A warm welcome to the winter edition of the FaPMI Newsletter. Can you believe we are half way through 2019? This edition has some ideas for getting out of the cold into some nifty activities for the school holidays. We have a delicious hot chocolate recipe for kids and have included upcoming programs for children.

As well there is an article about WELLBEING and how to create more of it in your life. We introduce our newest staff member Elizabeth Fraser and have a personal story about Jodie who participated in the CHAMPS program 18 years ago. Enjoy!

PROGRAMS

Next term we will be running a martial arts as therapy (MAT) group from Croydon Connections. The group will run for 8 weeks on Tuesdays from 4-5pm commencing 23rd July.

Eastern Health will not be running a CHAMPS peer support group in term 3 however a number of other regions are running groups and if you are able to travel the extra distance they are happy to take referrals. Please see page 6-8 for details.

FAPMI COORDINATOR TEAM

Bronwyn Sanders  
(Mon, Tues, Wed)  
CHAMPS Referrals – 0408 291 580

Georgia Cripps (Tues – Thurs)

Becca Allchin (Tues or Wed)

Elizabeth Fraser (Mon – Thurs)

Michelle Hegarty  
(Mon, Tues, Wed, Thurs)

Ph: 9871 3988, Murnong Clinic, 4 Bona Street, Ringwood East
Ideas for the Winter School Holidays

Check out What's On in Melbourne

ArtPlay

ArtPlay is a place where children - from babies to 12 year olds - can explore their creativity and share unique artistic experiences with professional artists. They have more than 300 workshops, events and performances every year. There are short workshops for young children and extended creative experiences for older children. The artists, workshop content and participants reflect Melbourne’s diversity. Bookings are required for most workshops; however there are also free drop-in events available. Be sure to check out what's on before dropping by.

A playground and surrounding open space offers children the freedom to play, laugh and have fun.

Let your imagination out to play!

It is easy to find in Birrarung Marr, the park directly behind Federation Square along the Yarra River.

Check it out:

Over the winter school holidays, have fun with pressed flowers and leaves, to make and decorate your own cards and bookmarks.

Thursday July 11, 2019
10.30am – noon, 1pm – 2.30pm
$10 per child per session (includes all materials) Age: 6-14 years

Contact 03 9650 6398
Plant Craft Cottage, RBGV Melbourne Gardens

Top Arts 2019 presents diverse and accomplished works of art from students who have completed Art or Studio Arts as part of the Victorian Certificate of Education (VCE). Hosted at The Ian Potter Centre: NGV Australia, the exhibition showcases young artists’ exploration of some of the greatest concerns of contemporary times, and their creative celebration of humanity and the world. Students from throughout metropolitan and regional Victoria included in Top Arts 2018 explored topics including gender identity, community, consumerism and the immersive experience of sporting arenas.

Top Arts also provides an opportunity to view selected developmental materials that give insights into students’ ideas and working practices and provide inspiration for audiences of all ages.

The Ian Potter Centre: NGV Australia

Like to get messy?

Make and dye your own bubble dough at Kathleen Syme Library.

251 Faraday Street Carlton
Contact details: 9658 7300
Friday July 12, 2019
10.30am – 11.30am
This is a free event

Bookings online
 Homemade Marshmallow Hot Chocolate Recipe for Kids

From Kidsplayandcreate website

This recipe will make 3-4 servings of hot chocolate (depending on the mug size)

Ingredients: 4 cups of milk, 4 teaspoons of baking cocoa, 8 teaspoons of sugar, 1 1/2 cups of mini marshmallows, optional 1 teaspoon vanilla extract, whipped cream, extra marshmallows for the top.

Step 1: In a saucepan over medium heat add sugar, cocoa, milk and marshmallows.

Step 2: Stir ingredients until marshmallows are completely melted.

Step 3: Remove from heat. If you would like add 1 teaspoon of vanilla.

Step 4: Pour into mugs, add whipped cream or marshmallows and serve.

Personal Story

My name is Jodie and I was a participant in the CHAMPS program 18 years ago. Before I participated in CHAMPS I didn’t know my mum had a mental illness, I just knew she was “different”. Since I completed CHAMPS, I have gone on to mentor young people who have a parent with a mental illness and be a guest speaker about my lived experience. I am now a qualified youth worker and wish to continue working with young people who have similar experiences. Throughout my early years I became my mum’s carer without even knowing, and learnt at a young age what living skills were. Some challenges I have found along the way have been around the negative stigma of Mental Health and how people never spoke up about it, the lack of support I had with my education, and feeling embarrassed of how my mum was “different” to other mums but could never talk to anyone about it. CHAMPS was a massive life changing program where I met other young people who had similar experiences and who I am still in contact with today. I built lifelong friendships and an amazing support network. I learnt ways in coping and now have a burning passion to help other young people in a similar position and to let them know they aren’t alone. Throughout the years I have been lucky enough to continue speaking about my experiences, which has also helped me to [cope] with what I have been through and to realise all the lifelong skills I have gained. I had an amazing family, friends and professions who supported me along the way. CHAMPS has been and will continue to be a program I wish to have delivered to families who have similar experiences. I wish to see more young people with lives experiences to speak out and grow as advocates for such an amazing program.
The Eastern Health Mental Health Program staff have been trained in the Collaborative Recovery Model (CRM) as part of implementing the National framework for Recovery-Oriented Mental Health Services. One of the aspects of the model defines the focus of recovery as wellbeing and resilience.

So how do we define wellbeing?

Martin Seligman commonly known as the founder of Positive Psychology, and author of FLOURISH: A new theory of Positive Psychology defines wellbeing using the acronym PERMA:

He asks us to answer these questions:

1. What activities in life create positive emotion? What makes you feel good?
2. What activities in life give you a sense of engagement? When do you feel like you are in the zone/totally focused on something?
3. What are the important relationships in your life? Who are your people?
4. What activities give you a sense of meaning and purpose in your life?
5. What activities give you a feeling of accomplishment/achievement?

Reflecting on these questions for ourselves can bring wellbeing into focus and can also help us to look at the areas of our life where we might want to improve on aspects of our wellbeing.

For example, do you need to have more fun in your life, play more or would it be good to spend more time with that person who knows you and with whom you really relate to. Is it time to get more creative, learn a new recipe, knit a scarf to generate that feeling of achievement? What about getting stuck into an activity you love that you can get totally immersed in; reading, scrapbooking? Even better can you find activities that you and your children can do together? And remember to celebrate even the smallest of joys and achievements!

Taking steps towards increasing your wellbeing helps to be more fully engaged in life even when things could be going better. It can mean going beyond surviving to really thriving in life.

The next step is trying to integrate this model into your daily life.
Introducing Elizabeth Fraser

My name is Elizabeth Fraser and I am very pleased to be working in the FaPMI role within this active and committed team at Eastern Health. The program provides a unique opportunity to be able to contribute to the wellbeing of individuals, children, families and carers in the Eastern region. I have been a part of Eastern Health for over 15 years bringing my social work experience as well as my knowledge and practice working with women and families in the antenatal period, facilitating groups and providing training.

I am committed to embedding the principles of the Collaborative Recovery Model acknowledging that people are the expert in their own lives and recovery and that a focus on strengths creates opportunities for growth. I am interested in hearing people's stories of recovery.

In my own life I like to be outdoors camping, walking or near the sea. I enjoy being in a book club, having chickens and growing my own vegetables. Riding my bike a short distance to work when I can keeps me fit and helps clear my head.

Please feel free to say hi and to bring any ideas to the FaPMI team about what is important to parents, children and families where mental illness is a challenge.

Book Review

Get Up Mum

Author: Justine Heazlewood (also known as the Bedroom Philosopher)
Publisher: Affirm Press (2018)
Genre: Autobiography

Get Up Mum is Justin's story. Twelve year old Justin grew up in a single parent family with his Mum in Tasmania.

The story is told with lots of quirky details about Justin's life - music, drawings, writing, upside down vegemite toast, and his love of recording things. And of course, his Mum. There's also his grandparents who help him to navigate through some tricky situations.

It describes his day to day joys and the challenges of being a kid and having a Mum who is not always able to do the things he would like her to do.
Monash FaPMI and Uniting run a CHAMPS group twice a year in Narre Warren. This is run as a 6 week afterschool group program - from 4 to 5.30pm. It is for children aged 8 to 12 who have a parent with a mental illness. Afternoon tea is provided and we use a range of activities and discussions to teach the children about mental health and looking after themselves. Next group will run in term 4.

We also run a parenting and mental health group – this is a 6 week parenting program specifically for parents who have a mental health issue. Whilst we cover general parenting topics such as children behaviour, we also focus on areas such as how you cope with symptoms as well as the demands of parenting, talking to children about mental health issues, and planning ahead for periods when you’re unwell.

Group runs twice a year in Narre Warren – usually on a weekday between 12 and 2 (lunch provided).

Next group will run in term 3. Both groups are free of charge.

If you would like more information about either group or to register please contact Nicole Moraes on 9554 9233

Sourced from Verywellfamily
Space4Us

Space4Us is a free group program for young people looking to learn more about mental illness, strategies to cope at home and how to get support. It’s a chance for young people in a similar situation to come together, learn from each other and have fun!

**Where:** Darebin Youth Hub, Northland Shopping Centre, 2—50 Murray Rd, Preston 3072

**When:** Tues July 9 - Fri July 12 (4 days), 2019 from 10 - 3:30pm

For more information contact Rebecca Wells (NAMHS FaPMI Group Work Coordinator) on 9416 6300

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**NORTHERN PARENTS GROUP**

**PARENT? MENTAL ILLNESS/HEALTH ISSUES?**

- **WHAT:**
  An opportunity for mothers and fathers to safely share common experiences, learn about how to talk to their children about mental health and to explore ways to reduce parenting stress and increase self-confidence.

- **WHEN:**
  The group will be held over 6 weeks on Thursdays during Term 3 commencing July 25th from 11:30 – 2pm (lunch is provided!)

- **WHERE:**
  The group will be held at Anglicare, 42 Mary Street, Preston 3072 (near Preston Market)

  Call Rebecca Wells on 9416 6300 for more information
The CHAMPS MAT Life Skills program is for children aged 8 - 12 years who have a parent with mental health issues, including children who do not live with their parents.

MAT Life Skills program is a physically active therapeutic program that combines the basics of behaviour management with the principles of traditional martial arts. The program works around four basic teachings:

- Be Strong
- Be Calm
- Be Kind
- Try Hard

Where? Croydon Connections
185 Mt Dandenong Rd, Croydon
On the corner of Mt View St

When? 8 weeks over Term 3
4.00 -5.00pm
Commencing Tuesday 23rd July
No cost to attend.

If you would like to find out more please contact Bronwyn Sanders: Eastern Health FaPMI (Families and Parents where there is a Mental Illness) Coordinator on 9871 3964 or 0408 291 580

Or complete an Eastern Health FaPMI program referral form available at https://www.easternhealth.org.au/a-z-services-directory/children-families-better-understand-mental-illness-champs

This program is generously supported by the Yarra Giving Circle