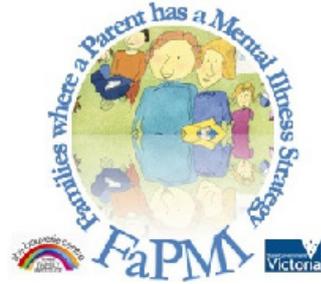


# FaPMI newsletter



**Welcome** to the Winter Edition of our 2016 Newsletter. This is the time when it's harder to get out of bed and get everyone in the family organised to do all the daily activities such as work, school, and connecting with others. It can be more tempting to pull the doona cover over you and stay in bed for longer! The weather is definitely colder and there can be ice on windows some mornings. We encourage you to put on that wet weather gear, and give yourself incentives to get up each morning - keeping active can help with distracting you from the cold and sometimes gloomy days!

**COPMI (Children of Parents with a Mental Illness)** To update you, COPMI National has had its funding extended until December 2016. Whilst this is good news, we hope that it will be able to continue many of its fantastic initiatives into the future, and there will be other support available.

**FaPMI Coordinators across Victoria** The other really exciting news is that there has been increased funding in Victoria for the FaPMI Strategy, and there will be FaPMI Coordinators employed in all Adult Mental Health Services across the state. This means that if you live in an area that doesn't have a FaPMI Coordinator, watch this space, to see when these positions pop up.

**Book Reviews** Our book review for this newsletter edition is 'Everybody Gets the Blues'. If you are interested in providing us with a book review, please contact us, and we will provide you with the book for you and your child to read. You will receive a book as a gift for providing us with the review.

**Articles** We have an article from Michael Grose, who has a free newsletter that you can subscribe to at [www.parentingideas.com.au](http://www.parentingideas.com.au). He offers some general tips about parenting. His topic this time "Help your kids tap into their capacity to be nice".

## CHAMPS Programs

CHAMPS After-School Group - Croydon Term 3

- When? Beginning Thursday 28 July, 2016 for 8 weeks
- Where? Croydon Connections, 185 Mt Dandenong Rd, Croydon

CHAMPS (MAT) Martial Arts as Therapy Life Skills Program - Blackburn Term 3

- When? Beginning Wednesday 20 July, 2016 for 8 weeks
- Where? The Avenue Church, 46 Blackburn Rd, Blackburn

Contact Bronwyn Sanders on 9871 3988 or 0408 291 580 for more information

## The FaPMI Team - Eastern Health Adult Mental Health Program

Becca Allchin & Kirsty Jungwirth FaPMI Coordinators  
Bronwyn Sanders FaPMI Program Support Worker (9 hours p/week)  
Murnong Clinic, 4 Bona Street, Ringwood East 3135  
Ph: 9871 3988 Fax: 9871 3977

## WINTER 2016

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Would you like to contribute to this newsletter?

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GREAT HEALTH AND WELLBEING

# SCHOOL HOLIDAY IDEAS

## 1. Staying At Home - Inside or Outside

<https://www.stayathomemum.com.au/my-kids/activities/50-cheap-school-holiday-activities/>

- Go camping in the garden or backyard, or even just in the living room. If you already have a tent, this doesn't cost a thing. Serve up some hotdogs and tell stories until you fall asleep.
- Have a movie day if you don't want to head outside. This is perfect for a rainy day. Rent a few kids movies and stock up on popcorn.
- Plant vegetables with the kids. You don't even need a garden for this. Most of the fun comes from finding containers to recycle as pots, painting them, and planting the seeds. Choose something that grows fast and start on the first day of holidays, so the kids can see them grow each day.

## 2. Craft: 22 things to make with cardboard tubes (toilet paper rolls)

[https://au.pinterest.com/pin/129267451779906092/?from\\_navigate=true](https://au.pinterest.com/pin/129267451779906092/?from_navigate=true)

- Monsters made of toilet paper tubes (paint the rolls with faces)
- Cardboard owls and make them into a mobile
- Fold side down and make little pillow boxes
- Houses and villages by painting windows and putting flat card on top for roof

## 3. Cooking: Edible Chia Slime

<http://www.funathomewithkids.com/2014/06/no-cook-edible-chia-flax-and-seedless.html>

- Measure 1/4 cup chia seeds and 2 cups of water into a sealable container (we use tupperware containers) and store overnight in the fridge (12-24 hours). If you can, stir at least once because the seeds tend to clump.
- The next day your seeds should be nice and gelatinous. Stir to break up any clumps, then add 1 teaspoon of xanthan gum and whisk. It won't completely mix in, but that's OK.
- Add food colouring if you'd like, though as you can see from the photos above, you don't want to add a whole bottle of blue to make a really cool blue colour. It will just give your family smurf hands. Add 3-5 drops and call it good and your hands will thank you.
- Next add one full 16 oz box of cornflour and mix. At some point, it gets easier to knead by hand. After that continue adding cornstarch by the Tablespoon until the slime isn't sticky. We found that we needed to add 5 additional Tablespoons of cornflour. You will know your slime is ready when you can move it as a big heap. If it's crumbly and not stretchy, add a teaspoon of water to correct and knead well.

We played with it for over an hour each time and it didn't dry out, but if it does, just wet your hands under the sink and knead them into the slime - this should be enough water to rehydrate it.

It is edible, which means it is perishable. It will need to be stored in the refrigerator in a sealed container when not in use. It can keep for up to a week, but please inspect it for signs of mould or foul odour before presenting it to your child for play each time. This recipe will harden in the refrigerator each time you store it. To rehydrate it and get it ready for play, using your hands or a spoon, break it into small chunks and pour 1 tablespoon of water over it at a time. Knead the water in until your slime reaches its normal consistency. It typically takes around 3 tablespoons of water, but it will vary based on how many hours it has been in the fridge.

## 4. Libraries across the Eastern Region - free activities - during school term

<https://www.erl.vic.gov.au/kids/whatson.htm>

### Afterschool Activities

When: Every Tuesday 4pm during school term

Where: Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

### Boronia Kids Club

When: Every Tuesday 4pm during school term

Where: Boronia Library, Park Cr, Boronia

### Monday Madness

Games and puzzles for school aged children

When: Every Monday 3:15-5pm during school term

Where: Belgrave Library, Reynolds Lane, Belgrave



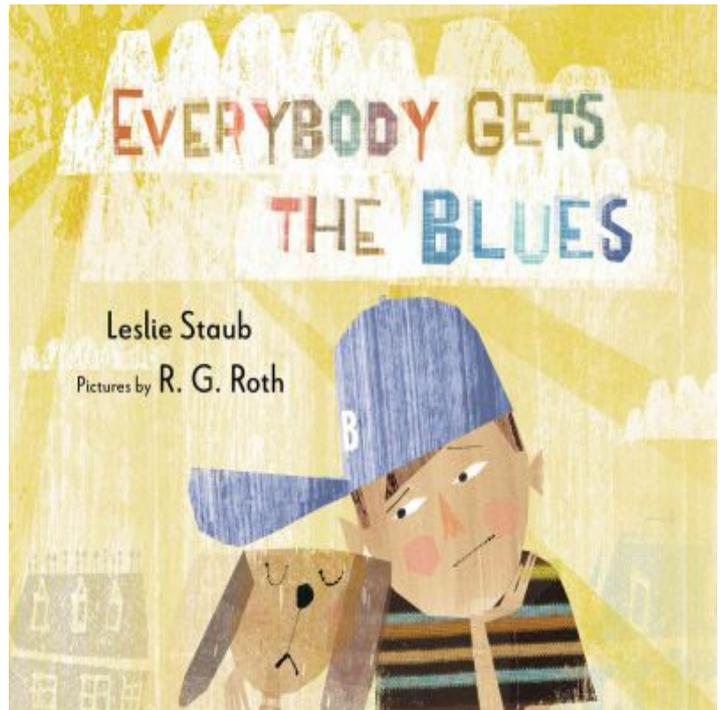
## BOOK REVIEWS by Kirsty Jungwirth, FaPMI Coordinator

### Everybody Gets The Blues

(by Leslie Staub; pictures by RG Goth)

This is an hypnotic book with really lovely illustrations and written in rhyme. The key message is that everyone gets the blues sometimes. A young boy travels with a "blues man" who sings the blues and says things in rhyme.

The young boy listens to the man outline times people "get the blues" and they travel through the sky with the boy's dog playing the trumpet! It's a simple story, suitable for all ages, primarily primary school children.



## LEANNE'S STORY

I attended the FaPMI family fun day for the first time last year after my case manager at Murnong clinic told me about it. I went with my two sons Zach aged 8 and Ben aged 6 and my Aunty. I loved watching the kids on the pony rides. My boys loved playing MILO cricket. We chatted and said Hi to other families who also live in a family where there is a parent with a mental illness. During the Christmas holidays we used the vouchers to go ten pin bowling. We had an awesome day and really appreciate being invited to be part of this event. We are looking forward to next year!



# Help your kids tap into their capacity to be nice

SOURCE: Michael Grose - [www.parentingideas.com.au](http://www.parentingideas.com.au)

Spend some time in any schoolyard or listen in to some sibling conversations and you'll soon realize that children (your children too) can be very cruel to each other. They can say the most cutting things.

One of the jobs of parents is to help kids tap into their capacity to be kind, to be helpful and to be generous to others. The capacity to be nice is there. It just needs to be developed, encouraged and nurtured. Some children need more reminding than others, so you may need to persevere and keep reminding kids to do the right thing by others. Thriving parenting is about developing real character in kids.

Tips for helping your kids tap into their capacity to be nice:

**1. Develop a 'No put-down' policy:** Help kids understand the potential destructiveness of putting kids down because of their weight, looks, intelligence or other personal attributes. If you're told often enough that you're dumb then it can have a way of sticking. As a parent become intolerant of personal put-downs from your kids.

**2. Help children identify friendly behaviours:** Help kids understand how good friends act. Being a good friend means many things such as being loyal, keeping confidences, accepting mistakes and a whole lot more. Help kids understand these friendly behaviours and refer back to them when they are being..... unfriendly.

**3. Hypnotise your kids:** My dad used to say, 'If you haven't anything nice to say about someone, don't say anything at all.' Like many parents he passed on his wisdom using memorable phrases, slogans and platitudes. Some of these may have been passed on to him. Importantly, he tried to live by the values they conveyed, so they carried significant weight. (I still open up my mouth sometimes and my dad jumps out!) Find a way to package up your personal wisdom around 'niceness' and start hypnotising your kids....just like your parents hypnotised you!

**Friendliness** has been identified as a basic skill that will contribute to children's overall success at school and beyond. (Organisation, confidence, persistence and resilience are some of the others.) So helping kids tap into their niceness is not just a nice thing to do; it will assist them to work better with others, be more accepting and be happier to boot.



# SPOTLIGHT ON A SERVICE

In each newsletter we plan to interview someone from a support agency so that you can learn a bit more about resources that are available to families.

## Mental Illness Fellowship

**What is your name?** Catherine Vine

**Who do you work for?** MI Fellowship

**What is your role?** Peer Program Worker, within the Family Services Team  
I provide respite for carers and young people.

For Carers we provide education, 1:1 support, facilitate groups and organise upcoming events. We have a current ongoing monthly Carer's Wellness Group (which includes Yoga and Art Therapy), and a Men's Group which do activities once a month. The Men's Group is self-run, which enables ongoing sustainability.

For children aged 8-12 years, we provide CHAMPS After School Programs which runs for 8 weeks, and a Cool Cookies Peer Support Group for children who have attended the After School Program. This is an ongoing group.

For young people aged 12-18 years, we facilitate OurSpace Groups, which usually run for 8 weeks. The next OurSpace Group will be a 3 day camp, and future plans are to have regular OurSpace groups. We also hope to have ongoing groups, for young people. The key to these groups is that there are peer mentors and peer facilitators.

### How can families access these services/programs?

Parents/guardians or services can call MI Fellowship to discuss more about any of our programs and if they consider a child or young person may benefit in attending one of our programs and they would like to make a referral. Children and young people need to be aware that they have a family member with a mental illness, and this is why they may decide to attend the group.

### What is the best part of your job?

I have always wanted to do this kind of work. I have been a carer for family members. I'm interested in making a difference for people in their lives. If they know that this sort of support is out there, and that it is ongoing, this can be helpful in their own self-care journey. I really enjoy working in an area that assists people who are carers to increase their opportunities for self-care.

I can be contacted on: 98873 2510 or 0417 089 584



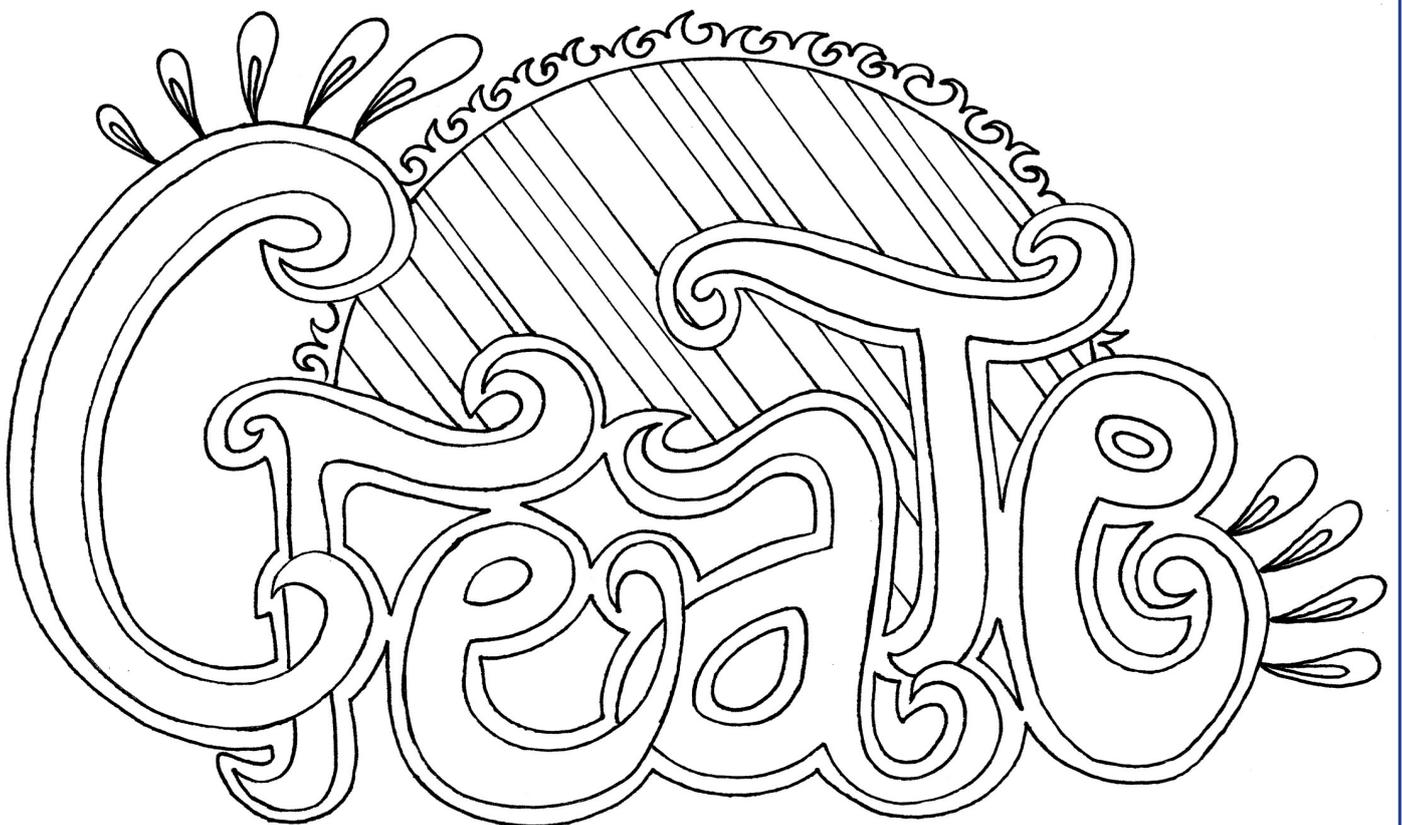
# Puzzle: How many Tigers can you find in this picture...

SOURCE: [www.puzzles-world.com/2015/07/how-many-tigers-can-you-see-in-this.html](http://www.puzzles-world.com/2015/07/how-many-tigers-can-you-see-in-this.html)





Doodle Art Alley ©



Doodle Art Alley ©

# Puzzle Answer: Find more puzzles from:

[www.puzzles-world.com/2015/07/how-many-tigers-can-you-see-in-this.html](http://www.puzzles-world.com/2015/07/how-many-tigers-can-you-see-in-this.html)

