

Families where a Parent has a Mental Illness

Hopefully this edition of the newsletter will bring some brief distraction from the recent lockdown and wild wintry temperatures.

We've organised a couple of great winter school holiday activities and are planning the end of the year Family Fun Day. In this newsletter, you'll find a recipe for warming shepherd's pie, a fun balloon activity, and a review of the book *Obsessed* about a woman living with OCD.

We have information about mental health supports in our catchment, as well as Let's Talk, a series of conversations about parenting to enhance family life with children. We've included a snap shot of school holiday activities around town. Don't forget to check your council and community houses for activities in your area. Stay warm!



Programs update

CHAMPS (a peer support and education group) will run in Term 3 at the Avenue Uniting Church on Wednesdays from 4-5.30pm commencing 21 July.

MAT (Martial Arts as Therapy) will NOT run in Term 3, but will be back in Term 4.

Kids Club is an ongoing peer support group for kids aged 8-12 and their parents/carers. It meets every fourth Monday at EV's in Croydon from 4.30-7pm. Dates for Term 3: 28 June, 26 July, 23 August and 27 September.

For referrals or more information contact **Bronwyn.Sanders@easternhealth.org.au**

Space 4 Us drop in activity sessions and outings will run every third Monday from 4:30-6.30pm. Dates for Term 3: 19 July, 16 August and 20 September. Activities are supervised and open to young people aged 12-18 living in the Eastern suburbs. New members welcome.

CHAMPS School Holiday program - Laser Tag and Ten Pin Bowling. This event is fully booked.

Space 4 Us Holiday Activity 'Winter City Escape'. Monday 5 July from 9.30am-4.30pm. See the flyer for further details.

For referrals or more information contact **Michelle.Hegarty@easternhealth.org.au**

What's Inside

Welcome & Programs	1
Holiday Activities & Events	2
Family Fun Day Photos	3
Craft	4
Recipe	5
Book Review	6
Socially Conscious Books for Kids	7
Let's Talk About Children	8
MH Referral & Access Team.....	9

FaPMI Coordinators

4 Bona Street, Ringwood East
Phone: 9871 3988
fapmi@easternhealth.org.au

Bronwyn Sanders (Mon - Wed)
CHAMPS Referrals Phone: 0408 291 580
Michelle Hegarty (Mon - Thu)
Becca Allchin (Mon, Tue, every other Wed)
Elizabeth Fraser (Mon - Wed)

Newsletter produced by Elizabeth Fraser & the FaPMI team with Creative Content & Copy (rachel@ccandc.com.au).



SCHOOL HOLIDAY ACTIVITIES & EVENTS

The Winter Village

An outdoor pop-up event returning to the Skyline Terrace at Federation Square.

This winter wonderland is a must-visit that's perfect for the whole family. With Melbourne's twinkling city lights as the backdrop, enjoy ice skating, snow showers, food trucks, pop-up bars, and, of course, the magical igloo village.

With a full season of events and activities to explore, the Winter Village is FREE to enter and open seven days a week. Federation Square Skyline Terrace, Russell St Extension.



WORLDS Immersive at Melbourne Museum

A five-minute cinematic journey from the origin of the universe, through the building blocks of nature, to explore the patterns and connections that bind us with the natural world. FREE for children under 16 years old.

The Learning Lab, Melbourne Museum
11 Nicholson St, Carlton

BOOK ONLINE <https://museums victoria.com.au/melbournemuseum/whats-on/worlds-immersive/>

Plans for the Planet: Olaf Breuning for Kids

Contemporary artist Olaf Breuning presents a large-scale participatory exhibition for children that plays to young people's universal love of adventure and theme parks, while referencing Breuning's thoughts about life.

FREE event, bookings not required.

National Gallery of Victoria
180 St Kilda Rd, Melbourne



Fast Forward Project

Explore 40 city laneways being transformed with stories, visuals and acoustic designs as part of the Flash Forward project.

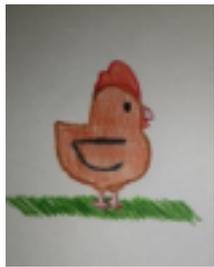
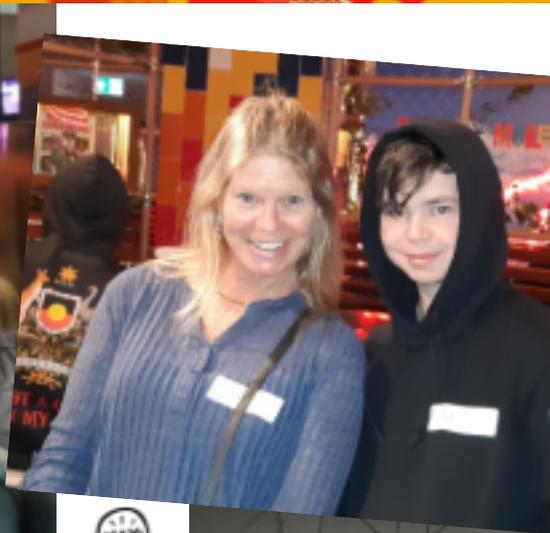
Showcasing the work of more than 80 Melbourne creatives, the laneways include Bourke Place, Russell Place, Hughes Lane, Smythe Lane, Evans Lane, Drewery Lane, Finlay Alley, Corrs Lane and others.

<https://flash-fwd.com/>



FAMILY FUN DAY

Here are some fabulous pictures from our FaPMI Family Fun Day in March this year. Activities included bowling, mini golf, origami and art. Thanks to everyone who came and made it such a great day.

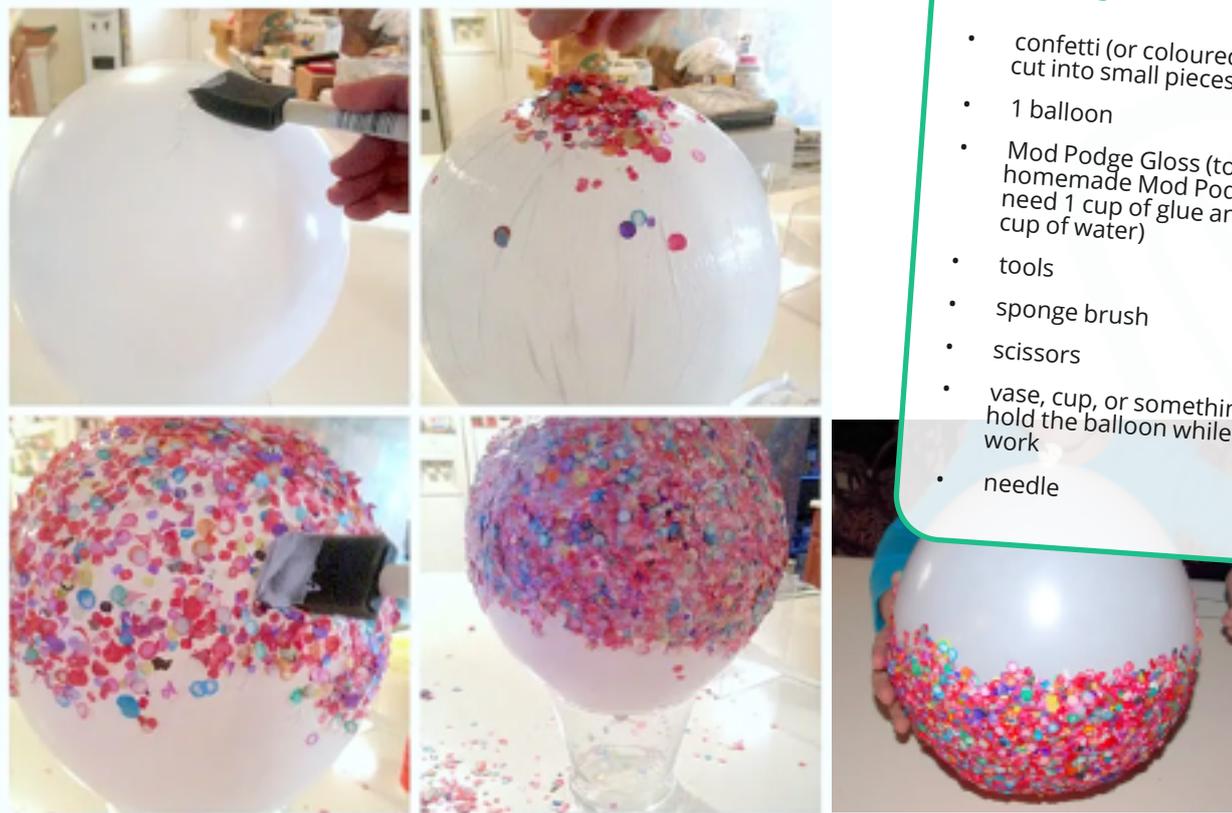




CRAFT

Make a confetti bowl in three easy steps!

Confetti bowl



materials

- confetti (or coloured paper cut into small pieces)
- 1 balloon
- Mod Podge Gloss (to make homemade Mod Podge you need 1 cup of glue and 1/3 cup of water)
- tools
- sponge brush
- scissors
- vase, cup, or something to hold the balloon while you work
- needle

1. Inflate the balloon, then set it onto a vase so it's easier to work with.
2. Add Mod Podge to the top half of the balloon with a sponge brush, then sprinkle confetti all over. Remove the balloon from the vase and hold it to add confetti on the sides.
3. Let it dry and add another coat of glue and confetti. Repeat. When you feel like the confetti is thick enough, let it dry a final time.
4. Add several coats of Mod Podge until you achieve a thick coat (3-4 coats for stability). Let it dry for 8-10 hours.
5. Pop the balloon with a needle.
6. Trim the edges with scissors if desired.



Prep time: 5 minutes
Activity time: 45 minutes
Drying time: 12 hours

<https://modpodgerocksblog.com/confetti-bowl/>



RECIPE

Simple shepherd's pie

1. Preheat the oven to 180°C. Heat the oil in a large saucepan over medium heat and cook the onion and carrot for five minutes or until soft.
2. Add the mince, bacon and mushrooms and cook for three minutes or until mince is browned. Stir through the tomato paste, tomatoes, stock and herbs.
3. Cover and simmer for 15 minutes, then uncover, and simmer for a further 15 minutes until most of the liquid has evaporated. Add the peas and cook for another couple of minutes.
4. To make the potato topping, boil the potatoes in water until soft. Drain well and mash with butter, milk and parmesan.
5. Pour the meat mixture into a 1L oven-proof dish and top with the mash. Bake for 35 minutes or until the topping is golden brown.

<https://www.kidspot.com.au>

ingredients

- 1 tbs olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 600g beef mince
- 3 shortcut bacon rashers, chopped
- 8 button mushrooms, cleaned and halved
- 2 tbs tomato paste
- 400g can tomatoes
- 1 cup beef stock
- 1 tsp dried oregano
- 1 cup frozen peas

Potato mash

- 1 kg potatoes, peeled and chopped
- 50g butter
- 1/4 cup milk
- 1/2 cup parmesan cheese, finely grated



A fun, artistic and unique offering of **activity-based self-care and online workshops** to help combat isolation during the school holidays (Victoria).

Our 'At Home' program combines physical care packages of activities with health and wellbeing resources and professional facilitation.

This provides children and young people aged 8–16 years (approx.) with opportunities to expand their creative toolkit.

To join go to www.satellitefoundation.org.au/programs/



BOOK REVIEW

Obsessed: A Memoir of My Life with OCD

Author: Allison Britz

Reviewed by: Callum Sanders

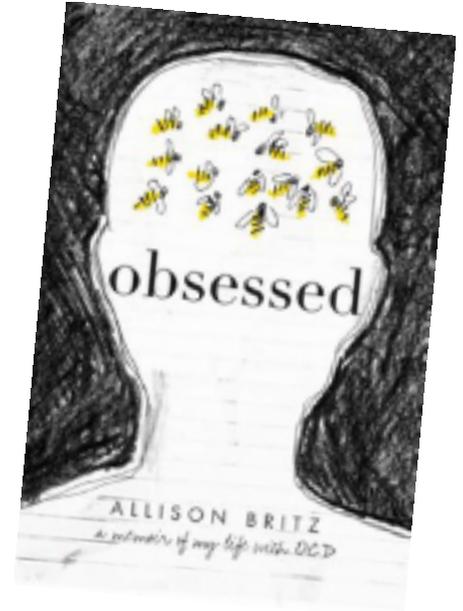
15-year-old Allison lives with her mum and dad in an idyllic town. Until one day it all gets flipped upside down ... she wakes up one night from a dream that tells her she has cancer. Allison starts to believe she has cancer and that, if she listens to the voice in her head, she might just be able to prevent herself from dying.

Each day the monster voice pronounces more and more things cancerous and soon Allison's life is turned upside down. Hairdryers, most of her clothes, and even pencils, along with many other things, are declared cancerous. Soon Allison finds herself an outcast.

The once top student hits rock bottom and things are only set to get worse until Allison finally reaches out for help and is diagnosed with OCD. From there she works with her psychologist to get her life back on track. *Obsessed* tracks Allison's return from the depths of OCD.

This is a book for anyone who likes reading about mental health issues and stories of recovery. I think

this book is appropriate for ages 12 and above, as it covers some pretty deep stuff. It would be helpful to anyone that knows someone with OCD, has OCD, or is just interested in learning about the hardships of mental illness.



I really enjoyed the way Allison wrote about her past like a narrative, while still covering all the facts.

Reading *Obsessed* made me feel really frustrated with Allison and the way she acted but, over the course of the book, I came to understand the difficulties of OCD. Now, I think if I met someone with OCD, I'd be able to better understand what they are going through.



"My father was a providing dad and very little else, so I'm doing my best to be all 7 dads and give my girls the best childhood I can."

DadStuff workshop, 2021

DadStuff

Join one of our FREE webinars for dads, father-figures and families.

- 7 types of dad
- Healthy family relationships
- Bonding with your kids
- Connecting with other dads
- Hear what other dads are up to in Australia

<https://supportforfathers.com.au/>



TINY TOTS, BIG ISSUES

Discover some socially conscious books for kids.

Here are a few books that provide children with ways to understand current issues and ideas that are sometimes hard to talk about.

A HOUSE FOR EVERYONE by Jo Hirst, illustrated by Naomi Bardoff. It's aimed at four to eight-year-olds and is a neat reminder that everyone is different and it's OK to be yourself.

AN ABC OF EQUALITY by Chana Ginelle Ewing, illustrated by Paulina Morgan. Chana's book works through an alphabet's worth of social ideas, breaking them down in a clear and simple way that even adults can benefit from.

WHEN WE SAY BLACK LIVES MATTER. This picture book is a labour of love from Sydney author Maxine

Beneba Clarke, who's responsible not only for the rousing words, but also for the striking pictures.

I SAW PETE AND PETE SAW ME by Maggie Hutchings, illustrated by Evie Barrow. Published earlier this year, it tells the tale of a young boy out with his mum when he strikes up a friendship with a man named Pete, who's living rough.

CHANGE STARTS WITH US by Sophie Beer. This is a book about saving the planet.

WHAT IS A REFUGEE? This short but informative picture book from author and illustrator Elise Gravel answers a few questions that curious kids might have, like who are refugees?

Taken from Tiny Tots, Big Issues by Sophie Kalagas in the January 2021 edition of frankie.

Read full reviews: <https://www.pressreader.com/australia/frankie/20210101/281681142422074>



FaPMI COMMUNITY SUPPORT: LET'S TALK

Would you like to talk more about your children, your parenting and how things are going in your family?

Would you like to promote wellbeing in your family and build better understanding about mental health? Then Let's Talk might be for you!

Let's Talk about Children (referred to as Let's Talk) is a brief, evidence-based method that uses a series of structured conversations with parents to support the wellbeing of their children and a harmonious family life. Let's Talk has been adopted within the Eastern Health mental health program and also across some family services in the Eastern region.

We know that adversities such as mental illness, poor physical health, family violence, relationship breakups and other life events, can challenge everyday family life. They interrupt the established patterns and routines, and take energy from all family members to make adjustments.

The Let's Talk method helps the parent and health worker to consider each child's wellbeing and support the parent to re-establish or create new strategies that promote family wellbeing.

Let's Talk has been shown to have good outcomes for parents, children and families. Parents have shown improved confidence in parenting and less guilt and worry about their families. Children in families where a parent has participated in Let's Talk have shown improved mental health and wellbeing. Family functioning has also been seen to improve with greater mutual understanding in families.

Ask your support team if you can try the Let's Talk conversation tool together.

Contact the FaPMI team for further information at fapmi@easterhealth.org.au



"Let's Talk gave me a way to move forward and new knowledge of the supports available to me and my family. The program also taught me new skills that I needed to engage in conversations with my family about my mental health. But most importantly, it gave me validation as a parent — not just a woman suffering from depression."
Gemma, parent of two children

Farewell to FaPMI Coordinator Justine Brogna

We would like to thank Justine for her many and varied contributions to FaPMI over the past year. Although she's no longer a FaPMI coordinator, she will stay connected with Eastern Health and aim to be involved in FaPMI activities when she can. We'll miss her smiling face in the team.



SERVICE PROFILE: EMPHN MENTAL HEALTH REFERRAL & ACCESS TEAM



The Eastern Melbourne Primary Health Network (EMPHN) has a Referral & Access Team to help health professionals, consumers, carers, families and the community to understand, navigate, and access mental health, alcohol and drug (AOD), and suicide prevention services in our region.

The Referral & Access Team, comprised of skilled mental health clinicians and practitioners, is the entry point for assisting people to identify, and then access, the service that best suits their needs.

The team's intake process is holistic, taking into account all aspects of a person's physical and mental health, as well as community and social connections, and financial and legal matters. This whole-of-person approach supports the individual with appropriate referrals or linkages in the community.

EMPHN's Referral & Access Team works closely with 'stepped care' service providers in the region, who

deliver stepped care mental health supports for people of all ages experiencing a range of mental health issues, from mild to severe. Care is tailored to address the person's current needs.

Stepped care providers are also the HeadtoHelp hub (www.emphn.org.au/headtohelp) service providers in their areas, delivering mental health and wellbeing support during the COVID-19 pandemic. EMPHN's Referral & Access Team work closely with HeadtoHelp hubs operating in Hawthorn, West Heidelberg, Yarra Junction, Box Hill, Wallan and Boronia.

Contact the EMPHN Referral & Access Team

email: referral.access@emphn.org.au

website: www.emphn.org.au

phone: (03) 9800 1071

fax: (03) 8677 9510



There are 31 Primary Health Networks (PHNs) in Australia. They are principally funded by the Australian Government to improve the care and support people receive from health services. This involves ensuring people receive the right care, in the right place, and at the right time, with a focus on getting services 'on the ground' to address the health needs of communities.

Hang out at Space 4 Us!

This is a monthly gathering for you to connect with other young people who have a family member with mental health concerns.

Meet new people, hear from others in similar situations, and learn new ways of looking after yourself.

Join us for games, group activities, outings, food, online catch ups and more!



IT'S A MONTHLY GATHERING – 4U!

Third Monday of each Month 4.30-6.30pm

EV's Youth Centre

212 Mt. Dandenong Road, Croydon

Parking and public transport nearby

FREE ACTIVITIES

Come along, hang out, chill out... that's totally fine!

Meet at EV's Youth Centre, Croydon from 4pm - there'll be something different each month - get creative, have fun, learn new stuff, outings and activities, online games...it's your call.

Snacks and light dinner supplied - please let us know if you have any dietary requirements.



Dates for 2021

17 May

21 June

5 July - School Holiday Outing

19 July

16 August

20 September - School Holiday Outing

18 October

15 November

December End of Year Celebration

For more information contact FaPMI Co-ordinator Michelle on M: 0481 913 607

Or email: fapmi@easternhealth.org.au

This monthly activity is fully supervised and open to young people aged 12 - 18 years living in the Eastern suburbs of Melbourne

Champs:

A peer support program for children aged 8-12 and their parents/caregivers

FaPMI

Families where a Parent has a Mental Illness

The Champs program offers peer support to **children** who have a parent/adult family member with a **mental illness**. **Champs** is for primary school age including children who do not live with their parents. Parents or other primary carers are invited to attend the parents **peer support** group which will be held at the same time.

"I liked everything....I learned I am not alone and there's other people like me"

(Child 11yrs)

This is a **FREE** program



WHEN: 4 - 5.30pm Wednesdays Term 3
Commencing 21st July 2021

WHERE: The Avenue Uniting Church
46 Blackburn Rd Blackburn



The Champs program is an initiative supported by the FaPMI (Families where a Parent has a mental illness) program. The group will be co-facilitated by staff from Eastern Health, NEAMI, Wellways and people with Lived Experience.

To obtain a referral form or make an enquiry

Contact Bronwyn Sanders

FaPMI Coordinator, Eastern Health

Ph. 0408 291 580

Email:

bronwvn.sanders@easternhealth.org.au



FOR MORE INFO ON THE FaPMI PROGRAM PLEASE REFER TO WWW.BOUVERIE.ORG.AU