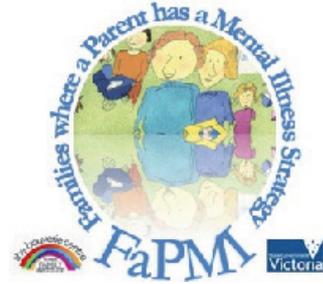


FaPMI newsletter



Welcome to the first newsletter for 2015. Easter eggs are already on the shelves at your local supermarkets, and lots of talk about the Easter Bunny visiting your house, I would imagine. Father Christmas was watching my sons towards the end of the last year to promote excellent behaviour and now it's the Easter Bunny!

The FaPMI team have hit the ground running following a significant break over the Christmas period, and we have had some interesting thoughts about themes for the newsletter this year, kicking off with information about de-cluttering and organisation, which can assist in reducing stress particularly when children are starting back at school. This break may provide you with some time to consolidate the beginning of the school year. It has been busy for everyone, given that it has been a short term 1.

We have included in this edition a very simple recipe for the holidays, as well as some activity ideas obtained from several useful websites and blogs. The locations will be referenced for your information and if you wish to look in more details at these sites.

Book Review

Our first book review for this newsletter edition has been 'Big and Me'. Our next book for our Term 2 newsletter will be 'My Happy Sad Mummy' and is suitable for preschool to early primary school children. If you are interested in providing us with a book review, please contact us, and we will provide you with the book for you and your child to read. You will receive a book as a gift for providing us with the review.

Organising school paperwork and clutter

We have some tips about strategies to keep on top of school paperwork and clutter at home - it builds up very quickly! Of course, you will have what works for you. Whilst the paperwork strategies are about filing, daily tasks can be overwhelming, and aren't the only answer. Our family throw all school paperwork in a tray that's in one spot! We make sure that dates are noted on a family calendar and I have a whiteboard near the door for daily messages for all the family

Programs

During Term 2, Eastern Health will be running a Martial Arts as Therapy (MAT) group in Blackburn and a CHAMPS after school group in Croydon and the Waverley region. The days and locations are yet to be confirmed. If you are interested in any of these programs please contact Bronwyn Sanders on 0408 291 580.

The FaPMI Team

Becca Allchin & Kirsty Jungwirth FaPMI Coordinators
Bronwyn Sanders FaPMI Program Support Worker (9 hours per week)
Eastern Health Adult Mental Health Program
Murnong Clinic, 4 Bona Street, Ringwood East 3135
Ph: 9871 3988 Fax: 9871 3977

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6. Spotlight on a Service
7. Service Updates
8. Therapeutic Play Program
9. Helping Anxious Kids
10. Keeping Our Cool Program
11. Fridays @ Headspace
12. Carer Support Group

Would you like to contribute to this newsletter?

Contact:

FaPMI
Newsletter Editor
Bronwyn Sanders
0408 291 580
Bronwyn.Sanders@easternhealth.org.au
POBox 135
Ringwood East 3135



SCHOOL HOLIDAY IDEAS

Websites:

<http://www.vic.gov.au/about-victoria-tourism/holidays-daylight-saving/school-holidays/school-holiday-activities.html>

- This website has a range of places and activities that you can do - free or at a small cost
- Some examples of ideas are:
- The Immigration Museum, National Gallery of Victoria, State Library, The Shrine of Remembrance, Melbourne Museum, ACMI (Australian Centre for Moving Image)

<http://www.melbourneplaygrounds.com.au.html>

- There are a range of parks and playgrounds listed with all their contact details

Activities at Home: See a blog called www.beafunmum.com for more detail about these ideas

- Make a cubby with a sheet under the table and play there
- Have a theme day eg pirates, princesses, fairies, dinosaurs or a particular colour
- Dance to music; Write a letter to someone; Write a silly story together
- Write a menu for lunch with choices and have a restaurant/cafe where you are the waiter or the children are (eg sprinkle sandwiches, honey sandwiches, pieces of fruit, treats!)
- Have an inside obstacle course
- Do a self portrait where your child can lie down and trace around his/her body
- Visit a local op shop and purchase some items for a cubby or activity
- Do a nature walk at night with a torch and collect items such as leaves, twigs, nuts for craft, and discover what is happening at night in your street
- Have a fashion show down the runway, with some of your clothes and take pictures and send to friends/family
- Use paper plates to design faces with textas and other crafts
- Use pasta and string to make necklaces and bracelets
- Hide things in the house or garden and draw a treasure map, for the kids to begin their treasure hunt

Children's Festival: Monday 30th March through to Sunday 12th April 2015

If you are looking for something to do during the school holidays then look no further. SkyHigh is a hive of activity with plenty of attractions to keep them amused and the best part of all - Activities are free of charge. They can include Jumping Castle, Nine Hole Mini Golf, Games & Music with our Fairy, Face Painting, Pony Rides, Easter Egg Hunt on Easter Sunday, Didgeridoo Lessons with 'Stax' and much much more. **Gate Fees Do Apply - Activities may change due to weather and performer's availability.**

COOKING TOGETHER: CHOCOLATE COCONUT BALLS

Ingredients: 1 pkt Marie biscuits; 1/3 cup cocoa powder; 1/2 cup dessicated coconut; 1 tin sweetened condensed milk (300g approx)

Method:

1. Crush all the Marie biscuits in a food processor/blender or plastic bag with a rolling pin until they resemble crumbs
2. Add crumbs of biscuits, cocoa powder, and dessicated coconut into a bowl and mix with a spoon
3. Have a plate of dessicated coconut and when the mixture formed, then spoon a teaspoon sized amount into your hand and roll it into a ball, then roll in the coconut
4. Have a tray lined with baking paper and then place the coconut ball onto the tray and when all mixture is rolled out into balls, place in the fridge for a few hours to set
5. A range of other ingredients can be added such as sultanas, or crushed dried apricots

BOOK REVIEW - BIG AND ME (DAVID MILLER)

by Kirsty Jungwirth

As a mother of two young sons aged 6yo and 3yo, I loved this book! The pictures were really beautiful and made the book very accessible for them both to enjoy. I thought the best test for the book review would be to read the book with my sons. They both loved it and I had to make sure I supervised them reading it so they would not rip the pages of our FaPMI display copy!

The book provides an example of two machines who are friends on a building site and work as a team, and how Big has some difficulties with his thought processes and is sometimes a bit 'wobbly'. When he is unwell, the other machine 'Small', works with other machines. 'Big' then has some medicine and 'Small' can return to working with 'Big' whom he was worried about and he missed.

My 6yo son was able to talk about friends of his at school, himself and his brother who had been sick physically, and got better with medicine. He also asked some questions about 'Big's' worries.

I consider this book to be really helpful in beginning to have conversations with young children in a very direct way about how friends can be affected by all types of illnesses, physical, emotional, mental health or struggles with substance use.



GETTING ORGANISED

by bloggers Suze English & Nicole Avery from www.kidspot.com.au

Clutter! Every parent struggles to keep it at bay, and most would admit that five minutes before visitors arrive all manner of junk is being quickly stowed in the nearest room with a closeable door. Here are some simple ways to keep the clutter under control even with a large family or limited space.

Tip 1 - Never leave a room empty-handed: If you've got a spare hand, grab something that doesn't belong and put it in its place.

Tip 2 - The golden rule: Follow the 'one in, one out' rule. Make it a family rule that if one new thing is brought home to stay, one old thing must go.

Tip 3 - Think big: It stands to reason that large items take up a lot of space and add to the general clutter in the home. Ensure your larger items such as the ironing board and highchair have a home when not in use. And put them there!

Tip 4 - Dealing with clothing: Follow the 'one in, one out' rule and be sure to get rid of an old item of clothing for each new item you add to your wardrobe. One tip is to hold a yearly 'fashion show' with the kids to decide what's too small or beyond repair.

Tip 5 - Paperwork be gone! (Don't think this one is specific enough, so have included some additional information for you further down the page - Kirsty) Deal with paperwork as soon as you open it. Mail, bills, catalogues, school notes and receipts - it all piles up so quickly! To cut down on the confusion with paperwork, try to sort mail as soon as it arrives - it's much easier to deal with in small doses. Keep a simple system of clearly-labelled folders for easy filing. Do the same with your email inbox - a daily cleanout will ensure you never have to deal with that annoying 'mailbox is full' message again.

Tip 6 - Super storage: Invest in good shelving and storage solutions, but remember - more storage equals more stuff. In particular, ensure each child has suitable storage in their bedrooms for their personal possessions, including clothes.

Tip 7 - Quick kitchen cleanup: Take 5 minutes to clear the kitchen bench and table before bed. You'll feel much better in the mornings if you wake to find a tidy kitchen. A quick tidy-up of these two key areas of the home can help your morning stress levels, because you won't be surrounded by clutter during that busy breakfast and school rush.

Tip 8 - Put it away, straight away: Parents are the world experts on multi-tasking, and this can cause a lot of distraction! It's a common habit for busy mums to plonk an object down where we last used it, mostly because we're doing so many things at once. Get into the habit of putting things away as soon as you're done, and you'll cut down on a great deal of the clutter in one simple step.

Tip 9 - Speed cleaning (I'm not a fan of this tip! Kirsty): You might be surprised just how much you can achieve when you put yourself on the clock. Set the oven timer for 20 minutes, choose an area, and clean, clean, clean!

Tip 10 - Many hands make light work: Teach your children that cleaning is a family job. Even very young kids can help with some household tasks, and dealing with general clutter is perfect for little hands. Make sure your kids participate in the daily de-clutter by giving them a couple of small jobs to do before bed.

Organising school paperwork

Having the fanciest organisation system in the world still requires you to do the paperwork. Unfortunately there isn't any system I know of that completes forms or returns them to school or puts the dates in the diary. Shame that!

Here are some things that help me stay on top of the school paper work:

1. Give the kids responsibility
2. Handle it once
3. Allocate time each day
4. Update the calendar / diary

Organising school electronic communications

Once school notices started coming electronically, I realised that I was going to need to set up systems in my email and on my computer.

1. Email set up
 - Create a folder / label for each educational institution. Eg kinder, primary, secondary
 - Create a folder / label for each child.

2. Computer set up

On my computer, I have the same folders set up as I do in my email. Under each main folder, the school name or child's name etc, I then have the year. Eg I have just created 2013 and then underneath that I have the months listed, Jan, Feb etc.

3. Allocate time each day

Allocating time to check and file emails each day is easy for me as I spend time online! However if you don't regularly spend time online, try adding a once a day check as part of your routine.

4. Update the calendar / diary

Updating the calendar immediately prevents forgetting things, and with all the personal electronic devices we have these days, this probably means updating your electronic diary as well.

SPOTLIGHT ON A SERVICE

In each newsletter we plan to interview someone from a support agency so that you can learn a bit more about resources that are available to families.

What is your name? David Neef

Who do you work for?

COPEs (Partnership between Eastern Health and EACH in outer East / MIND in central East)

- COPEs is a part time service that provides peer support to families that have a family member who is a consumer within an Eastern Health mental health service.
- In the Central East, the COPEs and CYMHS COPEs worker can be contacted on ph. 9843 5800 or mob: 0457 728 795.
- In the Outer East, the COPEs workers can be contacted on 9955 1177 - if the COPEs worker is unavailable, leave a message so they can call you back.

EACH Recovery Carer Support (COPEs Community)

- Provide peer support to families who have a family member with a mental illness and are a consumer with EACH.
- EACH recovery carer support workers can be contacted in your local government area (LGA):
Yarra Ranges - Emma Jenkin - 03 5967 5800
City of Maroondah - David Neef - 8870 5300
City of Knox - Vick Robinson - 8720 2546

What is your role?

- Provide peer support for MH carers - family members or others can talk to us on the phone or can meet face to face to provide direct support. This support involves listening providing information and orientation around the clinical services information about mental illness and referral to other service providers as required. The service provides an opportunity for families who might be quite distressed to be heard, recognised and validated in their caring role.
- Family members seen are mainly parents and partners of a person with mental illness but we also see siblings and children and other relatives and friends

What is the best part of your job?

The best part is that i get to use my own lived experience to help other people. I find this rewarding and it has a cathartic effect as it can help to heal by using own experiences to support others. it is satisfying to know that the difficulties that i went through can be drawn upon and be used to help others. Also, being a COPEs worker enabled us to gain an inside perspective of MH services and have a greater depth of understand on how to apply it for our own and others benefit. And i work with a super awesome team of people who support me very well in my role.



MICHELLE'S STORY

Michelle is a writer with bi-polar disorder. Interview by Kirsty Jungwirth, FaPMI Coordinator.

Can you tell me a bit about yourself?

I am married with two children, a daughter and a son. I'm a Children's Author and have written a book based on my own experience titled 'My Happy Sad Mummy'.

How did you come to write the book?

I wrote it for my children so they could understand my illness and our family situation because there was nothing at the time in terms of picture books that could explain our situation. It was hard to find a publisher because they thought it would be hard to find a market, but I've found the opposite. There has been a lot of interest in the book.

I'm aware that it's been a difficult year for you, prior to the launch of the book....

Yes, I have had five hospital admissions during the last 11 months. My last admission was in 2008.

What has helped you during this time?

It is really hard to get through every day when I'm ill. It can be an agony. The support from doctors and nurses assist me when in hospital. The ongoing support of my husband and close family and friends is also critical. Whilst I'm not really religious, I have been drawing on my spiritual beliefs whilst in hospital.

What do you consider has helped your husband during this difficult time?

He does some martial arts, and this relieves stress. He is a shift worker, and his workplace have been fantastic, with the team working their hours around him.

Have you disclosed to your children's school that you have a mental illness?

I have disclosed to my daughter's class teacher and social worker, and the response from them was helpful. My daughter is accessing counselling. I was worried because she has just started at the school where she received a scholarship. She had counselling in the past at school and privately because when she was little she was doing angry drawings. Children understand that something is wrong even when they are very little, even if you try to hide it from them.

What do you consider has helped your children?

Close friends have stepped in and taken over the babysitting role. We have always tried to be honest and up front with them about my illness - not to scare them, but using age appropriate language. Whilst they get upset when I go to hospital, they understand that I need to get better. I'm not going into hospital to get away from them. It is very clear that the children need to hear that it's not their fault.

SERVICE UPDATES

GILLIAN'S RAINBOW BRIDGE - Childrens' Programmes

Annette Conrad and her husband run a beautiful property and program in Healesville called Rainbow Bridge. They have develop a program where children and animals come together, helping each other to heal, and support each other in the process of positive change. She is particularly interested in offering this to children who live in families where a parent may be struggling with challenges such as mental illness. They have funding to provide transport and food and can provide activities during school holidays, but it can also be offered during school term.

To refer a child to this group, please see the website link below for information.

<http://www.gilliansrainbowbridge.org.au/childrens-programmes>

SERVICE UPDATES CONTINUED

STEPPING STONES TRIPLE P: Vic parents get full year of support

Parents of children with a disability across Victoria are eligible for free parenting support throughout 2015. The Stepping Stones Triple P (SSTP) Project is offering tailored, evidence-based support for parents raising children with a disability aged 2 to 12. Parents can book online to access free group and individual sessions with trained practitioners in different regions. The Stepping Stones parenting program helps parents reduce child behaviour problems, improve family relationships and raise happy, more confident children. <http://www.triplep-steppingstones.net/au-en/home/>
Regards



NEW ADVOCACY SERVICE FOR MENTAL HEALTH

New advocacy service: Victoria Legal Aid has reached an agreement with the State Government to deliver an independent mental health advocacy service, the first of its kind in Victoria.

MARTIAL ARTS AS THERAPY PROGRAM AT WOORI YALLOCK PRIMARY SCHOOL

Fifteen male students (or young men!) from Woori Yallock Primary School participated in a special 12week MAT program funded by Yarra Ranges Shire Council as part of their Community Development Grants. The students who participated, their parents and teachers, all felt that the program was very beneficial and that the students had learnt some new skills as a result of the program. A very big thank you to Yarra Ranges Shire Council!





treehouse

Is your child uncomfortable in social situations?

Does your child worry about making a mistake or being embarrassed in front of others?

Does your child sometimes sit alone at lunchtimes/avoid interacting with classmates?

Does your child not want to participate in after-school activities?

Treehouse is a therapeutic play-based program for primary-school aged children, who need some extra support with social skills, self-esteem, managing strong feelings and developing resilience. By being creative and learning through play, children are able to develop their relationship skills in a non-confrontational way, while also allowing them to safely think about how they might cope with their own worries.

Please call Martine on 9871 1802 or 0477 746 133 for more information!

each
social and community health

main office
46 warrandyte road ringwood 3134 vic
t 1300 00 EACH (1300 00 3224)
f 03 9870 4688
e info@each.com.au each.com.au

Who TERM 2 – Grade 2/3s

Where EACH
10 Silver Grove
Nunawading 3131

When Wed 22nd April
Parent Information Session
Wed 29th April – 10th June 2015
7 week children's program

One individual follow-up session for each family will occur in the weeks after the conclusion of the program.

Time 4-5.30pm

Cost FREE with a referral to the ATAPS program
~ Places are limited

This term Treehouse is funded by the Eastern Melbourne Medicare Local

RSVP Please register your interest by Friday 27th March

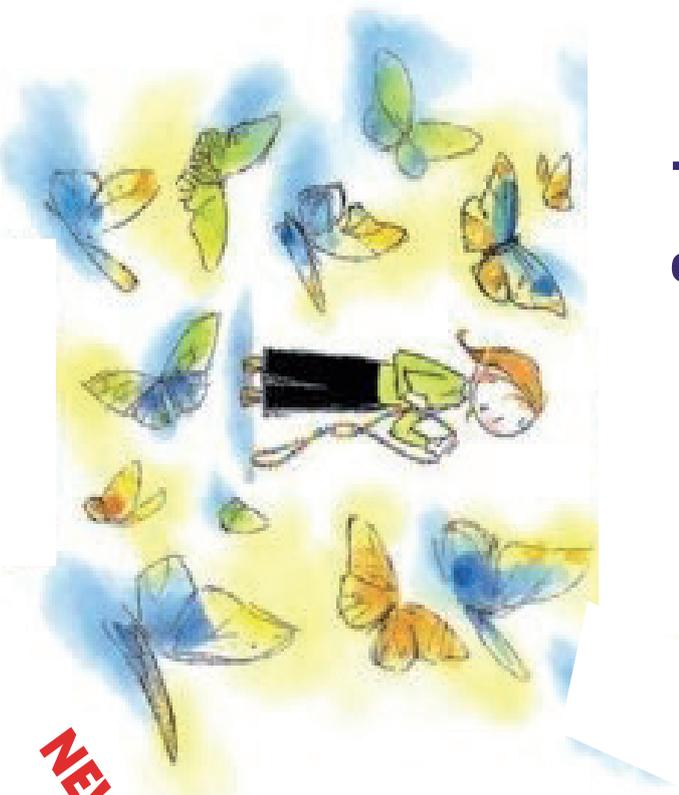
More information:

Parent/carer involvement is scheduled at the end of each children's session from 5.15pm.

Please note: only one child is accepted into the program from each school.



NO WORRIES? Helping Anxious Kids



How can we help children and teens to reduce their anxiety?

What skills can we teach them so that they know how to calm themselves?

Explore how stories, books, workbooks, and card sets can be used to help reduce anxiety.

With Don Grose, psychologist
Rosemary Allen, teacher and librarian

BOOK NOW

9813 2533

**BOOKINGS ARE ESSENTIAL
GROUP SIZE LIMITED**

**NEW SESSION
MAY**

Tuesday, 19 May 2015

7.00 - 9.00 pm

Anglicare

47 Castella Street, Lilydale

PRICE \$20.00

PEOPLEMAKING

*Social and Emotional Learning
Mental Health and Wellbeing - Books and Resources*

375 Camberwell Road, Camberwell Vic 3124

www.peoplemaking.com.au

Tel/Fax 03 98132533 - Contact us to arrange a session at your venue



Keeping Our Kool



An eight session anxiety management group for children aged 9-11 years old

- When: Starts **Tuesday 21 April – Tuesday 9 June 2015**
- Time: 4.30pm – 6pm
- Location: EACH Social and Community Health
75 Patterson Street, Ringwood East
- Cost: FREE with a referral to the **ATAPS Program** via your GP.
- Contact: Please contact **Jackie Bailey** (Group Facilitator/Psychologist) for more information about the group and the eligibility requirements.
- Phone: **03 9837 3999 - Places are limited please RSVP by 21 March 2015**

Child and Parent(s) are required to attend an individual pre-group session and post group session.

each
social and community health

main office
building 2, 254 canterbury road bayswater vic 3153
t 1300 00 EACH (1300 00 3224)
f 03 9876 0100
e info@each.com.au each.com.au



#fridays@headspace



12-25 year olds

2pm-5pm

Movies, games and snacks!

Come hang with us every
Friday arvo

Call Rima Kalaidjian on 9801 6088

or email rima.kalaidjian@headspaceknox.com.au

We look forward to seeing you there

Location headspace Knox, Westfield Knox Ozone
Shop 3027, 2 Capital City Blvd
Wantirna South



UNDERSTANDING MENTAL ILLNESS

Information evening for family, friends and anyone who wants to be part of the recovery journey.

- How and why did this happen?
- What can I do to help?
- What services are available to support my family member?
- What services are available to support me/carers?

These questions and your questions answered, and information from many organisations in the Eastern Region.

**1ST MONDAY NIGHT OF EACH
MONTH**

7.30 pm - 9.00pm

Federation Estate (Room 3)

32 Greenwood Ave, Ringwood

RSVP Carer Consultant

9843 5800 - 0418 356 570