



# Arafmi

Mental Health Carers & Friends Association (WA) Inc

# Concern

Spring 2010

## President's Report

**At the time of composing this report, many issues following the outcome of the federal election have yet to be resolved. This will undoubtedly involve far more time than normal after an election. As a consequence, issues of policy and funding necessarily have to take a back seat. It was encouraging that mental health was given recognition by the major parties. It was pleasing to see that it was openly discussed in the media.**

It can only be hoped that promises made are fulfilled and that any additional funding for mental health is forthcoming even though it may still be considered inadequate with mental health carers receiving little recognition.

I mentioned in the autumn edition of Concern that Arafmi in WA was in the process of recovery and I am pleased to let you know that this is continuing, but inevitably it is not something that happens over night. The Board, with guidance from staff and some members, is currently looking at strategies for the future which I hope will increase services that we provide for mental health carers in our great state.

I was in London recently to attend some meetings in connection with the World Federation for Mental Health and was invited to attend the presentation of the Mind Awards for 2010. This is a truly great occasion when authors and journalists were recognized for promoting positive images of mental health. In addition, there was an award for the person or people who had made the most important contribution in challenging discrimination against people with mental health problems. This is something that we could consider doing in Western Australia, as stigma continues to be an issue for consumers and carers. Perhaps a Carer Champion!

*Tony Fowke - President*

## Executive Director's Report

**Our President, Tony Fowke, made mention of Arafmi looking at strategies for the future. I am very keen to continue the process of reconnecting with our members and mental health carers in general. To this end a feedback meeting was held with members and interested carers on 18 August, the results of which will be fed into our strategic planning process. In this vein, we also recently employed Lee Tate as Communications Manager. Shortly he will commence publishing a weekly information email, so if you haven't already done so, contact us on 9427 7100 to give us your current email address so that you can receive them.**

Services have been boosted by the recent employment in Perth of Mary Ford, our first Aboriginal Family/Support Worker. Mary is well known in Perth's Aboriginal community for her counselling work and will be a great asset to us going forward into the future. We also welcome Peter "Pedro" Latham and Miriam Fessler to our Broome office, Ross Monaco to our Carnarvon office, and Virginia Hailes and Fiona Halse to our Perth office. All of them provide counselling or support services to carers.

As a new financial year starts, I would also like to acknowledge all of Arafmi's wonderful staff. You have been through some trying times but this current dedicated crew will ensure Arafmi is considered by all to be the organisation to turn to when you think of mental health carers.

*Mike Seward - Executive Director*

## Arafmi Services

Arafmi has been providing a FREE information and support service to family and friends of people with mental health issues since 1976.

### SERVICES PROVIDED

- Free Professional Counselling for Adults and Young People.
- Community Network Meetings in a range of locations.
- Library Service.
- Provision of workshops and seminars on a variety of Mental Health issues.
- School Education Programme.
- Young People school holiday activity programme.

**For more information contact head office on 9427 7100, Country Callers 1800 811 747**



# Mental Health Week Celebrations

## 10th to 16th October 2010

### PERTH

Sunday 10th of October - Walk of Pride

Arafmi is proud to host the inaugural "Walk of Pride" along the Perth Esplanade on World Mental Health Day on the memorable time and date of 10am on the 10/10/10. This event marks the opening of Mental Health Week worldwide and will give carers, consumers and all those with an interest in mental health a chance to highlight mental health issues, including carers' contributions, in the community.

The walk will be followed by speeches from VIPs including the late Charmaine Drugan's mother, Estelle Dragun. The event is open to the public and we look forward to seeing you there on what promises to be a meaningful and enjoyable day. Bring a neighbour, bring a friend.

### PEEL REGION

Peel Region Mental Health Week Organising Committee would like to take this opportunity to invite you to this year's expo in Mandurah and also the Inaugural Expo day in Pinjarra.

The Region's Mental Health week celebrations are as follows:-

**Mandurah:** Monday 4th October 2010 – Expo at Mandurah foreshore.

The annual march will commence from Keith Holmes Park at 10.30am.

Afterwards, celebrations at the foreshore include Zumba dancing, Oum Habibi belly dancing, bouncing castle and lots more.

**Pinjarra:** Wednesday 6th October 2010 – The inaugural Pinjarra district Mental Health Week Walk

The walk will take place at the suspension bridge, Cantwell Park Pinjarra at 10.30am.

Party events include: Planting the Seed for Wellness, Art Playshop Constable Care.

**Fairbridge Village:** Friday 8th October 2010

Second Art & Photography Exhibition at Fairbridge. This year's event promises to attract even more beautiful artwork and photography in this incredible setting. Join in the artwork, nibble some snacks, imbibe the atmosphere, feel the excitement.

This year we are pleased to announce information stands at the Town sites of Dwellingup; Waroona and Boddington for Mental Health Week as we want to spread the message of being Mentally Healthy and continuing the cause of de stigmatisation and the fear around Mental Health.

## New Staff Profiles

### Lee Tate Communications Manager

Lee joins Arafmi after an extensive career in journalism, having worked on Perth's (as well as Australia's) major newspapers. The list includes The West Australian, the Financial Review, The Australian, The Sunday Times, WA Business News, the Melbourne Herald and the Albany Advertiser.

As well as six years on radio current affairs, Lee was a foundation director of a national publishing company specialising in industrial relations news for business, government and unions. He has worked in Perth, Launceston, Melbourne, Sydney, Canberra, London and in Japan on a journalist exchange program.

### Sarah Tarulli Family Support Worker

My name is Sarah Tarulli and I have recently joined the Arafmi team as a family support worker. I was born in Albany, moving to Perth at a very young age. I studied psychology at Curtin University of Technology, graduating in 2008. Following graduation I worked at Autism and Educational Services as a behaviour therapist.

## Arafmi's new office

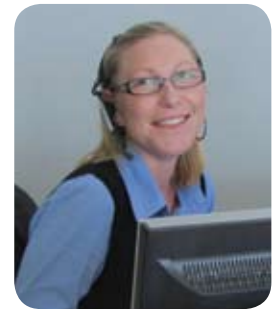
**Arafmi, in partnership with Mirrabooka Community Mental Health Centre, are now able to offer counselling to carers in the Mirrabooka area.**

At present appointments are available on Thursdays between 12:30pm and 4:30pm. However we are looking to increase availability to a full day in the near future.

Mirrabooka Community Mental Health Centre  
Unit 1, 20 Chesterfield Rd, Mirrabooka WA 6061

To book appointments please call the Perth office on (08) 9427 7100.

## Welcome to our new receptionist Sheona



Sheona Havelberg is the welcoming face for the Carers Centre at 182 Lord Street Perth. Sheona manages reception for both Arafmi and Carers WA, greeting and assisting carers and visitors.



## Visit from the Minister of Mental Health

**WA Mental Health Minister, Graham Jacobs, called on carers from Arafmi and Carers WA to learn more about the carers and their major issues.**

The Minister had requested the meeting where he asked and answered many questions before joining the group for a light lunch.

Our photograph shows Minister Jacobs (centre) at Arafmi's Perth offices with (left to right) Jo Enoch, Liza McCormick, Arafmi Board President Tony Fowke and Arafmi Executive Director Mike Seward.

## Important Note For All Members

**All members are requested to advise Arafmi of their latest email addresses as soon as possible.**

This will allow you to be kept fully up-to-date with all Arafmi news, developments and services.

A weekly emailed newsletter, edited by our new Communications Manager, Lee Tate, is starting soon and we want you to be on the list for this and future Arafmi news and mental health information.

Please provide your email address details now to rie.mcauliffe@arafmi.asn.au Or post to Rie McAuliffe at Arafmi, 182-188 Lord St, Perth WA 6000.

With thanks

Mike Seward, Executive Director.

# Broome celebrates Naidoc week



**Broome Arafmi worker, Cecelia Dann, assisted in the celebration of Naidoc week by teaching some local children traditional contemporary dance. The children had a fantastic time and Arafmi was pleased to be involved in this significant event.**

NAIDOC stands for the National Aboriginal and Islander Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.

Today, NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions of Indigenous Australians in various fields.

## Highest award for Arafmi volunteer



Congratulations to Arafmi volunteer Lester Leaman for being awarded the Silver Kangaroo by Scouts Australia. The Silver Kangaroo is the Scouts highest possible adult recognition award and is bestowed for eminent achievement and meritorious service.

Lester receives this award in recognition of his decades of community service, to both the Scout movement as a rover leader, and for his volunteer work within the community. Lester is best known to Arafmi carers and staff as a cheerful assistant who routinely helps out with many of our school holiday activities. He is also the State volunteer representative for the Department of Veteran Affairs. Here he works as an educator and mentor in the department's valuable men's health peer education program.

When asked about the award, Lester replied: "I've been with the Scouts movement for 37 years and I am chuffed to be recognised in this way"

Lester will receive the award in a ceremony at Government House on the 11th September.

## Arafmi School Holiday Program – July 2010

**Many, many registrations were received for the July Arafmi school holiday program. Young carers aged from 8 years to 18 years and from east and north metro experienced six energetic days full of different activities.**

The young carers displayed many fine attributes throughout the program. Friendships were developed and continued, courage and determination were often demonstrated amongst the group and over all, carers formed a very proud team.

Some of the activities we enjoyed were circus skills, visiting the Maritime Museum, roller-blading and ice skating, laser tag, 10-pin bowling, participating in funky fitness and a music workshop.

This July school holidays we were lucky enough to have the tremendous support of Scotch College. Jenny Whitely, Head of Academic Support, and I have been working closely together to develop a program where Arafmi and Scotch College students are able to assist young mental health carers in an active, fun way as buddies on such respite outings. The purpose of this is to raise awareness of mental illness amongst the Scotch College students and to increase empathy for those whose lives are touched by it.

We believe the activities worked well with students and teachers participating and supporting this program. Due to the great success of the July school holiday program we will continue with the relationship with Scotch College.

Scotch College will host a one day outing at their school. Scotch College students will organise and facilitate many different activities for the young carers. We are all very excited by this new relationship between Arafmi and Scotch College and are looking forward to a fun filled day in October.



A BIG thank you to, Sam, Olly, Jenny, Jasper, Peter, Grant, Tom, Vickie, Tim, Jacob, Marilyn and Peter, all from Scotch College, teachers and students, who gave up their free time during the holidays to help make our program run smoothly and have fun with the group.

A special THANK YOU goes out to long time Arafmi volunteers Debbie and Lester. Without their help, the school holiday program would not have been possible.

Thank you to everyone who participated for your dedication and energy.

Anna Albrecht - Youth Services Officer

# Arafmi happenings

## Do you know, love or care for someone experiencing depression?

**Partners in Depression is a FREE six week group program that aims to address the information and support needs of those who live with or love someone experiencing depression.**

The program covers a range of topics including:

- What is depression?
- Treatments for depression
- Suicidality and self harm
- How do you best support someone with depression?
- Communication strategies

**ARAFMI are running workshops in Midland.**

### Midland Session

**DATES:** 21st, 28th September, 5th, 12th, 19th, 26th October

**VENUE:** Vincentcare, 2 Bayley Street, Woodbridge

**TIME:** 10am to 12 noon

Register your interest for either location please call Anne on 9427 7100 or 1800 811 747.

## Committee Vacancies

### Are you available and ready for the challenge?

Carers WA are funded to recruit, train and support Carer Representatives on Mental Health committees. There are currently a number of vacancies that we need to fill. If you or someone you know has an interest in being on a committee, please contact Ronnie on (08) 9228 7418 or email [veronica.burkin@carerswa.asn.au](mailto:veronica.burkin@carerswa.asn.au)

## Your opinion counts!

**Carers WA and Arafmi invite mental health carers to participate in a workshop or phone in to prepare a response to the draft Mental Health Strategic Policy 2010 - 2020.**

Has the Mental Health Commission got it right this time? Your opinion counts! The workshop and phone in will be held in September.

If you would like to participate or would like further information, please contact Carers WA on 1300 Carers (1300 227 377) or Arafmi on (08) 9427 7100.

Arafmi's *Concern* newsletter is funded with thanks by the Western Australian Mental Health Commission.



# Arafmi

Mental Health Carers & Friends Association (WA) Inc

### HEAD OFFICE

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**T** (08) 9427 7100

**F** (08) 9427 7119

[www.arafmi.asn.au](http://www.arafmi.asn.au)

## Arafmi Community Network Meetings

**Are you living with or assisting someone who experiences a mental health issue? Come and exchange ideas and information at our next community network meeting.**

**East Perth:** 2nd Friday of each month 10am – 12pm at The Carer's Centre, 182 Lord Street.

**Whitfords:** 2nd Wednesday of each month 10:30am – 12:30pm at 6/32 Endeavour Rd, Hillarys.

**Midland:** 4th Friday of each month 10am to 12pm at St Vincent de Paul Society, 2 Bayley Street, Woodbridge.

**Gosnells:** 3rd Friday of each month 10am – 12pm at Level 1, Gosnells Community Lotteries House, 2232 Albany Highway, Gosnells.

**Mandurah:** Every Monday 1pm – 3pm, 1st Monday of each month at Abdingdon Gardens, Husband Road, Mandurah, all other Mondays at 98 Mandurah Terrace.

**Kwinana:** 4th Thursday of the month 10am – 12pm at All Saints Anglican Church, Chisholm Ave.

**Rockingham:** 3rd Wednesday of the month from 1pm – 3pm at Rockingham Mental Health Service.

**Carnarvon:** 2nd Tuesday from 10am – 12pm at Lotteries House, 1 Camel Lane, Carnarvon.

Please phone to confirm your attendance as locations may change.

## Tai Chi

**Arafmi and Carers WA staff in Perth stretched their limbs and their minds to get a taste of meditation, martial arts and the graceful, healthy moves of Tai Chi as part of Stress Less Day.**



Instructors Maureen Robertson and Andrea Coker led the group through some of the 108 moves in the centuries-old practice to give staff a feel for the mental and physical benefits of Tai Chi.

Thousands of West Aussies from Fremantle to Broome have joined in classes since the 1980s as an aid to reducing stress.

"Tai Chi could be very useful to carers who need respite and relaxation so we thought we would see it first-hand," said organiser and Arafmi administrator Anne McCarthy.

For more about the volunteer, non-profit Taoist Tai Chi Society visit the International Taoist Tai Chi Society website.