FaPMI Winter newsletter

Welcome to the winter edition of the

FaPMI newsletter.

Winter is often a time to retreat indoors

in front of the heater but it’s great for our

mental health if we can still get outside

for fresh air, even if it’s only for a short

time. Gumboots and puddles are a fun

combination!

The FaPMI team is excited to welcome

two new team members. Ash Bond is

our new Child and Young Person

Community Worker who will be with us

4 days a week (read more about Ash

on p5). Frances Moltisanti is replacing

Ingrid and will be working 2-3 days a

week. She may be known to some of

you as she has previously worked as

a case manager at Koonung.

The FaPMI team has moved offices

and we are now based at 353

Burwood Hwy, Forest Hill and Arnold

St, Box Hill.

In this edition there are school holiday ideas, a yummy fried

rice recipe, some ideas from Satellite about self-care, and a

FaPMI good news story. If you have a story that you would

like to share, we would love to hear from you. You can write

it yourself or, if you would just like to tell us your story, we

can write it up for you.

**Programs Term 3**

(see attached flyers for more information)

Martial Arts as Therapy (**MAT**) group begins 18 July,

Tuesdays at the Avenue, Blackburn.

**Space4Us** will run a two-day school holiday program,

26-27 June at ‘the Base’ in Ringwood.

**CHAMPS** will run on Mondays from Nunawading

Community Hub, starting 17 July.

**Kids Club** is held every 4th Wed, 4–6.30pm in Croydon

School Holiday Activities

Whitehorse Youth Services:

Table Tennis Competition

**For:** 12-25 years old

**Date:** Tuesday 27 June

**Time:** 2–4:30pm

**Where:** Youth ConneXions, Box Hill

**Cost:** Free

Bookings required.

Join our table tennis fun, including a competition.

Prizes for the winner and the most supportive team

player!

Email **youth.worker@whitehorse.vic.gov.au** to

secure your place.

Find your profession from the past at

Schwerkolt Cottage and Museum

Hey kids, are you a blacksmith or a seamstress?

These school holidays explore Schwerkolt Cottage

and Museum and find objects from the past related

to occupations.

Complete the activity sheet and collect a nostalgic

reward.

**For:** 6-12 years old

**Date:** Every Saturday & Sunday during the holidays

**Time:** 1–4pm

**Where:** Schwerkolt Cottage, Deep Creek Road,

Mitcham

**Cost:** Free

Eastern Regional Libraries have heaps on over the

school holidays across their 17 libraries and reading

rooms. Best of all, there’s lots of free events. For

example:

• Repair Café at Ferntree Gully Library for 8-15

year olds

• Cartooning Crazy Characters drawing

workshop at Belgrave Library

• Aussie Wildlife Visits for 8-15 year olds (you

get to see and touch native animals!) at Knox

Express, Wantirna

https://events.yourlibrary.com.au/

Check out local council websites for ideas

Knox Council have 2 arts events on; both have a

cost.

Whitehorse Council have a tie dye workshop for

12-25 year olds at Youth Connexions in Box Hill, a

spinning and weaving demonstration in Mitcham,

and a pop-up sports event in Britannia Mall,

Mitcham.

Yarra Ranges Council have some free events on

including a board games night at Mooroolbark

Library, pinwheel making at Yarra Junction Library,

and an art collage workshop at Yarra Ranges

Regional Museum in Lilydale.

Everything’ fried rice

Serves 4

Preparation time: 10 mins

Cooking time: 10 mins

Ingredients

2 tablespoons sesame or peanut oil

2 eggs, lightly whisked

100 gm green prawns, peeled, deveined and chopped (optional)

1 carrot, grated

1 stick celery, finely chopped

¼ Chinese cabbage, shredded

2 cups cooked brown rice

½ cup frozen peas or corn kernels

2 tablespoons light soy sauce

2 tablespoons tomato sauce

Method

Heat a wok or large frying pan over medium-high heat. Add half the oil and pour in whisked eggs. Turning the wok in a swirling motion, run egg around the sides of the pan to make a thin omelette. When cooked, turn omelette out onto a board, roll up and cut into thin slices.

Reheat wok, and add remaining oil. Cook prawns in batches until cooked through and prawns change colour. Remove from wok and set aside.

Reheat wok. Add carrot and celery, and stir-fry for 3-4 minutes. Add cabbage, stirring for a further 2 minutes.

Add rice, prawns, peas, soy sauce and tomato sauce to the wok. Toss until combined and heated through.

Spoon into serving bowls and top with sliced egg.

Good news Story

Lizzy and Matthew were referred to FaPMI back in 2020 by Lizzy’s case manager. At that time they were feeling very isolated and alone. Lizzy was missing her social connections from Halcyon (a psychosocial day program that she used to attend before it was closed down) and Matthew was finding social skills a bit difficult and did not have very many friends at school.

After discussions with Bronwyn, Lizzy decided that the FaPMI groups program might be helpful for them. Matthew joined the Martial Arts As Therapy (MAT) group, he and Lizzy attended a CHAMPS peer support group, Kids Club and the annual FaPMI Family Fun Day. Lizzy feels that these groups really helped to build Matthew’s confidence. This resulted in him deciding that he wanted to be school captain, so he set himself that as his goal. He worked hard towards this and last year he was elected as grade 6 school captain which is a wonderful achievement. As a result of this he was able to do a leadership course and he went away to Sommers camp for 9 days. Both Matthew and Lizzy were a little teary in the beginning as they had spent very little time part up until then but they both survived and Matthew learnt lots of new skills and became much more independent. Matthew is now at secondary school and is on the student voice team. There are 9 friends in his friendship group He is interested in languages and is learning Lithuanian and Ukrainian online. He and Lizzy do volunteer work at the Lithuanian Club twice a year.

Lizzy feels that her mental health has improved a lot. She is very happy that Matthew is doing so well and is therefore less worried. Her best friend has returned from Sydney to live in Melbourne so she now has a close friend that has become her “adopted family”. Lizzy has a support coordinator, 2 support workers and a cleaner through the NDIS which she finds really helpful. In the beginning Lizzy did not understand the NDIS system and it made her feel incredibly stressed and anxious. The first few workers that Lizzy was allocated were unsuitable and the night before they came she would be very stressed and anxious. Lizzy learnt that it is Ok to ask for someone else and now she has “the right people for me” and it has made a big difference to her wellbeing.

Through NDIS funding Lizzy and Matthew are able to go on a short holiday once a year. They have discovered that QUEST apartments are well set up for NDIS participants and they have visited Geelong and Williamstown.

Lizzy believes that becoming involved with FaPMI made a big difference to their lives. FaPMI helped Matthew to realise that there we were other children like him. Up until this time he had not had much contact with other families impacted by mental health issues. Matthew was blown away by the family fun day and discovering that there was so many people there all in the same boat.

Hearing other people’s stories and reading the FaPMI newsletter helped to normalise what was happening for him and gave him an “us” which he hadn’t had before. They still have the MAT motto on the kitchen wall.

* Be strong
* Be calm
* Be Kind
* Try Hard

FaPMI helped Lizzy because it gave her somewhere safe to take Matthew where there were other families with mental health issues. When the School wellbeing team did a survey of parents about what wellbeing supports they found helpful Lizzy mentioned FaPMI and FaPMI is now listed as a resource on their school wellbeing page!!

Meet Ash Bond, our newest FaPMI team member.

I’m happy to say I've just started with Eastern Health as

the FaPMI Community and Young Person Community

Worker. This role has been created to better support

young carers in line with recommendations from the

recent Royal Commission into Mental Health and I'm

excited to help make that happen.

I'm an accredited Social Worker and have been working in

the wider mental health field for about 8 years.

I've worked on an animal-assisted learning program for

the past couple of years and it was in this role that I came

to realise I really love working with young people.

Outside of work I like to spend time in the bush, go on

adventures, curl up with a good fantasy book, volunteer

with my local environmental group, go to music festivals,

and enjoy quality time with my loved ones.

I'm really looking forward to connecting with our young

people and families soon.

The Parent-Infant Research Institute (PIRI) is an innovative

Australian institute whose vision is to improve the

emotional wellbeing of parents and optimise infant

development.

PIRI provides a unique contribution to early intervention by

combining basic research and clinical expertise to address

depression and other difficulties facing parents and

infants.

PIRI is currently looking for dads to join DadBooster, an

online program designed to help Aussie dads. Join the

DadBooster study and learn strategies to feel better and

help shape the program to benefit other Aussie dads.

<https://www.dadspace.com.au/dad-booster-study/>

Satellite programs

New co-created workshop

One Size Doesn't Fit All:

Design It. Wear It. Share It.

A new At Home workshop for 12-14 year olds that

recognises the power of being heard. Using elements

of making, crafting and t-shirt design, we explore

symbols and make keepsakes that help you stand for

who you are and what you like!

Monday 26 June, 8-11 year olds

Tuesday 27 June, 12-14 year olds

Register here: https://zfrmz.com.au/

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Create & Connect – Junkyard Jungle

8-12 year olds

Wednesday 28 June

22 Easey St, Collingwood

Register here: https://zfrmz.com.au/

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Satellite Camp – Young Leaders

12-15 year olds

Monday 3 July – Wednesday 5 July

Urban Camp, Parkville

Fill out an expression of interest form to attend.

Create & Connect – Junkyard Jungle

14-17 year olds

Thursday 6 July – Friday 7 July

Bluebird House, 51 Carr St, Geelong

Register here: https://zfrmz.com.au/

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Wellways **Helpline Phone: 1300 111 500**

A free, confidential and non-judgmental service providing

mental health information, wellbeing support and referral

advice for people with a mental health issue, as well as

carers and family members.

People can call our Helpline to talk to someone who cares

and receive:

• information about mental health, wellbeing and recovery

• short-term therapeutic support, including our scheduled

call program

• tips and strategies for coping with mental health issues,

including how to support a friend or family member

• links to support groups, education programs and local

community activities

• general information about mental health-related

programs and services

All our Helpline volunteers are ‘peers’ – people who have a

lived experience of mental health issues

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)

Frances Moltisanti (Mon, Tues, alt Fridays)

Ash Bond (Mon, Tue, Thu, Fri)