

The coming of spring is something we can count on as the seasons come and go with great predictability. This might be a relief to many as much of the rest of our lives here in Melbourne and beyond are far from predictable. This latest lockdown is taking its toll on all of us in different ways.

Sometimes it's hard to be in resilience mode and push through. So wherever you find yourself, remember to be kind to yourself first and foremost, take time to do something that makes you and the family feel good, and reach out when it feels too much.

Programs update

MAT (Marital Arts as Therapy) is on hold until Term 4. Details to be confirmed.

The current CHAMPS program is online. There's no program in Term 4.

Kids Club is on hold.

See posters at the end of the newsletter for the Space 4 Us Paint By Numbers School Holiday Activity and the Mindfulness For Families sessions, which will run over four weeks.

For more information contact
fapmi@easternhealth.org.au



Check out our new webpage where you can find information and programs for children and young people of parents with a mental illness, parents and families in the Eastern Region of Melbourne.

<https://www.easternhealth.org.au/services/mental-health-services/families-where-a-parent-has-a-mental-illness-fapmi>

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



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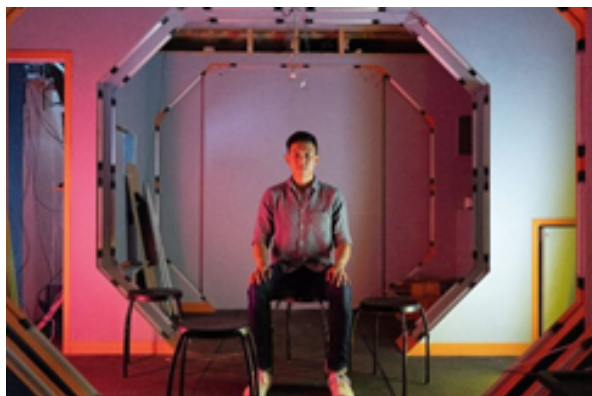
FaPMI Coordinators

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

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



SCHOOL HOLIDAY ACTIVITIES & EVENTS



Covergence

Covergence includes audio, text and moving image and is suitable for players aged from 16 years. It can be played with 2–6 people gathered in person and each player requires one sheet of paper, drawing tools (pencils, pens) and a coin of any denomination.

The game takes 90–120 minutes to complete, you can take breaks at anytime, and you don't need to know any rules beforehand.

<https://convergence.place/>



Mer-Play from LaMama

For young people, run by young people, Mer-Play provides half an hour of movement, games, activities and general joy on Zoom.

Facilitated by the cast of The Mermaid, join in every Tuesday to move your body in sessions on topics such as daggy dancing, mermaid treasure hunt and sea monster tames.

<https://lamama.com.au/whats-on/la-mama-for-kids-online-2021/mer-play/>

'AT HOME' WITH SATELLITE

STAY CONNECTED BE CREATIVE KEEP WELL THESE SCHOOL HOLIDAYS!

Creating opportunities for connection, new friendships and community for children and young people where a parent or carer has a mental health challenge.

8-11yrs (approx)

CREATURE COMFORTS

- Receive a box by post full of fantastic craft materials
- Design and make wild creature!
- Meet new friends on Zoom and connect over storytelling and playful adventures
- Have your creature join a super secret superpower team and discover the role they play in changing the world!
- We make postcards of your creature for you to keep as a reminder of how awesome you both are! You can send them out to whoever you choose.

Zoom dates: Two Workshop Series
Monday 20 & 27 September 10:00 - 11:00am

12-14yrs (approx)

SONGWRITING

- Zoom with the Satellite team and Sierra Verity-Bosley, a Melbourne composer, multi-instrumentalist and educator.
- Share and listen to popular songs to better understand how that helps us all feel heard
- Create music to connect with others and find meaning in our shared experiences
- Explore skills in writing, performing, recording, or creating professional-sounding music online
- Write and compose a group song to be shared with the world!
- Opportunity to add a one-on-one session with Sierra to your experience (places limited)

Zoom dates: Two Workshop Series
Monday 20 & 27 September 1:30 - 3:00pm

Visit www.satellitefoundation.org.au for more detailed program info and to register your interest online by 10th September 2021! For any questions please get in touch with the Satellite team - we'd love to hear from you!

hello@satellitefoundation.org.au 0455 522 122



CRAFT

Rainbow Butterfly Suncatchers

Transform tissue paper, bubble wrap and a craft stick into a colourful butterfly!



materials

- black twine
- black paint
- bubble wrap
- wide craft sticks
- tissue paper cut into squares
- glue
- Mod Podge or PVA glue mixed with water
- paint brush

1. Grab the tissue paper squares and a sheet of bubble wrap.
2. Paint the Mod Podge on the bubble wrap and lay the colourful squares on top to create a colourful rainbow collage.
3. Set it aside to dry.
4. Paint the craft stick black.
5. Once dried, cut the tissue paper bubble wrap into wings and glue to the back of the craft stick, folding the wings slightly at the body.
6. Add black twine antennae to the butterfly.
7. Hang it in the window!

<https://kidsactivitiesblog.com/86887/butterfly-suncatcher-craft/>



The kidshelpline has great resources for families and children. Call anytime. Phone 1800 55 1800. It's FREE, even from your mobile.

Talking helps! We're here for your kids. No problem is too big or too small.



<https://kidshelpline.com.au/parents/issues/helping-kids-covid>

<https://kidshelpline.com.au/parents/issues/coping-family-stress>





RECIPE



ingredients

- 4 eggs
- 1/2 cup butter, melted
- 1/2 cup plain flour
- 1 cup sugar
- 1 cup coconut
- 2 cups milk
- 2 tsp vanilla essence

<https://www.bestrecipes.com.au/recipes/vanilla-impossible-pie-recipe/vsf53lp5>

Vanilla Impossible Pie

All the ingredients are mixed together and poured into a pie tin, but when it cooks it forms its own crust with filling. The basic recipe has a lovely vanilla coconut flavour, but the variations are endless.

1. Combine all of the ingredients together and pour mixture into a greased pie tin.
2. Bake in the oven at 170C for 1 hour or until firm.

Ideas for variations

For a passionfruit flavour: use only 1 cup of milk and instead of vanilla essence add the pulp from 4 passionfruit.

For a citrus flavour: use only 1 cup of milk and instead of vanilla essence add the grated rind and juice of 1 lemon and 1 orange.



Satellite Connection is a FREE ONLINE program for young people 14–17 years old who have a parent or carer with a mental health challenge.

Dates: Wednesdays, October 13, 20, 27 and November 3, 10, 17

Time: 4.30pm – 6pm

Visit www.satellitefoundation.org.au to register your interest by 1 October 2021 and check out other programs on offer.



The Centre for Adolescent Health

The Royal Children's Hospital in Melbourne

Find helpful resources about COVID-19 and adolescent health:

<https://www.rch.org.au/cah/about-us/COVID-19-and-adolescent-health-%E2%80%93-helpful-resources-to-consider/>

COVID RESOURCES FOR FAMILIES



Watch videos on how to support children through extended lock downs and manage routines for children during the COVID-19 pandemic.

See this factsheet for more information and links to the videos: <https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/05/01111231/Emerging-Minds-COVID-19-Resources.pdf>

Talking with children about the COVID-19 Delta variant: <https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2021/08/16120132/Talking-with-children-about-the-COVID-19-Delta-variant.pdf>

SNAICC

National Voice for our Children



SNAICC is listening to our supporters, members and organisations to identify key issues impacting children and families during the COVID-19 pandemic.

We are here to support Aboriginal and Torres Strait Islander children and families.

<https://www.snaicc.org.au/resources/helpful-resources-for-children-and-families/>



Information for parents and carers

Find information on COVID-19 and protective hygiene, plus tips to help you and your family cope through lockdowns.



COVID-19: family guide

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>



Let's be real: so much about COVID-19 is outside of our control. Not just the virus itself, but all the other aspects of life that might be impacted, from work and finances to socialising and travel.

Give yourself credit as you cope with this tough time and recognise that dealing with this challenge can make you more resilient.

<https://au.reachout.com/articles/how-to-deal-with-uncertainty-during-coronavirus>

VMCH SUPPORT FOR CARERS PROGRAM

**Written by Amanda Nichols,
Carer Engagement Officer, VMCH**

The VMCH Support for Carers program is available to carers living in the local areas of Knox, Yarra Ranges, Whitehorse, Maroondah, Manningham, Monash and Boroondara. We're here to support people of all ages who care for a person with needs including mental illness, dementia, disability, a chronic condition or illness, palliative care, and older people with care needs. While we only offer short-term services, we can provide referrals for long-term support.

As a carer, you are a bit of a hero. What you do on a daily basis, while rewarding, is definitely challenging. And what you do can affect your physical and emotional wellbeing. We want to ensure that you can continue to care while maintaining your health and wellbeing. We're responsive to your individual needs and focused on your wellbeing.

When you come to us, we'll discuss your situation so we can identify what the best support options are and which ones you prefer.

Some of the support services we offer include:

- personal care
- home care services like meal preparation
- flexible respite in your own home or out in the community
- support in an unexpected situation.

We also offer special events, carer wellbeing activities (see the photos), education, and referrals to long-term support services.

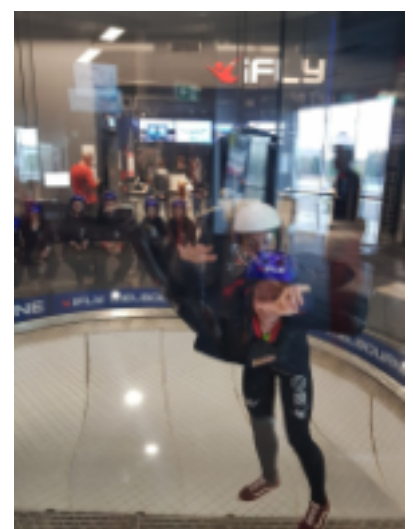
For further information call 1300 MY VMCH (698624) .



A pottery session.



A gondola trip.



Skydiving!



Segway fun.

FaPMI SERVICES

the **MAT** program a therapeutic martial arts program

FaPMI asked for feedback on the MAT program.
Here are some of the responses.

Do you feel that your child has benefited from participating in this program?

- He talks about the program, tells people around him to be calm, and practises kindness a lot. He still needs to focus on homework.
- He became stronger, respectful, understanding people around him, more caring and kinder.
- He has learnt so many valuable skills – perseverance, focus, calm.

Why have you enjoyed being a part of this program? Which activities did you like?

- All the people were supporting each other.
- It was great fun.
- We did lots of stuff.
- It taught me never to give up.
- It was good meeting new people.
- I liked breaking boards, star jumps and push ups.
- If you keep practising you can achieve your goals.

The CHAMPS program went online in Term 2



Here are the facilitators of the CHAMPS program and below are the great home delivery packs for CHAMPS participants.



Farewell to Bronwyn

In July, the FaPMI team sadly said farewell to Bronwyn Sanders, who has been the face of many of our family programs. A senior Occupational Therapist, she's worked in the Eastern Health Mental Health Program for 25 years and has been with the FaPMI team for more than 12 years.

Bronwyn was the first to run and support our programs and has amazing knowledge of families



in the region. As Coordinator, she has nurtured relationships with many organisations that have enabled FaPMI to run its programs. Bronwyn was instrumental in the review and redevelopment of the CHAMPS program and statewide training of facilitators.

Bronwyn leaves a big hole in our team and we will miss her down to earth, practical and easygoing nature.

FaPMI

Family Fun Day

YOU MUST
REGISTER
TO
ATTEND

BOOK
NOW

SUNDAY
28 NOV
12–3pm

For families with a parent or
carer with a mental illness

FUN STUFF FOR THE
WHOLE FAMILY

NEW VENUE

Heathmont Bowls
Club

9 The Greenway,
Heathmont

RSVP by 14th Nov

Children must be
accompanied by an adult

Barefoot Bowls
BBQ Lunch
Petting zoo
Snow cones
Live music
Dancing

Massage
Giant games
Face Painting
Craft Activities
Jumping castle
Santa photos



Book online at:

<https://www.trybooking.com/BTLWE>

For more info
call Michelle Hegarty
0481 913 607

COVID SAFE EVENT
MAY BE SUBJECT TO CHANGE



Drug &
Alcohol
Free Event



each wellways
mental health | disability | rehabilitation



easternhealth

HAIRHOUSE

MINDFULNESS FOR FAMILIES

A 4 PART SERIES

This is an online program for all ages

Supported by FaPMI

For families where parents have a mental illness



Wednesday
4.30-5pm

13 October
20 October
27 October
3 November



PLEASE REGISTER TO ATTEND

EMAIL: fapmi@easternhealth.org.au

PHONE : Michelle Hegarty on 0481913607

LIMITED PLACES

Proudly supported by



No matter what your age or your experience with mindfulness, everyone can benefit from this series.

Join mindfulness educator Carolyn Mitchell for these bite-size 30 minutes sessions

Online from your own home

Carolyn's mindfulness sessions will include practical family-friendly activities plus handouts each week

Sessions will include Mindfulness, Breathing, Tuning In, Gratitude and "Kindfulness"

easternhealth



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

Space 4 Us School Holiday Activity

PAINT BY NUMBERS

FOR BEGINNERS

THURSDAY 23 SEPTEMBER
2.30 PM-4:00 PM
ONLINE VIA ZOOM

ARTIST is U

Choose your own canvas
from 100s of designs

Register to attend

Via email: fapmi@easternhealth.org.au

Or call Michelle Hegarty on 0481913607

All art supplies delivered to your door

**Snack voucher for
all
participants**

