



The word SPRING has a couple of meanings. We know well that it is a season when the weather becomes warmer and plants start to grow again. When used as a verb, it is used for things and people who spring to life and suddenly become active.

So here is the SPRING challenge. How can you and your family spring into action? What would this look like for you?

In this newsletter, to help you get energised, there is an article about understanding what it means to collect and keep stuff, a yarn garland craft activity to brighten up a child's bedroom, a book review to inspire reading, and many activities across Melbourne to get your family out and about this Spring. Enjoy!



Photo: Unsplash, Alexander Dummer

What's Inside

Welcome & Programs	1
Holiday Activities & Events	2
Craft: Yarn Garland	3
Recipe: Rice Paper Rolls	4
Book Review: One of a Kind	5
CHAMPS & More Activities	6
ARCVic: Collecting & Hoarding	7
FaPMI Family Fun Day 2023	8

FaPMI Coordinators

Phone: 9847 4747
fapmi@easternhealth.org.au

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

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

Programs Term 4

See the attached flyers for FaPMI holiday school programs.

The big event this term is **FaPMI Family Fun Day**. Make sure you register to attend this FREE fun-filled afternoon with yummy food! See p8 for details.



SCHOOL HOLIDAY ACTIVITIES & EVENTS



Children's yoga and mindful classes

Move your body and grow your mind. Physical activity helps improve body and brain health and helps build resilience in kids and adults.

Date: Thu 21 Sep and Tue 26 Sep

Time: 12-1pm (kinder group 4/5 years)

1:30-2:30pm (lower primary, 6-8 years)

3-4pm (upper primary, 9-13 years)

Classes cost \$10 per child.

For more information on children's yoga call 1300 88 22 33 or visit us online.

[School holiday activities and programs | Maroondah City Council](#)



Children's Gallery at Melbourne Museum

A wondrous place for babies to 5-year-olds to explore, play and learn. Hands-on exploration and discovery, open-ended play-based learning, extraordinary immersive environments, and unique museum collection objects.

This unique gallery supports families, carers, educators and children to learn together.

Free 50-minute time slots. Bookings essential.

<https://museums victoria.com.au/melbournemuseum/whats-on/childrens-gallery/>



Yarra Valley Community Pottery Studio

Workshops for a diverse range of community members, including the rainbow community, diverse abilities groups, single parents, unemployed young people, and First Nations peoples.

Hands On Clay - Free clay play workshops for children, young people and their families (Spring School Holidays & Term 4).

Embodied Earth - Clay workshops for girls and mums/aunties. Experiential process with clay sitting in a circle. Chai and cake provided. ONE date ONLY - Sat, 16 Sep.

ReKindle & Re-Earth Ceramics Workshops - Beginners wheel throwing and handbuilding (Term 3 young people and adults; Term 4 adults only).

Where: ECOSS, 711 Old Warburton Highway, Wesburn, Yarra Valley

For enquiries or to book: Call Lucy on 042 993 5478 or email yvcpotterystudio@gmail.com



Candle-making Workshop

For: 12-25 years old

When: Tue 19 Sep

Time: 2:30-4:30pm

Where: Youth ConneXions, Box Hill

Contact: youth.worker@whitehorse.vic.gov.au

FREE. Bookings required.

See all holiday activities:

<https://www.whitehorse.vic.gov.au/things-do/festivals-and-events/school-holidays>



ART & CRAFT

Yarn Garlands

FROM: [Simple Yarn Garlands - Design Improvised](#)

You need:

- bulky yarn - variegated colour or mixed solid colours (you can get wool from op shops)
- jute twine or solid cotton string
- scissors



Make a
yarn garland

Simple
Yarn
Garland!

How to make yarn garlands

1. Cut yarn strands. Determine how long you want the strands of yarn to hang on the garland and cut a piece twice that size (they will be folded in half to make the garland). My pieces were about 25cm long.
2. Arrange the strands by colour. If you're using variegated yarn, you'll want to lay the strips out in a row to maintain the correct colour pattern in the variegated yarn.



3. Tie the strands to twine. Cut a length of twine as long you want the garland to be and then start tying on the yarn one piece at a time. To do so, pinch the piece of yarn in half and then fold over the top of the twine bringing the ends through.
4. Add more yarn strands until you've filled the garland. Continue this process with each of the strands. It's an easy, mindless process but it can take a little time. Expect to take around 2 hours to make a garland.





RECIPE: RICE PAPER ROLLS

1. Prepare all the fillings and have them ready for assembly.
2. Place the vermicelli noodles in a large saucepan or heatproof bowl, cover them with boiling water and separate them with a fork.
3. Sit for approximately 5 minutes or until noodles are soft, then drain.
4. Fill a large bowl with warm water. Dip one sheet of rice paper into the water for about 10 seconds or until it starts to soften, then transfer the sheet to a dinner plate or clean, lightly sprayed stainless steel benchtop.
5. Place a few strands of vermicelli and pieces of chicken, carrot, cucumber, lettuce, bean sprouts and mint leaves on one end of the rice paper.
6. Working from the filled end, fold the short lip of the rice paper over the ingredients, then top and tail the sides before rolling all the way to the end.
7. Repeat with remaining ingredients.

Makes 20 rolls.

Tips

2 cups of cooked, shredded chicken = approx. 400g.

Don't leave sheets of rice paper in the water for longer than 10 seconds, otherwise they become very tricky to handle.

<https://healthy-kids.com.au/recipes/rice-paper-rolls/>



ingredients

- 200g dry vermicelli rice noodles
- 20 sheets rice paper (gluten-free)
- 2 cups cooked chicken, shredded
- 2 carrots, grated
- 2 cucumbers, halved, seeds removed, cut into 5cm strips
- 2 cups shredded lettuce
- 100g bean sprouts
- 1 bunch fresh mint leaves, washed

dipping sauce

- ½ cup hoisin sauce
- 3 tbsp sweet chilli sauce
- 1½ tbsp sweet soy sauce
- 3 tbsp fresh lime juice (or white vinegar)
- ½ tsp garlic, chopped
- 2 tbsp fresh coriander leaves, chopped



The [2023 Spring Festival](#) will showcase all of the ways children and adults in Whitehorse choose to play through games, toys, sports, music, theatre, arts, crafts and imagination. FREE

Play benefits people of all ages by creating opportunities to socialise, relieve stress and improve our physical and mental health.

When: Sun 15 Oct 2023, 10–4pm

Where: Whitehorse Civic Centre Precinct, Nunawading



BOOK REVIEW

One of a Kind Darcy and Oliver discovering their way

Author: Linda Espie

Illustrator: Gwynneth Jones

The state-wide FaPMI program, in collaboration with OzChild, Alfred Health and Monash Health, have recently published a book for children living in foster or kinship who have a parent with a mental health condition.

Although there are now quite a few books for children about having a parent with mental health issues, there was nothing specific for children who don't live with their parents.

This book has bright, colourful and simple illustrations. It's about two children who can no longer live with their parents: Darcy lives with her grandma and Oliver lives in a foster home.

The book is designed to be read with children to help promote conversations about what has happened to them and to help them begin to understand mental health issues. It can also be used with children who have experienced trauma, family violence or have parents with drug and alcohol issues.

The writer suggests that it's important to read the book together with the child so they can ask questions and clarify any misunderstandings.

This story won't represent every child's experience of living in foster or kinship care but it's hoped that it can be a starting point for conversations and help to support children who are in care.

One of a Kind, Darcy and Oliver discovering their way is available online ([Alfred Health](#), [Monash Health](#) and [OzChild](#)) with some hard copies distributed to foster or kinship agencies across Victoria.

Eastern Health FaPMI has some hard copies that we can loan to anyone who would like to use this resource.



There is also a training package that goes with the book if any workers would like more ideas and information on how to use the book in their practice.

For more details please contact:
brownyn.sanders@easternhealth.org.au

LITTLE DREAMERS

Little Dreamers delivers empowering support programs to improve the quality of life of young people aged 4 to 25 with a caring role.

Programs include help with getting work, holiday programs, camps, and other fun stuff.

For more information, contact 1800 717 515, or email info@littledreamers.org.au



Unveiling Create & Connect's brand new workshop, 'Life Tracks!'

Life Tracks is a new workshop for ages 14-17 years that explores life experiences, meaning-making and story-sharing through music and street art.

Join us to celebrate creative self-expression in a unique and powerful way, designed for those who want to 'spray it not say it' and create the ultimate playlist to rage, release and relax.

For more details on this and other activities contact: www.satellitefoundation.org.au



Scholarship opportunity to play soccer with Manningham United!

Looking for girls & boys aged 6 years and older to train and play.

[MUBFC - Home \(manninghamunitedfc.com\)](http://manninghamunitedfc.com)

Contact Mike Cockburn for more information: secretary@mubfc.com



The place to be for great activities and fun for the kids these Spring school holidays.

Tue 19 Sep to Wed 27 Sep (no weekends)

SkyHigh Mt Dandenong, 26 Observatory Road

All activities, rides and entertainment are FREE!

Charges still apply for vehicles that use our car park.

SkyHigh Mt Dandenong

CHAMPS Peer Support Groups



CHAMPS Peer Support groups are for children aged 8-12 years who have a parent or family member with mental health concerns.

Families do well when they have a shared understanding of mental health and wellbeing – having a range of resources and supports that can help when things are challenging.

CHAMPS Peer Support groups give children and parents opportunities to meet others in similar circumstances, learn about mental health and coping strategies, and have fun in a social and supportive group.

Keeping ducks safe is a play-based activity in the CHAMPS program which aims to explore children's strengths and resources for dealing with challenging times. Using craft materials, recycled boxes and small animal toys, children are invited to build a safe space for their animal, thinking about the things they enjoy and the strategies they use to stay safe and get support.

The activity supports children to identify trusted adults they can talk to, and strategies for self-care and safety planning. Developed from the work of Cathy Malchiodi (Australian Childhood Foundation, 2014).

"It has truly been such a wonderful service for the kids and us adults ... and I am so thankful for it. Thank you to you and the wonderful team." (parent, 2023)

CHAMPS Peer Support groups run during school terms and as school holiday programs – see the flyer attached to this newsletter!

Contact Coordinator Michelle Hegarty on 048 191 3607 for more information.

COLLECTING & HOARDING

Printed with permission from the Anxiety Recovery Centre Victoria

Collecting is something many people do as a hobby or just because they like to keep things that remind them of fond memories. People collect everything – from stamps, antiques or cards to their baby's first tooth.

But when does collecting become hoarding? This is a complex question. For some people, the fact that they collect a lot of things can cause them a range of other problems that have a negative effect on their daily lives. Below are some simple ways to understand where you sit with collecting and keeping stuff.

The three C's are a simple way of looking at the stages of acquisition:

Clutter

Clutter is easily shifted and is part of a lively, sometimes disorganised life. Some people are disturbed by small amounts of disorganisation or disorder. Others thrive in the midst of a 'creative mess'. What matters is: Are the things being used? And can the owner get rid of things easily?

Clots

Clots are when collections of clutter aren't used or moved for six months or more. The household still works. The rooms can be entered and lived in but there are 'dead' places.

The physical clots are often accompanied with avoidance and create anxiety for people when their things are touched or moved. These clots could be an ever-increasing laundry pile that is never completely folded or put away.

Unfinished clear-outs and projects are also clots — the bags or boxes that have never made it out the door to the charity shops. Or for example collecting fabric for a quilt, cutting the first bits and then not touching it again for five years. Unwanted purchases in their original packaging cause issue, especially if they can no longer be returned.

Clogs

Clogs are when clots all over the house have become stuck to one another. For example, a spare room can



become a dumping ground. Imagine all the clots described above have been carried into the spare room and left. That is a clog. When a whole house is clogged it is a completed clog. The things have become a hoard.

Rather than a living space, the home has become a storehouse. It can be difficult to move through the spaces. Circulation has stopped. The possessions are no longer being used. The person is now serving their things rather than the other way around. This is called hoarding.

Recovery

Recovery from hoarding can be challenging and requires a collaborative approach between a therapist and client. Primarily, treatment for hoarding involves cognitive behavioural therapy (CBT), with similar aspects to that used to treat Obsessive-compulsive disorder (OCD).

CBT has been shown to be successful in treating people who hoard with recovery rates reported up to 80%. Self-help and peer-support groups such as online support groups can also be helpful in reducing feelings of isolation and shame and help to increase the person's self-esteem through sharing stories and skills which are helpful in the recovery process.

If you know someone who may have problems with hoarding, you can call ARCvic's helpline on 9830 0533 or 1300 269 438 for information and referral.

FaPMI 2023

Family Fun Day

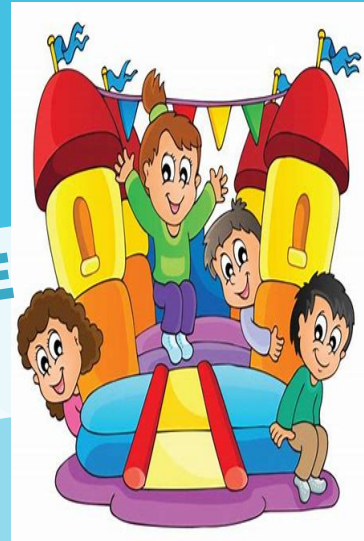
YOU MUST REGISTER TO ATTEND

FREE

SUNDAY
26 NOV
12-3.30pm

For families with a parent or carer with a mental illness

FUN STUFF FOR THE WHOLE FAMILY



Ringwood
Bowls Club

2-12 Loughnan Rd
Ringwood

RSVP by 20th Nov

Barefoot Bowls
Food Truck
Petting Zoo
Slushees
Live Music
Pony Rides

BBQ
Massage
Arts & Crafts
Jumping Castle
Santa photos
Face Painting

Book online at:

<https://www.trybooking.com/CKKDC> or via QR code:

BOOK NOW!



For more info
call Michelle
0481 913 607



Children must be accompanied by an adult



Drug & Alcohol Free Event



JOIN US SEPTEMBER 18TH 2023 FOR A
SPECIAL SCHOOL HOLIDAY PROGRAM

Space 4 Us

Space 4 Us is a gathering for you to connect with other young people who have a family member with mental health concerns. Meet new people, hear from others in similar situations, learn new ways of looking after yourself and most importantly - **have fun!**

Spots are
limited.
Book in
now!

Join us at the Good Life Farm!

The Good Life Farm in Chum Creek is opening up their gates to Space 4 Us participants on **September 18th** for a special program. Expect wonderful animal connection, nature play time and yummy food!

Transport provided from Ringwood to The Good Life Farm and back
- departing approx. 8am and returning approx. 1pm

Space 4 Us is fully supervised and open to young people aged 12 - 18 years in the Eastern suburbs of Melbourne

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



CHAMPS

A peer support program for children aged 8-12



The CHAMPS program offers peer support to **children** who have a parent/ family member that experiences **mental health challenges**.

CHAMPS is for primary school aged children including children who do not live with their parents. Parents or other primary carers are invited to attend the parents **peer support** group held at the same time.

“I liked everything....I learned I am not alone and there’s other people **like me**”
(Participant, 11yrs)

This is a **FREE** 1 day holiday program

When: September 20th 2023

Where: Coonara Community House

Kings Park – 22 Willow Street

Upper Ferntree Gully



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 and Wellways including facilitators with Lived Experience.

For more information and to find out about our 8 week program, contact us:

Michelle Hegarty

FaPMI Coordinator - Eastern Health

0481 913 607

michelle.hegarty@easternhealth.org.au



FOR MORE INFO ON THE FaPMI PROGRAM PLEASE REFER TO WWW.BOUVERIE.ORG.AU



KIDS CLUB September



Exciting Excursion Alert! For our Kids Club session in September, parents will get the day off as the kids head on a day trip to Healesville Sanctuary

When: Wednesday 27th of September

9:30AM-4PM

Meet at:



Meeting at EVs Youth Centre
212 Mt Dandenong Rd, Croydon
at 9:30AM

Bus will leave at 10AM SHARP!

Bus will arrive back at EVs at 3:30PM for pickup

There will be a no device rule on this excursion

Snacks and Lunch will be provided on the day. Please make sure your child wears comfortable walking shoes and brings along a drink bottle



Please **RSVP** to Hannah Zinnack - 0403 082 912 by **Thursday 21st September**. Due to bus seats, we have limited numbers so it will be the first 12 to get back to me. If you would prefer to meet us at Healesville Sanctuary, let me know and we can arrange this :)



0403 082 912 www.wellways.org
hzinnack@wellways.org



Eastern Health  wellways