

Welcome to the first FaPMI Newsletter for 2025! Term 1 is almost complete and the first school holidays are almost upon us.

In this edition we have an easy Easter craft activity and a recipe for homemade sausage rolls, which I made on the long weekend. They are delicious!

We also have a book showcase, some information on how parents can support children with bullying at school, and heaps of upcoming events to share.



Photo: Annie Spratt, Unsplash

## What's Inside

Welcome & Programs .....	1
School Holiday Activities .....	2
Craft: Potato Stamper Easter Eggs .....	3
Recipe: Sausage Rolls .....	4
Book Highlight: Elegy for an Elephant .....	5
She Won't Be Right Mate Showcase .....	6
Bullying & Child Mental Health .....	7

## FaPMI Team

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

Program Referrals: 0481 913 607

Michelle Hegarty (Mon – Thu)

Becca Allchin (Mon, Tue)

Bronwyn Sanders (Mon – Wed)

Nicole Jackson (Mon, Tue, Thu)

### Community Youth Positions

Laurel Gorman (Mon– Thu)

Jill Kyriakou (Mon– Fri)

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

## Term 2 Programs

All 2025 Term 2 flyers will be available in April at [www.easternhealth.org.au/fapmi](http://www.easternhealth.org.au/fapmi)

**Martial Arts as Therapy** for ages 8-12; starting 29 April at Koonara House, Upper Ferntree Gully

**CHAMPS** for ages 8-12; starting 30 April in Blackburn

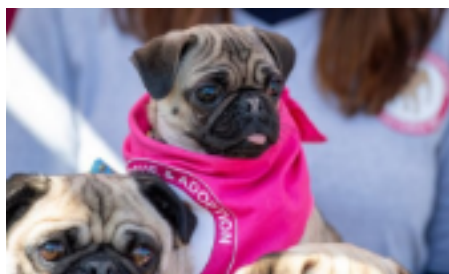
**Kids Club** for ages 8-12, runs on the last Wednesday of each month – next upcoming Wednesday 16 April – Comedy Festival

**Space4Us** for ages 12-18, 3rd Monday of each month – next upcoming Monday 14 April – Art Project in Ringwood

For more information and to book, please call Michelle on 0481 913 607.



# SCHOOL HOLIDAY ACTIVITIES



## Pets in the Park

Sunday 6 April 10am-4pm, Knox Park

Come along to a fun and free day out for pet owners and animal lovers!

Free entertainment and activities such as rides, pet care/services, facepainting, crafts and food trucks.

<https://www.knox.vic.gov.au/whats-happening/events-activities-and-festivals/events-calendar/pets-park>



## Bridge Art 'Your Art, Your Way'

Join the awesome Bridge Art project at Japara Bridge! Team up with local street artist George for creative drop-in sessions to practise sketching, stenciling and general street art techniques using spray paint.

For ages 12-17 years

Next date: Friday, 11 April, 6pm-9pm

## Retro Nostalgia Games

Step back in time and rediscover the joy of classic games like hula hooping, jianzi, skipping ropes, hopscotch, marbles and more!

When: Tuesday 8 & 15 April, 10am-12pm

Where: Mont Albert Village Heritage Plaza

All ages, adult supervision required

FREE, no bookings required



## Whitehorse Moonlight Movies

Bring along your chairs, blankets and picnic baskets, and settle in for a night of family-friendly outdoor cinema under the stars (we'll have ice cream and coffee trucks waiting!).

Two sessions:

Friday 4 April at 7:30pm - Inside Out 2 (PG) at Box Hill Gardens

Friday 11 April at 7:30pm - Mufasa (PG) at Livingstone Primary School Reserve



## 2025 RAZZAMATAZZ VARIETY SHOWS

The Centre Ivanhoe-The Great Hall, Ivanhoe, VIC

A live theatre magic and circus variety show for children and young adults with diverse abilities and backgrounds, their families, carers and peers.

Enjoy an accessible and flexible environment with a relaxed attitude to audience noise and movement, where you can be yourself without restriction or judgement.

Featuring moving, flashing lights, upbeat and sometimes dramatic music (volume lowered). Showtime is approx. 1 hour with no interval. Suitable for all ages.

Bookings from schools, organisations, carers and families are all welcome. Wheelchair accessible.

Scan the QR code to watch highlights from previous shows.



Featuring Illusionists, Hula Hoop and Balance Artists...



DATES	SHOWTIME #1	SHOWTIME #2
FRIDAY 25th APRIL 2025	4.00 pm	6.00 pm
SATURDAY 26th APRIL 2025	11.00 AM	2.00 PM

To book complimentary tickets, please email your preferred showtime/s and ticket numbers to [meredithnewman@showintent.com.au](mailto:meredithnewman@showintent.com.au) or call / text 0404-367-782



# ART & CRAFT

Make  
Easter  
Egg  
stamps!

## Potato Stamped Easter Eggs

With Easter just around the corner we are excited to share this fun and easy Easter activity with you! This one is perfect for kids of all ages.



### Instructions

1. First cut and make your potato stamps. You can have fun making all kinds of different designs! We did a plain one with just diagonal stripes and two with chevron designs. Adults should make the potato stamps and then kids can paint and stamp them!
2. Adults Only: Carefully using a knife carve out your design. You may find it helpful to draw the design first and then follow your design marks when carving.



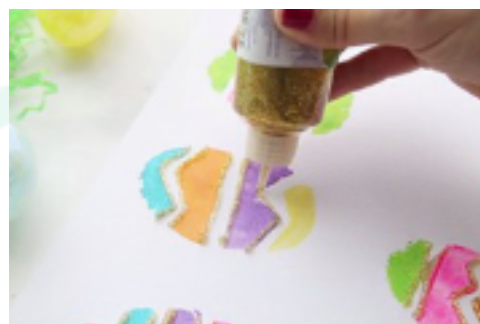
3. When pressing down for your stamp, make sure you press firmly on the whole potato. If you pull it off and some parts of the Easter egg are missing, you can simply press it again. You can also touch up with a little paint after too.



### You will need:

- paint
- paper
- gold glitter glue (optional)
- a few potatoes, cut in half

4. Add some gold glitter glue on top. This part is optional but we like the way they turned out with the glitter glue!



And that's it!

You can even mix up the designs to include love hearts, stars or whatever else you can think of.

<https://www.thebestideasforkids.com/easter-paper-plate-basket/>





# RECIPE: SAUSAGE ROLLS



## Ingredients

- 500g sausage mince (or pork or veal mince)
- 1 tablespoon tomato sauce
- 2 tablespoons barbecue sauce
- 3/4 cup fresh breadcrumbs
- 2 teaspoons Keen's Mustard Powder
- 1 small brown onion, grated
- 1 medium carrot, grated
- 3 sheets frozen puff pastry, partially thawed
- tomato sauce to serve

Prep: 25 mins

Cook: 35 mins

Makes: 24

This is a delicious, quick and easy, no egg, homemade sausage roll recipe.

## How to make them

1. Preheat oven to 200°C/180°C fanforced. Line 2 large baking trays with baking paper.
2. Combine mince, tomato sauce, barbecue sauce, breadcrumbs, mustard powder, onion and carrot in a bowl.
3. Cut each pastry sheet in half. Shape 1/2 cup mince mixture into a sausage shape. Place along 1 long side of 1 pastry half. Roll up pastry to enclose filling. Using fingertips, pinch pastry to seal. Cut into quarters. Place, seam side down, on 1 prepared tray, 5mm apart. Repeat with remaining mince mixture and pastry.
4. Bake for 35 minutes or until golden and cooked through. Serve with tomato sauce.

<https://www.taste.com.au/recipes/sausage-rolls-6/fd82d3ca-d0ba-4f39-b65a-5fc7cdc82f60>

## PARENT'S PEER SUPPORT GROUP



## JOIN US

**THURSDAYS 10AM-12NOON**

**NO COST TO ATTEND BUT YOU MUST REGISTER**

**CONTACT MICHELLE ON 0481913607**

# COFFEE TALK

THIS PROGRAM IS PART OF EASTERN HEALTH FaPMI SUPPORTING FAMILIES WHERE PARENTS HAVE MENTAL HEALTH CONCERNS



THE LOCAL UMBRELLA CAFE - 70 MAIN ST CROYDON





# BOOK HIGHLIGHT

## Elegy for an Elephant

**Overview by Ryan Abramowitz**  
(Author of *Elegy for an Elephant*)

*Elegy for an Elephant* is my picture book that I authored, illustrated and self-published, which was inspired by my family's journey of processing and acceptance following my father's death through suicide.

Painted with watercolour and sea water, it is a story of three children seeking their father's soul. After Elysium the Elephant ends his life, his children Wonder the Whale, Grace the Swallow and Hope the Dove (based on my sisters and I) embark on a journey of processing and repair, set between sea and stars.

*Elegy for an Elephant* honours ways we can connect with loved ones we have lost and the timeless nature of love. This book is offered as a beacon of hope for readers aged 7+ navigating grief, and for the families, communities and clinicians supporting them through their mourning.

*Elegy for an Elephant* therefore emerged as both a deeply personal meditation of lived experience and a response to a critical global literature shortfall of suicide postvention resources. This book was designed alongside mental health clinicians (psychologists, counsellors, psychiatrists, and lived experience organisations Jesuit Support after Suicide Services and Roses in the Ocean) to be gentle in tone, sensitively worded and non-triggering. Through animal allegories, it can prompt difficult conversations in safe and supported ways. 18% of profits are donated to Lifeline, Movember and Jesuits Support after Suicide Services.

I hope those who turn its pages will find it hopeful, and feel seen and supported in their healing journey. As a self-published book, it relies on community support for its reach, so please feel welcome to share it with anyone who you feel it could help and hold.

**FaPMI have a library full of story books explaining mental health to children and young people that anyone can borrow. If you'd like more information, please contact us at [fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)**



## Space 4 Us April School Holidays Your Space



**Monday 14 April - 1-4pm**  
**FREE School Holiday Activity**

**EACH Community Centre**  
**9 Greenwood Avenue, Ringwood**

**School holiday hangout activity  
for young people 12-18 years  
who have a family member  
with mental health concerns.**



**Food, games, pool table, music  
Chill zone - hang with friends  
Get creative - crafternoon.**



FOR MORE INFORMATION CONTACT  
MICHELLE ON M: 0481 913 607  
OR EMAIL: [FAPMI@EASTERNHEALTH.ORG.AU](mailto:FAPMI@EASTERNHEALTH.ORG.AU)

FULLY SUPERVISED AND OPEN TO YOUNG PEOPLE  
AGED 12 - 18 YEARS IN THE EASTERN SUBURBS OF MELBOURNE.

ALL ACTIVITIES ARE FREE!

**Eastern Health**

**wellways**  
mental health | disability | rehabilitation

**VMCH**

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

# SHE WON'T BE RIGHT MATE SHOWCASE

She Won't Be Right Mate 2024 was an overwhelming success. Thank you to our community for remembering that this is more than just a car show.

We are thrilled to have raised over \$23,000 for the Eastern Health FaPMI program and it's all thanks to our amazing supporters. The day kicked off early due to the heat, but we wouldn't have it any other way.

Huge thanks to the Screamin' Eagles who started off the day with a bang, providing the rock n' roll to keep us grooving all day. The mental health hub, which was a new addition this year, had heaps of positive reviews from event patrons and volunteers. We reached 'car-pacity' at 10am with the volunteers having to bring in some amazing machines at 1 in 1 out for our show and shine, which was just amazing to see.

The volunteers smiled through the 37 degree day, and we made a real impact to the cause of supporting those who support mental health this year. Thank you to everyone who came out to support us at Yarra Glen Racecourse, to share in community, connections and conversations.

*"We believe that discussing our mental health concerns helps our lives become a more welcoming and compassionate place to be for everyone, especially when we work together as a community. 'She Won't Be Right Mate' is a small way we can all make a big difference to those struggling & to those who need it the most.*

*Every year we host this growing event to share our stories and get the conversation started. Our inclusive car show and family day is the perfect way to engage and reconnect over our mutual passions for cars and bikes and to get real about how we are doing. The team at SWBRM are proud to facilitate this great event for those in the Yarra Valley and beyond.*

*Every year our fundraising efforts grow and we are able to donate to such a great cause thanks to our supportive network of friends, local businesses and of course you, the generous public."*

— MARCUS REEVES  
DIRECTOR, SHE WON'T BE RIGHT MATE





# BULLYING & CHILD MENTAL HEALTH

Bullying is a common childhood experience: about one in four children report experiencing it in person and one in five have experienced online bullying (cyberbullying). It's not 'a normal part of growing up', nor is it 'just something kids do'. The effects of bullying on child mental health and wellbeing can be significant, both for those being bullied and those engaging in bullying behaviour.

As a parent, you might feel uncertain about what to say and do if your child experiences or is engaging in bullying. But there are things you can do to support your child if they are involved in bullying and protect them from harmful effects.

The bullying definition used in Australian schools includes three elements that separate bullying from one-off incidents or children just not getting along. These are:

- a misuse of power (like physical size or social status)
- behaviour that is ongoing and repeated
- the intention of the person engaging in the behaviour is to cause physical, social or psychological harm.

Different types of bullying can impact children differently. Verbal bullying (psychological bullying) – includes name-calling and teasing. Physical bullying – hitting, shoving or intimidation; or damaging, stealing or hiding someone's belongings. Social bullying – such as ongoing exclusion, spreading untrue stories, or sharing images with intention to cause harm. Cyberbullying is verbal or social bullying behaviour using online technology.

## **Impacts on a child's mental health:**

- affects confidence or feelings of self-worth
- children can experience physical effects such as headaches, stomach pains, sleeping issues or may become clingy or withdrawn
- Your child may start school refusing, worry about school or their learning outcomes are affected. Friendships may also be affected
- Children who are bullied are at a higher risk of experiencing depression, anxiety, eating disorders

and other mental health difficulties both in childhood and later in life.

## **What can you do?**

The best things you can do to protect your child from bullying and its harmful effects are:

- Talk openly and often – try to have one on one time to talk about.
- Help your child develop lots of positive connections.
- Be curious about their social world.
- Be aware of their online activities.
- Talk about bullying and make sure they know how to seek help.

## **Most importantly, make sure your child knows:**

- bullying can happen to anyone – reiterate it is not their fault
- they don't have to put up with it
- how to report it and seek help if they need it.

*'The best thing you can do is listen, taking that extra five minutes out of your day, just to say "How was your day? What happened? Name two good things, name two not so good things." Maybe once a week I'll say to them, "What was the two best things this week?" and then "What was something that was hard this week?" I find this is a great way to open up that communication. If there is something bad going on, you notice if it keeps coming up.'* – Vanya, mum of two

## **Further support:**

- Kids Helpline offers free 24/7 support for parents and children – call 1800 55 1800, chat with a counsellor online, or send an email.
- Headspace has a range of free online and phone support services to help young people.
- There is a list of national and state-based parent support helplines and hotlines on the Raising Children Network website.

<https://emergingminds.com.au/families/bullying/>  
<https://emergingminds.com.au/resources/in-focus-bullying-and-child-mental-health/?audience=family>



# 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** program

**WHEN:** Term 2 Wednesdays 4-5.30pm

Starting 30 April 2025 for 8 weeks

**WHERE:** Blackburn

Details upon registration



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 register or make a referral:

Contact Michelle Hegarty

FaPMI Coordinator, Eastern Health

Ph. 0481913607

Email:

michelle.hegarty@easternhealth.org.au



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



## 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 and emotional regulation with the principles of traditional martial arts. The program works around four basic teachings:

- Be Strong
- Be Calm
- Be Kind
- Try Hard



Where?

Coonara Community House  
22 Willow Road, Upper Ferntree Gully

When?

8 weeks over Term 2  
29 April, 6, 13, 20, 27 May  
and 3, 10, 17 June  
4.00 - 5.00pm 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>



**CARER ACTIVITIES**

**APRIL - JUNE 2025**



**APRIL**



### *NGV Gallery and Lunch*

*Join us to explore the artwork of Yayoi Kusama*

*Her polka-dotted pumpkin and flower sculptures will delight!*

This exhibition features painting, sculpture, collage, fashion, film and installation. After a morning of art gazing, we will unwind and relax for lunch at a local restaurant.

**Day and date: Wednesday 16th of April**

**Time: 10.00am**

**Meeting place: NGV The National Gallery**

**Please Note:** This is a high sensory experience including immersive rooms, corridors, heavy patterning and mirrors. Please note: some art and spaces may be disorientating or challenging for visitors with sensory sensitivities or vision impairments.

Send EOI to [Bobbie bpritchard@wellways.org](mailto:bpritchard@wellways.org)  
or [Catherine cbartholomew@wellways.org](mailto:cbartholomew@wellways.org)

Please note that you must be registered with Family Services to attend any respite activities. To enquire about eligibility and registration please contact us on 8873 2500 or [familyservicesintake@wellways.org](mailto:familyservicesintake@wellways.org)

We only take expressions of interest (EOI) to activities.

You will be notified by a staff member closer to the date of the event if you have a place or if you are on the waitlist.





# KIDS CLUB - 2025

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

The program consists of monthly recreational activities, held at either a local community center or an excursion activity. The session will end with a free dinner which children and parents/carers can share together.

## Where:

Locations vary around Whitehorse, Knox, Maroondah and Yarra Ranges .

## Cost:

Free of charge, but must register.  
Registration for the group is by referral.

## Please contact:

**Michelle Hegarty** on 0481 913 607 or  
[michelle.hegarty@easternhealth.org.au](mailto:michelle.hegarty@easternhealth.org.au)  
or

**Vicky Desouza** at [vdesouza@wellways.org](mailto:vdesouza@wellways.org)

## When:

**4th Wednesday, 4:30pm - 6:30pm**

- 26th March
  - Cooking Class, Bayswater North
- 16th April
  - Comedy Show, TBC
- 28th May
  - Gardening, Bayswater North
- 25th June
  - Bounce, Blackburn
- 23rd July
  - Paint & Snack, Bayswater North
- 27th August
  - Cooking Class, Bayswater North
- September Holiday Activity- TBC
- 22nd October
  - Halloween Fun, Bayswater North
- 26th November
  - End of year BBQ, Lilydale