

Welcome to the final FaPMI newsletter for 2022. We are excited to include a summary of the Family Fun Day which was held on Sunday 27 November. It was a very fun day with so many activities for families and children, as you will see by the pictures on page 7 and 8.

In fact, the newsletter has a recipe that will remind you of the day. The craft activity this edition is making a kaleidoscope which will be great to use in summer when we get SUN!

You will also find information for new mums, how to access free family therapy, and an Emerging Minds website link for factsheets on parenting and mental wellbeing.

We have also included a range of activities to do over the summer holidays. The FaPMI team wish you a very happy holiday and summer season. See you in 2023!

Programs 2023

Champs

Begins Tuesday 7 Feb in Ringwood.

MAT group

Starts Wednesday 8 Feb in Blackburn.

Space4Us

School holiday activity on Wednesday 18 Jan.
Meets one Monday a month from 20 Feb.

Please contact fapmi@easternhealth.org.au for more information and to register for groups.

<http://www.easternhealth.org.au/fapmi>

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



What's Inside

Welcome & Programs	1
Holiday Activities & Events	2
Craft: Make a kaleidoscope	3
Recipe: Crêpes	4
Walk-in Family Therapy & Emerging Minds ..	5
Hospital Booklet for Kids & Mum Space	6
FaPMI Family Fun Day 2022	7
Fun Day Pics & Family Reflections 2022	8

FaPMI Coordinators

4 Bona Street, Ringwood East Phone: 9871 3988
fapmi@easternhealth.org.au

CHAMPS Referrals Phone: 0408 291 580
Michelle Hegarty (Mon – Thu)
Becca Allchin (Mon, Tue, every other Wed)
Elizabeth Fraser (Mon – Wed)
Bronwyn Sanders (Mon – Wed)
Ingrid Forster (alt Tue, Thu & Fri)



SCHOOL HOLIDAY ACTIVITIES & EVENTS



Fitzroy Gardens Outdoor Adventure

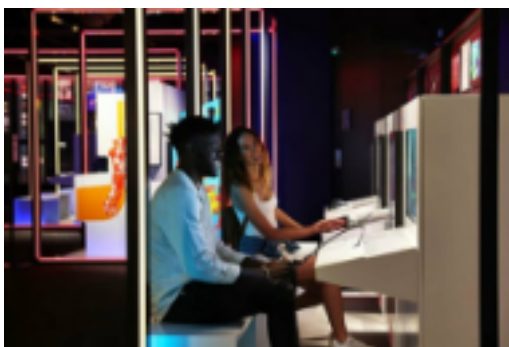
Entertain the kids by taking the outdoor adventure challenge in the heritage-listed Fitzroy Gardens.

Starting off at the Fitzroy Gardens Visitor Centre, kids will collect a map and then head off on their hunt to answer 12 questions around the gardens.

Suitable for primary school-aged children but adult assistance is necessary. Remember to bring along a pen or marker.

FREE all summer from 10-4pm.

<https://whatson.melbourne.vic.gov.au/things-to-do/fitzroy-gardens-outdoor-adventure>



Australian Centre for the Moving Image (ACMI)

Navigate the universe of film, TV, video games and art at ACMI, one of the most visited moving image museums in the world.

Interactive and fun with lots to see and it's FREE.

Flinders St, Melbourne

Don't forget to check out what's happening for the school holidays with your local council.

Here are some activities offered by Yarra Ranges and Whitehorse councils.



Yarra Ranges has a Games with Dad session as well as a Laugh Out Loud Show. Find details here: <https://www.yarraranges.vic.gov.au/Community/Family/School-holiday-activities>



Check out what's on for young people in Whitehorse, including workshops on interview skills and resume writing.

<https://www.whitehorse.vic.gov.au/living-working/people-and-families>





ART & CRAFT

Make a kaleidoscope!

Kaleidoscope



The kaleidoscope was invented in 1816 by Scottish inventor Sir David Brewster who designed the toy initially as a scientific tool.

Method

1. Remove the chips from the Pringles can (eat if necessary), rinse, and dry the can.
2. Roll a piece of shimmery silver paper and put it inside the can. Mark and cut off the excess paper. Tack it down if it doesn't fit inside the can nicely.
3. Cover the outside of the can with interesting, coloured paper and secure it with tape. Decorate if you like with markers, stickers, tape, anything you want!
4. Use a hammer and nail to punch an eye hole in the bottom sealed end of the can.
5. Glue sequins on the inside of the Pringles lid. Then add glitter, colourful paper or other things. You can mix clear glue with a bit of water and lots of glitter. Tear and cut tissue paper to glue to the outside of the lid.
6. Cut a square of clear contact paper and tape it sticky side up to the table. Add a little bit of everything. Press another piece of contact paper over the top to seal it.
7. Use scissors and cut the contact paper to fit your can. You will be putting the lid on over this, so make sure it is a close fit. Then glue it to the top of the can.

materials

- Pringles can (no chips)
- Shimmery scrap book paper or tin foil
- Hammer & nail
- Clear glue
- Tissue paper, glitter & sequins



Your simple kaleidoscope needs one more thing, a second colourful lens!

It's very important to let everything dry well. Put the lid on your kaleidoscope and head outside!

<https://littlebinsforlittlehands.com/how-to-make-a-simple-kaleidoscope-for-kids>



RECIPE



If you had a yummy crêpe from the van at the FaPMI Family Fun Day, then you might want to try making them at home! They are a fast and easy treat for any time of day.

ingredients

- 1 cup plain flour
- 2 large eggs
- 1/2 cup milk
- 1/2 cup water
- 1/4 tsp salt
- 2 tbsp butter, melted

Crêpes

1. Whisk the flour and eggs together in a large mixing bowl.
2. Gradually add the milk and water, stirring to combine.
3. Add salt and melted butter; beat until smooth.
4. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using about 1/4 cup for each crêpe. Tilt the pan with a circular motion so the batter coats the surface evenly.
5. Cook until the top of the crêpe is no longer wet and the bottom has turned light brown for 1 to 2 minutes. Run a spatula around the edge of the skillet to loosen the crêpe; flip and cook until the other side has turned light brown, about 1 minute.
6. Serve hot with lemon & sugar, cream & strawberries, or make them savoury with ham & cheese!

Prep time: 10 mins

Cooking time: 20 mins

Makes: 8 crêpes

<https://www.allrecipes.com/recipe/16383/basic-crepes>



Photo: RACKOFLAM

FAMILY MENTAL HEALTH RESOURCES

WORLD FESTIVAL OF MAGIC 2022
ONLINE SHOW

Watch directly from our stage to your screen with **FREE** unlimited and on-demand streaming of the World Festival of Magic pre-recorded video. **Auslan Video Interpreting Now Available.**

Featuring world-renowned master illusionist, Michael Boyd. Captivating cutting edge, large scale illusions and intimate close-up magic will enthral audiences of all ages.



Click on the weblink or scan the QR code below and enter the password to access the video...

vimeo.com/showcase/msmelb22



password: MAGIC22

Please show your appreciation to the businesses that sponsored this event by sending a thank you email to thankyou@ispy.com



Introducing Emerging Minds Families

Emerging Minds Families



[Emerging Minds Families](#) has a brand new suite of resources that have been developed to meet the needs of parents/carers and families looking for information and support regarding infant and child mental health and wellbeing.

Developed in collaboration with family members with lived experience and practitioners, and using the latest research, Emerging Minds Families offers practical, accessible, evidence-based information, including videos, fact sheets, animations and podcasts.

WALK-IN Together

FREE, stand-alone, sessions of family therapy, without the waiting list!

Session times
Monday afternoons
12:30pm - 6:00pm

For all Victorian families, including those with alcohol/drug or serious mental health issues. At least two family members must attend together

Operates on a first-in, first-served basis, online via Zoom

Website
<https://timysd.com/WalkInTogether>

To Attend
call any Monday
from 12:00pm - 5:00pm
(03) 8481 4800

For more info: Contact The Bouverie Centre on **(03) 8481 4800** bouverie.centre@latrobe.edu.au



Walk-in Together family therapy sessions with no waiting list

The Bouverie Centre runs an online walk-in family therapy clinic every Monday, free of charge and available to all Victorian families.

Staffed by experienced family therapists, Walk-in Together is a great option for families where a parent has a mental illness, are affected by fire, flood or other losses, or families who have experienced trauma.

<https://www.latrobe.edu.au/research/centres/health/bouverie/families-and-communities/therapy/walk-in-together-online-sessions>

Helpful resources for pregnant women, mums and health professionals.



MumMoodBooster and Mum2BMoodBooster are online treatments for pregnant women and mums with perinatal depression and anxiety.



The MindMum App contains helpful information and tips when you need extra help with the emotional challenges that this time of life often brings.



'At the Hospital' is a book developed by families and staff of the Eastern Health Mental Health Program. It's a great way to explain what happens when a parent goes into an inpatient unit and shows what the hospital is like.

Sharing the book with children helps them talk about, ask questions, and understand what is happening when a family member is unwell.

Available across inpatient and community sites of adult mental health service or email Fapmi@easternhealth.org.au



At Home with Satellite is a fun, creative program that offers connecting activities for children and young people aged 8-14 who have a parent or carer that experiences mental health challenges.

Our 'At Home' program runs during the school holidays and provides a curated selection of activity-based self-care packs and online workshops.

[At Home with Satellite - Satellite Foundation](#)





FaPMI FAMILY FUN DAY 2022

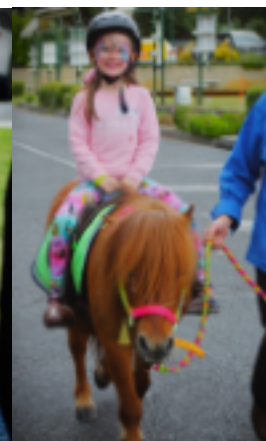
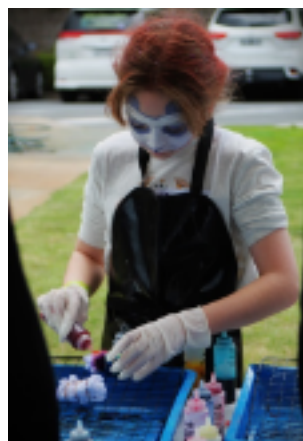
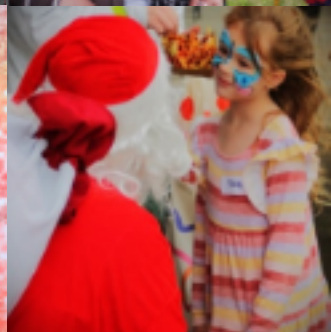
This year FaPMI Family Fun Day took place at the Ringwood Bowls Club on Sunday 27 November. A total of 44 families attended, including 78 adults and 100 children.

The weather held out and the day was a huge success. Many of the well-loved activities returned including face painting, the jumping castle, rock art, photo booth and a visit from Santa. New activities included making bath bombs, tie dye socks, yoga and pony rides.

The Crepe and Mexican food vans, along with the barbecue, saw everyone well fed. Tandem and Carer Gateway had information stalls offering free water bottles and carry bags.

FaPMI would like to thank the 78 volunteers who made the day possible and our 18 partner agencies. We couldn't have done this without you.

Comments from families on the day include: "Thank you so much. I smiled today for the first time in months," and, "It was such a great atmosphere of families having fun together". We think the pictures say it all!





FaPMI FAMILY FUN DAY 2022



Family reflection for the end of the year



Reflection is a great tool for considering where you have been and where you would like to be. What better time than the end of the year? We invite you to consider these questions with your family.

Pick three words that describe your family this past year.

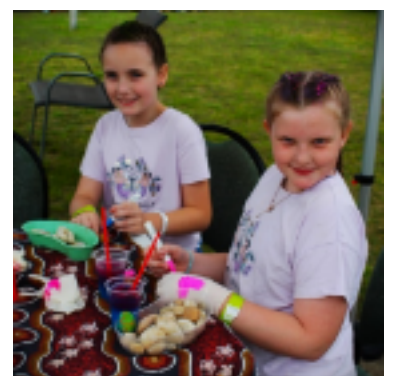
Name two highlights of the past year for the family.

Is there anything you wished you did more of as a family?

What is one thing you achieved in 2022?

What are you most grateful for?

What are you looking forward to in 2023?



CHAMPS MAT LIFE SKILLS PROGRAM

力 穩 努 慈

CHAMPS MAT Life Skills program is for children 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**



The program may be adapted slightly to meet COVID safe guidelines.

Where? The Avenue Uniting Church
Cnr Blackburn Road & The Avenue
Blackburn

When? 8 weeks over Term 1 2023
Starts Wednesday 8th February
4.30 -5.30pm Wednesdays
No cost – but you must register to attend

If you would like to find out more please contact Michelle Hegarty: Eastern Health FaPMI (Families and Parents where there is a Mental Illness) Coordinator on 0481913607

Or complete an Eastern Health FaPMI program referral form available at

<http://www.easternhealth.org.au/fapmi>



Champs:

A peer support program
for children aged 8-12



The Champs program offers peer support to **children** who have a parent/family member with a **mental illness**.

Champs is for primary school age children, including children who do not live with their parents. Parents or other primary carers are invited to attend the parents **peer support** group which will be held at the same time.

“I liked everything....I learned I am not alone and there's other people like me”

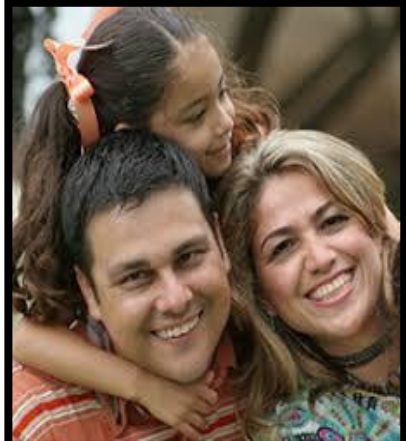
(Child 11yrs)

This is a **FREE** 8 week program

WHEN: Tues 7, 14, 21, 28 Feb & 7, 14, 21, 28 March
4-5.30pm

WHERE: The Base

8 Station Street Ringwood



The Champs program is an initiative supported by the FaPMI (Families where a Parent has a Mental Illness) program.

The group will be co-facilitated by staff from Eastern Health, Wellways and people with Lived Experience.

To obtain a referral form or make an enquiry

Contact Michelle Hegarty

FaPMI Coordinator, Eastern Health

Ph. 0481913607

Email:

michelle.hegarty@easternhealth.org.au

FaPMI
Families where a Parent has a Mental Illness

Eastern Health

wellways
mental health | disability | rehabilitation

FOR MORE INFO ON THE FaPMI PROGRAM PLEASE REFER TO <http://www.easternhealth.org.au/fapmi>



KIDS CLUB - 2023

Kids Club is a monthly, ongoing peer support group for children aged 8-12 years (grade 3-6) and their parents/carers in families where a parent has a mental illness.

The program consists of monthly recreational activities which will either be an incursion at **Croydon EV's Youth Centre**, or an excursion to a recreational facility around the Maroondah/Yarra Ranges area. The session will end with a free dinner which children and parents/carers can share together.

When: Wednesdays

February 22nd	July 26th
March 29th	August 23rd
April 26th	September 27th
May 24th	October 25th
June 28th	November 22nd

Where:

Locations vary around the Maroondah, Knox and Yarra Ranges region.

Cost:

Free of charge,

Registration for the group is by referral.

Please contact:

Michelle Hegarty: 0481 913 607 or
Hannah Zinnack: 0403 082 912

Time:

4.30pm - 7pm