**FaPMI Spring Newsletter**

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 energized, 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!

**FaPMI Coordinators**

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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)

**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.

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

**Holiday School Activities**

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.

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>

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://museumsvictoria.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 hand building (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

**CRAFT**

Yarn Garlands

FROM: <https://designimprovised.com/2014/09/simple-yarn-garlands.html>

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

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. How to make yarn garlands

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

* 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

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/>

**Whitehorse Spring Festival**

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

**Satellite Foundation School Holiday and Term Programs**

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](http://www.satellitefoundation.org.au)

**Play Soccer in Manningham**

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

**SkyHigh Mt Dandenong: 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.

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.

**Article Collecting and 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 FUN DAY**

For families with a parent or carer with a mental illness

Sunday November 26th

12-3pm

For more info call Michelle 0481 913 607