



Arafmi Alert

December 16, 2010

Arafmi's weekly online newsletter

Human Rights Work Goes On

Human Rights Day was December 10 but Arafmi president Tony Fowke points out that the focus on the work of human rights defenders will continue through 2011. Human rights defenders act against discrimination, often at great risk. They speak against abuse and violations - discrimination, exclusion, oppression and violence. They advocate justice, seeking to protect victims of human rights violations. They demand accountability for perpetrators and transparency in govt action. Some human rights defenders are famous, most are not. They're active around the world, working alone, in groups, in local communities, in national politics and internationally. It is hoped to inspire a new generation of defenders to speak up and take action to end discrimination in all its forms.

Could you be a voice for people with a mental illness?

The Council of Official Visitors is inviting expressions of interest from individuals to provide services for people with a mental illness in the metropolitan, Kalgoorlie and Bunbury areas. "Visitors" are empowered under the *Mental Health Act* to advocate for the rights of people with a mental illness and ensure that they are detained in safe, suitable conditions. The Council wants to hear from those interested in mental health issues who are available to work flexible hours; who can listen to and work with a range of people to resolve issues; can work as part of a team of professional and committed official visitors; can prepare reports and want to make a contribution to their local community. Experience isn't necessary. Training & support provided. People with a direct experience of mental illness, who are of Indigenous descent or are from a culturally and linguistically-diverse backgrounds are encouraged to apply. Payment for work is made on a session basis. Contact 1800 999 057 for expression of interest form by Jan 12. Information about the Council: www.coov.org. Email info@coov.org

New Minister Welcomed

Mike Seward, Arafmi Executive Director, has congratulated Helen Morton on her appointment as WA Minister for Mental Health. "We look forward to working with you into the future and catching up with you soon," Mike said in a message to the Minister. In Opposition, Helen was responsible for Women's Interests and Mental Health. She became Parliamentary Secretary to the Minister for Water and Mental Health. Helen describes mental health as her passion. Helen commenced her working life as an occupational therapist and has spent many years in executive positions in the WA health service.

Support Agencies Available over Christmas Period

Please Note: A list of agencies available over the Christmas period to support our carers has been added to the bottom of this edition of *Arafmi Alert*. Best wishes for the season.

Reminder: Arafmi's New Recreational Opportunities Assistance for People with Mental Health Issues

Arafmi is offering recreational support to adults with mental health issues in the North Metro Area. If you are interested in interacting with social groups and enjoying activities on a weekly basis, Arafmi will provide the recreational support. Call Arafmi Recreation Officer Damian McGay on 9427 7100 or email damian.mcgay@arafmi.asn.au

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New ABC Disability Website

The ABC, with the support of FaHCSIA (Dept of Families, Housing, Community Services & Indigenous Affairs), has launched a website to ramp up the conversation about disability. The ABC [Ramp Up website](#) is a place for people with disabilities to have a say, no matter what part of the country they are in. The site will host discussion on a range of disabilities and experiences with visitors encouraged to join in.

Partners in Depression Course

This is 6-week course is designed to help carers understand and better support family members who have depression. The course focus is on the signs and symptoms of depression, how to cope with these, information on treatments, as well as suicidal thoughts, and how to cope as well as self care. If you are interested in this course and would like it in your area next year please contact the office and leave your details with Muireann. Phone 9427 7100.

Drug & Alcohol Meeting Invitation

The Parent Drug Information Service is holding a series of Parent Peer Support Groups, run by parents for parents of drug and/or alcohol users who may or may not have mental health issues. Parents can attend in Mount Lawley on Thurs evenings, 6.30-8.30pm. Call Charlotte McConnell on 9471 0456.

RESPITE OFFERS: Arafmi's Services

Duke of Edinburgh Award for ages 14–25. Jan 12-14. The Ern Halliday Recreation Camp is a licensed operator of the Duke of Edinburgh's Award in WA. On the 13 and 14 January 2011, Ern Halliday will be running a Bronze Level Coastal Paddle Expedition. This will comprise of two days of expedition training skills and a local sea paddle, which will satisfy the Adventurous Journey component of the Bronze award for participants aged from 14 – 25. This Coastal Expedition will provide opportunities for participants to demonstrate enterprise, work as a member of a team, respond to challenges, develop self reliance, develop leadership skills, recognise strengths and weaknesses of self and others, make decisions and accept the consequences, plan and execute a task and reflect on personal performance.

If you care for someone with a mental illness and live in the north west metro area please register your interest by contacting Rhonda for application form. Rhonda McCullagh, Respite Co-ordinator, 9427 7100. rhonda.mccullagh@arafmi.asn.au. Funding will be provided by Arafmi for eligible applicants.

FREE YOUTH CAMP – JANUARY

Call or email Rhonda if you are a young carer and wish to attend the overnight camp in January.

WHERE: Ern Halliday, Sorrento. All meals and activities provided

Ages: 9 – 11 yrs (school years 4 to 6). Jan 17 –18 Jan 2011

Ages 12 – 14 yrs (school years 7 to 9) Jan 17 –19

Massage treatment for carers are available in our Perth office (182 Lord Street). These treatments are free to all those who care for someone with a mental illness and live in the North Metro area.

Full body massage: 50 mins. Help balance mind and body and alleviate stress.

Reflexology: 50 mins. Relaxing treatment for feet. Foot soak, massage, mask, scrub and moisturise.

Massage treatment for carers - Whitfords Area: From January massage treatments will be available.

Yanchep House: Book for our year-round beachside retreat in Yanchep.

Short Notice Accommodation: A range of short-term accommodation. For example, if your loved one has been admitted to hospital we can provide you with accommodation close-by.

Day Respite: Arafmi can help carers with a range of daily tasks so call us to see what we can do for you.

QUERIES: Rhonda McCullagh, Respite Co-ordinator, 9427 7100, Email rhonda.mccullagh@arafmi.asn.au

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CARERS' DIARY: Next page

Support Workers Available

If you live in the Clarkson area and would like to speak to one of our support workers, appointments are now being offered in the Ainsbury Centre. Appointments are necessary. Please call 9427 7100.

CARERS' DIARY

Arafmi 's Youth Christmas parties (members only by invitation) are on Dec 21 and 22.

Arafmi School Holiday Program: 8-12-year olds, January 11, 13, 18, 20. For 13-18-year-olds: January 12, 19. If you live North and North East of metro and are a young carer (8-18 years of age) and live with a family member with a mental illness you can access the FREE school holiday program, says Anna Albrecht, Arafmi's School Education and Youth Services Officer. Please phone Arafmi, 9427 7100, to find out more information and to receive your information package. **Return all forms by December 17.**

Christmas lunch in the Park: Dec 25, Wellington Sq Park, E Perth 11.30am. Just turn up – Mission Aust.

Fremantle Workshops. Workshops resume from Feb on every 3rd Wed, 6-8pm at Alma St. An education/information forum for carers on a specific topic each week. In partnership with Fremantle Mental Health. Under consideration is a support group in Arafmi's Phillimore Street office, possibly on Tuesday evenings. Anyone interested please contact Elisabeth Dos Santos at Arafmi on 9427 7100.

Information / counselling sessions: NOW AVAILABLE IN CLARKSON.

Want to Publicise your Event or Highlight a Mental Health/Carer Issue in Arafmi Alert?

Do you have a mental health or carer event you want to publicise? Is there a mental health or carer issue that you want to highlight? Contact Lee Tate, 9427 7100, lee.tate@arafmi.asn.au.

Future Issues of Arafmi Alert

Do you know someone else who would find *Arafmi Alert* useful? Please send us their email addresses. If you **do not** want to receive future issues of *Arafmi Alert* email muireann.daly@arafmi.asn.au

Support Agencies Available over Christmas Period

These agencies are available over the Christmas period to support our carers. All agencies listed are available 24/7 throughout the Christmas and New Year holiday.

CRISIS CARE

Telephone information and counselling service to help children, teenagers and adults with personal difficulties. Phone 9223 1111. Free call 1800 199 008

ANGLICARE WA

Telephone counselling and rural and remote areas. Freecall 1800 812 511

KIDS HELP LINE

Phone 1800 55 1800. Website <http://www.kidshelp.com.au> Email admin@kidshelp.com.au

There are three ways to connect to a Kids Help Line counsellor, telephone counselling, email counselling or web counselling.

LIFELINE

Crisis telephone counselling. Phone 13 11 14

MHERL

Emergency assessment and management of persons with psychiatric disorder, phone counselling and support. Information, education and advocacy to patients, relatives. Phone 1300 555 788. Free call 1800 676 822 – Peel region only.

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PERTH HOME CARE CRISIS CARE RESPITE

Limited crisis care respite available over Christmas period. Phone 9204 7801. Phones are staffed throughout the holiday and respite needs can be responded to until 10pm. Silver Chain will then take over the calls, but cannot offer a respite service until they hand the calls back to PHCS at 6am the following day.

FATHER BRIAN'S CRISIS CARE CENTRE

Phone 9481 4050. Responds to all manner of crisis situations as appropriate. Free confidential counselling available to all.

SALVATION ARMY – CARE LINE

Phone: (08) 9442 5777 (24hr Counselling Line)
Phone: (08) 9442 5750 (24hr Suicide Line)
Phone: 1800 065 892 (A/hrs only, accommodation line)

THE SAMARITANS INC

Phone 9381 5725 (admin), 9381 5555 (emergency), 9388 2500 (youth line). Freecall 1800 198 313. To be immediately available for people who are despairing or suicidal.

WESLEY MISSION

Phone 1300 663 298 (Services Information Line). Phone 92201200 (Tranby – Homeless Support). Phone 9325 2400 (Credit Care – Emergency relief, includes financial & food)
Provides emergency relief and crisis services.