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www.mifsa.org

MIFSA to develop Respite Programs

During Mental Health Week the successful applicants for Commonwealth Respite Funding were announced. The funding will offer opportunity for 52 organisations across Australia to provide a range of flexible respite options which include creating new respite services and expanding existing programs. Locally the following providers have been chosen: Mental Illness Fellowship of South Australia, Richmond Fellowship, YMCA of South Australia, UnitingCare Wesley Adelaide, Carers' Link Barossa and Districts, Anglicare SA and Country North Community Services.

The Mental Health Respite Program aims to provide a range of flexible respite options for carers of people with severe mental illness/psychiatric disability and carers of people with intellectual disability. The funding will allow MIFSA to set up respite programs, infrastructure and resources to offer a range of respite options which include Carer retreats, Getaway Camps for Care recipients,

short break respite, 1-to-1 respite and volunteers visitors. The new funding is allocated to set up the program with delivery of respite to occur through a brokerage model.

The brokerage service model is provided across Australia in all Home and Community Care (HACC) regions using the existing network of Commonwealth Respite and Carelink Centres. This component of the Program was implemented in April 2007 using a brokerage model enabling carers, the care recipient and their families to have the maximum choice and flexibility tailored to their specific respite needs. MIFSA has been funded in both HACC service regions in Adelaide: north west and south east metropolitan Adelaide. We look forward to updating you as programs are developed next year.

Great news for Carers

It is such a pleasure to be able to share with MIFSA members some fantastic news. MIFSA has battled for some time with uncertainty and interim funding arrangements for our Well Ways Carer Education Program.

We recently received the welcome news that our Commonwealth application for funding for a Mental Health Community Based Program has been successful! Our Mental Health Community Based Program will be the Well Ways Program which will now be able to reach the many metropolitan Carers on our Well Ways waiting lists. In addition 100's more Carers and Family Members will also have the opportunity to participate in this quality program.

The funding is for three years; offering real hope, support and education to many Carers and Family Members in Adelaide. We are incredibly excited to be able to broaden our deliver of this evidence-based, peer-led program which has proven efficacy in improving outcomes for Carers whilst also having wide ranging benefits for the person with mental illness. Here's to continuing the Well Ways journey!



Vision & Mission

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

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



From the President

Around MIFSA these days, 'Flux, flux, all is flux'. No, I'm not being rude, it's a quote ascribed to Heraclitus (circa 500 BC) meaning that change is constant ('All is flowing' is another translation). As well as all the new staff, our Board has been through several changes, starting with Bob Burke and Katrina Kalaburnis deciding not to re-nominate. I've enjoyed working with them enormously, and they will both remain solid contributors to better mental health services in many other ways.

Coming onto the Board is Susan Wilkes, who will be known to many of you as one of the people on the front desk or the phone, as the Mental Health Resource Centre Administration Officer. Partly because of that, she shows a sharp awareness of what our members and other consumers want from MIFSA - first-hand knowledge that will make her a great 'reality check' for our decision-making.

Our other new member is Nicki Hirst, a long-time member who works as a consumer consultant at the Margaret Tobin Centre. This is just the best background for

a Board member, along with Nicki's leading role in the Support Works group at Keswick each week.

I almost forgot Neville Rice, who has continued, but moves from being a co-opted member to an elected one. Neville has only been with us this year as Treasurer, but he has quickly become invaluable - so invaluable that we are mightily relieved that he decided to continue.

I was pleased and honoured to be re-elected president by the Board on your behalf, and pleased that Marion Croser was elected to be the Deputy; and we elected Neville as Treasurer just to make sure he didn't get away.

With these changes, we've decided it's time to look at our 'governance' duties again, so we will all attend an information session on the responsibilities of Board members early in the New Year. After that, we are going to do a similar thing with financial reporting, just to ensure we all have a good understanding of how MIFSA is travelling.



So lots of changes. I hope we can continue to deliver what you expect of us. I know that's why we all come to meetings, to play this part in supporting MIFSA.

It seems a long way to Christmas and the New Year as I write this early in November, but it will come on us quickly, I know. So I hope you get much pleasure from the giving and receiving, the re-uniting and the good times to be had. And if you travel, please go safely. See you next year.

David Meldrum

From the Executive Director

The last few months have seen a lot of activity in a number of key areas at MIFSA. Mental Health Week involved a celebration of life for Well Ways carers, consumers and community members, and a Margaret Tobin Award for the collaboration between MIFSA and Baptist Community Services in delivering the Peer Worker Program.

The second half of Mental Health week included a successful AGM and Sunflower Awards night, Education Program involvement in various awareness raising activities and a busy Open Day. A Karaoke night at Keswick Activity Centre ended off the Awareness week as did several print and radio media contacts resulting in positive exposure for MIFSA and increased numbers of individuals contacting us.

Ongoing expansion of our Activity Centres includes Marianne Dahl joining the Keswick team as an Activity Officer. We have also been very busy recruiting for our Personal

Helpers and Mentors (PHaM's) teams. Fiona Johnson and Emilie Gagnon Milot join us as PHaM's Team Leaders for the western and outer southern teams respectively. Welcomed to the Western PHaM's team as Program Workers are: Emily Blackman, Glenn Manser, Robyn Miller, Mark Roberts and Nicole Palachicky. In the south, Ken MacAskill, Andrea Cameron, Sean Haynes, Anne McGilloway, and Paul Knight-Stacey join the PHaMs teams.

Further breaking news; MIFSA is embarking on an exciting adventure and expanding into the country. It's now official, MIFSA is the preferred provider for a "Support for Day to Day Living Program" in the Eyre Peninsula. The Activity Program will be delivered out of Port Lincoln and will offer opportunities to meet the needs of socially isolated people living with mental illness on the Eyre Peninsula.



This will mean that we will provide a version a range of Activity Programs from Port Lincoln as a base. It also means that we begin to expand our presence into Country SA alongside the fantastic work of our Education Program.

Continued next page>





Robert Burke conferred as MIFSA Life Member

Each year MIFSA considers the honour of acknowledging the work and dedication of an individual who has contributed to the organisation "above and beyond the call of duty". This year the decision was easy with the inclusion of Bob Burke as a MIFSA Life Member at the 2007 Annual General Meeting of the Mental Illness Fellowship of South Australia.

With his background in quality management and as a carer of someone with a mental illness, Bob has been an excellent leader within the mental health sector. Bob was President of the Mood Disorders Association Board of Management for a number of years. Bob was also a key player in the development of the Mental Health Coalition of SA and held the position of Vice President on the Coalition Board for several years. He is a man of vision and is passionate about seeing the mental health sector in SA grow into a sector that supports both consumers and carers well.

Bob also played an integral role in implementing the amalgamation between MDA and MIFSA in recognition of the need for the sector to integrate and share resources. Bob and his wife, Judy, have been (and still are) very active members of the Mood Disorders carers support group.



Many testaments to his service have flowed in including the following: "Bob participates outside MIFSA as a strong lobbying voice in many forums. He is an executive voice and a personal Carer which gives him a double impact on all who know him". It is an honour to add Bob Burke's name to the list of exceptional individuals who make up MIFSA's Life Members.

New Mental Health Website provides up-to-date information on mental health and wellbeing is a one-stop shop for important information on Government health programs, funding opportunities, publications and policies; visit www.mentalhealth.gov.au

From the Executive Director *continued*

While MIFSA has delivered community education in an outreach capacity in rural and remote communities for over a decade, the Activity Programs in the Eyre Peninsula will provide MIFSA with its first country base. Sounds like another busy year ahead!

Stay tuned for regular updates and here's to expanding our programs even further than any of us imagined even a few months ago!

As the year comes to a close I wish all MIFSA members, your families and friends a safe and peaceful holiday season.

Stay well and best wishes

Natasha Miliotis

Carers' Reflections

AT A RECENT "MD CARERS" MEETING, THREE MEMBERS HAD BEEN ASKED TO PREPARE 15-20 MINUTE TALKS, REFLECTING UPON THEIR JOURNEYS AS CARERS OF EITHER SPOUSE OR OFFSPRING (OR BOTH) WHO SUFFERED FROM BIPOLAR AFFECTIVE DISORDER. THE EVENING BECAME A VERY MOVING AND THOUGHT-PROVOKING EXPERIENCE FOR ALL WHO WERE PRESENT.

We were all asked to reflect upon what qualities we thought the speakers had in common that enabled them to continue life with a positive attitude after some of the traumatic experiences they had shared with their sufferers. Below is a compilation of reflections that were shared by various carers who had attended the meeting.

COMMON EXPERIENCES:

- Having to deal with the seemingly inexplicable bouts of anger and strange behaviour being manifested by their family member.
- Sense of relief when a diagnosis was eventually made by the professionals.
- Sense of guilt that you may have contributed to the cause of the illness, embarrassment at the diagnosis because of the perceived stigma, added to a fear of what lay in the future both for themselves and the ones with the illness. High anxiety levels manifesting in both physical and psychological symptoms.

Continued page 12>

MIFSA Sunflower Awards 2007

For the past 11 years the Mental Illness Fellowship of South Australia (MIFSA) has hosted the Sunflower Awards. The Awards honour outstanding work by an individual, group or organisation working in the mental health area.

In 2007 the Sunflower Awards enjoyed a make-over with the presentation of three Sunflower Awards: the Consumer Choice, Carers Choice and MIFSA Board Award.

Nominations were received from Carers and Consumers throughout August and September. The 2007 Award winners are all very different and yet share a commitment and passion to support the needs of people affected by mental illness and their Carers.

The Carer Choice award was presented to Marcia Johnson-Timm. As founder, facilitator and leader of the Mood Disorders Carers Support Group, Marcia has provided a large number of Carers with critically-needed support for 14 years. The group began with 6 carers and has grown to a current contact list of over 100.

Numerous nominations were filled with praise for Marcia's ability to run a support group with "warmth, generosity, great competence and imagination" with Carers drawing from her strength as well as her consistent and reliable leadership. "She is always willing and available to others, her outreach has made all the difference in establishing her support group as one of the most successful in Adelaide"

Marcia has volunteered countless hours over the years, is always welcoming new Carers, keeping in touch with Support Group members, ensuring everyone is included and organising special events. Carers spoke of her "consistent commitment to this work for many years, alongside her own responsibilities of caring for someone with a mental illness, she has great tact and never loses her personal touch."

The Consumer Choice award was presented to Paula de Cean. Paula is another individual who has shown great commitment to improving services for people affected by mental illness. Paula works as a volunteer and peer worker at The Gully (a Day Program service of the Central Northern Adelaide Health Service).

"Paula puts a hundred and one percent into her duties at The Gully. She is always understanding and dedicated to helping others." Paula is also involved in a radio show, Salisbury Community Radio, which promotes mental health and awareness about mental illness. "Paula makes herself available in her own time" despite facing her own challenges. Paula is also a member of the Mental Health Task force.



Finally the MIFSA Board Award was presented to the Mental Health Coalition of South Australia. The Coalition is the peak organisation for non government organisations working in the mental health sector in South Australia. The Mental Health Coalition has engaged in a broad range of work, education and sector development.

In particular the Mental Health Coalition was nominated for its promotion and use of the recovery framework, delivery of a range of innovative programs and ensuring mental health receives consistent and positive media coverage.

Congratulations to all the 2007 Sunflower Award winners. Your commitment and hard work has contributed to our growing South Australian mental health sector.

Sunflower Award Sponsor: Eli Lilly & Company

MIFSA would like to thank our long time Sunflower Awards sponsor: Eli Lilly and Company. Through the generosity of Eli Lilly the Mental Illness Fellowship of South Australia has once more been able to ensure that the voices of consumers and carers are heard in acknowledging best practice in the area of mental health in South Australia.

2007 Margaret Tobin Awards

As has become customary the annual Margaret Tobin Awards were presented during the launch of Mental Health Week. The first award announced was for "Excellence in leadership and commitment to mental health reform" and won by MIFSA and Baptist Community Service (BCS) for their collaboration in developing and delivering the Peer Support Project.

In 2005, MIFSA and BCS each received funding from the State Government to run a Peer Worker Program. Rather than operating separately, MIFSA and BCS decided that it would be more strategic and effective to work together in developing the project. Key achievements of the Peer Support Project include:

- setting up an Introduction to Peer Work training course and providing ongoing support for peer workers and their employers across the state
- increased acceptance of peer workers by industry and a greater willingness to employ more consumers
- decreased stigma associated with the role of consumers as employees both within the State's mental health services and in the wider workforce
- forming a core partnership between MIFSA and BCS

Additional achievements include forming partnerships and consulting widely, establishing a Stakeholder Reference Group, working with employers to facilitate employment of peer workers and establishing a Peer Network and Job Club.

As of June 30th 2007, 184 people have attended Information Sessions, with 77 people completing the Introduction to Peer Work course in metropolitan Adelaide. Approximately 75% of this group have found work, 50% in paid employment and 25% in volunteer positions.



In country SA, approximately 70 people attended Information Sessions with 45 completing the Introduction to Peer Work Course. In addition, over 20 students have enrolled in the Certificate III in Community Services (Mental Health Non Clinical) run in collaboration with the Australian Nursing Federation.

As a result of MIFSA and BCS's leadership and commitment there has been an increase in awareness about the benefits of consumer involvement, increased opportunities for consumers, greater acceptance of consumers as employees in the mental health services and increased hope.

Hope is arguably one of the most important achievements and offered in the form of peer workers providing positive role models for other consumers while increased employment of peer workers in the mental health sector gives hope that recovery is possible. Engendering hope has been beneficial for mental health workers, family members and carers, as well as consumers.

The Light of Reality

A POEM BY ROBERT I MOSS

The universe is in love with us, though people often forget that we are all living in a world made of magic and dreams, how beyond the mirror of mind dwells an ocean of light which permeates the illusion of its conditions and forms.

If we could only remember in faith and constant knowing the reality of unconditional love which supports all creation, we would no longer fall under the spell of our own fears nor be imprisoned in purgatory with the demons of guilt.

To know the simple truth of love is to understand the divine but even if tortured by illusions of darkness and division, the light of reality will shine through the walls of our denial and rouse us from slumber to remind us we are dreaming.

Like drops in the ocean our souls are forever indivisible and the boundaries between us are constructs of the mind, in truth there is one united Self beyond all separateness which blesses those who can see through the veil of form.

Just as the sun stands beyond the cycles of night and day while it remains constant and unaffected by this world, thus the rays of divine consciousness shine upon us always though glimpsed by most only in moments of revelation.

We may lose our minds in the maya and abandon all hope yet hope remains forever faithful and will not abandon us, no soul can ever be forsaken, nor live eternally in exile for we are created out of love and to love we shall return.

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Well Ways Program

A PROGRAM FOR CARERS, FAMILY AND FRIENDS OF PEOPLE WITH A MENTAL ILLNESS

Hip-hip hooray! An exciting 14 Well Ways Programs for 2008 are scheduled for the metropolitan areas thanks to the funding granted at end of October to MIFSA by the Commonwealth Dept of Family and Community Services and Indigenous Affairs. The funding is from 2008 to 2010. Can you tell I am excited? I am. Quality Well Ways programs are now guaranteed to be delivered to so many more needy Carers, family and friends of people experiencing mental illness in Metropolitan Adelaide.

The Well Ways Program now has an extensive group of fully trained Facilitators some of which have just qualified at an intensive three day training course conducted by MIF VIC Well Ways Trainer, Gary Williams, and who also conducted the annual retraining upgrade of all other MIFSA Well Ways Facilitators.

A special thanks to Margaret Springgay MIFA Executive Director, guest speaker and all those who came to the Glenelg beach on a brisk Sunday morning by acknowledging that 'Mental Health is Everyone's Responsibility' and celebrating life. Thanks to the Well Ways Facilitators too who helped make the event a success as this was an inaugural event at the beginning of Mental Health Week for those who care in the community. The photos acknowledge the special event enjoyed by those who attended. The doves were released as a symbol of hope.

May the next two months, which include Christmas and a holiday period for some, be a stress-less time for all with understanding of others' needs. I wait to respond to those family and friends who wish to either enroll or register to complete the Well Ways Program in 2008 or if you need more information.

MIFSA Well Ways wish for you all is Love, Peace and Hope.

Maureen Lewis
Well Ways Family Education Program Coordinator
mlewis@mifsa.org



Well Ways - building a future

Well Ways helping families and friends find better ways

Well Ways consists of a block of eight weekly sessions followed by four more sessions over next twelve months.

2008 Well Ways Programs - final venues and dates are yet to be confirmed.

LOCATION	DATE	LOCATION	DATE
Marion	25 February	Payneham	7 July
Keswick	10 March	Salisbury	21 July
Elizabeth	31 March	Stirling	18 August
Port Adelaide	14 April	Seaford	25 August
Christies Beach	5 May	Modbury	8 September
Keswick	26 May	Keswick	22 September
Enfield	16 June	Henley Beach	5 October

Carer Facilitators who conduct the programs are trained and qualified by Mental Illness Fellowship of Victoria.

Well Ways is evaluated by the LaTrobe University.

Contact Maureen Lewis, Well Ways Coordinator on 8221 5160 or email: mlewis@mifsa.org

Feedback from Well Ways Participants

"... the knowledge, treatment and facts about different mental illnesses was all very enlightening and informative ... it has taken away the fear of mental illness for me, I am well informed and more confident now ... the bonus was that we were instructed and encouraged to look after ourselves and live in hope and confidence."

"... On a personal level, I learned so much about my daughter's illness and gained coping skills which I use all that time to great effect. Knowledge is power and I feel empowered and more able to cope with life and optimistic about the future."

"I couldn't speak highly enough!"



Psychosocial Groups Program

WORKING TOGETHER TOWARDS RECOVERY

For adults with a mental illness, sessions are conducted in small groups of people, sharing a similar experience.

Our aims are to:

- share experiences
- increase knowledge and skills
- manage our wellbeing
- acknowledge personal strengths
- have fun.

The focus is about thriving, not just surviving.

Weekly sessions of 2 hours are held over 6-8 weeks, with a break for food. There is no cost to attend. Groups will be held in various locations across Adelaide; the specific locations, dates and times will be available in February newsletter.

See table right for the 2008 Program.

Jane Dodding
Team Leader
Jane@mifsa.org

Anxiety: Slow Breathing Technique

When we are anxious we tend to over-breathe which can lead to a range of symptoms including lightheadedness and chest pain. Sometimes this is so subtle that we may not even know we are doing it! There are many different ways to combat over-breathing and it is important that we find the technique that is most helpful to us. Below is just ONE way of returning our breathing cycle to normal.

Hold your breath and count to 6 (don't take a deep breath).

When you get to 6, breathe out and say the word "relax" to yourself in a calm, soothing manner.

Breathe in and out slowly in a six-second cycle. Breathe in for three seconds and out for three seconds. This will produce a breathing rate of 10 breaths per minute. Say the word "relax" to yourself every time you breathe out. Breathe in a smooth and light manner.

Make sure you breathe through your nose and use your abdomen rather than chest muscles.

At the end of each minute (after 10 breaths) hold your breath again for 6 seconds and then continue breathing in the six-second cycle.

Continue breathing in this way until all symptoms of over-breathing have gone.

Source: www.crufad.com
Used with permission from PADA Newsletter, September 2007

2008 Program

TOPIC	MONTH TO BE HELD
Psychosis	February, June and September
Managing Moods - both highs and lows	March and August
Dealing with Depression	April
Alleviating Anxiety	October
Voice Hearers' Group	to be advised

Comments from previous group participants - what they found helpful:

"strategies always practical, easy to apply."

"group discussion, very good activities, which really made me think more deeply about my issues."

"sharing with other people, knowing you are not alone."

Mental Illness Fact Sheets Series

Order forms available by phoning MIFSA, 8221 5160
Cost: all prices include GST

Full Series (1 copy of each 30 sheets)

MIFSA members \$12.50
non-members \$15.00

Bulk Packs (50 copies of one title)

MIFSA members \$10.00
non-members \$12.50

Small Packs (20 copies of one title)

MIFSA members \$ 4.00
non-members \$ 5.00

(plus postage and handling – add \$4 for one pack, \$10 for 2-10 packs)



Activity Centres Program

HI ALL

The number and variety of activities and programs are expanding by the minute at both Panangga and Keswick, so check out the programs next time you are in. There are two areas that are worth highlighting... Firstly, we are beginning a MIFSA 20's group, especially for people aged between 18 and 30 years of age. The initial meeting created lots of energy and ideas and the participants are working on a program which will be available soon. If you're interested in getting involved or finding out more, please contact either Lee or Mattea on 8221 5160.

Also, we are excited to be able to offer all participants the opportunity of individual support in their recovery journey. Using a new and revamped version of the MAP (Member Achievement Plan), this will be an individualized service with a MIFSA staff member. Just like a real life 'map', we will work together to identify where you are at, where you might like to go, then together we can explore ideas of how to get there! This might involve fitting in with an existing program, or a referral to another agency or service.

Alternatively it may alert you to some simple changes you can make on your own, or open up a Volunteer opportunity for you. It may even spark ideas about further activities that MIFSA can start! There may be others who decide that right now they are not looking for any particular changes. MIFSA works from the basis that wherever we are at is fine and OK, and that every human being can benefit from the opportunity to think about how they might like to improve his/her life. The MAP process and forms were recently taken to a member's meeting at Keswick and received very positive feedback. So be on the lookout for this and put your name down - we look forward to sitting down together soon!

Mattea Malcolm
Team Leader
mmalcolm@mifsa.org

Be Smoke Free

WOULD YOU LIKE TO QUIT OR CUT BACK TOBACCO?

Groups are being run around Adelaide for people with mental illness to get support to work on their smoking. The groups are for people who are:

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

For more information or to register, please contact the **Be Smoke Free!** Program by phoning 8200 2009 or for more information about the group being held at MIFSA (MHRC Conference Room) please contact Carol at Keswick Activity Centre, 8221 5160.

The Tobacco and Mental Illness Project, 8200 2009

Getabouts wraps up

A year ago the Panangga Getabouts project was funded for 12 months. The project aimed to enhance and broaden the current level of service provision at Panangga by offering participants an opportunity to more successfully integrate into their local communities.

Paul Knight-Stacey was recruited to offer socially isolated individuals an opportunity to more successfully integrate into their local communities. Paul has supported small groups of individuals with a shared interest to link with mainstream activities and organisations in their community.

Members have thereby broadened their contact from largely "mental health services" to make and maintain effective community links with a range of mainstream services. After several months a volunteer peer leader is identified to work within the group to sustain community contact as Paul gradually withdraws to support the next group of participants.

Getabouts has developed and delivered a range of group programs which have enhanced community connectedness for about 30 individuals who have accessed the program for approximately 1,500 hours.

Groups include Arts/craft at the local Baptist Church, Noarlunga Gym 'Strength for life' program, Noarlunga Swimming Pool group, 'Coffee Shops on the hop' at various local cafes, 10 Pin Bowling at Noarlunga Bowls and Bush and Beach Walking at various Southern locations.

The opportunity to trial this innovative service option has also had significant benefits for MIFSA. For Panangga Activity Centre the project meant that for 12 months the one full time equivalent staff position was increased to include Paul working 2 days per week. Activities could therefore be undertaken in the community without Panangga needing to be closed.

Getabouts as a service model has also been showcased in applications and tenders as an innovative program and has undoubtedly played a part in our success in achieving Day to Day Living in the Community funding. The new funding will ensure that most if not all of the Getabouts community programs will continue past the completion of Getabouts funding. We are grateful to Home and Community Care (HACC) for the funding grant as well as the opportunity to trial this service option and we sincerely thank Paul for bringing Panangga Getabouts to life!

HOUSING SA ACCOMMODATION ADVICE

at MHRC Keswick; Thursdays, 1—4pm
first and third (and 5th) Thursdays each month

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



Sunflower Shops

HI EVERYONE,

What an exciting year it has been for me. First I had the difficult job of closing our two Sunflower shops in Salisbury and Ridgehaven, with the help of the wonderful volunteers we had out there. Cleaning out the sheds at Keswick and Seacombe were also big jobs. Luckily again, I had volunteers making it possible to get it done.

Moving the Christie Downs shop went smoothly too. "Many hands make light work" is a true saying.

We now sort most of the clothes out at Keswick, which are then taken by our van drivers Daniel, Lynton and Paul to the shops. We have many new workers and the shops are looking good.

I would like to take this opportunity to wish all the people at MIFSA, readers of this newsletter and the Sunflower shop volunteers a wonderful year, may Santa bring you all the good things you wish for, Merry Christmas.

Love, Peace and Happiness,

Elisha Stolk
Shops Co-ordinator
0409 697 432

Sunflower Shops

ARE LOCATED AT

CHRISTIES DOWNS

Shop 4, Flaxmill Shopping Centre, 303 Flaxmill Road
Phone 8236 2456

Note: the shop has moved, but just a few shops west in the same shopping centre.

GOODWOOD

145 Goodwood Road (just south of the Capri Theatre)
Phone 8236 2456

SEACOMBE GARDENS

577 Morphett Road
Phone 8236 2456



Volunteers Wanted

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

The following volunteer positions are available:

SUNFLOWER SHOPS – SHOP ASSISTANTS

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, trustworthy and punctual, patient and willing to learn? Why not join the Sunflower Shop team.

To find out more contact Elisha on 0409 697 432

PANANGGA ACTIVITY CENTRE – QUALIFIED HAIRDRESSER

To cut members hair on a weekly, fortnightly, or even monthly basis. If you have suitable qualifications and are willing to support MIFSA members in this way, please phone Yvonne or Bernie on 8382 5588.

Volunteers Function

Friday, December 7th, 6pm – 8pm

All current MIFSA Volunteers have received an invitation in the post. We look forward to seeing all those able to attend at this special Acknowledgement Function.

It has been a busy and fantastic year at MIFSA and we are really looking forward to recognising and celebrating MIFSA Volunteers.

MIFSA Volunteers have generously shared their talents, skills and thousands upon thousands of hours to ensure that programs are extended beyond funding limitations.

The support and efforts of Volunteers enables many more people affected by mental illness and their Carers to access MIFSA's education, support and rehabilitation and recovery based programs.

As always, MIFSA Volunteers have also played a large part in ensuring that programs are delivered with quality. We hope to see as many MIFSA Volunteers as possible at our 2007 Acknowledgment Function.

In Memorium

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



Bread tags

The tally of bread tags collected by our members and the general public, both in South Australia and interstate, is now nearing 950kg additional to the 460kg already sold.

Thank you all for a fantastic effort!

Our thanks also to the efforts of our volunteers in picking up, weighing and bagging the bread tags – your efforts are greatly appreciated.

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

Judy Visser, Willunga Uniting Church and Avon customers

Katharine Loney

Rainbow Girls

The Kitchen Staff, Royal Darwin Hospital

E Monogios, Pt Pirie

Carolyn Cordon, Redbanks and the Mallala District

Marj Flynn, Yankalilla/Normanville

Fasta Pasta, Christies Beach

Theo's Cafe, Flinders Medical Centre and Flinders Private

Natalie Parry, BT Finance

Royal Adelaide Hospital Canteen

Adelaide Day Centre

Langdon Park Retirement Village

Bureau of Meteorology

Pat Quick and the Manoora Community

Birds of a Feather Collectors Club

St Andrew's Uniting Church, Glenelg

Monique Anderson, Trident Clinical Research

Waikerie Primary School

Howard House

Thank you also to the many anonymous donors who leave 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 above

Sunflower Shops Collection Bins at:

Sixth Ave Shopping Centre, Cnr Sixth Ave & Stephen Tce St Peters

Woolworth's Plus, 272 Shepherds Hill Rd, Eden Hills

Mental Health Resource Centre, 1 Richmond Road, Keswick

Panangga Activity Centre, 64 Elgin Avenue, Christies Beach

From the 2006 - 2007 Annual Report

Fundraising continues to be an ongoing challenge for MIFSA, but the benefit of significant levels of independently raised income far outweighs the costs and risks.

The Sunflower Shops remain our major ongoing activity, although we did make some important decisions this year. It became evident that our plan to operate two viable shops in the northern suburbs was not materialising. As a result, in March 2007 the Salisbury North shop was closed after 12 months trading, and the Ridgehaven shop was closed after operating for over 10 years. There were however plans by the local community at Ridgehaven to continue the shop as an opportunity shop to support local issues.

By concentrating our resources on the three remaining shops at Goodwood, Seacombe Gardens and Christie Downs, we achieved improved returns for our efforts, and enjoyed good trading again this year. We congratulate our many volunteers for their ongoing commitment and dedication to making the shops operate successfully.

Elisha Stolk has injected new energy and enthusiasm into the shops, and has contributed her past experience and skills in clothing retailing to excellent effect.

Thank you too, to our many donors and supporters for your recycled clothing and household goods. Please keep them coming!

The Sunflower Badge Day was held in June this year, and raised \$1,422 in gross donations. While this amount is lower than last year, it is a reasonable result given the reduced availability of collectors and number of collecting points. This trend could be reversed, but for an increased effort on our part. While the event carries low costs and comparatively low risk, its viability is dependent upon the quantity of suitable collectors.

The initiative to collect recycled bread tags has broadened even further, with more collection networks springing up! Schools, hospital canteens and local networks of friends are all saving their tags and donating them to us. The response from the broader community has been most encouraging. Another 230 kg was sold this year, and we advertised in industry magazines & journals, resulting in several new customers.

A special thank you to Ray Shepherd for relentlessly continuing the task of weighing and sorting the tags into saleable quantities and storage.

We continued our involvement in the Australian Central Credit Union Community Lottery, but unfortunately our tickets were not amongst the winners. The lottery increased its ticket price from \$1 to \$2 this year, but still provides good returns from a fundraising perspective. Thank you to all members for your ongoing support.

Michael Becker
Finance Manager



Marion Support Group

Meetings are held bi-monthly (February, April, June, August, October, December) on the second Monday of each month as social get-togethers over a meal at the Warradale Hotel, 234 Diagonal Rd; from 6:15pm

Next Meeting: Monday 10th December - last meeting for 2007 - to be held at the ***Warradale Hotel*** from 6:15pm. Santa may be attending (schedule permitting) bring a gift to the value of \$3 - either for Eve / Adam. Bookings at this time of year essential. Please **RSVP to Narelle, 8278 5796 by Wednesday, 5th December.**

***Please Note change of venue from that advertised in previous newsletter.**

Join us for a fun night - seasons greetings to you all;

No January meeting; first meeting 2008, Monday 11th February.

Take care,
Narelle

Support Works

For people who have depression or bipolar disorder 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 Rd Keswick.

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

Mood Disorders Carers Group

Offering help and support to those in the role of caring for people with bipolar 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 Meeting: 22nd January 2008

Newcomers welcome; to join this group please phone MIFSA on 8221 5160

Group Convenor: **Marcia Johnson Timm**

Tea Tree Gully Support Group

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

Last meeting for the year: Tuesday 11th December A social get-together to wind up the year; please bring a plate to share.

Newcomers welcome.

No January meeting; next meeting Tuesday, 12th February 2008.

Enquiries: **Peter Gurner 8362 6740**

Carers Reflections *continued*

- Bewilderment and sense of not knowing where to turn.
- Change in social network as many friends couldn't cope with the situation.
- Ongoing difficulties in dealing with various psychiatrists and ACIS teams (often because of lack of sufficient personnel and resources).
- Recognition of and mourning for the loss of dreams as the potential seen in the loved one is severely compromised by the illness.

COMMON CONCLUSIONS CONCERNING ONGOING SURVIVAL

- Development of sense of humour and ability to laugh at the comic so often closely intertwined with the tragic.
- Belonging to a group of fellow Carers who understand BECAUSE they have also "been there".
- Developing a sense of objectivity and ability to "step outside" the situation in order to view it from a different perspective.

- Importance of time away from the Caree and acceptance of the Caree's ultimate responsibility for their own wellbeing.
- Development of RESILIENCE, that quality which isn't automatically given but which develops as a result of one's reactions to the experiences encountered throughout life's journey. These experiences are often outside of (or beyond) one's control or field of expertise and often cause great grief and suffering which are also an essential part of the journey. How one reacts is ultimately determined by one's belief system, over which one does have control because a belief system is, per se, personal and unique to each individual and influenced by thinking about one's experiences throughout the journey of life.

Basically what the speakers all shared in common was a development of resilience AS A RESULT OF the experiences encountered as they walked the journey of life itself. It is open to us all!

Margaret Devichand
MIFSA Mood Disorders Carers Group



Down with schizophrenia

LUMPING TOGETHER A DIVERSE RANGE OF CONDITIONS UNDER A NAME THAT PATIENTS FEAR AND DOCTORS DON'T UNDERSTAND HELPS NO ONE

David Kingdon, *NewScientist* | 13 October 2007

In 2011, schizophrenia will be 100 years old. This also happens to be the year in which the main classification systems for psychiatric disorders are due to be revised. The question is: does the term "schizophrenia" deserve to survive into its second century?

Most patients would say no. In my work I find the diagnosis very difficult to use because it depresses patients and their carers and stigmatises them at home and at work. Patients constantly tell me how unhelpful they find it, and many simply reject the term.

Indeed, the classification has little if any scientific basis. Previously known as "dementia praecox" early-onset dementia - schizophrenia has been used to cover a collection of diverse states ever since Swiss psychiatrist Eugene Bleuler coined the name in 1911. Conditions continued to be added until the 1970s, when it was decided that the classification had become impossibly wide. The "solution" was to focus on the nature of the symptoms (whether a patient has certain types of delusions, for example, or hears voices) but to ignore the content of those symptoms (what the patient is afraid of, or what the voices say). There is now a checklist of symptoms that helps doctors decide whether someone has schizophrenia.

This reduced the number of patients, but it still left a very diverse group. And it devalued patients' experiences: their individual stresses, strengths and vulnerabilities were increasingly ignored, and coping strategies they had developed were not reinforced.

The majority view within psychiatry is that we should wait until we understand the biological basis of schizophrenia - what goes wrong in the brain - before changing the way we describe it. This view is supported by the American Psychiatric Association (APA), which publishes the Diagnostic and Statistical Manual of Mental Disorders, the profession's main handbook for diagnosing disorders. Simply changing the name (as happened in Japan, where it was recently renamed "integration disorder") will not change the root cause of the stigma - general ignorance of mental illness.

The problem with this argument is that a century of trying to unpick the biological basis of schizophrenia has made very little progress, and has been utterly unhelpful to patients. The assumption that there is a biological cause, rooted in the brain and stripped of environmental influence, leaves patients thinking they have no hope of recovery. It also causes others to distance themselves from the patient in a way that disorders such as anxiety and depression do not.

In contrast, there have been major advances in understanding the social and psychological context of psychosis in general, and this has led to the development of successful interventions. Cognitive behavioural therapy, for example, can help treat symptoms. And

work with people who hear voices has challenged the assumption that the phenomenon is inevitably pathological. This realisation has transformed the way that voices are considered, and helped many individuals to cope with stigmatisation and unhelpful labels, and to deal with their hallucinations more positively.

Psychosocial research into schizophrenia is also beginning to reveal the impact of environmental factors such as stimulant and hallucinogenic drugs, stress and childhood trauma. This has led to the idea of subgroups of the condition, such as stress-sensitivity psychosis, traumatic psychosis, anxiety psychosis and drug-related psychosis. Although more research is needed to better delineate these groups, this terminology is proving to be much more acceptable to patients. It is also more accurate, and may be less stigmatising. Our studies recently found that where 63 per cent of diagnosed patients have negative attitudes towards the term schizophrenia, only 16 per cent were negative about such new terms. Medical students asked to contrast these terms with schizophrenia were twice as likely to hold positive views about a patient's change of recovery (*BMI*, vol 334, p 221).

Renaming schizophrenia is highly controversial. It is difficult for psychiatrists and researchers to acknowledge that the concept they have been using for almost 100 years makes no sense. The drug industry is also likely to be resistant. Dividing patients into smaller groups means that not every drug will work in every group, reducing the potential market.

Yet there is momentum for change. The patient-led Campaign for Abolition of the Schizophrenia Label held its inaugural conference in Birkenhead in the UK last month. The APA is starting to shift its position too. It now acknowledges that the evidence supports a spectrum of psychosis, rather than a simple divide between bipolar disorder and schizophrenia.

My worry is that the concept of schizophrenia will persist. The APA is considering how psychosis should fit within its new classification system. I hope it decides on an approach that is based on evidence and is right for patients.

(David Kingdon is a psychiatrist at the University of Southampton, UK)

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Coming Soon:

MIFSA Camp

It's very early days but we are hoping to organise a joint camp of Panangga and Keswick for some time early next year. Any ideas you may have or expressions of interest can be directed to Marianne at Keswick and Yvonne at Panangga.

Keswick Beach Walkers

A group of us are planning to make regular trips to the beach during the warmer months for a paddle, a dip, a stroll, or just relax and gaze out on the horizon. We have a few spots left so if you are interested please contact Mel, Dave or Marianne at Keswick, 8221 5160.

Keswick Swimming Group

This group meets at Keswick at 10:15 each Thursday to go to the Unley pool, returning in time for lunch. Come along for fun and exercise! Cost \$1 per session. Contact Mel for further details.

Panangga Tai Chi

Expressions of interest are being taken now; date and time held will be decided by majority preferred time of those attending. If you are interested in participating in this relaxing Chinese exercise, please write your name on the list on the Panangga noticeboard.

Keswick & Panangga Christmas end of year Celebrations

Come and join us for a delicious lunch at each location on the following days:

Panangga:

Monday, 17th December from 12 noon, chicken & salad buffet with dessert Cost: \$6

To register, either write your name on the board or phone Panangga on 8382 5588.

Keswick:

Thursday, 20th December from 12 noon, two courses plus nibbles and drinks; with entertainment, prizes, and a visit from Santa.

All Welcome

BOOKINGS ABSOLUTELY ESSENTIAL

Cost is still to be finalised For more information or to make a booking, please contact Marianne at MIFSA, 8221 5160 or email: activity@mifsa.org



Keswick Day Outing

A walk along Semaphore Beach plus amusements

Friday 25th January, bus leaves Keswick at 11am, will return approx 3pm.

Bring your own lunch or bring enough money to buy it there: fish & chips and a drink

Chew & View @ Keswick

Lunch special followed by new release DVD

Wednesday, 23rd January – 12noon

Barnacle Bills – piece of fish with chips plus can of drink \$5:50

RSVP Mel, Dave or Marianne by Friday 18th January

Relationships Australia information session at Panangga

Preparing ourselves for the end of year expectations

Wednesday, 5th December, 12:30pm - 2pm

For information or to register, please ring Yvonne or Berny at Panangga, 8382 5588.

Evening meals served at Keswick Tuesdays and Thursdays @ 5pm

Cost: \$2.50

December		January	
Tuesday	Thursday	Tuesday	Thursday
		1st CLOSED	3rd country quiche with salad
4th hamburgers with fries	6th roast lamb with vegies	8th corned silverside with vegies	10th Mongolian lamb with rice
11th chicken satay with rice	13th beef & black bean sauce	15th selection/cold meats &	17th spaghetti bolognese
18th calamari with salad	20th Christmas Function	22nd honey chicken with rice	24th pasta topped beef casserole
25th CLOSED	27th CLOSED	29th Thai chicken with noodles	31st shepherds pie & salad





Monday

Keswick



Panangga



FREE INTERNET ACCESS AVAILABLE DAILY
at Keswick and Panangga during Activity Centre hours

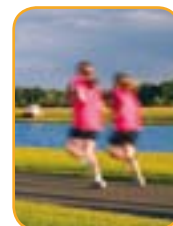
Free Coffee/Tea all day
Stay for Lunch \$1 pies/sausage rolls
Movie afternoon 1pm-3pm watch a latest release DVD
Craft 1-3pm Come and join us and make something creative
Panangga Outings will recommence on Monday 21st January

Tuesday

KESWICK



PANANGGA



Foot Reflexology 10-5pm
Art 12:30-3:30pm
Members meeting 1:15pm (4th December & 8th January)
An opportunity for members to meet together and participate in discussions regarding their Centre, and find out about upcoming events.
Walking Group 1:30pm
Evening Meals Served at 5pm Cost: \$2.50

Relationships Australia Courses 5th December 12:30 - 2pm *Preparing ourselves for the end of year Expectations*
Craft in the community 10:30am
Keeping Fit in the Community (gym or swimming) 11-12noon - small cost involved
Coffee Shop on the hop 1pm

Wednesday

KESWICK



PANANGGA



Lunch Special hotdogs (sausage sizzle, third Wednesday of month)
Chew & View 12pm, 23rd January
Bowling 12:30pm, (12th December and 9th & 23rd January)
Coffee Club leave Keswick 1:15pm, (5th & 19th December, and 16th & 30th January)

Discussion Group 11am-12noon (phone for details)
Barbeque lunch 12noon (\$2.50)
Art 12:30-2:30pm
Health & Life Program 10:15am-12:30pm

Thursday

KESWICK



PANANGGA



Foot Reflexology - 10am-5pm
Housing Trust Accommodation Service, first & third Thursdays each month, 1-4pm
Mandala Art, any time during the day
Evening Meals Served at 5pm Cost: \$2.50

10 Pin Bowling, 11am-12 noon
Bushwalking leave Panangga at 1pm, return approx 3pm
Games afternoon
Manicure 1pm-3pm

Friday

KESWICK



PANANGGA



8 Ball Blitz 2pm, second & fourth Friday each month
Winners walk away with a Keswick meal voucher!
Keswick Day-Trip Outing:
25th January - Semaphore beach see box pg 18 for details

Foot Reflexology, from 11am
Hot Lunch, 12 noon (2 courses, \$3)
Quiz / X Words / games afternoon
Yoga, 2-3pm

Saturday

KESWICK



ACTIVITY CENTRES PUBLIC PHONES
KESWICK: 8410 5249 PANANGGA: 8186 6482

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

Christmas Closure at Keswick and Panangga

Keswick: last day open, Friday 21st December, re-opening, Wednesday 2nd January.

Panangga: last day open, Friday 21st December, re-opening, Monday, 7th January

MEMBERSHIP FORM/ CHANGE OF ADDRESS



Mail to : PO Box 310 Marleston 5033

- Membership Renewal
 New Membership
 Change of Address

Membership Categories

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

We keep membership cost low.

Why not make a tax deductible donation and support MIFSA.

Mr/Mrs/Ms/Dr _____

Address _____

Post Code _____

Email Address _____

Contact Telephone _____

Old Address (if applicable) _____

Membership payment by Cheque Money Order Cash Credit card

Visa Mastercard

Credit card number Expiry date /

Name on Card _____

Signature _____

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0409 697 432

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Ex Officio

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web: www.mifsa.org

DEADLINE For articles letters
and reports for the February /
March issue of MIFSA News is

Friday, 11th January 2008

LOCATED AT:

Mental Health Resource Centre

1 Richmond Road, Keswick
Phone 8221 5160

Panangga Activity Centre

64 Elgin Ave, Christies Beach
Phone/fax: 8382 5588