

MIFSA NEWS

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

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Correspondence and articles
for inclusion in **MIFSA News** to:

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To assist all South Australians
affected by Mental Illness and
their carers through education,
information, support and
advocacy:

- 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.

It is with sadness that we share with you the news that Trevor Parry passed away on Wednesday, 15th November following his brave battle to fight cancer.

Trevor is well known in the mental health sector as a consumer advocate and will be deeply missed. The following poem, written by Trevor for the TheMHs Conference 2004, sums up the message Trevor wished all to hear:

Perspectives on Recovery

*For hundreds of years we were kept locked inside
A danger to others, or just insanely alive
Custodial warders were sadistic and cruel
Treatment imposed and we were fed gruel*

*The theory propounded that the mentally ill
Could never recover, just keep taking that pill
That was most unworthy, a life sentence you see
No good behaviour bond for you or for me*

*Best practice assumed "The research has been done,
They'll be like it for life" and the psychiatrists won
Consumers were sentenced, stigmatised and given woe
Not allowed to move forward wherever we go*

*We all can recover in our own special way
That will assist us to live, our lives each day
Our potential's enormous, a vast hidden surprise
I invite you, please help us, to feel alive*

*Develop our talents and teach us some more
We wish to move forward and that is for sure
Can you walk beside us and help us along
So that in our community, we can belong*

*Power to the people, please do what is right
Professionals must hear us continue our fight
Recovery's our catchphrase when we become ill
But it's rarely achieved with just a psychotropic pill*

Trevor Parry, © 25/7/2004

*From the writings of
"Parry the scribe" who's hidden inside*

Used with permission

see page 5 for MIFSA's tribute to Trevor Parry



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News and Muse

THE “DEMON” OF DEPRESSION

Eric Bogle, a Scotsman who now lives in South Australia is, in my opinion, Australia’s greatest living singer-songwriter.

Most people know one or two of his most famous songs, such as “The band played waltzing matilda”, “the green fields of France” [also called “no man’s land”] or “Shelter”, but he has written and recorded dozens, maybe hundreds more.

The song below was written for some of his friends who have bipolar disorder, and I think the words show a great deal of empathy with those of our members who suffer with, or care for, someone who has bipolar disorder. Eric has kindly given his permission to publish the words, saying “anything that helps public awareness of the illness”.

Bob Burke, MIFSA Vice President

THE DEMON

Sometimes my darling goes to a place where I know that I can’t follow
Where her demon waits for her, her light and her joy to swallow
Alone, alone, all alone she goes to where despair’s dark flame is burning
And all I can do is watch and wait for the joy and the light returning.

And when the light and the joy returns, how quickly fades the shadow
Each joy-filled light-filled precious day, a golden coin from El Dorado
And for every sweet clear day we spend, the shadow’s hold grows weaker
Though we both know it must return, somehow that makes the sweet days sweeter.

In each and every human soul, a demon hides there, hating
Ready to bring the brightness down, to where the dark is waiting
Most who fall choose to return, despair’s embrace refusing
But many, like my darling girl, have no say in the choosing.

So when my darling’s far from me, I’ll let hope and love renew me
And wait and watch, and watch and wait, for her to come back to me.

© Eric Bogle



Honesty

We spend time looking in the mirror
Does the reflection shape up?
Will the outward appearance carry me through
the day?
I will put on the most confident face
But does the reflection ring true 2 my heart?
Are deeds done 2day give 2morrow a clear
restart?

The self is demanding
While the soul sometimes starves
The innermost being is the part who cries
loudest
No gaze in a mirror can do it justice
When honesty cries out its own song ...

Next time I’m caught gazing in the mirror
With honesty asking 4 time
Does the ‘chatterbox’ mind
So cluttered with demands and false wishes,
Match up with a peaceful soul?
Social pressures demand near perfection—
To b this or that at peoples’ expectation—
Does this count compared 2 your own honest
admission:
Hey, I’m really OK 4 2day.

© 1997 Chris Bock

EDUCATION GROUP— IMPORTANT DATES

Put these in your diary!



XMAS GET TOGETHER:

6-6:30pm Thursday 14th December 2006 at:

¾ Café Primo O’Connell Street North Adelaide

¾ RSVP to Brian Gardiner 0403 541 916

¾ or just turn up – we’d love to see you!

NEXT MEETING & FUTURE DIRECTIONS:

6pm Thursday 22nd of February 2007

¾ Conference room, Mental Health Resource Centre

If you only come to one meeting in 2007 make sure it’s this one as we will be discussing and planning 2007 and beyond for the Education Group!

A website of interest to carers: <http://w3.ouhsc.edu/safeprogram>
Mental Health Facts for Families, USA Dept of Veterans Affairs,
Family Mental Health Program, Oklahoma City Veterans Affairs
Medical Centre, Family Studies Team, South Central Mental Illness
Research, Education and Clinical Centre

Candles, Senses and Decisions of Life

Candles fulfill so many purposes in our lives that I believe many of our inbuilt keys that keep our senses alive, and keep us alive, can be described, metaphorically, as candles. While there are many, the main ones are 'Mental Strength', 'Hope', 'Faith', 'Will to Live', 'Self Esteem,' 'Peace', 'Emotion', and 'Love'; that burn with equal intensity, especially when we are in balance. They govern, and, by some quirk of nature also rely on, a range of senses or internal forces to keep burning at their designed intensity. However, the proportion of their strength does vary, and this is where balance becomes crucial. These senses or internal forces include: 'Motivation', 'Belonging', 'Purpose', 'Duty', 'Responsibility', 'Achievement', 'Satisfaction', and 'Pride'.

When it comes to decisions, these generally have a **yes** or **no** type answer, and this even covers '**to do or not to do**', because after all we decide **yes** we will, or **no** we will not, after thought and evaluation.

As a veteran in the fight against my depression, I have learnt many things about myself and starting at the top I discovered that one of the key candles, 'mental strength' is governed not only by a range of my senses but also a regular intake of "fuel"; ie medication, which is as essential for my wellbeing as is managing my senses because together they provide the correct "fuel" mixture to ensure that my candle of mental strength burns just right, not too rich and not too lean.

I also learnt that if I was to just stay in bed and wait for this correct mixture of fuel to take effect and make me feel better, I would be in bed for a very long time. We need to make decisions that lead to us getting our senses working, which together with the regular intake of fuel, will increase the intensity at which that mental strength candle will burn. The toughest decisions are always the ones that end in '**yes**', and the first one each day is, '**yes**' I will get out of bed even though in the early stages of the fight it is probably the hardest thing to do.

Having stimulated the sense of motivation after making the decision to get out of bed, it is important to reflect on what you have done rather than feel sorry for yourself. Just getting out of bed is for some a major achievement and by recognising this your sense of achievement will be awakened and this should also get the old sense of satisfaction working. These senses do wonders for the mental strength candle, and also, because it is very closely linked to the candle of 'hope', the most sacred of all, the 'Will to Live' candle. The importance of these strategies can't be emphasised strongly enough.

(Continued on page 10)

Sunsets

I love to see the day go by
To capture the beauty in the sky
The splendour of colour is splashed before my eyes
If I don't clasp it with my camera
The beauty of sunsets is forever on my mind.

© 2006 Phyllis Weatherstone,

Once Lost

I went through life feeling lost
All emotions hidden; at any cost.
Painful memories trapped within
Where did it all begin?

Thoughts would come, thoughts would go
How was I to ever know.
Lost in a world of pain and fear.
This I held so very dear.

Lost in a world of deep depression,
Then moments lost in succession.
Constantly trying to succeed
But all was lost; never freed.

Then I came to a point in my life
Where I could no longer face this strife
One night as I lay in tormented pain.
I asked if I could ever gain
Freedom from this great misery.

A precious gift I was to receive
If only I could believe
and take the step to look within
That is where it would all begin.

There was a child who needed love
Could this come from above?
A voice spoke to me deep inside
This was something I could not hide.

It was so gentle and so kind
At first it was foreign to my mind.
Then as the words spoke to me
I wondered, could I really be free?

Yes, this was the real me
Longing to be free.
Gradually I learnt and understood
This gentle voice was so good.

Day by day my strength returned
Could this pain be gradually burned?
Never again lost; finally free
I have a companion who is with me.

My furry friend who comforts me
This I treasure now, and forever to be
Now not lost, so now I'll live
Life to the full at a small cost
Never again to be lost.

© 2006 Christine Mufford.

Keeping you up to date



FROM THE PRESIDENT

Well, it took a year and a half, but the full and final stages of the merger of MIFSA and MDA have been completed. We now have an ongoing Board, which I am very proud to be chairing, ably assisted by Bob Burke as Vice President. I welcome a new face (to the Board at least!), Katrina Kalaburnis, to join a very experienced group of people that I know are a pleasure to work with.

As I read the papers for next week's meeting, particularly Natasha's report as Executive Director, I can't help reflecting yet again on how far we've come in a short time. So many great new and expanded services with more to come. Of course we still have financial problems, particularly with our 'core' funding, which is now well over \$50,000 a year short of what it takes just to meet the performance targets of the Department of Health. And we take every opportunity to remind them that this situation can't go on much longer. But there's been a lot in the last couple of years to be thankful for, and every reason to be optimistic about better funding in the future.

I'm so busy at the moment, I nearly forgot that this is my last chance before Christmas to wish everybody the best of everything. Whatever you're planning for the festive season, I hope it goes wonderfully well, and on behalf of all your Board members, Merry Christmas!

David Meldrum

VACANCY MIFSA BOARD OF MANAGEMENT

The Board is seeking a suitably qualified person to fulfil the role of an honorary Treasurer. This position is vacant following the 2006 AGM, and now a co-option is required.

Persons with appropriate experience in financial management, or other related fields are invited to register their interest.

The role of the Treasurer is to present financial advice and information to monthly Board meetings with the financial reports prepared by the Finance Manager.

It is anticipated that persons would also have an interest in mental health and working with a community organisation that provides programs for people affected by mental illness.

Please register interest by contacting Natasha Miliotis, Executive Director:

email: natasha@mhrc.org.au

phone: 8221 5160

post: MIFSA, PO Box 310, Marlestone, 5033

FROM THE EXECUTIVE DIRECTOR & GENERAL MANAGER



We are sure you can hear sighs of relief echoing from organisations around the country as Annual General Meetings conclude for another year. The Mental Illness Fellowship of Australia (MIFA), our national organisation, held its AGM in Canberra in early October. It is always exciting to meet up with fellowships from around Australia to progress national initiatives, proposals and projects.

Some of the programs undergoing development at a national level include two peer-delivered education programs: one for carers and one for people experiencing a mental illness. The short course for carers builds on the success of the Well Ways Carer Education Program with the acknowledgment that some carers are unable to commit to 12 month Well Ways programs. The short course will also be particularly suited for delivery in many rural and remote communities. The development of the peer program for consumers is also progressing well and is based on the same comprehensive information and resources found in the Well Ways program.

Locally at MIFSA, the last couple of months have included a successful AGM and ongoing work in guiding and shaping our current programs to best suit the needs of program participants, to continually assess and improve the ways we work, to bid for new programs, lodge proposals where we identify service gaps and advocate for adequate funding to meet service demands and outputs.

It has also been a busy time for recruitment and program growth at MIFSA. We recently advertised new positions in MIFSA's Psychosocial Groups Program and the Peer Worker Program. Both Programs are achieving fantastic outcomes and are ready to expand. Recruitment for the Sunflower Shops Coordinator position is underway as we also welcome Paul Horan, Mark Weston and Daniel Johnson who have been employed as Sunflower Shops Van Drivers to work on a roster to pick up goods from collection points and distribute to the five MIFSA Sunflower shops. Sean Haynes has taken a secondment from his position with the Keswick Activity Centre and extended his hours with the Psychosocial Groups Program to facilitate an exciting new group program. We therefore welcome Anastasia Michalopoulos who is acting in Sean Haynes' position as Activity Officer while the position is advertised for a six month contract during Sean's secondment.

(Continued on page 5)

Keeping you up to date

We also recently advertised for an IT Officer to work for the Mental Health Resource Centre. MIFSA's IT needs are growing rapidly with an expanding staff team, approximately 30 computers currently in use and increasing use of website, email and various programs and applications to meet program needs. The successful applicant is Aaron Powell who has been acting in the position of Sunflower Shops Coordinator.

Sadly the last month or so has seen the passing of two individuals known to MIFSA. Both families requested that in lieu of flowers donations be made to the Mental Illness Fellowship. This is always such a generous decision and also very humbling, inspiring us to strive ever harder to deliver quality programs for people affected by mental illness. Our thoughts have been with the families often during this time of grief.

Lastly, we recently read with interest a small article tucked away in a local paper. It reported that studies have found that people who are susceptible to depression due to a genetic vulnerability have a reduced risk of depression if they have a loving and supportive family! While many of us dream of a day when research will reveal ground breaking treatments for mental illness, it is still comforting to know that research continues to advise us of the benefits of a healthy diet, the importance of exercise, the healing benefits of sleep and the advantages of a healthy and loving support system. As the festive period approaches we hope you are able to share time with those close to you and we wish you all a peaceful and safe close to 2007.

Thank you to all our members, staff and volunteers for your input this year in growing and developing MIFSA. We look forward to continuing the work, support and education in 2007 and will be contacting you in coming months for input regarding our organisational vision and mission and feedback regarding a new logo.

**Best wishes
Natasha and Monique**

Vale — Trevor Parry

10/10/1947 — 15/11/2006

Trevor Parry was a mover and shaker in the mental health sector who was not afraid to challenge the way services are delivered and always ensued that the consumer perspective was foremost in decisions made.

Trevor's passion extended to many roles in the mental health sector including Treasurer of the Australian Mental Health Consumers Network, Chair of the Noarlunga Consumer Advisory Group, member of the Flinders Mental Health Advisory Group, and consumer and systems advocate.

Trevor recently was the recipient of the Consumer Award for providing excellence in the promotion of mental health services for those most in need or most at risk, at the recent 2006 Margaret Tobin Awards ceremony.

Trevor would often drop in for lunch at Panangga, chat with members about what he was currently involved in, and rally for support when members were able to join in the cause. Trevor shared his poetry with members at Panangga over the years, and members warmed to Trevor's light-hearted approach to life. His odd socks and quirky humour always brightened the day!

Trevor's individuality and passion for life, notwithstanding its adversity, was reflected in the colour, warmth and celebration of his funeral, or rather, celebration of his life. Trevor requested that family, friends and colleagues wear bright clothes, odd socks optional, with a bread tag in hand to continue his support for this venture which raises funds to support programs for people affected by mental illness. In lieu of flowers donations were requested to be made to MIFSA or Uniting Care Wesley.

Trevor will be sadly missed but his passion and commitment has inspired many and his work continues in many organisations and by many individuals.

Trevor Parry receives his Margaret Tobin Award at this year's Mental Health Week Launch. Far right, with the Hon Gail Gago, Minister for Mental Health, and Monsignor David Capo, Chair, Social Inclusion Board.



MIFSA Programs



MILESTONES FOR MIFSA'S WELL WAYS PROGRAM

- ¾ Commencement of seven Well Ways Programs within suburbs of Adelaide in the past six months. This makes eleven Programs of eight weeks delivered since funding was made available late last year. Each Program will have follow-up education and support sessions for twelve months.
- ¾ The extra enquiry about the Well Ways Program from the community has come about due to time (ie fifteen months from the commencement of the current grant), the success of the Program and former participants talking about the Program and its quality.
- ¾ The benefits to the Carers who have completed the Well Ways Program are confidence and empowerment to move forward knowing they can continue to live a full life, they have seen benefits for the individual whom they care for as well as for their wider family.
- ¾ The excellent pool of nine Facilitators (both male and female) makes planning of future programs easier and helps to fulfil outcomes and objectives to provide information and develop coping skills of carers of people with a mental illness in the community.
- ¾ Negotiations with the Central Northern Adelaide Health Service (CNAHS) to present the Well Ways Program to the newly appointed CNAHS Carer Consultants and to work in partnership to deliver the Program. This will provide opportunity to build resilience, knowledge and support for more Carers and their families in the CNAHS area.

WELL WAYS PROGRAMS FOR 2007

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

Bookings now being taken for the following initial 8 weeks/3 hr sessions:

MODBURY:

Monday **29th January**, 9:30am – 12:30am
Clovercrest Baptist Hall,
2 Famechon Crescent, Modbury North

WOODCROFT/MORPHETT VALE:

Thursday, **15th February**, 6pm—9pm
Woodcroft/Morphett Vale Community House,
Bains Road, Morphett Vale

ELIZABETH:

Thursday, **13th March**, 12:30pm—3:30pm
Grenville Hub, Grenville Street, Elizabeth

WINDSOR GARDENS:

Monday, **9th April**, 6pm—9pm
Danby Avenue, Windsor Gardens

KESWICK:

Wednesday, **11th April**, 12:30pm—3:30pm
Mental Health Resource Centre, conference room
1 Richmond Road, Keswick

PROSPECT:

Thursday, **26th April**, 6pm—9pm
Regency Road, Prospect

PLEASE NOTE: DATES AND TIMES MAY CHANGE

**Please phone Maureen on 8221 5160
to confirm details**

BOOKINGS ARE ESSENTIAL

NUMBERS ARE LIMITED

WELL WAYS FUTURE PLANS

- ¾ Training of further Carers as Well Ways Facilitators (male and female) is planned for 2007 to keep up a good number of available Facilitators.
- ¾ Twelve Well Ways Programs have been planned for 2007. These will be held in various locations and times to suit the many individuals wishing to complete the Program. It is important that people register their interest to take part in any of these Programs as early as they can.
- ¾ The quarterly education and support Program which forms part of the continuing twelve month component of the Well Ways Program for participants is held in the Conference Room at the Mental Health Resource Centre, Keswick during March, June, September and December each year.

Notice of Programs being planned later in 2007 — dates / venues still to be finalised:

SEAFORD: June/July/August 9:30am-12:30pm
Seaford Ecumenical Centre,

MARION: July/Aug/Sept 9:30am-12:30pm

KENSINGTON: July/Aug/Sept 6pm-9pm

ELIZABETH/SALISBURY: July/Aug/Sept 6pm-9pm

KESWICK: Oct/Nov/Dec 6pm-9pm

HENLEY BEACH: Oct/Nov/Dec 9:30am-12:30pm

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

**For more details about the Well Ways Program
Please phone Maureen, 8221 5160**

MIFSA Programs



PEER WORKER PROGRAM

The Introduction to Peer Work training in the metropolitan area has been on hold since August because we (MIFSA and Baptist Community Services) did not want to train up too many more people than could currently be employed in peer worker positions. Training and Information Sessions will resume in the new year.

I have spent the time from August consolidating the peer worker programs which MIFSA has developed since we commenced the Peer Worker Program in October 2005. I have also been reflecting on MIFSA's niche in the delivery of peer worker programs. Gradually I have realized (I think I must be a bit slow...) that MIFSA's strength is its 'consumer voice' and the willingness of our members to share their experience of mental illness and its management.

It is wonderful that we work jointly with Baptist Community Services (BCS) to provide information sessions about peer work and the 'Introduction to Peer Work Course'. This partnership has allowed an easy, streamlined path for people to get into peer work.

Baptist Community Services has developed a 'Certificate 3 in Community Services: Mental Health (non-clinical)' in conjunction with the Australian Nursing Federation. Their model is to encourage employers to offer traineeships to mental health workers. Such traineeships provide both on the job and off the job training. People completing the Introduction to Peer Work Course are well regarded for such traineeships, and have won places with Central Northern Adelaide Health Service and Life Without Barriers. BCS provides a mentoring / 'intervision' program to support these trainee-employees.

MIFSA has formed a Peer Workforce that enables employers to easily contact peer workers when they have positions available. All participants who complete the Introduction to Peer Work course are eligible to register. Employers may contact me because they have a traineeship available, or may need someone on a casual or sessional basis, for example to sit on a staff selection panel or assist in staff training. The beauty of the Peer Workforce is that it enables me to match the employer's needs with the peer worker's. We have had some very good results, and it is likely that each use of the Peer Workforce creates future opportunities. One possibility suggested by an outreach worker recently is the use of peer workers to accompany support / outreach workers when they first visit clients in the community. Ideally, many peer workers will become support workers but many organisations require Certificate 3 or 4 Level training (which is the thrust of the BCS / ANF training course) so the use of peer workers to accompany support workers on occasions and use their lived experience of mental illness to engage other consumers is an exciting, and very valuable, option for service providers.

The Peer Workers themselves, old and new, are rallying at a BBQ to be held at MIFSA on Saturday 2 December. The need for people to get together, get to know each other and identify common issues has been talked about for a long time. Mark Weston suggested the barby and also offered to cook!! MIFSA is perfectly placed to support such initiatives.

The more I think about peer support, the more I realise that this is what MIFSA does. We are a Fellowship, and our members support each other. Activity Centres may not be fashionable for funding, but the support, respect, understanding and inspiration that our members provide to each other lies at the heart of Peer Worker Programs and the Recovery orientation of Mental Health Services.

Maggie Mars
Peer Worker Program Coordinator
maggiem@mhrc.org.au

PSYCHOSOCIAL GROUPS PROGRAM

Thank you to those who have attended the groups this year, we hope you enjoyed them as much as we have. We look forward to welcoming new and familiar people in the New Year.



In January we are collaborating with The Eastern Community Mental Health Service (CNAHS), COMIC, and Carers Support and Respite Centre to provide a holiday program for people with a mental illness and their children. This will incorporate sharing, learning and fun for all.

In February we will begin our next round of groups— the topic will be on Psychosis.

If you are interested in attending either please contact us on 8221 5160.

We wish you all a safe, prosperous and happy Festive Season.

The PGP Team
Psychosocial Groups Program Coordinators
email: jane@mhrc.org.au or diane@mhrc.org.au

Volunteers

You are one of over 4 million
Volunteers around Australia!



TO SUNFLOWER SHOPS VOLUNTEERS

Well silly season is upon us, and it's the time to get jolly, as we decorate the shops with tinsel and all things Christmassy. We will also start playing Christmas music on the radios. As far as business goes, trading is improving as customers start their frantic Christmas shopping.

As some of you will be aware, two new van drivers have been appointed. Paul and Mark have started to collect from our always overflowing bins and deliver the donations of goods, and with Daniel, will work on a rotating basis on Tuesdays and Fridays. Welcome guys, it is good to have you on board. I look forward to working with you all in setting up a smooth working routine together.

Many of you are probably wondering about recruitment for the Sunflower Shops Coordinator position. I would like to inform you that I have been successful in securing another position within MIFSA, but may still be called on to fill in as Shop Coordinator from time to time. However, I will continue in an acting role until a new person is appointed. I will be assisting management with the selection process to ensure you're all well looked after, and will also train the new Coordinator. Once again I would like to thank you all for being so supportive.

Finally, the annual Volunteers Celebration is just around the corner, (Thursday 7th December). This year partners are invited (at a small cost) and with a larger venue, I do hope to see you all there.

Aaron Powell
Acting Sunflower Shops Coordinator

MIFSA VOLUNTEERS FUNCTION

is held annually to acknowledge and thank all MIFSA Volunteers for the valuable work done, skills offered, talents shared throughout 2006 to assist MIFSA in its service delivery and fundraising ventures.

All Volunteers have received a personal invitation and we look forward to seeing you there so that your valuable contribution to MIFSA can be acknowledged (*if you have been a MIFSA volunteer during 2006 and have not received your invitation please contact Carol, 8221 5160*).

MIFSA Board and management are pleased to be able to hold this function off-site at a larger venue to enable volunteers' partners to attend also (at a small cost); and therefore resolve the difficulties some volunteers had experienced in previous years to attend.



Hope Awards—Short Films

Featuring eight short-listed finalists from a unique short film competition launched to create stories of hope for people with mental illness, and their carers. Good education tool.

DVDs now available for loan from MIFSA

VOLUNTEERS WANTED—PANANGGA ACTIVITY CENTRE

ACTIVITY CENTRE ASSISTANT
Mondays, Wednesdays & Thursdays
10am—4pm

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.

SANDWICH ARTIST
Mondays (temporary need) and 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.

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

Fundraising



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**

RIDGEHAVEN, Shop 4, 1267 North East Road (opposite the
St Agnes Shopping Centre) **Ph: 8396 2866**

SALISBURY NORTH, Trinity Crescent Shopping Centre
Shop 9, 41 Bagster Road, **Ph: 8281 6942**

SEACOMBE GARDENS, 577 Morphett Road
Phone: 8298 3051

SHOP VOLUNTEERS WANTED

Would you like to join the Sunflower Shop teams? 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.

**Looking for voluntary work? Enjoy meeting people?
Committed to supporting MIFSA? Please contact
Aaron on 0409 697 432.**

MENTAL ILLNESS FACT SHEETS SERIES

Developed by Mental Illness Fellowship Victoria, this Series of 30 Fact Sheets have 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

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.

Bread Tags

The tally of bread tags collected by our members and the general public, both in South Australia and interstate is now over 800kg, additional to the 400kg already sold.

Thank you to all our collectors for a fantastic effort!

Also thank you for the efforts of our volunteers in picking them up from collection points, weighing and bagging are greatly appreciated.

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

Glenside Campus Kitchen	Procter, Para Hills
TAFE SA, Pt Augusta Campus	E Monogios
Unley High School canteen	Bev & Ed Manning
Janet & Rob Ingleton	Mrs K Nilsson
Pt Adelaide Mental Health	Pat Marshall
Traralgon Baptist Church	Joan Winter
Chris Forte	Tranmere Bowling Club
Athelstone Social Club	Paradise Gardens Village
Glenelg Lodge	Concordia Lodge
Geoffrey Moffatt	Millicent Medical Centre
WR & DA Siviour	

Bureau of Meteorology, Victoria
Flinders Medical Centre Kitchens
Nandaly Progress Association (Vic)
Bureau of Meteorology, Melbourne
Advertiser Newspapers—the advertising girls
Mental Health Services for Older People, Findon
Southern Mental Health Services for Older People
Parish Justice & Peace Group, Noarlunga Catholic
Parish—whose latest tally is 203,228 bread tags!

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!

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.

THANK YOU ALL—KEEP COLLECTING ON!

For Your Interest

Candles, Senses and Decisions of Life cont....

Having made this very important breakthrough, the next step is to set a schedule that provides for an equitable mix of work, rest and recreation. I have a schedule for weekdays and one for weekends. Schedules help to establish routines, which are in many ways just habits; except these are really good habits that also fulfill a terrific role in maintaining that mental strength candle.

They also serve to get that long lost sense of purpose working again. As time goes by, and the intensity of the mental strength candle increases as the sense of purpose, achievement and satisfaction get stronger, it is essential to challenge yourself by adding to your schedules, to get all these, as well as other senses like: belonging, duty, responsibility etc, working again. These not only feed the candles of mental strength, but also self esteem, faith (especially in yourself), and probably many others that I have not even identified yet. They all play an essential part in recovery and stability, together with your diligence in regular intake of fuel (medication) for the mental health candle.

An idea that may engender a sense of duty is gardening, which can be done according to a schedule. The scope of gardening may be simply maintaining a range of pot plants, or establishing a more substantial garden. Nurturing plants with maintenance of the soil, providing the correct balance of nutrition, harvesting and using vegetables you've grown, or if flowers are the focal point, picking them for show in your own home. This provides lots of satisfaction that keeps that sense stimulated and wanting more and more. Other senses involved are achievement and even pride in what you have done because the sense of pride feeds the candle of 'self esteem'. *(Tip) White foam boxes from the green grocer serve a terrific purpose for container gardening, even for tomatoes.* Growing plants from cuttings is also very good for the sense of satisfaction, and friends and neighbours are generally quite happy to let you have cuttings and maybe even some of their excess bulbs, seedlings and even plants.

Even basic housekeeping engenders the sense of purpose and duty. My own schedule for Saturday mornings that motivates me to get out of bed is the range of housekeeping duties that I do, especially when my wife works on Saturday mornings. Housekeeping can seem a tiresome chore but I see it as an opportunity to keep building on the strength of the sense of duty, achievement, satisfaction, and pride, which causes my candle of self esteem to really burn bright when I am finished and the house is spic and span, the washing is done and hanging out on the line, and the dishes are all done and packed away.

Another idea is to join a community organisation, such as MIFSA, and review your schedule to ensure your regular attendance. This also helps with the sense of belonging, and this in turn re-lights your "warm and fuzzy" candle, which, together with the sense of achievement and satisfaction, go a long way to helping us feel good.

This sense of belonging provides the means to expand the cycle by challenging you to make decisions on the scope and number of activities you get involved in, including social, creative, personal development, and even volunteer activities. Remember that when making decisions the secret is that the hardest answer is generally the right one; and mostly that answer is **Yes!**

Sitting around for any length of time and doing nothing but probably dwelling on the misfortunes and injustices of life and feeling like a victim, never did anyone any good, even though it is probably the easy thing to do. It is vital that you challenge yourself and get involved and as time goes by, get even more involved because the priceless reward for involvement is another terrific thing called "recognition" that again stimulates the senses of achievement, satisfaction, and pride which fuel the candles of mental strength, self esteem even more and by now the sense of motivation should also be stronger than it has been for a long time.

To summarise:

- æ Diligently taking the prescribed "fuel" for your mental strength candle is in itself not enough to fully revive it. You have to recognise that making hard decisions and motivating yourself to carry them out is essential to wake the senses that work in conjunction with the fuel.
- æ Reflect back on what you have done each day, this gets your sense of purpose, achievement, satisfaction and even pride working again. These are all as essential as anything else.
- æ Challenge yourself to get involved so that your other important sense of belonging and duty get stimulated and as you progress along this path standby for the priceless reward of recognition that should really stimulate your sense of pride and fire up your candle of self esteem.
- æ Most importantly, the 'law' of candles dictates that the most sacred candle of all is the 'will to live'. All the other candles are fed off our senses and they in turn feed the 'will to live' candle. Any or all of the other candles may burn with varying degrees of intensity, they do in everybody and not only us who fight depression.

(Continued on page 11)

For Your Interest

(Continued from page 10)

æ Should the key candles just flicker or go out completely the candle of 'hope' and 'will to live' will also weaken. So long as the 'hope' candle even just flickers there remains opportunity to build it up and by so doing also revive the others. If, however, the candle of 'hope' goes out completely, the 'will to live' candle could also. The importance of working in partnership with our medical professionals can therefore not be over emphasised. Neither can the need for us to do our own bit in partnership with our fuel for the candle of mental strength, it has to be an all round team effort.

It is not easy, and never is; but if I can do it anyone can! Progress may be emotionally painful and slow but it is far better than making the easy decisions and making no progress at all.

Brian Gardiner

with thanks to Pam Kelly for the inspiration

National Prescribing Service Limited (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.

'YOUTH MENTAL HEALTH FIRST AID'

ORYGEN Research Centre has welcomed the announcement by the Australian Government of the awarding of \$700,000 through the National Suicide Prevention Strategy, to the Mental Health First Aid team. The funding is for the development and national roll out of the first youth specific Mental Health First Aid course.

The Youth Mental Health First Aid course will provide skills to people such as teachers and parents on how to provide initial help to a young person with an emerging mental health problem, or who may be experiencing a mental health crisis. The Youth Mental Health First Aid Course is expected to be developed by early next year, with training of Instructors to commence soon after.

For further information on the Mental Health First Aid Program visit <http://www.mhfa.com.au/> or contact Michelle Marven at ORYGEN Research Centre on 0401 825 772.

POSTNATAL DEPRESSION DVD & VIDEO AVAILABLE FREE

The Rural Health Education Foundation is delighted to announce that thanks to the generous support of beyondblue: the national depression initiative, the Foundation's program on postnatal depression is now available free on DVD and VHS video. For further information about this program go to Rural Health Education Foundation website. To order your free DVD or VHS video copy of Postnatal Depression (*one per person or organisation only within Australia*), please email: rhef@rhef.com.au; or ring (02) 6232 5480.

BLACK DOG INSTITUTE 2006/2007 WRITING COMPETITION: 'THE GETTING OF WISDOM... MANAGING THE HIGHS OF BIPOLAR DISORDER'

The Black Dog Institute are inviting sufferers of Bipolar Disorder, family members, friends and interested professionals to tell how to manage the elevated mood, the 'high', that is characteristic of this illness. By people sharing these stories with others, it will help the Institute develop a grassroots Consumer Bipolar Disorder Survival Kit.

Entries are to be in the form of a written article (of up to 1500 words) and must address the topic of 'managing the bipolar disorder highs and the getting of wisdom'. The closing date for receipt of entries is 31 January 2007.

For more information go to the Black Dog Institute Website: <http://www.blackdoginstitute.org.au/>

GOOD NEWS STORIES WANTED FOR COPMI

The COPMI (Children of Parents with a Mental Illness) project is wanting to expand the 'Worker' section of it's website. This will include more information for workers such as police and ambulance officers who may be called out to situations involving a parent with a mental illness and their children.

If people have some 'good news stories' to share about how police and ambulance officers have dealt well with these situations, please contact Elizabeth Fudge, fudgee@aicafmha.net.au. For more details about COPMI go to the COPMI website: <http://www.copmi.net.au>

Go to Auseinet website: (Australian Network for Promotion, Prevention and Early Intervention for Mental Health) <http://www.auseinet.com/noticeboardausei90.php>

For the latest news in the area of promotion, prevention and early intervention for mental health, and additional news relevant to Consumers and Carers.

For Your Interest

SUCCESSION PLANNING FOR CARERS — Discussion Paper

The Australian Government Department of Families Community Services and Indigenous Affairs (FaCSIA), is seeking information about the needs of parents and immediate family in planning for the future care and support of a person with disability. Information collated from this process will be used by the Department to develop future policy including identifying areas where further research may be required on the needs of carers.

The purpose of this discussion paper is to provide background information on the recent initiatives implemented by the Australian Government, and seek submissions from individuals or organisations on their needs regarding planning for future care and accommodation for people with severe disability.

Increasingly many people with disabilities are enjoying a longer life-span and overall better health. For those who are cared for by parents or other informal carers, this often means they will outlive their carer, or live to an age where their carer is no longer able to provide care. However, there is relatively little information or data (either Australian or International) that clearly defines what the needs and priorities of this group are in relation to succession planning.

Understandably, many parents and carers are concerned about what will happen when they are no longer able to provide care. Of significance is evidence emerging in Australia and other countries that few parents and carers have made comprehensive plans for future care, accommodation and support, and that they are reluctant to engage in such planning.¹ The reasons for this are varied. Some carers report that 'coping with the present' is difficult enough, others believe they are going to live longer than their children, and a number of carers experience frustration and confusion about the lack of information and services when trying to undertake planning,² whereas others are willing to contribute financially but don't know how to start, or are discouraged by complexities in the social security and taxation systems.

The Australian Government recognises that all levels of government—federal, state/territory and local—as well as community organisations and the business sector, currently provide support for carers and those who they care for. Examples of this support include income support and allowances, accommodation and personal care, respite, transition support, community access, education, employment, therapy, equipment, transport, home modifications and accessible environments.

PUBLIC CONSULTATIONS are being conducted nationally. Date and time for Adelaide will be **Tuesday, 12th December, 9am—12noon**. Venue still to be confirmed; for details please phone Pam or Carol at MIFSA, 8221 5160 closer to the date.

In 2002, the Australian Institute of Health and Welfare reported that 12,500 people with disabilities needed, but could not obtain, an accommodation support service. Many of these would be people with disability whose parents were over 65 years of age and were still caring for them at home. The Australian Institute of Health and Welfare also stated that despite substantial increases in funding by the Australian, state and territory governments, there remains unmet need in the areas of accommodation and respite services, community access services and employment supports.

As part of the 2004-05 Budget, it was announced that the Australian Government would take a lead role with state and territory governments to develop options for better planning for ageing parent carers:

- æ To give people with disabilities choices about their accommodation, especially as their carer ages;
- æ To give ageing parent carers more certainty and peace of mind about their children's future; and
- æ To assist families to manage the transition between living at home and living in independent accommodation.

RECENT ANNOUNCEMENTS

On 13 October 2005, the Prime Minister announced a package of four measures worth \$230.5m to assist parents and immediate family members wishing to make private financial provisions for the current or future accommodation and care of a son or daughter with severe disability.

- æ The major component of the package allows parents or immediate family members, from 20 September 2006, to place up to \$500,000 into a Special Disability Trust for the current and future care and accommodation of the person with severe disability, without being affected by social security means tests, including gifting rules.

This means that the trust will not impact on the beneficiary's income support payment, such as Disability Support Pension, nor will the gift impact on the gifter's pension or Department of Veterans' Affairs service pension or income support supplement if they are of Age Pension age. More information on Special Disability Trusts can be found on the Department's website: www.facsia.gov.au

(Continued on page 13)

For Your Interest

- æ Other assistance provided in the package of measures includes access to mediation and counselling services for families who may be at risk of experiencing family conflict when it comes to making decisions over gifting bequests or other private provision arrangements, and a future planning information booklet to assist parents in the decision making process.
- æ The final component of the package (which is the purpose of this discussion paper) provided funding for consultations and research on the needs of parents beyond those outlined in the package, in relation to the future care and support of a son or daughter with severe disability.

The Australian Government is seeking information from parents and family carers on the core challenges and issues faced by parents and families planning for the future care and accommodation needs of a person with severe disability.

ISSUES

When planning for the future, there is no 'one size fits all' solution for people with disabilities and those who care for them. For example, it is recognised that establishment of a Special Disability Trust will not be suitable for all parents or carers. However, it is important to explore further issues that may include:

- æ What prevents parents and families from planning for the future?
- æ What could be done to encourage private provisions within families?
- æ Are other informal arrangements or schemes needed to assist parents or carers' who wish to provide for their child with a disability over time?
- æ Are there innovative models of accommodation that would assist parents and families make provisions for their child with disability?

Parent carers often express concern about the lack of available supported services for care and accommodation of their son or daughter with severe disability. They have also stated that there are barriers, including complex legal issues and financial disincentives, to their plans to establish future financial support for their child.

Currently there is little information on these barriers as well as the issues faced by cooperatives, associations and/or companies seeking to establish disability care and supported accommodation services.

Also, as the accommodation needs of people with severe disability vary greatly there is limited information on the diversity of those needs, the innovative models of accommodation needed to meet them, or the barriers faced in trying to establish such approaches.

Encouraging parents and families to plan for the future is not limited to choice of accommodation. Often parents and families are overwhelmed with the complexities in planning, particularly through mechanisms such as trusts.

This raises the question as to whether other options may be available to assist parents and families plan for the future care of a child with severe disability.

MAKING A SUBMISSION

Individuals or groups are invited to provide submissions to the Department of Families, Community Services and Indigenous Affairs on the needs of carers planning for the future care and support of a person with disability.

The closing date for submission is 15 December 2006. Submissions received after this date may not be considered. Submissions should be made in writing and posted to:

Succession Planning for Carers
Carer Policy Section
Dept of Families, Community Services &
Indigenous Affairs
Box 7788
CANBERRA MAIL CENTRE ACT 2600

Further information about the Department's package of measures to assist parents wishing to make private financial provisions for the current and future accommodation and care of a son or daughter with severe disability can be found on the Department's website www.facsia.gov.au Any enquiries prior to the closing date can be directed to 1800 081 549.

SUBMISSION SIZE

Submissions up to five (5) A4 pages in length are preferred.

PRIVACY STATEMENT

The Department of Families, Community Services and Indigenous Affairs (FaCSIA) is in the process of engaging a contractor to collate the information provided as part of the 'succession planning for carers' consultation process. This may involve the collection of your personal information. Some of your comments or quotations, which are collected under this process, may appear in a final report developed for FaCSIA.

The personal information you provide may be accessed and used by FaCSIA for the purpose of the 'succession planning for carers' consultation process. Your personal information will not be used for any other purpose or be disclosed to any other individual or organisation without your consent, unless otherwise authorised by law. The contact details you provide will not be added to any mailing list.

1 Bigby, C "Transferring Responsibility: the nature and effectiveness of parental planning for the future of adults with intellectual disability who remain at home until mid-life", 1996 p296

2 Keyzer, Carney and Tait "I hope he dies before me", caring for ageing children with intellectual disabilities and against the odds: parents with intellectual disability". A review of legal service and options for people who lack competency and their carers, report to the disability services sub-committee, August 1997, p36-37.

For Your Interest



RELATIVES AND FRIENDS OF PEOPLE WITH A MENTAL ILLNESS TO RECEIVE MORE SUPPORT

ARAFMI (Association of Relatives and Friends of the Mentally Ill Inc) this week announced its decision to wind up the organisation and transfer its services to Carers SA. ARAFMI was established in 1978 by a group of carers who identified a need for a service to specifically address the needs of carers of people with a mental illness. Since that time it has provided a valuable service for hundreds of carers in SA.

President of ARAFMI, Ross Mittiga, said that whilst it was a difficult decision for the Board and members to make, as a small organisation it was increasingly difficult to meet its obligations. "As a result, we decided to be proactive in identifying options that would ensure that our funding was retained and that our services would continue for our members," Mr Mittiga said. "Our ultimate concern was how ARAFMI could ensure the best service possible for carers of people with a mental illness in SA. In winding up ARAFMI, our members agreed that Carers SA had the capacity and potential to provide a wider and better range of services to our members and a bigger voice along with other carers," he said.

CEO of Carers SA, Rosemary Warmington, said it's a difficult decision for such a dedicated group to make but knows it was done in the best interests of the ARAFMI members. "We welcome all of the ARAFMI members to Carers SA," Ms Warmington said. "Being connected to Carers SA will give carers access to a wider range of services across the state, including retreats, respite, education, workshops and forums, counselling, support and information and advisory service".

The service will be operating from 2007 following a short transition period.

THE HEALTH CONSUMERS ALLIANCE INC OF SOUTH AUSTRALIA (HCA) is a



not for profit, peak community organisation for health consumers using SA health services.

Health Consumers Alliance has a membership of both individual and organisational members and their common goal is to provide a strong, independent and effective voice for SA health consumers. HCA has a strong commitment to reflect and represent the feelings, views and opinions of health consumers.

For more information go to: www.hcasa.asn.au.



PEOPLE SUFFERING FROM DEPRESSION AND HEALTHY CONTROL PARTICIPANTS ARE SOUGHT FOR TREATMENT STUDY

The purpose of this research is to bring together measures of brain and body function to explore the best indicators of depression and its treatment. Findings from this study may help determine which future treatment patients experiencing depression will or will not respond to, even before treatment is administered.

People (18 - 79 years) suffering from depression and also healthy control participants, are sought to participate in this study which will involve neuropsychological testing and the measurement of brain function and genetics before and after medication. You will be reimbursed for costs incurred in participating in this study (for example, travel costs).

This study is run by Flinders University in conjunction with The Brain Dynamics Centre, Sydney under the auspices of Professor Richard Clark, Flinders University and Professor Alexander McFarlane, University of Adelaide

More details can be obtained from **Rebecca Penrose** on (08) 8201 3088 or rebecca.penrose@flinders.edu.au

Potential participants will be required to satisfy study criteria.



HIGH BEAM FESTIVAL—2006

Following the past success of High Beam Festivals a new invigorated **High Beam Local** will come to life in Adelaide in December to coincide with International Day for People with Disabilities (3rd December). From 2007 **High Beam Global** will be part of the Adelaide Fringe.

Go to www.artsaccess-sa.org.au for a full list of activities commencing 1st December through to 22nd December. **Club Cool Under Lights**, 'Adelaide's hottest, hippest disability dance party for 2006', featuring *J-Hoe*, the *Fine Lines Band*, *MC Frost* and *DJ Dubarama*, will be at **The Gov**, 59 Port Road, Hindmarsh, **Sunday, 3rd December, 8-10:30pm** (tickets: \$15, concession \$10

Sponsored by Arts SA and the SA Department for Families and Communities

Arts Access SA is the peak organisation for arts and disability in South Australia. Arts Access SA advocates for access and participation in South Australia's arts and cultural life by all people with disabilities, recognising that the arts have become the language of the disability cultures.

For: **Can Brain Scans See Depression?** By Benedict Carey, New York Times, Published: October 18, 2005, go to: www.nytimes.com/2005/10/18/health/psychology/18imag.html?ex=1287288000&en=623b95b778748ffa&ei=5088&partner=rssnyt&emc=rss

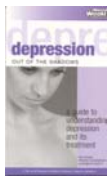
Book Corner

BOOKS FOR SALE :



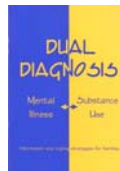
A LIFELONG JOURNEY; Sarah Russell
Staying Well with Manic Depression / Bipolar Disorder; provides evidence that people with manic depression/bipolar disorder can, and do, stay well. **\$19.95 + \$3 p&h**

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**



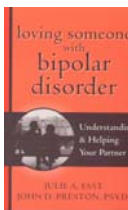
DEPRESSION: OUT OF THE SHADOWS; Ian Hickie, Tracey Davenport & Elizabeth Scott a guide to understanding Depression and its treatment. **\$8.80 + \$2 p&h**

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**



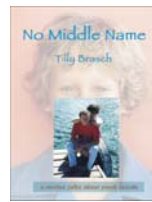
MIFSA RECIPE BOOK



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.

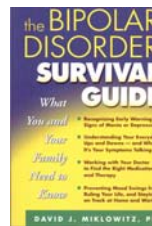
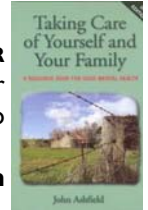
We have aimed to provide a complete range of nutritious and very tasty meals for every day use and for those special occasion dinner parties.

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**



at Panangga

Book Club Discussion Group — Tuesdays, 2pm

Share your knowledge and experiences of your book reading

Writing for Pleasure

1pm—2:30pm

Come and join this new group, and see where it may take you!



Creative Writing Workshops

Wednesday, 17th January 2007; 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. Classes are held at the Mental Health Resources Centre—in a quiet room.

Topics covered:

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

The tutor is a qualified adult literacy tutor and studying for an advanced diploma in Arts at TAFE. He has four short stories and a poem published.

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.

Our last meeting for 2006; will be our "Christmas Bash" on **Monday, 11th December, 6:30pm** at the **Marion Hotel**. Fun and friendship—a good meal; cost approx \$12—and a rumoured visit from the old chap in the red suit. Please bring a gift to value of \$3; girl's for girls—fella's for fellas. **BOOKINGS AT THIS TIME ESSENTIAL**. Contact Narelle, 8278 5796 by 5th December. Please join us.

NO MEETING IN JANUARY—first meeting in 2007 is February 12th; details in February/March edition of MIFSA News.

Those unable to attend meetings are welcome to phone Narelle to arrange a time to meet for a coffee and chat.

Take Care, 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

NO MEETING IN DECEMBER;

Next meeting: 23rd January 2007

MURRAY BRIDGE MENTAL HEALTH SUPPORT GROUP: Meetings are held every Monday afternoon, 1:30pm—3pm at Murray Bridge Community House, 18 Beatty Terrace, Murray Bridge.

Contact: Laurel, 8532 6157 to confirm weekly programs.

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.

Next meeting: Tuesday 12th December, 7:30pm
Newcomers welcome

Please note: NO MEETING IN JANUARY
enquires: Peter Gurner 8362 6740

GROUP NORMS

Respect

We all come from a diverse range of backgrounds and cultures and need to be able to express our thoughts and feelings about all kinds of topics. Please do not expect fellow supporters to adopt your views/beliefs.

Privacy

Refrain from sharing personal information such as telephone numbers and/or addresses until firm, trustworthy friendships are developed. Please do not pass on other people's contact details to a third party.

Confidentiality

As members of the group it is anticipated that everyone will support each other by keeping thoughts and feelings which are shared in the group confidential.

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.

NO MEETING IN DECEMBER

Next Meeting: Wednesday 31st January 2007

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:

Meets every Monday 2:30—4:30pm

Centre for Positive Ageing
Cadell Street—Cnr Hays Street, Goolwa
Facilitator Helen Jones: 8555 1021

Activity Centre Services



KESWICK ACTIVITY CENTRE is a consumer driven community based service that aims to promote well-being 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. Any person affected by

mental illness can access our services and no referral is required. So if you would like further information or to arrange an appointment for an orientation please do not hesitate to contact us. (The mural alongside is by members of the Activity Centre).

Jenny Pessios
Keswick Activity Centre Coordinator
jpessios@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 10am 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.

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

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.

www.support@Keswick

Tim provides internet support on:

Thursdays, 12noon - 1:30pm

Fridays, 12noon - 3:30pm



ART CLASSES

at Keswick: **Thursdays 12:30—3:30pm**

Saturdays 11:30am—2:30pm

at Panangga: **Wednesday 1-3pm**

WALKING GROUPS

Keswick—Tuesdays 1:30pm

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



Panangga — Thursdays, 1pm-3:30pm

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



MASSAGE

at Panangga—Cost: \$1

Wednesdays, from 10:30am—1:30pm

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.



HAIRDRESSER—AT PANANGGA

For MIFSA members

Tuesday 10am—12noon

and Fridays all day

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)**



Activity Centre Services

FREE INTERNET ACCESS

AVAILABLE DAILY

At Keswick and Panangga

During Activity Centre Hours



MONDAYS

Panangga:

Games: cards, scrabble, uno, skipbo or bocce
Free coffee / tea all day
Video 1pm—3pm drop in and watch a latest video

MEMBERS MEETING at Keswick

Thursdays, 7th December &
4th January 2007, 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
Accommodation Service, 1—4pm
(first & third weeks each month)
Walking Group, 1:30pm
www.support, 12 noon—1:30pm

Panangga:

Haircuts, 10am—12noon
Lunch —toasted sangas, \$1.50
Coffee Shop, (leaving Panangga at 1:30pm)
Book Club discussion group, 2pm

WEDNESDAYS

Keswick:

Lunch Special — hotdogs (sausage sizzle, first Wednesday of month)
Creative Writing 1—3pm, 17th January 2007

Panangga:

Massage, 10:30am—1:30pm
Discussion Group, 11am-12noon, with guest speakers, then stay for a bbq lunch
Art, 1—3pm (fun & relaxation)

SOUTH COAST EXCHANGE

Friday, 15th December
At Panangga

**TAKE AWAY
FROZEN FOOD SERVICE
at Keswick - COST \$2.50**

THURSDAYS

Keswick:

Members meeting, 1:30pm—7th Dec, 4th January
Foot Reflexology, 10am—5pm
Art 12:30—3:30pm

Panangga:

Supported Computer Time, 10am—12noon (by appointment)
Writing for pleasure 1pm—2:30pm (ring to confirm dates)
Community Walks, 1pm—3:30pm

FRIDAYS

Keswick:

www.support, 12noon—3:30pm
Cooking for One classes, 2-3pm
8 Ball Blitz, 2pm, second & fourth week each month

Panangga:

Haircuts, all day
Hot Lunch, 12 noon plus quiz / crosswords / games
Yoga, 1:30pm
South Coast Exchange, Friday, 15th December

FOOT REFLEXOLOGY at KESWICK:

Tuesdays & Thursdays 10am—5pm
Saturdays 10am—2pm

Relax and be revitalised.

Relieve the stress of daily life with
Ray's Rejuvenating Foot Reflexology.



ACTIVITY CENTRES PUBLIC PHONES

KESWICK: 8410 5249

PANANGGA: 8186 6482



SATURDAYS

Keswick:

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

Activity Centre Services



DAY TRIP OUTINGS—From Keswick

NO DECEMBER OUTING:

FIRST OUTING IN 2007

30th JANUARY — Sightseeing at Hahndorf

Lunch in the park (purchased from Otto's Bakery)

Bus leaves Keswick, 10:15am sharp

COST: \$5 plus spending money

Come join us with our new exciting outings. It's a great chance to socialise with some great people and have fun.

SEATS ON THE BUS ARE LIMITED

BOOK WITH KATRINA OR ANASTASIA ASAP

MIFSA members' Christmas Lunch

Tis the season to be jolly! ★

Join us for an afternoon filled with fun and all you can eat BBQ and soft drinks



Thursday 21st December 12 noon

Souta Park, Albert Street, Goodwood ★

(meet at the location—NO transport provided)

Fun day getting together; group games and races including 'celebrity heads' with prizes; and lots of giveaways!!



\$5 entry

BYO water and rugs to sit on

Bus route 203 from:

Stop A2, outside Government House, City

Stop DI, King William Street, City

Stop I, King William Road, Goodwood (*Albert St runs off*

King William Rd, walk towards Goodwood Rd, Souta

Park is on the left hand side — see UBD map 130)



RSVP to Katrina or Anastasia, by 15th December
(for catering purposes)

Yoga at Panananga

Fridays, 1:30pm

Come and try out some yoga, and build both physical and mental strength (*wear something comfortable*)



Guest Speaker, Barb Miller, Community Health Counsellor, will be at Keswick Activity Centre, **Friday 19th January 2007, 11am**

for members interested in hearing about drug and alcohol issues affecting people with a mental illness and services that you can link into for help.

Accent Health & Safety SA—working together for wellbeing

'AMERICA DAY' LUNCH SPECIAL

Wednesday, 31st January; 12 noon



Dress up American style and join us for a delicious hamburger and hot chips on the side. Followed by a new release DVD

Cost \$5 (with free can of soft drink)

BOOKINGS ESSENTIAL

Contact Katrina or Anastasia, 8221 5160

For catering purposes please RSVP by Friday 26th January

COOKING FOR ONE CLASSES at Keswick, Fridays 2-3pm

Want to learn how to cook?

Or improve your culinary skills?

We provide the one-on-one cooking support and kitchen facility.

You provide the recipe and ingredients.

And you get to eat it too!

Please contact Pat at MIFSA (*Fridays only*)

8221 5160, 11:30-3:30 pm, for further information.

Bookings essential!



ACCOMMODATION ADVICE

at Keswick, on Tuesdays, 1—4pm

Fortnightly (first & third weeks each month)

Housing SA provides an Outreach Service for people with mental health needs. To make an appointment with the Outreach Service Officer, phone Pam or Carol on 8221 5160.



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

DECEMBER

Tuesday

5th mixed grill
12th scalloped potatoes
19th crumbed calamari
26th CLOSED

Thursday

7th teriyaki style chicken
14th beef casserole
21st CLOSED
28th CLOSED

JANUARY

Tuesday

2nd salmon bake
9th satay lamb
16th shepherd's pie
23rd beef stroganoff
30th curried sausages

Thursday

4th spaghetti bolognaise
11th chicken egg noodle bake
18th bacon/broccoli fettucine
25th lamb spinach hot pot





Membership Form / Change of Address

Membership Renewal New Membership Change of Address

PO Box 310
MARLESTON SA 5033

Membership Categories

	from Jan 07		from Jan 07				
Single	\$15 "	\$20 "	Family	\$22 "	\$30 "		
Pensioner/Student	\$7 "	\$10 "	Pensioner Family	\$13 "	\$18 "		
Organisation	\$38 "	\$45 "	Donation	\$25 "	\$50 "	\$100 "	Other "

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

Mr/Mrs/Ms/Dr: _____

Address: _____ Post Code: _____

Email address: _____ Contact Telephone: _____

Old Address: _____

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

CC Number: _____ Expiry Date: ____/____

Name On Card: _____ Signature _____

MIFSA BOARD OF MANAGEMENT

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Vice President—Robert Burke
Treasurer—

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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

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Administration Officer / MIFSA News Editor	Pam Kelly
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Country Education Coordinator	Andrew Kelly
Well Ways Program Coordinator	Maureen Lewis
Peer Worker Program Coordinator	Maggie Mars
Psychosocial Groups Program (PGP) } Coordinators }	Jane Dodding
PGP Co-Facilitators } }	Diane McBain
PGP BIIG Program	Sean Haynes
Keswick Activity Centre Coordinator	Bernadette Maywald
Keswick Activity Officers } }	Yvonne Turner
Panangga Coordinators } }	Sean Haynes
Panangga Get-abouts Community Worker	Jenny Pessios
Accommodation Support Officers } }	Katrina Kalaburnis
Acting Sunflower Shop Coordinator	Anastasia Michalopoulos
	Yvonne Turner
	Prue Millingen
	Paul Knight-Stacey
	Chris Davidson
	Jane Hopton
	Chris Knightly
	Mike Tarawa
	Aaron Powell

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

Administration Officer Carol Weston

This newsletter has been packed by MIFSA Volunteers. We thank them for their support.

DEADLINE

For articles letters and reports for the February / March 2007 issue of MIFSA News is: **Friday, 19th January 2007**

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.