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April - June 2019



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PRESIDENTS' MESSAGE

The change in the weather to our beautiful dry season reminds me of how many things we have very little control over. Our situations can change from day to day and often quite unexpectedly. I am also reminded about how lucky we are to have our hard working staff throughout the NT because when things do change for us, there is always someone there to help us through the moment. We are now able to offer support for our clients to try and access the NDIS program. Please take advantage of this. It has been a big time of change for all people with a disability but I believe we are now getting better organised across Australia.

Enjoy the dry season, although I hear that we might get some more rain yet. Take advantage of all of the programs that are offered through MIFA(NT), this is one of the things that you can control.

Bronwyn Russell

EXECUTIVE OFFICER'S MESSAGE

During Schizophrenia Awareness Week we and a number of other organisations had our stalls at Raintree Park in the city where we offered information, advice as well as a sausage sizzle and a pat of the beautiful therapy dogs that were in attendance. As always I am struck by the number of people who avert their eyes or change direction when seeing our stalls which suggests that stigma around mental illness is still very strong and well in our communities.

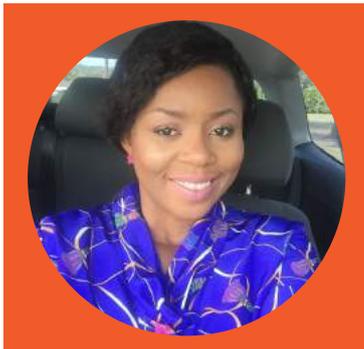
Although there are now many campaigns to raise awareness about mental illness we still have a long way to go before we accept mental illness just like any other illness, and the more we talk and encourage people to talk about it, the more it will be accepted within our communities as a common health issue affecting 1 in 5 of us. This issue of In Touch highlights some of our Schizophrenia Week activities with our next major stigma busting events occurring during October's mental health week.

Lorraine Davies

NEW STAFF

My name is Kate and I am very excited about commencing my employment at MIFA(NT) as the new Carer Services Coordinator. Having lived in Darwin for over 15 years, I have been working for 10 plus of those in the community sector specialising in either Carer support or Mental Health, so surely I've got this, right????!! I am looking forward to meeting with you, our carers, and hearing more of your stories. I am keen to bring you together in the space of invaluable peer-support groups, but also provide other opportunities of education, social events, including some spoiling, mindfulness and play. While you can spend so much time caring for your loved one, I know that you will often forget about providing yourself the same support, to ensure you can remain strong, happy and healthy within your caring roll. With some great scheduled activities already in place, please watch for the many more to come. I am also available at any time for a one-on-one catch up, cry, debrief or giggle... I'm looking forward to this new journey, and being part of yours.

Hi everyone, my name is Antonio Lay and I am pleased to have been given the opportunity to join the team and assist with vulnerable and disadvantaged adults of all ages. I believe this is an excellent start to a rewarding career especially enabling me to better the lives of our consumers. I look forward to the year ahead and many more with our team. I strive to make everyone feel good from the inside out, either it be through a haircut or a welcoming smile. A smile can change someone's whole day.



Hi everyone my name is Jennifer Akandu. I feel delighted to join the MIFA(NT) Alice Springs team. So far it has been a wonderful experience here in Alice Springs. I have a bachelor degree in Social work and Political science and have experience in community service, Housing, and out of home care. (OOHC). I have the passion to apply my considerable skills and education to improve the lives of vulnerable people. I'm focused on positive outcomes and dedicated to work with my team. I also love learning new skills and have been recognised for delivering exceptional service. I always remind myself this: There is no exercise better for the heart than reaching down, supporting and lifting people up.

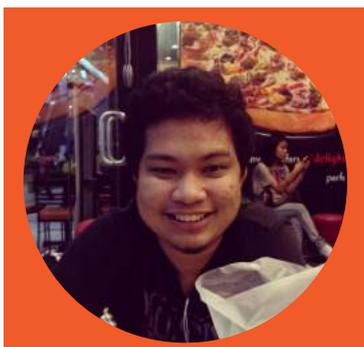
Hi everyone my name is Cassie, I am one of MIFANT's new full time support workers based in Darwin.

I am a Darwin local who brings with me 4+ years of experience in the care industry.

I graduated as an Enrolled nurse in December of 2018 and through my training as a nurse and support worker over the years, I have developed a strong interest in the mental health field focusing on assisting people to reach their full potential and achieving their goals.

I am excited to take on this new role with MIFANT and look forward to becoming a valued member of the team.

Kind regards, Cassie



Hi, I am Jerico Hingpis. I graduated from CDU as a social worker. I am a bit reserved, but I am very approachable. On the other hand, I am fortunate to be part of the MIFA(NT) team because it enables me to support children and their families, as well as forming positive changes in their lives. I will do my best to perform my role to the highest quality as possible for the benefit of the clients, and I will contribute in creating a comfortable and supportive working environment to all MIFA(NT) team members.

NDIS Services

MIFA(NT) are here to help guide you through the process of your NDIS journey. The NDIS is all about helping you pursue your goals towards a better quality of life, and although the NDIS enables you to choose how, when and where your supports are provided the process can be confusing.

We can assist by providing :



Support Coordination

Our knowledgeable workers can assist you with your NDIS plan, by connecting you with a range of support and services.



Group Centre & Community Activities

We provide a range of social activities through our MiPlace and OurPlace centres. The cool program also offers community based activities.



Development of Life Skills

Our friendly support workers are there to assist in the development of daily life skills.

Assist Life Stage/Transition

We provide a range of support to strengthen a persons ability and provide services to engage participants in the community.



For more information about our NDIS services please see our website and brochure

miPlace



MiPlace welcomes people living with a mental illness to participate in a range of programs and activities that assist in supporting their recovery and accomplishing their social and recreational goals.

There has been a lot of exciting activities in the last few months. With many holidays and events present, the centre was filled with many laughs. Our first celebration kicked off with the Easter BBQ, with participants enjoying a great BBQ lunch, playing pool and indulging in many chocolate easter eggs.

Anzac Day was the next event to hit the miPlace centre, with the participants making poppies and enjoying some homemade Anzac biscuits. All participants stood and paid tribute and respect to our soldiers with 1 minute of silence.

The centre was also excited to introduce some new activities, participants decided to take advantage of the recent music classes and enjoyed learning some new guitar skills and are excited to bring in their own instruments and participate more. We have also introduced haircuts for men in the centre. To improve self-esteem by taking care of their physical appearance. All of the men enjoyed getting their hair cut and were very happy with the outcome.



OurPlace



MIFA(NT) has opened the centre in the afternoons to provide a service for our NDIS participants. 'Our Place' is focused on providing individual support for participants with NDIS plans. Our place has strived to provide skill development for participants to increase their knowledge in various activities.

Throughout the past 3 months Our place has engaged in many consumer focused activities. Popular activities include our cooking sessions where consumers were encouraged to work together in small groups to choose a recipe that most appealed to them, popular recipe's chosen by consumers included banana bread, a variety of cookies, fried rice and pancakes.

Consumers also enjoyed baking anzac cookies for the Miplace centres Anzac day morning tea. Our place has been a good opportunity for support staff to engage with consumers by working towards their individual goals while promoting skill development.

Throughout this period in Our place, skill development has included activities such as;

- Traffic and pedestrian safety
- Gardening
- Literacy and numeracy skills
- Basic domestic skills
- Budgeting for shopping lists

As well as community engagement activities such as grocery shopping.



Cool Program

Cool Program assists people living with a mental illness to engage and access social and recreational activities in the community.

As the dry season starts, we scheduled more outdoor activities as part of Cool Program. Our Tuesday afternoon participants requested to engage in bowling, which proved to be a fun and inclusive activity for all.

Other trips that have gained much attention were the, Darwin military museum, Nightcliff swimming pool, art exhibitions and coming together for a coffee and chat at Stokes Hill Wharf.

The first Saturday program was at Casuarina where participants enjoyed a movie. The second Saturday of the month participants went to the Arafura Games where participants were able to see international athletes competing in a variety of sports & games.

During May our Tuesday program participants were offered a chance to engage in golf which was a new activity for some. They also visited the Charles Darwin National Park for a walk and to enjoy the wonderful view from the top.

Our Saturday programs included special trips to Berry Springs, Territory Wildlife Park, Darwin Sea Breeze Festival & Crocodylus Park, the participants were excited to share their experience with those who were unable to attend.

Experience with other activities enjoyed by participants throughout the period included, Barefoot Bowls, visiting the Indo Pacific Marine, seeing the Chinese Temple having picnics at East Point.

If you have any suggestions, queries or would like to book a trip please free to Contact Mini at Miplace, or call to 0434144450

Kind regards.

Mini



Carers News Darwin

Carers support assists individuals by providing one-on-one support and opportunities for carers to have time for themselves and their own well-being.

Support groups are held on a weekly basis across 2 venues: Tuesday's at Eva Lawler's office in Palmerston and Thursday at MIFA (NT) in Coconut Grove. These groups are a great way to meet other carers and access invaluable peer support.

During the month of June a group of Carers had the pleasure of attending CDU's School of Beauty: Attendees allowed themselves the opportunity to take a few hours out of their day to receive pampering manicure's and pedicures followed by a mini-makeover. Not wanting to waste the good work, some of the ladies took advantage of their freshly made faces and continued the day's celebration by sharing a light lunch and refreshments together.

Also, our Carer Connect Dinners continue to grow. In June event was held at the Award Winning Nirvana Restaurant for all you can eat curry and condiments. It is such a wonderful space to share stories of laughter and growth while watching friendships form in the most organic of ways.

Our 'Smorgasbord of Strategies' has also commenced, Carers have the weekly opportunity of working with a remarkable local 'Artist, writer and Healer' in a safe and relaxed space to cultivate individually suited strategies of mindfulness, recreation, narrative and play. Each week, carers can take away a different set of tools to keep in their 'Care Kit'

The Carer Service Program would like to give a HUGE thanks to Tammy and Trish, part of Bunnings Community and Activities Team for donating some amazing arts and craft products that can be used in the future by our more arty carers! I am looking forward to seeing some 'carer creations' in the near future!

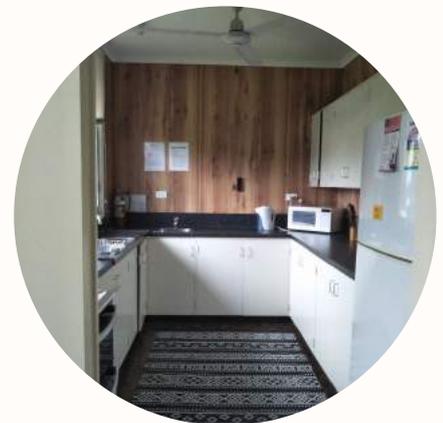


Karama Cottage

Karama Cottage offers respite accommodation for carers of people with a mental illness and the person they care for.



Caring for someone with a mental illness can be stressful and tiring with limited opportunities for a break. Here at MIFA(NT) we recognise that carers need to have a break in order to recharge and be able to effectively look after someone with a mental illness.



This elevated style house is located on a quiet street in Karama, offering a warm and welcoming atmosphere designed to help guests relax. The house is close to shops, bus routes, bike tracks, Holmes Jungle Park and Crocodylus Park.



Accommodation options vary according to the needs of the people requesting to stay at the house. Options include weekend breaks, overnight stays or longer breaks, and can also be regular planned stays or one offs. The options are tailored to the needs of the family as well as providing a low cost option for respite.



Please speak to our Carer Support Coordinator in Darwin to discuss your needs.

Carers News Alice Springs

The carer support program in Alice Springs provides respite and individual/group support to people caring for someone with a mental illness. The program offers activities for carers to step out of their caring role and provide much needed care for themselves.

The carers program has had a busy calendar of events over the past couple of months.

With groups meeting at iconic Alice Springs locations including Uncle Edy's for ice cream and the golf club for dinner, accounting for a variety of tastes.

Those carers who like to be a little more active tee'd off for 9 holes of golf surrounded by the spectacular Macdonnell ranges. Our stretching and relaxation classes with Marilyn gave carers a chance to release tight muscles and walk out of the sessions feeling loose and relaxed.

And our regular dinner and movie events have been well attended with the blockbusters Bohemian Rhapsody and the latest Avengers action flick providing a pleasant escape into musical and fantasy worlds.

To find out more about our carers activities in Alice Springs please request a calendar or follow us on Facebook.



MiTrack News Alice Springs

The miTrack program caters to children and youth under the age of 18 who may be at risk of experiencing early signs of mental illness. The program offers a holistic approach, working with children individually, and their parents/guardians to help children achieve their full potential in life.

The MiTrack program hosted a fun filled two-day event for young people and children over the Easter break. Participants hopped into the activities where they painted eggs, baked healthy treats and enjoyed a trip to the cinemas.

MiTrack staff have had a busy few months, participating in Expo's at the grand opening of the URLTAMPE centre at Braiting Primary School, along with promoting healthy mental wellbeing at Centralian Middle School and Centralian Senior School.

MiTrack staff organised and facilitated an after school program promoting physical and emotional wellbeing. The program was popular and the kids kept coming back to participate. The kids engaged in various activity such as; yoga, exercise, meditation, whilst also learning how to prepare healthy smoothies and snacks.



MiTrack News Tennant Creek

The Mi-track program in Tennant –Creek and the Barkly region has always been a success story over the years. I believe this year is no exception considering the fact that the program has impacted our clients and their families in many more ways.

To make our story more interesting, we now have a new member added to the team to add value to our service, even as we increase our client base and referral stakeholders in the community.

During the April School holidays, Mi Track Tennant –Creek organised in-house school holiday activities for the clients and young people in the community.

Some of the activities organised for the children include, Cooking, Arts& crafts, marble painting, Paper Wall Art, Easter Cupcake Decoration amongst many other interesting activities.

Amongst these activities, the children loved the Easter cake making activity the most. The activities were spread over a four day period with midday intervals over each day sessions.

The final day was climaxed with the pool table competition among mitrack clients and visiting children from other communities around Tennant –Creek, with a beautiful prizes for the winner and the three runners-up, we all had a great time.

Although, it was a very energetic event, we had a bit of support from territory Families for the first day of the program that was much appreciated. About 80 to 120 young people participated in the four day program, with an average of 18-22 in attendance per day.

I strongly believe with the additional team member we hope to progress further with Mi-Track programs in Elliot and Ali-Cu rung, and further continue to have a friendly and robust relationship with other service providers in the community in days ahead. Looking forward to the next school holiday.



Schizophrenia Awareness Week 2019

20th - 26th May

In Darwin we celebrated Schizophrenia Awareness Week, with our annual Raintree Park information stall. We were joined by many other amazing organisations to help raise awareness and stop the stigma that surrounds not only Schizophrenia but mental illness as a whole. Bunnings and Good Dogs also attended the event to aid in the awareness of Schizophrenia.

Following this event was a fun filled day at Territory Wildlife Park. The events was enjoyed by the many participants who attended and was great to see everyone laughing and having fun.

A full and exciting day was had at the miPlace open day. With clients expressing themselves through their artwork, some amazing pieces displayed dark tones and sharp features whilst others, including our winner for the event, displayed light and flowing motions. The artwork showed to be influenced heavily by individuals with a mental illness and how it effects them.

The participants enjoyed engaging with one another and played many games on the pool table. All together a successful day was had.

The Alice Springs MIFA(NT) team hosted a Schizophrenia Awareness Week event in the Todd Street mall. The church lawns were filled with the sounds of local musicians and sizzling snags to build the atmosphere. With support from Headspace, MHACA and volunteers, members of the public engaged with staff, learnt a few facts and busted myths about Schizophrenia.

Our carers event was held on Wednesday night, with 8 carers attending to enjoy the Darwin Sunset Cruise. A great night shared on Sea Darwin's 'speed ferry' with fish and chips on board, laughter and cheer from all who attended.



Today marks the start of Schizophrenia Awareness Week and here in Darwin there is a display at Raintree Park. This awareness campaign aims to break down the barriers that can prevent someone from reaching out and seeking help. Thank you to Ieshia from the Mental Illness Fellowship for hosting this event and to all involved.

- Hon. Natasha Fyles: Member for Health

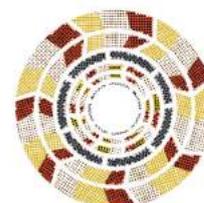
Supporters, Partnerships & Alliances



An Australian Government Initiative



Australian Government
Department of Social Services



SPIRIT OF KAKADU



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

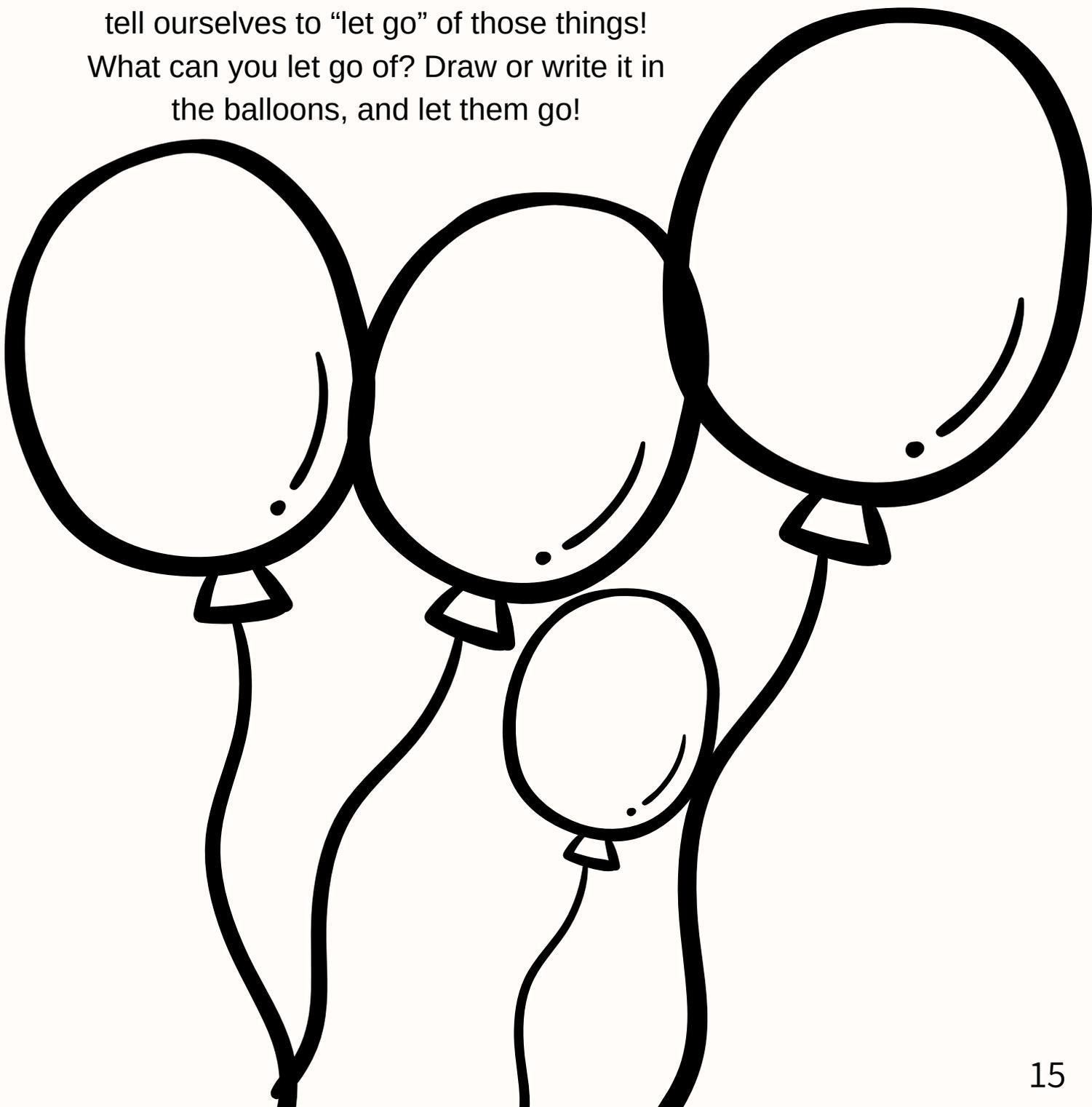
Tamarind 8999 4988

TEMHCO 08 8932 6686

Mindfulness Activity

Let It Go

Sometimes, we get upset over things that we can't change or control. It can help if we tell ourselves to "let go" of those things! What can you let go of? Draw or write it in the balloons, and let them go!



MiRecipe

Fried Rice

- 2 tablespoons butter, divided
- 3 eggs, whisked
- 2 medium carrots, small dice
- 1 small onion, small dice
- 3 cloves garlic, minced
- 1 cup frozen peas, thawed
- 4 cups cooked and chilled rice, (I either use white or brown rice)
- 3 tablespoons low sodium soy sauce
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- sliced green onions for garnish, if desired



Heat 1 tablespoon of butter into a large skillet.

Add the eggs and scramble until fully cooked. Remove them from the pan and set aside.

Add the remaining tablespoon of butter into the pan.

Add carrots and onion to the pan and cook until tender, 3-4 minutes.

Stir in garlic and cook for an additional minute.

Add in the cold rice and peas and sauté for 3-4 minutes. The rice should brown up a bit.

Add the eggs back to the pan and stir in soy sauce, oyster sauce and sesame oil. Cook for 1-2 minutes to heat through.

Serve immediately with green onions for garnish, if desired

Song by Adrian!



Love I found in your eye

Fantasy of fire in the night

Kiss of love is in the eye

Love of the flames in the night

Kiss of lovers in their eye

Love of the night is a fantasy in her eye

Kiss of love in the night

Fantasy of dream in their eye

Love in the night of fantasy of dreams

The fire of love in the night

Kiss of love in the fire is a fantasy

Love is in the fire of the night

Kiss in the night is a fantasy

Love is in the night of love

Kiss in the night of love is a fantasy

Dreamers of love in the night

Lovers of the night

Kiss of love in the in there eye

Love of the fantasy in the night

Fire of the night in her eye

Fantasy of the kiss in their eye.