



MIFSA News

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

Issue 5
February / March 2007

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and

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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.

BETTER ACCESS TO PSYCHIATRISTS, GP'S, PSYCHOLOGISTS AND OTHER THERAPISTS THROUGH THE MEDICARE BENEFITS SCHEDULE

From 1 November 2006, the Australian Government introduced new Medicare items for GPs who are managing people with mental health problems.

Your GP, in fact all GPs, are now able to refer more broadly or manage the mental health problems you are experiencing. Your doctor will assess your mental health and plan with you your ongoing treatment, providing you with treatment options which may include the new referral options.

In addition to your GP being able to refer you to a Psychiatrist or another GP with additional mental health training, as part of this treatment plan your doctor may refer you for up to 12 sessions with a Clinical Psychologist for specialist assessment and psychological therapy and you will be eligible to receive a Medicare rebate. Without this plan you may have to pay the full price. Your referring doctor will review your progress over this time and receive reports regarding your treatment, progress and recommendations for future management of your mental health.

You may also, or instead, be referred for up to 12 more generalist individual or group sessions per year with a Registered Psychologist, Occupational Therapist or Social Worker - these sessions are also eligible for a Medicare rebate.

With this added option open to all GPs, the focus is on providing you with the best treatment and options available to help you.

For a list of General Practitioners and Psychologists go to the Beyond Blue website: www.beyondblue.org.au

The doctors on the *beyondblue* "Find a Doctor" list have completed additional mental health training at a basic Level 1 or more advanced Level 2 through a Commonwealth Government initiative called the Better Outcomes in Mental Health Care Program (BOiMHC). This program helps GPs by providing additional mental health education, training and support.

*Used with permission
from the BeyondBlue website: www.beyondblue.org.au*

MENTAL HEALTH REFERENCE REPORT

The next few months will mark the release of the Social Inclusion's Board's Mental Health Reference Report which will be launched alongside the announcement of the State Government's response to this long-awaited document.

Charged by the Premier, the Social Inclusion Board set about consulting with 1500 people across South Australia. Information was gathered from people with mental illness, carers, families, service providers and other stake holders. MIFSA has also been a part of the consultations and a member of the Reference Group inputting into this important document on mental health reform in South Australia.

In a letter to MIFSA from Monsignor Cappo, Commissioner for Social Inclusion, he writes: "the Social Inclusion Board has now provided the report to the State Government for consideration. I am personally delighted in the report and I believe it will be seen as a turning point in the reform of our mental health system. ... As you would appreciate, the Report covers a number of complex areas and I expect that the Government will need some time to digest its recommendations and formulate its response. As such, it is my hope that the Report, and the Government's response, will be released early in the new year (2007). I will comment fully on the Report once the Government's response has been announced."

Monsignor Cappo has referred to the report as "the biggest reform agenda in Australia for at least 30 years". The report outlines a five-year implementation plan beginning 2007. Exciting news lets hope.

Natasha Miliotis

Farewell from Carol Fuller...

From the end of January I am hanging up my 'typing fingers' for the Association, after nearly 17 years, and I would like to take this opportunity to personally say goodbye to all the people who remember me from the Association as it was, Mood Disorders Association (SA) Inc and the people who I have just started to mingle with from the new merged organisation MIFSA.

I started with Self-Help (MDP) Inc in 1990, then operating from Eastwood Lodge, Glenside Hospital, as a part-time Secretary, three days per week, and as the years passed, my hours increased to full time, five days per week, finally ending as a four day per week. I have been associated with the name change from Self-Help (MDP) Inc to Mood Disorders Association (SA) Inc, change of building site, and finally the significant merger with Mental Illness Fellowship of South Australia Inc; it seems such a very long time ago, but believe me I cannot tell you how quickly the years have passed.

During my time with the Association I have met some incredible people, most of whom have had a mental health diagnosis, and it has been most rewarding to see how these people have journeyed through their hard times, some gaining employment but most of whom having experienced positive life changes to enable them to move forward. I have experienced the warmth and friendship of both staff and volunteers, some of those volunteers still ring to touch base. I have had the privilege to work with great colleagues who have been very supportive and who share the same passion and commitment for mental health.

It has been a privilege to have been a witness to the history of the Association. I have seen the Association go through its difficult times to eventually expand in many positive areas, and with the recent merger, I can see the Association become an excellent lobbying tool to stand tall and proud in the mental health arena, driving home the need for changes, services, recognition of rights, and hopefully eventuating in the abolishment of stigma associated with mental health.

Although I may be stepping back from my working life as such, I will never be retiring. I have a wonderful, loving family to whom I must reintroduce myself, spend more time with my husband Clive who had a stroke nearly 16 years ago, and to finish the book I started to write many years ago which I am so passionate about.

In closing, I would like to thank everyone who enriched my life during my journey with the Association, and I wish you all the very best life has to offer.

Carol Fuller

Expressions of Interest requested

BOWLING could return if there is enough interest

To start on the 21st March

A Volunteer is required to drive the MIFSA Bus to transport members to the Bowling; at **Cross Roads AMF Bowls** (members to make their own way home after bowling)

For Bowling to take place, please ring Katrina or Melanie, 8221 5160 to register your interest



To all the Carers out there

I'd just like to wish the carers a happy new year. As well, this February 14th is Valentine's Day, a day for lovers and romance, and maybe in a way a time to say thanks to our carers.



My two carers are Bob and Judy Burke. They still manage to take me out for coffee at *Cibos*, and a drive to get cherries, and picnics, and special excursions.

Mum baby-sits my new niece Eliza Charlotte. She loves being Grandma, but she always makes time to come visit me for a coffee at Marilyn's Café, Jetty Rd Brighton.

My dad has just sold his TR3 to a sales dealer and now, in progress of selling the real Fair lady. Many rides I've enjoyed driving through the hills with dad. Dad always used to beep his horn in the tunnels, as well as wave to the people on the side of the road.

So thankyou to all the carers; lots of love for Valentines Day.

Melinda Burke

Here I Am

Here I am
living and fighting the mother of hell
With people laughing and larking
But now I see the light of help
As it is gliding towards me,
It's no longer a shimmer, it is so bright
It is the mother of all good luck
I hope I am right

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Letters to the Editor

It was heart-warming to read Carol Fuller's kind words in the October/November 2006 MIFSA News in support of people experiencing episodes of mental illness.

Too often we are shunned and criticised for being ill, even though the illness is no fault of our own. Nobody gets angry with a person experiencing a heart attack or cancer, so why us? It can be very confusing when you are experiencing a reality that is different to everyone else's reality, especially when people become angry, hostile and frustrated with you and you don't understand why. You try and tell people how you feel and they want you to shut up. No wonder there is currently so much social isolation amongst the mentally ill. A little kindness and empathy goes a long way.

I would like to see a world where people like Carol are role models; where friends, family, health care professionals and police alike are sympathetic, warm and inclusive to people experiencing mental illness, helping us to heal rather than contributing further to our pain. Mentally ill people are far more likely to be victims of a crime than be criminals; and it is time this was widely recognised so we can gain the support and care we deserve. Often in my times of despair and pain, I have nobody to talk to other than the kind and caring counsellors at Lifeline. I wonder how many other people experiencing episodes of mental illness face the same loneliness and lack of support.

Robyn
MIFSA member

RE: CHILD ABUSE SURVIVORS EXPERIENCING MENTAL ILLNESS.

Over the last few years I have been amazed at the number of people I have met in support groups for mental health issues who are also survivors of child abuse. Sadly, several unfortunate experiences have shown me that our State's Mental Health Professionals are severely lacking in understanding the special needs of Child Abuse survivors, especially those experiencing flashbacks and their aftermath.

I understand that many Child Abuse Survivors experience episodes of depression, anxiety, suicidal feelings or psychoses, and may need treatment from emergency mental health services or hospitals. Some survivors may have diagnoses such as bipolar disorder, schizophrenia or dissociative identity disorder etc. I believe increasing mental health staff knowledge of the effects of Child Abuse, and providing information about supportive strategies for assisting abuse survivors would be very beneficial. I wonder if any MIFSA members or staff knows of any such efforts, locally in Australia or overseas, or would be interested in sharing their experience and recommendations.

Regards
Robyn

AN AWKWARD FIT; by Helen Maczkowiack is the



haunting story of a young man's desperate struggles to fit into a world that was different from how he imagined it should be. After many years of anguish, at the age of 29, he tragically ended his life.

Stephen, a gifted writer, kept comprehensive accounts of his life from an early age, only to be discovered after his death. His carefully described soul—searching thoughts, the sensations he experienced and the emotional reactions he recorded while trying to find peace and acceptance, became the basis for this book. This has given voice to the silent suffering of many young and not so young people of today.

Written by both Helen and her son Stephen, *An Awkward Fit* is an informative resource and support for parents who are struggling to help their children with mental health problems or are grieving victims of suicide. Stephen's ability to describe what was happening to him as a sufferer of schizophrenia and who later suicided, together with Helen's story, tell of not just Stephen's struggle but also the trauma his family went through not being able to find proper help.

Available to members for loan from MIFSA Library, or can be purchased from Helen Maczkowiack, 8287 0141, \$24.95

Open

Open my eyes, open my heart
Change within the battles to start
Like the puzzle on the table
The pieces spread apart

Lay down the first piece
lay it with care
Hope upon hope
the Lord will be there

Fight back the tears
Fight back the pain
Fail the first time
Find the strength to try again

The sun will shine through the rain
I'm not at fault
I'm not to blame

Words finally written, but sins not forgiven
Destined to hell yet promised me heaven
If I make the mark where to begin
Fight the battle
GOD PLEASE LET ME WIN!

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Keeping you up to date



FROM THE PRESIDENT

I'm doing some work for Queensland Health this month, travelling backwards and forwards to the Gold Coast. I find to my great surprise that the Gold Coast Hospital at Southport has by far the busiest emergency department in Australia. It's hectic in there; the feeling is like being inside an episode of 'MASH'.

But it's no surprise to hear about one of their biggest stress factors--and it's not the trauma, or even the strokes and heart attacks. It is people with serious mental illness, coming to the emergency department because they have nowhere else to go.

Some of the immediate causes are a bit more frequent than in Adelaide, partly because so many people who are holidaying, especially the under 25's, present with drug-induced psychoses. With more than 100,000 visitors in holiday periods, there are also many people who become ill and have no family or friends to help in a crisis.

However, most of the causes are depressingly familiar--essentially under-resourced emergency psychiatric services, very little supported accommodation and almost no after-hours services. The end result is just like it is in our hospitals, a very unwell person in just about the worst environment imaginable, except that it seems safer than the alternatives. The staff are mostly not trained in this field, and do their best, but that so often leads to unwell people being back on the street with no support, or an admission to hospital that should have been avoided.

The increased emergency clinical resources coming from the State Government are beginning to have some impact in South Australian emergency departments, but the funds promised by the Commonwealth in the near future are also extremely important. To provide a safe alternative to a hospital we need more quick response non-clinical community-based services; accommodation, personal care, transport, food; in fact whatever it takes to get through the worst of whatever crisis is happening. We've seen glimpses of this type of service, but for the sake of people in desperate need we must all keep pressing the case. I hope for a time when, for most people with an acute mental illness, there is a better option than an over-stretched emergency department.

David Meldrum

**Winner of the 2006 High Beam Art Exhibition
Open Category Award is
MIFSA member, May Debetzidis, for her work
titled 'Girl'.
CONGRATULATIONS May!**

FROM THE EXECUTIVE DIRECTOR & GENERAL MANAGER



As we welcome in a new year we also would like to welcome and introduce some new MIFSA staff members. Elisha Stolk as the new Sunflower Shops Coordinator, Rosalee Trumble as Psychosocial Groups Facilitator and Dei Griffith as Peer Worker Program Coordinator.

Sadly we also have some farewells. After 16 years of service Carol Fuller has submitted her resignation, (see page 2 for her note of farewell). Carol worked for MDA prior to the merger and she will be greatly missed by members and staff alike. Carol has been the "backbone" of MDA and also significantly contributed to the new organisation following the merger with MIFSA.

As well, Jeff Vuglar, Metropolitan Education Coordinator, is relocating to Melbourne. Jeff has played an integral role in community education for MDA and recently for MIFSA. His expertise and willingness to share his knowledge about various treatment methods and strategies will be sorely missed. Diane McBain, Psychosocial Groups Coordinator has also resigned with a move to sunny Queensland. Diane has worked alongside Jane to set up a fantastic Psychosocial Groups Program attended already by 100's of people working on progressing their own journeys of recovery.

There is also a "new" face in the Keswick Activity Centre while the Activity Centre Coordinator, Jenny Pessios takes Long Service Leave. Carol Weston, known to many of you, is acting as Activity Centre Coordinator, and is looking forward to working in a new role in MIFSA. We have also filled the six month position of Activity Officer while Sean continues his work with the Psycho-social Groups Program. We welcome Melanie Webb, with a BIG THANK YOU to Anastasia Michalopoulos who acted in the position during the recruitment process.

We are also seeking input from all MIFSA members in two important areas. We are in the process of writing Mission and Vision Statements for MIFSA and encourage you to provide us with your input and feedback by completing the questionnaire included with this newsletter.

We are also designing a new logo for MIFSA and hope you can take the time to give us feedback on the logo options included as an insert with this newsletter. Your feedback will help us to narrow the options and develop the logo further. Thank you!

Natasha and Monique

MIFSA CONGRATULATES MIFA MENTAL HEALTH WORKERS RECENTLY RECOGNISED FOR THEIR SERVICE TO THE COMMUNITY

Robert Knowles, President of the Mental Illness Fellowship of Australia, was awarded an Officer of the Order of Australia (AO) at this year's Australia Day Awards, for service to the community as a contributor to a range of aged care, mental health, medical research and cultural organisations and to the Victorian Parliament where he was formerly the Minister for Health. Rob was also appointed Chair of the Mental Health Council of Australia in October last year. Rob Knowles has been a tireless worker and passionate advocate for reform in the mental health sector, in both Victoria and on a national level.

Congratulations are also due to Philippa Harris, Coordinator of the Mental Illness Fellowship North Queensland, who was awarded Citizen of the Year for her work in the community - particularly in mental health.

Congratulations to you both!

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

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
Alcohol & Drug Information (DASSA)	1300 131 340
Mensline Australia www.menslineaus.org.au	1300 789 978
Gambling Helpline	1800 060 757



FOOT REFLEXOLOGY AT MIFSA

For people suffering from Mental Illness, with all the associated symptoms of anxiety, depression, mood swings, and even diabetes, as well as the often present side effects of medication, Foot Reflexology has proven to be an ideally suited and popular therapy.

Foot Reflexology can work hand in hand with orthodox medicine and can enhance its role in enriching the quality of life and even help in lowering the amount of medication that people take. Several physiotherapists have encouraged members to regularly receive Foot Reflexology as it does not in any way interfere with their treatments, but helps in reducing the overall level of pain. Several members have expressed feeling great relief from lower back / sciatic pain as a result of receiving regular Foot Reflexology. Several Psychiatrists and GPs have also encouraged members to continue receiving foot reflexology for relaxation purposes.

From January 2004 up until the present, more than 180 people have tried out Foot Reflexology with the majority of these people either coming back every now and then, or on an altogether more regular basis. It helps people cope better with everyday life with its ability to improve mood, sleep and relaxation in general and also most importantly, it is a non-invasive, non-threatening therapy.

People need only to remove shoes and socks. Foot Reflexology is available at MIFSA Keswick Activity Centre on Tuesdays, Thursdays and Saturdays and is a free service for MIFSA members. Phone appointments not taken, those on-site may book in to a session.

Ray Shepherd



Walking Groups

Keswick—Tuesdays 1:30pm

Increase fitness and wellbeing.

Locations 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.

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.

MIFSA Programs



PEER WORKER PROGRAM

I would like to welcome Dei Griffith who has joined the Peer Worker Program as a Coordinator. Dei started in the first week after the Christmas / New Year break and we have been working together on the reporting requirements for last year – a great way to become immersed in the progress of the Peer Worker Programs to date. Dei will bring new ideas and initiatives. It is the perfect time in the Project for new input.

We commenced the first Introduction to Peer Work training course for 2007 on 15 January, and held the first Information Session for People who want to be Peer Workers on 17 January. Interest in becoming a Peer Worker continues to be strong, and fortunately positions continue to be created. Sharon Lawn and Ann Smith spoke at the Information Session about the success of the Metro Homelink Hospital to Home program which continues to demonstrate the effectiveness of employing people with the lived experience of mental illness to assist people returning home after a hospital stay.

Last year saw some good developments with the Peer Workforce. VICSERV and North Western Mental Health (Victoria) used our Peer Workers to help present their programs in South Australia. Both services were impressed with the calibre of the Peer Workers and the ease with which suitable workers could be provided through the Workforce. The Peer Workforce concept was new to them, and they would like to see something similar in Victoria.

Sadly, I am bowing out of the Peer Worker Program. I will be returning to Wentworth, NSW, in the near future. Wentworth is a healing place for my husband. I have learned so much from my time at MIFSA, but mostly to put mental health first. This is probably the last time I'll write for MIFSA news. Dei can take over from here.

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

Hello all,

As Maggie has mentioned, my name is Dei Griffith, pronounced "Day"; a little different I know but I like it. I am currently working alongside and at some stage in the near future will be taking over from Maggie on the Peer Worker Program. Firstly I would like to say that it has been a pleasure working along side Maggie, a shame that it has only been for such a brief time, it is easy to see that I will have some large and much loved shoes to fill.

Prior to starting at MIFSA, I was working at UCWPA in the Boarding House Program. I was involved with the program since its creation two and a half years ago and had a lot of 'fun' getting it up and running. It was however, a fantastic opportunity for me to become involved with and learn a lot about people facing a variety of issues including homelessness, mental health, social inclusion and addictions.

I was also the coordinator of the Chat and Chew Program; I feel a privileged position, giving me the opportunity to have met some amazing and generous people.

I left UCWPA, with the intention of traveling abroad, spending time in Japan teaching English to those that would listen and visiting the land of my ancestors. Alas time, money and love got the better of me and I found it too hard to drag myself away from this beautiful country and my beautiful partner (*awwww, now I hope she reads this!*) I think it has all worked in my favour though and it is meant to be. We have now settled into a new house, we have a new little puppy who has recently become toilet trained, *yay!*, and a new job with so many opportunities to grow, learn and make a difference.

I have always enjoyed the hands on approach and love interacting and being with people. I am looking forward to working within MIFSA and have already met some fantastic people. I am always up for a chat and hearing people's stories, so if you see me around and have any questions about me or the program pop in and ask and I will do my best to answer!

Ciao,
Dei Griffith
dgriffith@mhrc.org.au



MIFSA Programs

COUNTRY EDUCATION PROGRAM:



Greetings and a Happy 2007!

The year 2007 has brought about a busy time for the country education program, with the effects of the drought starting to take it's toll on regional South Australia.

Education sessions are currently being planned with short trips to:

- ¼ Wallaroo/Kadina
- ¼ Murray Mallee District
- ¼ Victor Harbour/Goolwa
- ¼ Barossa/Gawler.

Two larger trips will also be planned for:

- ¼ South East region Mount Gambier, Narracorte and Bordertown.
- ¼ North region Port Augusta, Whyalla and Port Lincoln.

I will post more details on the website www.mifsa.org as they come to hand.

I am also developing new resources and materials specifically designed for country S.A. If anybody has any suggestions or input that they would like to share please contact Andrew Kelly at the Mental Illness Fellowship of South Australia.

Just a thought.....We are all faced with the challenge of water restrictions and the difficulties of daily living. Let us not forget our country cousins who are hit the hardest at this time. They need our friendship, support and understanding. The hospitality and community spirit that has been shared with myself is a testament to the courage and determination that Country South Australia possesses.

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

METROPOLITAN EDUCATION PROGRAM:

During Oct – Nov. 2006 the Education Program provided an 8-week training course for participants who are interested in educating the community about mental illness and ways to look after our mental health.

The Education Coordinators look forward to working with all who successfully achieved completion of the 8-week education training. A special thank you to Marion, Brian, Ursula, Jane, Sarah and Reg who offered their time, experience, and support.

The new year has begun with the first education session completed for 2007 presented by Andrew on the 22nd of January at a Lions Club meeting. Sessions are booked in for two other organizations towards the end of January.

February and March will see the beginning of our **Out in the Community** general public education sessions, starting with Port Adelaide on February 19th and March 5th, and Elizabeth on March 20th and April 3rd.

Two psychiatrists, Dr Jo Lammersma and Dr Leslie Stephen, have been booked to present education sessions on medication and/or related topics regarding mental illness, March 15th and July 12th respectively, venues to be confirmed. Please check with MHRC reception, or our website, for details and bookings a little closer to the respective dates.

2007 is shaping up to be a busy year with education sessions booked through out the metro and country areas. So hang on and enjoy the ride!!

The flyer for October last year's Education Group Social highlighted the concepts: **'Looking Forward, New Growth, New Horizons'**. The New Year has opened doors for me to make these concepts a reality in my life, and also that of my family. I have resigned from my position with MIFSA as the Education Officer Metropolitan with the intention of moving to Melbourne.

This will be a chance for our family to enter into new areas of work (and play). I have achieved great personal growth over these past few years working with the wonderful people who are a part of the Mood Disorders Association and the Mental Illness Fellowship of South Australia. I wish you all the best for 2007 and thank you for the very important part you have played in my life.

Jeff Vuglar
Education Coordinator, Metro
jeffv@mhrc.org.au



MIFSA Education Team and Graduates, November 2006

MIFSA Programs



PSYCHOSOCIAL GROUPS PROGRAM

Happy New Year everyone!

Since the last newsletter there have been a couple of staff changes. Diane (Co-ordinator) has left for sunnier pastures in Queensland. We really appreciate all her efforts whilst with us, and although she will be missed, we wish her well in her new endeavours. A new Group Facilitator position has been established and we welcome Rosalee to our team. As an Occupational Therapist she will bring another valuable perspective to our program.

We started the New Year off with a bit of fun. In January we collaborated with The Eastern Community Mental Health Service (CNAHS), COMIC, and Carers Support and Respite Centre and provided a holiday program for people with a mental illness and their children. We all had a wonderful time enjoying *Life. Be In It.* activities, hotdogs, fruit, ice-cream and many laughs.

Our next round of groups begins in mid February and is specifically tailored for people who experience psychosis.

We will work in small groups to:

- ¼ Share experiences and increase knowledge and awareness of psychosis and its impact on participants and relationships with others
- ¼ Understand anxiety, its effects on health, and how to manage it
- ¼ Identify early warning signs and positive strategies to manage health
- ¼ Explore personal values and identity related to and apart from psychosis
- ¼ Understand motivation, realistic goal setting and structuring time
- ¼ Acknowledge and feel good about strengths and achievements

Below is a table of the locations, dates and times of these groups. If you are interested in attending please contact us on 8221 5160.

The PGP Team
Jane Dodding
 Psychosocial Groups Program Coordinator
 Jane@mhrc.org.au

LOCATION	DATES	DAY/TIMES
Glandore Community Centre, Glandore	14 th Feb-28 th Mar	Wednesday 10am-12pm
Elizabeth House, Christie Downs	14 th Feb-28 th Mar	Wednesday 2pm-4pm
Eastwood Community Centre, Eastwood	14 th Feb-28 th Mar	Wednesday 2pm-4pm
Community Campus, Elizabeth Grove	15 th Feb-29 th Mar	Thursday 9.30am-11.30am
Level 1 Education Centre, Modbury Hosp, Modbury	16 th Feb-30 th Mar	Friday 10am-12pm
Bower Cottages, Semaphore	16 th Feb-30 th Mar	Friday 10am-12pm
Payneham Community Centre, Payneham	16 th Feb-30 th Mar	Friday 2pm-4pm

MIFSA Programs

WELL WAYS PROGRAM

December was a busy and happy month for many of the Well Ways participants of three programs held at Semaphore Park and Keswick. Participants completed the initial eight week part of the program and they will join other program participants invited to the quarterly meeting at Keswick which forms part of their follow-up twelve month program.

Early in the month Facilitators attended a social function at the MHRC with a great number of the Well Ways family. Again there is a learning component combined with the social aspect. Many caught up with former friends made from participating in the program.

Most of the Carer Facilitators trained during the year have been part of the programs and have shown their empathy and skills and why they are Well Ways Facilitators. Thanks to all of you.

2007 is already off to a hectic pace. For Carer, family and friends who have not yet completed the program, do not hesitate to phone Maureen to discuss the benefits. Others have and are able to better manage their lives and that of their loved ones.

Maureen Lewis
Well Ways Program Coordinator
mlewis@mhrc.org.au



Congratulations! Bordertown Rotary

It is with great pleasure that MIFSA congratulates Glenda Mock and the other Rotarians of the Rotary Club of Bordertown for their great achievement.

The Bordertown Rotary Club have been awarded the "Community Event of the Year" in the Australia Day Awards for 2007.

The Rotary Club organised the **Mental Health Forums** in October, which were extremely well organised and structured. The planning paid off with the involvement of the entire community from the students of Keith and Bordertown in the morning to the whole community in two huge Forums in the afternoon and the evening.

Representatives of MIFSA were part of this successful day. Maureen Lewis as a Carer was one of the guest speakers and Maureen joined by Andrew Kelly and others were on the Forum Panel. They staffed the MIFSA stall throughout the day too. Both acknowledge that this was one of the best run and patronized Mental Health Forums they have ever attended. The rural community of the Tatiara were definitely the winners. MIFSA were proud to be part of this very special full day event.

WELL WAYS PROGRAM FOR 2007

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

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.

MODBURY

(note change of day from date advertised in last newsletter)

Tuesdays 30th January — 20th March

9:30am – 12:30am

Clovercrest Baptist Hall,

2 Famechon Crescent, Modbury North

WOODCROFT/MORPHETT VALE

Thursdays, 8th February — 5th April

6pm—9pm

Woodcroft/Morphett Vale Community House,
Cnr Panalatinga & Bains Rds, Morphett Vale

ELIZABETH

Thursdays, 13th March — 1st May

12:30pm—3:30pm

Grenville Hub, Grenville Street, Elizabeth

KESWICK

Wednesdays, 11th April — 30th May

12:30pm—3:30pm

Mental Health Resource Centre, Conference Room
1 Richmond Road, Keswick

HILLCREST

(Note: change of date and venue; previously advertised in last newsletter to be held in Windsor Gardens)

Mondays, 16th April — 4th June, 6pm—9pm

Meeting Room 1, Hillcrest Community Centre
27-31 Queensborough Avenue, Hillcrest

ENFIELD

(Note: change of venue; previously advertised in last newsletter to be held in Prospect)

Thursday, 26th April — 14th June 6pm—9pm

Meeting Room 1, Enfield Community Centre
540 Regency Road, Enfield

BOOKINGS ARE ESSENTIAL — NUMBERS ARE LIMITED

Please phone Maureen on 8221 5160 to confirm details

TO SUNFLOWER SHOPS VOLUNTEERS



Hi, my name is Elsha. I'm the new Sunflower Shops Coordinator. My background is in retail having worked in the clothes recycle industry for nine years.

Aaron has done a wonderful job in helping me get started and has taken me around to all the Sunflower shops where I have met some lovely volunteers. I am very impressed with the great work you all have been doing and you should be proud of the shops you help to run.

Like Aaron, I'll be working 3 days a week and I intend to get out to all the shops in such a way that I get to meet all the volunteers.

I would like to give a big thank you to Diane Newbold from the Seacombe Gardens Sunflower shop, for helping to clear out the shed at Keswick on Saturday. I would also like to thank her sisters-in-law, Robbie and Pieta and their children, and Brian Gardiner for doing all the heavy work. The shed is looking so much better. Thank you all, for making a hard dirty job into a fun day.

I will end by saying how thrilled I am to have this opportunity to work with you all and hope to be as effective a Sunflower Shop Coordinator as I can.

Elsha Stolk
Sunflower Shops Coordinator
0409 697 432

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

Great News for the MIFSA Library and our fantastic library volunteers! We have been successful in our application to the Office of Volunteers for a Volunteers Support Fund 2006/2007.

Our proposal was to support our volunteer librarians in merging the ex-MDA and ex-MIFSA libraries, to purchase a computer for an electronic resource database and to train the volunteers in utilising the database our library merger.

MIFSA's annual Volunteers' Acknowledgement Function was held on 7th December last year. For the first time the ceremony was held at the Fullarton Park Centre to celebrate comfortably with a large group of dedicated MIFSA volunteers. Under Carol Fuller's direction, as event manager, the large room was decorated in a blue and white theme; complete with white tablecloths, blue and white fresh floral centre pieces, blue and white napkins, crockery and a magical sprinkle of blue stars on each table.

Volunteers, some choosing to attend with their partners, were very impressed with the setting, many drawing breath as they entered the function room. VIP Guest speaker for the night was Michael O'Brien MP, Member for Napier who attended at short notice, and we thank him for his time delivery of his speech and presentation of certificates to MIFSA volunteers. Many volunteers also commented that they appreciated the table service and being waited on by MIFSA staff!



MIFSA Positions Vacant

VOLUNTEERS WANTED KESWICK ACTIVITY CENTRE

KITCHEN CHEF REQUIRED

To prepare lunches on Wednesdays (*hotdogs or sausage sizzle*), and evening meals on Thursdays

For more information or to register your interest please contact Carol or Katrina on 8221 5160

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

COUNTRY EDUCATION PROGRAM COORDINATOR, Part Time 0.6 FTE

Currently Offered at 0.8 FTE until December 2008

Applications are invited from suitably qualified people for the position of Country Education Program Coordinator. The Country Education Program Coordinator will work closely with the MIFSA Education Program Coordinator responsible for Metropolitan Adelaide and will be responsible for the development, implementation and evaluation of an Education Program for country South Australia.

The Country Education Program Coordinator's primary responsibilities are to:

- ¾ Develop innovative mental health educational resources relevant to country SA residents
- ¾ Deliver innovative education workshops and presentations on mental illness and related topics in country SA
- ¾ Train and support MIFSA Community Educators to assist in the delivery of the Education Program
- ¾ Provide mental health information, advice and support to consumers, carers and community members contacting MIFSA

A current driver's license is essential as well as relevant tertiary qualifications or related study / work experience. Salary is based on the provisions of the Social and Community Services Award at a rate of \$41,014 - \$44,086 (FTE) and salary packaging significantly increasing remuneration.

ADMINISTRATION OFFICER Part Time 25 hours / week

Applications are invited from suitably qualified people for the position of Administration Officer. Working as part of an Administration Team, the Administration Officer's primary responsibilities are to:

- ¾ Provide reception and administration support services
- ¾ Provide mental health information, to consumers, carers and community members contacting MIFSA
- ¾ Assist in event management
- ¾ Train and supervise volunteers working in the Administration area
- ¾ Keep relevant databases up to date

Demonstrated ability and expertise in administration and reception work is essential, relevant qualifications well regarded. Salary rate is Clerks Award, Level 4, \$17.53—\$18.08 and salary packaging significantly increasing remuneration.

Applicants for either positions are required to address the criteria listed in the “Skills, Experience and Knowledge” section of the Job and Person Description and include the contact details of three current referees.

Initial inquiries may be directed to the General Manager, Monique van der Neut. A Job and Person Description is available at www.mifsa.org or by contacting Monique van der Neut on 8221 5160 or by email to monique@mhrc.org.au. Please address applications to: MIFSA General Manager, PO Box 310, MARLESTON SA 5033. Applications for both positions close Friday 9th February 2007.

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 850kg, additional to the 400kg already sold.

Thank you all for a fantastic effort!

Also thank you for 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:

Students of Westminster School (see photo right)

NRL & MG Kroemer, Pt Pirie

Australian Bureau of Meteorology, Victoria

William Mitchell

St Peters Catholic Church, Normanville/Yankalilla

Kangarilla/Clarendon Out of School Care

Annette Ramsay and helpers at RA Hospital, Lameroo

Birdwood High School, per Sharon Wallace-Yarrow

TAFE SA, Pt Augusta Campus

Advertiser Newspapers

Fasta Pasta, Christies Beach

The School of the Air

Brighton Supported Care

WG Macdonald, Pt Lincoln



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.

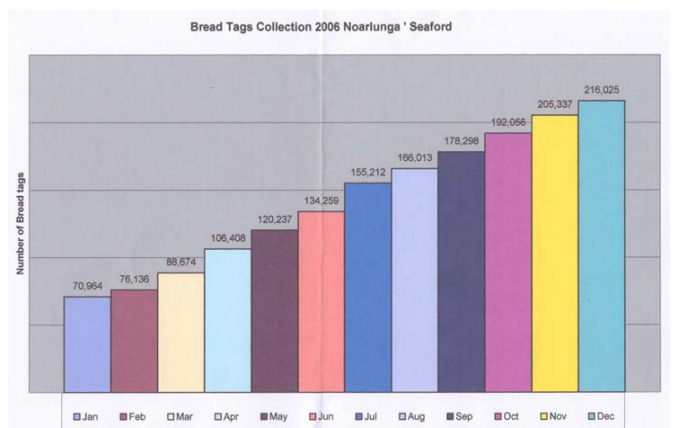
Or for those in the metro area, when a worthwhile quantity is collected, please phone MIFSA on 8221 5160 to arrange pick up.

MIFSA is encouraged by the regular donations of Bread Tags that many of you send.



From left, James Sargant, Heidi Buch & Sophie Heartfield, with MIFSA Executive Director, Natasha Miliotis

Just before Christmas, students from Westminster School (see above) came in with 2 huge bagfuls. Thanks to all Westminster students for your fantastic support!



The Noarlunga & Seaford Catholic Parish Justice & Peace group are working hard to reach our target of 13 million tags—on their own! Thankyou to all involved.

And, as you will have seen, many organisations appear in our thankyou list nearly every month: the Aust Bureau of Meteorology in Victoria; TAFE SA, Pt August Campus; the advertising section of the Advertiser Newspapers; Traralgon (Vic) Baptist Church; Mallala Community; the folks at Lameroo; Flinders Medical Centres Kitchen; and of course, our regular Sunflower Shop customers.

THANK YOU ALL FOR YOUR SUPPOT — KEEP COLLECTING ON!

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.

BENEFITS OF PARTICIPATION IN QUALITATIVE RESEARCH

An important ethical concern faced by many researchers and human research ethics committees, is the potential impact that involvement in qualitative research has upon vulnerable and stressed participant groups.

In relation to this concern, it has been found that involvement in qualitative research can be an overwhelmingly beneficial and positive experience, for participants coping with difficult life situations. These findings emerged from a wider longitudinal study looking at issues associated with the diagnosis and treatment [of] childhood blood-related cancers.

Whilst admitting to feeling nervous about the prospect of being interviewed, participants reported that the experience of talking about their situations was comfortable, rather than distressing. Involvement in the study was viewed as a positive, supportive experience, due to the opportunity it gave participants to share their feelings and experiences, without the sense of burdening others. Participation also helped normalise participants' experiences and reduced feelings of aloneness.

In addition to these important personal gains, a primary benefit of participation reported was the altruistic hope that, by sharing their personal stories, participants would be able to help others to cope in similar situations.

Of particular importance to researchers, is the finding that positive research experiences were directly linked by participants to the nature and duration of the relationship that they shared with the qualitative researcher. A non-judgmental, sensitive and empathetic communication style on the part of the researcher, as well as a willingness to build rapport with participants, was seen as imperative in making the research experience a positive one. Participants also valued knowing that their decisions about whether or not to participate, as well as choices about interview location and timing, would be wholly respected by the researcher.

This study demonstrates that qualitative research processes can be empowering and beneficial to participants going through challenging life experiences. This finding should be used in advocating for increased access to research funds and institutional support for qualitative methodologies.

Publication details: McGrath, Plk Ethical Reflections on the Benefits of Participation in a Qualitative Research Study, *Monash Bioethics Review* 22, 1:63-78

To obtain copies of

*International Program of Psycho-social Health Research
Central Qld University, December 2006 Quarterly Newsletter,
Used with permission,*

OESTROGEN'S ROLE IN TREATING SCHIZOPHRENIA & BI-POLAR DISORDER

Researchers at the Mental Health Research Institute (MHRI) have discovered how the hormone oestrogen can reduce some of the most severe symptoms of schizophrenia, including hallucinations, delusions and thought disorder.

It has been recognised for some time that gender differences exist in schizophrenia, such as women having a later onset and symptoms of the disease being less severe in females. This has led to the theory that the female hormone oestrogen plays a shielding role in schizophrenia.

Prepulse inhibition (PPI) is a measure of a protective mechanism in the brain that filters out irrelevant information and allows coherent thought. We know that PPI is disrupted in people with schizophrenia and for research purposes we can simulate this disruption in control subjects by using particular drugs.

Dr Andrea Gogos, a member of the MHRI Behavioural Neuroscience Laboratory, headed by Associate Professor Maarten van den Buuse, in collaboration with researchers from Monash University and Swinburne University of Technology, has found that oestrogen can prevent PPI disruption that has been drug induced in healthy women. A full description of the studies and results was recently published in the journal *Neuropsychopharmacology*.

Completed clinical trial studies by other researchers have already indicated that adding oestrogen treatment to antipsychotic medication in those diagnosed with schizophrenia accelerates the improvement of symptoms, compared to antipsychotic medication alone.

This research provides exciting additional evidence that oestrogen may play a role in ameliorating the negative PPI symptoms observed in schizophrenia.

Dr Gogos is currently measuring PPI disruption in men and women with schizophrenia and bipolar disorder. Dr Gogos hopes to show that those with schizophrenia and bipolar disorder have measurable PPI disruption and that there will be gender differences in the severity of PPI disruption.

Future studies that will be undertaken by Dr Gogos and Associate Professor van den Buuse include investigating PPI disruption with oestrogen treatment in males and females with schizophrenia and bipolar disorder. Ultimately they hope to determine an oestrogen treatment regime that significantly reduces PPI disruption in those suffering schizophrenia and bipolar mood disorder. Such treatment will reduce the severity of the most debilitating symptoms of these illnesses.

*Used with permission
From Towards understanding, May 2006
Newsletter of the Mental Health Research Institute*

This research is ongoing. Dr Gogos has recently been awarded the 2007 Peter Doherty Australian Bio-Medical Fellowship by the National Health & Medical Research Council to continue this research. Go to www.mhri.edu.au for further info.

From the NISAD Schizophrenia Research Annual Report, 2005-2006

WHY IS HEAVY SMOKING AND DRUG USE ENDEMIC TO SCHIZOPHRENIA?

Whereas schizophrenia is a devastating disorder by itself, the high occurrence of comorbid substance use with this illness poses a very real challenge to clinicians and researchers. Up to 80 percent of patients smoke tobacco, and 50 percent meet criteria for substance abuse and/or dependence. NISAD scientists have continued to investigate these associations:

Breaking the cycle of cigarette and cannabis smoking

NISAD researchers at the Centre for Mental Health Studies, Newcastle, recruited 298 schizophrenia patients to test an intervention for smoking involving nicotine replacement therapy, motivational interviewing and cognitive behaviour therapy. Results found a strong relationship between treatment session attendance and smoking reduction, with half of those who completed the intervention program achieving a 50 percent or greater reduction in daily cigarette consumption. A similar study was conducted to test the effectiveness of cognitive behaviour therapy against cannabis, alcohol and/or amphetamine use. Modest short-term improvements in cannabis use support further trials investigating more comprehensive interventions.

The link between cannabis, psychosis and fatty acids

A NISAD supported team at the University of Wollongong has shown that cannabis use in schizophrenia patients affects blood levels of fatty acids in relation to stress. While promising from the point of view of developing dietary interventions, which may help protect stabilised patients from relapse, further research with larger numbers is needed.

Cannabis and psychosis change brains in the same way

Preliminary results from a collaborative Newcastle and Sydney study using MRI brain scans indicate similar patterns of reduced brain activation in first episode schizophrenia patients who do not use cannabis and chronic cannabis users who do not have schizophrenia. This suggests the possibility of a shared pathology in these conditions.

*NISAD (Neuroscience Institute of Schizophrenia and Allied Disorders) Annual Report 2005-2006
Used with permission*

*In mid December 2006, The Mental Health Council of Australia released its report **WHERE THERE'S SMOKE: CANNABIS USE AND MENTAL HEALTH.** The following is an excerpt:*

CANNABIS USE

Cannabis is the most widely used illicit drug in Australia. Its use steadily increased from the time national data became available in 1973 to a peak in 1998 when over 60% of people aged 20-29 reported having ever used cannabis. Since then, reported use has declined in all populations groups though it remains high in both historical and comparative terms.

The decreases in recent use among 14-19 and 20-29 year age groups since 1998 are pronounced, however one concerning feature in this period is a trend to use at a younger age. The average age for first use for 12-19 year olds is now at 14.9 years. This is of particular concern because it occurs at a time of physiological changes in the brain.

Cannabis is now recognised in Australia as the third most prevalent drug of dependence following alcohol and tobacco. About 10% of those who try cannabis will develop dependence at some point in their lives. Given the high level of use, this equates to 3.4% of the entire Australian population—that is, nearly 700,000 Australians.

Among people with mental illness, particularly psychosis, the rates of cannabis dependence are significantly higher than the general community. Weekly cannabis use has been shown to be 3.3 times more prevalent among people with psychosis than among the general population. People with anxiety and depression also show higher rates of heavy cannabis use.

While there is limited data at present, it suggests that heavy cannabis use is also significantly more evident among indigenous populations and that up to one in two cannabis users in remote communities experience adverse mental health effects.

Recent public debate has also raised conjecture over the increasing potency of cannabis. Hydroponically grown cannabis, the advent of European-bred sinsemilla cannabis plants and increased use of more potent heads have all been identified as reasons for an increase in the potency of cannabis used in Australia. However there is a lack of data to support this assertion.

CANNABIS AND MENTAL HEALTH

There is a significant and growing body of evidence on the relationship between mental illness and cannabis. Strong associations are consistently found between mental illness and cannabis—but this is not the same as a causal link. The evidence increasingly suggests that regular cannabis use, particularly by those who begin using at a young age, increases the risk of mental illness. There is evidence of a genetic vulnerability to psychosis being, in effect, triggered by cannabis use. Nonetheless, the social context in which cannabis use occurs clearly contributes to the strong association between cannabis use and mental illness.

(Continued on page 15)

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.



In short, the evidence shows that:

- ¾ Cannabis use precipitates schizophrenia in people who have a family history of mental illness
- ¾ There is a 2-3 times greater incidence of psychotic symptoms among those who used cannabis, however, the epidemiological data shows that cannabis cannot be considered a major causal factor
- ¾ More frequent cannabis use is associated with higher relapse rates for people with psychosis and more severe symptoms were associated with increased risk of cannabis relapse
- ¾ Cannabis can induce schizophrenia-like symptoms in otherwise healthy individuals
- ¾ There is little evidence to support the idea that people commence using cannabis because of a pre-existing illness, however it may be a factor in continuing to use cannabis (to alleviate the symptoms)
- ¾ There is no clear causal link between cannabis and depression, however there appears to be a link between early and regular cannabis use and later depression.
- ¾ The link between suicide and cannabis use remains to be clarified
- ¾ There has been too little research into the links between cannabis and other mental illnesses such as bipolar disorder and personality disorders to draw conclusions
- ¾ There is no doubt that heavy cannabis users suffer significant cognitive impairment for up to a week after cessation of use but there does not appear to be either lasting or irreversible cognitive impairment

RISK AND RESPONSE

The reasons for cannabis use are broadly no different to those for other illicit licit and illicit substances. Long term, sustainable improvements in mental health and substance abuse are likely, therefore, to rest on influencing factors that lie outside the traditional domains of both mental health and drug and alcohol treatment.

The current responses for the prevention and treatment of cannabis use and mental illnesses are set out in several national policy frameworks—the National Drug Strategy, the National Mental health Plan and most recently the COAG Mental Health Action Plan. Statements from the federal Government to align these frameworks are welcome and may result in improved coordination at the strategy, policy and service levels and improved accountability.

Given the early onset of both mental illness and initiation of cannabis use, it is clear that the bulk of the prevention and early intervention investment must be targeted at younger age groups. There are also very strong reasons for investment in treatment and harm reduction options for older age groups. Despite what we know about the early onset of mental illness and cannabis initiation, we also know that people aged 25-44 years and 45-64 are more than twice as likely as those aged under 25 years to receive

active treatment for a mental illness when seen in general practice. A similar pattern of delayed help seeking is seen in relation to problematic cannabis use, where the bulk of those seeking treatment are in the 30+ age group.

Also of concern is the fact that, while the prevalence of cannabis use amongst the 30-39 year age group appears now to be declining modestly, widespread use in this age group is a relatively new phenomenon. The need for effective treatment for adults as a prevention mechanism for children is particularly evident for people with psychosis, given that 59 per cent of women with psychosis are mothers and 25 per cent of men with psychosis are fathers.

Further, there is a population of adults who are heavily dependent on cannabis and have serious mental illness. There do not appear to be effective treatments available for this group in Australia at this time.

It is clear that we need much more sophisticated interventions than currently used. Prevailing attitudes and the proportion of the Australian community who have used means careful planning and execution particularly in relation to social marketing campaigns. Social marketing is an appealing and highly visible response to prevention and early intervention and has a proven track record in responding to many health issues. The limited number of successful and evaluated programs aimed at reducing cannabis use have been marked by defined target groups, extensive research to understand beliefs and motives, selection of communication channels for the target audience and providing opportunities for information seeking and behaviour change. They have also been part of a broader approach and been sustained rather than 'one-off' media campaigns.

In the area of prevention for young people, there is an increasing recognition of the need for comprehensive approaches to tackling drug use problems. It is now recognised that there are multiple layers to drug use, involving the individual, their relationships to peers, family, school and community, as well as broader structural factors, all of which interconnect and impact on a young person's health outcomes.

The response must be multi-faceted, including interventions in school and non-school settings such as the juvenile justice system, complemented by mass media and targeted social marketing initiatives. Evidence clearly shows that the effectiveness of cannabis interventions deteriorate over time, indicating that the response must be sustained to ensure benefits do not erode.

In relation to cannabis and mental illness, the investments announced to date by COAG and the Australian Government are all welcome but do not appear to be adequate given the epidemiology, the nature of the problem and the need for significant investment in research on both prevention and treatment responses.

Used with permission

Mental Health Council of Australia

For the full report including personal stories and recommendations on prevention & treatment strategies, go to

www.mhca.org.au

For your interest

THE SOUTHERN MENTAL HEALTH PEER SUPPORTED HOSPITAL-TO-HOME SERVICE is a unique service that uses the skills and experience of people with a lived experience of mental illness, and currently living well, to provide support to others with a mental illness. It arose from lengthy consultation with mental health services, Metro Home Link and consumers from across the Southern Adelaide Health Service region. Consumers identified the first 2 weeks post discharge from hospital as a critical time when they often feel the most isolated and vulnerable to relapse and when they have the least energy to initiate follow-up with GPs for scripts for ongoing medication; hence when illness relapse are most likely to occur. With funds initially managed by ACCA, and more recently Home Support Services, Metro Home Link hospital avoidance/early discharge packages are provided in conjunction with existing public mental health peer-based activities in the southern region of Adelaide to support people with their care to avoid a hospital admission or to leave hospital early. Referrals are received from a variety of sources including emergency departments, ACIS, inpatient psychiatric and medical wards, Hospital@Home nursing services and GPs as well as self-referral.

Peer workers are integral to a recovery orientated mental health service, acting as positive role models for both recipients of mental health services and staff. They have the expertise of having experienced a mental illness and recovering, and have a heightened capacity for empathy and developing relationships with other consumers because of that experience. Peer workers work within the recovery model, which focuses on hope and experiencing a life of quality. Under the illness model consumers are often burdened with a medical interpretation of their experience and the viewpoint of what is wrong with the consumer rather than what is wrong with the situation. Helen Glover refers to this as relating to the person through the 'it' rather than the 'me', a situation that encourages consumers to be passive recipients rather than active partners in their care, expecting the permanency of disability, and with little hope of change. Having peers in the mental health system therefore adds a source of accountability and can help maintain the shift of focus towards a recovery approach to services.

The peers have been highly effective in providing a full range of support to consumers, including strategies for preventing relapse and generally self-managing their conditions better and engaging more effectively with service providers. In the first 6 months of operation approximately 150 consumers have been provided support packages with significant monies saved in reduced bed days. Quality of service has been perhaps the most marked achievement. In most cases, the peer meets the consumer prior to discharge for hospital and together they develop a plan of support. The peer then actively supports the consumer to link with their community and provides practical and emotional support whilst they are adjusting to their return to home. Hence, a clear continuum of service is ensured. A copy of the report on the pilot period June-August 2006, is available from <http://som.flinders.edu.au/FUSA/CCTU/Projects.html>

For more information, please contact: **Dr Sharon Lawn**
Flinders Human Behaviour & Health Research Unit
telephone: 08 8404 2323 mobile 0434 601 714
sharon.lawn@fmc.sa.gov.au

Used with permission from CCSM News, October 2006, Volume 3, issue 8

GUIDED SELF-HELP AIDS BULIMIA RECOVERY

In late August, the Flinders University Services for Eating Disorders (FUSED) Team went to Port Douglas for an international conference: the Eating Disorders Research Society's 12th Annual Meeting. The purpose of this meeting is to provide a small forum (150 members and their guests are invited to attend) where leading researchers and clinicians from around the world can present and discuss the most recent research in the field of eating disorders.

One Key discussion was the treatment of bulimia nervosa. A group of researchers from the USA and UK presented findings of a recent study that compared cognitive-behavioural therapy (CBT) to a stepped-care approach. The stepped care involved patients being supervised in using a CBT-based self-help manual first, and then receiving a full course of CBT if their symptoms remained.

The stepped-care approach appears to be an effective alternative to individual CBT. The percentage of people in remission was higher at the end of treatment in patients receiving stepped-care rather than individual CBT. More specifically, the results suggest that supervised self-help may be sufficient for a number of people with bulimia nervosa,

and individual CBT may be more effective if preceded by supervised self-help (with supervised self-help possibly serving to prime a response to the CBT).

These findings are encouraging, given the accessibility and affordability of supervised self-help as a form of treatment for bulimia nervosa. Also, these findings support the ongoing efforts of the FUSED Team to introduce a stepped-care approach to the Adelaide community. Accordingly, the FUSED Team is currently offering guided self-help treatment for people with bulimia nervosa, as part of a research trial. Each of the three treatments is based on CBT principles.

For more information about the FUSED guided self-help programs, please ring Jacqueline Bergin on 8201 2565 at the School of Psychology, Flinders University, to have an information pack sent to you.

This is a free service offered by the university, and it has been approved by the Flinders Clinical Research Ethics Committee.

*FUSED Team, Flinders University
Reproduced from Keeping In Touch; newsletter of the
Eating Disorders Association of SA, Summer 2006*

Used with permission

For your interest

KIDS PAY A HIGH PRICE FOR THEIR INVISIBILITY—COMIC (*Children of Mentally Ill Consumers*)

Until now, children of parents who experience a mental illness have been invisible to service providers. It can be very confusing for a child who grows up in a household where things may be not quite right.

Some children may feel guilty, over-burdened, or isolated. Children may be trying to come to terms with feeling ashamed because of poor community understanding about mental illness. Children may need to deal with grief and loss, with their own lost potential or the loss of the relationship with a parent. For many children, a mentally ill parent is an absent parent.

Issues commonly identified, include lack of trust, relationship difficulties, high carer stress, and the development of patterns of avoidance or over involvement in family members.

COMIC has developed a Supporting our Family Kit which was officially launched in July 2002. This excellent Kit is available for download from the COMIC website at:

www.howstat.com/comic

The aim of the Kit is to heighten awareness for children's issues and to de-stigmatise mental illness within the community. COMIC hopes to encourage parents to ask for help and discuss their illness with their children.

When childhood issues are not dealt with they are often carried into adulthood where they potentially impact on relationship development and the ability to find peace and satisfaction as an adult.

COMIC aims to start the healing process because no-one can heal in isolation.

For further information or any queries, please contact the COMIC Co-conveners, Nerrelle Goad and Paola Mason by emailing: comic.admin@bigpond.com

*Used with permission,
From Mental Health Coalition, PEAK ACTION 2006
December Issue*

BOOK REVIEW

Calming Your Anxious Mind: how mindfulness and compassion can free you from anxiety, fear and panic, by Jeffrey Brantley

Brantley does a good job in explaining mindfulness, providing meditation practices to cultivate mindfulness and showing how it can be applied to panic and anxiety. The difficulty, for the reader, is making it all work for them. This is not a book to just read, it is a book to work with.

The first part is titled 'getting oriented' and discusses mindfulness, fear, the mind, meditation, attitude and practice. It has a logical and informative section, which seeks to de-mystify some of the ideas around mindfulness and meditation.

This is followed by how to practice meditation, the importance of accepting what comes into your mind, paying attention to the moment and being kind and compassionate to yourself. There are a number of meditation guides in this section to practice and descriptions of how each one works.

The third and final part is applying mindfulness to anxiety. It includes providing some solutions to difficulties that you may come across in your own practice.

I think anyone who has had some experience of meditation and mindfulness will find this a good book to read to assist your awareness. If you are thinking about trying mindfulness then it provides a good introduction for you.

The descriptions and applications are easy to follow. While Brantley believes that mindfulness is a powerful self-help resource in the recovery of anxiety and panic, it should not be used as a substitute for medical treatment, if required.

*Volunteer,
Panic Anxiety Disorders Association (PADA)
Used with permission
PADA Newsletter, November 2006*

For details of how to obtain copies of this book please contact PADA on 8227 1044.

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.

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.

For your interest

Australia Fair

What is Australia Fair?

Australia Fair is a new national initiative seeking support and action from all Australians to make Australia fair.

We want a country where no Australian is left to struggle on their own. We work towards giving every Australian an adequate standard of living and a fair chance at participating in our economy and society. We seek support from all Australians to help the people who most need it: men, women and children who do not have a secure home, a job, an education, good health and other services they need.

Who supports Australia Fair?

Initiated by the Australian Council of Social Service (ACOSS), the peak council of the community and welfare sector, Australia Fair is supported by many organisations providing services to well over 4 million Australians. Australia Fair seeks to draw together all organisations and individuals concerned with issues of fairness and is currently inviting their involvement in its presentation to the general public.

How do I get involved in Australia Fair?

Individuals can join Australia Fair on our website: www.australiafair.org.au to receive updates on our activities and to participate in discussions and actions to make Australia fair.

What are the activities of Australia Fair?

Australia Fair wants to encourage discussion, action, solutions, and connections between communities to make Australia fair. Just a few examples of what we do are below.

Your views

Australia Fair's priorities are determined by what Australians think are needed to create a fair Australia. Your views are sought through:

- ¼ *Australia Fair Learning Circles* which bring together small groups of friends, colleagues or neighbours to learn together about fairness in Australia. Australia Fair provides kits which prompt open discussion on key issues. Each Circle is encouraged to share their learning with people they know and with Circles in other parts of Australia.
- ¼ *Australia Fair Surveys* ask Australians key questions about what they think is fair and how our economy, politics and society can support fairness.
- ¼ *Australia Fair Online Discussions* encourage debate and the sharing of solutions about what makes Australia fair.
- ¼ *Australia Fair Consultations* provide an opportunity for local community groups in all States and Territories to have their say about urgent priorities for change in their community and about the direction of Australia Fair.

Your actions

- ¼ *Australia Fair* encourages individual and group actions to make Australia fair including:
- ¼ *Australia Fair Action Network* enables people to email their local politicians to express concern around current issues by inputting their postcode and following three quick steps to action.
- ¼ *Australia Fair Media Resource* provides people with the ability to use the website to write to the editors of their local newspapers and to call local talkback radio and television programs to have their views heard.
- ¼ *Australia Fair Citizens' Juries* select a representative group of people of different ages and backgrounds to hear experts and give advice on what actions are needed to make Australia fair. Deliberations and decisions of juries will be made available to all to encourage greater citizen involvement in decision-making.
- ¼ *Australia Fair My Postcode* provide an opportunity for people to tell others what is fair and unfair in their area and to add their photo to our petition to encourage governments to set targets and take action to make Australia fair.

Used with permission
from SACOSS News November-December 2006

www.australiafair.org.au

Locked Bag 4777, Strawberry Hills, NSW 2012

Tel: 02 9310 4844 Fax: 02 9310 4822

Parenting Tough Kids



Simple Proven Strategies to Help Kids Succeed

By Mark Le Messurier

Using engaging ways to bring about helpful changes for children and young teens who 'do it tough'; who learn differently, react differently and think they can't.

The primary audience is for parents who experience difficulties with their children, but at the heart of the book is a healthy collection of real case studies and real ideas useful to every mum and dad. *Parenting Tough Kids* delivers simple proven strategies to improve the behaviour, organisation, learning, friendship and emotion of all children.

A CD containing all the reproducible pages is included.

To preview pages and worksheets from *Parenting Tough Kids*, order copies online, or book workshops go to: www.marklemessurier.com.au

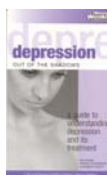
Book Corner

BOOKS FOR SALE:



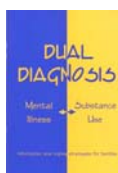
A LIFELONG JOURNEY; Sarah Russell
Staying Well with Manic Depression / Bipolar Disorder; provides evidence that people with manic depression/bipolar disorder can, and do, stay well. **\$19.95 + \$3 p&h**

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**



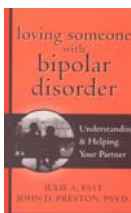
DEPRESSION: OUT OF THE SHADOWS; Ian Hickie, Tracey Davenport & Elizabeth Scott a guide to understanding Depression and its treatment. **\$8.80 + \$2 p&h**

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**



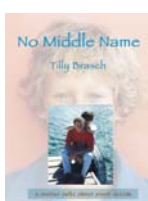
MIFSA RECIPE BOOK

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.

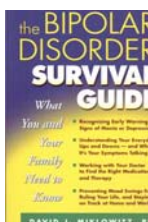


Display Folder \$7.30 + \$4 p&h
Spiral Bound \$6.40 + \$3 p&h



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**



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. 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 |

BINGO AT KESWICK

Every second Wednesday
afternoon at 1:30pm

for MIFSA members only

GOLD COIN DONATION
Includes free tea & coffee

PRIZES TO BE WON!
No cash prizes

Proceeds to the Keswick Activity Centre



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 first meeting for 2007 will be held on:

Monday, 12th February, and 12th March at the **Warradale Hotel; from 6:30pm**

Get together for fun and friendship—a good meal; cost approx \$12. Newcomers welcome, please join us.

Bookings essential by 5th Feb, contact Narelle, 8278 5796.

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

Next meetings: 27th February & 27th March

MURRAY BRIDGE MENTAL HEALTH SUPPORT GROUP is currently in recess.

Contact: Laurel, 8532 6157 For information regarding future plans.

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, 13th February, and 13th March; 7:30pm Newcomers welcome

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 FEBRUARY)

NEXT MEETING: Wednesday 28th March

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

Also contact Helen for venue details regarding the next **Rotary Mental Health Information Forum** being held in the Goolwa area; Monday, March 26th, evening.

FREE LEGAL ADVICE—1300 366 424

9am—4:30pm — Monday—Friday

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

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)



I would like to introduce myself to those who may not have met me, and say hi to everyone. My name is Carol Weston and I will be the Acting Activity Centre Coordinator until Jenny returns from Long Service Leave.

I would also like to thank Anastasia for all the fantastic work she has done whilst in the position of Acting Activities

Officer for the last few months while recruitment for the position took place. Our congratulations go to long term member Mel Webb who will start with us on February 6th in this role. Mel has worked previously in a relieving capacity at both Panangga and Keswick Activity Centres.

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 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: Tuesdays 12:30—3:30pm

Saturdays 11:30am—2:30pm

at Panangga: Wednesday 1-3pm

Writing for Pleasure at Panangga

Thursdays, 1pm—2:30pm

Come and join us, and see where it may take you!



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.



Yoga — at Panangga

Fridays, 1:30pm

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

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)



MIFSA Activity Centres Services

MONDAYS

PANANGGA:

Ten Pin Bowling

Free coffee / tea all day

Video 1pm—3pm drop in and watch a latest video

There may be some change in Keswick Activity Centre's programme for Tuesdays and Fridays. For updated information please phone Katrina or Melanie on 8221 5160

MEMBERS MEETING at Keswick

Thursdays, 1st February & 1st March, 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

Accommodation Service, 1—4pm

(first & third weeks each month)

Walking Group, 1:30pm

www.support, 12 noon—1:30pm

PANANGGA:

Lunch —toasted sangas, \$1.50

Coffee Shop, (leaving Panangga at 1:30pm)

Visual Art, 1pm—3pm (for fun and relaxation)

WEDNESDAYS

KESWICK:

Lunch Special — hotdogs (sausage sizzle, first Wednesday of month)

Chew & View, 12pm, 28th February & 28th March

Creative Writing, 1—3pm, 21st February & 21st March

Bingo—1:30pm, (alternate Wednesdays)

PANANGGA:

Massage, 10:30am—1:30pm

Discussion Group, 11am-12noon, with guest speakers, then stay for a bbq lunch

Art, 1—3pm (fun & relaxation)

**FREE INTERNET ACCESS
AVAILABLE DAILY**

At Keswick and Panangga
During Activity Centre hours



SOUTH COAST EXCHANGE

Friday, 15th February at Victor Harbor

Friday 15th March at Panangga

THURSDAYS

KESWICK:

Members meeting, 1:30pm—7th Dec, 4th January

Foot Reflexology, 10am—5pm

PANANGGA:

Supported Computer Time, 10am—12noon

Writing for pleasure 1pm—2:30pm (ring to confirm dates)

Community Walks, 1pm—3:30pm

FRIDAYS

KESWICK:

www.support, 12noon—3:30pm

Card Making with Katrina, 12:30pm-2:30pm, 9th Feb & 9th March

8 Ball Blitz, 2pm, second & fourth week each month

PANANGGA:

Hot Lunch, 12 noon plus quiz / crosswords / games

Quiz or X Words, or games afternoon

Yoga, 1:30pm

South Coast Exchange, Friday, 15th February & 15th March

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:

Foot Reflexology, 10am—2pm

DIY BBQ Lunch Special, 12 noon—1pm

Computer Skills, 12 noon—3 pm

Just Art, 11:30am—2:30pm

MIFSA Activity Centres Services

FEBRUARY DAY TRIP OUTING TO MONARTO ZOO TUESDAY 27th FEBRUARY

Join us for a 'safari adventure' at Monarto Zoo. See the animals close-up in their natural habitat (bring your cameras) from the comfort and safety of an air-conditioned bus, on a 75 minute tour with a tour guide.

Following lunch (bring your own) you can choose a walking trail to enjoy the bushland close up (but not the animals!).

Bus leaves Keswick Activity Centre at 10am sharp.

Cost: \$16 or \$7 for those living in supported accommodation/nursing home (carers free)

Please RSVP to Katrina or Melanie ASAP as seats are limited

CHEW & VIEW—AT KESWICK

Wednesday, 28th February, 12pm
FISHERMANS FEAST



Come join us for some mouth watering, fresh and sizzling fish and chips, with an icy cold soft drink to wash it down. Then join us for a new-release DVD!

Cost: \$5—\$10

Please RSVP by 23rd February

(add your name to the list at Keswick Activity Centre)

Wednesday, 28th March, 12pm
ITALIAN FEAST

Come join us for a delicious Italian feast of Totellini alla pana in cream sauce with mushrooms and ham, and can of soft drink



Followed by a new-release DVD

Please RSVP by 23rd March

(add your name to the list at Keswick Activity Centre)

MARCH DAY TRIP OUTING TENNIS AT BELAIR NATIONAL PARK TUESDAY 27th MARCH

Come join us, enjoy the quiet of the natural bushland, bring your camera, and play tennis all afternoon

Bring your own lunch, or purchase at the park

BUS LEAVES 10:15am SHARP

Cost: \$2.50 (to cover cost of court hire)

Please RSVP your interest to Melanie or Katrina, 8221 5160, as seats on the bus are limited

Card Making with Katrina at Keswick Activity Centre

Fridays, February 9th & March 9th
12:30pm—2:30pm

Come along and be creative with making your own cards
(Birthday, Easter, Christmas etc)

GOLD COIN DONATION APPRECIATED

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

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

COMMUNITY OUTINGS—KESWICK



Come and join us
in the Community car or bus.
On the first & third Fridays each
month 1:30pm

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

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

FEBRUARY

Tuesday

6th creamy fish bake
13th salmon & dill spaghetti
20th baked potatoes
27th Thai chicken

Thursday

1st stir fry chicken & cashew
8th macaroni cheese
15th chicken lasagne
22nd sweet & sour pork

MARCH

Tuesday

6th potato tuna bake
13th Mongolian lamb
20th teriyaki style chicken
27th pasta beef casserole

Thursday

1st roast lamb
8th honey chicken
15th country quiche
22nd oriental beef stir fry
29th scalloped potatoes



