

MindLine No 20

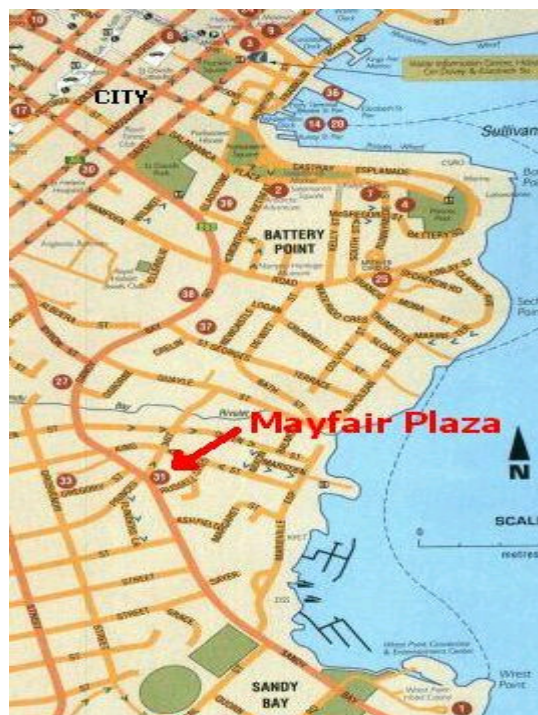
ARAFMI Hobart: Winter 2006
Suite 5, (First Floor northern side of Mayfair Plaza),
236 Sandy Bay Road, Sandy Bay, Tas. 7008
Office Ph. (03) 6224 9222, Office Free Call 1800 808 890,
Help-Line Ph. (03) 6224 7247, Fax (03) 6224 8497
<http://home.iprimus.com.au/rafmi/>
arafmi@mhct.org

Published first week of Feb, May, Aug & Nov. **MindLine copy:** Please deliver any items for the Editor of *MindLine* by the first day of the last week of April July & Oct..

A BIG Thank You to everyone for their donations of stamp booklets for MindLine!!!

Email MindLine: would you prefer to get yours by email?
 Library borrowers, please return your items soon for stock-take.

	Date / Topic
ARAFMI Family Support Meeting Everyone is welcome!! At the plaza Ph. 6224 7247 or 0400 534 565 Supper available – would you like to bring a plate?	June 8th 7.30pm, July 13th 7.30pm, August 10th 7.30pm
Mental health support group Meeting At the Plaza Ph. 6224 7247 or 0400 534 565 Everyone Welcome!!	Wednesday, May 24th 7.00pm – Social afterwards (Café for coffee & Cake, or where decided at the meeting by your vote!)



Thankyou everyone from Anne Bevan

Hello everyone, Thank you to so many well-wishers, card senders and gifters, I really appreciated your thoughts. I have left the paid work of ARAFMI, and introduce Ron Cruickshank to you.

May I illustrate my time here with this parable: (received by email...)

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked. "Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of." And that he did. Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son's name? Sir Winston Churchill. Someone once said:

***What goes around comes around. ***

Thank you everyone in ARAFMI for helping me to find a meaning in my family sadness. I 'needed' you just as much as you 'needed' me. Maybe there'll be someone out there who will help your relative even if you feel you can't do much in your own situation. So keep in touch with other ARAFMI-ites as you never know when your turn will come around!

I will remain on the committee and sometimes the *HelpLine*, as I don't think I have the capacity yet to go cold turkey!
My kindest thoughts to all.
Anne Bevan

From an Irish Proverb;

Work like you don't need the money.
Love like you've never been hurt.
Dance like nobody's watching.
Sing like nobody's listening.
Live like it's Heaven on Earth.

May there always be work for your hands to do;
May your purse always hold a coin or two;
May the sun always shine on your windowpane;
May a rainbow be certain to follow each rain;
May the hand of a friend always be near you;
May God fill your heart with gladness to cheer you.

Hello! From Ron Cruickshank:



I am sure we will all miss Anne Bevan, her warm nature and extensive knowledge of mental health systems and issues have been of great comfort for many people, including myself.

Coming in to ARAFMI has been a challenge! With finding my way around the office, attending many meeting and training events, repairing crashed computers, (only to have them crash again), and moving the office to Sandy Bay, I have been kept on my toes! But we are moved, unpacked and the computer is now tamed!

Thanks to everyone who sent me welcomes and wishes, they were lovely to see!

A little about me –

I have been involved in caring services for a large portion of my life, including:

- Geriatric Nursing
- Disability Services, Sunshine Coast, Queensland & Hobart– including management of group housing facilities, also gaining experience in Mental Health and acquired Brain Injury issues.
- Café proprietor (The Belle Café)

I have recently completed a Diploma of Professional Counselling through the Australian Institute of Professional Counsellors, and I am currently working on study majors in

- a) Child Development and Effective Parenting, and
- b) Family Counselling and Conflict Resolution.

I also run a part time Equestrian Business, giving riding lessons and trimming horse's hoofs.

I look forward to meeting your needs wherever I can in the future; please feel free to contact me anytime. I bring with me an extensive database of services and skills for the purpose of referring, some (795 services so far!) If you offer a mental health related service, please contact me to ensure you are on this database and that your details are correct.

I would enjoy receiving some of your submissions for this *Mindline* Magazine, be they articles, poetry, cartoons, storeys, please send them in.

Looking forward to meeting you all over time,
Regards,

Ron.

Submissions to the editor

Forwarded via email, with thanks to someone unknown.

For Carers – I think there is something in this for all of us!

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy it!"

And then he shared some ways of dealing with the burdens of life:

- * Accept that some days you're the pigeon, and some days you're the statue.
- * Always keep your words soft and sweet, just in case you have to eat them.
- * Drive carefully. It's not only cars that can be recalled by their maker.
- * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- * Nobody cares if you can't dance well. Just get up and dance.
- * Since it's the early worm that gets eaten by the bird, sleep late.
- * The second mouse gets the cheese.
- * When everything's coming your way, you're in the wrong lane.
- * Birthdays are good for you. The more you have, the longer you live.
- * You may be only one person in the world to some people, but to one person, you may be the world.
- * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colours, but they all have to live in the same box.
- * A truly happy person is one who can enjoy the scenery on a detour.

Some interesting Links to try:

- Daily Meditations by Jane <http://www.meditationsforwomen.com>
- Welfare to Work mail out information for stakeholders and community groups – letters and material being sent to customers may be viewed on Centrelink's web site http://centrelink.gov.au/internet/internet.nsf/services/welfare_work.htm

Give us a call if you would like to go on our list of volunteer Newsletter folders and packers.

It's a huge job these days and any help will be met with appreciation and coffee!



PM - Political shift over mental health crisis: Innes

[This is the print version of story <http://www.abc.net.au/pm/content/2006/s1598369.htm>]

PM - Wednesday, 22 March , 2006 17:34:13

Reporter: Jean Kennedy

MARK COLVIN: The Federal Government has confirmed it's considering a proposal to expand Medicare so that GPs can refer patients to psychologists, not just psychiatrists.

The Government is refusing to reveal the cost of the mental health package to be presented to the next Council of Australian Governments meeting in June, but it's made it clear it needs to be matched by support from the states and territories.

The Human Rights and Disability Discrimination Commissioner Graeme Innes says he believes there has been a genuine shift at the political level to address properly what he refers to as the mental health crisis.

After three months in the job, Mr Innes has been speaking to Jean Kennedy about the changes needed to fix the gaps in the system.

GRAEME INNES: As the Prime Minister said this morning; deinstitutionalisation was the correct approach with regard to people with mental health issues, the problem has been resourcing and focusing of programs to support people coming into the community. And it's a problem faced by federal and state governments. And the report which we released last year indicates that they need to tackle it together.

JEAN KENNEDY: How do they need to do that?

GRAEME INNES: They need to put more resources into a whole range of areas which become relevant for people with mental health issues now that deinstitutionalisation has occurred.

There needs to be better early intervention, so addressing people's mental health problems before they build to a serious level, more access to professional care in acute care situations – often there's been problems for a person with a mental health issue just getting a bed in a facility.

And what's happened as a result of that is that police have become the de facto mental health service. What that means is that treatments become containment rather than support. There's increasing rates of incarceration as was indicated in the report which we released last year, and prisons and police cells have become the mental health services in Australia to a large degree.

JEAN KENNEDY: We saw that deinstitutionalisation didn't work because it wasn't matched with the resources by governments to provide support within the community. Do you think there is the political will there by governments to provide these resources that are being called for?

GRAEME INNES: I think both state and federal governments recognise the seriousness of this problem and the importance of addressing it, and I'm reasonably confident that there is the political will there to address the problem.

JEAN KENNEDY: The Government's plan is expected to go to Cabinet shortly and also to COAG (Council of Australian Governments) in June. One of the proposals that's being considered is expanding Medicare so that the GP can refer patients to psychologists, not just psychiatrists. Do you think that's a good move?

GRAEME INNES: It is important for programs to be available within the community for support of people with mental health issues, and making other health professionals available in that respect is a very important part of that program.

JEAN KENNEDY: What other changes would you like to see included in that proposal that's going to go before COAG?

GRAEME INNES: I think treatment of people with mental health issues needs to contain more dignity, so that situations don't continue to occur where people particularly in rural and remote areas are restrained or drugged inappropriately. When their mental health problem becomes serious until they get to treatment, there's been lots of problems for services in rural and remote areas – that needs to be addressed.

JEAN KENNEDY: How does that need to be addressed?

GRAEME INNES: Well by the greater provisions of resources. I mean, that's what's underlying this whole problem. Deinstitutionalisation has occurred, but the resources from that deinstitutionalisation haven't gone into continuing the support of people with mental health problems.

JEAN KENNEDY: What's the extent of the resources, or the money that needs to be thrown at this problem?

GRAEME INNES: What our report recommended last year was that there needs to be a national approach between federal and state governments, to address this issue. So what we need is a pooling of resources and a single focussed approach from all governments to tackle the problem.

MARK COLVIN: The Federal Human Rights and Disability Discrimination Commissioner Graeme Innes talking to Jean Kennedy.

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NOTICE BOARD

New! Obsessive compulsive Disorder Support Group is starting in Launceston!
 First meeting: Monday 29th May at 7.00pm, First Floor, 93 York St, Launceston.
 Meet other people with OCD in a friendly, supportive atmosphere.
 Share experiences of living with this disorder and ideas about dealing with it.
 Enquiries Phone Sally 0417 420 838 (Week days 5-9 pm)

ASPIRE “Promoting and enabling pathways to mental health and wellbeing”
 Mental Health information sessions at 221 Macquarie St, Hobart.
 Wednesday 17th May @ 1pm, Friday 26th May @ 1pm,
 Wednesday 31st May @ 1pm
 Contact Ph. 6224 5247

Hi everyone....My name is Diane Brokenshire and I'm the coordinator for The Taz Kidz Club and Champs Camps. For those of you who aren't familiar with these programs, read on.....

Taz Kidz Club and Champs Camps have been up and running in Tasmania since 2002 and are after school and holiday camps and clubs for children between the ages of 7-17 who have a parent or carer with a mental illness or emotional difficulty. They're an excellent opportunity for young people in a similar situation to come together for support, information, new skills and a heap of fun. Participants in the camps and clubs will learn about the illness affecting their family, receive useful tips and tools for coping with the times when their parent is unwell and have an opportunity to develop better communication and self-help skills. The camps and clubs are designed to be fun and lively and offer valuable life skills. There is no charge to participate in the camps and/or clubs and transportation is provided. Snacks and beverages are also served and all craft materials are provided.

Three successful clubs have just finished up and in July when the new funding period starts, more clubs will be offered in the Hobart area. If you know of a young person who could benefit from a Taz Kidz Club, let us know. We can send along all the necessary forms and information.

A bit about the Champs Camps: These 3 day fun and adventure camps are held at approved venues around the south of the state. The next camp, for 7-12 year olds, is being held at Mission Afloat at Conningham on May 12-14th. This camp is totally booked out. More camps are being planned for the coming months though. For more information and referral forms, please contact Diane Brokenshire or Kate Tanner on 6224 7357. Or contact Diane by email at: dibrokenshire@bigpond.com

The clubs and camps are staffed by trained, experience and awesomely fun leaders! Please help us get the word out that these great programs are happening and if you'd like us to come and speak at your next staff meeting, let us know!

We've moved offices and our new contact details are:

Diane Brokenshire
Mental Health Council of Tasmania
Taz Kidz Club/Champs Camps
236 Sandy Bay Road
Suite 5 Mayfield Plaza
Sandy Bay, TAS 7005

Phone: (03) 6224 7357 or 040 082 1919

Email: dibrokenshire@bigpond.com

Reminder

Articles for the August issue to be forwarded by July

Send Articles to:

**ARAFMI Hobart
Suite 5, Mayfair plaza,
236 Sandy Bay Rd.
Sandy Bay Tas. 7005**

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