

SUMMER 2018

Welcome to the Summer edition of the FaPMI newsletter. I hope everyone is enjoying the Christmas season and not getting too stressed and overwhelmed by all the extra activities that are going on. The FaPMI team was very sad to say goodbye to Kirsty Jungwirth, the editor of the newsletter for the past few years. We miss her passion and enthusiasm for getting things done however we are very pleased to announce that Elizabeth Fraser a social worker who has worked at Eastern Health for a number of years has joined our team. We will introduce her more formally in the next newsletter but she comes with a wealth of experience, having recently worked in the Collaborative Recovery Model (CRM) Team which is all about helping people to find their own meaning and recovery while dealing with mental health issues. This is even more challenging and important when you are also a mother/father or carer of children.

This edition has some school holidays ideas, a profile on Sian who has found Park Run a great boost to her mental health and our annual FaPMI family fun day spectacular photos!

PROGRAMS

There will be no CHAMPS peer support group in term 1 however we are hoping to run a school holiday based program in the April school holidays

Martial Arts as Therapy (MAT) life skills program

When: Tuesday 12th Feb.-April 2nd 4-5pm

Where: Croydon Connections, 23 Mt View St Croydon

For all program referrals please contact Bronwyn Sanders on 0408 29 1580

Inspiro will be running a peer support program for young people aged 12-18. See flyer on pg 8 for details

FAPMI COORDINATOR TEAM

Bronwyn Sanders
(Mon, Tues, Wed)
CHAMPS Referrals -
0408 291 580

Michelle Hegarty
(Mon, Tues, Wed, Thurs)

Georgia Cripps (Thurs, Fri)

Becca Allchin (Tues or Wed)

Elizabeth Fraser (Mon- Wed)

Ph: 9871 3988, Murnong Clinic,
4 Bona Street, Ringwood East

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School Holiday Activities

JUNIOR RANGER PROGRAMS

Source: <https://juniorrangers.com.au/whats-on/ranger-guided-activities/>

Have you ever wanted to discover the secrets of Victoria's national parks and reserves? Junior Rangers can find out all about what's going on, direct from a real park ranger!

Take part in fun, ranger guided activities during school holidays and on some weekends.

Most activities require a booking and children must be accompanied by a parent or guardian at all sessions.



Junior Rangers is not a club; no membership is required to take part. Junior Ranger programs are run mostly during school holidays and on some weekends.

Call 13 1963 for booking details or for more information or go to <https://juniorrangers.com.au/whats-on/ranger-guided-activities/>

IMMIGRATION MUSEUM:

Source: <https://museumsvictoria.com.au/immigrationmuseum/whats-on/filter/when/today/>

400 Flinders St Melbourne.
Phone: 131102
<https://museumsvictoria.com.au/immigrationmuseum/whats-on/filter/when/today/>

The Immigration Museum is a museum primarily displaying Australia's immigration history it engages visitors with the history and experiences of immigration and cultural diversity that have contributed to shaping modern Australia. They have lost of different exhibitions and school holiday activities.



Children are free and adults pay \$15 entry.

WITH THE WEATHER WARMING UP, NOW IS A GOOD TIME TO TAKE THE FAMILY TO A PARK WHERE THERE IS WATER PLAY AVAILABLE!

Seville Water Play Park

Source: <https://www.yarranges.vic.gov.au/Lists/ Pools-and-Aquatic-Centres/ Seville-Water-Play-Park>

20-28 Monbulk-Seville Rd,
Seville VIC 3139

Located next to the Seville Recreation Reserve, the park has water activities for all ages; with the jets activated every day between 8am and 9pm. Entry is free.

The water park is now OPEN for the Summer season and will close after Labour Day in 2019 in-line with the cooler months.

The park also has plenty of open space, shade areas and a playground for a great day out.



Lillydale Lake Playspace

Source: <https://www.yarranges.vic.gov.au/Lists/ Parks-Facilities/Lillydale-Lake>

435 Swansea Road, Lillydale,
Lillydale, VIC 3140

There is something for everyone at the unique playspace, including older children and even adults. Entry is free

Features include:

Splash pad with water activities for all ages

Sensory creek bed with mushrooms

Platypus and wood duck climbing sculptures

Giant basket swing

Victoria Street Playground

Source: <https://www.manningham.vic.gov.au/ruffey-lake-park>

99 Victoria Street, Doncaster East. Free entry

Set among the tranquil walking tracks, families won't want to leave this adventurous playground which includes:

Swing and tyre swing

Slides galore

Rock-climbing facilities

Fireman pole

Swinging rope

Flying fox

During the warmer months, a playful rock feature, and river bed channel with water play gates is among the favourites.

Or you could just play with a bucket of water at home!!



2018 FaPMI Family Fun Day

The FaPMI family fun day is an annual free event for children and families where a parent has a mental illness. This year it was held on Sunday 25th November at Lifeworks in Ringwood.

83 children attended

62 adults attended

145 people attended

82 helpers on the day

26 different activities on offer

34 different organisations supported the day in some way by donating money, equipment or staff

Special thanks to our major financial sponsors EACH, Eastern Health, Knox City Council, Maroondah City Council Community development Grant, phn Eastern Melbourne, Tandem, Uniting, Wellways, Yarra Giving Circle.

Quotes from participants:

“Son has psychosis and father is suicidal so it is nice for the family to access support and awareness and to relate and be connected to services”

“now the family is more aware, sensitive and supportive and know that other people are supportive which helps to reduce stigma and access help and it normalises mental illness”

“I think the activities you organised were incredible. The combination of all the blow up stuff (that massive slide looked amazing) and the races and all the physical stuff with the quieter things like crafts and a massage tent - really really amazing mix. “

“The food was incredible, the music super lovely. VERY IMPRESSED.”



Some of the wonderful volunteers who helped on the day!!





Finding joy and friendship in the most unexpected place

Crippled by depression and anxiety, Sian Garratt overcame fear to turn up at her first parkrun. She very nearly turned around to go home, but a decision to stay changed her world. Sian found joy and friendship in the most unexpected place. With Club 50 and a half marathon under her belt, Sian learned to love herself again and to live life to its fullest, daily. This is Sian's story.

My name is Sian. I am 44, married to Mark for 21 years, and I have two wonderful sons, Tristan 15 and Caleb 12.

My first parkrun was in Oct 2015 at The Ponds parkrun. I remember it clearly. I was petrified. I was overweight, depressed and suffering anxiety. I also knew I desperately needed to change my lifestyle. A friend asked me to go with her but she never turned up. Flipping out, I wanted to go home desperately. But I made the decision to stay.

I've been overweight for most of my life, school sport was my least favourite subject. I hated it. I did it, but I hated it. Ever since I can remember, cross country was one of the most dreaded days of the year. Every year I would say "this is the year to get fit", then I do nothing about it.

When my dad died in 2010, my heart broke. A year later, my depression and anxiety hit an all time high. I had lost over 30kg in 18 months and was no longer eating. My friend saw through my facade and took me to the hospital where I confessed I wanted to

take my own life. I remember driving and planning which power pole I would drive into, or driving so close to a truck in the hope it would hit me. I started cutting and carved hate into my leg.

In the hospital, they told me they would confine me unless I complied with their treatment. I complied, I just needed rest and help. The next year was hard, but I got through it. I also put on in excess of 30 kilos. As I came off my medication I knew I needed to really do something. I had to choose life, for myself and my boys. I had to show them the right way to live.

parkrun came into my life with perfect timing. The Ponds parkrun quickly became my family, my tribe. I gained confidence and joy. I had lost weight and become healthy. Being surrounded by positive people is truly infectious. You just can't help but be happy. It's a natural drug.

I did my Club 50 run on 1st of January 2018 with my running besties at Rooty Hill parkrun. It was the best way to start a year! In April this year, I ran my first half marathon in Canberra before I turned 45. I had my parkrun family running and cheering me on, with my running bestie by my side. This was a memory I will cherish forever. I sobbed the last few hundred meters. I even made my coach cry!

My next challenge is the Ragnar trail relay at Glenworth Valley in October where each team member will run 24.3kms. I can't wait even if I have never ran on trails

before. Nothing is impossible, remember? I am also working towards my Club 100. My dream is to retire and travel around our beautiful country in a caravan to visit all the parkruns.

I love where I am now and I am grateful on how far I have come. My boys see how I push myself every day. I want to show them that we can do anything! I created a Facebook Page called 'Everyday I'm shuffling' to document my journey and to encourage others that nothing is impossible.

Don't be put off by the 'run' part of parkrun, just go do it. Run walk, even crawl! You will not regret it. parkrun will become your tribe and your biggest life supporter.

I love parkrun!

Sian Garratt
The Ponds parkrunner





Book Review

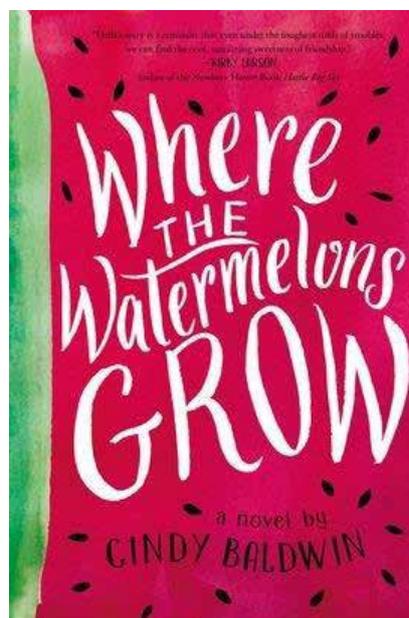
BY LAURA PETTENUZZO
LIVED EXPERIENCE COORDINATOR - SATELLITE FOUNDATION

Where the Watermelons Grow

Author: Cindy Baldwin

This book is written for a middle grade audience of kids aged 9-13. The chapters are short and easy to read and offer a sensitive look at how a young girl copes when her mum's schizophrenia flares up again. What I enjoyed most about this book is the love that was evident between all the family members. Della loves her mum and wants to help her get better as much as she possibly can, and her dad does too. Della's mum loves her children and her husband and what shines through most of all is her desire to protect them. This book was set in the South of America and so young readers might be confused by some of the slang and frequent use of "y'all," but

the book does a brilliant job of portraying a family touched by mental illness.





Space4us

FREE peer support program for young people age 13–16 years who have a family member with a mental illness.

Participants meet with other young people in similar situations to share experiences and learn new ways of looking after themselves:

- Understand mental illness
- Deal with stigma
- Build self care and support strategies
- Improve relationships

The program will be on the 17th, 18th, 21st and 22nd of January 2019, 10am - 2.30pm.

For more information or to make a referral, please contact our Youth counsellors Hayley, Vanessa or Sabatinie at Inspiro on **9738 8801**.



The Victorian FaPMI Program
Families where a Parent has a Mental Illness

Dec 2018

Phone 9738 8801

inspiro.org.au

Lilydale
17 Clarke Street
Lilydale Vic 3140

Belgrave
1616-1624 Burwood Hwy
Belgrave Vic 3160

Healesville
333 Maroondah Hwy
Healesville Vic 3777