



Mental Health Carers November Newsletter

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Regional Managers Report

Dear members

This is the last letter for the year, I hope it finds you all in good spirits for the festive season. If not, give us a call as it does help to have someone to talk things over with! To all those that attended the 'Walk of Pride' this year it was a great success! We had families with their pets, the Minister for Mental Health Kevin Humphries and our local member Tim Owens walked with us, and to top it off we had many service providers walk and assist on the day. I would like to say a big thank you to all those people who made the day a great success and created a wonderful event full of community spirit!!!

Our first Mind, Body and Spirit Expo which we partnered this year with New Horizons was fantastic. We certainly will be doing it again next year! Have a look at the photos in this newsletter edition to view the fun and laughter we all shared. Another event we held in Mental Health month was the candlelight Vigil at the Cathedral. The 'Under Construction' choir sang and we all lit candles for those we love who have a mental illness and for their families it was a truly beautiful experience.

Everyone has been extremely busy at ARAFMI over the past few months; it has been a bee hive of activity. Coralie and I have been running many workshops on Borderline and Boundaries for carers' staff and professionals. The volunteers from university and TAFE also the volunteers from our committees have been a great help and their skills have been very much appreciated. They have been busy promoting the event, doing surveys, organising banners, making badges, designing T-shirts, organising services, taking minutes from meetings etc... Also Nev and Betty thank you for answering the phones and supporting the families at this busy time Great work Team!

**REMINDER PLEASE RETURN
OVERDUE LIBRARY BOOKS
ASAP
THANK YOU**



Mary-Anne our volunteer student from University went above and beyond her placement. She performed island dancing, many of you would have seen her perform at the 'Walk of Pride', also at the Expo she brought a lot of laughter and light hearted fun to both events, what a great advocate thanks Mary-Anne.

The Nav guide for families and carers have had an extra 2 fact sheets added over the past few months they are NG 27 Healthy Living, Sleep, Nutrition & Exercise and NG 25 Preventing Mental Illness. Thank you goes to Jared and Sarah two students on placement at ARAFMI in Head office Sydney. You can access these on our website or the Hunter New England website. We have never given up on this important family information and I am sure within the next 6 months it will be finalised and all that will need to be done is to have frequent review dates. We will keep you posted!

Well after another busy fulfilling year I would like to wish you all a very happy Christmas and a New Year full of new energy and new Hope!

Blessings to you all

Joanne

1. **Regional Manager's Report**
1. **Overdue Library reminder**
2. **Counsellor's Corner**
3. **Self Hypnosis**
4. **Port Stephens Suicide Prevention Registration form**
5. **Boundaries Workshop Flyer**
6. **New Support Groups for families & carers'**
6. **Candlelight Vigil & Quilt Winner**
7. **Salvation Army Drug & Alcohol Education Workshop**
8. **Walk of Pride**
12. **Project Hope – Free Healing for Depression Sufferers**
15. **Mind Body & Spirit Expo**
18. **Newcastle Volunteer Awards recipients**
18. **ARAFMI Hunter BBQ**
19. **Membership**

Counsellors Corner

Being the last newsletter for 2011 got me thinking about how stressful the lead up to Christmas can be. Anticipation and preparation for all the activities surrounding the festive season can be overwhelming and indeed very stressful. Whilst some look forward to this time of the year others dread it. There are constant reminders wherever we go. Christmas decorations go up earlier each year sometimes by the end of September. And Christmas carols are playing by the time November rolls around. The pressure of what gifts buy, how to decorate the home just right, expectations of preparing just the right meals. The list goes on and on and stress climbs higher and higher.

What can we do to reduce our stress at Christmas time and how can we better cope?

1. Make a list then prioritise.
2. If you are overwhelmed write down all the things that make you feel overwhelmed including relationships, work related issues, tasks, projects etc. Chose the top ten things that are essential for you to do, then chose only two items to begin or to complete before you move on to any of the other items. Then chose the next two items and so on. Break these items down into small manageable steps.
3. Keep it simple – things don't need to be complicated, remind yourself that it's about choices and you can chose to keep things simple.
4. Share the load – delegate, who brings what for Christmas lunch or other meals, you don't have to do it all. It doesn't have to be a grand affair; a simple picnic in the park or at the beach can be far more relaxing and fun.
5. Take the financial pressure off and the decision of what to give – look at other options around buying gifts. Perhaps a donation to a charity rather than numerous gifts, or a Chris Cringle idea where everyone's name goes in a hat and you draw out one person's name and that's who you buy for. Set a maximum limit for presents and let others know, volunteer your time. Tell others that you are taking the stress out of Christmas and after all spending quality time is really what is important. You may chose to and go away and say I'm taking care of myself so I won't be doing Christmas this year. The options are endless its your choice.
6. Don't forget to exercise, often when we need it the most we do it the least. Remind yourself it's not just about fitness, it's about nurturing our mental, emotional, spiritual and physical selves.
7. Take time out just for you.
8. Practice saying "no".
9. Re-adjust expectations – make them realistic. If the family don't speak to each other all through the year and don't really get on, don't expect them to get along just because it's Christmas. You may be setting yourself up for disappointment.
10. A lot of negative stress in our lives can be traced to poor time management or worrying about things that are out of our control. If you need help for either of those issues talk to someone who can help.

I wish is you all a stress free Christmas and a relaxing and peaceful time.

Coralie Reeve (B.Couns.Dip.Prof.Couns.CAPA;PACFA)



SELF HYPNOSIS....For Healing

Healing for Yourself and Others

The power of the Mind is Amazing.

If you are willing to learn the skill of Mind Control and Training then you can assist your body in Healing Anything.

- ✓ **Depression**
- ✓ **Anxiety**
- ✓ **Fatigue**
- ✓ **Weight Issues**
- ✓ **Self Esteem Issues**

And Every Other Human Condition **Can** be assisted using the Power of the Mind. Workshops are progressive and ongoing. The best results will be achieved by attending all 5 as they build on each other.

Interested? **CALL David Lomman on 0412 202 953**

Or Book with Joanne or Coralie at ARAFMI 02 4961 2842

Each Workshop will be facilitated by David Lomman, Experienced Hypnotherapist and Naturopath with over 20 years as a practitioner and educator.

When: 6.30 to 8.30 pm Wednesday Evenings of the 8th, 15th, 22nd and 29th of February and the 7th of March 2012.

Where: ARAFMI, 22 Stewart Avenue, Hamilton East.

Cost: \$20.00 per session pay on the night. With 50% of the proceeds being donated to ARAFMI.

“You will be taught skills in these workshops that you will be able to use in every area of your life and for the rest of your life. Continued practice will bring a deep sense of inner peace and understanding.” David

Call David on 0412 202 953 or Joanne or Coralie on 02 4961 2842 to enquire or reserve your place.

“If you follow the process taught in these workshops you will get results”



REGISTRATION FORM

VENUE: King Park Sporting Complex, cnr William Bailey St & Newline Rd Raymond Terrace.

DATE & TIME: 7 and 8 December 2011: 8:45 am for a 9 am start, finish 5 pm

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|--------------|--|--|--|
| NAME | | | |
| OCCUPATION | | | |
| ORGANISATION | | | |
| ADDRESS | | | |
| | | | |
| PHONE | | | |
| FAX | | | |
| MOBILE | | | |
| EMAIL | | | |

\$185 Earlybird Price (includes GST) extended till Friday 11 November 2011

\$250 Full Fee (includes GST)

Morning tea & afternoon tea and lunch provided both days. This workshop is generously subsidised by the Port Stephens Suicide Prevention Network.

To secure your place, please email or post completed registration form with payment as soon as possible, as detailed below.

Payment can be made by electronic funds transfer or cheque payable to PSSPN.

BSB 637 000 Account Number 715556057

Email: brian.lamb@optusnet.com.au Postal: PO Box 516 Salamander Bay NSW 2317

To find out more about the Network: FB: www.facebook.com/PSSPN

www.wesleymission.org.au/Centres/lifeforce/Life_Networks/LN_Port_Stephens.asp



MENTAL HEALTH Carers ARAFMI NSW
Hunter Branch
Boundaries Workshop
For Families Relatives & Friends



Date: Monday 5th December 2011
Time: 9:30am – 2:30pm

Full Cost: \$20
Concession: \$10

(Morning Tea & Lunch Provided)

Our Vision

Our vision is for a community that understands and responds to the impact of mental illness on families, relatives and friends.

The aim of this workshop is to teach:

- What are boundaries
- The importance of setting boundaries
- Signs of unhealthy boundaries
- When to set boundaries
- How to make & maintain useful & healthy boundaries

**Mental Health Carers ARAFMI
Hunter Branch**

**Venue : 22 Stewart Avenue, Hamilton East 2300
(Please note parking is available in Stewart Ave)**

Phone: (02) 4961 2842 or (02) 4961 6717

Email: arafmihunter@exemail.com.au



**ARAFMI
Hunter**

**New Support Group
For Families and Carers**

**Every second Friday
From 10am – 12pm
Starts on 18 November 2011**

**Groups will be run at
ARAFMI Hunter
22 Stewart Ave
HAMILTON EAST 2303**

Contact: Admin 49612842 or Support Line 49616717

Candlelight Vigil



**23 October 'Candlelight Vigil'
Christ Church Cathedral
'Under Construction' Choir**

**Winner of the Quilt
made by Lorna Mee**



**Julia Mullaney & the happy winner
Julie Cadogan**



Adolescent Service Providers

Parents

Carers

Teachers

School Counsellors

Health Professionals

Community Workers

Please encourage young people
in your care to attend :



**TEENAGERS,
ALCOHOL
and DRUGS**

OASIS BRIDGE

Drug & Alcohol Education Workshop

for young people 14-25

Where : Oasis Youth Network
116 Hannell Street Wickham

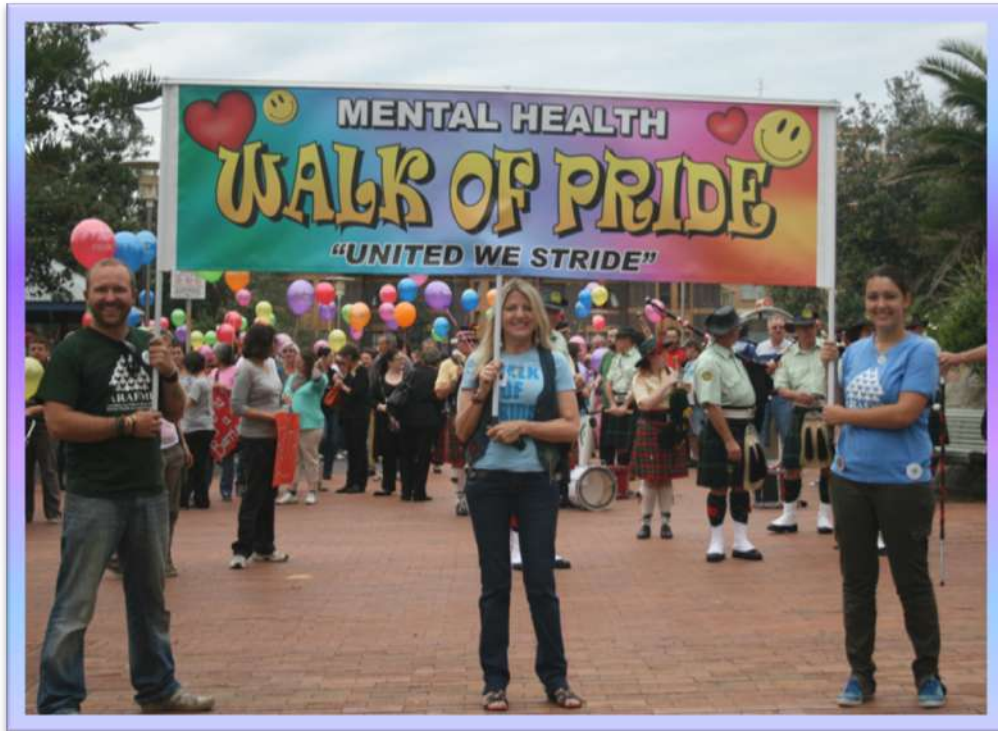
Date: Monday 5th December 2011

Time: 1.00—3.00 Afternoon Tea Provided

RSVP: Christine Martin or Cameron Pethybridge by
29.11.2011 Ph 4969 8066

No charge

Mental Health Walk of Pride 2011



Kevin Humphries
Minister for Mental Health





Trevor Waring
M.C.



Nathan Bell
Speaker



Mary-Anne
Island Dancer



Under Construction
Consumer Choir