

AUTUMN 2020

It has been quite a summer this year. The bush fires and smoke were with us much of January across Victoria and the East coast. Now we are facing worries about the Coronavirus heading into autumn. There seems to be increasing strain across the country, within communities and for families. Perhaps a time for us all to pull together with patience and understanding.

In this autumn edition of the FaPMI newsletter we have tips for talking to children about the coronavirus particularly as we know kids often worry more when they are kept in the dark.

On the lighter side we have a great list of ideas to do at home now that holiday school programs and activities have been cancelled across Melbourne. We have a no bake apple donut recipe, a 31 Day Art challenge and how to make an autumn wreath from egg cartons!! We review the book Earth to Daniel and hear also from a father who attends Kids Club with his son.

We also profile Bronwyn Sanders, FaPMI's wonderful programs leader. If you have any suggestions to improve the Newsletter please get in touch with us via Fapmi@easternhealth.org.au



www.seewhatgrows.org/educational-activities-kids-autumn-weekends/

PROGRAMS

Unfortunately all of the FaPMI programs including the MAT (Martial Arts as Therapy) program, CHAMPS, Kids Club and Space4us are postponed until further notice

due to safe social distancing precautions. Please contact the FaPMI email address for any enquiries about programs. Fapmi@easternhealth.org.au

CONTENTS

Welcome and Programs	1
Stay at home holiday activities	2
Recipe & Book Review	3
Personal Story	4
Staff Profile	5
Activity & Voucher	6
How to talk to your children about coronavirus	7
Take the 31 Day Art Challenge	8

FAPMI COORDINATOR TEAM

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

Michelle Hegarty
(Mon, Tues, Wed, Thurs)

Becca Allchin (Tues or Wed)

Elizabeth Fraser (Mon - Thurs)

4 Bona Street, Ringwood East

Ph: 9871 3988
fapmi@easternhealth.org.au

Stay at home holiday activities

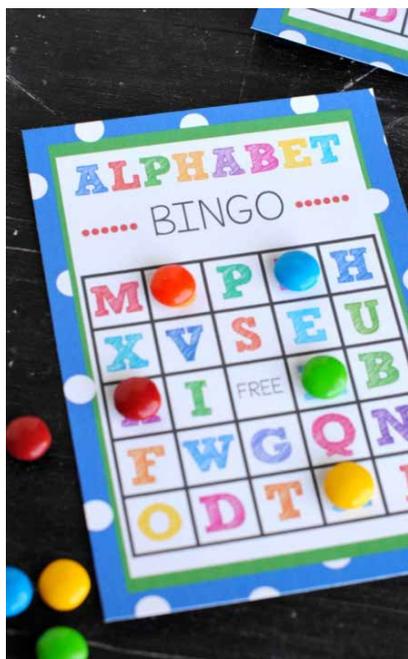
As most holiday school programs and activities will close over the coming weeks and with families likely to be social distancing if not self-isolating here is a list of activities you and your children could consider doing at home:

Free activities include:

- » cooking and baking
- » outdoor games, scavenger hunts, ball games, hide and seek
- » clean up, clean out, sort, give away, repaint
- » phone someone and have a chat, Skype, FaceTime
- » play board games
- » read books aloud
- » chalking on the pavement- hop scotch, drawings, X's & O's
- » water painting the drive with paint brushes
- » walking the dog
- » make an exercise routine for everyday (find workouts on YouTube)
- » listening to music- making music
- » Get creative with arts and crafts

Links to great activities for children:

- **Arts and crafts**
www.weareteachers.com/hands-on-activities-for-families
- **ABC Kids**
www.abc.net.au/abckids
- **PBS Kids**
pbskids.org/games
- time.com/5803373/coronavirus-kids-at-home-activities
- **Eastern Region Libraries**
www.yourlibrary.com.au/online-resources



No Bake Apple Donuts



Prep Time: 20 mins
Total Time: 20 mins
Yield: 12 Apple Donuts

INGREDIENTS

3 apples, cut into 1/2" thick slices

2 c. water + juice of 1 lemon*
(see notes)

DONUT "FROSTING":

1/2 c. peanut butter, creamy and natural (or sunflower seed butter for nut free option)

1 Tbsp. cocoa powder

TOPPINGS OPTIONS:

rainbow sprinkles, chocolate sprinkles, cacao nibs, mini chocolate chips, granola, chopped nuts or seeds

INSTRUCTIONS

Cut small circles out in the middle of each apple slice.

Soak the apple rings into the water and lemon juice mixture for 5-10 minutes. Pat dry completely.

Mix together the peanut butter and cocoa powder until smooth and well combined. Slather over each slice.

Add the toppings of choice.

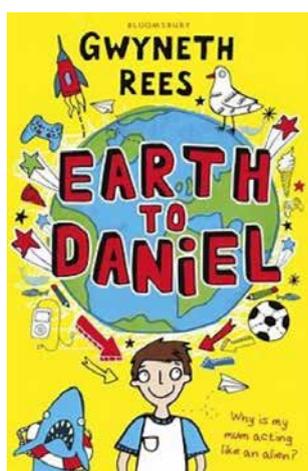
*soak in lemon to prevent apples browning if not eating straight away

Recipe and photo taken from <https://www.forkandbeans.com/2017/07/31/no-bake-apple-donuts/>



Book Review EARTH TO DANIEL

Author: Gwyneth Rees | For a middle-grade readership | Review by Laura Pettenuzzo



“Daniel knows that his mum was very ill once, but she’s fine now. She’s even landed a big new job as a head teacher. The problem is, she’s head of his new school! It’s so embarrassing!

But when his dad goes abroad, his mum stops taking the medication that prevents her illness and she starts to act like she’s from another planet. Something is terribly wrong. And Daniel is the only person who can help her..”

Earth to Daniel is a book written for children aged 9-13 years old. It’s about a young boy whose mum has bipolar disorder. When Daniel’s dad went to New Zealand to visit family, Daniel started taking care of his sister and worrying about his mum. Daniel was confused by his mum’s behaviour. She was talking really fast, not eating or sleeping very much, and she believed things that didn’t

really make sense. Young people who have a parent with a mental illness will be able to see themselves in Daniel and learn about how mental illness can sometimes look different to how we expect. The book dispels commonly held myths about aggression and mental illness that can be held by some people in the community. Gwyneth Rees captured the child voice really well, and her work as a mental health professional with young people like Daniel would have helped. A small book with a big heart; young readers are sure to love Earth to Daniel.

Personal Story

KIDS CLUB



My son and I have been coming to Kids Club for over a year. We both love it and get so much out of it. When we first started coming I was suffering from depression & anxiety due to my PTSD & bipolar but the wonderful staff and volunteers made me feel safe, protected and very welcomed. There was no pressure to participate in the activities and we were welcomed and supported when we did.

My 8 year old son immediately loved it and jumped straight into all the exciting, creative

and engaging activities Kids Club provided.

“I made friends very fast and look forward to it every month! My favourite thing was when we went to Jumpdeck at the end of last year!” (Alfie, 8) It’s great for the kids to meet other parents and kids in similar situations and it helps them understand. Some of the conversations around activities gently educate the kids about neurodiversity, coping skills & acceptance.

The staff at Kids Club really think outside of the box when it comes to all the events they

run. They get us all involved in brainstorming sessions for future activities which is a great way to get to know everyone and it felt quite empowering to be involved in those decision making processes. Meeting parents in similar situations as me made me feel like I wasn’t the only person struggling. It was so reassuring to talk with people who really understood me. This feeling of acceptance slowly helped to lift me out of my depression.

Another great thing is having a break from making dinner. The dinners provided are always delicious and often give the parents inspiration for our own meal preparation! We all appreciate a bit of respite and a chat with like-minded people. I have made some wonderful friends who I feel comfortable socializing with. I feel much less isolated now.

It can be hard to find programs specifically tailored to my families’ needs & Kids Club provides this. I’ve been to many different clubs and Kids Club is the most innovative, individualized and fun by far.

Billy Williams

Walking is already the most popular form of exercise in Australia.

It is enjoyable, convenient and free. People who walk regularly have a much lower risk of heart disease, type 2 diabetes, arthritis, depression, anxiety and insomnia, and premature death from all causes.

Need ideas for great walk spots nearby to get your fill of Autumn’s beautiful hues? Here are the expert tips on Victoria’s best Autumn walks in Melbourne and the regions. www.victoriawalks.org.au/Autumn_walks

Introducing Bronwyn Sanders: FaPMI Co-ordinator



- Space 4 Us groups – for young people aged 12-18
- Mother goose – parenting support for parents and young children
- FaPMI family fun day – a one day event for the whole family.

Anyone who lives in a family impacted by parental mental illness is able to attend our groups. You do not have to live in a specific area but we don't have much transport assistance available so families need to be able to get to the group venues.

All our groups are by referral so go to our website and download a referral form. <https://www.easternhealth.org.au/a-z-services-directory/families-where-a-parent-has-a-mental-illness-fapmi/>

There are more details on our website above or you can email me bronwyn.sanders@easternhealth.org.au or call me on 0408 291 580 if you would like more information.

The best part of my job is meeting lots of new children and their parents and hearing people's stories about how they are learning to live with mental health challenges. I hope that people gain some new skills and knowledge as a result of our programs. I have been doing the role for so long that some of the young people I first met now have their own children- this makes me feel rather old but is also exciting to see. Working with other services is also a great part of my job. The family fun day is an amazing example

of so many people coming together to put on a fun, safe and supportive event. I work as part of a fabulous team and I enjoy being part of a dynamic and passionate group of people.

My mum had mental health issues when we were growing up but no one ever talked about it. I really hope that it is becoming easier for families to talk about mental health and mental illness and to find ways to overcome the stigma associated with mental illness.

If you have any ideas or thoughts about other programs that we could run I would love to hear from you!

Farewell Georgia

FaPMI says farewell to Georgia Cripps. Georgia brought her passion for working with families and children to the FaPMI role. Her energy, fierce determination and collaborative style contributed to enhancing family focused practice within the Adult Mental Health Program. Luckily she remains in the program in a different role.



I have been working in the FaPMI program which is a part of the Eastern health mental health service for more than 10 years. Before that I worked mainly in continuing care as a case manager.

The FaPMI (Families and parents where there is a mental illness) program aims to promote better outcomes for families impacted by parental mental illness. My specific role is to coordinate programs for children living in a family with parental mental illness. We have run a range of programs over the past 10 years. At the moment we run:

- Martial arts as therapy groups for children aged 8-12
- CHAMPS peer support groups for children aged 8-12
- Kids Club – a once a month peer support group for children and their parents/ carers

Making An Egg Carton Wreath



What You'll Need:

2 - 3 egg cartons

scissors
(kitchen shears work best)

acrylic paint in autumn colours

paint brush

cardboard for the wreath base

thick white glue

From: thecraftycrow.net

Directions

Cut a wreath shape from the cardboard. Trace a small plate for the outside edge and a plastic lid for the inside.

The diameter of the wreath is about 8 inches.

Paint the wreath brown and let it dry.

Cut flower shapes from the egg carton cups, and leaves from the flat areas. Cut the blue flowers from the tall spacers between the egg cups.

This can be quite a chore so better for older children or an adult to do.

Paint the flowers and leaves with acrylic paint and let dry.

While the flowers are damp with paint they are fairly pliable so if you'd like to give them a little shaping give it a go, but once they are dry they are very sturdy.

Place the flowers and leaves in a pleasing way around the wreath and when you're happy with your design then glue them on.

For families who may need financial assistance to purchase games, craft supplies or family sports equipment that will help keep children occupied over the coming school break - we have a limited supply of Big W vouchers which you may request via fapmi@easternhealth.org.au or phone Michelle in the FaPMI team on 98713988. Purchases may include board games, totem tennis, footballs, arts and crafts supplies, colouring books or outdoor activities such as gardening.

How to talk to your children about coronavirus



From: Healthychildren.org

Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry more. Look at the conversation as an opportunity to convey the facts and set the emotional tone. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing on the news or from their friends.

Some tips:

Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.

Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

The best way for children to stay healthy is to wash their hands with soap and water for 20 seconds (or the length of two "happy birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.

For more detailed information please go to:

childmind.org/article/talking-to-kids-about-the-coronavirus

www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19

Take The 31 Day Art Challenge

Inspired by the Children's University Australasia



- 1. Something you couldn't live without
- 2. Something yellow
- 3. Favourite book character
- 4. Something you dislike
- 5. Favourite animated character
- 6. Something you miss
- 7. Something purple
- 8. Favourite fairy tale character
- 9. A city skyline
- 10. Something orange
- 11. Something green
- 12. Favourite animal
- 13. Favourite place at home
- 14. Favourite food
- 15. Something pink
- 16. Something in your room
- 17. Favourite flower or plant
- 18. Something blue
- 19. Something that makes me laugh
- 20. Favourite pet
- 21. Favourite outfits
- 22. Something you like to do on weekends
- 23. Your dream house
- 24. Favourite hobby
- 25. Self-portrait
- 26. Favourite sport
- 27. Something red
- 28. Favourite autumn scene
- 29. A place you dream of visiting
- 30. Free choice...