



Arafmi

Mental Health Carers & Friends Association (WA) Inc

Concern

Winter 2010

President's Report

Firstly it is my pleasure to be able to welcome Mike Seward to the role of Executive Director. Mike started with Arafmi on 3 May and brings to the organization a wealth of experience from the WA Non Government Sector including significant exposure to mental health programs. Please make him feel that he is part of the Arafmi family when you meet him.

Secondly on behalf of everyone at Arafmi I would like to acknowledge the tremendous efforts by Julie McChesney in the role of Acting Executive Director over a period of several months when there were a lot of difficult issues to be handled. Despite these difficulties Julie was able to take Arafmi forward and in particular to progress the work with carers in the North West of our State. Thank you Julie for this and for your willingness to continue with us.

Thirdly it is my hope that there is a more personalised approach to all services and one simple test to ask is "How would I feel if this was what I, or a member of my family experienced?" There are many definitions for this kind of approach but one is "activities which are based upon what is important to a person from their own perspective and which contribute to their full inclusion in society. Person centred planning is a process for continual listening and learning, focusing on what is important to someone now and in the future, and acting upon this in alliance with their family and friends"

I hope this becomes a reality for everyone.

Tony Fowke - President

Private Mental Health Consumer Carers' National Teleconference

Arafmi WA carers were invited on 8th April to participate in a national teleconference, with the Private Mental Health Consumer Carer Network (Australia).

The teleconference was focused on Carer Identification as well as ways in which carers could assist G.P.s in recognising the carer role. One suggestion was that G.P.s could be awarded accreditation points for doing carer recognition training, as happens in the United Kingdom. Another suggestion made was to develop a process which would assist carers to self-identify.

A transcript of the teleconference will be available for distribution shortly. Should you require a copy of the transcript, please contact Arafmi.

Call for Carer Representatives

Arafmi invites applications from Carers to become Carer Representatives. What is a Carer Representative you may ask?

A carer representative is someone like you who has been, or is currently in a caring role for someone who requires ongoing care or assistance. Carer representatives voice the carer perspective and take part in decision making on behalf of all carers. If you would like further information please contact Jo Enoch at Arafmi on josephine@arafmi.asn.au.

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

New Staff Profile



Mike Seward Executive Director

Originally from Zimbabwe, Mike has worked in the WA health sector for the last 18 years. Initially at Royal Perth Hospital; then assisting rural medicine at Rural Health West; and subsequently as CEO of two divisions of general practice, GP Coastal and Perth Primary Care Network; and more recently as Executive Director of the Western Australian drug and alcohol peak agency, WANADA. This has given him a good understanding of mental health issues in both hospital and community settings and the issues that face their carers. Having worked with people involved in the health sector in Western Australia and nationally at all levels and having developed good networks, he is well placed to lead Arafmi into the future.

"I am honoured to have been appointed Executive Director of Arafmi, a well established agency with a justified reputation as leader in the mental health sector. I look forward to leading Arafmi and improving on the services we provide to carers and friends of those in WA with mental health issues and to advocate on their behalf", said Mike

A cricket tragic, Mike is a member of the WACA and a passionate Dockers supporter who is married with three school aged sons.

Care Days

Monday 14th June. Reki and Indian Head Massage. 10am – 2pm. Booking is essential.

Thursday 17th June. Dance workshop. Line dancing, Rumba, Cha-cha and more. Booking is essential.

So if you are caring for a loved one with a mental illness and would like to take some time out to de-stress and recharge, please call Anne on 9427 7100 for further information and to book your place.

Carnarvon Community Day Centre Opens

Opening on the 18th May, and every second week thereafter at Carnarvon Lotteries House, is the Carnarvon Community Day Centre. The day centre is a place where the people of Carnarvon that have ongoing functional impairment and their carers, can come and join together to relax, have fun and do something different!

The day centre can provide respite for carers who need a break for a few hours from their caring role, knowing that their loved one is in a safe environment with professional and qualified staff or they are more than welcome to come and hang out too!

The day centre has some great resources such as all the latest games, Wii Fit, Art supplies and will be running workshops based on different activities and skills that people would like to learn and participate in.

If you would like more information or are interested in coming along to the Day Centre, please give Lori a call on (08) 9941 2803 or 0409 687 679.

Arafmi Supporting Youth Week 2010

To celebrate National Youth Week 2010 in Carnarvon, local departments including Arafmi, Mental Health, Community Drug Service team, local Police and several more, joined together to organise and fund a week of fun filled events for the youth of Carnarvon.

Activities included a Sports day, Graf Art workshops, Hip Hop workshops, Skate workshops, Circus and Theatre workshops ending with an Aqua Disco at the local swimming pool. Each workshop focused on an educational message such as Act, Belong, Commit, Rethink – Drink and Healthy Lifestyles.

Over 156 youth (13-18 years old) participated in the events, and had a great time. The activities brought the kids of Carnarvon together in a positive and safe environment, where barriers were brought down, confidence levels brought up and new skills were learnt.



Arafmi's April School Holiday Program



The April school holiday program was a great success with a lot of courage displayed as many difficult and new challenges were faced.

Once again, we had a great turn out from the young person's group (8-12 years old) who participated on the holiday program. Starting with a relaxing day out in Joondalup at the movies and 10 pin bowling, followed by an A-MAZE-ING day out at the MAZE in Bullsbrook. The final day was a real adventure at the Manjedal Activities Centre in Karrakup. The children and staff were tested at all levels and continued to impress us with their courageous abilities.

Due to a weather scare, quick decisions and changes to a couple of activities saw us spending a day at Beatty Park, testing our balance skills on the inflatable obstacle course. Along with a day out in Morley going 10 pin bowling, arcade parlour and the cinemas for the older group (13-18 year olds).

The older group also let loose at Adventure World where we had the park more or less to ourselves, being a fun and exhausting day.

A special THANKYOU goes out to Annabeth and Lester, as without their help, the school holiday program would not have been possible. Thank you both for your dedication and energy.

Arafmi School Holiday Program Change of Process

The school holiday program is open to children who live with a family member who has a mental illness and are living in the North and North East metro areas.

The holiday program is becoming very popular; therefore, we will be running the school holiday program a little differently in the aim of giving more children and families an opportunity to attend.

Arafmi will be holding open days in Midland, Whitfords and Perth. At these open days we will discuss the new process of registering for the school holiday program and all paper work involved. This will be a great chance for questions and especially for families to come along and meet Arafmi staff, children to meet other children and families to meet other families.

Open day dates:

PERTH

182 Lord Street,
PERTH WA 6000
Friday 4th June, 6pm

WHITFORDS

6/32 Endeavour Road,
HILLARYS WA 6025
Saturday 5th June, 11am

MIDLAND

2 Bayley Street,
Woodbridge 6056
Saturday 12th June, 11am

Light refreshments will be available

Please phone Arafmi on 08 9427 7100 for more information.

Open Your Mind To Music – Fremantle



The fourth annual Music to Open Your Mind was held on Sunday 21 March 2010 in Kings Square, Fremantle.

Over 2000 people enjoyed an afternoon of live bands, mental health information, children's activities and a market day atmosphere.

The event was officially opened by the Minister for Mental Health, The Hon Dr Graham Jacobs MLA. Local band The Brow Horn Orchestra got everyone dancing then Toy Box and Texas Rangers kept the event rocking throughout the afternoon.

The event provided a fun environment where people have a chance to become more aware of mental health issues, to celebrate the work done by Mental Health Services as well as acknowledge people with mental health issues as being valuable members of the community.

Importantly the event is also an opportunity to publically recognise families, friends and carers of those with mental health issues and to appreciate their valuable and ongoing support of these individuals.

Arafmi was proud to be part of the event and looks forward to ongoing involvement in the future.



Upcoming events:

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 Perth, Mandurah and Whitfords.

Perth Session

DATES: Tuesday 1st, 8th, 15th, 22nd, 29th June and 6th July

VENUE: 182 Lord Street, Perth

TIME: 10am to 12pm

Mandurah Session

DATES: 27th May, 3th, 10th, 17th, 24th June and 1st July

VENUE: Community First, 98 Mandurah Terrace, Mandurah

TIME: 1.30pm to 3.30pm

Whitford Sessions

DATES: 22nd July, 5th, 12th, 19th, 26th August and 2nd September

VENUE: 6/32 Endeavour Rd, Hillarys

TIME: 10am to 12pm

Register your interest:

Call Anne on 9427 7100 or 1800 811 747

Dates and a Venue for Midland area to be confirmed in the spring edition of Concern.

Evening Information and Discussion Forums

Fremantle Mental Health and Arafmi hold monthly evening information and discussion forums on topics for anyone who has a loved one with a mental health issue.

The next meeting will be held on the:

DATE: Wednesday 16th of June 2010

TIME: 6:30 – 8:30pm

WHERE: Group Program Area, Level 5 W Block, Alma Street Center, Fremantle Mental Health

TOPIC: Confidentiality: presented by Tim Rolfe, Clinical Consultant, Office of the Chief Psychiatrist

Please RSVP to Arafmi by 14th June on 9427 7100.

Free call outside the metropolitan area on 1800 811 747.

It is important to let us know you are coming for catering purposes.



Arafmi

Mental Health Carers & Friends Association (WA) Inc

HEAD OFFICE

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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:** 3rd Thursday of each month 11:30am – 1:30pm at Swan Districts Education Office, Poynton Ave.

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.

***As of July the Midland ACN held every 4th Friday at 10am to 12pm at St Vincent de Paul Society, 2 Bayley Street, Woodbridge.**

Ambiguous Loss Workshop

An ambiguous loss is a loss that is incomplete and lacks closure and resolution, where a person might be physically present yet psychologically absent, or changed.

Do you care for a loved one with a mental illness? Would you like to learn more about how to find resilience in the face of the incomplete and uncertain loss related to mental illness?

This FREE workshop will explore:

- What is ambiguous loss?
- Why does it matter?
- How do you ease its effects for yourself and your family?

For further information or to register your interest contact Anne on 9427 7100.