

SUMMER  
2020

Here we are at the end of 2020. There will be very few families that have not been impacted significantly in some way by COVID-19 and our extended lockdown in Melbourne.

There has also been a fair bit of reflection about the positive experiences of slowing down, along with the challenges of confinement. What activities might you keep from your experiences this year? And what are you really ready to embrace over the summer months? Whatever they are, the FaPMI team wish you all a very relaxed, joy-filled holiday and summer season.

In this newsletter, we have some great photos from our FaPMI online Family Fun Day, along with a personal account of parenting from Elia, and an introduction to our Mental Health Social Emotional Wellbeing Team. There are links to summer activities, a recipe for Christmas bark, and our craft is a DIY nature mobile. Happy Days!

## Holiday activities & programs

We are hopeful that we can run our programs face to face in 2021. Martial Arts as Therapy (MAT) is planned to start from 11 February for 8 weeks, most likely in the Croydon area. No cost. A CHAMPS group will start mid Term 1 (details to follow). We are planning a family event somewhere like Healesville Sanctuary with a tentative date set for Sunday, 31 January.

Please email [Bronwyn.Sanders@easternhealth.org.au](mailto:Bronwyn.Sanders@easternhealth.org.au) for further information.

Space4Us is planning a January school holiday activity with Wellways and VMCH for secondary school-aged young people.

Contact [Michelle.Hegarty@easternhealth.org.au](mailto:Michelle.Hegarty@easternhealth.org.au) for more information.



Looking forward to a much brighter 2021. (Unsplash: Nareeta Martin)

## What's Inside

Welcome & Programs .....	1
Holiday Activities & Events .....	2
Craft & Recipe .....	3
Book Review .....	4
FaPMI Family Fun Day .....	5
FaPMI Voices .....	6
Team Profile .....	7
Colouring Activity .....	8

### FaPMI Coordinators

4 Bona Street, Ringwood East  
Phone: 9871 3988  
[fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

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)

Newsletter produced by Elizabeth Fraser  
& the FaPMI team with  
Creative Content & Copy.



# SCHOOL HOLIDAY ACTIVITIES & EVENTS

## Audioplay

Designed for 6-12 year olds, Audioplay heralds a new form of digital entertainment for kids; drawing on the simplicity and strength of real-world creative play combined with sophisticated production values.

This is a very active and human tech experience; taking the creative play that kids love and souping it up with sound effects and a cinematic score. This is a free online event. Find out more at [info@audioplay.me](mailto:info@audioplay.me)



## Melbourne's Christmas Projections

Melbourne's famous Christmas Projections return over three locations. Stroll along Swanston Street to see projections light up State Library Victoria, the Melbourne Town Hall and Princes Bridge.

There's a special thank you to Melbourne's COVID-19 heroes that will have you feeling all the emotions. FREE EVENT.

## Midsumma Carnival

This event attracts a broad attendance across age ranges and demographics, truly celebrating a day of inclusion and diversity in all its forms. Of course the Dog Show is happening, as well as lip-syncing and other stellar acts. Relax in the chill-out zone, meet friends in the family domain, tackle the sports precinct, and stay cool in the under 18s area. FREE EVENT.

Sunday, 17 January, 11am-10pm, Alexandra Gardens, 3 Boathouse Drive, Melbourne.



## Other websites to check out

[Virtual Holiday Program - KIDS UNLIMITED](#) For kids aged 5-12 (costs \$12)

[12 Fun Holiday Activities for Kids That Won't Break the Bank](#)

[10 Fun Backyard Activities for Kids \(even if you have a small yard!\)](#)

For more events go to: <https://whatson.melbourne.vic.gov.au/things-to-do/family-and-kids/school-holidays>





# CRAFT & RECIPE

Awesome  
holiday  
activities to do  
with the  
family

## Nature mobile

1. Head outside and collect some natural treasures from the bush or beach, like sticks, feathers, leaves, bark, gumnuts or shells. Choose things you feel are special or beautiful. Only take what's abundant and only take a little.
2. Choose a stick about the length of your arm. Tie a piece of string to the ends so you can hang your mobile.
3. Thread the string through your treasures and tie them so that they hang from the stick. Ask an adult if you need help. You can also add other craft supply treasures like bells or beads.

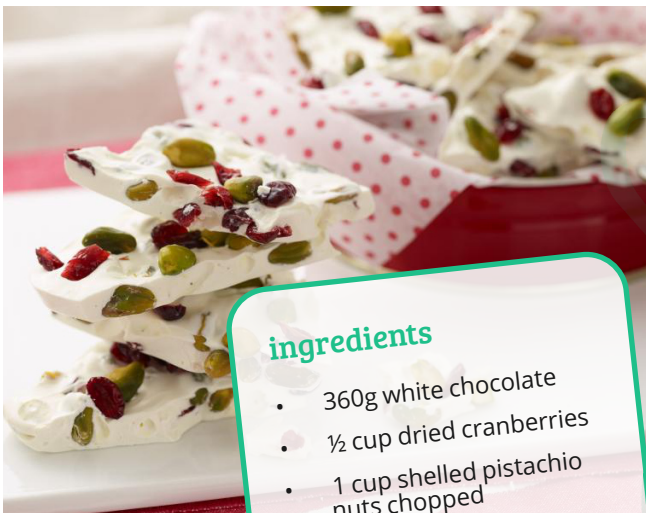
Remember, there is no right or wrong way to make a nature craft, so have fun!

<https://www.cbc.ca/parents/play/view/nature-craft-diy-forest-mobile>



### materials

- a stick about as long as your arm
- string
- a collection of nature's treasures (sticks, feathers, leaves, bark, gumnuts, shells)
- beads, bells or other suitable craft supplies



### ingredients

- 360g white chocolate
- ½ cup dried cranberries
- 1 cup shelled pistachio nuts chopped
- 1½ cups self-raising flour
- 3 tbs sugar

### other fun options

- sprinkle with salt flakes
- add shredded coconut

## White chocolate holiday bark

1. Line a 30cm baking tray with baking paper.
2. Melt the chocolate in a heatproof bowl over a pan of simmering water, stirring constantly so it doesn't stiffen.
3. Pour the chocolate onto the prepared tray and spread evenly into a rectangle using a spatula. Heat the spatula with boiling water to smooth out any bumps.
4. Sprinkle the top evenly with pistachios and cranberries. Press topping gently so it sets into the chocolate. Refrigerate until firm, about 20 minutes.
5. Break into pieces and package in cellophane bags to give to friends.

**PREP: 30 minutes COOK: 5 minutes**

<https://www.foodnetwork.com>



# BOOK REVIEW

## The Secret of Nightingale Wood

**Author:** Lucy Strange **Reviewed by:** Laura Pettenuzzo

**Genre: Historical fiction  
(for a middle-grade readership)**

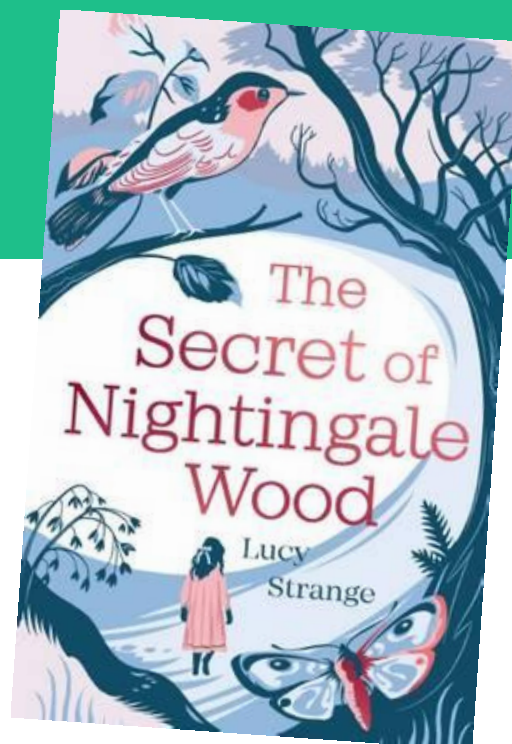
The Secret of Nightingale Wood is about a girl called Henry (Henrietta) who tries to look after her mum and sister while her father is overseas.

It's 1919 and Henry's mother is too sad to pay attention to her or her new baby sister. They are all grieving the recent loss of Henry's brother, but Henry knows what her mother is feeling is more than grief. The adults around her don't tell her anything and she feels increasingly frustrated.

Henry is a strong character and the love between her and her mum is undeniable. Henry sneaks into her

mum's room to read to her, which is one of the few things that can bring a smile to her mum's face.

This book is about a family doing their best to support one another. Henry is a great role model for young readers and her story is sure to hold your attention!



**B-4U School Holiday Catch-up**  
Wednesday, 20 January, 10am-4pm

Fun, free outing with lunch and activities for young people aged 12-18.  
Check out B-4U, a new online space for young people: [www.b-4u.com.au](http://www.b-4u.com.au)  
Contact Michelle on 0481 913 607 or email [Fapmi@easternhealth.org.au](mailto:Fapmi@easternhealth.org.au)

A partnership with Wellways and VMCH.



The Satellite Foundation seeks to contribute to futures of hope and possibility for children and young people where a parent has a mental illness or mental health challenge.

Music, Art, Songwriting & Photography Workshops & Satellite Camps are on offer in 2021.

Check out the Satellite programs here <https://www.satellitefoundation.org.au/>





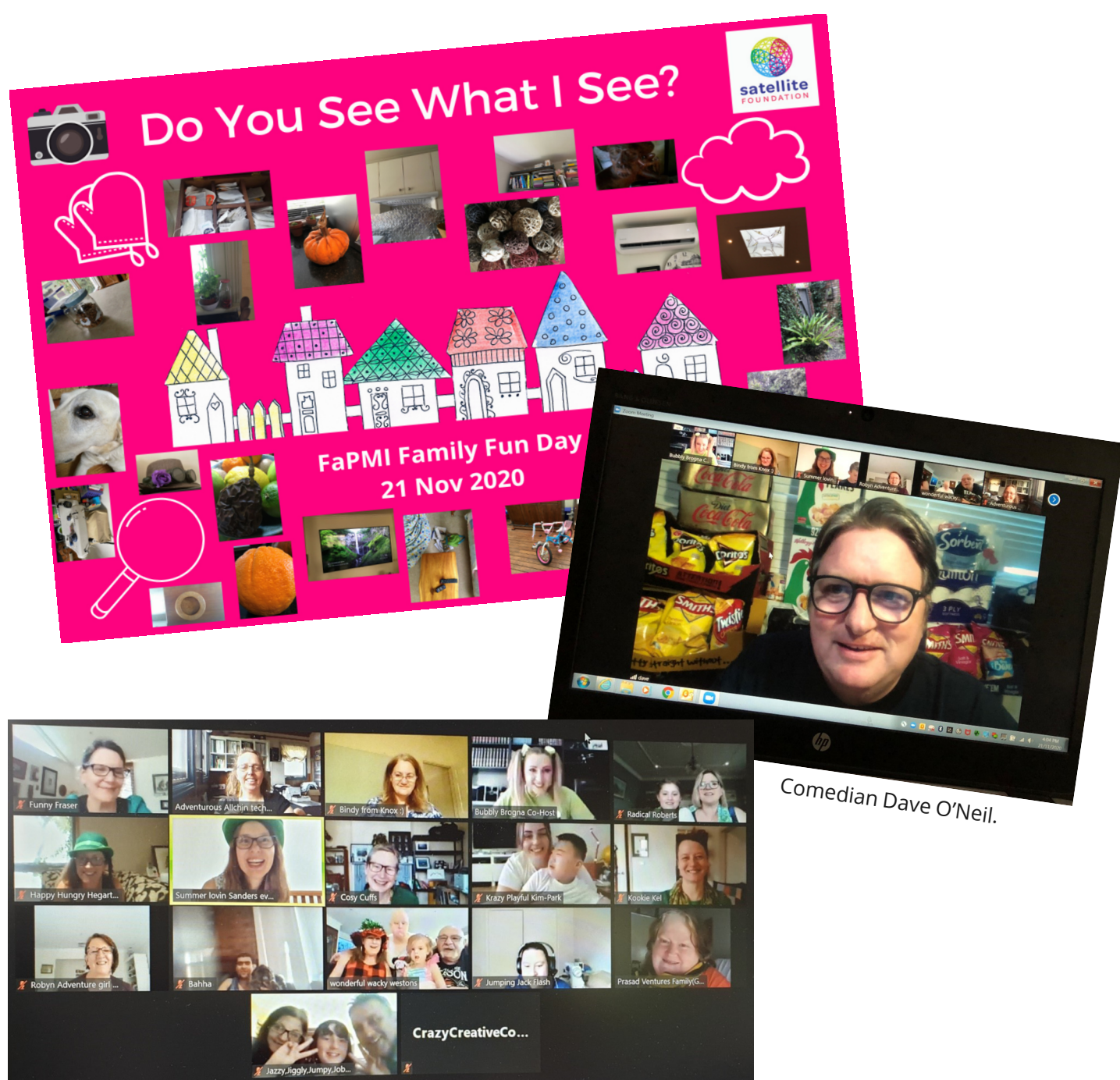
# FaPMI FAMILY FUN DAY

This year's FaPMI Family Fun Day was delivered online to families across the eastern region. Due to COVID restrictions, our usual outdoor food and fun event was not possible.

Events included a lived experience speaker, live music, family scavenger hunt, mindfulness and movement sessions, hair braiding, creative art session, photography workshop, special guest

comedian Dave O'Neil, and a celebratory dance to close the afternoon.

It was wonderful to see so many families participating in the activities. The vibe of the afternoon was energetic and engaging. The only person missing was Santa and we hope we will see his return next year!



FaPMI families online.

# FaPMI VOICES

## Elia talks about her lived experiences raising siblings as a young adult, while dealing with her own mental illness.

Being a parent, in any sense of the word, is challenging. Being a parent with a mental illness is not only challenging, but can also present self-doubt, frustration and sadness. It's here that I want to take a moment to honour the many complexities of caring for others while you are trying to care for yourself.

My own journey with parenting has certainly been unconventional. At 16 years old, I was effectively a non-biological parent to my three siblings, while dealing with my own mental illness. I always felt like I was not doing a good enough job in raising kids and navigating the world around us. I've found that kids are smart. They pick up on subtleties and they know when you are not ok. I always felt that, as a 'protector', I needed to shield my family from everything, but in doing so, I realised this was not helping myself or my family.

As caregivers, we are always focused on the next step, and sometimes I think there is opportunity here for some great learning and connection with your loved ones. Something that helped me greatly in my most challenging times was admitting to myself that I was having a rough day and, in order to change it, I had to make a choice to be mindful.

This would usually result in me stopping whatever I was doing, packing everyone up and going for a big

walk. Whether it was rain, hail or shine, we made it fun; it was an adventure and a moment in time where all the worries of daily life were left at the door. This was also a time where the little ones were in charge; if they wanted to jump in a puddle, we jumped in the puddle. If they wanted to 'drink' the rain, we drank the rain. If they wanted ice cream for lunch, we had ice cream for lunch. For a short time, we laughed, we played, and we made memories that are still remembered today.

Sometimes, we can lose ourselves while caring for others. I know I felt guilty about doing anything for myself while there were others around me who needed more. If I could go back and offer some kind words to myself, I would say that what I thought was selfish, was actually selfless, and in looking after my own needs, I was also looking after my family's needs.

So, take a moment to appreciate what you have accomplished today, in this moment, no matter how big or small. Be kind to yourself and remember that your kids will see your efforts, perseverance and determination. You might be a carer, a biological parent, a non-biological parent, a foster parent, or any other kind of parent. You are heard and you are seen. You are not alone and you are capable of more than you know.



**Elia is a peer support worker at Eastern Health, where she works with consumers aged 16-30. She also supports FaPMI by offering lived experience perspectives, especially from a young, non-biological parent's point of view, along with having her own mental health and recovery journey.**

**Simple pleasures such as playing with her puppies, going for a walk, or cooking for her family, are things which keep her feeling connected and grounded. Elia is a big advocate for young parents and young carers being recognised and supported.**

# TEAM PROFILE



## Introducing the Social & Emotional Wellbeing team

Aboriginal and Torres Strait Islander people share a rich, long-enduring history and culture. Since colonisation, there have been a number of historical events and policies that have had a negative effect on the mental health of Aboriginal and Torres Strait Islander people. The mental health challenges within these communities have then been further intensified by experiences of discrimination and racism.

At the start of 2019, the Eastern Health Mental Health Program formed the Mental Health and Social and Emotional Wellbeing (MH-SEWB) team. It is a specialist service for Aboriginal and Torres Strait Islander people that provides flexible engagement, support and clinical services, as well as links to other services within a culturally informed mental health

framework. MH-SEWB works in a way that recognises and responds to the continuing impact of colonisation and intergenerational trauma.

The MH-SEWB team works closely with Aboriginal Community Controlled Organisations (ACCOs) in the eastern region. MH-SEWB aims to ensure culturally safe, coordinated and streamlined transitions for Aboriginal and Torres Strait Islander people from clinical mental health services to ACCOs and other service providers.

The small team is made up of Aboriginal and non-Aboriginal staff. Meet two of our MH-SEWB staff members.

### Mena Love

I am a very proud Arrernte woman from Alice Springs in the Northern Territory. I am one of three children but was raised by my grandmother who had 11 children of her own. I am a mother of three beautiful boys and a step-daughter along with two granddaughters.



I am thankful and proud to be given the opportunity to undertake a three-year traineeship at Eastern Health as an Aboriginal Mental Health Clinician, doing a Bachelor of Health Science in Mental Health at Charles Sturt University with the Djirruwang program.

I hope to share my culture with my colleagues to build awareness and understanding, and I hope to learn from my colleagues to become a great clinician for my workplace and my community.

### Kate Locastro

I was born and raised on the Mornington Peninsula and moved to the eastern suburbs of Melbourne 10 years ago. My family are of English, Scottish and Italian heritage. I am a registered nurse and have worked across a number of public mental health services since 2002.



I have been fortunate to work within the Aboriginal and Torres Strait Islander mental health area since 2016. I am constantly inspired by my Aboriginal colleagues as they support their community and drive improvements in our health service to better meet the needs of Aboriginal and Torres Strait Islander people who need mental health support.

**If you or your family would like to find out more about MH-SWEB, call 9871 3988 and ask for the Mental Health and Social and Emotional Wellbeing Team.**





# ACTIVITY

Have a go at colouring in this picture. Send it to [FaPMI@easternhealth.org.au](mailto:FaPMI@easternhealth.org.au) and it might get published in the next newsletter!!

