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Correspondence and articles
for inclusion in MIFSA News to:

The Editor
MIFSA News
Mental Illness Fellowship of SA
PO Box 310
MARLESTON SA 5033

Ph: (08) 8221 5160
Fax: (08) 8221 5159
email: mifsa@mifsa.org

web: www.mifsa.org

Located at:
Mental Health Resource Centre
1 Richmond Road Keswick
and

Panangga Activity Centre
64 Elgin Ave Christies Beach
Phone/fax: 8382 5588

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

Our mission is to provide education, support, rehabilitation and recovery-based programs in a safe, quality environment to assist people with mental illness and their natural support network living in South Australia reach their full potential.

INTRODUCING NEW PATRONS FOR MIFSA

We are very excited to announce co-Patrons for the Mental Illness Fellowship of South Australia. MIFSA has a proud history of advocating on behalf of consumers and carers affected by mental illness as well as being a significant service provider in South Australia.

In seeking a MIFSA patron, the MIFSA Board of Management saw great benefit in choosing co-Patrons. Having both a male and female Patron reflects the wider reality of mental illness affecting both men and women.

We are very pleased that Dean Brown and Jane Doyle have accepted our invitation and that MIFSA has co-Patrons of such high standing and calibre. We are also delighted that as co-Patrons we have attracted such articulate supporters of our cause, covering broad popular appeal as well as enduring public status and political networks.

We have welcomed both Patrons and are looking forward to their presence and involvement at many of our yearly events.

SA'S MENTAL HEALTH SYSTEM ON ROAD TO RECOVERY

The announcement of \$94.1m worth of funding to improve South Australia's mental health system as part of the 2007 State Budget is welcome.

The \$36.8m increase in funding over four years for non-government community mental health service providers means that the existing capacity, funded from the one-off allocation in the May 2005 budget, can be sustained.

Also significant is Minister Gago's inclusion of these services as a new step in the model of care called '**Support Across the Community**'.

These services offer support to people with illness to stay well in the community and out of hospital, ultimately they save money in the overall health budget.

South Australia has been well behind other states when it comes to per capita spending in this part of the mental health system.

In 2002/03 spending on non-government provided community services was \$2.25 per head in South Australia. According to health department officials, SA spending in this area will rise to around \$13 per head in 2007/8 which considerably closes the gap relative to leading state Victoria spending of \$15.30.

The budget announcement includes \$43m in capital spending which was previously announced with the release of the Social Inclusion report 'Stepping Up'. This includes infrastructure for 73 supported accommodation places and 90 intermediate care beds. The Social Inclusion report 'Stepping Up' is available via the Mental Health Coalition of SA website:

www.mhcsa.org.au

(Continued on page 3)

*Look out for a new-look MIFSA News
coming soon*

Members' Muse and News

To all the wonderful people at Panangga

It only seems like yesterday that I was penning (typing) my arrival letter and now here I am writing my departure letter.

Well it wasn't yesterday. It was 2 years and 3 months ago and that is longer than any of my marriages so that's saying something. What it's saying I'm not sure other than possibly I'm more comfortable with employment contracts than matrimonial ones.

I've had a variety of comments made to me since telling people of my plans to "go bush". Some full of wonder and awe, some shake their heads and possibly are wondering but not necessarily full of awe, some just laugh, and some say "good on you...fantastic... you're living the dream. I wish I could do that".

Making this decision to leave has not been without its difficulties. All those questions and fears that plague one's mind when we decide to deviate from the path most trodden. The sleepless nights that are filled with "what ifs". One of the most insistent thoughts I was having was "why am I leaving a job that I love so much?". It didn't make sense to me. Trying to describe Panangga and its inhabitants is quite difficult. For me it has been a place of laughter, joy, refuge, peace, music, compassion, great soups, challenges, learning, teaching and friendships. A bit like a family. I have seen this "family" grow so much. There have been new jobs gained, new addresses moved to, new friends made, a desire to improve health and fitness, an increased interest to join the general flow of life and above all, a great respect for each other that shows itself in so many ways. Panangga to me is a microcosm of how successfully a community can operate. We have the most amazing volunteers who give without wanting, and to be a part of that has been a great privilege.

I would like to say here that working with Yvonne has been a pleasure. In the environment that we work in just us...it has been imperative that we support each other and maintain a good working relationship. She's tolerated me and my idiosyncrasies. Thank you Yvonne for teaching me skills that I didn't possess before and for being a great support.

Panangga is expanding, changing and developing. I just know that in time it will become an outstanding place in the realm of mental health as it offers all that a community should be offering for people who are struggling with the difficulties that life imposes on us.

So why am I leaving? I'm leaving because I know this is just part of my journey in life. I can't stay for too long. I learn, I teach, I enjoy, I laugh, I connect and then I move on. In my leaving I don't wish to hurt people and I promise I won't lose touch. I never lose touch with those who touch me. I have new paths to tread, new people to meet, new lessons to be learnt and new adventures ahead. I have a belief that we come into peoples' lives for a reason and Panangga came into my life for a definite reason and hopefully I came into yours too for a reason. Goodbye, thank you and my love and best wishes.

Prue Millingen aka "The Loose Caboose" (the name for my new home on wheels)

THE DEPRESSION

Why am I so depressed when I'm one smile away?

So all I need to do is to change my mouth to form a smile;
'cause when the wind changes the smile will remain on my face.

So now I'm trying to keep the shape,
and I'll know when the wind changes
that my smile will stay permanent on my face.

There was a knock on the door and I answered it,
and what it was, was my best friend at the door,
and I invited her in because I hadn't seen her for years.
We talked and talked and we talked.

At the end of the day she was leaving and she hugged me
and said, you have a nice smile.

When she left I thought of my smile and I said to myself,
the wind must have changed a long time ago.

© Lee Williams 2007

'REFLECTIONS' ON FOOT REFLEXOLOGY

When Ray began offering foot reflexology at MIFSA I was constantly recommending it to everyone without ever trying it myself. Knowing that I couldn't honestly promote something I had not tried I gave it a go—and was hooked. Not only is it a non-threatening form of touch it is pleasant and relaxing. Those of you who have witnessed anyone leaving a treatment can testify that recipients seem to 'float' out of the room, and I can tell you that you will have the best night's sleep ever.

I have a non-curable deteriorating spinal condition and a new physiotherapist suggested incorporating foot reflexology with her treatment to assist with pain management. Let me tell you that after a few weeks of combining treatments I have never ever been so comfortable. My experience with the combination of treatments has only served to reinforce my already strong belief that here we have something too good for members not to take advantage of. Why not give Ray a go and be guided by his advice. You have nothing to lose and much to gain.

From one very satisfied customer,

Pat Spender

Keeping you up to date

FROM THE PRESIDENT

Some readers will remember the national survey undertaken by all the member organisations of the Mental Illness Fellowship of Australia (MIFA). This is a federal election year and MIFA wants to make sure that all political parties are brought up to date on the better mental health services that Australia clearly needs, at a time when they are asking the electorate for their vote.

MIFSA asked you to consider responding to the questionnaire that went out and I was delighted to hear that nearly 25% of the 2,268 responses came from South Australia. Given that we are only 7.2% of the Australian population that means an especially loud voice for us!

The survey canvassed the views of our members and the broader population. People were asked to rate the top 5 issues that they considered important and that the Australian Government should address.

The top 5 were issues identified were:

1. Housing and housing support
2. Employment and employment support
3. Consumer and carer education
4. Mental Health Research
5. Social Security

Very soon members will be forwarded a copy of the paper that MIFA is preparing for all political parties, asking them what commitments they are prepared to make on each of these issues. Let's hope that better mental health service get the attention they deserve in this federal election campaign from now on.

David Meldrum



See next page for details of MIFSA's 2007 Annual General Meeting. It would be great to see you there!

(Continued from page 1)

A new allocation of \$1.6m over four years will fund a new support service for young people who experience their first episode of mental illness. It is a small allocation but well targeted.

This year's State Budget is another step in the right direction, however, the overall recurrent increase is modest given that most commentators have stressed the need to increase the mental health budget by a minimum of \$50m per annum. The Budget did not appear to bring any new allocations for cross portfolio issues identified by the Social Inclusion report in the justice, housing, education and families / communities areas.

Our sector is looking forward to working more closely with the government on planning and implementing the ongoing mental health reforms outlined in the Social Inclusion report 'Stepping Up'.

Geoff Harris
Executive Director,
Mental Health Coalition, SA

FROM THE EXECUTIVE DIRECTOR and PROGRAMS & OPERATIONS MANAGER

There have been many recent advancements both in the mental health sector and for the Mental Illness Fellowship of South Australia. In this edition of *MIFSA News* you will find information about the State budget in relation to mental health, new patrons for our organisation, a Memorandum of Understanding between MIFSA and Clubhouse SA and our validation against the Service Excellence Framework. Please have a good read!

While the above is good news, we are increasingly concerned about securing funding for MIFSA's Well Ways Carer Education Program. While the long waiting list of Carers wanting to access this quality program grows, unless funding is secured we will be unable to confirm the proposed program dates advertised.

Onto brighter topics, it was fantastic in the last *MIFSA News* to be able to share with members success in securing federal funding for the "Support for Day to Day Living in the Community Program". This funding will allow MIFSA to increase the activities and programs available in MIFSA Activity Centres, both at Panangga in Christies Beach and at Keswick.

We are eagerly planning a bigger and busier Activity Centre program and have been consulting with members over the past four weeks. In both Activity Centres the members have been completing interest check lists which let us know what members' needs and interests are. From these forms we are developing the type of programs and activities we will offer in the expanded programs.

Keswick Activity Centre members have also been giving their feedback in another important area. We are currently open for 5 hours on Saturdays and would like to know what members' think about being open for 6 hours every Monday instead.

We have a growing pile of replies, however, if you are an Activity Centre member and haven't filled out a feedback form they are available from Activity Centre staff or from the sign-in table. Alternatively give us a call or email us at mifsa@mifsa.org for a copy with final responses needed by Friday 10th of August please.



Keeping you up to date

Member feedback is very important to guide our planning process. A big thank you to the many members who have already taken the time to share their ideas and comments.

This exciting time of growth at the Mental Illness Fellowship of South Australia has meant a whole lot more recruiting! Belinda Brown and Liza Carless have been employed as Peer Worker Facilitator and Peer Worker Mentor respectively and it already feels like they have been with us for months!

We are also excited to welcome Mattea Malcolm who has been employed as a Team Leader overseeing the Keswick Activity Centre, Panangga Activity Centre and the new Day to Day Living Programs. The new expanded Activity Centre programs have required additional Coordinators. We welcome Carol Weston and Kim Trimbell as Keswick Activity Centre Coordinators. Dave Tapley and Melanie Webb have been recruited as Keswick Activity Officers with more Activity Officers to be recruited for both Activity Centres in coming weeks!

At Panangga we farewell Prue Millingen from Panangga Activity Centre in mid August as Prue pursues personal goals of travel in her recently purchased motor-home! With Prue's departure we will have two Panangga Coordinators: Yvonne Turner and Bernie Maywald, already well known at MIFSA. Kaye Mauger has been recruited as the cleaner for the Panangga Activity Centre.

In other recruiting news Lynton Brown has been employed as a Sunflower Shops Van Driver. Lynton has been volunteering for approximately a year assisting with rag runs, sorting of clothing and distribution of goods. The Van Driver position has become vacant following Mark Weston's resignation following his success in securing a Peer Mentor position with Baptist Community Service. Congratulations Mark!

As the MIFSA team grows we are incredibly proud to be working with such a skilled, passionate and energetic group of people. Stay well.

Natasha and Monique

BARTON POPE LECTURE MENTAL HEALTH WEEK

Monday, 8th October
(time still to be confirmed)

at the Convention Centre,

Speaker: Professor Bob Goldney

Details of Mental Health Week events are available at
the Mental Health Coalition's website:
www.mhcsa.org.au

MIFSA VALIDATED AS A QUALITY ORGANISATION!

MIFSA has achieved successful validation against the Service Excellence Program! The Service Excellence Program sets out standards of good practice in management operations and service delivery in the human services sector. The Standards aim to cover all the elements that make up a strong and sustainable organisation.

MIFSA engaged in a rigorous review against the Program and has achieved validation! Our Service Excellence Report by the validator outlined particular strengths in the following areas: active involvement of Members at organisational level, a culture of inclusiveness of staff in planning and management, good communication structures, focus on individual consumer needs, strong volunteer network, effective use of partnering and networking to further strategic objectives and active involvement in the sector though supporting related and aspiring organisations.

The report by the validator noted our many efforts and achievements and in particular we were very pleased to read the comments about our member focus and welcoming atmosphere. "The organisation is clearly very Member focussed, with considerable energy expended in involving Members in planning, decision making and in service delivery. This has created a very welcoming and non judgemental culture fostering ongoing involvement in the many services offered."

The report also noted: "Management, staff and Members should be commended on their achievements in management systems and service delivery." So thank you all.

MIFSA ANNUAL GENERAL MEETING

Thursday, 11th of October 2007 — 5:30pm

At the Fullarton Park Community Centre

Cnr Fullarton Road and Fisher Street Fullarton
(parking available off both Fullarton Rd and Fisher St)

**Followed by Presentation of the
MIFSA Sunflower Awards at 6:15pm**

Individuals seeking election as a Board Member must have a current member subscription and need to be nominated by a member of MIFSA by Friday, 14th September .

Nomination forms may be obtained by phoning Pam on 8221 5160, emailing: mifsa@mifsa.org or downloading from our website at www.mifsa.org.

Notice of all individuals seeking election to the Board will be given in the October edition of the MIFSA News.

MIFSA Programs

PSYCHOSOCIAL GROUPS PROGRAM

Hi everyone,

To give you all a better idea of what our groups program is all about our new team members Ben and Anna have written a short description of their experiences of being involved in the “Dealing with Depression” groups.



We had the good fortune to become part of the PGP team just prior to the commencement of the Dealing with Depression groups that were to be held around metropolitan Adelaide. We were welcomed into the organisation and familiarised with the program in the weeks leading up to groups. It was encouraging to witness the ease with which participants were able to enrol in the groups and the warmth and acceptance displayed by the team. In particular, we were impressed that the criteria for enrolment were not based on a diagnostic label but rather focused on participant’s experiences. This approach suggested that each person would be valued as an individual and it felt like a positive program to be part of.

When it came time to begin the groups we were naturally a little bit nervous but also excited at the prospect of working with people who were motivated to make a difference in their lives and we were hopeful of being able to make a positive contribution. By the end of the first week of groups we were struck by the courage displayed by the participants; that this diverse range of people who gathered together in small groups were willing to share their experiences and understandings of depression was encouraging and inspiring. We were also a little relieved that everything had gone smoothly.

After three weeks of the program each group had become well established with no new members able to join and the participants had become increasingly open. We had all been practicing relaxation and mindfulness skills and were working with such things as planning activities and improving quality of sleep. Some participants had already been using these skills prior to the groups and they were able to share the benefit of their experiences with the other group members. Others had developed their own strategies and approaches and shared the benefit of their discoveries with everyone. It was a pleasure to witness the generosity displayed within the groups and experience the sense of mutual support that had developed in a relatively short time.

As we moved on to examining the impact and power of thoughts, many of the participants appeared to be developing new perspectives and were finding different ways of relating to their struggles. It was gratifying to witness individuals discovering from their own experiences new ways of dealing with and managing their difficulties. For some participants the program acted to reinforce what they had already learned for themselves and for others it introduced completely new ideas. It was interesting to participate in a process in which group members were able to share their own wisdom and where everyone was able to try out for themselves a wide range of strategies and ideas and to decide for themselves what was useful for them and what wasn’t. It felt liberating to work with the participants in ways that honoured their experiences and valued their wisdom. It seemed that we were all learning from each other during the six week program and hopefully whatever benefits came out of the groups will continue to grow in to the future as we all put our new learnings into practice.

All in all the groups were gratifying and enjoyable. We received some great feedback from participants including that the groups were not only full of useful ideas and information but that they were also fun to be part of.

Future Groups

“Managing Moods – both highs & lows” which focuses on strategies for living well with both mania and depression episodes - beginning early August.

“Alleviating Anxiety” beginning in October.

If you are interested in taking part in one of these group programs, please contact our team or fill out an enrolment form available from reception.

The PGP Team
Jane Dodding
Psychosocial Groups Program Team Leader
Jane@mifsa.org

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

MIFSA Programs

METRO EDUCATION PROGRAM



Hi all,

Here we are half way through the year, my how time flies when you are having fun! The education program has been to a variety of different organisations, schools and workplaces helping to promote better understanding and awareness of mental illness.

Due to popular demand we will be holding four Education Sessions later this year to be held in the evening here at the Mental Health Resource Centre, upstairs in the Conference Room. The topics will be:

- Depression—Tuesday 18th September
- Bipolar Affective Disorder—Tuesday 2nd October
- Schizophrenia—Tuesday 30th October
- Anxiety—Tuesday 20th November.

Bookings can be made either by phoning MIFSA on 8221 5160 or by emailing me at the email address below.

Two Education sessions are also planned for the Carers Support Group and MIFSA Volunteers. They also will be held at the Mental Health Resource Centre Conference Room on **Thursday 9th August** (topic—*Emotional Wellbeing*) and **Thursday 6th December** (topic—*Stress, Anxiety and Relaxation*). Time for both will be 2pm – 4pm. If you would like to attend please contact me on 8221 5160 (for catering purposes).

This month we have completed a 6 week Education Series with the Australian Taxation Office in both Rundle Mall and Waymouth Street. This exercise has been both challenging and rewarding for both the participants and those that helped deliver the Education Sessions. I would like to thank those Community Educators who shared their journey and strategies of hope and recovery. We are currently in negotiations with the Australian Taxation Office Rundle Mall to provide a further 5 Education Sessions beginning in August and finishing early December 2007.

A number of Mental Health Expos are also planned for this half of the year, notably the Disability 2007 Expo to be held at the Morphettville Racecourse on **Friday 28th of September**. MIFSA will be in attendance providing an information stall on both MIFSA and mental illness. Any Community Educators that would like to attend please contact the Education Program and speak to either myself or Sophie.

Andrew Kelly
Education Coordinator—Metro
akelly@mifsa.org

COUNTRY EDUCATION PROGRAM

Hey there everyone!

Just me again... Yes I'm still here!

Only a few things to mention this month:

Glenside Rural and Remote ward sessions have been continuing. We're now half way through the 6 sessions. A big thankyou to Community Educator's David and Reg who have presented sessions.



Community Educator Andy and myself headed down to Mannum on the 13th June for the 1st birthday celebration expo of the Murray – Mallee Consumer Advisory Group's Activity Centre (The MHAL). It was a great success and approximately 60 people were in attendance. Well done to the CAG for a great day and a big thank you for the invitation.

Planning is progressing for the South East trip. It will be held in the week starting 13th August and we are going to Naracoorte, Mount Gambier and Millicent. There are multiple sessions booked in for various schools, including 4 at Millicent High School!!! Mount Gambier TAFE has also been confirmed as well as a general community session to be held on Tuesday the 14th at the Mount Gambier Hospital.

We are also heading to Bordertown in September and I'm hoping to head over to the Mallee community soon (Pinnaroo etc).

We have also been asked to head back to Victor Harbour to do a session for school students, and then in the evening for their parents.

The Education Program is going really well (keeping me very busy) and after 3 months its good to know that I still love being a part of the MIFSA team.

If you have any questions, I'd be delighted to hear from you!

Cheers, Soph

Sophie Angell
Education Coordinator—Country
sophie@mifsa.org

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 June or Susan on 8221 5160.



MIFSA Programs



PEER WORKER PROGRAM

Well, where does the time go? I'm sure I have only just finished the last article. Which is probably not far from the truth, with me being more than a little tardy on deadlines!

But anyway, it has been a fantastic couple of months. Belinda and Liza have started and settled in really well and the program is moving forward faster than ever.

For those that don't know. Liza is the new Peer Mentor, who's role is to assist those that have completed the course find work, either one to one or in groups and create links with various other organisations. Belinda is the new Facilitator for the program; she will be running the introduction to Peer Work course, designing new workshops and updating course material. For those that have not had the chance to meet our two, fantastic, new workers please feel free to pop in and say hello sometime. Liza is here Wednesday and Friday and Belinda is here Monday to Wednesday.

Apart from the new workers settling in, some of the other things keeping us busy include working closely with Catherine Couper from the Mental Health Coalition on the 'In Your Own Words' Project and Consumer Project Assistant positions, both of which are linked to Mental Health week coming up in October. We have also started another course and because of such a large response from the information session, we have split the applicants into two groups. One that started on the 17th of July and one that starts on the 6th of August. Both promise to be productive groups.

We have also been creating links with a number of other organisations to develop additional positions, training and volunteer options. Some of these include Red Cross, Anglicare, Life without Barriers and Life Links. The aim of creating links with the volunteer organisations is to develop opportunities for people who finish the course to put what they have learnt into practise, get involved within the sector and make some new networks.

The Peer network continues to grow and the Peer Meetings are providing some very positive information, coping strategies and ideas for future speakers and courses. The first of these talks will be from Centrelink based around DSP and work, if anyone is interested, more details will be available soon. The Saturday meetings seem to be the most popular at the moment, with the Friday meetings being a smaller more intimate group, but no less informative I can tell you.

Well that is a bit of a run down about how things are going at the Peer Worker Program. If you have any more questions or are interested in attending the course please feel free to contact us or better still pop in for a chat and grab some lunch!!

Take Care!

Deiniol Griffith
dgriffith@mifsa.org

USEFUL CENTRELINK NUMBERS

Carers Services:	13 2717
Disability Services:	13 2717
Social Work:	13 10 21
Support the System that Supports You:	13 62 80
To speak to Centrelink in languages other than English	13 12 02
Customer relations:	Freecall™ 1800 050 004
<i>(for complaints, compliments and suggestions)</i>	
Australian Government Service Fraud Tip-off line:	13 15 24
TTY enquiries:	Freecall™ 1800 810 586
*TTY is only for people who are deaf or have a hearing or speech impairment. A TTY phone is required to use this service.	
To make an appointment	13 10 21
Go to our website at:	www.centrelink.gov.au

Important: Calls to '13' numbers from a standard telephone service can be made from anywhere within Australia for not more than the Cost of a local call (call charges may vary depending upon the telephone service provider).

Calls to '1800' numbers are free of charge. Calls from public and mobile telephones may be charged at a higher rate.

Knowledge speaks,
but wisdom listens

Jimi Hendrix



FREE LEGAL ADVICE

1300 366 424

Monday—Friday
9am—4:30pm

If an appointment is needed please
call your nearest office:

Adelaide 8463 3555

Elizabeth 8207 9292

Holden Hill 8369 1044

Noarlunga 8207 3877

Pt Adelaide 8207 6276

Whyalla 8648 8060

MIFSA Programs

WELL WAYS PROGRAM

The Program for carers, family and friends of people with a mental illness.
Bookings are essential.



Suburbs to be covered	Final dates and times to be advised
Henley Beach - Seaton	September - October 07
Marion	September - October 07
Keswick	September - November 07
Port Noarlunga	October - November 07
Modbury	October - November 07

Venues and final times yet to be confirmed; subject to funding.

Maureen Lewis, Well Ways Coordinator
mlewis@mifsa.org



Research Bulletin 5 (in summary)

Family carers and mental illness

Families play a major role in providing day-to-day care for people affected by mental illness. A number of government policies and initiatives have been aimed at helping this group over the years, including the recent COAG National Action Plan on Mental Health. Nevertheless, they are still very often unsupported, given no training to help their family member or themselves, and have important information withheld without reason by health professions. This SANE Research Bulletin investigates the effects of caring for someone with a mental illness, and what needs to be done to support families in this role. The summary of its findings are:

- Families report a range of health, financial and other problems associated with caring for a person with a mental illness.
- Despite a plethora of government carer policies, families remain unsupported and isolated, with very little help for their relative with a mental illness or for themselves. Mental health professionals expect families to provide day-to-day care, but do not give the support or information they need to carry out this role.
- The majority of families struggle alone without help from any carer support organisation. An even greater proportion—almost three-quarters have never received any education or training on how to care for someone affected by mental illness.
- Families urgently need practical, day-to-day support to ease their role; education and training to make caring work better for their relative and themselves, and respect and inclusion in the treatment team from mental health professionals.

For the full details of this latest SANE Research Bulletin and its recommendations go to: www.sane.org

Carers SA is holding **Information Forums for Carers caring for a person with mental illness** around the metropolitan area. Upcoming dates are:

- August 1 in Payneham (10am – 3pm)
- August 15 in Fullarton (6pm – 9pm)
- September 6 in Hewett (10am – 3pm)
- September 27 in Salisbury (10am – 3pm)

A number of Forums are being planned in country areas, final details are still to be confirmed:

- August 30 (Northern area - venue to be confirmed)
- September in Nuriootpa (The Vine Inn) - date to be confirmed
- September 18 (Northern Country (Aboriginal))

For more information and to RSVP please call Katrina at Carers SA on 8271 6288 or 1800 815 549

You are one of over
4 million Volunteers
around Australia!

MIFSA Volunteers

TO SUNFLOWER SHOPS VOLUNTEERS



Hi everyone.

It's an exciting time for the shops, all three are experiencing strong sales at present, and with spring around the corner, and the shops 'dressed up' all welcoming and bright, good sales will hopefully continue.

We welcome new van driver, Lynton Brown to the team, taking over from Mark; thanks Mark for all you did whilst fulfilling the role.

****A SPECIAL FOR ALL MIFSA MEMBERS****

To dust off the dull days of winter and prepare for spring, all shops are offering MIFSA members a special half price deal on all purchases. Take the Sunflower Shop half price voucher enclosed with this newsletter next time you shop at the Sunflower Shops to receive 50% off all purchases (excluding jam and honey).

Elisha Stolk
Sunflower Shops Coordinator, 0409 697 432

HELP OTHERS AND STAY HEALTHY

Here's a health tip that's hard to fault. You can do it anywhere, anytime, it's free, and it doesn't require any specific skills. In fact, you're probably already doing it. It's called 'helping others'.

More and more researchers are confirming what any volunteer will tell you: helping others makes you feel good and can help to keep your body healthy and ward off depression.

It seems that volunteering produces health benefits by keeping you active, taking your mind off your own problems, making you feel good about yourself, and reducing stress.

Allan Luks, author of *The Healing Power of Doing Good* and Executive Director of the Big Brothers/Big Sisters youth mentoring program in New York, found that many volunteers experienced:

- Feelings of euphoria while volunteering (what he refers to as 'helper's high') due to the release of endorphins, natural hormones that help to improve mood and boost the immune system.
- A good physical feeling
- Improved self-esteem
- Feelings of calm and well-being.

According to Health Canada report, volunteering also creates support networks, social relationships and community cohesiveness. This, in turn, can help to lower blood pressure, strengthen the immune system, lower premature death rates, and reduce health risk factors, such as heart disease.

So, in addition to that apple a day, make sure you include a good deed a day.

'There is no better exercise for your heart than reaching down and helping to lift someone up.'

Bernard Meltzer

Used with permission from Schizophrenia Fellowship of Queensland Newsletter, June 2007

VOLUNTEERS WANTED

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

MIFSA provides its services **ONLY** through the generous 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 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 Elisha on 0409 697 432

KESWICK ACTIVITY CENTRE

Kitchen Chef

To prepare lunches any day between Tuesday—Friday, or evening meals on Tuesdays and/or Thursdays

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

PANANGGA ACTIVITY CENTRE

Qualified Hairdresser

to cut members hair on a weekly, biweekly, or even monthly basis.

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

FREE TRAINING FOR VOLUNTEERS

Funded by Volunteering SA through the Office for Volunteers

Managing Challenging Behaviour

Venue: Torrens Bldg, Adelaide 3 August, 4pm-7pm

Conflict Transformation

Venue: Northern Volunteering 27 August, 9:45am-12:30pm

Positive Communication Techniques

Venue: Northern Volunteering 27 August, 12:30pm-3:30pm

Occupational Health, Safety and Welfare

Venue: Northern Volunteering 3 Sept, 12:30pm-3:30pm

Safe Food Handling & Hygiene

Venue: Noarlunga Centre 3 September, time tba

Safe Food Handling

Venue: Salisbury RSL 13 Sept, 9:45am-12:30pm

For all course bookings contact:

Southern Volunteering SA, 8384 9202

Taken From Southern Volunteering SA,
Volunteer Update, March 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 nearing 900kg; additional to the 450kg already sold.

THANK YOU ALL FOR A FANTASTIC EFFORT!
Our thanks also to all the efforts of our volunteers in picking up bread tags, weighing and bagging them; it's greatly appreciated.

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

Singers of Joy, Warragul, Victoria

Marj Flynn, Yankalilla

St Lukes / Seaford Parish Justice & Peace Group

Seaford Rise Primary School

Riverland Special School

Bureau of Meteorology staff

Birds of a Feather Collectors Club

TAFE SA, Marlestone Campus

TAFE SA, Pt Adelaide Campus

TAFE SA, Pt Augusta Campus

Mitcham Primary School Canteen

East Adelaide Primary School

BT Finance

Royal Adelaide Hospital Staff, Volunteers and Patients

Western Aged Community Team

Blackwood Ladies' Probus

Flagstaff Hill Ladies' Probus

Blackwood Retired Persons Club

Truck & Body Works, Wingfield

District Council of Kimba

Brighton Supported Care

Unley High School Canteen



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

THANK YOU ALL—YOUR SUPPORT IS APPRECIATED!

KEEP COLLECTING ON!

DELIVERY POINTS FOR BREAD TAGS:

Sunflower Shops—see addresses opposite

Collection Bins at:

6th Avenue Shopping Centre, Cnr Sixth 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.

Sunflower Shops



are located at:

CHRISTIE DOWNS, Shop 4, Flaxmill Shopping Centre, 303 Flaxmill Road, Ph: 8326 2456

Note: the shop has moved, but just a few shops west (closer to the coast) in the same Shopping Centre

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

SEACOMBE GARDENS, 577 Morphett Road
Phone: 8298 3051



AUSTRALIAN CENTRAL CREDIT UNION LOTTERY

Thank you to all MIFSA members and supporters who again participated in the Australian Central Credit Union lottery by purchasing tickets.

Whilst we greatly appreciate your support, we again missed out on the big draw and are still waiting for our tickets to be declared amongst the winners!!!

One year will be ours! Your efforts however have contributed \$1800.00 to our fundraising receipts.

Thank you all!



SUNFLOWER BADGE DAY

Our Badge Day collection was a smaller event this year, with several of our usual collectors being unavailable on Friday 8 June.

The weather was cold, but importantly, it didn't rain! Nevertheless, we still raised \$1,422.10 at Rundle Mall, Burnside Village & Mount Barker. Thank you very much to our hardy collectors, who again volunteered their time and energy to this worthwhile day of fundraising.



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.

Sunflower Awards



SUNFLOWER AWARDS 2007 – NOMINATE NOW!

At MIFSA, we pride ourselves on being the authentic voice for people affected by mental illness: both consumers and carers. MIFSA programs are developed and delivered with the “lived experience” of mental illness. In fact, the majority of almost 200 MIFSA staff and volunteers have “lived experience” as consumers and carers.

For the past 11 years MIFSA has presented the Sunflower Awards. The Sunflower Awards honour outstanding work by an individual, group or organisation working in the mental health area. Nomination forms are now available!

Consumers and Carers, whether you are a MIFSA member or not, this is your chance to have your say. You may know of a group or an individual who have worked for years without recognition; this is your chance to reward their hard work.

Why not make a nomination now for the 2007 *Consumer choice* and *Carers choice* Sunflower Awards. You can get a nomination form by visiting our website www.mifsa.org, emailing us at mifsa@mifsa.org, phoning MIFSA on 8221 5160 or visiting us at 1 Richmond Road Keswick.

We hope to see you at our **2007 MIFSA Annual General Meeting at 5:30pm on Thursday 11th October** at Fullarton Community Centre, corner Fullarton Road and Fisher Street. In particular we invite you to the Sunflower Awards ceremony which immediately follows the AGM at around 6:15pm. Please contact MIFSA on 8221 5160 to reserve your tickets. See you there!

Nomination forms can be obtained by:

visiting our website: www.mifsa.org,
emailing us at mifsa@mifsa.org,
phoning MIFSA on 8221 5160
or visiting us at 1 Richmond Road Keswick."



ROOFS HOUSING ASSOCIATION BOARD OF MANAGEMENT

Roofs Housing Association is a community based housing provider with 90 properties in Adelaide that house over 100 people with a mental illness. Roofs has been running for 16 years and has an historic connection with the MIFSA, which was instrumental in its formation sixteen years ago.

We are currently looking for people interested in being involved in Roof's corporate governance by joining its Board of Management. The vacancies are due to the retirement of long standing members of the Board. If you feel you have a contribution to make to the long term future of Roofs Housing Association we would like to hear from you.

The Board is looking for people with skills in various areas and may include legal, real estate and financial knowledge as well as the current state of housing at a state and federal level. An understanding of and empathy for people with mental illness living in the community is essential.

Roofs is also interested in hearing from people with general building and maintenance skills who have some time and interest in assisting with minor maintenance. Good people skills and an understanding of the needs of people living in the community is essential.

If you would like further information about Roofs Housing Association and the requirements of the positions please phone Roofs at the Mental Health Resource Centre on 8221 5166 and ask to speak to Sue Marks. The office is open between 9am and 5pm, Monday to Friday.

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.

For your information

PARTNERSHIP BETWEEN MIFSA AND CLUBHOUSE SA

In June 2007 the Boards of Management of the Mental Illness Fellowship of South Australia and Clubhouse SA announced the commencement of a formal partnership between our two organisations in regards to the provision of a high quality and accountable Network of Recovery Focussed/Training Centres for people with a mental illness in South Australia.

This initiative is a bold and innovative step not only for our organisations, but for member based mental health services in South Australia. It is a way forward for consistent and co-operative consumer focussed service provision.

The network, as described in our Memorandum of Understanding will initially bolster the available services and resources of three existing centres: Diamond House, Keswick Activity Centre and Panangga Activity Centre as well as providing a solid foundation for the provision of further centres throughout South Australia.

Clubhouse SA and the Mental Illness Fellowship of South Australia have enjoyed a long and rewarding association and are excited by this new collaborative relationship. Formalising the partnership will increase the consistency of programs offered, improve access to programs that are focused on assisting individuals to achieve their desired outcomes and ensure a high level of consumer and community input at the local level.

As Network Partners MIFSA and Clubhouse SA will share and exchange current services and service models such as Psychosocial Group Programs (therapeutic, goal focussed, skill-based group programs) and the Transitional Employment Program, thereby providing more comprehensive and flexible programs at the three centres currently operated by MIFSA and Clubhouse SA.

THE CLUBHOUSE MODEL

'Early intervention and vocational rehabilitation in first-episode psychosis etc' The Australian and New Zealand Journal of Psychiatry, Vol 40 No. 11/12 Nov-Dec 2006

The clubhouse model was started by ex-psychiatric patients at Fountain House in New York in 1948. For the time, Fountain House had a radically rehabilitative approach towards mental illness in which it was posited that men and women with histories of mental illness could, through mutual support and encouragement, work productively and live socially satisfying lives. Further, participants of Fountain House were members of a club (hence the clubhouse model) rather than patients and would work alongside a small generalist staff in the house as equals.

At the clubhouse, as well as having meaningful social encounters, a member contributes to the club by participating in voluntary work such as cleaning, clerical, research, hiring, training, public relations, and advocacy work for example. The idea is that apart from contributing to the club the member develops some of the skills necessary to succeed in employment such as punctuality, confidence and responsibility. This is known as the Work Ordered Day. Following on from this the person has access to a set period of employment in a local community.

This transitional employment is central to the clubhouse model, and involves the club and the company making an arrangement whereby the company offers a number of positions which the job club guarantees to fill. The job club may then use 12 people working part-time to fill four full-time positions. Each member would then typically receive 6-9 months of experience of employment in a real setting, for market or award wages. Since the mid 1990s the international Centre for Clubhouse Development (ICDD), requires certified clubhouses to have access to a wide range of different employment settings in order to cater to the diversity of vocational interests that is likely to exist among their members. For example, Fountain House in New York placed 400 people at 41 different companies in 1998 including law firms, financial institutions and publishers. Finally, at the end of this process it would be hoped that the member would be able to generalise the skills learned through the job club and transitional employment in order to obtain competitive employment.

However, because membership is for life, the individual can continue to contribute to the job club and use it as a place of socialisation and support. If necessary the member is also able to go back to the beginning of the process. While this has been the traditional clubhouse model of employment (and clubhouses are still misrepresented as offering only transitional employment), more recently clubhouses have viewed the work ordered day and transitional employment as the first two steps of a hierarchy of vocational interventions which continues on to supported employment and then independent employment.

In a worldwide survey of ICCD certified clubhouses in 2000, it was found that transitional employment provided 36.6% of job placements, supported employment 26.6% and independent employment 36.8%. The importance of accreditation was seen in a study in which Macias et al compared 73 certified clubhouses with 48 non-certified clubhouses. While they found that both groups appeared organisationally similar and had similar resources, the certified clubhouses had a wider range of rehabilitative services and a better outcome in terms of members finding competitive employment.

*from the Schizophrenia Fellowship of Qld Newsletter, April 2007 edition
Used with permission*

For your information

CLUBHOUSE MEMBER PERSPECTIVE:

Stepping Stone Clubhouse—what it is and how it has helped me

Before I came to Stepping Stone Clubhouse my life was a mess. I was being treated for schizophrenia and I was suffering from a lot of the negative symptoms like boredom, lethargy, depression, and anxiety. I was very socially under-stimulated and that gave me poor self esteem. I would just sit around drop-in centres saying 'I'm bored' and 'what do you do'. When I saw my psychiatrist I was very lost and felt I had no meaning in my life. My problems were so bad my psychiatrist decided to get me an occupational therapist. The occupational therapist made me realize that I had to get active and engage in life in order to overcome my problems and improve my life. Sitting around all the time was not going to make me happy. Doing things makes you happy. Developing your mind and engaging with other people gives a person's life meaning.

So my Occupational Therapist took me to Stepping Stone Clubhouse one day for a tour. Stepping Stone looked nice; there were people, all who suffer a mental illness, being very active doing meaningful work and it seemed friendly and not too stressful. So I stated working there. But first there were some work practices or standards that I needed to know.

First, members have a right to a place to come. That is, you can come to the Clubhouse any time you like and stay for as long as you like so you work the hours you like. Next, all work is voluntary and you can't be made to work if you don't want to. Then you have the right to meaningful relationships. What that means is that we socialise a lot as socialising helps improve social skills which is important to normal life. These standards make work in the clubhouse pleasant, stress-free and tolerable for a person suffering from a mental illness. It is best if you are self-motivated, pushing yourself, and in the process making your mind stronger. First I started working in the café. Initially, just serving coffee was an effort, but soon I started making desserts and snacks and developed a real love of cooking and a skill. Because I showed a desire to work, and I was considered fit enough to work, I was offered a six-month part-time position in a local café as a kitchen hand. These are called 'Transitional Employment' positions (TEs) and are available to any member. They are entry-level jobs and there are many of them. All you need to do is work at Stepping Stone and apply.

After the kitchen hand job I came back to Stepping Stone. I wanted more challenges so I worked in the clerical administration training unit. There it was a lot more demanding doing the newsletter, accounts payable, and petty cash. Working on the computers and doing clerical duties are challenging tasks but the benefits to my mental health have been great.

I have also talked at conferences and even represented Stepping Stone Clubhouse overseas. Now I do sport, work hard at Stepping Stone, and I am leading a healthy and active lifestyle. Gone are the laziness and depression and I don't want to return to that. I feel good, and soon I will start another TE job.

Having a mental illness, medication and a psychiatrist can help a lot, but to be really well a psycho-social rehabilitation program like Stepping Stone has really helped me.

Jonathan Ure

*from the Schizophrenia Fellowship of Queensland Newsletter,
April 2007 edition, Used with permission*

COMMON GROUND FOUND IN ADELAIDE

A key recommendation from Thinker in Residence, Rosanne Haggerty, is coming to fruition in South Australia.

A landmark building on Light Square will be developed to provide 60 long-term units for homeless people and low-income earners as part of Common Ground Adelaide Ltd. It is a partnership between the Government and a group of business leaders to tackle homelessness.

The recommendation was one of ten in a recently released report by Ms Haggerty—Smart Moves: Spending to Saving, Streets to Home.

"The report puts forward a number of things for the Government to consider including practical measures to improve services for homeless people with complex needs, enhancing the quality of information on homelessness and providing services that keep vulnerable people in stable housing," Monsignor Cappo said.

"The main theme of Rosanne's report is treating homelessness as both preventable and solvable. The Light Square development is the first stage of adapting her Common Ground approach to dealing with homelessness in Adelaide."

For more information, visit www.commongroundadelaide.org.au

*Taken from the Social Inclusion Initiative,
June 2007 edition*

For your information



MEDIA RELEASE

TWO ADELAIDE WOMEN RECEIVE INTERNATIONAL ACCLAIM

Since February 2000 when COMIC (Children Of Mentally Ill Consumers), under the auspices of The Mental Illness Fellowship of South Australia, was formed, two Adelaide women **Paola Mason** and **Nerrelle Goad**, the Co-convenors, have been instrumental in placing South Australia at the forefront on both the **National and International arenas** in addressing issues and rights for **children of parents with a mental illness**. COMIC and its Co-convenors have both **won awards** for their work and have been praised by organisations trying to emulate their work around the country and overseas in places as diverse as **Massachusetts** and **Los Angeles**.

Their highly acclaimed **“Supporting Our Family”** kit has been distributed to countries around the globe and another **4,500 copies have been downloaded** from their website. Regular electronic newsletters are sent to mental health groups around the world including all states of Australia, New Zealand, USA, United Kingdom, Ireland, Canada, Korea, Sweden and Basque County.

COMIC has been representative on a number of state and federal government committees to support the implementation of legislative and policy change for children who are carers for mental ill parents.

Paola and Nerrelle have worked tirelessly on a Voluntary basis to heighten community awareness. COMIC Western Australia has been launched, Camp COMIC is held in January of every year on Yorke Peninsula and a COMIC Presentation was delivered at the recent NAMI (National Association of Mental Illness) Conference in San Diego in June 2007. COMIC South Australia is currently negotiating to form COMIC United States of America. The COMIC network is extensive with more than 386 contacts on the electronic mailing list and reaches people all over Australia and as well as many overseas Countries including Basque County, now that will prompt you to look up your Atlas.

A “COMIC Conversations” Presentation to government and non-government agencies was held at the Mental Health Resource Centre Conference Room Friday 13 July 2007. It highlighted why it is important to talk to children about mental illness, listen to how they feel and answer their questions openly and honestly. The highlights of COMIC advocacy and lobbying activities were also presented. COMIC has now grown far too big for two women to manage, so Paola and Nerrelle are asking for Expressions of Interest to form a Steering Committee to work towards the formation of a COMIC Foundation and fulfil the dream of building COMIC House.

Although the first documentation about this group of children with ‘special needs’ was first published in 1925 in a book called “Psychological Healing”, by a Frenchman, Pierre Janet, little has been done to support and provide services. The number of children affected by parental mental illness is not known because they remain ‘invisible’ to the Mental Health Care System, they continue to fall through the gap between Adult Mental Health Service and Child and Adolescent Mental Health Service. Many young children and teenagers are fulltime nurses for their parents which involves supervising medication, running the household, shopping and looking after younger siblings, just to name a few of the tasks. These Young Carers are taking on responsibilities far beyond their years at the same time as trying to deal with growing up and attending school, therefore they miss out on being children, there is no fun time or respite.

For further information about COMIC please visit the website at: www.howstat.com/comic and if you require an Expression of Interest for the Steering Committee Form or you have any further inquiries please contact: comic.admin@bigpond.com

Contact Person: Nerrelle Goad (Co-convenor) Mobile no: 0423 178 560

Authorised by COMIC Co-convenor, Nerrelle Goad 12 July 2007

WORK OUT YOUR RIGHTS

For advice on discrimination and your rights call the Human Rights and Equal Opportunities Commission (HREOC) HREOC laws protect you against unfair treatment, discrimination and bullying based on grounds including:

- * race, colour, descent
- * national/ethnic origin
- * gender
- * carers/associates of people with disabilities
- * Disability (including physical, psychiatric, learning, intellectual)
- * family responsibilities
- * pregnancy
- * medical condition or disease (including work related)
- * age
- * marital status
- * racial hatred
- * sexual harassment

In most types of employment and in education, provision of goods & services, accommodation, access to premises, clubs and associations, sport etc For free advice or to make a complaint contact us on (02) 9284 9888 or 1300 656 419

www.humanrights.gov.au or email: complaintsinfo@humanrights.gov.au

For your information

AMBULANCE COVER

Receiving an unwanted bill is annoying enough, receiving an ambulance bill for around \$600 is downright painful! This is even more frustrating when the ambulance has been called for you by someone else or you have called one in an emergency. Taking out ambulance cover will mean no bill at all. Ambulance cover is relatively affordable; see the rates offered by SA Ambulance Service below.

The following information is taken from SA Ambulance Service website: www.saambulance.com.au

Ambulance costs are not covered by Medicare. In fact, even if you have private insurance you may not be fully covered. Many private health insurance schemes only cover you and your family for emergency ambulance services. Almost a third of SA Ambulance Service (SAAS) work is non-emergency, which would leave you to pay the bill. Ambulance Cover from SAAS provides pre-paid medical emergency care, Australia-wide, 24 hours a day, seven days a week. It covers all your ambulance transport costs, whether it's an emergency or not.

Ambulance Cover annual rates:

Family: \$111.00 Pensioner Family** \$70.50

Single: \$56.00 Pensioner Single** \$35.25

**Only available to holders of a Pensioner Concession Card. Proof must be provided.

Ambulance Cover Extras (ACE)

Most private health insurance policies cover you for the cost of emergency attendance* and/or transport by SA Ambulance Service. But what about non-emergency transport by ambulance?

While it's difficult to predetermine each set of circumstances, many cases of illness or injury require additional patient transportation: for tests, ongoing treatment or transfer to another hospital. This ambulance transport is generally classified as non-emergency transport. In fact, around a third of all ambulance transportation performed by SA Ambulance Service is classified as non-emergency. Non-emergency transport fees start at \$133.

*SA Ambulance Service classifies emergency cases as Emergency 1 and Emergency 2.

ACE annual membership fees: Family \$29.20, Single \$14.60

For more information phone SA Ambulance Service Customer Service on 1300 13 62 72 during business hours, or go to: www.saambulance.com.au

NEW DRUG APPROVED

The US Food and Drug Administration has approved Janssen's new drug Invega (paliperidone), the first new prescriptive drug for the treatment of schizophrenia since 2003.

The new drug, which combines the new molecular entity (NME) paliperidone, the principal active metabolite of Risperdal, with a novel drug delivery system, allows once-daily oral dosing.

The FDA is the first regulatory agency worldwide to approve Invega. In May 2006, Janssen-Cilag submitted a marketing authorisation application to European health authorities seeking approval to market the medication for the treatment of schizophrenia. Approvals will be sought worldwide. For further information: www.invega.com

Used with permission from Schizophrenia Fellowship of Qld Newsletter, February 2007

A FEW FACTS AND FIGURES ON HOUSING

Australians for Affordable Housing are calling for a National Affordable Housing Agreement that includes:

- Increased investment in public and community housing;
- A new National Affordable Rental Incentive (NARI) scheme;
- Reform of federal tax incentives to encourage private sector investment in affordable housing;
- An increase in Commonwealth Rental Assistance (CRA);
- A growth strategy for Housing Associations and other not-for-profit housing investment providers;
- Non-profit shared equity schemes;
- Income insurance for marginal home purchasers;
- Use of the planning system (inclusionary zoning) to generate affordable housing;
- Better use of government land

Taken from Schizophrenia Fellowship of Qld newsletter, June 07, Used with permission

INFOSEARCH: COMMUNITY INFORMATION ONLINE www.infosearchweb.com

is a comprehensive source of community services information for the South Australian community. It is more than the Directory of Community Services online with information about over 11,000 organisations from contributors including local government areas and the Seniors information Service.

Go to www.beyondblue.org.au to access lists of South Australian doctors and psychologists who 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.

For your information

MEDIA RELEASE - MINISTERIAL - 20 JUNE 2007

TREVOR PARRY RECOVERY CENTRE FOR THE SOUTH

A Community Recovery Centre under construction in Adelaide's southern suburbs will be named in honour of former mental health advocate, Trevor Parry.

The Trevor Parry Centre will house up to 20 people who are recovering from a mental illness and need additional support before returning home.

"Trevor Parry made a significant contribution to ensuring mental health services were more focussed on those using the services during his lifetime," Mental Health and Substance Abuse Minister, Gail Gago said today.

"Trevor was passionate about improving the state's mental health system and was known throughout the southern metropolitan area as an ambassador for the rights of people suffering from a mental illness.

"His outstanding contribution to improvements for people with, or at risk of, developing a mental illness was recognised in the 2006 Margaret Tobin Awards.

He was Treasurer of the Australian Mental Health Consumer Network and well-known around Australia for having brought the phrase, 'nothing about me without me', to the attention of service providers.

As Chair of the Noarlunga Mental Health Consumer Advisory Group and a member of the Flinders Mental Health Consumer Advisory Group, Trevor was a leader in consumer advisory group activities and initiatives in southern Adelaide.

"It's therefore fitting that we further recognise his considerable contribution by naming the southern Community Recovery Centre after him, so that his tireless work will be remembered forever," Minister Gago said.

The Trevor Parry Centre, at Goldsmith Drive across from Noarlunga Hospital is the second of three Community Recovery Centres planned across Adelaide for the western, northern and southern suburbs under a \$14 million federally-funded initiative.

"People will choose to live at the CRC on a voluntary basis, so they can receive professional treatment and support for between three to six months.

"Similar community accommodation-based support centres have been operating successfully and safely in residential communities interstate for many years," Minister Gago said.

"These centres provide excellent support for people with a mental illness, so they can lead independent lives in the community.

"Health authorities worldwide are moving away from a traditional emphasis on hospital-based mental illness treatment to a more balanced system which has a strong focus on care and community-based rehabilitation," Minister Gago said.

The three CRC's are part of the state's mental health reform action plan for a stepped system of care, and help people re-learn day-to-day living skills and regain confidence before returning home.

The State Government has initially committed \$43.6 million towards implementing the Social Inclusion Board's plan for mental health reform in the report Stepping Up.

It's expected the Southern CRC will be completed by November this year.

Taken from the Department of Health website: <http://www.health.sa.gov.au>

A tireless consumer advocate, Trevor Parry was not afraid to challenge the way services are delivered in the mental health sector and always ensured that the consumer perspective was foremost in decisions made. Trevor was a strong supporter of MIFSA. At the time of his passing, a tribute to Trevor featured in the December 2006-January 2007 edition of MIFSA News.



Trevor Parry receiving his Margaret Tobin Award at last year's Mental Health Week.

*Tell me and I forget;
Show me and I remember;
Involve me and I understand*

Unknown

from the Schizophrenia Fellowship of Queensland Newsletter,
February 2007

For your information

KIDS HELP LINE—2006 IN BRIEF

Counsellors engaged in almost 60,000 counselling sessions during 2006: 44,554 telephone and 12,384 web and email counselling sessions.

Females made up the majority of counselling sessions in 2006 with 44,526 females (78%) and 12,412 males (22%) seeking help.

Over the past six years the proportion of counselling sessions related to mental health issues and emotional and/or behavioural management has increased along with reports of suicidality and deliberate self-injury. In contrast there has been a substantial decrease in peer relationship concerns and smaller decreases regarding drug and/or alcohol, partner relationship, pregnancy, sexual activity and contraception concerns across the past six years.

Bullying concerns have decreased over the past three years, while child abuse, homelessness, grief and loss and physical health continue to be common reasons for seeking help.

You can obtain a copy of the *Kids Help Line 2006 Overview—issues Concerning Children and Young People* from the Boys Town website www.kidshelpline.com or by telephoning 07 3368 3399

ARAFMI CARER SUPPORT GROUP MEETINGS

Open to Carers of a person with a mental illness, meetings provide an opportunity for Carers to meet together, network, share skills and gather information.

Meetings are held at Carers SA, 58 King William Rd Goodwood on the third Wednesday of each month, from 1pm—2:30pm. Coming dates are:

August 15 September 19
October 17 November 21

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:

Phone number: 8226 8666

website can be accessed at :

www.hcsc.sa.gov.au



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.

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

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

RESEARCH STUDY – PARTICIPANTS WANTED

Are you a parent and do you also have a mental illness?

Parents living with a mental illness and their children are sought for a University of Adelaide study into how parents and children understand parental mental illness.

The purpose of this research is to examine the different ways in which children and their parents understand mental illness. Research such as this is needed to give insight into how children might be better educated about mental illness. This research is also important as it will explore parents own views about educating their children.

To participate in this study you will need to be a parent (with at least one child in your care) and have a mental illness (such as anxiety, depression, bipolar disorder, schizophrenia or a personality disorder). Children over the age of 7 years are also invited to participate.

The study involves taking part in a short interview. There are no right or wrong answers and each participant will be paid \$20 for their time and effort. All responses will be anonymous.

If you would like to take part in the study, or if you have any questions, please contact Brooke Ferguson on (08) 8303 3818 or brooke.ferguson@adelaide.edu.au

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.

Dinner in June at the Marion Hotel was attended by 14 members. Great Night—surprise trivia night—fun and brain food for everyone.

Next meeting—Monday 13th August 2007 at the Warradale Hotel—6:15pm—BOOKINGS ESSENTIAL. Please ring Narelle on 8278 5796 by Monday 6th August. Join us for a fun get-together.

Take Care,

Cheers and thoughts, 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: 28th August & 25th September

SUPPORT WORKS

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

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

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

TEA TREE GULLY SUPPORT GROUP

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

Next meetings: 14th August and 11th September

Newcomers welcome Enquires: Peter Gurner 8362 6740

MENTAL ILLNESS FACT SHEETS SERIES

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

Now available for purchase from MIFSA

Order forms available by phoning MIFSA, 8221 5160

COST: (*Plus postage and handling*)

Full Series (1 copy of each 30 sheets)

MIFSA members \$12.50

non-members \$15.00

Bulk Packs (50 copies of one title)

members \$10.00

non-members \$12.50

Small Packs (20 copies of one title)

members \$ 4.00

non-members \$ 5.00

OTHER COMMUNITY SUPPORT GROUPS:

CLOZARIL USERS' SUPPORT GROUP

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

NEXT MEETING: Wednesday 26th September

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

COMING WORKSHOPS OF INTEREST TO SUPPORT GROUP MEMBERS

To be held in the Mental Health Resource Centre Conference Room (*upstairs*) 1 Richmond Rd Keswick

August — Thursday 9th, 2—4pm

Topic: *Emotional Wellbeing*

December — Thursday 6th, 2—4pm

Topic: *Stress, anxiety and relaxation*

RSVP essential to Andrew Kelly, 8221 5160 or akelly@mifsa.org

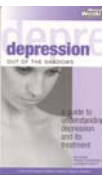
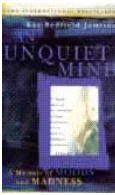
October—Monday, 8th October
Barton Pope Lecture—at the Convention Centre
Speaker: Professor Bob Goldney
(*Time yet to be advised*)

*Details of Mental Health Week events are available at the Mental Health Coalition's website:
www.mhcsa.org.au*

Book Corner

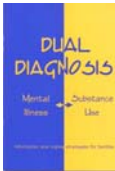
BOOKS FOR SALE:

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**

MIFSA RECIPE BOOK

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

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

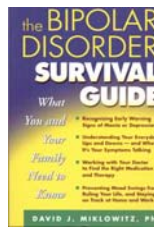
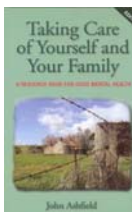


Display Folder \$7.30 + \$4 p&h
Spiral Bound \$6.40 + \$3 p&h



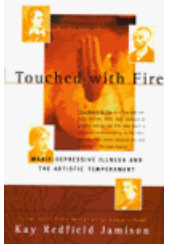
NO MIDDLE NAME, by **Tilly Brasch** is a mother's story of her mentally ill son, Riley, and a case study of how society and the agencies that were supposed to be helping him ultimately failed. **\$27 + \$3 p&h**

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



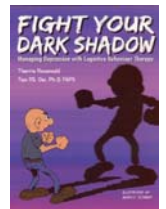
THE BIPOLAR SURVIVAL GUIDE; **David J Miklowitz** What you and your family need to know; a practical straightforward book that will be a great help to those who have bipolar illness, as well as their families. **\$27 + \$6 p&h**

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



Book Review:

Fight Your Dark Shadow: Managing Depression with Cognitive Behavioural Therapy, by Therrie Rosensvald and Tian PS Oei, Illustrated by Marco Schmidt, 2007, published by depressionmanaged.com, QLD



Fight Your Dark Shadow is full of helpful information which is presented to the lay person in plain English accompanied by appealing, enlightening cartoon illustrations. It is a self-help resource that offers information about depressive disorders, and a 'tool kit' of CBT strategies and skills to try. The authors take a hope and recovery approach with a balanced focus on personal responsibility for and commitment to self-healing and the importance of collaboration with professional helpers.

No shortcuts or bandaids are offered and the authors make it clear that recovery can be a long journey that needs to be taken one step at a time. The wide-ranging symptomology of depressive disorders is covered simply but effectively and does not shy away from the thorny issue of suicidality. The pros and cons of medications are discussed briefly but objectively. The 13 cognitive distortion styles are well explained and nicely encapsulated by the accompanying cartoon illustrations.

The authors stress that the book is an adjunct to any diagnosis and treatment and its usefulness lies in giving readers a sound understanding of the symptoms of depressive disorders and an easily digestible overview of what CBT has to offer. Given that the most commonly employed therapy for depression is CBT, the book will help demystify the therapy experience for the many who seek it.

Anna Byas

Ed Note: This book is available for loan in the MIFSA library

Thanks to Jane Borda for her recent donation of resources on various mental health topics; these are available for loan on request.

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 above is by members of the Activity Centre)

In the last edition of the newsletter we celebrated the good news of MIFSA receiving Commonwealth funding for the Support for Day to Day Living in the Community Program. This funding has meant that both Keswick and Panangga Activity Centres are enjoying planning a bigger and busier Activity Centre program. We have been busy consulting with members over the past four weeks about the types of groups and activities they would be interested in seeing on the Activity Centre program.

In both Activity Centres the members have been completing *Interest Check Lists*, which will let us know what members' needs and interests are. From these forms we are developing the type of programs and activities we will offer in the expanded programs.

Keswick Activity Centre members have also been giving their feedback in another important area. We are currently open for 5 hours on Saturdays and would like to know what members think about being open for 6 hours every Monday instead.

The pile of replies keeps growing so if you are an Activity Centre member and haven't filled out a feedback form they are available from Activity Centre staff or from the sign-in table. Alternatively give us a call or email us at mifsa@mifsa.org for a copy; with final responses needed by Friday 10th of August please.

PANANGGA is MIFSA's southern-based **Activity Centre**, located at 64 Elgin Ave Christies Beach, just off Dyson Road. Open Monday to Fridays from 11am to 4pm, Panangga offers a flexible and comfortable environment in which members can meet and socialise.

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

Panangga continues to flourish and grow gaining a reputation in the south as a great place to visit. Some would like to live here but we drew the line at that. Our program has been quite stable for the last 2 months apart from creative writing which has been temporarily dropped due to lack of interest. Our next Relationship Australia course starts Tuesday 24th July from 10.30 to 12pm. The topic is 'Relationships and Communication'.

The Day to Day Living Program has not yet affected the Panangga program, but we are looking forward in great anticipation to its introduction and what new and exciting opportunities and experiences this program will bring for us. The impending changes have already stirred much excitement with the securing of the building next door and how this will make Panangga much more useable and spacious with many activities now being able to have their own space, creating the opportunity for a wider range and greater flexibility. The extra staff that the Day to Day living Program will bring will give Panangga the well overdue boost and support to continue to deliver a service of high standard in our ever expanding centre.

And lastly as we enter a new era again, with many changes to our program and staff it will be a sad loss to see Prue Millingen one of our co-ordinators leave us. Prue has been an inspiration to many at Panangga and has certainly put a spark into the place, certainly her delicious soups, curries and rissols on the bbq will be missed. We wish her all the best in her exciting adventure of in her Loose Caboose.

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 barbie
 - " Free: sliced bread, onion & sauces
- Cost: \$1 per serve (meat) plus 50c (potato salad)

SOUTH COAST EXCHANGE

Friday, 17th August at Victor Harbor
Friday 21st September at Panangga



On a monthly rotation, MIFSA's Panangga members and Southern Fleurieu Health Service clients share in activities together.

Come and join our friends from the South Coast. Have lunch and enjoy a game of pool, tenpin bowling or mini golf at Victor Harbor or Panangga \$2

MIFSA Activity Centres Services

CHEW & VIEW—AT KESWICK

Wednesday, 22nd August, 12noon

BARNACLE BILLS

All aboard for a sea shanty feast followed by a latest release DVD

COST: \$5.50

Please RSVP Mel or Dave by Friday, 17th August



Wednesday, 19th September, 12noon

BURGER FEAST

Cost: \$7—\$9

Attention all you Burger Kings and Queens! The two fisted burger is back! Join us for a whopper meal deal or similar, followed by an icy cold can of soft drink, then stay to watch a new release DVD



Please RSVP Mel or Dave by Friday 14th September

MIFSA is once again able to offer the MindBodyLife Program

The program is offered to all people with mental illness looking to make healthy lifestyle choices.



This program will provide people with the opportunity to learn simple ways to make healthy lifestyle choices within an informal and supportive environment, and will commence in September.

Topics covered:

- ◆ Healthy eating and drinking
- ◆ Meal Planning
- ◆ Motivation
- ◆ Physical activity
- ◆ Self esteem



To register your interest please contact Carol on 8221 5160 or cweston@mhrc.org.au

Picture & Story Writing Workshop

at Keswick

Thursdays, 12:30pm-2:30pm

Please come along; workshop leader, Bobbi, will help you create your own artwork and story using your imagination or real life experience



Expressions of interest are sought in recommending **Cooking Classes at Keswick**. Please see Carol, Mel or Dave if you would like to learn to cook simple meals that do not require heaps of preparation, or fancy ingredients.

SUNFLOWER SHOP OUTING

SHOP AND SAVE!

Thursday, 23rd August

Come and get some bargains from the MIFSA Sunflower shops
MIFSA members can get items at half price on the day

Bus will leave MIFSA at 1:15pm and return approximately 4:30pm, in time for the evening meal

Remember to bring money (no credits)

For more information or to make a booking, please RSVP to Mel or Dave, as seats are limited: 8221 5160

Waterfall Gully Excursion



Friday 21st September

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

Wear comfy walking shoes and bring enough money for an ice cream afterwards

For more information or to make a booking, please RSVP to Mel or Dave, as seats are limited: ph 8221 5160

BEGINNERS COMPUTER SKILLS@Keswick

Saturdays, 12 - 3pm



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

MIFSA Activity Centres Services



Massage

at Panangga—Cost: \$1

Wednesdays, from 11am—2pm

Enjoy a relaxing and rejuvenating massage with professional masseur Bohdan

Appointments need to be made in person - priority will be given to those who have waited the longest.

Foot Reflexology

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

at PANANGGA:
Fridays, from 11am

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



Walking Groups

Keswick—Tuesdays 1:30pm



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

Panangga — Thursdays, 1pm
Bushwalking

BINGO at Keswick

for MIFSA members only

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

PRIZES TO BE WON!
(No cash prizes)



Proceeds to the Keswick Activity Centre



Art at Keswick:

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

Visual Art at Panangga:

for fun and relaxation—Wednesdays 1-3pm

Mandala Art

At Keswick on Thursdays

Colour your choice of these stunning intricate designs — and feel the artist within you awaken.

Come in anytime during the day.



Wednesday Forum at Panangga

Wednesday, August 29th

Guest Speaker from Shine SA



The session will cover how medication and mental illness affects sexual health.



Bowling

At Keswick: fortnightly, Wednesdays each month, at Cross Rd Bowls (see dates next page)
(\$10 per game, including shoe hire)
Bus will leave Keswick at 12:30pm

At Panangga: every Thursday, 11am—12noon
\$4 per game

EVENING MEALS SERVED AT KESWICK, TUESDAYS & THURSDAYS @ 5PM COST: \$2.50

AUGUST

Tuesday

- 7th Roast Beef & Veggies
- 14th Mongolian Lamb with rice
- 21st Country Quiche with garden salad
- 28th Homemade Hamburgers with oven fries

Thursday

- 2nd Shepherd's Pie with garden salad
- 9th Macaroni Chees
- 16th Chicken Satay with rice
- 23rd Beef Curry with rice
- 30th Stir-fry chicken fettuccine with cashews

SEPTEMBER

Tuesday

- 4th Pasta Penne Topped Beef Casserole
- 11th Honey Chicken
- 18th Satay Lamb with rice
- 25th Beef & Black Bean sauce with garden salad

Thursday

- 6th Spaghetti Carbonara with garden salad
- 13th Baked Potatoes
- 20th Roast Lamb with veggies
- 27th Calamari with garden salad

MIFSA Activity Centres Services

MONDAYS

PANANGGA:

Free coffee / tea all day

Stay for lunch—\$1 pies / sausage rolls

Movie afternoon, 1pm—3pm drop in and watch a latest DVD

FREE INTERNET ACCESS

AVAILABLE DAILY

At Keswick and Panangga

During Activity Centre hours



MEMBERS MEETING at Keswick

Tuesdays, 7th August & 4th September, 1:15pm



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

TUESDAYS

KESWICK:

Members meeting, 1:15pm, 7th August & 4th September

Foot Reflexology, 10am—5pm

Art, 12:30—3:30pm

Walking Group, 1:30pm

PANANGGA:

Relationships Australia Courses, 10:30—12noon

Getabouts—Craft, 10:30am

Getabouts—Keep Fit (gym or swimming), 11-12noon

WEDNESDAYS

KESWICK:

Lunch Special — hotdogs / sausage sizzle, alternate weeks

Chew & View, 12pm, 22nd August & 19th September

Bowling, 12:30pm, 8th, 22nd, August,

5th, 19th September

Bingo, 1:30pm (second & fourth Wednesdays)

PANANGGA:

Massage, 11am—2pm

Wednesday Forum, 11am-12noon, with guest speakers, then stay for a bbq lunch (\$2.50)

Visual Art, 12:30—3:30pm (fun & relaxation)

Relationships Australia Courses held at Panangga

Current Course:

“Relationships and Communication”

Tuesdays, over 5 weeks 24th July—21st August
10:30am—12 noon

KESWICK DAY-TRIP OUTINGS:

Thursday, 23rd August—Sunflower Shop Outing

Friday, 21st September—Waterfall Gully

See page 21 for details

THURSDAYS

KESWICK:

Foot Reflexology, 10am—5pm

Housing Trust Accommodation Service,

first & third Thursdays each month, 1—4pm

Mandala Art, any time during the day

PANANGGA:

Getabouts—10 Pin bowling, 11am—12 noon

Getabouts—Bushwalking, leaving Panangga 1pm

Games Afternoon—Bingo, Uni, Skipbo, board games etc

FRIDAYS

KESWICK:

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

PANANGGA:

Foot Reflexology, from 11am

Hot Lunch, 12 noon (2 courses, \$3)

South Coast Exchange, Friday, 17th August & 21st September

8 BALL BLITZ

2pm—second & fourth Friday each month

Winners walk away with a Keswick meal voucher!



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

