

Welcome to the Spring 2020 edition of the FaPMI newsletter and our new design and lay out. We hope you find it as pleasing as we do. We'd love your feedback and ideas for the newsletter, so don't hesitate to contact us at [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au).

Resilience and patience. There is no doubt that the extension of restrictions in Melbourne will test both. So hang in there. It has been a long haul this year and families are doing the best they can.

Check out the photos from families, as well as a lovely piece by Annie about how she and her family are getting through. We also have links to resources for families, online programs and counselling, and we introduce our new FaPMI Coordinator Justine Brogna. Check out the calendar in the back and go for the 30-day challenge! Or make a glitter jar and pancakes just for something different. Whatever you do, find the joy in little things and take good care of yourselves and each other.

## Programs

As you can imagine, it's difficult to plan ahead for programs at the moment. We will be running the Martial Arts as Therapy group online in term 4 for 6 weeks, commencing 14 October.

The FaPMI Family Fun Day will not go ahead in its usual format, but we are exploring alternative options. We'll provide more details closer to the date.

Satellite are running some great programs over the September school holidays, so consider booking into these.

If you are interested in any programs now or in the future, contact Bronwyn Sanders.

**[bronwyn.sanders@easternhealth.org.au](mailto:bronwyn.sanders@easternhealth.org.au)**

SPRING  
2020



ABC Life: Daniel Mee/Adobe Stock) <https://www.abc.net.au/life/how-do-you-raise-kind-kids/11832740>

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### FaPMI Coordinators

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Bronwyn Sanders (Mon - Wed)  
CHAMPS Referrals Phone: 0408 291 580

Michelle Hegarty (Mon - Thu)  
Justine Brogna (Mon - Wed)  
Becca Allchin (Mon, Tue, every other Wed)  
Elizabeth Fraser (Mon - Wed)



# SCHOOL HOLIDAY ACTIVITIES

## Fun activities to try!

- Make a friendship bracelet
- Make a wheat bag to keep warm
- Make a bird feeder
- Decorate cup cakes
- Make play dough
- Make a scrapbook or write a journal
- Check online for other great ideas

Well, we don't know what these school holidays will bring or what activities might be running. However we have some great ideas from FaPMI families. We asked for pictures of what they have been doing in lockdown. Have a look at what people have been up to!!



This is what Bill & Alfie are doing?



Matthew and Lizzy are really enjoying their pets during lockdown. They give them a focus and many laughs!



The Hegarty family playing cards.



Lisa's jigsaws.





# ART & CRAFT

## Make a sparkly calm jar

It's no secret that kids are full of energy and sometimes make lots of noise. At times, they have strong emotions that are hard for them to express in words.

When kids get overexcited or rowdy, it's great to have some ways to help them settle down.

One fun and creative option is to make a super easy glitter calm jar. Make it as a quiet activity, then use it like an egg timer so kids know how long they have to finish tasks, such as cleaning their room.

It's nice to hold, which is great for kids who need a tactile stimulus while they're concentrating on other activities such as reading or listening.

Watching the swirling clouds of glitter slowly sink to the bottom is soothing, helping to settle anxious or restless little ones.

It's a fun way to spend time together and make something pretty and useful.

A  
great way to  
calm unsettled  
children and  
time daily  
tasks.

### materials

- a plastic bottle or jar – about 500ml is great, but you can use any size
- glitter – in a variety of sizes and colours, or choose a single colour theme
- food colouring – to colour the water
- glycerine – this slows the movement of the glitter through the water
- washing liquid – helps to stop the glitter from clumping
- superglue – to glue the lid on if you have little ones
- warm water

### Directions

1. Warm (not hot) water for the bottle, but don't pour it in yet (note: hot water will warp bottles).
2. Choose your glitter and put it in the bottle. Start with small pinches of glitter, as too much can clump together and stick to the top of the bottle. Start with three to five types (small or large pieces).
3. Add a small amount of water. Gently shake and swirl the bottle to help prevent the glitter from clumping.
4. Add glycerine until the bottle is about one-quarter full.
5. Add warm water until the bottle is almost full. Allow some space at the top in case you want to add more glycerine.
6. Add two or three drops of washing liquid. This helps to disperse the glitter, but too much can make your mixture bubbly.
7. Close the bottle and rotate it a few times to mix everything together. Then gently shake it and have a look at the consistency.
8. Carefully take off the lid. You'll notice that some glitter is stuck to the top, but don't worry.
9. Add your chosen food colouring. You can also pop in some small, lightweight toys. You might like to have a theme, such as farm animals, sea creatures, flowers or dinosaurs.
10. When you're happy with your combination, add more warm water or glycerine if needed. Use super glue on the lid to seal your bottle, then set it aside to dry.

Now you have a unique sparkly calm jar!

<https://growingearlyminds.org.au/activities/creating-calm-how-to-make-a-sparkly-calm-jar/>



# RECIPE



## ingredients

- 50g butter melted
- 2 eggs
- 1 cup milk
- 1 1/2 cups self-raising flour
- 3 tbs sugar

## fun additions

- berries/banana & honey
- apple & cinnamon
- whipped cream/ice cream
- chocolate chips
- coconut milk instead of milk
- coconut flakes/chopped nuts

## Easy yummy pancakes

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

1. Measure ingredients into a large bowl, in the order listed.
2. Beat until no longer lumpy. Do not overbeat, or pancakes will be tough.
3. Heat a frypan, then spray or butter it lightly. Pour ¼ cup batter into the pan.
4. Turn the pancake when bubbles break in the middle of it. Cook until the middle springs back when pressed with a finger.
5. Serve with a little butter and maple syrup.

**SERVES 4 PREP: 5 minutes COOK: 10 minutes**



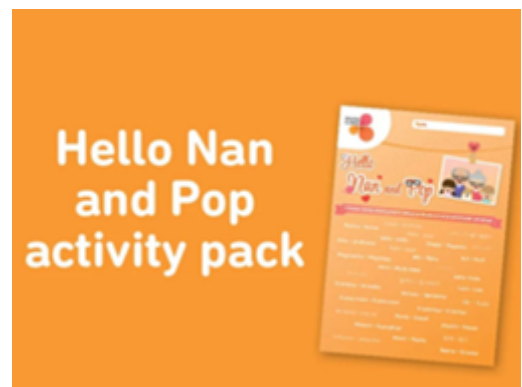
## DadStuff

[Join one of our FREE webinars.](#)

We'll share our resources developed for dads:  
7 types of dad  
Healthy family relationships  
Bonding with your kids  
Connecting with other dads  
Dads at work

Plus we'll talk about what else is going on for dads in Australia.

<https://supportforfathrs.com.au/event/dadstuff-webinars-for-dads-father-figures-and-families/>



## Celebrate Grandparents Day on 25 October!

The Hello Nan and Pop Fun Pack is a great way for families to keep in touch while staying at home. Activities are ready to copy, print, colour in and cut out for sharing with a grandparent or family member. Connecting kids with grandparents.

[Check out the pack here!](#)

[https://www.boltonclarke.com.au/globalassets/bc-nanandpopfunpack\\_2020\\_8june.pdf](https://www.boltonclarke.com.au/globalassets/bc-nanandpopfunpack_2020_8june.pdf)





# BOOK REVIEW

## The Boy in the Tower

Written by: Polly Ho-Yen Reviewed by: Laura Pettenuzzo

*"Ade loves living at the top of a tower block. From his window, he feels like he can see the whole world stretching out beneath him. But one day, other tower blocks start falling down around him. Strange, menacing plants begin to appear and no one knows where they came from. Now their tower isn't safe anymore. Ade and his mum are trapped and there's no way out ..."*

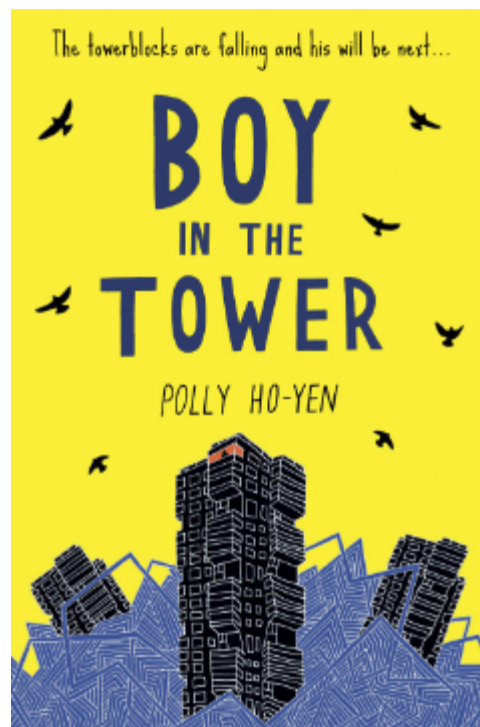
The Boy in the Tower is about Ade, who is trapped in his apartment block by plants that are destroying the world. The plants are eating nearby buildings and many of the other residents are leaving.

Ade's mum was mugged a few weeks before the plants came and she is too scared to leave the house. When it was still safe to go outside, Ade would do the groceries for his mum, and leave food beside her bed. Ade (whose name is pronounced A-dee) was very brave and worried that he and his Mum would be trapped if she couldn't leave the house.

He didn't understand what was wrong with his mum because she didn't know how to explain it to him. But

when Ade spoke to his neighbour Ben, he understood what Ade was going through. Ben's wife had also had a mental illness and this helped Ade realise he was not the only person who loved someone with a mental illness.

The Boy in the Tower has a happy ending. Ade and his mum manage to escape the deadly plants and Ade's mum seeks support for her mental health challenges.



## Coronavirus Mental Wellbeing Support Service

[This website](#) will be regularly updated with information, advice and strategies to help you manage your wellbeing and mental health during this time. You can stay up to date by joining our email community.



### How to seek support during this time

If you're feeling worried or struggling to cope during isolation, we're here to help.

Our trained counsellors are there to support you 24/7.  
Give them a call on 1800 512 348.

# FaPMI FAMILY VOICES

## What one of our families say about coping with social isolation during COVID-19

Lock down has been hard and really challenging at times, but my dog Bruce has loved having his tribe home constantly!

Things that have helped me ...

... choosing not to watch the news, getting out daily with my dog (and sometimes my teenagers) into nature, looking for beauty in the small things ... the wattles blooming, a leaf decomposing, the jasmine about to flower, Bruce rolling in ecstasy on the ground or leaping into the river!

Watching movies I've never seen, nightly backgammon games with my daughter, sharing favourite music with each other. DIY hair colour, preferably pink! Singing, dancing, music blasting, phoning friends and family, Zoom chats, walking weekly with a friend who



Bruce chilling out in lockdown.

lives locally, laughing, comedy spics and specs, taking photos on my walks of shadows, nature, structures, saying hi to people I pass.

Dark chocolate, being kind to myself, takeaway when I can't be bothered cooking, weekly phone counselling sessions,

aromatherapy, afternoon naps when I'm able, cuddles with pets and kids, being silly (singing to the dice), getting extra help when needed (visiting my GP for a mental health plan, extra medication), meditation, going to sleep to relaxing music, knowing we're all in this together and looking for things to be grateful for!

**Annie**

**Lived experience of bi-polar and a single parent to two teenagers.**



### HYMN

Care is the cure.  
It is slow,  
It is raw,  
It is pure.

It is simple and bare.  
It is real,  
It is bold,  
It is there.

Nothing is newer  
Or older,  
Or wiser,  
Or truer.  
Care is the cure.



# STAFF PROFILE

## Justine Brogna: FaPMI Coordinator

I am very excited to join the FaPMI team at Eastern Health. I have worked for 20 years as a social worker in public mental health services and private practice, mostly in the west of Melbourne, with adults, adolescents and children.

I come to this role with a real commitment to providing support to families, particularly children of parents with a mental illness. I hope to use my skills and experience to co-facilitate group programs for young carers and improve services for families. I value work that enables consumer and carer voices to be heard and reduces stigma related to mental illness.

I have my own lived experience. I became a young carer during my adolescent years. I understand first-hand some of the challenges

one can experience in the face of family mental illness. Receiving adequate support during a time of complexity was very important for me to cope.

Keeping active is one of things that has helped me over the years. I love to dance and have even taught dance classes, although now it is more of a hobby that keeps me feeling positive and energised. I love singing and song writing and have written songs about my lived experience. Exercise is very important to me. Going on long walks and runs is a calming and reflective time for me.

Two years ago, I started a mental health awareness walk in the western suburbs of Melbourne called Walk A Mile In My Shoes to raise awareness for mental illness, particularly around lived



experience for consumers and their families and carers. The official colour for mental health is green, so walkers wore the colour loud and proud on the day. See the photo below of the walkers in 2018. This year, due to COVID restrictions, the walk will not go ahead, so I've decided I will run the distance of a half marathon (21km) in honour of mental illness.

My mother has had a diagnosis of schizophrenia for 22 years, so I am running 1km for each year she experienced difficulties with her mental health.

I encourage everyone, particularly those with lived experience, to walk or run during Mental Health Week this October wearing a splash of green in honour of mental health.



**Ever wanted to find out more  
about mental health in your family?**

### Find it easier to connect online?

B-4U is an online space for you to connect with other young people who have a family member with mental health worries.

You can hear from others in similar situations, and can share experiences and learn new ways of looking after yourself.



### IT'S A BLOG SITE – 4U!

This is a new website/blog – you are invited to get on board – be part of something big – help design and create it as you want – that's why we called it B-4U...



Get creative, get serious, have fun, learn new stuff, share with others – or just see what others are doing... that's totally fine!

B-4U is totally private – you'll get your own ID and password – no real names – no profiles – just a safe space for you.

Sign up today for a  
B-4U starter pack.

For more information go to [B-4U.com.au](http://B-4U.com.au) or contact FaPMI Co-ordinator:

0408 291 580 and/or [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

This program is open to young people aged 12 - 18 years living in the Eastern suburbs of Melbourne

**easternhealth**

**VMCH**

**wellways**



# '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



8-12yrs  
(approx)



## Creature Comforts

- Receive a box full of fantastic craft materials
- Design and make wild creations
- Meet us on Zoom and **connect over imagined and real-life superpowers!**
- We collect pictures of everyone's creatures and turn them into a storybook to be shared with the world!

Zoom dates: Monday September 21st & 28th 10am



10-14 yrs  
(approx)



## Do You See What I See?

### Photography Workshops

- Get sent a disposable camera or use a device of your for digital adventures along with scavenger hunts and photography challenges to explore your world
- Meet us on Zoom to **connect over how photography can be a cool platform to express ourselves and share stories**
- We print everyone's photos and send them back
- Help us make an online gallery and have an exhibition!

Zoom dates: Monday September 21st & 28th 1pm & 3pm



10-16 yrs  
(approx)

## Songwriting Workshops

- Zoom with the Satellite team and singer and songwriter Clare Younis to explore the song-writing process including writing lyrics and composition.
- Learn to grow a seed of a musical idea into your own thriving, flowering song!
- Professionally record your song to sing along to and share loudly and proudly!

Zoom dates: Wednesdays September 23rd & 30th 10am & 1pm



8-14yrs  
(approx)



## Voice Lab

- Polyglot Theatre's Voice Lab is curious and pays close attention to what young people think, feel and say.
- Participants use a phone, tablet or computer to Zoom into a conversation where Voice Lab asks questions, **offering a safe and responsive space** for young people to articulate their thoughts and opinions about the world they live in.

Zoom date: Wednesday September 23rd



Visit [www.satellitefoundation.org.au](http://www.satellitefoundation.org.au) to register and for more program information including Zoom dates and times. For any questions don't hesitate to get in touch with the Satellite team - we'd love to hear from you!



[sylvie@satellitefoundation.org.au](mailto:sylvie@satellitefoundation.org.au)



0408135689



**polyglot**  
Theatre is child's play





# ACTION CALENDAR - FOR FAMILIES



30 actions to help parents look after themselves and their families in challenging times. Please use and share

**1** Go on a smile collecting mission, starting with a smile in the mirror

**8** Take a mindful walk together and notice what you see hear and smell

**15** Do something together to support a local charity

**22** 'Surprise' yourself. Find unexpected ways to move your body

**29** Do something good for the environment

**2** Choose one song each and arrange a family dance off

**9** Play Musical Statues

**16** Create a collage of things that make you feel happy

**23** Make a rainbow salad

**30** Hold an awards ceremony to celebrate acts of kindness

**3** Send someone a message to show you really appreciate them

**10** Create a bedtime routine together to help with sleep

**17** Before bedtime, share what has gone well during the day

**24** Smile and say something positive every time you walk into a room

**4** Take turns to notice 3 things around you that are beautiful

**11** Bake cupcakes and decorate them as gifts for each other

**18** Introduce a family 'Daily Pause' to be calm together

**25** Create a poster highlighting everybody's strengths

**5** Be kind to yourself and others

**12** Cross your arms and give yourself a hug

**19** Create a family wishes jar and take steps to make them happen

**26** Notice the shapes, colours and smells of a new family meal

**6** Together, make a list of things you are grateful for

**13** Take turns to share a happy memory

**20** Learn a new skill together as a family

**27** Make a list of things that have helped you cope with difficult times

**7** Think of a goal to work towards and do one thing to get started

**14** Find out about the values and traditions of another culture

**21** Create a kindness box to keep a record of kind actions

**28** Tell someone you love how much they mean to you and why



**"A person's a person, no matter how small"**  
- Dr Seuss



**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living at [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

Keep Calm · Stay Wise · Be Kind