

AGM President's Report

The Twenty-Fifth AGM was held in Launceston on 19 September 2009.

In his report, the outgoing President, Gary Kelly, spoke of a number of significant achievements over the past year.

Achievements

- A Capacity Development Project funded by the Australian Government was completed.
- ARAFMI attracted additional funds from State Government to assist our operations around the state.
- An Executive Officer has been appointed to work full-time on contract for 12 months, replacing the two part time staff in the Hobart and Launceston offices.
- ARAFMI's contribution to the health and well-being of carers was recognised by Mental Health Services in its Report on the Review of Consumer and Carer Participation. As a result, ARAFMI will have an expanded role into the future.
- The 25th anniversary of ARAFMI Tasmania was celebrated.
- ARAFMI pioneer, Mrs Ethnee Shields, has been added to the Tasmanian Honour Roll of Women.

Volunteers

The importance of volunteers to ARAFMI was highlighted. The Management Committee, Helpline and Befrienders service and the numerous support groups are all made possible by the selfless work of over 30 volunteers.

Building Capacity

Also highlighted was the development of a Business Plan as part of the 'Building Capacity Project', assisted by Janine Combes, a Consultant from 'Community Focus'. The Business Plan provided the motivation for changes that have taken place, including the appointment of an Executive Officer on a 12 month contract, increased funding from Mental Health Services and an enhanced role into the future.

Challenges

A number of challenges were identified for the coming year including:

- The need for greater depth in our volunteer base allowing for the development of succession plans and greater sharing of priority tasks.
- Filling of all representative positions on the Management Committee to ensure ARAFMI is able to carry out a truly statewide responsibility.
- Clarification of the increased responsibilities arising from the MHS Review of Consumer and Carer Participation and allocation of necessary resources to carry out those responsibilities.
- Diversification and consolidation of revenue.
- Completion of Business Plan implementation.
- Provision of evidence-based, well-planned and appropriately supported Carer services.
- Review of Strategic Plan.
- Strengthening links with other service providers, particularly in rural areas of the state where people with mental health problems and their families are most in need of information, understanding and support.

Mr Kelly thanked the Management Committee for their support during his two years as President.

Thank you, Gary

Those of you who attended the AGM this year would know that Gary Kelly has stepped out of the President's position after 2 years at the helm. His time in that role saw ARAFMI Tasmania become a statewide organisation, with the merger of the two separate bodies in the north and south. Gary steered the way through that sometimes difficult process with confidence and strength, resulting in increased funding and support from Mental Health Services and ensuring that ARAFMI Tasmania's sound reputation and valued services will continue well into the future. Gary will go on making a significant contribution as Vice President, and on behalf of all our members, we thank him for his dedication and commitment.



Ethnee Shields is honoured posthumously

On the 7 of August 2009, presentations were made to recipients of awards for the Tasmanian Honour Roll for Women. The late Ethnee Shields, a founding member of ARAFMI in Tasmania, was honoured with a posthumous award.

Ethnee is remembered in the mental health field for her persistent work in reducing stigma and raising awareness of mental illnesses, not to mention her dedication to build support networks for people with an illness and for their families. Ethnee served on the National Consumer Advisory Group. She was awarded a Member of the Order of Australia in 1996 for her service in the field for mental illness, particularly through ARAFMI and National and Tasmanian advisory groups. In 1997, Ethnee was recognised as Citizen of the Year by the Launceston City Council.

Ethnee is the cornerstone of many current services of ARAFMI. She built a library of information and organised information nights for families and friends of the mentally ill in her community. This work continues today.

Margaret Adams

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PROFILE: Professor David Adams

Guest Speaker:

Professor David Adams, Social Inclusion Commissioner of Tasmania

In his address at our AGM, the guest speaker, Professor David Adams (the Tasmanian Commissioner for Social Inclusion), described what he believed was needed for Tasmania to become an inclusive community, in which everyone should be able to access the resources they need to lead a happy, healthy and productive life.

He began by explaining his role in government, and the critical importance of coordination of government policies and services as well as strong leadership if social inclusion in Tasmania is to be a reality. Ten years ago there were no social inclusion units or initiatives whereas now there are 100 across the world. He sees Tasmania as being at the nursery stage, and stressed the importance of engaging people, particularly young people, at the individual and community level if progress is to be made and sustained.

He was critical of the plethora of plans and consultative bodies relating to mental health in Tasmania, and argued that this complexity needs to be simplified and pared down if government is to overcome social exclusion. He did, though, commend MHS for its use of plain language in the recent Report of the Review of Consumer and Carer Participation.

Professor Adams spoke of the risk factors that are associated with groups, communities and the whole of society that lead to social exclusion and how the aim of any social inclusion strategy is to mitigate these risk factors. Such factors include poverty, homelessness, and location. For example, fifteen places in Tasmania experience social exclusion risks, such as old manufacturing industries which have experienced rapid industrial changes.

He went on to say that new risks are emerging, and the increased incidence of mental illness is one of them. He put the view that, as mental illness issues don't fit neatly into government boxes, there needs to be an entity made up of Government and the community and private sectors, rather than just the Department of Health and Human Services, to address these issues. But better still, we need to prevent mental health risks emerging and develop a better family and support environment.

The up side is that there is now more knowledge about the cause and effect and how to respond to social exclusion. He believes that improved governance is essential to overcome social exclusion in Tasmania. For example:

- Government policy makers need to be on the front foot; not responding to 'crises' all the time but instead responding to risk.
- A more integrated, tri-partisan, inter-agency approach to policy, funding and infrastructure developments should be adopted.
- There should be more focus on leadership, building knowledge and skills in the community through grass-roots level community projects.
- Commercial operations should be encouraged to recycle profits into the community, to support community entities and social enterprise.

The Social Inclusion Strategy for Tasmania was released on Monday 21 September 2009 and can be found at www.dpac.tas.gov.au/_data/assets/pdf_file/0005/109616/Social_Inclusion_Strategy_Report.pdf.

The Government's preliminary response to this report is available at: www.dpac.tas.gov.au/divisions/siu/strategy.



...stressed the importance of engaging people, particularly young people, at the individual and community level if progress is to be made and sustained.

Good News

ARAFMI Tasmania's bright future guaranteed

In 2008, the Minister for Health and Human Services requested that a review of consumer and carer participation be undertaken by Mental Health Services. Many ARAFMI members were involved in the consultation process over the following 12 months. The final Report, released recently, discusses the findings of the Review, outlines a proposed participation model and makes a number of recommendations to support the implementation of that model.

The Review highlighted the importance of engaging people with mental health problems and their carers in the services that were provided along the often difficult road to recovery. The need to support carers was recognised, and the effectiveness of peer support approaches for both consumers and carers was emphasised. The outcome of the Review that will be most pleasing to ARAFMI Tasmania members is that the good work being done will continue and, as the Review recommendations are implemented over the coming months, the role for ARAFMI Tasmania will grow. The expanded responsibilities, as detailed in Recommendation 11, include building and sustaining a statewide carer/family membership base. To find out more, you can read the Report on the web at www.dhhs.tas.gov.au/mentalhealth/welcome_to_mental_health.

Who Cares...? Update

Australian Government responds to the parliamentary inquiry report 'Who Cares...? Report on the inquiry into better support for carers'

This response, released in late October, acknowledges the numerous and significant issues that face carers and is anticipated to lead to some improvements in support services provided for the carers of people with mental illness. ARAFMI Tasmania will contribute wherever possible to the planning and implementation on the ground of any new initiatives arising from this response.

The response can be read at www.aph.gov.au/house/committee/fchyc/Carers/report/GRwhocares.pdf

MEETING CARERS' NEEDS: Respite

Carer Respite Project

National Building Capacity in Community Mental Health Family Support and Carer Respite Project Funded by the Australian Government under the Mental Health Respite Program

Although Tasmania was unsuccessful in gaining respite funding under the Round Two of the Department of Families, Housing, Community Services and Indigenous Affairs, several spin-offs occurred for Tasmania.

Networks

Carer Service Provider Networks in the Northwest and in the South have been set up to complement the existing network in the North that had been established by Sage Hill Family & Friends. The Project ended on 31 October, but these Networks will continue to operate with support from Anglicare, promoting information sharing among providers and suitable referrals between agencies.

Comprehensive and integrated package

Families need and deserve support to maintain their well-being. If families and carers are strong and emotionally healthy, the person with mental illness whom they care about is more likely to experience better mental health. Respite can help. The Project confirmed that, ideally, respite should be:

- a part of a comprehensive, integrated package of emotional support and information;
- combined with rehabilitation and clinical services;
- delivered as early as possible to the family as a unit of intervention; and
- delivered within a collaborative framework involving clinical and rehabilitation services, and government and community/private providers.

Respite Symposium

During Mental Health Week in October, the Project held a symposium on carer respite called *Families at the Cutting Edge of Research*.



Helen Wills at Symposium

Some 70 people attended, including clinicians and staff from the community and public sectors. Feedback was resoundingly positive. Speakers were drawn from a range of national mental health carer and other services and included Barbara Hocking, the Executive Director from Sane; Frances Sanders, Business Services Manager ARAFEMI VIC; Elizabeth Crowther from Mental Illness Fellowship Vic; and Cat Schofield, from Northside in Launceston.

The messages were loud and clear:

- carers require substantial support in terms of information, skills and counseling;
- the carer's journey is also episodic as it responds to the episodes of illness in their relative;
- carer support therefore needs to be preventative in its nature;
- educative workshops like WellWays which assist carers in their own mental health, should be part of carer support;
- the involvement of family in multicultural societies must be reflected in mental health care, and it was stressed that it is not a breach of the privacy act for a clinician to listen to a carer.

Helen Wills, an ARAFMI member, gave a brief account of her positive experience of respite while she was in hospital.

If you are interested in accessing respite then call the Commonwealth Respite and Carelink Centre on 1800 052 222 or Anglicare on 1800 243 232.

ARAFMI Celebrates 25 Years in Tasmania

ARAFMI in Tasmania began in Launceston on 14 April 1984. Then, as now, its purpose was to improve the quality of life for families, carers and friends of those living with mental illness.

Two functions were held to celebrate 25 years of providing support and information to those in the north eastern area of Tasmania who encounter the "shock" of mental illness.

Civic Reception

Sixty people attended the Civic Reception that the Launceston City Council held on 14 April. The Mayor, Alderman Albert van Zetten, honoured the work and commitment to caring by the organization and exhorted us to continue to support families and friends, raise awareness about mental illness, and fight the stigma that still exists in relation to mental illness.

Helen Wills, in her response to the Mayor's address, commended Kerryal Willis and thanked her for the enormous contribution she has made.

In Helen's words, Kerryal has 'taken over the reins from Ethnee Shields most admirably and steered ARAFMI North, through a time of transition to a new era that sees us assured to continue this work with a vibrant committee'.

Lunch and volunteer awards

The following Saturday, a subcommittee comprised of Margaret Adams, June Witheford, Denise Rigby and Helen Wills, welcomed 57 members to luncheon at the Sunny Hill Tavern, Ravenswood. Dr John Morris, our Patron, congratulated ARAFMI, and encouraged us to continue in this important family and community work.

Volunteer Awards for 10 years of dedicated and continuing service to ARAFMI were given to Addie Bourchier, Kerryal Willis, and Anne Bevan. Noreen Wheeldon's award was held over, as she was unable to attend.

Meeting Carers' Needs: Anglicare Services

Anglicare knows how important it is to have someone offer you understanding and space to have a break when caring for someone with a mental illness. We offer a range of respite choices for carers of people with a mental illness. These services can be tailored to your individual needs so that you can get that all important break from your caring role. We offer in-home respite for practical support that promotes independence. Support workers can provide recreational outings through our recreational respite service. For those people looking for a longer break, centre-based respite is available in Devonport and Glenorchy – both are staffed with skilled support teams. Referrals can be made through the Anglicare Respite Services Coordinator in your region. For young people who have a parent with mental illness we offer groups and camps through the Taz Kids Clubs and Champs Camps program so that they can share their experience with people who understand what they are going through and have fun doing it. For more information on any of these services please call 1800 243 232.

Northern News

The office at 34 Howick Street, Launceston is open between 11am and 3pm (until 31 December), Monday to Friday, providing Befriender phone support, face to face contact and a well-resourced library.

Tim Lyall, the northern office coordinator, now works 10 hours per week, enabling the ARAFMI Centre to function more efficiently. However, we continue to rely on the stalwart support of Kerryal Willis and her extensive personal knowledge of and links within the mental health community.

An active Northern Committee encourages leadership within the organisation, keeping up to date with issues and events, and providing an accessible pathway between carers and the demands of becoming part of an effective state wide organisation.

We continue to need suitably qualified volunteers to support the phone befriending line and other services. The office has recently had a second computer installed for the use of volunteers.

ARAFMI Tasmania continues to grow links within the service community. For example, in the first six months of 2009, ARAFMI North provided representation and input to and support for at least twenty different mental health and other events, including an information stall over the three days of Agfest.

The north has increased its representation on the ARAFMI Tasmania Committee of Management for 2009-2010.

Current members are Graham Booth (Junior Vice President), Karen Frost (Treasurer) and Jean Sebbage (Northern Committee Member).

Southern News

The office in Hobart is located at 3 Bowen Rd, Moonah, and is open each weekday from 9-5. It is staffed by the Executive Officer, David Barnes, and provides a well-stocked resource room. Carers and people with mental health problems are welcome to browse and borrow from the wide range of books, CDs and DVDs.

A phone Helpline operates in the south from 10am to 10pm, 7 days a week, with the help of carer volunteers. A number of new volunteers have been recruited to support David to meet the heavy demands on his time, and our sincere thanks go to those very committed people. Without them, our service to families and carers in Hobart and surrounding areas would be much less effective. During the past 12 months, volunteers in Hobart have continued to represent ARAFMI Tasmania at numerous events and on various relevant committees and other bodies, including the Mental Health Council of Tasmania, the Advisory Committee of the Review of MHS Consumer and Carer Participation, GP South Mental Health Reference Group, MHS Integrated Employment Project and the Community Sector-MHS Interface Committee.

The south is represented on the current Committee of Management by Anne Bevan (Secretary), Anne Cordts (Public Officer), Gary Kelly (Vice President), Kate Shipway (President), and Ariella Williams.

North-West News

The Committee of Management is delighted to welcome Rod Lambert, who joined recently and has been co-opted to represent the north west. Rod lives in Burnie and brings to the committee extensive experience and a strong network in the field of mental health.

Research – Carers' Experience

Adversity to Advocacy: The Lives and Hopes of Mental Health Carers was officially launched by the Hon. Jenny Macklin at Parliament House Canberra on 21 October 2009.

This landmark report, funded by the Department of Families, Housing, Community Services and Indigenous Affairs, represents the first attempt to monitor, measure and record the experience of mental health carers.

The report is based on over 100 workshops conducted by the Mental Health Council of Australia (MHCA) across Australia. Over 1500 mental health carers attended these workshops, which were held in every state and territory, with approximately two thirds of the workshops held in rural, remote and regional Australia.

ARAFMI Tas facilitated workshops in Hobart and Launceston as part of this research project. The Report was not available when this newsletter went to print, but if you would like a copy of the findings, please contact the Hobart office on 6223 7432 or south@arafmitas.org.au

A Carer's Story

(Published with the kind permission of the author, Fran)

My life changed quite dramatically seven years ago when my son, who was seventeen, was diagnosed with schizophrenia. I now find myself having so much empathy towards people in and around Hobart who quite obviously are "battling" their way through life, either with mental illness, drugs or alcohol problems or a combination of two or all three.

Accommodation for the very needy is slowly happening in our State, but there needs to be less "red tape" and quicker action ... if only!

More public awareness would be greatly appreciated. Compulsory education in schools from Grade Five upwards, even only 30 minutes a week for 3 months per year, may help the unfortunate who may suffer from mental illness sometime in their life.

I know that I now feel stronger having to care for my son, and his many "lows". I have definitely "toughened up", with the knowledge and support I have gained from ARAFMI, and from as many mental health forums I can go to.

The effect on my son's siblings has been pretty devastating; they love him dearly and always welcome him, but at times find it quite difficult to deal with his illness. Fortunately, he has some good friends who also support him.

I know my life will never be "ordinary" again as I travel on this path, supporting and giving my love to my son. There will be many challenges ahead. At times it will be too much, as it has been sometimes, but I have to keep strong somehow, learn more and, very importantly, look after myself. I will keep on trying to have a part of my life away from mental illness – even if it's only brief!

www.arafmitas.org.au

National Links

Mental Health Carers ARAFMI and Mental Illness Fellowship of Australia

ARAFMI Tasmania is part of a national network of carer organisations located in all states and territories of Australia. Specifically, ARAFMI Tasmania is a member of Mental Health Carers Arafmi Australia (MHCAA) and the Mental Illness Fellowship of Australia (MIFA). Both organisations provide services for carers with MIFA supporting consumers as well.

These two national bodies represent significant amounts of knowledge and program skills developed over many years in every part of the country.

ARAFMI Tasmania is in a good position to benefit from that experience as it is freely shared during national meetings and workshops. There are many activities in other states of interest to ARAFMI Tasmania, including the carer workshops and education programs in Queensland and the COPEs workers (Carers Offering Peers Early Support) program in Victoria. These are programs with possibilities for adaptation and use in Tasmania.

The issues faced by carers are the same no matter the state or territory so by working together carers will ultimately benefit.

Contact Details

Mental Health Carers ARAFMI Australia

President: Ms Toni Anderson
Post Office Box 248, New Farm,
Queensland 4005

Secretary: Keiran Booth
Level 5, 80 William Street, Sydney,
NSW 2011

Mental Illness Fellowship of Australia

Executive Director
1 Richmond Road, Marleston
South Australia 5033

The National Mental Health Consumer and Carer Forum (NMHCCF)

Since Kate Shipway stood down early this year, Anne Bevan, a long-standing ARAFMI Tasmania member, has taken up the position of Tasmania's Carer Representative on the Forum. There are currently 24 members, evenly split between carers and consumers from every jurisdiction and from some national organisations. This Forum is extremely skilled, well-informed and appropriately resourced through the Mental Health Council of Australia.

What does the Forum do?

The website states:

"The NMHCCF purpose is to give mental health consumers and carers a united, national voice focused on creating a more responsive service system that will improve their quality of life.

To do this we:

- Listen to the issues and concerns of our state/territory and stakeholder group representatives.
- Learn about what is happening in mental health for consumers and carers in each state/territory and internationally.
- Share experience, knowledge and resources with our members and stakeholders.
- Identify priority areas for action.
- Ensure that issues and concerns of consumers and carers are acknowledged and addressed as part of the national policy development process in Australia.
- Work with our networks to progress the agenda of mental health consumers and carers.
- Distribute information on this work to our members and their networks nationally."

Recently the latest position paper, *Ending Seclusion and Restraint*, was released by the NMHCCF.

This paper outlines the rationale and benefits of radically reducing the use of seclusion and restraint by using a variety of steps and actions to reduce the need for these responses.

There are other papers covering topics such as Duty of Care, Privacy and Confidentiality, Supported Housing and Homelessness. You can view the Advocacy briefs, Position Papers and summarised meeting minutes on the website at: www.nmhccf.org.au/

From time to time, as a part of preparing her regular state report, Anne will ask the carer sector for feedback or for ideas on particular topics or issues of concern. Your input will be most appreciated.

Interesting web resources for carers

Family and Consumer MH Guide launched during Mental Health Week.

http://www.dhhs.tas.gov.au/mentalhealth/publications/brochures_and_pamphlets/Consumer_and_Family_Support_Guide.pdf

Legislative Council Select Committee

Report: Mental Health Legislative Measures 2009 – <http://www.parliament.tas.gov.au/ctee/Council/Reports/mhl.rep.091001.rpd.FinalReport.sm.a.pdf>

Building the Foundation: Mental Health Services Promotion Prevention Early Intervention Strategy – http://www.dhhs.tas.gov.au/mentalhealth/publications/strategic_documents

MHS September newsletter: http://www.dhhs.tas.gov.au/mentalhealth/publications/newsletters/september_2009_InSight_newsletter.pdf

Resources for young people

- Copies of the *Climbing Fences* booklet for and by children with parental mental illness are available from the MHCT office at Suite 5, Mayfair Plaza, Sandy Bay.
- Reach Out website for young people at www.reachout.com.au
- A website for young people of different ages. Also includes information for parents and friends www.headroom.net.au
- www.realitycheck.net.au has some good introductory information. The 'Stories' section includes a carer's perspective.

Other very useful resources can be found at: www.beyondblue.org.au and www.sane.org

Membership Application

(Please cut out or copy)

Mr/Mrs/Ms/Dr: _____

First name: _____

Address: _____

Post Code: _____

Phone: _____

Mobile: _____

Email: _____

I enclose cheque/money order for \$5.00 as annual membership of ARAFMI Tasmania, for the 2009 – 2010 financial year.

I am: (please circle)

A carer A student A professional

Other _____

I wish to receive: (please tick)

Newsletter

Promotional material about up-coming events

I am happy to receive information by email

Yes No

Please send to:

David Barnes, Executive Officer
ARAFMI Tasmania
PO Box 717 Moonah TAS 7009

Family/Carer Support Sessions – Launceston and Hobart

These monthly peer support meetings, for the family and friends of people with mental illness, may include caring and supportive conversations, information sharing, service recommendations, skills development and guest speakers. Everyone is welcome.

Launceston

ARAFMI Centre, 34 Howick Street, Launceston, at 7.30pm on the 4th Monday of each month.

2009 – 23 November

2010 – 22 February, 22 March, 26 April

Hobart

ARAFMI Tas office, 3 Bowen Road, Moonah, at 7.30pm on the second Thursday of each month.

2009 – 12 November, Guest Speaker Graham Lake, Team Leader of MHServices Helpline

10 December, Christmas Party

2010 – 11 February, 11 March, 8 April

Eating Disorders Support Group for Families, Friends and Carers – Launceston

Peer support meeting for those caring for people with Eating Disorders meets twice monthly at ARAFMI Centre, Howick Street.

2009 – 29 October, 12 and 26 November, 10 and 17 December

2010 – 18 and 25 February, 4 and 18 March, 1, 15 and 29 April

Support for People with Mental Health Problems

Launceston

Bipolar Peer Support Group

Meets on the 4th Monday of each month, 1pm – 3pm, ARAFMI Centre, 34 Howick Street.

2009 – 23 November

2010 – 25 January, 22 February, 22 March, 26 April

Thinking Well Depression Support Group

Meets fortnightly at 7.30pm, at the Emmanuel Centre, 123 Abbott Street, Newstead.

2009 – 10 & 24 November, 8 December

2010 – 2 & 16 February, 2, 16, & 30 March, 13 & 27 April

Eating Disorders Peer Support Group

Meets twice monthly at ARAFMI Centre, Howick Street.

2009 – 9 & 23 November, 7 & 21 December

2010 – 15 & 22 February, 1, 15 & 29 March, 12 & 26 April

Hobart

HOT (Helping Ourselves Together)

A support group for people experiencing mental illness and/or emotional difficulties meets at the ARAFMI Office, 3 Bowen Road, Moonah on the first Thursday of each month 10am-12 noon.

2009 – 5 November, 3 December

2010 – 4 February, 4 March, 1 April

The Commonwealth Respite and Carelink Centre (CRCC)

The CRCC is funded by the Australian Government to provide short term assistance for carers and is auspiced in Southern Tasmania by Community Based Support South. The CRCC Mental Health Program recognises the many demands on carers. It provides

- information
- education
- support to assist carers with their caring role, and
- practical support for the person being cared for.

You do not need to be living with the person you care for to be eligible for our programs.

Respite

Trained support workers can be provided on a short term basis to temporarily take over the caring role, which gives the carer a break to attend to their own appointments or just to rest.

If a carer is suddenly unable to fulfil their caring responsibilities due to an emergency, support is available at short notice 24 hours a day. However, the Commonwealth Respite and Carelink Centre does not provide emergency assistance for people who are experiencing an acute phase of mental illness.

Support for young carers

The Commonwealth Respite & Carelink Centre has a range of support services available for young carers which may include financial assistance with school uniforms or text books, tutoring, domestic assistance, respite and more. For further information visit our young carer website www.youngcarersouthtas.com.au

There are a number of ways in which the our programs can directly assist both carers and the people they care for. To find out more, please contact the Commonwealth Respite and Carelink Centre on FREECALL 1800 052 222 to discuss your situation.

ARAFMI Tasmania

An Association of Relatives and Friends of the Mentally Ill

Launceston

34 Howick Street, Launceston 7250

Ph: (03) 6331 4486

Fax: (03) 6334 8719

Email: north@arafmitas.org.au

Office open Tuesdays & Thursdays 9am–2pm
Information/appointment

Hobart

PO Box 717

3 Bowen Road, Moonah 7009

Ph: (03) 6228 7448

Fax: (03) 6228 7765

Email: south@arafmitas.org.au

Office open 9am–5pm Monday to Friday
Helpline 10am–10pm 7 days/week

Website: www.arafmitas.org.au

Executive 2009-2010

President	Kate Shipway
Vice President	Gary Kelly
Junior Vice President	Graham Booth
Treasurer	Karen Frost
Secretary	Anne Bevan

Regional Committee Meetings

Sub-committees in Hobart and Launceston oversee ARAFMI operations and programs in each region.

Northern Committee

meets monthly at 4.30pm at ARAFMI Centre, 34 Howick Street, Launceston.

2009 – 16 November, 21 December (social event)

2010 – 15 February, 15 March & 19 April

Southern Committee meets approximately every 6 weeks at 6pm at the ARAFMI office, 3 Bowen Road, Moonah.

2009 – 10 November, 10 December (social event)

2010 – TBA

Support for Volunteers

A Workshop for ARAFMI Tasmania Phone Befriender and Helpline Volunteers will be held at Ross on 28 November 2009. Other volunteers who facilitate support groups are also invited.

