

SUMMER  
2023

Sing and be merry! This picture is from our FaPMI Fun Day two weeks ago. There were so many families with children who showed up on the day and did all sorts of fun things.

Despite the clouds and little bits of rain, the mood was generous, kind and joyful. FaPMI Fun Day always signifies the end of another year. Soon, children will be home for the summer holidays.

In this newsletter, we have activities across town for families to get involved in, a fun craft to inspire creativity, and a yummy slice recipe that's so easy to make and gluten-free.

Our hope to you all is that you find space to enjoy each other and the little things life. Our best wishes for a safe and happy summer.



Photo credit: Shaun O'Neill

## Programs

All 2024 Term 1 flyers will be available in January on <http://www.easternhealth.org.au/fapmi>

CHAMPS will run in Term 1, 2024. Details to follow.

Marital Arts as Therapy will run in 2024. Dates to follow.

Kids Club – last Wednesday of each month starting Feb 2024 at various locations.

Space4Us – third Monday of each month starting Feb 2024 at various locations.

Newsletter produced by Elizabeth Fraser & the FaPMI team with Creative Content & Copy ([rachel@ccandc.com.au](mailto:rachel@ccandc.com.au)).

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## FaPMI Coordinators

Phone: 9847 4747  
[fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

Program Referrals: 0481 913 607  
Michelle Hegarty (Mon – Thu)  
Becca Allchin (Mon, Tue)  
Elizabeth Fraser (Mon – Wed)  
Bronwyn Sanders (Tue)  
Ash Bond (Mon, Tue, Thu, Fri)



# SCHOOL HOLIDAY ACTIVITIES & EVENTS



## National Gallery of Victoria (NGV) Triennial

The NGV Triennial is back with 100 extraordinary projects; 120 artists across all four levels of the gallery. The exhibition is FREE and runs from 3 December to 7 April 2024.

Check out times to visit at [www.ngv.vic.gov.au/triennial/home/](http://www.ngv.vic.gov.au/triennial/home/)



## Dad and Me, Lego

Dads, granddads and male carers and their children are invited to this multi-generational Lego challenge. Design your own Lego masterpiece or join in a Lego challenge.

Suitable for children aged 4-12 years (older siblings welcome).

**When:** Tue 23 January 2024, 7pm to 8:30pm

**Where:** Mt Evelyn Community House  
50 Wray Crescent, Mt Evelyn

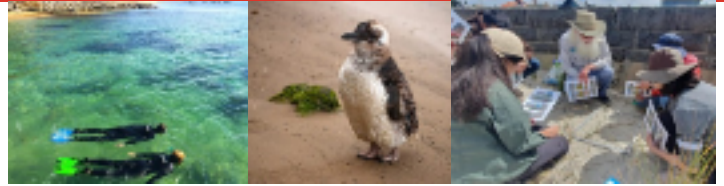
Bookings: <https://www.trybooking.com/CNLVB>



## Choose Your Adventure

A summer holiday program for 16-25 year olds in the Cities of Whitehorse, Knox, Maroondah and Yarra Ranges. This year's activities include a day at Emerald Lake, a movie afternoon, a wilderness Bush Walk, and an indoor action sports day in Box Hill.

Sponsored by EACH. Bookings are essential:  
[youthandfamilyvic@each.com.au](mailto:youthandfamilyvic@each.com.au)



## Summer By The Sea

A range of FREE activities for families, including all-abilities snorkeling, exploring rock pools, shell surveys, penguin talks, and Welcome to Country ceremonies across beaches in Victoria.

Have a look at the activities on offer: [What's On | Summer by the Sea](#)



## Sensory Exhibition, Abbotsford Convent

This summer, the Convent is joining forces with the incredible Slow Art Collective team for a FREE, immersive sensory exhibition — Pavilion 24.

From 2-11 January, kids and their grown-ups are invited to become hands-on creators of immersive artworks made from recycled and repurposed materials. Together, they'll learn, play and build sustainable robotics, melodic structures, woven fabric sculptures and lighting devices.

For more information: [Slow Art Collective: Pavilion 2024 - Abbotsford Convent](#)



## Dad and Me, Pirate Story Time

Dads, granddads and male carers and their children are invited to discover the world of pirates through stories, songs and craft. Suitable for children aged 2-6 years.

**When:** Wed 17 January 2024, 6:30pm to 7:30pm

**Where:** Lilydale Library, 1 Jarlo Drive, Lilydale



# ART & CRAFT

Make an ornament out of salt dough

## Salt Dough for Ornaments and Hand Prints

FROM: <https://wholefully.com/make-salt-dough-ornaments>

You need:

- Mixing bowl and large spoon
- Baking paper
- Rolling pin & cookie cutters
- Forks, steel wool, rubber stamps, other textural items—to add texture to the ornaments
- Straw or toothpick—for poking a hole for the ornaments to hang from
- Baking tray
- White paint—optional, for giving the ornaments an even background to decorate
- Glitter, glue, paint
- Polyurethane spray or paint
- Ribbon—for hanging the ornaments

### Method

1. Mix the salt and flour in a bowl and add the warm water slowly.
2. Stir until it becomes hard to mix and then mix with your hands.
3. Knead for a few minutes until smooth.
4. Place the dough on the baking paper with another piece of baking paper on top.
5. Roll it out until even.
6. Use cookie cutters or make hand prints and use the fork/stamps/textured items to put designs on your shapes.
7. Clean up the excess dough from around your cut-outs.
8. Use a straw to poke a hole through each shape before you cook them.
9. Place the baking paper with shapes on a baking tray.
10. Bake at 150 degrees Celsius for one hour or until hard.
11. Let them cool.
12. Paint and decorate your ornaments—remember you can use school glue to add glitter!



### ingredients

- 4 cups of all purpose flour (bleached is best)
- 1 cup of table salt (this preserves the ornaments)
- 1½ cups warm water



# RECIPE: GLUTEN-FREE HOLIDAY FRUIT BARS

## Method

1. Line a square pan with baking paper.
2. Mix all ingredients together in a bowl.
3. Put the mixture in the baking pan and press it down firmly.
4. Bake in the oven at 180 degrees Celsius for 25 minutes or until lightly brown.
5. Remove the paper and place it on a rack to cool.
6. Cut into squares or bars.



## Ingredients

- 450g chopped, pitted dates
- one can sweetened condensed milk
- 1 cup chopped walnuts or pecans
- 1 tsp vanilla essence
- 3 cups shredded coconut



**YOUTH ConneXions Whitehorse**  
FREE holiday activities for 12-25 year olds.

### Make a Mosaic Plate

**When:** Tue 9 January, 2:30–4:30pm

### Self Defence Class

**When:** Tue 23 January at various times according to age groups

**Where:** Youth ConneXions, Box Hill

Bookings required. Contact:  
[youth.worker@whitehorse.vic.gov.au](mailto:youth.worker@whitehorse.vic.gov.au)



## Autism Family Swim & Social Event

Join this private all-ages event on selected Sundays.

**Next date:** 7 January 2023

**Time:** 6 - 8pm with BBQ dinner included

**Where:** Knox Leisureworks, Boronia

**Enquiries:** [ourevents@differentjourneysautism.com/events](mailto:ourevents@differentjourneysautism.com/events)



# BOOK REVIEW

## Get Up Mum

Of all the voices mum hears, I wish one of them could be mine.

**Author:** Justin Heazlewood

**Book review by** Ash Bond

*Get Up Mum* is a memoir written from the perspective of author Justin Heazlewood as a 12-year-old boy. Focusing on one year of Justin's youth, *Get Up Mum* transports the reader into life as a kid growing up in the coastal Tasmanian town of Burnie in the early 1990s.

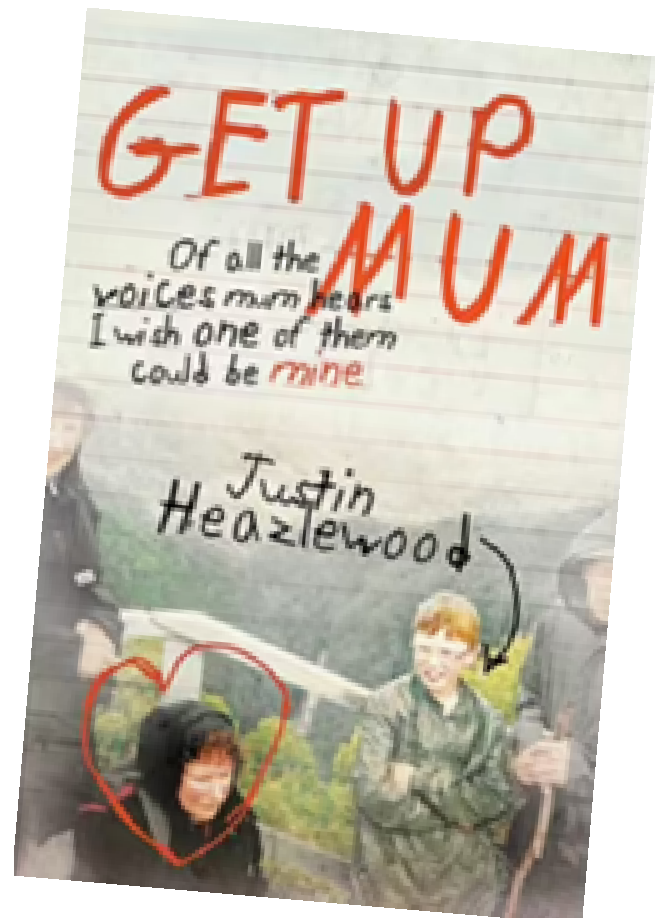
In some ways everything seems pretty standard in the life of Justin. He is a curious and creative kid navigating the day to day of his late primary schooling; spending afternoons helping his Mum Maureen cook rainbow trout for dinner, riding his bike through the dusty streets of his neighbourhood, and having fun sleepovers at Nan and Pop's on the weekend. Amidst these simple joys, Justin is also navigating what it means to be the only child of a sole parent living with schizophrenia.

Heart-warming and heart-wrenching, this book will make anyone who picks it up feel deeply, but especially those of us who grew up with parents navigating mental health challenges. It speaks of what is unspoken about young people in caring roles – the hopes and yearning, confusion, fear, and concern. It speaks of the hard work and skill of using clever tools to keep going. It speaks also of the days of absolute normalcy and the deep, unending love despite it all.

What I especially loved about this book is how immersive it is. The text is scattered with Justin's hand-written drawings and journal entries, and he artfully imbues his reflections with sensory cues that make you feel like you are right there, watching the blue light of the TV glare in the lounge room late at night, or sitting on the back porch of his Nan's house watching the bees fly slowly in the fading summer light. It invites the reader to attune to a world both strange and familiar, and you find yourself enveloped in the warm, golden light of nostalgia.

*Get Up Mum* is suitable for young people and adults with or without lived experience of being in a family where there are mental health challenges. I hope you love it as much as I did.

For more information about the author, you can visit his website (and subscribe to his fantastic columns) at [www.justinheazlewood.com](http://www.justinheazlewood.com).



## North East Metro Mental Health & Wellbeing Connect



A warm and welcoming space for family, carers, and supporters of people living with mental health or substance use concerns.

Services include: support from a peer worker with lived experience of being a family member or carer, information and resources, practical support, financial assistance, family counselling education sessions and group programs.

For more information call 8850 4150.

[North East Metro Family and Wellbeing Connect | Access Health and Community \(accesshc.org.au\)](https://www.accesshc.org.au)



*Providing food services including groceries, hampers and vouchers to ensure this basic essential is always available and offering friendship where necessary to people in need.*

13 18 12

[https://www.vinnies.org.au/vic/find-help/food?gclid=EAtalQobChMlvb3FoubRggMVrqRmAh3-OAFsEAAYAIAAEglqdfD\\_BwE](https://www.vinnies.org.au/vic/find-help/food?gclid=EAtalQobChMlvb3FoubRggMVrqRmAh3-OAFsEAAYAIAAEglqdfD_BwE)



[Emergency Relief](#)



## Community Food & Assistance Guide



[https://www.ehn.org.au/uploads/243/572/EHN-Community-Food-Assistance-Guide\\_v3.pdf](https://www.ehn.org.au/uploads/243/572/EHN-Community-Food-Assistance-Guide_v3.pdf)

## VMCH Support for Carers



The Support for Carers Program is designed to support you with practical information. It offers a range of flexible respite and support options to suit your individual needs as well as the person you are caring for. This includes educational workshops and social/wellbeing events.

[VMCH Carer-Support-Brochure Feb2020 Web.pdf](#)

## Wellways Family Services

Support for families, friends and carers of people with mental health challenges. Family services include: individual carer support, peer support, respite, carer activities, family and community education, young carer programs, NDIS navigation, and helpline referrals.

Contact Suzi Tsopanas at [stsopanas@wellways.org](mailto:stsopanas@wellways.org) or phone 8873 2500.

## After Hours Mental Health Nursing Service

Ever feel like you're not coping? Sometimes stress, anxiety, depression or grief can be overwhelming. Our Mental Health Nurses offer a chance to talk with someone on the phone, video call, or face to face to get on top of things early.

The After Hours Mental Health Nursing Service can help people experiencing mild mental health issues like anxiety, stress, depression and grief.

**Speak to a Mental Health Nurse:**

**On the phone:** 1300 003 509 (freecall)

**In person:** 36 Wellington Road, Box Hill

**Available:** 6-11pm Monday to Friday

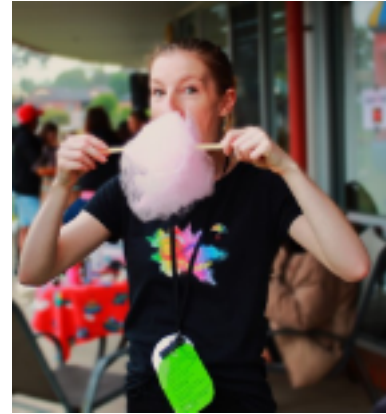
2-7pm Saturday, Sunday & public holidays

**Contact:** [ahmhns@healthability.org.au](mailto:ahmhns@healthability.org.au)

# FAPMI FAMILY FUN DAY 2023

The annual FaPMI Family Fun Day was held on Sunday 26 November at the Ringwood Bowls Club. Forty-four families attended with a total of 166 participants enjoying a wide range of activities including face painting, jumping castle, pony rides, arts and crafts, Santa and roving entertainers, sports, arts and crafts, food trucks, and live music.

The day was supported by over 50 volunteers – with thanks to our partner agencies including Eastern Health Mental Health Program, Wellways, EACH, Tandem, Satellite Foundation, Headspace, VMCH, NEAMI, The Carer Gateway, Eastern Melbourne PHN, The Local Umbrella, Knox City Council, Maroondah City Council, Melbourne All Abilities Lions Club, Ringwood North Football & Netball Club, Imaginarium Entertainment, Ringwood Bowls Club and Maroondah Rotary.



# FAPMI FAMILY FUN DAY 2023

## What do you enjoy most about FaPMI Family Fun Day?

*'I love the atmosphere of the day, connecting with other families, the wide range of activities and the food.'*

*'Freedom, safety, and knowing my kids ... are ok. Acceptance is the biggest thing, being a neurospicy family. Safe and non-judgmental spaces can be hard to come by.'*

*'I just felt welcomed here.'*

*'It's so great to be surrounded by people who know what it's like.'*

*'Perfect location, lots of space. Good accessibility, comfortable.'*

*'Thanks for offering such a vital service for families and giving them an opportunity for fun & relaxation.'*



**\$200 vouchers**

Get Active Victoria are helping eligible families get their kids involved in organised sport and active recreation. Eligible children may receive up to \$200 to cover the costs for membership and registration fees. Applications are now open. Applicants must be aged 0-18 and named on a valid Health Care Card or Pensioner Concession Card and Medicare Card to be eligible.

[Apply for a voucher](#) and present it to your activity provider when you register or pay for your child's membership and any related uniform equipment. Get Active Victoria will reduce the fees up to the value of \$200!



JOIN FAPMI IN THE SCHOOL HOLIDAYS FOR  
A FAMILY FORUM

# FaPMI Family Forum

## Eastern Health FaPMI Family Forum

gives families where parents have mental health challenges the opportunity to have their say about what is included in our group programs and family activities in 2024 while connecting with other families and the wider community

Spots are limited. Lunch is provided. Register now!

## We want to hear from you!

We're looking for **families where parents have mental health challenges** – parents, children and other family members are welcome. The first part of the session will involve a co-design process with families to help make our 2024 activities meet your needs and wants. The second part of the session will be a chance for families to mingle, for kids to play and enjoy lunch on us!

**When:** Wednesday January 17th 2024 from 11.00am - 1pm  
**Where:** Coonara Community House - 22 Willow Road, Upper Ferntree Gully

All families will receive vouchers for their participation in the co-design and lunch is provided. To register and for more information please contact FaPMI Co-ordinator Michelle on 0481 913 607 or at [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)



# treehouse

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

**Does your child worry about fitting in with peers or experience friendship issues?**

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

Treehouse is a therapeutic program for primary-school aged children, who need extra support with social skills, self-esteem, managing strong feelings and developing resilience.

In Treehouse, we use art, play-based and mindfulness activities to explore worries, feelings, supports and coping strategies.

Children will:

- ✓ Participate and share with others
  - ✓ Play games
- ✓ Do art/craft-based activities
- ✓ Complete their own written and illustrated story book

Only one child from each school is accepted into the program, providing space and opportunity for children to safely explore strong feelings.

For more information or to register your interest, please email: [youthandfamilyvic@each.com.au](mailto:youthandfamilyvic@each.com.au)

This program is funded by the City of Whitehorse

**Who:** Grade 1 & 2 children

**Where:** Nunawading Community Hub  
96-106 Springvale Road,  
Nunawading

**When:** 2024

**Dates:** (8 sessions in total)

**Term 1 2024**

Tuesday 12<sup>th</sup> March - *Get to know you*

Tuesday 19<sup>th</sup> March - *Strengths*

Tuesday 26<sup>th</sup> March - *Supportive people*

**School holiday break**

**Term 2 2024**

Tuesday 16<sup>th</sup> April – *Worries & feelings*

Tuesday 23<sup>rd</sup> April– *Coping with worries*

Tuesday 30<sup>th</sup> April – *Playing with Others*

Tuesday 7<sup>th</sup> May – *Friendships*

Tuesday 14<sup>th</sup> May - *Celebration*

**\*Please note – participants are to attend all 8 sessions.**

**Time** 4.15pm – 5.45pm

*\*Please note: Parent/carer involvement is scheduled at the end of each session from 5.30pm (Sibling-minding provided by facilitators)*

**Facilitated by:**

EACH Youth & Family Counselling  
Team in partnership with FaPMI

- Melanie Fearn (0427 525 946)
- Ash Bond (0435 696 604)

**Cost** FREE (Please provide a water bottle for your child)

# Space 4 Us

Join us for 2 days of activities  
in the January 2024 school holidays

Space 4 Us is a gathering for you to connect with other people your age from the central eastern suburbs who have a family member with mental health challenges. Make new friends, hear from others like you, learn new ways of looking after yourself and have fun!



## January 15th - Day 1

- Mental health education
- Yoga class by Collective Being
- Delicious lunch
- Interactive creative sessions
- Free time

## January 22nd - Day 2

We will go on a group adventure together - location to be confirmed

Space 4 Us is fully supervised and open to young people aged 12 - 18 years in the central eastern suburbs of Melbourne. The Jan 15th program will be at Youth Connexions at Box Hill central. The Jan 22nd will be a group outing. Each day will run from 10am - 3pm.

It is totally **free** to attend this program. For more information please contact FaPMI Co-ordinator Michelle on 0481 913 607 or at [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

With thanks to our partners



**Spaces limited!**  
**Register now**