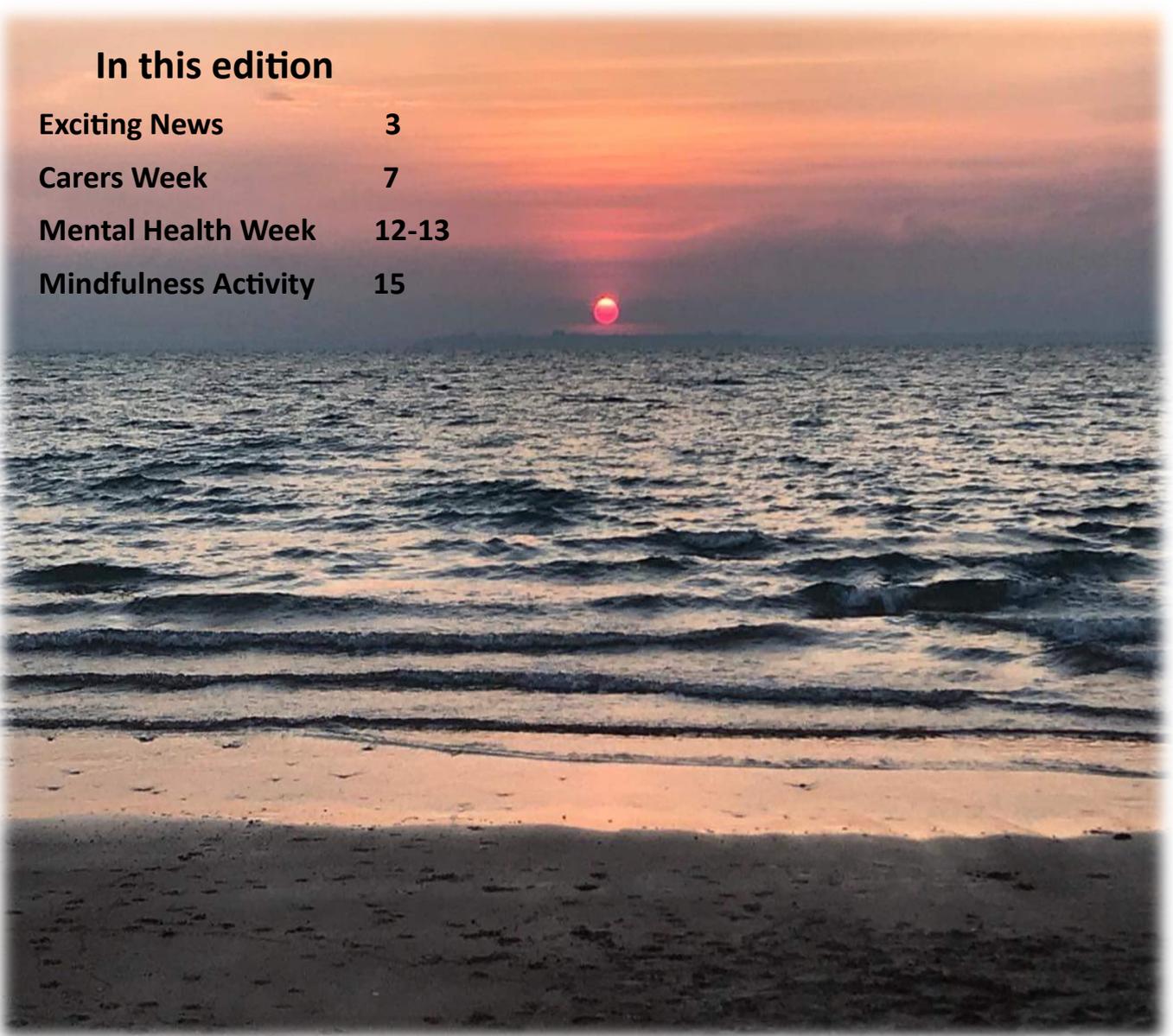


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# Executive Officer's Message

Reflecting over the past few months and in our ever changing and challenging environment, our focus has been on ensuring clients will continue to receive support whether it be through services that we have been providing for many years or through the newly rolled out NDIS services. Throughout the period, our National organisations Mental Illness Fellowship of Australia and Mental Health Carers of Australia have been strongly advocating for people who have been eligible for services prior to the NDIS roll out, however who may now not be eligible for NDIS or any other services. This advocacy has resulted in changes in the way the Commonwealth are viewing continuity of services for those who might miss out and also changes within the NDIS itself through the recent introduction of the Psychosocial Stream. There will still be plenty of advocacy work to be done over the coming year to ensure nobody misses out on getting a service, as gaps in the new system will inevitably become evident and need to be resolved.

With poor mental health on the increase a number of surveys (including a recent survey of GPs by the Royal Australian College of General Practitioners found that mental health is the most common reason for visiting a doctor) it is important for us to continue to raise awareness about mental health issues and to support the reduction of stigma for people living with a mental illness, their carers and families. Mental Health Week once again provided us with a platform for a number of activities to raise awareness to the public. This year an AFL player Heath Black shared his mental health experiences as keynote speaker at our Corporate Dinner. Heath also travelled to our sites in Tennant Creek and Alice Springs to kick the footy around and speak informally with children and young people from our Mi Track program about staying mentally healthy. You can read about the other activities at each of our sites inside this edition of inTouch.

We were also privileged to have The Hon. Kezia Purick open our new space at our Darwin centre. Mi Space was funded through the NT Govt. Dept of Trade, Business and Innovation with pro bono work through Sitzler, Grant O'Callaghan and Peter Russell. Mi Space is a multiuse area for both activities for clients, staff and the board.

As we draw to Christmas and the end of the year, it is important to remember that the festive period can also be extremely stressful for some. I therefore encourage you to ask friends and family if they are ok and to provide help and support if needed to enable everyone to have a safe, well and relaxing time.

The Management Committee and staff of MIFA(NT) wish you a safe and happy Christmas and New Year.

**Lorraine Davis**

**Executive Officer**

# Welcome

## Exciting News !!!

During Mental Health Week, we had the opportunity for the Hon. Kenzia Purick to unveil 'miSpace'. The lovely space was constructed by the Sitzler team, so a special thank you to them for their hard work and dedication to the project.



## New Staff



Hi, my name is Kate Watchorn. I moved to Darwin at the start of January from Canberra where I worked as a Finance and Admin Manager for a company providing disability products through the NDIS. I am originally from Geelong where I completed my Bach of Commerce with Majors in Accounting and Management at Deakin Uni. In my spare time I am usually training my dogs and competing in Agility.

Hi, my name is Wendy Bourke. I have been working within the community services sector for the past five years. Previously working in both West Arnhem and the Kimberley I have been involved supporting women and their children who were victims of domestic violence and homelessness. This also gave me a great insight into the many complex life challenges of all family members, where I was able to advocate and support those that I have met on our journeys, as a holistic approach to prevention. Passionate about ensuring human rights are endorsed and for those who need an empathetic ear and support to find their positive paths. I am very excited to be part of Mental Illness Fellowship Australia (NT), in this close supportive passionate team, working very hard to ensure that our service is delivered effectively and purposefully.

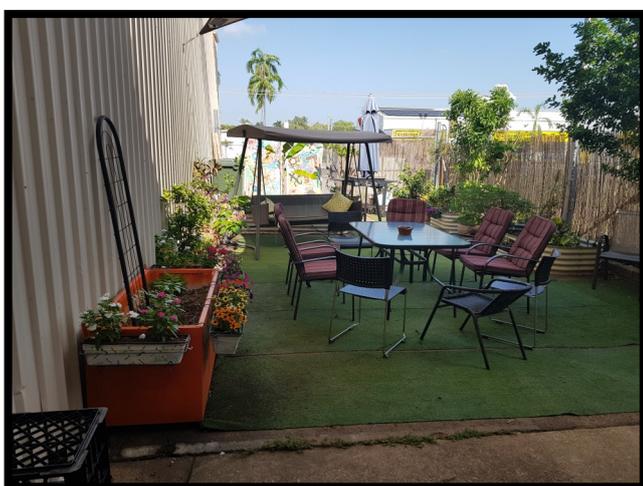
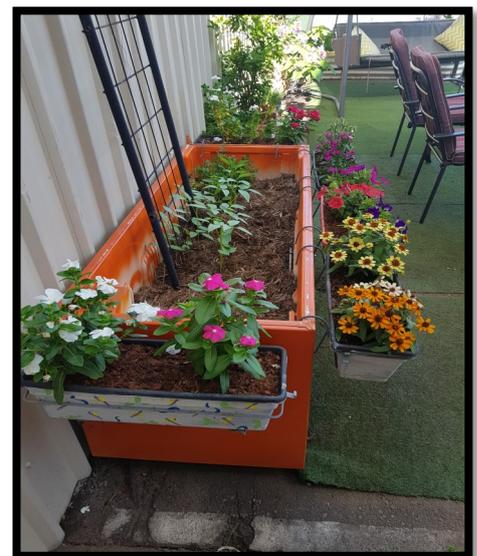


This period was very busy at the miPlace centre, with many activities and educational programs available throughout the week.



One of the activities that the participants enjoyed was the lip balm making. This wonderful and easy activity was a big hit with some of the ladies who were thrilled with their finished product. Some participants were excited to gift these to their loved ones as well as themselves.

As well as this activity the miPlace centre revamped the beautiful garden. By introducing some new flowers, fruits and vegetables into the garden it has been the highlight of all our events. The garden has also been utilised in the making of lunch in the miPlace centre, with participants loving the fresh vegies. With all the hard work from participants and staff the garden is at its best.



The past couple of months have been an educational experience for many of the clients. A dietitian class was held during this period with a total of 13 participants attending and also a cardiac arrest class in August with a total of 5 participants. Keep an eye out for other educational classes that will be available throughout the coming year.

Celebrating the race that stops the nation at the miPlace centre was an amazing and joyful occasion. The day was filled with prizes, fanciest hat competitions and sweeps.

Participants enjoyed a lovely lunch of, fresh hot chicken and some beautiful salads while relaxing and watching the races.

During the Tuesday art class, participants created their own hats and fascinators in preparation for the Melbourne Cup fanciest hat competition. Their creative sparks flew as many interesting hats were created.

Another exciting event for the miPlace centre was the Christmas Party. With over 30 participants attending the centre was loud with Christmas carols. With Christmas activities including pin the nose of the reindeer and a wonderful lunch, the end of 2018 was celebrated with a bang.



# Cool program

Our cool program supports participants to access the community and over the past few months, they have enjoyed bowling at Kingpin and fish feeding at Doctors Gully. The participants also indulged in a walk at Botanical Gardens, swimming at Leanyer Water Park and a visit to Coolalinga Markets.



Participants have also engaged in some physical activities while visiting Bicentennial Garden, Jingili Water Park, the Parap Saturday Markets and a BBQ at east point. The participants had the opportunity to visit the Op Shop and enjoy in a fun day out shopping.

While the weather was still reasonably cool, the participants spent most of the time outside, either going to the beach, visiting nature parks and enjoying the beautiful weather at some amazing locations around Darwin. During the warmer times, participants visited the cinemas to watch romantic-comedy Crazy rich Asians, which were enjoyed by many.



Participants were also very excited for a full day of bowling during Mental Health Week as well as having the opportunity to visit Crocodylus Park. Lastly, we were grateful to receive tickets to Raazzamatazz show donated by the Lions Club which created a lot of excitement for the many participants that attended.



# Carers Week 2018



During Carers Week, Darwin Carers had the opportunity to celebrate together at the Darwin Trailer Boat Club. Carers had a wonderful and relaxing experience and enjoyed all the company and dinner on the night.

Alice Springs had a very exciting and full week, with an Assisting Families education class to support and inform Carers with regards to mental health and the caring role. Carers then enjoyed a 3-day respite retreat at the Ooraminna Homestead with 10 carers. Enjoying the activities on offer which included, yoga and movie under the stars.

For those who could not attend the 3 day retreat, they were able to attend an amazing dinner at Barra on Todd, with 10 Carers enjoying the dinner, staff members received great feedback.



# Carers News Darwin

Carers in Darwin have had a wonderful and busy couple of months. With many new support groups forming and many new carers joining the carers program a great year ahead is evident. With 74 carers receiving individual support in one month alone, many have appreciated the many hours of individual support provided by our carer coordinator.

During this period carers enjoyed an amazing lunch at the Humpty Doo Tavern and indulged in some op shopping. Next, was carers dinner at eat-a-pizza which received many compliments and happy carers.

As part of the social respite program, the carers decided to have a pamper day. This included, massages and various beauty treatments which were enjoyed by all, carers also raved about beautiful views and food at the Darwin Trailer Boat Club whilst relaxing with great company.

Lastly, carers became physical in November when they visited Ten Pin Bowling and participated in a friendly game.



# Carers News Alice Springs

The carers in Alice Springs have been enjoying many different activities and relaxation programs these couple months.



The Alice Springs Carers enjoyed a movie and dinner with an average attendance of 8 carers and Bare Foot Bowls carer activity and a dinner and movie. Carers also enjoyed playing ten-pin bowling where lunch was provided.

Alice springs staff continued to provide the community with more information through promotional stalls, at shopping centres and at the Alice Springs Show, information also included hot to access the services MIFA(NT) provides. As well as this informative stall Alice staff held a stall for Suicide prevention Day and 'R U OK' morning tea, both of which were a success.



Throughout this period MIFA(NT) staff members held a number of Assisting Family classes, these classes are a Mental Health Training program that focuses on specific topics related to mental health. The program is designed to teach individuals to care effectively for themselves, other family members and their relatives living with mental illness.



# MiTrack News Alice Springs



During school holidays Alice Springs kids had the opportunity to work with Live Vibe and Reach 1 Teach 1 to create some amazing and creative videos. With 30-40 children participating in portraits, dress-ups, t-shirt painting and arts and craft activities it is safe to say that the program was a hit.

Throughout this period Alice Springs children were participating in a 6 week drumming program, with a small group of 8-10 kids participating in the program there seemed to be a lot of excitement in the Alice office.

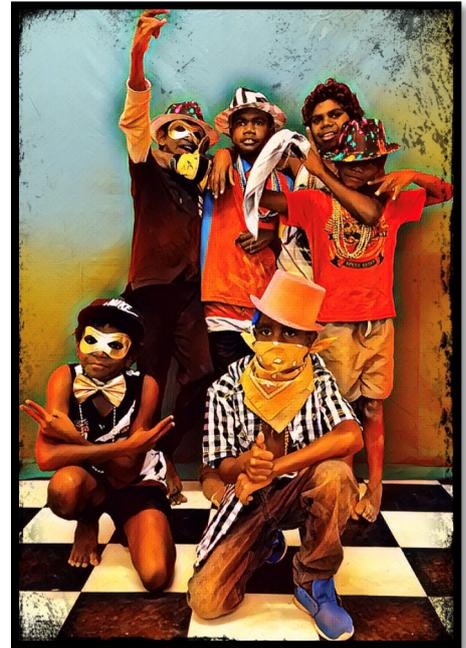


The Alice office ran a promotional and fun stall for stress less for kids. The stall featured fun activities for the children as well as information about support we provide. Highlighting the importance of case management and family support utilised to assist in the recovery and personalized needs of the individual.



# MiTrack News Tennant Creek

Throughout the period Tennant Creek has done some amazing things. During the school holidays they had the opportunity to work with Live Vibe and create the song “Tennant Creek Warriors”, the song touches on having good values and educates kids on good behaviour. The kids did an amazing job and had so much fun with the many other activities available at the school holiday program. The Tennant Creek kids participated and enjoyed in every activity available.



Tennant Creek office organised a promotional and fun stall to inform guardians and children about the MiTrack program as well as creating a fun environment for the kids to be able to reduce stress presented in their lives. Informing others about the support offered as well as case management services which directly looks at the individuals needs and how they can receive the support they require to achieve their goals.



# Mental Health Week 2018

Mental Health Week represents coming together to reducing the stigma placed on individuals living with a mental illness. Being mentally unhealthy is a struggle many Australians will face and by reducing the stigma we can work together and improve our mental health.



Our Mental Health Week Corporate Dinner opened Mental Health Week in Darwin gathering great crowds and amazing feedback . Everyone enjoyed listening to the speaker for the night, Heath Black who spoke about his struggles during his football career and how he overcame his mental illness. This year Mental Health Week had a number of activities including ,the opening of miSpace, an art exhibition, yoga at Nightcliff beach, the annual corporate dinner and the open day at miPlace. Our Alice Springs and Tennant Creek offices also had a week of promotions and events.

MiPlace clients were excited for the open day with the company of Roxy and Quinton the therapy dogs who came into the centre to spread their joy. With the finishing of an amazing lunch, the Mental Health Week Open Day was a success.

# Mental Health Week 2018



During Mental Health Week, other offices in Tennant Creek and Alice Springs celebrated in reducing the stigma of mental health in a fun and creative way.

Both sites had the pleasure of getting to relax and kick the footie with Heath Black while discussing issues around mental health.

The kids and community in Tennant and Alice Springs loved the interaction with the AFL footballer and the messages received from Heath about positive mental health and tools for daily living.

The positive mental health messages gathered were the theme of the stress less in the park stall where information about mental wellbeing was provided to the general public.

## Broccoli & Sweet Potato Soup

### Ingredients

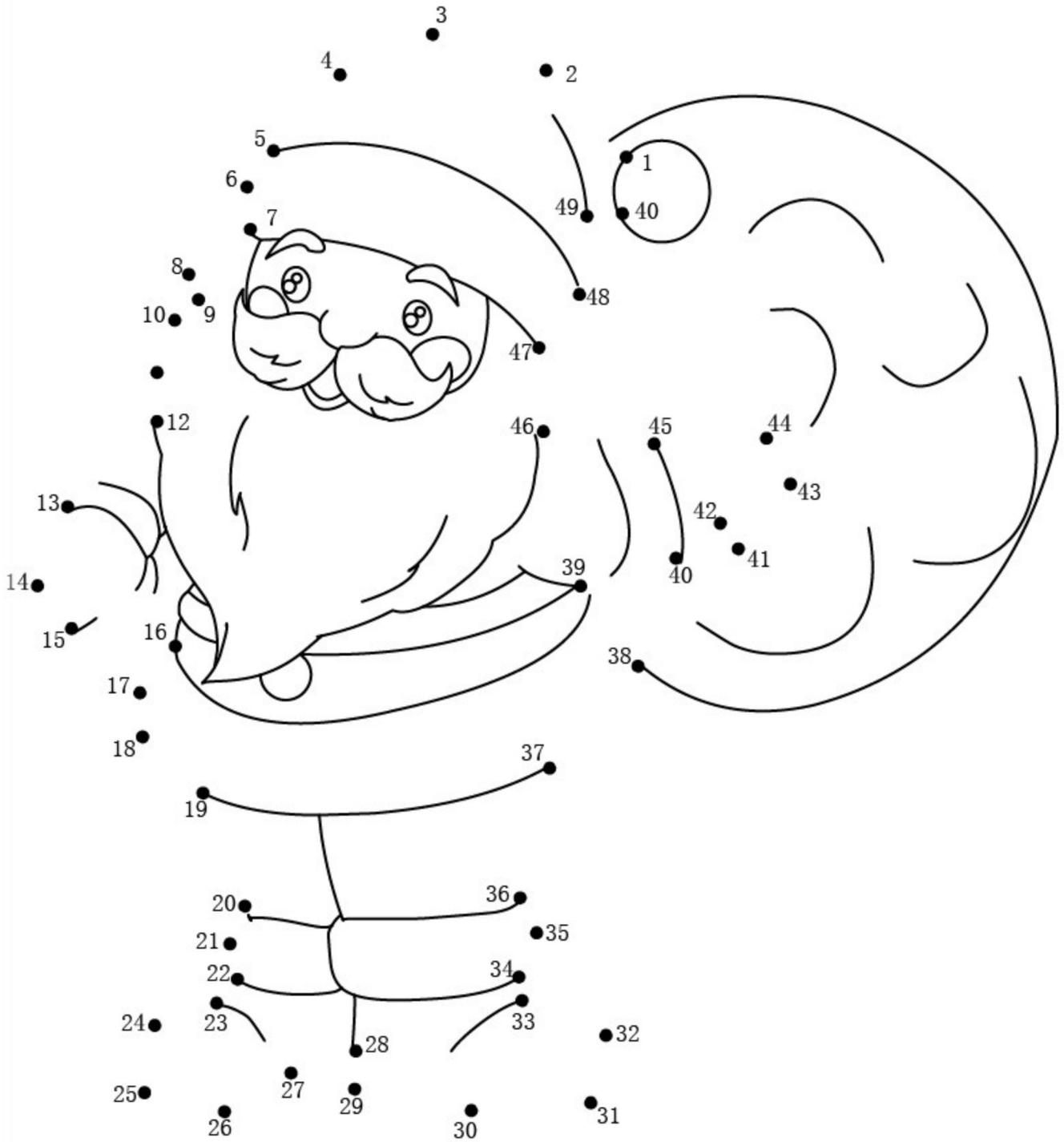
- 1 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 2-3 sweet potatoes, peeled and cut into chunks
- 750ml chicken stock
- 200g broccoli



### Method

1. In a large saucepan, heat the oil and gently cook the onion for 5–7 minutes, until softened. Add the garlic and cook for 2–3 more minutes, add the sweet potatoes and cook for a few more minutes, then add the stock. Bring to the boil and simmer for 15 minutes, or until the sweet potato is tender.
2. Meanwhile, steam the broccoli for 3–5 minutes. Blend the sweet potato mixture and the broccoli in a food processor.
3. Serve and enjoy!!

# Mindfulness Activity



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# SUPPORTERS, PARTNERSHIPS AND ALLIANCES

## THANK YOU !!

Hon. Kezia Purick MLA

TEMHCO



Top End Mental Health Consumers Organisation



Australian Government  
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VANITY  
HAIR



MARY RIVER  
WILDERNESS RETREAT

Michael Gunner MLA



Australian  
Institute of  
Architects

# Membership Information

Membership Fee: \$10.00 for carers/families/individuals, \$20.00 for organisations.

Membership period runs from 01/07/2018 - 30/06/2019.

Please return this form with your payment to: Mental Illness Fellowship NT, PO Box 40556, Casuarina NT 0811

Name:

Address:

Telephone

Email:

Carer  Consumer  Service Provider  Other interest

Membership fee: \_\_\_\_\_

Donation: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ Cash/Cheque

Signature \_\_\_\_\_

**Thank you for your support!**

## Your Contact Details

We would like to stay in touch with carers and consumers, we regularly send out our iNTouch newsletter and a variety of flyers. There are many workshops, support groups and information that you may be missing out on, could you please phone or email us if you have changed address, phone numbers or email since we last had contact with you. We respect your privacy and your personal information will remain confidential at all times.

## Contacts

### **Mental Illness Fellowship Australia (NT)**

#### **Darwin**

**Open 8:30am to 4:30pm Monday to Friday**

2/273 Bagot Rd, Coconut Grove, NT 0810

PO Box 40556, Casuarina, NT 0811

Ph. 08 8948 1051 Fax 08 8948 2473

1800 985 944

Email: admin@mifant.org.au

www.mifanmt.org.au

**miPlace - Drop In centre for consumers**

**Open 9:30am-1:00pm, Monday to Friday**

### **Mental Illness Fellowship Australia (NT)**

#### **Alice Springs**

**Open Monday-Friday 8:30am– 4:00pm**

4/58 Reg Harris Lane, Alice Springs, 0871

Alice Springs, NT 0871

Ph. 08 8953 1467

Email: alice@mifant.org.au

### **Mental Illness Fellowship Australia (NT)**

#### **Tennant Creek**

**Open Monday-Friday 8:30am– 4:30pm**

42 Paterson Street, Tennant Creek

Ph. 8962 1931

Email: tennant@mifant.org.au

### **24 Hour Emergency Service**

In case of an emergency call **000** and ask for ambulance, fire or police

### **Useful numbers**

**MHAT Team 1800 682 288**

**Centrelink 13 27 17**

**Commonwealth Carelink Centre 1800 05 2222**

**Community Visitor Program 1800 021 919**

**Grow 8981 1210**

**Headspace 1800 659 388**

**Kids Helpline 24 hr. 1800 55 1800**

**Lifeline 24hr crisis counseling 131114**

**Mensline Australia 24 hr. 1300 78 9978**

**SANE Mental Illness Helpline 1800 18 7263**

**Tamarind 8999 4988**

**TEMHCO 08 8932 6686**