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MIFSA Activity Centre Program

Kayaking to Recovery

Going kayaking was a really great experience for me. The best surprise was how we were able to get really close to dolphins. Also, seeing the environment of a mangrove swamp was amazing. I found that the whole experience bonded all of us as a team. Sharing a kayak turned out to be great teamwork as well.

The challenges I faced were a few nerves about falling in the water and general anxiety about the day. Also, I am not that fit so I struggled a little to sit in a confined space for so long.

These challenges were mostly put aside because of the structured way the day was planned, and the person who took the tour was fantastic. He explained exactly how to use the kayaks and was upbeat and friendly. Also, he was very knowledgeable about Garden Island. His commentary was both interesting and informative.

Overall, the day was very enjoyable for us all. It was one of the best experiences of my life. The positive effect the day had on me totally outweighed all the anxieties previously mentioned. I would love to go kayaking again and use the skills I have acquired that day.

Cathy Stirling

Tuesday November 27 - first timer as I rowed to recovery - what a buzz! Who needs medication when you can get high on life!

Tranquillity and weather just fine, body of open sea possessing warmth and inviting as I watched the dolphins frolic nearby. The challenges of the day were: to give those muscles a work-out; to enjoy the beauty of nature; and to be grateful for this offer, this moment in time; while giving those communication skills a going over; and not to end up stuck in a rut or maybe lose your head.

To master the steering and keep on track, arms rotating like propellers, legs in motion, mind wandering in confusion, as coordination attempts to prevail. Determination takes over and comes out in front; as a team we did well.

Continued page 5>



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 Executive Director

A VERY HAPPY NEW YEAR TO ALL OUR MEMBERS, PARTICIPANTS, VOLUNTEERS, STAFF AND SUPPORTERS. WE HAVE A BUSY AND EXCITING 2008 PLANNED AND HOPE TO SEE MANY OF YOU INVOLVED IN MIFSA IN VARIOUS AND VALUED WAYS.

It is a pleasure to update members about two important projects, featured with more information on page 3.

Firstly the Mental Health Council of Australia (MHCA) is rolling out a Carers Engagement Project. MIFSA, along with a number of other member organisations of our national organisation the Mental Illness Fellowship of Australia, will be assisting the MHCA in rolling out workshops for mental health carers in early 2008.

The aim of the Project is to hear and record the real life experiences of mental health carers, encourage carers to identify their current and future needs and provide a method of ongoing information sharing of carers' experiences with the MHCA.

We are hoping that if you are a Carer of someone living with mental illness that you will join us at one of the Carer Involvement workshops. MIFSA facilitated workshops will occur in Modbury, Marion, Keswick, Murray Bridge and Victor Harbor. Join us for an opportunity to share and learn, hear about available local services, information sources and self care. Be part of a process which will inform the Commonwealth of the needs of Carers of people with mental illness and further advocacy work for better outcomes for carers at a national level. To express interest in being involved in a Carer Involvement Workshop call Pam or Lynne on 8221 5160.

The second interesting project involves COMIC or Children of Mentally Ill Consumers. COMIC was established by 7 adult children who have a parent with

a mental illness and has been auspiced by MIFSA over the past 7 years. Co-convenors Nerrelle Goad and Paola Mason have worked tirelessly for many years, for the most part in a volunteer capacity, to heighten community awareness of the needs of children whose parents have a mental illness.

Last year MIFSA supported COMIC in applying for a CBSA grant for a project named "COMIC Conversations". The grant has been successful and will ensure that a diverse range of resources are available for parents, children and service providers to improve the quality of life of children with parents experiencing mental illness. For more information see page 3.

We have also welcomed many new staff across a number of programs in the past few months. Successful recruitment has included a new Coordinator for the Day to Day Living Program in Port Lincoln, an additional Activity Officer for Keswick Activity Programs and nine PHaMs workers across our western and southern sites. The Well Ways Carer Education Program has also trained and recruited new Well Ways facilitators.

MIFSA has been actively involved in the ongoing Non Government Mental Health Services Funding Reform processes. The Mental Health Unit is facilitating a series of focus groups through December and January to refine service models based upon major service types currently undertaken by the sector. MIFSA has also been consulted with regard to specific target groups and service types, with tendering and funding allocation processes to occur through the first half of 2008.

In December 2007 Panangga Activity Centre was evaluated against the Home and Community Care (HACC) National Service Standards. Panangga has previously been appraised against the Standards in June 2005. The appraisal was very positive and offers us



further opportunity to continue to improve our service. It is always a pleasure to receive positive feedback, with the following excerpts taken directly from the evaluation report:

'MIFSA are commended on their commitment to quality improvement... Strengths of Panangga and MIFSA consistently spoken about and demonstrated as part of the Appraisal Team's observations include the membership focus of the organisation which makes consumer participation the norm.

The people associated with Panangga and MIFSA are a key strength at all levels from leadership through staff, volunteers and consumer members, who all have the same purpose and commitment to a recovery focused service delivery system. The people associated with the service also have a strong focus on continuous improvement. Consumer members consistently expressed value of the home like, welcoming and safe environment offered by Panangga. The ability of the organisation to reach isolated people is to be commended.'

Well done and thanks to all!

Natasha Miliotis



Carer Involvement Workshops

INVITATION TO CARERS

- Are you the carer of someone living with mental illness?
- Why not join us for a workshop with an opportunity to share and learn
- Hear about available local services, information sources and self care
- Sharing your knowledge will add to a “snapshot” of experiences and needs of carers in 2008
- Information will assist in advocating for better outcomes for carers at a national level

Workshops facilitated by MIFSA will be run in April in Modbury, Marion, Keswick, Murray Bridge and Victor Harbour. Come and join us for a great day to share your knowledge, enjoy some delicious food and hear more about strategies and services. To express interest in being involved in a Carer Involvement Workshop call Pam or Lynne on 8221 5160.

The Mental Health Council of Australia (MHCA) has received funding from the Australian Government Department of Families, Community Services and Indigenous Affairs for a Carers Engagement Project. The MHCA is the peak, national non-government organisation representing and promoting the interests of the Australian mental health sector, committed to achieving better mental health for all Australians.

THE AIM OF THE PROJECT IS TO:

- hear and record the real life experiences of mental health carers
- encourage carers to identify their current and future information needs
- provide a method of ongoing monitoring of carers’ experiences by the MHCA

MIFSA, along with a number of other member organisations of our national organisation the Mental Illness Fellowship of Australia, will be assisting the MHCA in rolling out the workshops throughout Australia for mental health carers in early 2008.

To discuss the possibility of the Mental Health Council of Australia working with you or your local organisation to hold a workshop in your area or for any further information, please contact Linda Rosie, Project Manager, Carers Engagement Project tel: (02) 6285 3100, email: linda.rosie@MHCA.org.au (Monday to Wednesday).

In the past the MHCA has brought the issues of mental health care to national attention in such documents as the ‘Out of Hospital Out of Mind’ Report of 2003 and the ‘Not for Service’ Report 2005, both are available on the MHCA website.

COMIC: Children of Mentally Ill Consumers

COMIC CONVERSATIONS

COMIC, auspiced by Mental Illness Fellowship of SA (MIFSA), was established eight years ago by 7 adult children that have a parent with a mental illness, to heighten community awareness of the needs of children whose parents have a mental illness.

Last year MIFSA supported COMIC in applying for a CBSA grant for a project named “COMIC Conversations”. The grant has been successful and will ensure that a diverse range of resources are available for children, parents and service providers to improve the quality of life of children with parents experiencing mental illness.

COMIC Conversations encourages parents to talk with their children about parental mental illness and offers a range of resources such as a “Care Plan”, to be implemented to ensure the child will be looked after if the parent is unable to do so or is hospitalised.

The project will directly benefit thousands of individuals working with children with parents experiencing mental illness, and with plans to update the website the numbers of individuals accessing on-line downloadable resources will further significantly boost these numbers.

COMIC Conversations will offer the following:

- Updating and printing of the “Supporting Our Family” Kit
- Updating of the COMIC website
- Print COMIC Brochures
- Updating of the mobile library and “COMIC Corner” library which is housed at MIFSA’s Library to include new publications and replace books that have been lost
- Purchase of a very sturdy suitcase (to replace a worn model) for the COMIC mobile library
- Laminated COMIC posters to enhance COMIC presentations
- Development of a Fact Sheet – “How to talk with children about mental illness”

For more information go to : www.howstat.com/comic

Housing SA Accommodation Advice

At MIFSA at Keswick on the first and third (and 5th)
Thursdays each month, 1—4pm

Housing SA provides an Outreach Service for people with mental illness. To make an appointment with the Outreach Service Officer, phone Cecile or Susan on 8221 5166.



Peer Worker Program

G'DAY ALL,

Well, we have all made it back in one piece and are well and truly back into the swing of things. I hope everyone had a great Christmas and has found the start of the new year to be a prosperous one.

Firstly we want to say a big thank you to all the people and organisations that have helped out with the Peer Worker Program over the last year; especially those who gave their time for our end of year Christmas function, which went off without a hitch. It is greatly appreciated, thank you.

Secondly we have organised the session times for the Introduction to Peer Work Training Course. The dates will be posted on the MIFSA website and we encourage anyone who is interested to contact us. For those that may not know about Peer Work or the training we run, here is a bit of a spiel.

A Peer Worker is someone who has a lived experience of mental illness, is living well and is able to utilise their experience to assist others with their recovery. There are many roles and names for Peer Work, including Consumer Consultant, Peer Specialist and Peer Mentor; but whatever the title, the main tool of a Peer Worker is that of fostering hope and providing insight.

This free course runs one day per week for 4 ½ hours over 6 weeks. Tea, coffee and training materials are supplied; BYO lunch. You must commit to attending all sessions, as well as actively participate in discussions in order to receive a certificate of completion. If an absence is unavoidable, please discuss your options with the trainers. Although nonaccredited, the course is designed for people who wish to gain employment in Peer Work/non-clinical mental health, or move into further study (eg. Certificate III level).

The training centres around the Recovery Approach and provides participants with the basic tools needed to support consumers in facilitating their own recovery. We discuss:

- Position titles/roles of Peer Workers
- Researching, Referencing and Presenting
- Understanding Mental Illness
- Active Listening and Communication
- SMART Goal Setting
- Looking After Your Health / Health Management Plans
- Sharing Your Story Safely
- Observation and Case Noting
- Mental Health Resources and Terminology
- Debriefing
- Ethics and Boundaries

After the course people are invited to become part of the Peer Network, where they are invited to the monthly meetings, receive job and event information, and get access to further training and mentoring.

So there you have it. A brief outline of what Peer Work is and the Training we provide. More information can be found on the MIFSA website or by contacting us directly. We look forward to seeing you sometime this year.

ALL THE BEST FOR 2008, FROM THE PWP TEAM!

Psychosocial Groups Program

MANAGING PSYCHOSIS

We will work in small groups to:

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

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.

See table below for venues, dates and times.

For further information or to register please contact Paula on 8221 5160.

Jane Dodding
Team Leader
Jane@mifsa.org

Managing Psychosis	
Location	Dates and times
Level 1, Education Centre Modbury Hospital, Modbury	5th Feb - 11 March Tuesday 2pm - 4pm
Clarence Park Community Centre Clarence Park	6th Feb - 12th March Wednesday 10am - 12noon
Elizabeth House, Christie Downs	6th February - 12th March Wednesday, 2pm - 4pm
West Lakes Community Centre West Lakes	7th Feb - 13th March Thursday, 10am - 12noon
Payneham Community Centre Payneham	8th Feb - 14th March Friday, 10am - 12noon
Topic: Dealing with Depression Community Campus, Elizabeth Grove	8th Feb - 14th March Friday 10am - 12noon

Activity Programs

HI ALL

As the Activity Programs expand from Panangga, Keswick, and in just a few weeks, Port Lincoln, it is difficult to capture all that is going on within a few lines on this page. It will be important to stay in touch with the Centres and their programs to be fully aware of the new activities and programs that are being offered.

Each new day brings fresh ideas from participants who themselves are getting involved in planning and rolling out activities for MIFSA participants. In this edition we want to highlight the kayaking expedition that took place in October (which we are looking to repeat soon!) Have a read as participants share their experiences... (*commences pg 1*).

See the list below of forums, workshops and activities offered at Keswick during February and March; and come and join the broad range of activities being planned at MIFSA's activity centres.

Mattea Malcolm
Team Leader
mmalcolm@mifsa.org

Wednesday Forums & Support Works

PROGRAM OF FORUMS AND EVENTS - FEBRUARY-MARCH

6th February	Coffee & Cake @ Glenelg, Support Works Sharing	1-3:30pm 3-3:30pm
13th February	Forum: Conflict Resolution Facilitator: Jan Sebey Support Works Sharing	1-4pm 2-2:40pm
20th February	Forum: Bipolar Affective Disorder Facilitator: Robyn Miller	1-3pm
27th February	Self Determination Peter Bartram Support Works Sharing	1-2pm 2-2:40pm
5th March	Train Trip to Grange	1-4pm
12th March	Forum: You and your body and self esteem Facilitator: Sophie Angell	1-3pm
19th March	Telling his story Dave Tapley Support Works Sharing	1-2pm 2-2:40pm
26th March	Strategies for Bipolar Peter Bartram Support Works Sharing	1-2pm 2-2:40pm

The Forums are information and discussion sessions so come along and join in - EVERYONE WELCOME . Held at the Keswick Activity Centre; further information phone Suzie 8221 5160.

Kayaking to Recovery

continued from page 1

A great day had by all, it was over all too soon; summoning up the last of our strengths to pull the kayaks ashore. What a day, full of fun, excitement, history and nature yet so tiring and exhausting. Would I do it all again? Of course I would, if I ever get the chance.

Kayaking was a part of the road to my recovery.

Thank you MIFSA. The rest of you, eat your heart out; you don't know what you're missing at MIFSA!

Sue Williams

Thanks to the Mental Illness Fellowship of SA for giving four of us the time of our lives with an amazing opportunity in November last year to kayak at Outer Harbour. We felt so proud of ourselves, confronting fears and anxieties to be a part of a team, sharing the kayak with a fellow member and working together to manoeuvre our way through overgrown mangrove creeks over lengthy distances in the harbour.

We were physically challenged, as well as had the obvious social challenges to overcome, in order to successfully achieve the task of kayaking. The sheer delight for the entire group when we saw dolphins, at times less than 20 metres away. Words cannot describe just how wonderful that was, a magnificent highlight; it was like my problems just dissolved for a few moments.

To sum up the experience in a few words would include exhilarating, relaxing, exciting, and joyous, all at once.

I would highly recommend this activity to fellow members. It exceeded my expectations on so many levels; but especially, it can take you out of yourself, and what you are going through, for an incredible adventure and happy memories you can keep with you forever.

Debby Fowler





Well Ways Program

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

The Well Ways programs are in the planning stage for 2008 and bookings are now been taken for the first programs. The programs will start at the Marion Club on Sturt Road on Thursday 28th of this month with Anne and Christina as co-facilitators. A program commencing at Keswick on Tuesday 11th of March will have Helen and Bev as co-facilitators. While Vivienne and myself will be co-facilitating with Wendy assisting at the Grenville Hub at Elizabeth on the afternoon of April 1. Yes this is an afternoon program. We are no 'April fools'!

Venues are easily accessible to all and anyone who wishes to have a better quality of life for themselves and the people they care for and love should consider attending a program. Be better informed. Be able to communicate at the appropriate time and in a manner that gives better outcomes to what often are very trying circumstances.

Well Ways helps.

Maureen Lewis
Well Ways 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 sessions over the next twelve months.

Well Ways 2008 Program:

LOCATION	DATE
Function Room, Marion Club & Sporting Complex, Sturt Road Marion	Thursday, 28th February, 6-9pm
Mental Health Resource Centre Conference Room 1 Richmond Rd Keswick	Tuesday, 11th March, 6-9pm
Room U3a, Grenville Hub Playford Blvd, Elizabeth	Tuesday 1st April, 12:30-3:30pm
Activity Space, West Lakes Community Centre, Cnr Brebner Dr & West Lakes Blvd, West Lakes	Monday, 14th April 6-9pm

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

What will happen when I can no longer provide care?

The Department of Families, Community Services and Indigenous Affairs has produced two booklets related to future planning needs for a family member with a severe disability.

A major concern for a carer of a person with a disability is how the person they care for will be supported in the future when they are no longer able to provide the love, support and care themselves.

Planning for the Future: People with disability booklet provides information to assist families to plan future arrangements for the ongoing care of their family member with a disability that is positive, sustainable and flexible and fulfils the wishes of both the person with a disability and their family where possible.

Special Disability Trusts: Getting things sorted booklet deals with how families can use Trusts to help look after family members with a disability.

Both booklets are available on the web at: www.facsia.gov.au/carers or in hard copy 1800 050 009.

They are also available in 13 community languages.

Used with permission from Schizophrenia Fellowship of Qld newsletter, December 2007

Mental Illness Fact Sheets

For order forms or to place orders please phone MIFSA, 8221 5160

Cost:

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)

All prices include GST

Carers: the packhorses of mental health

There are ten medical conditions that cause most disabilities around the world. Of those, five are related to mental illness. At least a quarter of a million Australians will experience schizophrenia, bipolar, schizoaffective disorder or depression at some time in their lives. Add their families - that's a lot of Australians affected by serious mental illness.

Since de-institutionalisation, an unfair proportion of the burden has been carried by carers. You could say that carers have become the packhorses of mental health.

The *Keeping Care Complete* survey developed last year by the World Federation for Mental Health, in collaboration with Eli Lilly, focused on issues faced by carers of people with mental illness. The global survey of almost 10,000 people was conducted between November 2005 and March 2006.

Not only did it study a group of people who have often kept silent, the survey showed how Australian carers of people with mental illnesses compare with those in Germany, Canada, France, Italy, Spain, Britain and the United States.

There are some similarities. For example, 62 per cent of Australian carers are likely to contribute to decisions about treatment, the same being true in 56 per cent of the international sample.

But there are striking differences. Sixty three per cent of Australian carers are likely to be the parents of a family member with mental illness. That is more than double the rate of parents who are carers on a global scale.

Australian carers are also often partners, siblings or even the child of a parent with mental illness; 45 per cent live with the person in their care.

Key results from the *Keeping Care Complete* survey include:

- 42 per cent of carers report that they spend more than 20 hours per week caring;
- Almost half reported their loved one had relapsed more than five times since diagnosis;
- 68 per cent of carers agree that the stigma attached to mental illness may influence their family member to stop taking their medication;
- 80 per cent of carers said they are their family member's primary care-giver and the majority said they attend meetings with health care providers and are involved in treatment decisions;
- Only 34 per cent of carers agree that they received enough information about a new treatment given to their family member;
- 72 per cent report that their family member seemed less like their old self when a change in medication was made.

In this World Federation for Mental Health Survey, Australia showed the highest proportion of carers who were unsatisfied with services and treatment and the lowest incidence of health checks.

Schizophrenia alone costs \$2.62 billion to the community and \$1.7 billion to the Australian Government each year. Reducing relapse through improved care and rehabilitation services makes economic sense.

Drawn from 'How carers cope', *Engage* April 2007, newsletter of the Mental Illness Fellowship of Australia, used with permission from the Schizophrenia Fellowship of Qld Newsletter, October 2007

Carer health and wellbeing

DEAKIN UNIVERSITY, AUSTRALIAN UNITY AND CARERS AUSTRALIA HAVE PRODUCED A SPECIAL REPORT ON 'THE WELLBEING OF AUSTRALIANS - CARER HEALTH AND WELLBEING'. SOME OF THE KEY FINDINGS INCLUDE:

Carers have the lowest collective wellbeing of any group yet discovered within the Australian Unity Wellbeing Index Surveys.

Carers have an average rating on the depression scale that is classified as moderate depression.

A total of 20.6% of the carer sample are unemployed.

Carers are more likely than normal to be experiencing chronic pain.

The major reasons carers are not receiving treatment for themselves is that they have no time or cannot afford the treatment.

Female primary carers have lower wellbeing than male primary carers

There is no evidence that carers adapt to their situation when caring continues for longer than 2 years.

The wellbeing of the 3,049 people (83% of the sample) who live with the person requiring care is 58.4 points. This is the lowest value ever recorded for a large group of people by the Australian Unity Wellbeing Index Survey.

A complete copy of the Report can be downloaded at:

www.deakin.edu.au/research/acquol/index_wellbeing/Survey_17.1.pdf

From *Auseinetter*, Issue 29, November 2007, used with permission from Australian Network for Promotion, Prevention and Early Intervention for Mental Health.



Thank you Peter Gurner

WITH THE VOLUNTARY CLOSURE OF THE TEA TREE GULLY SUPPORT GROUP, WE PAY TRIBUTE TO THE GROUP'S LONG-TERM CONVENOR, PETER GURNER.

Peter first joined the Schizophrenia Fellowship of SA in November 1990. As the father of a son with schizophrenia, he understood the need to firstly improve his understanding of this illness, and then to undertake to offer support and practical assistance to other people in a similar position.

Peter's roles within the Fellowship have been numerous and varied.

He joined the fundraising committee in 1991, and initiated and participated in many events and projects, eg Badge Day, bingo ticket selling opportunities (pre pokies!!) and new sites for the Sunflower Shops ie Seacombe Gardens & Christie Downs. He offered much wisdom, guidance and positive input and support to other members of that committee. In recent times, the recycled bread tag collection scheme has been another Peter brainwave!

Peter served in association management and governance for several years, being first elected to the Board of Management in September 1992, and remained as a Board member until November 1998. His astute judgement and strategic experience were invaluable to all Board members, and led to some significant decision making during this time.

Peter has worked tirelessly for consumer members in many ways, and particularly by collecting donations of second hand furniture and large appliances, with members purchasing at low price and proceeds going to MIFSA.

Perhaps Peter's most enduring legacy has been his role as convenor of the Tea Tree Gully support group. One of the early initiatives of the then Schizophrenia Fellowship was to establish carer support groups throughout the metropolitan area. The aim was twofold – to provide carer support & understanding, and to build education and accurate awareness of schizophrenia within the community.

Since early 1994 Peter has maintained continuing contact with all group members, arranged guest speakers on many different topics, and offered support and a friendly "ear" to everyone that called. And if practical support was needed, he gave it!

Over the years the support groups have played a vital role in educating and supporting carers of people with mental illness, but in time, several have ceased as the knowledge base expanded. The Tea Tree Gully group has now also come to a close, after over 15 years of service to the community.

In recognition of his efforts and contribution to the Mental Illness Fellowship of SA, Peter was awarded Life Membership in May 2000.

We would like to take this opportunity to once again extend a huge thank you to Peter Gurner for his passion, patience and commitment.

Sunflower Shops

HI EVERYONE,

Welcome back! It's been good to catch up with you all again as shops re-opened and each of you returned from your break. We're looking forward to another busy year ahead, as indicated by the volume of donations pouring in and the perspiration pouring off as we sorted and packed over some very hot days, ready for distribution between the shops.

Many thanks to Katherine, Jos, Debby and Diana who helped over the last few weeks to sort through the mountain of clothes and goods. You made lighter work of a huge task - the system is working well!

Elsa Stolk
Shops Coordinator
0409 697 432

Sunflower Shops

ARE LOCATED AT

CHRISTIES DOWNS

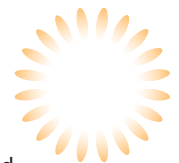
Shop 4, Flaxmill Shopping Centre, 303 Flaxmill Road
Phone 8236 2456

GOODWOOD

145 Goodwood Road (*just south of the Capri Theatre*)
Phone 8272 7162

SEACOMBE GARDENS

577 Morphett Road
Phone 8298 3051



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:

KESWICK ACTIVITY CENTRE – MEAL PREPARATION

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

For more information please contact Carol on 8221 5160

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 Berny on 8382 5588.

'Look After It': everybody has mental health

JUST AS WE FEEL PHYSICALLY STRONGER AND HEALTHIER AT SOME TIMES MORE THAN OTHERS, OUR MENTAL HEALTH VARIES. AND JUST AS THERE ARE THINGS WE CAN DO TO LOOK AFTER OUR PHYSICAL HEALTH, THERE ARE THINGS WE CAN DO TO LOOK AFTER OUR MENTAL HEALTH - IN FACT OFTEN THE SAME ACTIVITIES BENEFITS BOTH OUR MENTAL AND PHYSICAL HEALTH. HERE ARE SOME TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH.

Relax

Different people relax in different ways: reading; running; meditating; listening to music; are all ways that can help us relax. It's whatever helps you let off steam and lets your mind escape the stresses and strains of everyday life.

Talk

Talking to someone you trust about what's going on in your life helps to protect your mental health. A problem shared is a problem halved. Even talking about day-to-day events helps us to understand ourselves and others better.

Get involved in your community

Getting involved in community projects or organisations gives us a chance to meet new people, learn new skills and make a positive contribution. We all have something to offer, and helping others helps us feel good about ourselves.

See friends

Keeping in touch with friends gives us the opportunity to laugh, cry, talk, do things together or just hang out with people we like, all of which helps protect our mental health.

Keep active

Regular physical exercise helps improve mental health and reduces depression and anxiety in particular. It gives you more energy too. Don't force yourself to do something you don't like. Try different activities until you find one that suits you. Don't forget that even walking counts!!!

Learn new skills

Taking on the challenge of learning new things helps us to gain confidence and feel good about ourselves. It might also help by giving us ideas about what we want to do for work in the future, or by meeting people we wouldn't have otherwise.

Eat well

Just as food affects our physical health, it also affects our mental health. Poor nutrition contributes to both low mood, depression and low energy levels; whereas, too much sugar, caffeine or alcohol can make us irritable.

Organise your time

Sometimes we have to prioritise what we do with our time so we can schedule in activities that help us look after our health. There is no need for a rigid timetable. Just pencil into your diary or calendar some activities which will help improve your mental health.

Mental illness

It is estimated that 1 in 5 Australians will have a mental illness at some time in their life, which means that it is highly likely that every Australian will be affected, either by having a mental illness themselves or by someone close to them having one. However, it is important to remember that people can and do recover from mental ill-health.

Used with permission from *Even Keel*, newsletter of the Bipolar Disorder Support Association, Spring 2007

Sources of Help and Information

MENTAL ILLNESS FELLOWSHIP OF SA

www.mifsa.org

A community based, not-for-profit organisation delivering a range of education, support, rehabilitation and recovery based programs.

CARERS SA AND YOUNG CARERS

www.carers-sa.asn.au

A not-for-profit community-based organisation that aims to improve the conditions under which carers work and to increase recognition of carers' contributions to the community.

SANE AUSTRALIA

www.sane.org

Is an independent national charity helping people affected by mental illness through campaigning, education and research. Phone 1800 187 263 Mon - Fri EST

BEYOND BLUE

www.beyondblue.org.au

Is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders. They also have specific resources for young people.

AUSEINET

www.auseinet.com

Provides information and promotes good practice in mental health promotion, prevention, early intervention and suicide prevention.

LIFELINE

www.lifeline.org.au

Provides 24 hour telephone counselling on one national number to anyone, anywhere in Australia. For the cost of a local call - 13 11 14 - help is available. No one has to face their problems alone.



Feeding Minds: the impact of food on mental health

From Feeding Minds, Mental Health Foundation, www.mentalhealth.org.uk

This article, which featured in this edition of MIFSA News, cannot be reproduced electronically. To receive a hard copy of this issue with article, please contact MIFSA on 8221 5160.

The following article from the February/March 2007 edition of MIFSA News has been included in its place.

Oestrogen's role in treating schizophrenia and Bipolar disorder

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

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

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

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

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

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

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

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

Used with permission from Towards Understanding, May 2006 Newsletter of the Mental Health Research Institute

This research is ongoing. Dr Gogos was awarded the 2007 Peter Doherty Australian Bio-Medical Fellowship by the National Health & Medical Research Council to continue this research.

Go to www.mhri.edu.au for further info.

A Holistic Approach

NATURE OR NURTURE?

This question is now redundant with regard to mental illness, it seems. Professor Richir Poulton of the University of Otago in Dunedin NZ who, with his team has been researching the origins of mental illness since 1973, says 'from what we've seen so far from our research on genetics it's not a case of nature or nurture - one or the other - it's a bit of both'.

The development of schizophrenia is neither purely genetic nor solely caused by stressful life events. Studies on genetically identical twins, brought up separately, indicate that there is a strong inherited predisposition for schizophrenia, accounting for around 50 per cent of the risk.

Having this genetic risk makes the person more vulnerable in life events which can trigger the illness. Stresses of adolescence, drug use, or trauma can bring on a first episode of psychosis which can then develop into schizophrenia. This vulnerability-stress origin has now been identified in other conditions such as anxiety and depression, thanks to ground-breaking work undertaken by Professor Poulton's team.

Since the start of their research thirty-four years ago, 1000 people have been interviewed every few years and their DNA has been correlated with life events and any illnesses they develop. 'The general outcome of these studies shows that you may have a genetic predisposition towards something, but it won't happen unless certain environmental influences are also present,' says Professor Poulton.

Effective treatment of mental illnesses has suffered from an 'either/or' mentality. Advocates on one side claim it is simply a matter of chemical imbalance that just needs medication, while on the other side it is propounded that psychological treatment alone is needed.

However, there is increasing recognition that the most effective treatment for anxiety and depression is a combination of psychotherapy and medication, acknowledging the interconnection of our minds and bodies.

Mental illness is often felt physically as much as in our minds. People with anxiety disorders may experience increased sweating, heart rate, or stomach cramps when distressed. Sufferers of depression report adverse effects on their sleep and appetite and even their movement may feel as though it is in slow motion.

It is recognised that when people have a mental illness, they are likely to have much poorer physical health than those in the general population, experiencing heart disease, diabetes and other conditions at higher rates. The reasons for this include: poor diet, obesity, smoking, and lack of regular exercise.

These factors can be related to symptoms of the illness such as lack of motivation or drug side effects. Regular health checks and encouragement to lead a healthier lifestyle should be standard treatment.

Conversely, those living with a chronic physical health condition have far higher rates of mental illness than the general population with rates of depression and anxiety double that of the general population. Therefore, checking and managing mental state should be mandatory in their care.

A holistic approach seems a positive development for improving outcomes for those suffering mental or physical illness or both.

SANE News, Issue 43, Spring 2007

Used with permission from Schizophrenia Fellowship of Qld, newsletter, December 2007

Bipolar disorder relapses halved by Melbourne researchers

Melbourne mental health researchers have succeeded in halving the number of relapses experienced by people with bipolar disorder, which strikes two in 100 Australians, accounts for 12 per cent of suicides each year, and costs the country at least \$1.5 billion annually.

With funding from the MBF Foundation and beyond blue, a team led by the Mental Health Research Institute of Victoria has developed an innovative structured group program to help people with bipolar disorder to better manage their condition.

The 12-session program, led by trained mental health clinicians, enables people battling the disorder to effectively monitor their mood, assess personal triggers and early warning signs of oncoming illness, and take the necessary steps to stay well.

In a controlled randomised study of 84 people diagnosed with bipolar disorder, those on the special intervention program had half the number of relapses after 12 months as the control group which continued with normal treatment. Even with modern drug therapies that act as mood stabilisers, relapse rates for people with bipolar disorder are as high as 40 per cent in the first year and almost 75 per cent over five years.

MBF Chief Medical Officer and Chair of the MBF Foundation Steering Committee Dr Christine Bennett said that the new program provides a much-needed bridge between the mental health services that treat people when they are acutely ill and the GPs and private psychiatrists who provide ongoing care.

'Bipolar is a complicated disease involving periods of depression and mania and its sufferers don't always take their medications when they should,' said Dr Bennett.

'People with the condition straddled the divide between public and private systems resulting in poor continuity of care for many sufferers. They tend to gain access to the public system in the most severely disabling phase of their illness, typically mania, and are often too ill and the disorder too complex to be easily managed in primary care.'

Professor David Castle at the Mental Health Research Institute of Victoria said providing people with bipolar disorder with the right tools and strategies to better self-manage their disease in a supportive group environment can substantially reduce the burden on individuals, their families and the health system.

Buoyed by the exciting results, the research team is now training clinicians in metropolitan and regional Victoria. The development of an accompanying service delivery framework, already being implemented in parts of Victoria, South Australia and the ACT, will enable the program to be rolled out in other states.

MBF Foundation, www.researchaustralia.org

Used with permission from Schizophrenia Fellowship of Qld newsletter, December 2007



Complementary and alternative medicines: What you need to know

When someone talks about alternative or complementary medicines what do you think of?

- vitamin and mineral supplements?
- herbal and natural medicines?
- traditional Chinese medicines?
- traditional remedies used by your family or community?
- the oils used in aromatherapy?

All these products are complementary or alternative medicines. Even though we don't think of them as being 'real' medicines, they are medicines because they prevent or treat illness by changing the way the body works.

Although complementary medicines are generally safer and less potent than prescription medicines, they still need to be used with care. Like other medicines, they can cause side effects in some people, and they may interact with other medicines.

QUALITY, SAFETY AND EFFECTIVENESS

Manufacturers of complementary medicines sold in Australia must comply with certain quality and safety standards. However, when it comes to providing evidence of their effectiveness, they are not vetted as thoroughly as prescription and pharmacy medicines.

The less thorough vetting process does not mean that complementary medicines don't work. Rather, it means that manufacturers don't have to provide as much scientific evidence as they do for prescription and pharmacy medicines. This usually means that less is known about the effectiveness, side effects and interactions of complementary medicines than is the case for prescription and pharmacy medicines.

CHOOSE CAREFULLY

It is best to seek advice from someone with the relevant training and experience when choosing a complementary medicine, be it a doctor, pharmacist, naturopath or Chinese medicine practitioner. Seek advice about suitable brands, how much to take, how often to take it, and what side effects and interactions to look out for.

If using a traditional or herbal medicine made up by a practitioner, make sure that the person treating you is suitably qualified and is a member of a recognised professional organization. Reputable organisations include the National Herbalist Association of Australia, the Australian Naturalist Therapists Association, and the Australian Acupuncture and Chinese Medicine Association.

If you are choosing a medicine, obtain as much information about the medicine and its use as you can, buy a reputable brand, and read the label. Be aware that just because a medicine is 'natural', it does not necessarily mean that it is safe for everyone: it is still a medicine, so it may have adverse effects in some people.

SIDE EFFECTS AND INTERACTIONS

Like all medicines, complementary medicines affect the way the body works, so they can cause side effects in some people. For example, Echinacea, a remedy for the common cold, has over 20 known side effects, including asthma attacks, aching muscles and stomach upsets.

Complementary medicines can also interact with some prescription medicines. For example, St John's wort can interfere with working of the oral contraceptive pill, causing bleeding between periods and pregnancy.

Most side effects and interactions involving complementary medicines are minor. However, some are serious.

TELL YOUR HEALTH PROFESSIONALS

The possibility of side effects and interactions between medicines means that it is important to tell all your health professional about all the medicines you are taking-prescription, pharmacy and complementary-especially when starting a new medicine. You also need to tell them about any changes to you medicines. Keeping a list of your medicines and carrying it in your handbag or wallet will make this task easier.

In most cases, you don't need to be worried about telling your doctor about your use of complementary medicines, because doctors' attitudes to such medicines have changed in recent years. They may not be convinced that all complementary medicines are effective, but will appreciate being told about your use of them.

SOURCES OF INFORMATION

Obtaining comprehensive and reliable information about complementary medicines can be difficult. However, if you want information try:

- talking to your doctor, pharmacist, herbalist, naturopath, etc.
- ringing Medicines Line on 1300 888 763
- searching the Internet

Thousands of websites provide information about complementary medicines. However, be careful which sites you use, because many are just selling a product and don't provide reliable information. Good sites include:

www.healthinsite.gov.au/topics/Complementary_and_Alternative_Therapies
www.mydr.com.au and go to 'Complementary Medicine Centre'
www.nccam.nih.gov
www.uq.edu.au/accmer/resources/websites
www.choice.com.au and go to 'Health', then 'Alternative medicine'

Article reproduced with permission from
MedicinesTalk Spring 2007

Hope Awards

'Hope is having something special in your heart and knowing that it is achievable if you try hard enough. But the joy comes from the journey and not the destination.'

Jimmy Barnes

The 2007/08 Hope Awards is now open. Judges are seeking short films that contain a message of hope for people affected by mental illness, including families, friends and carers.

This unique Australian mental health community initiative aims to reduce the stigma associated with mental illness that often prevents people from seeking help. The program calls for the creation of realistic, positive portrayals of individual journeys with mental illness, through the medium of short film.

PRIZES

Winners and runners-up in Drama and Documental categories will share a pool of \$20,000 in prize money. A new Committee's Choice award of \$2,500 will recognise the achievements of an entrant who does not have experience in film-making, yet still produces a compelling film.

CRITERIA

The winning films will contain an over-riding message of hope for people with mental illness and their carers and families; and display superior production values and filmmaking techniques.

Open to people aged 16 years and over, entries close Friday, 28th March 2008

Maximum film length: 10 minutes.

Arts Law's Producers' Guide to Short-Film Making is available free of charge to Hope Awards entrants. email: hopeawards@lilly.com or phone: 02 9325 4444 if you would like a copy.

For more information, entry form, FAQ etc:
visit: www.hopeawards.com.au
email: hopeawards@lilly.com
phone: 02 9325 4444

The Hope Awards is an initiative of Eli Lilly Australia in collaboration with the Mental Health Council of Australia and supported by Mental Health Carers (ARAFMI) Australia, Australian Mental Health Consumers Network, Mental Illness Fellowship of Australia, Multicultural Mental Health Australia and SANE Australia.

Power of Attorney

WHAT IS POWER OF ATTORNEY?

A Power of Attorney is a legal document whereby you (the donor) can appoint a person of your choice (the donee) to manage your assets and financial affairs while you are alive.

The Power of Attorney document must be signed by you while you are of sound mind and the donee must also accept the appointment as your attorney by signing an acceptance. The person you appoint is called your Attorney. The appointment may come into operation immediately or may be deferred to some future event, it may be for a fixed period or to perform a specific task and may be revoked by you at any time providing you are of sound mind. The power of Attorney ceases when you die, at which time the Executor named in your Will takes over responsibility for your estate.

ENDURING POWER OF ATTORNEY

An enduring power of attorney is a power of attorney that continues to operate even though you may later become of unsound mind, for example, if you are unable to communicate after a stroke or become senile. Only enduring powers of attorney continue to operate if you lose your mental capacity, ordinary powers of attorney cease automatically. Taking the time to make an enduring power of attorney means your financial affairs can be looked after by someone you know and trust.

WHY HAVE A POWER OF ATTORNEY?

As a result of an accident, sudden illness, planned or unexpected absence you may need someone to manage your financial affairs. Appointment of an attorney should be a routine part of your financial planning along with making a Will and appointing an Executor to administer your estate after your death.

Your Attorney will have control over your assets and financial affairs or such portion thereof as you have specified while he or she is acting on your behalf.

WHO CAN I CHOOSE AS AN ATTORNEY?

Many people nominate a close friend or relative. However, it needs to be noted that this is a great responsibility and the person you nominate will need to have skills in business and management and have the time to manage your affairs properly. They will need to be able to make impartial decisions and be able to keep accurate financial records. You will be placing complete trust in the appointed person to have complete control of your financial affairs.

Please contact the Legal Services Commission in South Australia or a legal practitioner for further information or to discuss Power of Attorney options that would best suit your needs.

Taken from Legal Services Commission and Carers Link, Yorke Peninsular - used with permission.

Visit: www.carersupportsa.org.au for links to contact Carers Link YP and other regions. Carers Link is a support organisation that links carers with other agencies, provides counselling, support groups and advocacy.



the article

'Blood test may identify mental illnesses early', which appeared in this space, cannot be reproduced electronically. If you wish to receive a hard copy of this issue with article please phone MIFSA on 8221 5160.

Recovery from Anxiety: fast-tracking the process

Recovery from anxiety is much like peeling back an onion. Once we have learnt to deal with the symptoms of anxiety we usually find old beliefs and ways of thinking lurking silently in the background.

These include core beliefs: eg, 'I'm not good enough', 'I'm bad', 'there's something wrong with me', etc, which dictate how we think, act and problem solve.

We may also find ourselves caught in the same behavioural cycles, often with the same people, creating frustration and anxiety. Perhaps we continue to worry about offending/hurting others, or we find ourselves in the old roles of peace-keeping, protecting etc. And another golden oldie - we might still find that when hurt/upset, we get anxious about how to deal with the people involved.

Panic Anxiety Disorders Association (PADA) offers Anxiety Management Workshop, and a follow-on Advanced Program that is designed to help better identify these hidden 'fuels' that keep our anxiety disorder running. It provides us with the skills we need to challenge the beliefs that hold us back, and encourages us to 'think outside the square'.

For details and dates of PADA's 2008 Management Workshops and Advanced Program visit: www.panicanxietydisorder.org.au or contact PADA on 8227 1044 to register. Bookings are essential.

Used with permission from the Panic Anxiety Disorder Association (PADA) Newsletter, November 2007

Tuning in to good mental health

Every Monday fortnight, listeners from across the state tune into their favourite talkback radio program for a dose of offbeat humour, music, chit chat ... and mental health education. The listeners of Peter Goers' ABC 891 program (from 6pm weekdays) are as varied as the subjects covered in the program - from prisoners to pensioners, home makers to professionals, all learning more about obsessive compulsive disorder, schizophrenia, anxiety, dementia, bulimia and bipolar disorder.

For Southern Health's Dr James Hundertmark, the initiator of the segment, the program quietly fulfils his wish of 'reaching out to everyday Australians and de-stigmatising mental illness.'

'I want people to understand that mental illness is part of all our lives. It might affect us, our child, our parent, our friend or our neighbour. If we can break down the negative stereotypes associated with mental illness we've got a better chance of moving forward and helping more people in the community,' he said.

Dr James and the ABC 891 team have been recognised for their work in promoting positive mental health by reporting mental illness in a balanced and respectful way with a 2007 Margaret Tobin Award. The awards, named in honour of the state's mental health chief who was tragically murdered in 2002, were presented by the Minister for Mental Health and Substance Abuse, Gail Gago.

Dr James has also recently been appointed Southern Health's Inner South Clinical Director. As clinical director he will provide clinical and professional leadership for mental health services for the inner southern suburbs of Adelaide, which has a population of about 200,000. Working closely with the Outer South Clinical Director Dr Andrew Champion, James will ensure further development of safe, high quality mental health services are integrated across the inner south and the southern region.

Used with permission from Flinders Medical Centre, taken from *southern health news*, December 2007.

Online Education about Bipolar Disorder

THE UNIVERSITY OF NEW SOUTH WALES IS CONDUCTING A RESEARCH STUDY INTO WEB-BASED EDUCATION PROGRAMS FOR PEOPLE DIAGNOSED WITH BIPOLAR DISORDER WITHIN THE LAST 12 MONTHS.

The programs are designed to help people take control of their illness through education and self management (along with their regular treatment).

Topics include: the causes of bipolar disorder; diagnosing bipolar disorder; medications; psychological treatments; stay well plans; carers and support networks; Omega-3 as a treatment for bipolar disorder; and others.

They are seeking people who:

- have been diagnosed with Bipolar Disorder **within the last 12 months;**
- are being seen on a regular basis for treatment by a mental health professional;
- have a valid email address and access to a computer and the Internet;
- can undertake eight weekly sessions on their computer (each session takes about 30 minutes);
- are prepared to complete questionnaires before during and after the program;
- are aged over 18 and live anywhere in Australia.

For further information or to register interest please contact Senior Researcher Dr Judy Proudfoot at the School of Psychiatry, University of New South Wales by email: bipolareducation@unsw.edu.au

Recovery Online Toolkit

The toolkit was developed by Auseinet and contains resources to assist service providers, consumers and carers to implement a recovery approach for someone living with a mental illness. The need for the collection came out of a series of consultations around the issues of recovery and relapse prevention. From there Auseinet went on to develop an online toolkit and discussion forum.

The Online Discussion Forum is designed to encourage the sharing of ideas and information. It is open to all users who wish to register and all new messages remain hidden until approved by a moderator (a member of the Auseinet team). Recently there's been a lively discussion about the nature of being involved in the 'consumer movement' and its effect on recovery.

To access the toolkit and join the discussion forum visit: www.auseinet.com/toolkit

Used with permission from Mental Health Association NSW magazine, Mental Health Matters, November 2007

Reach Out Central

A NEW INTERACTIVE SPACE - A WAY TO REPLAY SCENES FROM YOUR LIFE AND SEE HOW THEY TURN OUT...

Reach Out Central (ROC) is an online game designed to help young people improve and learn skills for life. As each player signs up they step into a world where they can test-drive life and play it when and how they want.

Where the player ends up depends on the choices they make. There are over 15 story lines and more than 10 characters to explore.

Each character has their own needs and objectives and in order to progress in the game the player needs to help them out. ROC has been designed so that the player's mood can change their experience of the game.

To test drive ROC go to the Reach Out Central home page at: www.reachout.com.au

Used with permission from Mental Health Matters, magazine of the Mental Health Association NSW, November 2007

Making a drama of mental illness

A NEW RESOURCE HELPS SCRIPTWRITERS AND OTHERS INVOLVED IN PRODUCING FILM, TELEVISION AND THEATRE DRAMA TO REPRESENT MENTAL ILLNESS AND SUICIDE MORE ACCURATELY AND RESPONSIBLY.

The guide has been produced by the Mindframe project, in a partnership of the Hunter Institute of Mental Health, the Australian Writers' Guild and SANE Australia, with funding from the Australian Government Department of Health and Ageing.

It is still far too common to see stereotyped and even harmful portrayal of mental illness and suicide in drama, especially on television. By working cooperatively with screenwriters this resource is intended to make a real difference to how these issues are portrayed in future.

An important part of SANE's contribution to the project has been a series of briefings for scriptwriters by SANE speakers on the reality of living with a mental illness.

Visit www.mindframe-media.info for more information and to download a copy.

Used with permission from SANE News, Summer 2007 magazine of SANE Australia
Visit: www.sane.org



Marion Support Group

Meetings are held bimonthly (February, April, June, August, October, December) as social get-togethers over a meal at the Marion Hotel, Marion Road; from 6:15pm

Happy New Year!

NEWS OF THE FIRST MEETING 2008:

Back to the Marion Hotel for our first meeting but ***please note*** due to quiz night held at the Marion on Mondays we have decided to trial a change of day for our meeting to Tuesday 12th February, from 6:15pm. Good meal - seniors prices.

Newcomers welcome, and a special invitation offered to members of all MIFSA support groups to join us. Bookings to Narelle on 8278 5796 by Thursday, 6th February 2008.

Take care,

Narelle Gordon

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 Marjorie Black House, 47 King William Road, Unley; 7:30pm

Next Meeting:
Tuesday 26th February and 25th March 2008

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

Group Convenor: Marcia Johnson Timm

Support Works

For people who experience mood disorders and who wish to meet and interact with other people who are in similar circumstance.

Meetings are held every Wednesday, 1pm – 4pm at MIFSA, Keswick and there will be a range activities, forums and speakers. Please see page 5 for the list of forums and activities coming up.

Looking after yourself

IN CARING FOR YOURSELF IT IS IMPORTANT TO BE AWARE OF YOUR OWN NEEDS, FEELINGS AND PROBLEMS.

Ask yourself:

- Am I aware of what makes me feel uncomfortable?
- Do I become irritated when others do not see things the way I do or when others do not respond the way I think they should?
- Am I able to be open with others?

Having answered these questions establish what are the pressures in your life?

- Do you keep pushing yourself and have high expectations of what you can achieve?
- Are some relationships stressful for you?
- Do you take time out from the things that place you under pressure?
- Are there daily tasks that you find particularly stressful?
- Do you feel constantly tired?
- Are you always striving to meet the needs of others?

What can you do to care for yourself?

- Set realistic limits and learn to manage your time. Never compare yourself with other Carers, everyone is different.
- Learn to be assertive in your relationships with others. If this is difficult for you, enrol in a course that teaches assertiveness.
- Take regular breaks from the things you find stressful. Seek respite information from a Carer Support staff member.
- Learn to relax so that you can switch off your mind and you body. Treat yourself to a massage.
- Give yourself an occasional treat. Attend a Carer Support activity and spend quality time with others who will understand your situation.
- Find a person whom you trust to listen to you and talk about the things that are making you tense.
- Cultivate a method for releasing tension, eg take a walk, have a good cry, use a punching bag or undertake a physical task like gardening or vacuuming.

Don't hint, ask for help; and when offered, accept it.

ACCEPT YOURSELF AND REMEMBER THAT YOU ARE UNIQUE!

Care for yourself

Used with permission from *Sharing Sheet*, December 07/January 08 newsletter of the Carer Support & Respite Centre, South and East Metro Region

For information on courses planned for 2008 by the Carer Support and Respite Centre, South and East metro region, phone 8379 5777.

For information regarding Commonwealth Carelink Centres contact your local centre on 1800 052 222 or go to www.commcarelink.health.gov.au

For information about MIFSA's new Respite Program (commencing March) phone 8221 5160

Bread tags

The tally of bread tags collected by our members and the general public, both in South Australia and interstate, is now over 1000kg additional to the 470kg 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:

Salvation Army, Noarlunga Community Church
 Technical Service Operations Department of Toyota Australia
 ReGen, The Green Op Shop, Redwood Park, staff & customers
 Children from the Kangarilla / Clarendon Vacation Care
 Marj Flynn, Yankalilla/Normanville Community
 St Luke's / Seaford Parish Justice and Peace Group
 Flinders Mental Health Consumer Advisory Group
 Staff and patients at Dr Arnold's surgery, Fulham
 Margaret Toolin and Irene Hogben from WA
 Rhonda Fietz and the Roseworthy Primary School
 St Columba School - Munno Para
 Barb Jamieson and friends
 Jan Carter
 Westminster School
 Cheryl Kilmier, Gilles Plains

Mark McKenzie from Victoria
 Rhonda Smedley
 Warradale Primary School
 Glenside Campus Kitchen
 D Klee, Pt Augusta

District Council of Kimba
 Fasta Pasta Christies Beach
 Hendon Primary School
 Yorke Peninsula Health Service
 Henty Group CWA, Casterton Victoria
 Christadelphian Hall, Adelaide
 St Andrews Uniting Church, Glenelg
 Brighton Baptist Church and friends
 Grange Uniting Church Op Shop
 Aidinga Folk Dancers

Happy Valley OSHC
 The Advertiser
 Evins family, Springfield
 Pt Augusta TAFE
 Leila Scott, Karoonda
 Carolyn Cordon, Redbanks
 Royal Adelaide Hospital
 Para Vista Primary School
 Prospect Church of Christ
 BT Finance

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 on page 8

Sunflower Shops Collection Bins at:

Sixth Ave Shopping Centre, Cnr Sixth Ave & Stephens 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

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.

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. Next Course being held at MIFSA in April, please contact Carol at Keswick, 8221 5160.

The Tobacco and Mental Illness Project, 8200 2009

Mental Health Calendar

Earlier this year, Arts Access SA partnered with the Mental Health Coalition of SA to assist with Mental Health Week. One of the areas AASA assisted in was helping to curate the Mental Health Calendar.

The Exhibition was on show in the Adelaide Festival Theatre Foyer. A range of groups contributed to this popular exhibition with the focus to select 13 to be included in the 2008 Calendar.

This attractive desktop calendar is now available for sale. Calendars for sale \$15 from www.mhcsa.org.au



mifsa activity centres program

Coming Soon:

MIFSA Camp

We are hoping to organise a joint camp of Panangga and Keswick for some time early this year. Where and when still to be decided. Be part of the planning committee to create a camp you will enjoy.

If you are interested in coming to the camp you will need to attend the monthly planning meetings. For further details or to register your involvement please contact Marianne at Keswick, 8221 5160 or Yvonne at Panangga, 8382 5588.

Woodworking Group

Commencing Friday, 22nd February at The Parks Community Centre, with an experienced woodworker and full workshop.

For further details or to express interest please contact Suzie on 8221 5160.

Out There* Outdoor Adventure Program

A service provided by Central Northern Adelaide Health Service (CNAHS) and MIFSA for adults living with a mental illness.

For enquiries or bookings contact MIFSA, either Carol, Dave, Mel, Mattea or Suzie on 8221 52160.

Tai Chi at Keswick and Panangga

Keswick: expressions of interest are being taken now for Tai Chi 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 contact Carol, 8221 5160

Panangga: Commences Thursday 7th February for four weeks only 11am - 12noon.

Keswick Music Group

Commencing Thursday, 7th February; 1-4pm

Each session will include a jam, and guitar / music theory tuition..

Keswick Day Outings

Friday, 8th February: To market! To market!

We're off to the Brickworks Markets. Bus will leave Keswick at 1:15pm and return approx 3:30pm. Come along and enjoy the market atmosphere.

Wednesday, 19th March: Ice skating

Bus will leave Keswick at 10am wear jeans or long pants bring some money for a drink if you want. Come along and enjoy some fun on the ice. Bookings for either outing please contact Mel, Dave or Marianne, 8221 5160.

Panangga Day Outing

Monday, 18th February: to Hahndorf

Phone Yvonne or Berny, 8382 5588 for details of cost and to reserve your seat.

Chew & View @ Keswick

Lunch special followed by new release DVD commences 12noon

Wednesday, 27th February: home made pizza & can of soft drink, \$3

Wednesday, 26th March: 2 Tacos & can of soft drink, \$5

RSVP Mel, Dave or Marianne by Friday before the date

Explore and discover community

On Mondays; learn how to access Noarlunga Library services and local community centres.

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

February		March	
Tuesday	Thursday	Tuesday	Thursday
5th roast beef with vegies	7th chicken mushroom & egg noodle bake	4th mixed grill	6th creamy broccoli & bacon fettuccine
12th beef stroganoff & egg noodles	14th baked potatoes & tuna mornay	11th homemade hamburger with fries	13th chicken satay with rice
19th chicken lasagne	21st satay lamb with rice	18th spaghetti bolognese with crusty bread	20th stir-fry chicken fettuccine & cashews
26th curried sausages with rice	28th selection of cold meats with salad	25th beef curry with rice	27th macaroni cheese



mifsa activity centres program

Monday

Keswick

FREE INTERNET ACCESS AVAILABLE DAILY

at Keswick and Panangga during Activity Centre hours



Panangga

Explore and discover community 11am-12:30pm
Hot Dogs or salad sandwiches \$1.50 each
Art 12:30-2:30pm
Stay for Lunch \$1 pies/sausage rolls
Movie afternoon 1-3pm watch a latest release DVD
Craft 1-3pm
Panangga Outings 18th February



Tuesday

KESWICK

Foot Reflexology 10am-5pm
Art 12:30-3:30pm
Members meeting 1:15pm (5th February & 4th March)
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 Meal served at 5pm Cost: \$2.50



PANANGGA

Relationships Australia Courses 5th February
10:30-12pm - *Living with Challenges*
Make your own gourmet roll \$1.50 each
Craft in the community 10:30am
Keeping Fit in the Community (gym or swimming)
11am-12noon - small cost involved
Coffee Shop on the hop 1pm



Wednesday

KESWICK

Lunch Special hotdogs (sausage sizzle, third Wednesday of month)
Chew & View 12pm, 27th February & 26th March
Bowling 12:30pm, (6th & 20th February and 5th & 19th March)
Coffee Club leave Keswick 1:15pm, (13th & 27th February, and 12th & 26th March)
Keswick Day-Trip Outing:
Ice Skating 19th March - 10:15am - 12:30pm



PANANGGA

Discussion Group 11am-12noon 6th & 13th February, (topic: Bipolar Affective Disorder), 19th March 11am-12noon (topic: Anxiety)
Barbecue lunch 12noon (\$2.50)
Health & Life Program 10:15am-12:30pm
Do it Yourself Barbecue 11:30am-1pm, prices start at \$1
Movie Afternoon from 1pm
Craft 1-3pm



Thursday

KESWICK

Foot Reflexology 10am-5pm
Music Group 7th February, 1-4pm
Mandala Art any time during the day
Evening Meal served at 5pm Cost: \$2.50
Swimming Group leave Keswick 10:15am to Unley Pool; \$1
Music Group commences 7th February, 1-4pm



PANANGGA

10 Pin Bowling 10:30-11:30am, \$4 per game
Bush walking leave Panangga at 1pm, return approx 3pm
Tai Chi 11am-12noon, 4 weeks only, commencing 7th February
Manicure 1pm-3pm



Friday

KESWICK

8 Ball Blitz 2pm, *second & fourth Friday each month*
Winners walk away with a Keswick meal voucher!
Keswick Day-Trip Outing:
To Market! To market! 8th February



PANANGGA

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



Saturday

KESWICK

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



ACTIVITY CENTRES PUBLIC PHONES

Keswick: 8410 5249
Panangga: 8186 6482

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 _____

KEY CONTACTS

Executive Director

Natasha Miliotis
natasha@mifsa.org

Programs & Operations Manager

Monique van der Neut
monique@mifsa.org

Finance Manager

Michael Becker
mbecker@mifsa.org

Administration

Pam Kelly
pamk@mifsa.org

PROGRAMS

Activity Programs Team Leader

Mattea Malcolm
mmalcolm@mifsa.org

Education Program Coordinators

Metropolitan	Country
Andrew Kelly akelly@mifsa.org	Sophie Angell sophie@mifsa.org

Peer Worker Program Coordinator

Dei Griffith
dgriffith@mifsa.org

Personal Helpers and Mentors Program Team Leaders

Western	Southern
Fiona Johnson fiona@mifsa.org	Emilie Gagnon-Milot emilie@mifsasouth.org

Psychosocial Groups Program Team Leader

Jane Dodding
jane@mifsa.org

Well Ways Program Coordinator

Maureen Lewis
mlewis@mifsa.org

SUNFLOWER SHOPS

Coordinator

Elsha Stolk
0409 697 432

MIFSA BOARD OF MANAGEMENT

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David Meldrum

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Brigid Downing

Ex Officio

Natasha Miliotis

Correspondence and articles for inclusion in MIFSA News to:

The Editor

MIFSA News

Mental Illness Fellowship SA
PO Box 310
MARLESTON SA 5033

Ph: (08) 8221 5160

Fax: (08) 8221 5159

email: mifsa@mifsa.org

web: www.mifsa.org

DEADLINE For articles letters
and reports for the April / May
issue of MIFSA News is

Friday, 14th March 2008

LOCATED AT:

Mental Health Resource Centre

1 Richmond Road, Keswick
Phone 8221 5160

Panangga Centre

64 Elgin Ave, Christies Beach
Phone: 8382 5588