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WINTER  
2023

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## FaPMI Coordinators

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 Frances Moltisanti (Mon, Tues, alt Fridays)  
 Ash Bond (Mon, Tue, Thu, Fri)

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.

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



# SCHOOL HOLIDAY ACTIVITIES & EVENTS



## Whitehorse Youth Services: Table Tennis Competition

**For:** 12-25 years old

**Date:** Tuesday 27 June

**Time:** 2-4:30pm

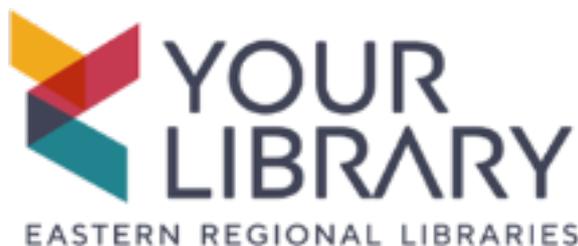
**Where:** Youth ConneXions, Box Hill

**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](mailto:youth.worker@whitehorse.vic.gov.au) to secure your place.



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/>



## 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

No bookings required.

<https://www.whitehorse.vic.gov.au/things-do/arts-culture/schwerkolt-cottage>

## 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.

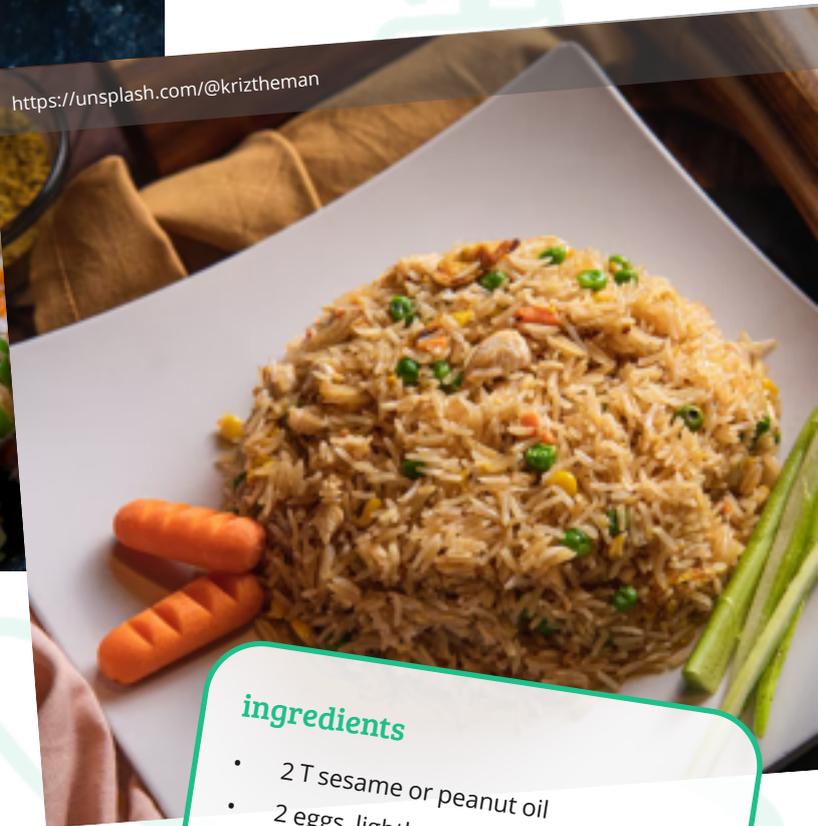
[Yarra Ranges Council](#) have some free events on including a board games night at Mooroolbark Library, pinwheel making at Yarra Junction Library, and an art collage workshop at Yarra Ranges Regional Museum in Lilydale.



# RECIPE: 'EVERYTHING' FRIED RICE



<https://unsplash.com/@kriztheman>



1. Heat a wok or large frying pan over medium-high heat. Add half the oil and pour in the whisked eggs. Turning the wok in a swirling motion, run the egg around the sides of the pan to make a thin omelette. When cooked, turn the omelette out onto a board, roll it up and cut it into thin slices.
2. Reheat the wok and add the remaining oil. Cook the prawns in batches until cooked through and they change colour. Remove from the wok and set aside.
3. Reheat the wok. Add the carrot and celery, and stir-fry for 3-4 minutes. Add the cabbage, stirring for a further 2 minutes.
4. Add the rice, prawns, peas, soy sauce and tomato sauce. Toss until combined and heated through.
5. Spoon into serving bowls and top with sliced egg.

## ingredients

- 2 T sesame or peanut oil
- 2 eggs, lightly whisked
- 100g green prawns, peeled, deveined, chopped (optional)
- 1 carrot, grated
- 1 celery stick, finely chopped
- 1/4 chinese cabbage, shredded
- 2 cups cooked brown rice
- 1/2 cup frozen peas/corn kernels
- 2 T light soy sauce
- 2 T tomato sauce

## Tips

You can use any vegetables or meat to make this recipe. If you have a mix of leftovers in the fridge, throw them in as well – anything goes!

Older children might want to try using chopsticks to eat their fried rice. But keep a fork handy just in case!

<https://raisingchildren.net.au/toddlers/nutrition-fitness/food-recipes/fried-rice>

# FaPMI GOOD NEWS STORY: LIZZY & MATTHEW

Lizzy and Matthew were referred to FaPMI 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). Matthew was finding social skills a bit difficult and did not have 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 these groups really helped to build Matthew's confidence. This resulted in him deciding that he wanted to be school captain, which he set 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, he was able to do a leadership course and went away to Somers School Camp for nine days. Both Matthew and Lizzy were a little teary in the beginning, as they had spent very little time apart up until then, but they both survived. Matthew learnt lots of new skills and became much more independent.

Matthew is now at secondary school and is on the student voice team. He has nine friends in his friendship group. He's 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 her mental health has improved a lot. She is very happy that Matthew is doing so well and is less worried. Her best friend has returned from Sydney to live in Melbourne so she now has a close friend who has become her 'adopted family'.

Lizzy has a support coordinator, two support workers and a cleaner through the NDIS, which she finds really helpful.

In the beginning, Lizzy didn't 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 anxious. Lizzy learnt that it's okay to ask for someone else and now she has 'the right people for me'. 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. (Keep reading on p5!)



**Lizzy and Matthew.**

# FaPMI GOOD NEWS STORY



**Matthew at Martial Arts as Therapy (MAT).**

Lizzy believes that becoming involved with FaPMI made a big difference to their lives. FaPMI helped Matthew realise that there are other children like him. Up until this time, he hadn't had much contact with other families impacted by mental health issues.

Matthew was blown away by the FaPMI Family Fun Day, discovering that there were so many people 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 a safe place to take Matthew where there were other families with mental health issues.

When Matthew's school wellbeing team did a survey of parents about what wellbeing supports they found helpful, Lizzy mentioned FaPMI and now we are 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.

# DAD BOOSTER

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/>



## 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.



## 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/AFI5VEgYBhLlw7SKF64v>

### Create & Connect – Junkyard Jungle

8-12 year olds

Wednesday 28 June

22 Easey St, Collingwood

Register here: <https://zfrmz.com.au/6NptdmgpkYeZr1oXdwm5>

### 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/6NptdmgpkYeZr1oXdwm5>



Arts and crafts



Baths, Baking, Breathing, Beach



Cats, Communicate



Dancing, Driving, Doughnuts



Entertainment



Facials, Friends, Family



Games



Hairdressers



Interact, Internet



Jokes, Jogging



Kindness (to self and others)



Lollies, Laughing



Motivate, Music, Mindfulness



Netflix and chill



getting Organised



Pound the ground, Poetry, Painting nails



Questions, Quiet time



Reading, Relaxation



Sing, Smile, Snacks



Talking, Trust



Understanding



Value, Volunteering, Validation



Walking, Writing, Winding down



eXplore, Xylography, Xylophone, Xmas



Yell about (the footy), be a YES person!



Zzzz (have a nap or a sleep)

# SELF-CARE ALPHABET

# SPACE 4 US

A gathering Space 4 U these school holidays

2 day holiday program  
**June 26th & June 27th 2023**

**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!



## What to expect

**Bowling**      **Delicious food**  
**Arts and crafts**      **Nature based activities**  
**Mindfulness**  
**Meeting like minded people**

**Space 4 Us** is fully supervised and open to young people aged 12 - 18 years in the Eastern suburbs of Melbourne. It will be held at 4TK's 'The Base' in Ringwood. Each day will run from 10am - 4pm.

## Register here

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](mailto:fapmi@easternhealth.org.au)

With thanks to our partners

**Eastern Health**

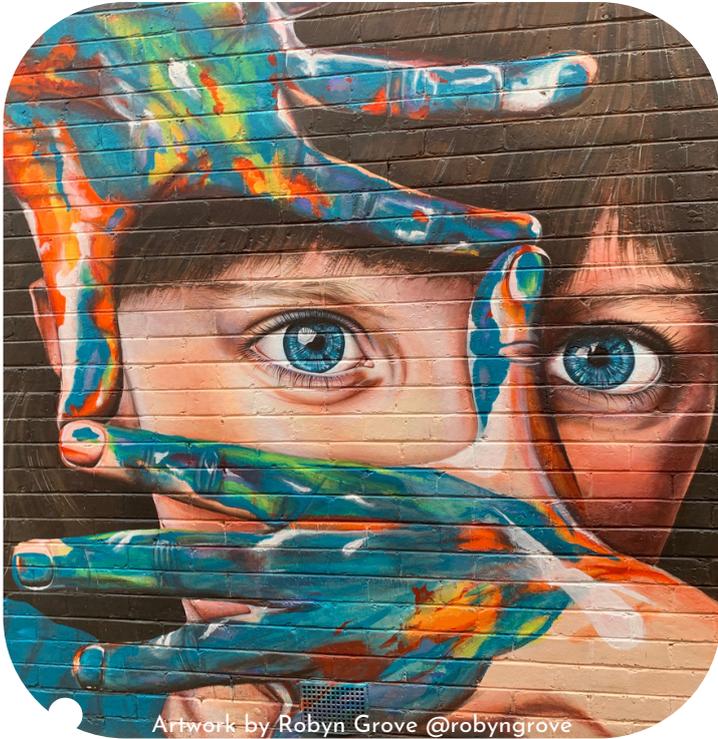
**FaPMI**  
Families where a Parent has a Mental Illness

**VMCH**

**wellways**  
mental health | disability | rehabilitation

# SPACE 4 US

It's a monthly gathering 4 U!



Artwork by Robyn Grove @robyngrove

**Space 4 Us** is a monthly gathering for you to connect with other young people aged 12-18 who have a family member with mental health concerns. Meet new people, hear from others in similar situations and learn new ways of looking after yourself. Join us for games, food, fun group activities, online catch ups and more!

## Register here

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](mailto:fapmi@easternhealth.org.au)

## SPACE 4 US - July to Dec

**Mon 26 & Tues 27 June** – 2 day School Holiday Program

**Mon 17 July** Tie-Dye @ The Base, Ringwood

**Mon 21 August** Movie Night @ The Base, Ringwood

**Monday 18 Sep** Horse Riding Holiday Outing

**Mon 16 October** Tennis Afternoon

**Mon 20 November** – Aquanation Swim

**Monday 18 December** – Celebration!

This monthly activity is fully supervised and open to young people aged 12 - 18 years in the Eastern suburbs of Melbourne. Afternoon sessions run 4.30pm - 6pm. School holidays dates & times vary.

With thanks to our partners



## CHAMPS MAT LIFE SKILLS PROGRAM

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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 3 2023  
Starts Tuesday 18<sup>th</sup> July  
4.30 -5.30pm Tuesdays  
**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:** Mon 17 & 24 July, 7, 14, 21, 28 Aug, 4 & 11 Sep  
4-5.30pm

**WHERE:** Nunawading Community Hub

96-106 Springvale Rd, Nunawading



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**

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mental health | disability | rehabilitation

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