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Correspondence and articles for inclusion in MIFSA News to:

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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.

It is a pleasure to unveil MIFSA's new organisational logo.

The last edition of MIFSA News included feedback forms with a range of logos for member comment.

Rather than indicate one preferred logo, the results indicated three with similar positive response rates. This did not make the job any easier!

Fortunately, most of the feedback forms were covered in comments, suggestions and ideas which proved extremely useful. The comments gave us a range of consistent and useful input.

There were clear preferences from members for use of the full organisational name along with the MIFSA acronym, a dislike for dark colours, "dark holes" or "black centres" for the sunflowers and clear preferences regarding colours and fonts.

So we set to work again, taking the elements from the draft logos which were successful, using the colours which proved popular and incorporating the feedback about the organisational name. The result is a logo which is professional without being corporate, bright, hopeful and a fresh, new image for the growing MIFSA.

We are very proud to include a compliments slip with this newsletter so that the new MIFSA logo can be appreciated in full colour.

Thank you to all the members who provided feedback and helped guide the development of our final logo!



STOP PRESS!!

COMMONWEALTH FUNDING OFFER TO MIFSA

We have just received news from the Commonwealth Department of Health and Ageing that MIFSA is being offered \$875,000 over two years to deliver expanded day programs in the Western and Southern suburbs.

The funding program is called "Support for Day to Day Living in the Community" and will offer new opportunities to several hundred new consumers.

Panangga and Keswick Activity Centres are already very popular with members and consumers, and the new funding will allow us to offer greatly increased services. Health self-management groups and social and recreational options can all be funded, as well as programs which link people to their community resources for a range of interests.

The guidelines for the grant say: "Participants will be supported in learning new skills and relearning old skills, developing social networks, joining in community activities and improving communication skills, personal expression and independent living skills (eg cooking, budgeting, shopping)." Sounds good to us!

This is the first concrete result for MIFSA from the major announcement last year on Commonwealth funding for mental health. Here's hoping it won't be the last!

MIFSA's OBJECTS

To provide a range of education, support, rehabilitation, information and advocacy services and programs, which comprehensively address the needs of people with mental illness and psychiatric disability and their carers.

To promote the continued development of the community-based, rehabilitation and support sector for those with mental illness and their carers.

To promote greater community knowledge, awareness, understanding and support about the effects of mental illness on individuals and carers.

To encourage research into the causes and treatment of mental illnesses.

To encourage people with mental illness and their carers to effectively manage their mental health and to support each other.

To advance the right of carers to be informed and consulted in the treatment of those with mental illness.

To de-stigmatise Mental Illness and foster community awareness that Mental Illness is as manageable as a physical illness.

To provide opportunities to our membership and the community to contribute to the operation of MIFSA in a variety of roles, including as volunteers.

PLEASE HEAR

God I call, to you
These steps of mine are kinda new
I don't know quite what to do
I stand alone
Stand on my own
The child within
Reaches for the telephone
Phone call to heaven
Please forgive my sins
I want to be, want to feel
Deep inside I want to know what's real
I'm tired of aiming, knowing not who I am

When deep within a child sworn to hide
Though no longer the child
The pain in my head still drives me wild

I want to be more than a shell
Whose aim is for people to believe I'm doing well
I want to live
Life to be real
Be without guilt
I want to feel
To be together to be whole
To be cleared of the guilt within my soul.

© Jenny Benham 2007

TO LET GO

To "let go" does not mean to stop caring;
It means I can't do it for anyone else.
To "let go" is not to cut myself off;
It is the resolution that I must not control another.
To "let go" is not to fix; but to be supportive.
To "let go" is not to be in the middle arranging all the outcome;
But to allow others to affect their own destinies.
To "let go" is not to be protective;
It is to permit another to full reality.
To "let go" is not to regret the past;
But to grow and live for the future.
To "let go" is to plan less and love more.

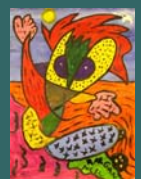
© Chris Mufford 2007

ACCOMMODATION ADVICE



at MHRC Keswick;
Thursdays, 1—4pm
first & 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.



Keeping you up to date

FROM THE PRESIDENT

I've been working with our Vice-President, Bob Burke, and Michael Becker, on re-designing the Sunflower Awards. As we mentioned in the last newsletter, after nearly 10 years of the awards, our Board agreed that the concept needed a re-think, particularly now that the Margaret Tobin Awards have become so well-known.

The Board has accepted the following recommendations from us:

- there will be three Sunflower Awards — the Consumers' Choice Award, the Carers' Choice Award and the MIFSA Board Award
- there will be three selection panels — one consisting of consumers who are MIFSA members, one of Carers who are MIFSA members, and one made up of the Board members
- all three awards will all have the same focus — the person, program or organisation which, in the opinion of each selection panel, has done the most to advance the objectives of MIFSA in the last 12 months (see *objectives listed on previous page or on our website: www.mifsa.org*)
- nominations can come from any consumers or carers, including non-members, so we will be publicising the nomination process widely
- nominations will be accepted during July and August, and the selection panels will meet in September
- the finalists and award-winners will be announced and presented at the Annual General Meeting of MIFSA, which commences at 5:30 PM on October 11th, to be followed by light refreshments. The venue is yet to be confirmed, but we are planning for a big event!

The Sunflower Awards have been a great way to acknowledge outstanding achievements and to remind the community of our good work. Our aim is to do both those things even better in future, so stay tuned for further developments.



David Meldrum

FROM THE EXECUTIVE DIRECTOR and PROGRAMS & OPERATIONS MANAGER



Thank you to the many MIFSA members who gave such detailed and crucial feedback in developing our new organisational logo. We have already received a lot of positive feedback and are looking forward to designing some caps, t-shirts and banners to proudly promote our growing fellowship.

Speaking about growth: Joan Harkin has been employed by MIFSA as a Consumer Consultant to work within Centacare. MIFSA is contracted by Centacare to provide a Consumer Consultancy Service. The Psychosocial Groups Program welcomes Ben Swift as Coordinator and Anna Byas as Co-



Facilitator and Project Officer. MIFSA and the PGP team also wish Rosalee Trumble all the best in her new position as an Occupational Therapist in the public mental health system. We also farewell Jenny Pessios who has tendered her resignation as Keswick's Activity Centre Coordinator. It is always sad to have a long-standing member of our staff team resign and Jenny has been a part of the Fellowship for 14 years. Jenny has often expressed the honour of being trusted with members' journeys, and pride in being able to support and provide a service to the members of the organisation, particularly Activity Centre members. We join members in wishing her all the best.

In May the MIFSA staff team held a very successful Staff Planning Day. MIFSA staff met off-site for a full day, with an opportunity to share positives about MIFSA as well as identifying strategies for improvement. The day also offered an excellent opportunity for team building. Strategies for improvement identified by the MIFSA team will be actioned over coming months. Updates to follow!

The Education Program also continues from strength to strength. Education Coordinators, Management team and Community Educators have been working on continually developing and strengthening the Program. The Education Program has attained many achievements, and for many years, has had the guidance of a Chair person. With a growing program, the employment of two Education Coordinators and a new MIFSA organisational structure, the Chair person

(Continued on page 4)

Keeping you up to date

role has lost its relevance and has therefore been retired. Marion Croser, who has served in the position for the last few years, has graciously supported the program in its development and will continue to be an active member of the Education Program and its community education work. MIFSA thanks Marion for all her input and looks forward to continuing the education work.

Thank you to all the MIFSA members who completed the election surveys. All responses have now been collected and are being collated to develop the paper: "Australians Talk Mental Illness: Election 2007 MIFA national members survey". The response rate from MIFSA members and community members in South Australia was outstanding. Over 2,100 responses were received nationally with more than 20% from South Australia. Only New South Wales exceeded this amount collecting 33% of the responses. However, SA managed the highest response rate when worked out on a per capita basis!

The next steps will be to launch and disseminate the survey to members and the general public and send the document to all significant political parties to seek a considered response. Political Party responses will then be published, publicised and disseminated as a key document: "Political parties responses to Australians Talk Mental Illness: Election 2007 MIFA national members survey". Finally the political responses will be distributed to members of Fellowships across Australia.

Stay well and stay tuned for further updates as we develop and deliver new and expanded programs.

Natasha and Monique

FOCUS SEMINAR:

UNDERSTANDING THE MENTAL HEALTH SYSTEM

Guest Speaker: Dr Leslie Stephen

Don't know where to start or who to turn to in the event of mental illness?

THURSDAY 12th JULY 2007, 7pm – 9pm

Have you always wanted to know more about the mental health system?

Then this information session is for you.

Glenside Staff Meeting Room

Glenside Hospital Campus
226 Fullarton Road Glenside

TO REGISTER Contact:

MIFSA, ph (08) 8221 5160

or email your booking to:

akelly@mhrc.org.a

Cost: \$10 Waged

\$5 Concession

\$4 MIFSA members (Includes GST)

Supper and refreshments provided

Please arrive 15 minutes earlier for registration



POSITION VACANT

ACTIVITY CENTRE COORDINATOR

27.5 hours minimum per week

With potential to increase to a full time position

The Keswick Activity Centre aims to promote wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can develop skills, increase social and recreational options and access support and information. The Activity Centre offers an environment to develop friendships, trust, increase skills, be accepted and connect with the community.

The Activity Centre program is based on a rehabilitation and recovery framework, with the aim of connecting participants with their local community, providing informal peer support and delivering group programs. The Centres are accessed by members from across the Adelaide metropolitan area and are operated by both staff and members of MIFSA.

MIFSA is seeking an Activity Centre Coordinator to coordinate the day to day operation of the Keswick Activity Centre Program based on Rehabilitation and Recovery principles. The successful applicant will coordinate, develop, deliver and evaluate group and individual activity programs. The Activity Centre Coordinator will supervise and support Activity Centre staff and recruit, train, support and coordinate volunteers within the Keswick Activity Centre.

The Keswick Activity Officer position is offered at a minimum of 27.5 hours per week. The salary is based on the provisions of the Social and Community Services Award at a rate of \$41,014 - \$44,086 (full time equivalent) with salary packaging significantly increasing remuneration. Applications are invited from suitably qualified and/or experienced people for the position of Activity Centre Coordinator.

This position requires relevant qualifications and/or experience. Initial enquiries may be directed to the Programs and Operations Manager, Monique van der Neut on 8221 5160. A Job and Person Description and Application Procedure is available by contacting Lynne Forrest, Administration Officer on 8221 5160, by email to: lynne@mifsa.org or at: www.mifsa.org

Please address applications to:

Programs and Operations Manager
Mental Illness Fellowship of South Australia
PO Box 310
MARLESTON SA 5033

Applications close 15th June 2007

MIFSA Programs

PSYCHOSOCIAL GROUPS PROGRAM

Hello Everyone,

Our program is progressing well and expanding! Rosalee has left our team and Ben and Anna have joined us. With them comes a wealth of knowledge and experience in psychology, counselling, law, and personal experience. We look forward to adding more valuable perspectives to our program.



Programs are well underway now. Groups about psychosis were well attended and have been completed, and participants generally indicated that the groups were enjoyable and practical. One participant, who has been very active in the mental health area for many years, stated that she had never been to a group like it before, that it was brilliant and very helpful. Obviously, we are very pleased to receive this feedback and are inspired to continue to deliver our current programs and to explore other possible group topics, material and formats.

We have just begun another round of group on Dealing with Depression. Enrollments came in thick and fast with a couple of groups filling to capacity very quickly. No more enrollments are being accepted now.

The next round of groups will begin early in August and will be about Managing Moods—both highs and lows. Again this will be a small group of people, sharing a similar experience, exploring practical strategies for managing both depression and mania.

Below is a table of the locations, dates and times of these groups.

MANAGING MOODS – BOTH HIGHS AND LOWS

LOCATION	DATES	DAY/TIMES
Clarence Park Community Centre Clarence Park	8 th Aug-12 th Sept	Wednesday 10am-12pm
Elizabeth House Christie Downs	8 th Aug-12 th Sept	Wednesday 2pm-4pm
Eastwood Community Centre Eastwood	8 th Aug-12 th Sept	Wednesday 2pm-4pm
Community Campus Elizabeth Grove	9 th Aug-13 th Sept	Thursday 9:30am-11:30am
Level 1 Education Centre, Modbury Hospital Modbury	10 th Aug-14 th Sept	Friday 10am-12pm
Findon Community Centre Findon	10 th Aug-14 th Sept	Friday 10am-12pm
Payneham Community Centre Payneham	10 th Aug-14 th Sept	Friday 2pm-4pm

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

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

MIFSA Programs

WELL WAYS PROGRAM

The Program for Carers, family and friends of those people with a mental illness.

Thanks to the great Well Ways Facilitators

Currently there are eight trained Carer Facilitators who, with myself, run the Well Ways Programs in the community. These people are Mark, Anne, Jeanette, John, Roz, Bev, and the last trained Facilitators, Helen and Carol. All MIFSA Facilitators have completed the Well Ways Program themselves as Carers and then completed and passed the three days of intensive training by MIF VIC Trainers.



For those Family and friends of people with a mental illness who have completed the Program, they recognise the benefits of having Carers themselves present the Programs. **“The ability to relate to the people by the Facilitators is extremely important and no Psychiatrist could achieve the same result.”** (from recent participant of the program).

“The course has been informative and very well presented ... given me greater insight into mental illness and knowledge/information to implement and try different approaches ... given strategies to address situations, needs of person with an illness and needs of family. Both presenters were articulate, informative, empathetic, beautiful people.”

Due to current financial restraints/funding arrangements Well Ways’ Programs are only delivered in the metro area and the number of programs are determined by funding constraints. The demand, however, is ever present as shown by both phone and direct community enquiry from families and friends and other support services desperate for good, up to date information and support for Carers. The following Participant quote is similar to many others heard by Facilitators -

“I have been a very depressed Carer for many years and had no hope and I found the support and knowledge was invaluable and has changed my outlook on life.”

Below are the areas where, subject to funding, new Well Ways Programs are planned, starting in August hopefully. Please make contact so you can be on the mailing list and have equal opportunity to attend at your preferred location. Remember, there is a maximum of 14 people only who can attend any one Program.



Three Well Ways Programs are just coming to the end of the original eight week sessions of the Program. These are at Hillcrest with Bev and Roz, at Enfield with Anne and John, and at Keswick with Jeanette and Mark facilitating the programs. All were very well attended. Quarterly sessions at Keswick, which form part of the twelve month follow up, are always well attended e.g. 40 people attended in March and all contributed to the evening as did Anne and Roz who facilitated.

To close, **a special thanks to Anne and Mark** who were nominated by the happy and appreciative Carers as the **‘best host and hostess’** of the Well Ways Retreat to McLaren Vale this year. Everyone had a great time.

WELL WAYS PROGRAM FROM AUGUST 2007:

Suburbs to be covered	Final dates and times to be advised
Woodcroft—Morphett Vale	August - October 07
Henley Beach - Seaton	August - October 07
Enfield	September - October 07
Marion	September - October 07
Keswick	September - November 07
Port Noarlunga	October - November 07
Modbury	October - November 07

Well Ways Carer Education Programs build the capacity of participants, ie the Carers, family and friends, to effectively support themselves, their family and the person with the mental illness.

An intensive 8 week program of 3 hour group sessions plus follow-up workshops over 12 months.

- Venues and final times yet to be confirmed, depending on funding.

Best wishes to all,
Maureen Lewis, Well Ways Coordinator
mlewis@mifsa.org

MIFSA Programs

METRO EDUCATION PROGRAM



Hi all,

What a month it has been in education! The education program has been to a variety of different organisations, schools and workplaces helping to promote better understanding and awareness of mental illness. I would like to thank those community educators who have devoted their time,

wealth of knowledge and experience to show the human face of mental illness and the hope, inspiration of survival and recovery. I have been humbled by the many thank you cards, faxes and comments made by those who have attended a MIFSA Education Session, many of which have highlighted the importance of both being able to speak openly about mental illness and the honesty shared by the community educators' stories.

Some of the places we have been are as follows:

The Australian Taxation Office at both Rundle Mall and Waymouth Street

St Dominics Priory College (yr 11 students)

Port Adelaide TAFE (nursing students)

Salisbury TAFE (3 sessions on schizophrenia)

UnitingCare Wesley, Port Adelaide

We also welcomed a group of Enrolled Nurses from The Nursing Agency of SA, who came to the centre on 7th May, to learn about MIFSA and the different programs that we provide, with a tour of the premises to finish off. I would like to extend a thank you to all staff who made themselves available on this day.

I look forward to working with Sophie Angell, our new Country SA Education Coordinator, to share knowledge and experience to help grow and develop the education program and its materials, especially for our country cousins.

Just a reminder that on the 12th of July we have a guest speaker, Dr Leslie Stephen, speaking on "How to Understand the Mental Health System"; see pg 4 for details.

Andrew Kelly
Metro Education Coordinator
akelly@mifsa.org



Andrew Kelly speaking recently to the Ambos at Victor Harbor

COUNTRY EDUCATION PROGRAM

Hey there everyone!

I'm Sophie and this is my first MIFSA news report! I've been working as the Country Education Program Coordinator for 6 weeks and have been incredibly busy trying to get my head around everything!

I've been out on a couple of Metro trips, to see just how the job is done and I'm super lucky to have such a great teacher in Andrew!

About me: I'm a country girl, through and through. I was born and bred in Broken Hill and attended university in the regional NSW town of Armidale. In fact, Adelaide is the first real city I've ever lived in, and I've been here since late last year.

About the Country Program (*Remembering I'm only the new kid on the block and am being eased into the position, so I'm not going too far away just yet!*):

The first Country Education session was actually held at the Glenside Rural and Remote ward. This was the first of 6 sessions to be held once a month. Topics to be covered include Depression, Bipolar, Schizophrenia and personal experience. A big thank you to Andy and Community Educator David Mulhallen who presented the first session.

The first country trip was to Victor Harbor on the 25-26th May where 2 sessions were presented, one to Victor Harbor High School Year 12 Students and with the SA Ambulance volunteers (*see photo below*).

Coming up there is a day trip planned on the 13th June to Mannum for the 1st birthday celebration expo of the Murray – Mallee Consumer Advisory Group's Activity Centre. I have also been in contact with Mannum Community College to organise a session there on the same day.

Plus, I have been corresponding with Nuriootpa High as well as a high school in Tanunda to try and organise a day trip out their way!

Planning is also in progress for a trip to the South-East in August as well as a follow up session to Bordertown in September.

I was also present at the April and May Education Program Meetings, and was pleased to meet some of our wonderful Community Educators.

I'm so excited to be a part of the MIFSA team and look forward to many Country trips in the future.

If you have any questions, comments, or would like further information on the Country Education Program, I'd love to hear from you!

Sophie Angell
Country Education Coordinator
sophie@mifsa.org

MIFSA Programs

PEER WORKER PROGRAM

Hello all,

Well, here we are again; time for another newsletter. Following many polite enquiries as to when I will get this article done, I have finally sat down at the computer and started. One of the main reasons for the delay has been due to the changes and work that has been going into the Peer Worker Program. As mentioned, in the last article another course was starting. The course was held at the Fullarton Community Centre, which is a beautiful venue, and the staff there were very accommodating. The people that participated in the course were fantastic, with so many different stories, ideas and inputs. The group worked really well together and it was a privilege to be a part of.

Another course that was run during this period was in conjunction with **Diamond Clubhouse**, specifically for the members that were interested. Again, a fantastic group and some very positive outcomes.

As some people may be aware, we are in the process of expanding the program. As a result of these ideas we are in the process of employing two new staff, the responses so far have been overwhelming and some very strong applications have come in. So by the time the next newsletter comes out, they will be settled in nicely. Other developments include the updating of the peer networks. We have now created two functioning side projects, with many thanks, again, to Lynne for her work on obtaining the information and to those that supplied feedback to our survey.

The first is the Peer Workforce, with the aim of supplying relevant and new job opportunities, training options and upcoming forums to people enlisted. We are also running a 'job club', a casual affair for a group of people to get together to explore job options and have a coffee.

The second side project is the Peer Meetings. Which, after the first two meetings, have created a lot of momentum and ideas. The meetings are a way to catch up with other peers, discuss options/issues, develop resources and gain knowledge and skills. There is also a lot of enthusiasm around creating a Peer Newsletter, so look out for that in the future; a must read document!

The links and partnerships continue to grow with BCS, strengthening the Peer Worker Programs immensely. I would like to thank Christy, Glenn, Carmen and Belinda for all the work and support they have given over the past few months and look forward to continuing our work together.

The general interest in Peer Work continues to grow, marked by the turnout at the recent information session and by a number of organizations making contact with us in relation to work options, volunteer positions and training.

It is an exciting time in the peer work area and I am certain that the momentum will continue to grow. With such a determined, skilled, compassionate and focused group of people leading the charge the opportunities are endless!

Thank You, Take Care

Deiniol Griffith
dgriffith@mifsa.org



AN INVITATION TO VOLUNTEERS

The Hon Jennifer Rankine MP, Minister for Volunteers, is hosting the annual Volunteers Day concert at the Adelaide Festival Theatre on Monday 11 June, the Queens Birthday and Volunteers Day public holiday in South Australia.

The **FREE Volunteers Day concert** is staged to thank South Australian volunteers who make an outstanding commitment and contribution to the South Australian community.

Staged in collaboration with the Adelaide Cabaret Festival, emceed by Peter Goers from ABC Radio 891, the concert will feature a spectacular performance of "Women with Standards" direct from the Festival program commencing at 2:30 pm.

All South Australian volunteers are eligible to attend the concert.

Tickets are strictly limited and are available on a first come first serve basis.

Volunteers can register from the Office for Volunteers website: www.ofv.sa.gov.au

Registrations close Friday, 1st June 2007

For further information contact Office for Volunteers: ofv@saugov.sa.gov.au or ph 8463 4490

You are one of over
4 million Volunteers
around Australia!

MIFSA Volunteers

TO SUNFLOWER SHOPS VOLUNTEERS



Hi everyone.

It's a busy time of the year for our shop volunteers. With the cold weather starting, people are looking to stock up on their winter wardrobe.

We have lovely warm clothes for sale; the volunteers are a great bunch of people so come in and have a look, or just come in and say "hi".

I'd like to take this opportunity to thank the van drivers, Paul, Mark, Daniel and Lynton for the work they do. Thanks guys, you are wonderful.

Elisha Stolk
Sunflower Shops Coordinator
0409 697 432



These beautiful children are the nieces and nephew of Tony Gurnett, a volunteer at the Christie Downs Sunflower shop. They live in the Philippines and are showing off their "new" outfits, which all came from the Christies shop.

VOLUNTEERS WANTED PANANGGA ACTIVITY CENTRE

SANDWICH ARTIST

Mondays or Thursdays, 11am—1:30pm approx

Duties and Responsibilities: To prepare lunches for the members of the Activity-Drop-In Centre by taking orders, organizing ingredients and food preparation, as well as serving members as required, cleaning/washing up, and maintaining the kitchen according to the Food Safe standards. Being a friendly caring contact for members whilst at the centre.

ACTIVITY CENTRE ASSISTANT

Monday, Tuesdays, Wednesdays or Thursdays
Full day or half day
(Volunteer can choose day / hours of work)

Duties and Responsibilities: To assist in the day to day duties of the Activity Centre, which include serving members, assisting in kitchen duties and assisting the Coordinator where necessary. Being a friendly caring contact for members whilst at the centre.

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

Sunflower Shops

are located at:



CHRISTIE DOWNS, Shop 8, Flaxmill Shopping Centre,
303 Flaxmill Road, **Ph: 8326 2456**

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

SEACOMBE GARDENS, 577 Morphett Road
Phone: 8298 3051

SHOP VOLUNTEERS WANTED

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

Do you have good "people skills" and enjoy customer service? Are you confident in cash/sales transactions, able to work alone or in a team, are committed, reliable and punctual, show patience and a willingness to learn? Why not join a team of people enjoying the challenge of doing their best.

If you would like to join the Sunflower Shop teams, **please contact Elisha on 0409 697 432.**

VOLUNTEERS WANTED KESWICK ACTIVITY CENTRE

KITCHEN CHEF REQUIRED

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

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

FREE TRAINING FOR VOLUNTEERS

Funded by Volunteering SA through the Office for Volunteers

Good Customer Service: Mon 18 June, 9:30am-12:30pm

Introduction to Working in Teams: Mon 25 June, 9am-12pm
Both courses to be held at Noarlunga Health Village, Alexander Kelly Dr, Noarlunga Centre

How to deal with difficult people: Tue 26 June, 12:30-3:30pm
Aberfoyle Community Centre, 56 Sunnymede Dr, Aberfoyle Park

Good Customer Service: Mon 2 July, 1-4pm
Marion City Council, 245 Sturt Road, Sturt

For all course bookings contact Southern Volunteering SA, 8384 9202

From Southern Volunteering SA, Volunteer Update, March 2007

MIFSA Fundraising



SUNFLOWER BADGE DAY

FRIDAY 8th JUNE 2007

Volunteer Collectors are needed at sites in city and suburbs. Just an hour or two of your time, will offer hope with each Sunflower Badge sold. Please phone Michael Becker, 8221 5160 to register as a Collector.

Look out for our Collectors in their bright yellow caps at venues such as City, Burnside, Blackwood, Stirling, Norwood etc — and



please give generously!

LOOKING FOR A CHEAP COMPUTER?



There are a number of organisations that provide low cost or free refurbished computers to community groups and individuals on a low income. The **Digital Bridge Unit, Department for Further Education, Employment, Science and Technology** has developed a website www.innovation.sa.gov.au/recycle to provide information on schemes available in South Australia.

What is available?

Refurbished computers, including a monitor, hard drive, key board and mouse. PCs are loaded with either Microsoft Office or open source applications to enable internet access and basic word processing.

How much will it cost me?

Prices vary from \$50 to \$250. Some programs such as Smart State can provide free computers to community groups.

How do I apply?

Once you have found a computer that meets your needs contact the organisation responsible for the program for information on how to apply.

For further information visit:
www.innovation.sa.gov.au/recycle

Taken from Southern Volunteering SA, Volunteer Update, March 2007

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:

Justice & Peace Group, Noarlunga & Seaford Catholic Parish

Lunch on Flinders and contacts in Whyalla & Clare

Adelaide Day Centre for Homeless persons

Our Lady Queen of Peace School

Annette Ramsay, Greenhill Lodge

Stephanie Martin, Streaky Bay

Birds of a Feather Collectors Club

Wendy Macdonald, Pt Lincoln

Millicent Medical Clinic

Krysta Harvey, Domiciliary Care

Mitcham Primary School Canteen

Gaynor McEachen

Bureau of Meteorology, Victoria

Marjorie Flynn, Yankalilla

Enfield Community Health Service

BT Finance, Bedford Park

Unley High School Canteen

Willunga Uniting Church

Fasta Pasta, Christies Beach

Hendon Primary School

Pt Augusta TAFE Campus

Roseworthy Primary School

Traralgon Baptist Church

H Richardson, Hallett

Fullarton Private Hospital

M Castle, Terowie

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.



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.

Schizophrenia Awareness Week



The 2007 Schizophrenia Awareness Week has once again been a successful vehicle to offer awareness raising events to the general community, both in showcasing our Keswick and Panangga Activity Centres to the wider mental health sector and providing mental health education to the general community.

The talk on schizophrenia given by Metro Education Coordinator Andrew Kelly was received well, and both Activity Centres were busy with new people and regulars coming in to join the fun.

As the MIFSA News goes to press approximately 90 people attended the public forum on latest developments in research on schizophrenia that was held in the week following Schizophrenia Awareness Week, with guest Speaker, Prof Paul Fitzgerald.

And please give generously to our Badge Day collectors if you happen to meet them on city streets or at suburban shopping centres. Your support is appreciated, and helps towards MIFSA providing its wide range of services to people with a mental illness and their carers.



A SISTER'S STORY: the effects of mental illness on brothers and sisters

The Best Australia Essays 2006, edited by Drusilla Modjeska, is part of an annual series published by the independent company, Black Inc. It contains plenty of gems, but the one of particular interest for this newsletter is the essay by Georgia Blain, *Writing About Us*—a candid account of how her brother's schizophrenia impacted their family, and how her mother's book about their experience ultimately helped to cope with his loss. While the mother referred to in the essay could be any grief-stricken parent grappling to deal with the loss of a child, it is, in fact, writer and broadcaster, Anne Deveson, and the book about her son is the acclaimed *Tell Me I'm Here*. (Interestingly, Deveson is also included in *The Best Australia Essays 2006*, with an essay about her relationship with her father.)

While all realistic accounts of mental illness in mainstream writing are wonderful for raising awareness and building understanding, quality accounts such as these go even further by actually helping us to identify our feelings and uncover what Balain refers to as the 'layers of emotion.'

In particular, *Writing About Us* provides a sometimes-overlooked perspective on mental illness—that of the sibling. The essay refers to many of the complex feelings that siblings might experience—including guilt, anger, grief and confusion—and reminds us that mental illness reaches far beyond the person directly affected.

The effects of mental illness on brothers and sisters

The following information from the Victorian Government *Better Health Channel* website: www.betterhealth.vic.gov.au, highlights some of the specific issues for siblings of people with mental illness.

Mental illness can lead to a variety of emotional effects for brothers and sisters of the affected person. For example, they may feel:

- Confusion about their sibling's changed behaviour
- Embarrassment about being in the affected person's company
- Jealous of their parent's attention
- Resentment about not being like their peers
- Fear of developing the mental illness.

What you can do

If your sibling has a mental illness, you **can**:

- Talk honestly about your feelings and encourage others in the family to do the same
- Be active in improving mental health services—for example, through local mental health support groups
- Avoid making the ill person the axis around which the family revolves
- Maintain your focus on living and enjoying your own life.

What you can't do

If your sibling has a mental illness, you **can't**:

- Be totally responsible for their welfare
- Make your sibling behave in a certain way—for example, force them to take their medication
- Solve all their problems or feel you ought to
- Lessen the impact of the illness by pretending that it is not there.

Additional Support

Although not specific to mental illness, families may also benefit from information and resources from Siblings Australia—a national organisation committed to enhancing the wellbeing of siblings of children with disabilities and chronic illness. According to the Siblings Australia website, growing up with siblings who have special needs creates enormous pressures that can go unnoticed by parents, friends and support services. This can make children feel isolated, guilty, angry and confused, and leave them vulnerable to a range of emotional and health problems, which can continue to adulthood. Siblings Australia aims to give siblings a voice and the knowledge that they are not alone; to give their families and supporters a better idea of how they can help; and to raise the issue of sibling needs wherever and whenever possible. For more information see www.siblingsaustralia.org.au

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

Copies of Anne Deveson's book, *Tell Me I'm Here*, can be borrowed by MIFSA members from the MIFSA library.



For your information

SMELL TEST PROVIDES CLUES TO BRAIN DISORDERS

A 'scratch and smell' test is set to become an important tool in identifying people who are at risk of developing a brain disorder, prior to the appearance of any symptoms.

University of Melbourne researchers have discovered a link between a declining ability to correctly detect and identify smells and a variety of brain disorders including Alzheimer's disease, Huntington's disease, Parkinson's disease, schizophrenia, and obsessive-compulsive disorder.

In a test conducted at Melbourne Health, participants were given 40 'scratch and smell' cards and asked to identify a smell from a list of four possible answers such as coffee, roses, pine needles and bleach.

Those people who later went on to develop a brain disorder or mental illness had demonstrated difficulty correctly answering more than half the questions.

The research has been compiled in a new book *Olfaction and the Brain*,* edited by Associate Professor Warwick Brewer, Professor Christos Pantelis and Professor David Castle, from the University of Melbourne.

Associate Professor Brewer, from the ORYGEN Research Centre, said the test was easy, non-invasive and had been welcomed by the patients and staff.

"Because of the genetic link in many illnesses, it is hoped the test could also be used by family members of people who have developed an illness of the brain," he said.

Professor Pantelis, from the Melbourne Neuropsychiatry Centre, said smell ability provided unique information about brain structure and function.

"Mental illness can arrest the full maturation of the frontal lobe, while degenerative illness can damage it," Professor Pantelis said.

"This area of the brain is used to analyse and identify smells so an abnormal sense of smell may indicate problems in this 'thinking' area of the brain," he said.

"We have found that the sense of smell is worse in those with more severe illnesses. In some disorders, like schizophrenia, this may help us identify those who will go on to have a more severe illness. In other conditions, like dementia, this may indicate how advanced someone's illness is, allowing us to offer more specialised treatment."

Professor Castle, from St. Vincent's Hospital, said research had identified a strong link between olfaction and schizophrenia across all age groups.

"We became interested in how the ability to smell is affected in a range of other brain disorders and this book was a logical extension of that," he said.

For more information or interview opportunities, please contact:

Irene Salkunas, Public Relations, Melbourne Health, 0419 339 084.
Rebecca Scott, Media Unit, University of Melbourne, 0417 164 791

**Olfaction and the Brain* is published by Cambridge University Press

Used with permission from Melbourne Health, The Royal Melbourne Hospital, taken from Human Services News, Department of Human Services (Victoria) April 2007



Prof Christos Pantelis and Assoc Prof Warwick Brewer with some scents used in the scratch and smell test.



MELBOURNE HEALTH



Melbourne
Neuropsychiatry
Centre

The Social Care Institute for Excellence in UK conducted a systematic mapping project on "The extent and impact of parental mental health problems on families and the acceptability, accessibility and effectiveness of interventions". Using selected inclusion criteria the mapping resulted in a listing of reference details for 754 articles/documents. Searches can be conducted by going to: <http://eppi.ioe.ac.uk/webdatabases/Intro.aspx?ID=9>. The full report describing the mapping project can be found at: <http://www.scie.org.uk/publications/map/map01.asp>

The winter edition of Schizophrenia Ireland's Newsletter is available at: http://www.sirl.ie/other/repository_docs/104.pdf

For your information

SCHIZOPHRENIA: DEALING WITH A CRISIS

The following tips come from the Canadian office of the World Fellowship of Schizophrenia and Allied Disorders:

www.world-schizophrenia.org/publications

Bear in mind: every situation is different and what works one time may not work in another situation.

Remember that you cannot reason with acute psychosis. Should the psychotic episode involve violence there may be no time for all the following strategies. Do not hesitate to call the police. Instruct them not to brandish any weapon.

Do not express irritation or anger: speak quietly, firmly and simply.

Decrease other distractions immediately: turn off the TV, Radio.

Do not threaten: this may aggravate the ill person and increase psychotic or assaultive behaviour.

Do not stand over the person if he/she is seated: instead, seat yourself and adopt non-threatening body language.

Avoid direct, continuous eye contact or touching the person.

Do not shout: if the psychotic person seems not to be listening, it is not because he or she is hard of hearing. 'Voice', disordered thinking, or deluded thoughts are interfering.

Comply with interests that are neither endangering nor beyond reason: this allows the person to feel somewhat 'in control'.

Do not criticise: this will only make matters worse.

Do not squabble with other family members over 'best strategies' or allocations of blame. This is not the time to prove a point.

Do not block the doorway: however, do try to keep yourself between your relative and an exit.

Express understanding for what your friends or relative is going through.

Used with permission from Mental Illness Fellowship of QLD Schizophrenia Awareness week 2007 Newsletter

MENTAL HEALTH SERVICES WARN OF CASH CRISIS

MIFSA supports recent comments made in the media by spokespersons from the Mental Health Taskforce of the Health Consumer's Alliance (HCA) and SA Council of Social Services (SACOSS) regarding the lack of commitment given so far by the State Government to extend the core funding to non government organisations (NGOs) in the mental health sector beyond 30 June 2007.

As reported in the Advertiser, 26 May 07, Emma Willoughby Executive Officer of the Mental Health Taskforce, stated that the taskforce was "very concerned." She said that "NGOs provided essential support and psycho-social rehabilitation services."

SACOSS Executive Director, Karen Grogan, said "the non-government sector played a vital role in supporting people with mental health issues," and "perhaps the most critical link in transferring the focus from crisis care to preventive and early intervention." Ms Grogan went on to say that "substantial recurrent funding must be guaranteed."

Opposition mental health spokeswoman, Michelle Lensink, claims many NGO groups are alarmed that they must wait until the State Budget is handed down to find out if they can continue or be forced to wind up critical services.

Mental Health Minister Gail Gago states most agencies have budget "prudently" and will be able to function "well beyond June 30, and in some cases until the end of 2007-08."

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

For your information

NEWS FOR CARERS—Changes to the assets test

Subject to legislation passing, there will be two changes to the assets test:

- The 50 per cent assets test exemption will be removed from complying income streams (for example, annuities) purchased from 20 September 2007. The assets test treatment of income streams purchased before 20 September 2007 will not change.
- The pension assets test taper rate will be halved from 20 September 2007. This means a customer's pension payments will only be reduced by \$1.50 per fortnight (instead of the current \$3.00 per fortnight) for every \$1000 of assessable assets above the allowable asset limits.

The income test will not change.

Customers who will be affected by the change to the assets taper rate include recipients of Carer Payment, Age Pension and Disability Support Pension.

Customers who currently receive less than a full-rate pension because of the value of their assets, will receive an automatic increase in their payment from 20 September 2007.

Many people will become eligible to receive a pension. If you think you may be eligible for a pension because of the change to the assets taper rate, you may lodge a claim with Centrelink **from 21 June 2007**.

If you lodge your claim between 22 June 2007 and 19 December 2007 and you are eligible for a pension as a result of the change to the assets taper rate, you may be granted payment from 20 September 2007.

For information about completing or lodging a claim, or about the new changes to the assets test, phone the Retirement Line on **13 23 00**, go to www.centrelink.gov.au or visit your nearest Centrelink Customer Service Centre.

(Changes to the pension assets test will come into effect from 20 September 2007)

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.

Go to *beyondblue* website: 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.



SPECIAL DISABILITY TRUST BOOKLET

A new booklet, 'Planning for the future; people with a disability', was recently released by Centrelink to help parents of children with a severe disability plan for the future care and accommodation of their child.

The booklet contains information about setting up a trust, how to access legal and financial advice, useful contacts and planning templates.

The booklet complements the 'Special Disability Trust: Getting things sorted'; publication which you may also find useful.

Printed copies of the booklet can be obtained by phoning Freecall™ 1800 050 009 and quoting the product number FaCSA0235



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

For your information



Government of
South Australia

Department for
Families and
Communities

DO YOU CARE ABOUT DISABILITY ISSUES?

Do you have some time to spare?

Are you interested in joining the Minister's Disability Advisory Council?

The SA Department for Families and Communities is seeking nominations from energetic people with fresh and innovative ideas to contribute to the Minister's Disability Advisory Council.

People with a disability or people with a lived experience of disability (that is, a carer, parent or family member) are encouraged to apply. Nominees should have a good understanding of the issues facing people with a disability across South Australia.

The Minister's Disability Advisory Council will play a critical role in providing independent and practical advice to the Minister for Disability on issues to do with access and inclusion across the whole of government and the community.

Details regarding the proposed membership, selection criteria and process for applicants can be found at

www.familiesandcommunities.sa.gov.au

and follow link to News and Initiatives or by contacting Ms Lesley Wilkinson on 8226 6052 or

lesley.wilkinson@dfc.sa.gov.au

**Closing date for Expression of Interest is
Friday, 29 June 2007**

www.dfc.sa.gov.au

SUPPORT AVAILABLE FOR CARERS, FROM CARERS SA

Many of you will be familiar with Carers Counselling Program, but just to refresh your memory, we are able to provide short term counselling (usually up to five sessions, but with the possibility of more) to assist Carers to address issues arising from their caring role and to provide emotional support and promote wellbeing. Counselling is offered in a variety of forms, such as face to face, telephone or via email. We broker professional Counsellors across the State and regular communication with them ensures a very high quality service.

Carers don't have to be facing a 'crisis' to access our service. Many Carers just find the opportunity to talk to someone objective and empathic is beneficial. Of course, the very nature of the caring role means Carers are often faced with making very difficult decisions, coping with stressful situations and experiencing a gamut of emotions such as grief, frustration, anger, resentment and fear. Encouraging Carers to access counselling at these times can also be beneficial. We are able to address all Carers whether they are caring for a child, grandchild, adult, parent or spouse.

Recently Carers SA received some extra, one off, short term funding so we are able to extend the number of Carers we can assist.

For further enquiries regarding the Counselling and Advisory Service, please phone Carers SA on 8271 6288.

SUPPORT FOR CARERS FROM THE AUSTRALIAN RED CROSS

The **Australian Red Cross Community Carers Service** provides assistance in supporting the caring relationship by providing carers with a break from their caring responsibilities.

Carers work countless hours every day; many of whom could never afford a break without the assistance of Community Carers' Volunteers.

Community Carers' fully trained Volunteers will visit and spend time with a person who is cared for regularly. The service also provides an opportunity for that person to have a break, or an outing, without their usual carer.

The Community Carers service can be provided in a variety of ways and in a range of locations including:

- æ In the home with the support of a Community Carers' Volunteer, usually on a one to one basis; examples include entertainment and leisure activities, assistance with light domestic duties and companionship.
- æ In the community, where individuals participate in community activities with the support of a Community Carers' Volunteer; examples include shopping, appointments and outdoor entertainment.

Fee for the Service:

There is a small non compulsory contribution for the Community Carers Service. Access to the service is not determined

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RELATIONSHIP BETWEEN SCHIZOPHRENIA AND BIPOLAR DISORDER?

Dr Richard Bentall from New Scientist, 20 Jan 2007

A number of researchers in the UK, the US and elsewhere are challenging the view that schizophrenia and bipolar disorder are separate conditions. Many patients experience both types of symptoms reinforcing the emerging consensus that schizophrenia and bipolar disorder are overlapping conditions. No important genes or gene clusters 'for' either disease have ever been found. The best it gets is that defects in the actions of some genes—for example, *neuregulin-1* or *dysbindin*—seem to slightly increase the risk of suffering from symptoms associated with both conditions.

Another challenge is that the dividing line between psychosis and normal functioning has become increasingly fuzzy. 'Psychotic' symptoms like auditory hallucinations are far more widely experienced than anyone thought. Studies in the west show that about 10 per cent of the population experiences auditory hallucinations at some time in their lives. On an optimistic note, this suggests that many people cope with psychotic symptoms without seeking medical help.

A lot of research links auditory hallucinations to inner speech, or verbal thought. Children learn to think in words by talking aloud to themselves. In adulthood, a neuromuscular echo of this persists as covert electrical activation of the speech muscles during thinking, called subvocalisation. Philip McGuire at the Institute of Psychiatry (IOP) in London, among others, used imaging studies to show that patients subvocalise when they hallucinate about hearing voices, which suggests that they can't distinguish between their thoughts and external stimuli.

Although no one understands the causes, there is some controversial evidence that trauma is involved. A 2005 study by Tony Morrison at the University of Manchester, and a study [Dr Richard Bentall] published in 2003 both show very high rates of sexual abuse in patients who hear voices.

Paranoid (persecutory) delusions have received a lot of attention by cognitive psychologists and there is evidence these delusions follow long-term experiences of actual persecution and victimisation, perhaps leading to hypersensitivity to threat stimuli.

Experiments have shown that more basic cognitive difficulties are involved. Also those with persecutory delusions have difficulty understanding the thoughts, feelings and beliefs of others. It seems likely that some combination of these difficulties leads to full-blown paranoia.

As a result of symptoms being teased apart, psychological treatments for people suffering from psychosis are a real possibility.

People often stop taking antipsychotic drugs and in the UK psychologists have experimented with shorter-term psychological therapies. In particular, cognitive behaviour therapy (CBT) is used to help patients identify and evaluate reasoning processes that drive their psychotic thinking. This might take the form of asking them to find evidence for their beliefs and carry out experiments to test this evidence.

The UK's Medical Research Council is funding a 1.5 million pounds trial to find out whether CBT can prevent people who show the very earliest symptoms of illness from developing full-blown psychosis.

It may be possible to abandon psychiatric diagnoses such as schizophrenia, once all of the symptoms of psychosis have been explained. In the UK, most psychiatrists have come to see CBT as playing some role in treating patients, although they still believe that good drug treatment is essential.

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

MANY CONTRIBUTING TO THE FIGHT AGAINST MENTAL ILLNESS

A new report, Mental Health Services in Australia 2004-05, released recently by the Australian Institute of Health and Welfare shows that 10.8% of all encounters with general practitioners (GPs) in 2004-05 were for the management of mental health problems—equivalent to an average of one such encounter for every two Australians.

'About 60% of those GP encounters were by females and almost 34% were for depression', said Jenny Hargreaves, Senior Executive in the Institute's Economics and Health Services Group.

The report describes many aspects of mental health-related services in Australia including their provision, where they were accessed, and the resources used in their delivery.

'It shows that males made up 53.5% of the over five million service contacts with public community mental health services and hospital outpatient services provided in 2004-05, and schizophrenia was the most common (39.9%) principal diagnosis reported.' Ms Hargreaves said.

About 80% of the estimated 199,353 mental health-related separations for admitted patients were from public hospitals and more than half (58.6%) involved specialised psychiatric care.

There were 2,194 episodes of care involving overnight stays provided by residential mental health facilities during 2004-05.

In 2005-06 Medicare funded over two million psychiatrist services, an average of 98.6 per 1,000 people in Australia, at a cost to the Government of \$221 million.

For your information

There were also 20.7 million claims processed for pharmaceutical benefits in respect of mental health-related medications. Between 2000-01 and 2005-06, the number of scripts processed increased at 2.2% per year with the greatest increase for antipsychotics and antidepressants (6.8% and 4.6% per year, respectively).

In 2004-05, there were 20 public psychiatric hospitals providing an average of 2,487 beds per day, with estimated expenditures totalling \$528 million. A further 122 public acute hospitals had psychiatric wards or units providing an average of 3,450 beds.

In addition, 26 private hospitals provided 1,512 beds at an estimated expenditure of \$168 million in 2004-05.

Government, community and residential mental health facilities provided 1,226 beds in 2004-05, at a total expenditure of \$985 million.

Further information: phone
Ms Jenny Hargreaves, AIHW, 02 6244 1121, mob.
0407 012 520

For media copies of the report: Publications Officer,
AIHW, tel. 61 2 6244 1032.

Or check the AIHW Publications catalogue for availability of the Mental Health Services Australia 2004-05 at:
www.aihw.gov.au/mediacentre/2007/mr20070427.cfm

from Media Release, Statewide Mental Health Shared Care

INNOVATIVE SERVICE TO HELP MANAGE DEPRESSION IN THE WORKPLACE

In an important mental health initiative from depressionNet funded by the MBF Foundation, Australians living with depression in the workplace will soon have anonymous access to an online support service 24-hours a day so they can better manage their condition and help reduce the enormous cost to industry in lost work time.

The new Working Well interactive website will feature a wide range of easily understood work-specific information about depression and techniques to manage it, peer-based online communication forums manned continually by highly trained moderators, and tools for improving mental wellness in the workplace.

depressionNet, Australia's leading online depression support provider, is developing the service to go live in October. Dr Christine Bennett, chair of the MBF Foundation steering committee and chief medical officer at MBF, said helping people with depression deal with their illness in a confidential, supportive and 'real-time' environment without fear of embarrassment, loss of anonymity or risk to their employment, will ensure the workplace is secure and productive for everyone.

Depression affects an estimated 20 percent of Australians and accounts for more than six million days of reduced productivity each year with serious implications for work safety. Working Well will give people grappling with depression in the workplace the tools needed to manage their condition so they can perform at their best as valuable team members, said Dr Bennett.

Terry Houguet-Pincham, General Manager of depressionNet, said depression is often poorly managed within work environments where management responses such as suggesting that a depressed employee take a holiday can actually make the situation worse by lowering the self-esteem of those affected and taking them away from productive, team-focused activity.

With Working Well, employers will be able to better understand workers with depression and deploy the right strategies to secure the best outcome for the individual, their colleagues and the organisation, said Mr Houguet-Pincham.

MBF Foundation is a charitable institution set up by MBF to support and manage important health initiatives for the community using a portion of MBF Group's investment income each year. The Foundation is focussing on three key areas wellness and obesity, supporting healthy ageing and keeping healthcare affordable.

For more information or to arrange a photo or interview please contact: Jackie Crossman, Crossman Communications, 02 9361 0519 or 0402 218 662

go to: <http://depressionnet.com.au/index.php?option=content&task=view&id=630>

Used with permission

(Continued from page 15)

by an individual's ability to pay a contribution. This service is funded by commonwealth HACC (Home and Community Carer) funding.

For further information, please contact the Community Carers Team on (08) 8100 4685 or saclientservices@redcross.org.au

Additionally, the Australian Red Cross Community Carers Service is very keen to hear from anyone interested in volunteering.

The Australian Red Cross Community Carers Service has been delivering respite care for over 10 years to the Adelaide metropolitan community, and is only made possible through the support of its fully trained and unpaid Volunteers.

For your information

“KEEPING THE BLUES AWAY” by Dr Cate Howell (recently launched by Minister for Mental Health, Hon. Gail Gago) Dr Howell presented this program at the **Mental Health Breakfast Forum** during the SA Divisions of General Practice Network Conference.

Manuals and CDs are available from:
Relationship Australia Bookshop, 49a Orsmond Street, Hindmarsh, phone 8245 8100
or mail order through Nicky Bennet, Uni of Adelaide:
nicky.bennett@adelaide.edu.au



Bereaved Through Suicide

A support group for family members and carers struggling with the emotional aftermath.

Meetings held at UnitingCare Wesley, Adelaide
10 Pitt Street Adelaide,

Phone: 8365 0607 (support line) for meeting dates and times
or email: btsgroup@chariot.net.au

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

RESPIRE SERVICE

Provided by Richmond Fellowship of SA



Group Walks for consumers in metro Adelaide

Including Botanical Parks, River Walks, Adelaide Hills etc
2 hours duration—on the first Thursday each month,
commencing 1st March 2007

Leaving from: Richmond Fellowship SA, 99 King William St
Kent Town at 9:30am— the bus will call in to MIFSA to
pick up consumers from Keswick—and return to
Richmond Fellowship

Transport is available to and from Richmond Fellowship if required

Please bring a backpack containing water, sunscreen and nibbles for the walk; food and refreshments will be provided at the end of the walk

These walks are for consumers of mental health services who are eligible for respite

Please contact Daniel or Suzie from the Richmond Fellowship Respite team for more information, on 8363 1144

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

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

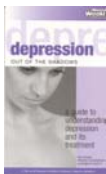
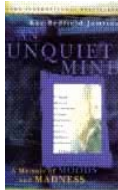
Book Corner

BOOKS FOR SALE:



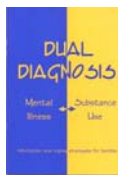
A LIFELONG JOURNEY; Sarah Russell
Staying Well with Manic Depression / Bipolar Disorder; provides evidence that people with manic depression/bipolar disorder can, and do, stay well. **\$19.95 + \$3 p&h**

AN UNQUIET MIND: A MEMOIR OF MOODS AND MADNESS; Kay Redfield Jamison cuts through the dead jargon and detached observations of psychiatric theory and practice to create a fiery, passionate, authentic account of the devastation and exaltation, the blindness and illumination of the psychotic experience. **\$12 + \$3 p&h**



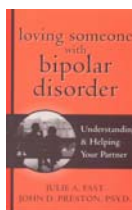
DEPRESSION: OUT OF THE SHADOWS; Ian Hickie, Tracey Davenport & Elizabeth Scott a guide to understanding Depression and its treatment. **\$8.80 + \$2 p&h**

DUAL DIAGNOSIS: Mental Illness & substance use; ARAFMI Qld, Information and coping strategies for families. **\$7.50 + \$2.50 p&h**



I AM NOT SICK I DON'T NEED HELP! Dr Xavier Amador, offers practical advice and hope to those who have a loved one with a mental illness who has no insight into their illness and does not accept the diagnosis, or its necessary treatment. **\$30 + \$6 p&h**

LOVING SOMEONE WITH BIPOLAR DISORDER; Julie A Fast & John D Preston written specifically for the partner of a person with bipolar disorder. With helpful strategies and real-life examples, this book is designed to help overcome the unique challenges of loving someone with bipolar. **\$22 + \$3 p&h**



MIFSA RECIPE BOOK

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

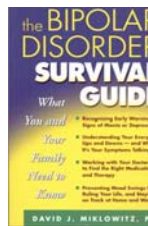
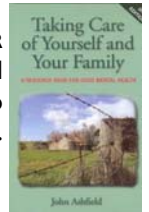
We have aimed to provide a complete range of nutritious and very tasty meals for every day use and for those special occasions dinner parties.

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



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

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



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

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



Creative Writing Workshops



Wednesday, 20th June and 18th July
at Keswick; 1—3pm

Learn techniques of writing at a series of tutorials and exercises with the aim of promoting well-being through the discipline of writing.

Topics covered:

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



Writing for Pleasure at Panangga

Thursdays, 1pm—2:30pm

Come and join us, and see your creativity develop!

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.

Carers Day Out on Sunday 22nd April was enjoyed by 22 members of both the Marion and Tea Tree Gully groups. A delicious meal at the *First Commercial Hotel*, (where parking was provided all day for our bus and cars) was followed by a trip down the river on the *Port Princess*. A wonderful opportunity to catch up with other carers; thanks to MIFSA for providing funding for our special Carers Day out.

June meeting: 18th June, 6:15pm at the Marion Hotel, Marion Road (*not the 11th, due to Queen's birthday holiday*)

Cost: Seniors meal—\$12 approx.

Do join us for a fun and friendly evening—not late!

Bookings essential, ring Narelle by 5th June on 8278 5796—see you all then, take care

Cheers; 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: 26th June & 24th July

EDUCATION WORKSHOPS FOR SUPPORT GROUP MEMBERS

See below for details of the next information sessions for MIFSA Support Group members.

August — Thursday 9th, 2 — 4 p m , M H R C Conference Room

Possible topics could include: *“Emotional Wellbeing”, “Understanding Anger” or “Stress, anxiety and relaxation”.*

October — Monday 8th For all MIFSA members

Barton Pope Lecture, Professor Bob Goldney at the Convention Centre
(time to be advised)

December — Thursday 6th, 2—4pm, MHRC Conference Room

SUPPORT WORKS

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

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

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

TEA TREE GULLY SUPPORT GROUP

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

Coming meetings: Tuesdays, 12th June, and 10th July; 7:30pm

Newcomers welcome Enquires: Peter Gurner 8362 6740

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 25th July**

New members welcome, for more details contact:

Frank Grindlay, 8234 1584

MILLICENT AND DISTRICTS MENTAL HEALTH SUPPORT GROUP

Meet on the second and fourth Tuesdays each month.

Enquiries: Maureen Childs 8726 8294 or

Dieter Dell Antonio 8733 3659

POSITIVE THINKERS:

Support group for people with mental illness; meets every Monday 2:30—4:30pm—recommences, 5th February 2007

At the Centre for Positive Ageing

Cadell Street—Cnr Hays Street, Goolwa

Facilitator Helen Jones: 8555 1021

COURT OPEN DAYS GAIN INTEREST

The Courts Administration Authority has run Court Open Days since 1997 but this year marks the first year of these events being held in regional cities and country centres. Courts Administration Authority staff guide visitors through behind-the-scenes areas, including cells and Magistrates' chambers. On display are information stands set up by a range of community groups and justice-related agencies.

In March more than 300 members of the public and school students attended Court Open Days in regional South Australia. More Open Days in regional areas are planned for Port Lincoln (28th June) with demonstrations of mock sentencings in South Australia scheduled for the annual Courts.

MIFSA Activity Centres Services

KESWICK ACTIVITY CENTRE

is a consumer driven community based service that aims to promote well-being in a supportive environment. See page 22 for the weekly programme of activities. Any person affected by mental illness can access our services and no referral is required. If you want more information please give us a call on 8221 5160.

(The mural alongside is by members of the Activity Centre)



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.

SOUTH COAST EXCHANGE

Friday, 15th June at Victor Harbor
Friday 20th July 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

DAY-TRIP OUTING

LET'S DO THE ZOO!

Thursday, 21st June

Adelaide Zoo

Bus will leave MIFSA at 11am
and return approx 4pm

Bring packed lunch or money to purchase
from the Zoo kiosk

Entry Cost: \$14 for concession holders
(Centrelink card must be shown)

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

A DAY AT THE MUSEUM

Friday, 27th July

SA Museum, North Tce Adelaide

We will be using public transport to and
from the museum on the day, with the
aim to leave at 1pm and return at 4pm

There is no charge for the excursion;
however, you will need enough money to
cover the bus fare.

For more information or to make
a booking, please **RSVP** to Mel or
Brian, 8221 5160

CHEW & VIEW—AT KESWICK

Wednesday, 13th June, 12noon
SUBWAY DAY

COST: \$3.95—\$5.95

Come join us for a "delicious 'n' nutritious"
Subway, followed by an icy cold can of soft
drink,

then stay to watch a new release DVD

Please **RSVP** Mel or Brian by Tuesday, 12th June

Wednesday, 25th July, 12noon
MEXICAN DAY

Cost: \$6

Mexican beef ... ole! Come join us for
mouth watering TACOS followed by an icy cold can of soft
drink, then stay to watch a new release DVD

Please **RSVP** Mel or Brian by Friday 20th July



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

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

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)



Art at Keswick:

Tuesdays 12:30—3:30pm

Saturdays 11:30am—2:30pm

Visual Art for fun and relaxation

at Panangga: 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.



BEGINNERS COMPUTER

SKILLS@Keswick

Saturdays, 12 - 3pm

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

SUPPORTED COMPUTER TIME@Panangga

Thursdays, 10am - 12noon, by appointment only.

If you need some help or guidance on the computer,

Trevor is available to help you.

BOWLING



AT KESWICK fortnightly, on the first, third

Wednesday each month, at Cross Rd Bowls

(\$10 per game, including shoe hire)

Bus will leave Keswick at 12:30pm

AT PANANGGA on Thursdays, 11am—12noon

\$4 per game

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

JUNE

Tuesday

- 5th roast lamb & vegetables
- 12th honey chicken with rice
- 19th pasta penne topped beef casserole
- 26th beef curry with rice

Thursday

- 7th chicken satay with rice
- 14th sweet & sour pork with rice
- 21st stir fry chicken fettuccine with cashews
- 28th mixed grill

JULY

Tuesday

- 3rd corned silverside with vegetables
- 10th homemade hamburgers with oven fries
- 17th curried sausages with rice
- 24th beef stroganoff with egg noodles

Thursday

- 5th spaghetti bolognese & crusty bread
- 12th chicken lasagne
- 19th satay lamb with rice
- 26th thai chicken & hokkien noodles

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

Thursdays, 7th June & 5th July, 1:30pm



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

TUESDAYS

KESWICK:

Foot Reflexology, 10am—5pm
Art, 12:30—3:30pm
Walking Group, 1:30pm

PANANGGA:

Relationships Australia Courses, 10:30—12noon
Getabouts—Craft, 10:30am
Getabouts—Keep Fit (gym or swimming), 11-12noon
Getabouts—Coffee Shop on the hop

WEDNESDAYS

KESWICK:

Lunch Special — hotdogs (sausage sizzle, third Wednesday of month)
Chew & View, 12pm, 13th June & 25th July
Bowling, 12:30pm, 6th & 20th June, 4th & 18th July
Creative Writing, 1—3pm, 20th June & 18th July
Bingo, 1:30pm (second & fourth Wednesdays)

PANANGGA:

Massage, 11am—2pm
Discussion Group, 11am-12noon, with guest speakers, then stay for a bbq lunch (\$2.50)
Visual Art, 1—3pm (fun & relaxation)

8 BALL BLITZ



2pm—second & fourth Friday each month
Winners walk away with a Keswick meal voucher!

KESWICK DAY-TRIP OUTINGS:

Thursday, 21st June—Adelaide Zoo

Friday, 27th July—Adelaide Museum

See page 21 for details

THURSDAYS

KESWICK:

Members meeting, 1:30pm—7th June, 5th July
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
Supported Computer Time, 10am—12noon
Writing for pleasure, 1pm—2:30pm (ring to confirm dates)
Getabouts—Walkers, leaving Panangga 1pm

FRIDAYS

KESWICK:

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

PANANGGA:

Foot Reflexology, from 11am
Hot Lunch, 12 noon (2 courses, \$3)
Quiz / X Words / games afternoon
South Coast Exchange, Friday, 15th June & 20th July

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

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

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

Membership Categories			
Single	\$20 "	Family	\$30 "
Pensioner/Student	\$10 "	Pensioner Family	\$18 "
Organisation	\$45 "	Donation	"

Mr/Mrs/Ms/Dr: _____

Address: _____ Post Code: _____

Email address: _____ Contact Telephone: _____

Old Address: _____

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

CC Number: _ _ _ _ _ Expiry Date: ___/___

Name On Card: _____ Signature _____

MIFSA BOARD OF MANAGEMENT

Executive

President—David Meldrum
Vice President—Robert Burke
Treasurer—Neville Rice

Members

Chris Bock
Marion Croser
Brian Gardiner
Katrina Kalaburnis
Eddie Lynch
Dr Eli Rafalowicz

Minute Secretary

Brigid Downing

Ex Officio

Natasha Miliotis
Monique van der Neut

MIFSA STAFF

Executive Director	Natasha Miliotis
Programs & Operations Manager	Monique van der Neut
Finance Manager	Michael Becker
Finance Officer	Liz McCarthy
Administration Officer / MIFSA News Editor	Pam Kelly
Administration Officer	Lynne Forrest
Metropolitan Education Coordinator	Andrew Kelly
Country Education Coordinator	Sophie Angell
Well Ways Program Coordinator	Maureen Lewis
Peer Worker Program Coordinator }	Dei Griffith
Psychosocial Groups Program Team Leader	Jane Dodding
Co-ordinator	Ben Swift
Co-Facilitator and Project Officer	Anna Byas
Co-Facilitators }	Sean Haynes
	} Bernadette Maywald
	} Yvonne Turner
	} Sean Haynes
PGP BIIG Program Facilitator	Carol Weston
Acting Keswick Activity Centre Coordinator	Melanie Webb
Keswick Activity Officers }	Brian Gardiner
(Acting) }	Prue Millingen
Panangga Coordinators }	Yvonne Turner
	Paul Knight-Stacey
Panangga Get-abouts Community Worker	Chris Davidson
Accommodation Support Officers }	Chris Knightly
	Scott Stewart
	Elsha Stolk

SESSIONAL STAFF

Art & Craft	Keswick:	Lara Michalenko
Computer Training	Keswick:	Anton Keijzer
Foot Reflexology	Keswick:	Ray Shepherd
Massage	Panangga:	Bohdan Bierczynski
Art	Panangga:	Miles Wheaton
Creative Writing	Panangga:	Maria Vouis

MHRC STAFF

Reception	June Bradley-Sperry & Susan Wilkes
IT Officer	Aaron Powell

DEADLINE

For articles letters and reports for the
August / September 2007 issue of
MIFSA News is:
Friday, 13th July 2007

*This newsletter has been
packed by MIFSA
Volunteers*

*We thank them for their
support*

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.