and Related Drug Markets 2004: Findings from the Party drug Initiative, Sydney: NDARC

Alex Faraguna

Used with permission from *Mental Health Matters*, issue 10
Mental Health Association NSW

MENTAL ILLNESS FACT SHEETS SERIES

Developed by Mental Illness Fellowship Victoria, this series of 30 Fact Sheets has been distributed nationally to each state Fellowship by the Mental Illness Fellowship of Australia.

Now available for purchase from MIFSA

Order forms available by phoning MIFSA, 8221 5160

COST: (Plus postage and handling)

Full Series (1 copy of each 30 sheets)

MIFSA members	\$12.50
non-members	\$15.00

Bulk Packs (50 copies of one title)

members	\$10.00
non-members	\$12.50

Small Packs (20 copies of one title)

members	\$ 4.00
non-members	\$ 5.00

The Health & Community Services Complaints

Commissioner website can be accessed at : www.hcsc.sa.gov.au



Information includes: **hcsc buzz** newsletter, complaint process and forms, resources, interpreter assistance, current job opportunities etc. The HCSCC helps people (service users, carers and service providers) resolve complaints about health and community services, when a direct approach to the service provider is either unreasonable, or has not succeeded.

Contact SA COUNTRY WOMEN'S ASSOCIATION



For affordable accommodation while staying in Adelaide (short term stays)

Assisting women and families, accommodation is located on the eastern edge of the city, at Kent Town, members and non members are welcome at this historic home away from home; families especially welcome

*Self contained Accommodation:

- twin unit, suitable for disabled persons
- Twin units with share bathroom facilities—can be used as a twin family unit

The Flat:

- Completely self contained two bedrooms, kitchen / living area and courtyard

*Club Accommodation:

- Single and twin share rooms, with share bathrooms (1 twin room with ensuite)

Kitchen and laundry facilities available

*continental breakfast served in dining room included in tariff

**Contact CWA, ph 8332 4152 fax 8364 3050
30 Dequetteville Tce, Kent Town SA 5067**

MENTAL HEALTH EMERGENCY SUPPORT 24 hour support and/or crisis lines

Assessment Crisis Intervention Service (ACIS)	13 14 65
Lifeline	13 11 14
Poisons Information Centre	13 11 26
Domestic Violence Helpline	1800 800 098
Kids Helpline	1800 551 800
Rape & Sexual Assault Service, Yarrow Place	8226 8787
Drug & Alcohol Services SA	1300 131 340
Mensline Australia www.menslineaus.org.au	1300 789 978
Gambling Helpline	1800 060 757

National Prescribing Service Ltd (NPS) Medicines Line: 1300 888 763 (cost of local call)



Independent information
Monday—Friday, 9am-6pm

Internet information:
www.healthinsite.gov.au
www.medimate.org.au

NPS will answer specific questions regarding medication
NPS will not give a clinical opinion on the medication regimen of the individual caller.

MIFSA Support Groups

MARION SUPPORT GROUP

Meetings are held bi-monthly (*February, April, June, August, October & December*) as social get-togethers over a meal at the Marion Hotel, 849 Marion Rd, Mitchell Park.

However, just for April the meeting will not take place on the second Monday night; instead:

At last! Our "Carers Day Out", **Sunday 22nd April 2007; Mystery Day Trip, lunch and River Cruise.** Leaving 10:30am, returning to Marion approx 5pm. Members of the Tea Tree Gully Support Group are invited to join us. Seating is limited; more details and bookings, phone Narelle on 8278 5796. This is our first *Carers Day Out* for some time, let's enjoy it together!

More surprises planned for end of May/early June!!

Cheers; keep in touch, Narelle

MOOD DISORDERS CARERS

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

Meetings are held on the fourth Tuesday of the month, at the Mental Health Resource Centre, Conference Room, 1 Richmond Road, Keswick; 7:30pm

Next meetings: 24th April & 22nd May

EDUCATION WORKSHOPS FOR SUPPORT GROUP MEMBERS

See below for details of some up-coming training and information sessions for MIFSA Support Group members. Put the dates in your diary; More information will be available from your Support Group Leader.

May — Thursday 31st, 3pm For all MIFSA members Venue: Fullarton Community Centre (Cnr Fisher St and Fullarton Rd). As part of Schizophrenia Awareness Week, the Mental Illness Fellowship of Australia (MIFA) is presenting a national lecture program on schizophrenia research. Professor Chris Pantelis will be speaking in Adelaide on "Schizophrenia: the search for solutions". Please RSVP to Lynne Forrest, 8221 5160.

August — Thursday 9th, 2—4pm, MHRC Conference Room
Possible topics could include: "Emotional Wellbeing", "Understanding Anger" or "Stress, anxiety and relaxation".

October — Monday 8th For all MIFSA members
Barton Pope Lecture, Professor bob Goldney at the Convention Centre
(time to be advised)

December — Thursday 6th, 2—4pm, MHRC Conference Room
(see possible topics listed for August)

SUPPORT WORKS

For people who have depression or bipolar disorders and who wish to meet and interact with other people who are in similar circumstances.

Meetings are held every Wednesday, 1pm—3pm at the Mental Health Resource Centre, conference room, 1 Richmond Road, Keswick.

An initial interview with a staff person is required before joining Support Works. Please contact the office to make an appointment.

TEA TREE GULLY SUPPORT GROUP

Meetings held on the second Tuesday of each month at Woodleigh House in the grounds of Modbury Hospital, Hatherleigh Ave, off Smart Rd, Modbury; commencing 7:30pm.

Coming meetings: Tuesdays, 10th April, and 8th May; 7:30pm

OTHER COMMUNITY SUPPORT GROUPS:

CLOZARIL USERS' SUPPORT GROUP

Meetings held on the last Wednesdays in alternate months (*January, March, May, July, September, November*) at the Earl of Leicester Hotel, Leicester Street Parkside, over a meal, from 6pm.

NEXT MEETING: Wednesday 30th May

New members welcome, for more details contact:
Frank Grindlay, 8234 1584

MILLICENT AND DISTRICTS MENTAL HEALTH SUPPORT GROUP

Meet on the second and fourth Tuesdays each month.

Enquiries: *Maureen Childs 8726 8294 or Dieter Dell Antonio 8733 3659*

POSITIVE THINKERS:

Support group for people with mental illness; meets every Monday 2:30—4:30pm—recommences, 5th February 2007
At the Centre for Positive Ageing
Cadell Street—Cnr Hays Street, Goolwa
Facilitator Helen Jones: 8555 1021

Healing, after all, is not the same as curing; healing does not mean going back to the way things were before, but rather allowing "what is now". ~ Ram Dass

From the Australian Mental Health Consumer Network, Network News, Nov 2006

Book Corner

BOOKS FOR SALE:



A LIFELONG JOURNEY; Sarah Russell
Staying Well with Manic Depression / Bipolar Disorder; provides evidence that people with manic depression/bipolar disorder can, and do, stay well. **\$19.95 + \$3 p&h**

AN UNQUIET MIND: A MEMOIR OF MOODS AND MADNESS; Kay Redfield Jamison cuts through the dead jargon and detached observations of psychiatric theory and practice to create a fiery, passionate, authentic account of the devastation and exaltation, the blindness and illumination of the psychotic experience. **\$12 + \$3 p&h**



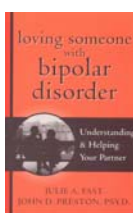
DEPRESSION: OUT OF THE SHADOWS; Ian Hickie, Tracey Davenport & Elizabeth Scott a guide to understanding Depression and its treatment. **\$8.80 + \$2 p&h**

DUAL DIAGNOSIS: Mental Illness & substance use; ARAFMI Qld, Information and coping strategies for families. **\$7.50 + \$2.50 p&h**



I AM NOT SICK I DON'T NEED HELP! Dr Xavier Amador, offers practical advice and hope to those who have a loved one with a mental illness who has no insight into their illness and does not accept the diagnosis, or its necessary treatment. **\$30 + \$6 p&h**

LOVING SOMEONE WITH BIPOLAR DISORDER; Julie A Fast & John D Preston written specifically for the partner of a person with bipolar disorder. With helpful strategies and real-life examples, this book is designed to help overcome the unique challenges of loving someone with bipolar. **\$22 + \$3 p&h**



MIFSA RECIPE BOOK

28 recipes derived from those regularly used for our evening meal service; packed with useful information covering safety in the kitchen, hygiene tips while storing food and preparing meals and a comprehensive range of very useful conversion tables.

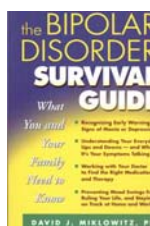
We have aimed to provide a complete range of nutritious and very tasty meals for every day use and for those special occasions dinner parties.

Display Folder \$7.30 + \$4 p&h
Spiral Bound \$6.40 + \$3 p&h



NO MIDDLE NAME, by Tilly Brasch is a mother's story of her mentally ill son, Riley, and a case study of how society and the agencies that were supposed to be helping him ultimately failed. **\$27 + \$3 p&h**

TAKING CARE OF YOURSELF AND YOUR FAMILY; John Ashfield a resource book for good mental health by John Ashfield, designed to support families living in country and rural areas. **\$8 + \$8 p&h**



THE BIPOLAR SURVIVAL GUIDE; David J Miklowitz What you and your family need to know; a practical straightforward book that will be a great help to those who have bipolar illness, as well as their families. **\$27 + \$6 p&h**

TOUCHED WITH FIRE; Kay Redfield Jamison. This enthralling study of the relation between bipolar affective disorder and the artistic temperament enlarges our understanding of the creative process in new and unexpected ways. Professor Jamison combines psychiatric sense with artistic sensibility in an original and marvellous book. **\$15 + \$6 p&h**



Book Reviews:

HEALING SCHIZOPHRENIA; by John Watkins provides information for anyone involved with neuroleptics, whether as patient, prescriber or carer. Suitable for both lay and professional readers, it contains detailed information about the effects and side effects of these drugs together with a wide variety of suggestions showing how they can be used more wisely. Information is provided in a simple and clear form allowing it to be put to immediate practical use maximising the potential benefits of neuroleptic therapy while minimising the possible risks.



Healing Schizophrenia challenges the now widely held belief that most people diagnosed with schizophrenia will require long-term neuroleptic treatment, and that recovery is relatively unusual without it. Healing Schizophrenia shows how a holistic approach which treats body, mind, and soul can significantly improve the likelihood of healing and recovery even for those with a long history of schizophrenia.

SMELL THE ROSES, by Michelle Winn



A true story about the love for a brother, joy, grief and most of all, self worth. Michelle's complete story can be accessed on www.smelltheroses.net.au

MIFSA Activity Centres Services

KESWICK ACTIVITY CENTRE

is a consumer driven community based service that aims to promote well-being in a supportive environment. See page 22 for the weekly programme of activities. Any person affected by mental illness can access our services and no referral is required. If you want more information please give us a call on 8221 5160.

(The mural alongside is by members of the Activity Centre)



With sadness we say farewell to Katrina who has now left us (see page 2) and thank her for all her hard work assisting everyone in her role as Activity Officer. Members miss her cheery smile and we wish her well in all future endeavors.

Members have made some changes to the dinner Menu; kept some of the old favourites and added a sprinkling of new recipes. You're welcome to come in on Tuesdays and Thursdays to join us and try out our new meals.

A small focus group of members has also been working on several initiatives, which include:

- a draft copy of a policy on Members Rights and Responsibilities in the Activity Centre;
- a Member Advancement Plan (MAP) — for members who choose to use it — a short term, achievable, goal setting plan to 'MAP' out their road to recovery with small achievable steps;
- changes to our existing Membership Form to include a voluntary section, to gather information that will assist MIFSA lobby for expanded services and increased funding.

These draft forms were presented to members at the last members meeting for feedback. Please contact me if you would like a copy of any or all of these initiatives, your feedback would be appreciated in time for the next members meeting, 5th April 2007.

Carol Weston
Acting Keswick Activity Centre Coordinator
cweston@mhrc.org.au

PANANGGA is MIFSA's southern-based Activity



Centre, located at 64 Elgin Ave Christies Beach, just off Dyson Road. Open Monday to Fridays from 11am to 4pm, Panangga offers a flexible and comfortable environment in which members can meet and socialise.

Social and recreational activities are offered and participation is on a voluntary basis. Members are free to decide when to attend and no permanent commitment is necessary. Our staff are readily approachable and will endeavor to support and assist members with social, recreational and daily living issues as the need arises, so why not come along and have a friendly chat over a nice hot cup of tea or coffee, or join us for one of our delicious and nutritious lunches.

Our program is quite full as can be seen by the Panangga adverts in MIFSA news. We have a new hairdresser, Irene, who is available on Fridays. We ask for a gold coin donation and paid up membership. We have several new volunteers who help out. We still have a space for a sandwich artist and activity centre assistant on Thursdays. Over the last few months we have enjoyed a trip to Monarto and this month we are planning an outing to the Wittunga Botanical Gardens. Relationships Australia have been continuing to support us with the courses they run here. Our current course, very well attended, is 'Handling Anxiety'.

We have had some very interesting discussions on Wednesday mornings with guest speakers ranging from a psychiatrist, a lawyer to talk about wills, Centrelink and a naturopath. We have a regular forum with a psychiatrist from Adaire Clinic enabling members to both voice their concerns about the Mental Health system and to find out what is happening in their community.

South Coast Exchange continues to be a very successful program and is very popular amongst the members.

Prue Millingen & Yvonne Turner
Coordinators, Panangga Activity Centre
panangga3@internode.on.net



Creative Writing Workshops
Wednesday, 21st February & 21st March
at Keswick; 1—3pm

Learn techniques of writing at a series of tutorials and exercises with the aim of promoting well-being through the discipline of writing.

Topics covered:

Logic	Psychology models
Point of view	Characterisation
Strength of writing	The use of the Self
Generating ideas	Constructing the plot



Writing for Pleasure
at Panangga

Thursdays, 1pm—2:30pm

Come and join us, and see your creativity develop!

MIFSA Activity Centres Services

DAY-TRIP OUTING

TRIP TO SEMAPHORE

Friday, 27th APRIL

Bus will leave MIFSA at 1pm
and return approx 4pm

Bring your togs and towel for a swim if
weather permits
(and money for a
drink or ice cream while there)

Please RSVP to Melanie or Brian
ASAP as seats are limited: 8221 5160

CHEW & VIEW—AT KESWICK

Wednesday, 18th April, 12noon
INDIAN FEAST

Cost: \$6



Come join us for a delicious authentic Indian
experience cooked by our very own Jyotsna.
Guaranteed to tantalize those taste buds!
Served with an icy cold can of soft drink.
Followed by a new-release DVD

Please RSVP Mel or Brian by Wednesday, 13th April

Wednesday, 23rd May, 12noon

BURGER FEAST

Cost: \$7—\$9

Attention all you burger kings & queens!
The two fistad burger is back! Join us for a
delicious whopper or similar meal deal from
Hungry Jacks. Followed by a new release DVD



Please RSVP Mel or Brian by Friday 20th May



BINGO AT KESWICK

for MIFSA members only

Every second Wednesday afternoon at 1:30pm
GOLD COIN DONATION—Includes free tea & coffee

PRIZES TO BE WON! (No cash prizes)

Proceeds to the Keswick Activity Centre

waterfall gully excursion



Thursday, 31st MAY

Bus will leave MIFSA
at 1pm and will return approx 4pm

Wear comfy walking shoes and bring some money
for an ice cream afterwards if desired

Please RSVP to Melanie or Brian ASAP
as seats are limited (10): 8221 5160

BOWLING



AT KESWICK fortnightly, on the first, third (& fifth)

Wednesday each month, at Cross Rd Bowls
(\$10 per game, including shoe hire)
Bus will leave Keswick at 12:30pm

AT PANANGGA on Thursdays, 11am—12noon
\$4 per game

Evening meals served at Keswick, Tuesdays &
Thursdays @ 5pm Cost: \$2.50

APRIL

Tuesday

3rd Shepherd's Pie & salad
10th Hamburger & Oven fries
17th Satay Lamb with rice
24th Baked Potatoes

Thursday

5th Corned Silverside & vegies
12th Chicken satay & rice
19th Spaghetti Bolognese
26th Honey Chicken



MAY

Tuesday

1st Curried Sausages & vegies
8th Beef & Black Bean with Rice
15th Oriental Beef Stir Fry
with Holkien Noodles
22nd Macaroni Cheese

Thursday

3rd Cheese & Potato Pie
10th Mongolian Lamb
17th Chicken, Mushroom &
Egg Noodle Bake
24th Country Quiche & Salad

COMMUNITY OUTINGS—KESWICK

Come and join us
in the Community car or bus.

On the first & third Thursday each
month 1:30pm



Please contact Melanie or Brian to book your place
on the bus (seating is limited to 10).

MIFSA Activity Centres Services

Card Making with Katrina & Betty

at Keswick Activity Centre
Fridays, 13th April & 11th May
12:30pm—2:30pm



Come along and be creative to make your own greeting cards (Birthday, Easter, Christmas etc)

GOLD COIN DONATION APPRECIATED

For further information, expressions of interest, please phone Melanie or Brian on 8221 5160

(We need old Christmas / birthday cards to recycle, please leave at Keswick activity centre or Reception)



Walking Groups

Keswick—Tuesdays 1:30pm

Increase fitness and wellbeing.
Locations include Torrens River, the beach, parks, and shopping centres.

Panangga — Thursdays, 1pm

Get fit by joining either group for a short leisurely walk around the neighbourhood.



BEGINNERS COMPUTER SKILLS@Keswick

Saturdays, 12 - 3pm

learn keyboard skills, touch typing, word processing; or play a game or two.

SUPPORTED COMPUTER TIME@Panangga

Thursdays, 10am - 12noon, by appointment only.
If you need some help or guidance on the computer, Trevor is available to help you.

DO IT YOURSELF LUNCH SPECIAL

at Keswick

Saturdays, 12noon - 1pm



- " Do it yourself BBQ cooking
 - " Choose from a selection of meats to cook on the BBQ
 - " Free: sliced bread, onion & sauces
- Cost: \$1 per serve (meat) 50c (potato salad) 30c (corn on cob)

FOOT REFLEXOLOGY

at KESWICK:
Tuesdays & Thursdays 10am—5pm
Saturdays 10am—2pm



at PANANGGA:
Fridays, 11am onwards (commencing 13th April)

Relax and be revitalised.
Relieve the stress of daily life with Ray's Rejuvenating Foot Reflexology.



MASSAGE

at Panangga—Cost: \$1

Wednesdays, from 11am—2pm

Enjoy a relaxing and rejuvenating massage with professional masseur Bohdan
Appointments need to be made in person - priority will be given to those who have waited the longest.



Art at Keswick:

Tuesdays 12:30—3:30pm
Saturdays 11:30am—2:30pm

Visual Art for fun and relaxation
at Panangga: Wednesdays 1-3pm

SOUTH COAST EXCHANGE

Friday, 20th April at Victor Harbor
Friday 18th May at Panangga

COURT OPEN DAYS GAIN INTEREST

The Courts Administration Authority has run Court Open Days since 1997 but this year marks the first year of these events being held in regional cities and country centres. Courts Administration Authority staff guide visitors through behind-the-scenes areas, including cells and Magistrates' chambers. On display are information stands set up by a range of community groups and justice-related agencies.

In March more than 300 members of the public and school students attended Court Open Days in regional South Australia. More Open Days in regional areas are planned for Port Augusta (May), Berri (31st May) and Port Lincoln (28th June) with demonstrations of mock sentencings in South Australia scheduled for the annual Courts Open Day, to be held at the Sir Samuel Way Building in Victoria Square, Adelaide, on Saturday, 12th May 2007, from 10am to 3:30pm.

MIFSA Activity Centres Services

MONDAYS

PANANGGA:

Free coffee / tea all day
Stay for lunch—\$1 pies / sausage rolls
Movie afternoon, 1pm—3pm drop in and watch a latest DVD

**FREE INTERNET ACCESS
AVAILABLE DAILY**
At Keswick and Panangga
During Activity Centre hours



MEMBERS MEETING at Keswick
Thursdays, 5th April & 7th May, 1:30pm



An opportunity for members to meet together and participate in discussions regarding their Centre, as well as find out about upcoming events.

TUESDAYS

KESWICK:

Foot Reflexology, 10am—5pm
Art, 12:30—3:30pm
Walking Group, 1:30pm

PANANGGA:

Relationships Australia Courses, 10:30—12noon
Getabouts—Craft, 10:30am
Getabouts—Keep Fit (gym or swimming), 11-12noon
Getabouts—Coffee Shop on the hop

WEDNESDAYS

KESWICK:

Lunch Special — hotdogs (sausage sizzle, first Wednesday of month)
Chew & View, 12pm, 18th April & 23rd May
Bowling, 12:30pm, 4th & 18th April, 2nd, 16th & 30th May
Creative Writing, 1—3pm, 18th April & 16th May
Bingo, 1:30pm (second & fourth Wednesdays)

PANANGGA:

Massage, 11am—2pm
Discussion Group, 11am-12noon, with guest speakers, then stay for a bbq lunch (\$2.50)
Visual Art, 1—3pm (fun & relaxation)

8 BALL BLITZ



2pm—second & fourth Friday each month
Winners walk away with a Keswick meal voucher!

KESWICK DAY-TRIP OUTINGS:

Friday, 27th April—Semaphore
Thursday, 31st May—Waterfall Gully
See page 21 for details

THURSDAYS

KESWICK:

Members meeting, 1:30pm—5th April, 3rd May
Foot Reflexology, 10am—5pm
Housing Trust Accommodation Service,
first & third Thursdays each month, 1—4pm
Community Outings, 1:30pm; first & third Thurs. each month

PANANGGA:

Getabouts—10 Pin bowling, 11am—12 noon
Supported Computer Time, 10am—12noon
Writing for pleasure, 1pm—2:30pm (ring to confirm dates)
Getabouts—Walkers, leaving Panangga 1pm

FRIDAYS

KESWICK:

Card Making, 12:30pm-2:30pm, 13th April & 11th May
8 Ball Blitz, 2pm, second & fourth Friday each month

PANANGGA:

Foot Reflexology, from 11am, commencing April 13th
Hot Lunch, 12 noon (2 courses, \$3)
Quiz / X Words / games afternoon
South Coast Exchange, Friday, 20th April & 18th May

ACCOMMODATION ADVICE

at MHRC Keswick, on Thursdays, 1—4pm
(first & third Thursdays each month)

Housing SA provides an Outreach Service for people with mental illness. To make an appointment with the Outreach Service Officer, phone June or Susan on 8221 5160.



ACTIVITY CENTRES PUBLIC PHONES

KESWICK: 8410 5249
PANANGGA: 8186 6482



SATURDAYS

KESWICK:

Foot Reflexology, 10am—2pm
DIY BBQ Lunch Special, 12 noon—1pm
Computer Skills, 12 noon—3 pm
Just Art, 11:30am—2:30pm



Membership Form / Change of Address

PO Box 310
MARLESTON SA 5033

Membership Renewal New Membership Change of Address.

**We keep membership cost low
why not make a tax deductible
donation and support MIFSA**

Membership Categories

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

Mr/Mrs/Ms/Dr: _____

Address: _____ Post Code: _____

Email address: _____ Contact Telephone: _____

Old Address: _____

Membership Payment by: Cheque " Money Order " Cash " Credit Card " Visa " Mastercard "

CC Number: _ _ _ _ _ Expiry Date: ___/___

Name On Card: _____ Signature _____

MIFSA BOARD OF MANAGEMENT

Executive

President—David Meldrum
Vice President—Robert Burke
Treasurer—Neville Rice

Members

Chris Bock
Marion Croser
Brian Gardiner
Katrina Kalaburnis
Eddie Lynch
Dr Eli Rafalowicz

Minute Secretary

Brigid Downing

Ex Officio

Natasha Miliotis
Monique van der Neut

MIFSA STAFF

Executive Director	Natasha Miliotis
Programs & Operations Manager	Monique van der Neut
Finance Manager	Michael Becker
Finance Officer	Liz McCarthy
Administration Officer / MIFSA News Editor	Pam Kelly
Administration Officer	Lynne Forrest
Metropolitan Education Coordinator	Andrew Kelly
Country Education Coordinator	Sophie Angell
Well Ways Program Coordinator	Maureen Lewis
Peer Worker Program Coordinator }	Dei Griffith
Psychosocial Groups Program Team Leader	Jane Dodding
Psychosocial Groups Program Facilitator	Rosalee Trumble
Psychosocial Groups Program Co-Facilitators }	Sean Haynes
	} Bernadette Maywald
	} Yvonne Turner
PGP BIIG Program	Sean Haynes
Acting Keswick Activity Centre Coordinator	Carol Weston
Keswick Activity Officers }	Melanie Webb
(Acting) }	Brian Gardiner
Panangga Coordinators }	Prue Millingen
	Yvonne Turner
Panangga Get-abouts Community Worker	Paul Knight-Stacey
Accommodation Support Officers }	Chris Davidson
	Chris Knightly
Sunflower Shop Coordinator	Elsha Stolk

Sessional Staff

Art & Craft	Keswick:	Lara Michalenko
Computer Training	Keswick:	Anton Keijzer
Foot Reflexology	Keswick:	Ray Shepherd
Massage	Panangga:	Bohdan Bierczynski
Art	Panangga:	Miles Wheaton
Creative Writing	Panangga:	Maria Vouis

MHRC STAFF

Reception	June Bradley-Sperryn & Susan Wilkes
IT Officer	Aaron Powell

DEADLINE

For articles letters and reports for the
Jun/July 2007 issue of
MIFSA News is:
Friday, 11th May 2007

*This newsletter has been
packed by MIFSA
Volunteers*

*We thank them for their
support*

DISCLAIMER

This newsletter is intended as a public forum whereby any and all groups may express their ideas and conclusions about the causes, treatments and possible cures for mental illness. Unless otherwise noted, views and opinions expressed by contributors and published in this Newsletter are solely their own and not necessarily endorsed by the Mental Illness Fellowship of SA Inc.