FaPMI Spring Newsletter

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/mentalhealth-services/families-where-a-parent-has-a>mentalillness-fapmi

School Holidays Activities & Events

**Convergence**

Convergence 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-forkids- online-2021/mer-play/

**Space4Us Online Holiday Program**

PAINT BY NUMBERS with supplies delivered to your door.

Thursday September 23rd from 2:30-4:00pm

Register to attend fapmi@easternhealth.org.au

**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.

**FaPMI Family Fun Day**

Sunday November 28th 12-3pm Heathmont Bowls Club

RSVP by November 14th

FREE but you need to book online <https://trybooking.com/BTLWE>

For more information please call Michelle Hegarty on 0481 913 607

**Mindfulness for Families**

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”.

A four part online program for families on Wednesday October 13, 20, 27 & November 3

Please Register to attend fapmi@easternhealth.org.au

Craft: Rainbow Butterfly Suncatchers

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

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 winds slightly at the body.

6. Add black twine antennae to the butterfly.

7. Hang it in the window!

COVID Resources for Families

The Royal Children’s Hospital in Melbourne

Find helpful resources about COVID-19 and adolescent health:

<https://www.rch.org.au/cah/about_us/COVID19_and_adolescent_health_%E2%80%93_helul_resources_to_consider/>

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/helpingkids-covid>

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

Emerging Minds

Watch videos on how to support children throughextended lock downs andmanage 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-withchildren-about-the-COVID-19-Delta-variant.pdf

Raising Children

The Australian Parenting Website: 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

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/helpfulresources-for-children-and-families/>

REACHOUT

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/howto-deal-with-uncertainty-duringcoronavirus>

**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 education, and referrals to long-term support services. For further information call 1300 MY VMCH (698624).

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.

**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 easy going nature.