



Network Bulletin

13 Sept 2018

Welcome to our email bulletin for this week. If you are unable to open any links or attachments, please contact the Network on 6230 5796 or email actmhcn@actmhcn.org.au.

Of particular note in this bulletin, the Network would like to draw your attention to the following:

- Free My Rights, My Decisions workshops;
- Upcoming Drop-In events;
- Reminder that Mental Health Month Awards are closing soon;
- Network Mental Health Month event;
- Online consultation on the Regional Mental Health and Suicide Prevention Plan; and
- Community outlets for low cost groceries/household products

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1. Drop-In Notice

The Network is very pleased to offer a venue for consumers to drop-in for a chat and a cuppa, or to use the computers or phones for their self-advocacy needs most week days. We regret that on some occasions Drop-in needs to be closed and we are committed to informing members as early as possible when this will occur. The Network apologises for any inconvenience caused by Drop-In closures.

Drop-In is open Thursdays 10am to 1pm

Once or twice per month from February through to the end of November we will aim to arrange information and/or support sessions for consumers to encourage attendance and ensure consumers are receiving information that is important to them.

If you have any ideas for session topics, or if you have a skill you would like to share, please contact Pema by email on programs@actmhc.org.au, phone the office on 02 6230 5796 or let us know during Drop-In.

1.1 Drop-In Events

27 September: Health and Fitness

Chris Corcoran will be attending Drop-In on Thursday 27 September 2018 to answer any questions members have regarding health and fitness, e.g. appropriate exercise protocols, basic dietary advice, sleep hygiene, etc. Please note that if you have questions regarding medical conditions, these should be addressed with your general practitioner.

Chris is an accredited Fitness Australia personal trainer and an Athletics Australia Level 2 Recreational Running Coach. Chris is currently studying for a double degree in Psychology and Sports & Exercise Science at University of Canberra.

4 October: My Health Record

By the end of the year all Australians will have a My Health Record unless you choose to opt out. The My Health Record is a way of digitally storing summaries of your visits to GPs, medicines, tests, pathology results and allergies. It has huge potential to improve health outcomes, although a number of concerns about privacy, use and accuracy have been raised. The opt-out period has been extended until November 2018. Further information is available from the [My Health Record website](#).

We will be hosting a Drop-In session on Thursday 4 October, where members who have questions regarding the My Health Record initiative and become more informed about what your rights and options are under this initiative can come in and ask.

2. Upcoming Network events

2.1 FREE My Rights, My Decision workshops

The next upcoming 'My Rights, My Decisions' workshop will be held on the following dates:

Date: Fridays 28 September and 5 October 2018

Time: 11am – 2pm
Venue: Members' Area, ACT Mental Health Consumer Network, Canberra City
Cost: Free - Morning tea and light lunch will be provided.

This two day workshop aims to educate mental health consumers on some aspects of the *Mental Health Act 2015* (ACT).

At the workshop, participants will learn about and be supported to develop their own draft Advance Consent Direction and Advance Agreement, and be provided a wallet-sized card to indicate that they have these forms in place and a keyring to alert health workers to a key contact person for your mental health needs.

Further information about this program is available via our website www.actmhc.org.au/mrmd/

If you would like to participate in this workshop or require more information, please contact the Network: 02 6230 5796, peer.education@actmhc.org.au, or SMS to 0406 457 557

2.2 A Beary Lovely Morning

ACT Mental Health Consumer Network
warmly invites you to join us for



Thurs 25 Oct, 10.30am
Westfield Belconnen

Having a mental illness can be an isolating and lonely experience. Join us for a 'beary' lovely morning on Thursday 25 October where you will build your own personal teddy bear buddy to help you in your recovery journey, whilst making new friends or reconnecting with old ones.

All materials and lunch will be provided. Carers and support persons are welcome to attend.

RSVP: **Essential!** Participant numbers are limited. To book your place contact the Network via email: to actmhc@actmhc.org.au SMS 0406 457 557 or call 6230 5796.

A Beary Lovely Morning is brought to you by



ACT Mental Health Consumer Network
Phone: (02) 6230 5796
P.O. Box 469, Civic Square, ACT 2608

3. For Your Information

3.1 National Carers Week

One in eight people in our community is an unpaid carer looking after a family member or friend who is ageing or living with a long-term illness or disability. Chances are that at some point you'll need care or give care yourself.

National Carers Week (14-20 October) is a time to recognise and support the unpaid carers in our community. Many of us don't realise just how challenging it can be to juggle caring, work, family, home and personal wellbeing needs. They need our support.

This year's theme is 'Why We Care' and we are calling on you to show your support by doing something to make a carer's life a little easier. Knowing someone acknowledges them and wants to help can make a huge difference.

If you know a carer encourage them to contact Carers ACT for practical support, information and advice. Many carers have found them a true lifeline. Get your workplace to adopt a 'carer-friendly' policy to improve carers' income and work opportunities. Be a friend to a carer in your neighbourhood and pop in for a coffee, make a meal, help out with their gardening or home maintenance or drive them to a medical appointment. You might even like to add your story of why you care on the Carers Australia website story wall here.

FURTHER INFORMATION:

Carers ACT: 1800 052 222, email carers@carersact.org.au or visit their website: carersact.org.au

3.2 Encounters Exhibition



IGNITE: 7 ENCOUNTERS VIJAYA SEN

ANN HARDING CONFERENCE CENTRE, UNIVERSITY OF CANBERRA

18 September – 11 December 2018

Afternoon tea with the artist 3:00pm Tuesday 18 September

Vijaya Sen's twelfth solo show *Encounters* is a series of watercolours on paper depicting the artist's friends, family members and acquaintances; people that have inspired her. Vijaya enjoys the unique spontaneity of the medium, which she applies with skill and playfulness to produce inviting and suggestive space as well as delicate and animated detail. The creation of this body of work has been assisted by Tilley Davey and Hands On Studio.

Image: *Joyful Swimmer* (2018)

UC Ann Harding Conference Centre Foyer, Bldg 24, University Drive South, Bruce ACT
www.belconnenartscentre.com.au/ignite-7



3.3 Mental Health Month and Mental Health Awards

Mental Health Month is on during October 2018. All sorts of activities have been scheduled, with further information available at: <https://www.mentalhealthmonthact.org/>

The ACT Mental Health Awards are still open for nominations. There are six Awards and a Scholarship.

The awards are: Promotion Prevention and Early Intervention Award; The Mental Health Carer Award; The Mental Health Volunteer Award; the Mental Health Consumer Award; AND the Reciprocity Award and the David Perrin Award which are presented in conjunction with the ACT Mental Health Consumer Network.

In addition, the Network is once again presenting the Michael Firestone Memorial Scholarship, with an extra boost of funding enabling awards to be presented up to the value of \$500 with a pool of \$2000.

ACT Mental Health Consumer Network
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The Mental Health Awards will once again be presented by the Minister for Mental Health in a ceremony held at the Legislative Assembly.

Nomination forms and further information available:
<https://www.mentalhealthmonthact.org/awards>

Nominations close Friday 21 September 2018.

3.4 ACT Mental Health and Suicide Prevention Plan Consultation

Online consultation on the identification of priority areas for the Regional Mental Health and Suicide Prevention Plan.

Capital Health Network and ACT Health have recently conducted a face-to-face consultation on the above. To allow for broader consultation, they have now opened a portal to allow you to provide comments and suggestions online (by 30 September 2018).

Before participating online, it is important to read and consider the following documents:

1. Consultation Forum, Background and Introduction paper [\[CLICK TO OPEN\]](#) (note that this document refers to the face-to-face Forum, while you are doing the online version. It's still relevant though).
2. Paper 1 – Overview paper, Characteristics of the ACT Mental Health System [\[CLICK TO OPEN\]](#)
3. Paper 2 – Consumer journeys [\[CLICK TO OPEN\]](#)

The focus of this phase of the Regional Plan process are the consumer journeys (and the accompanying carer journey). The aim is to consider these journeys and explore opportunities where reform could make the journeys simpler for consumers, families and people working in the system, resulting in better outcomes for all.

The ideas generated on this Portal will contribute to the development of practical projects to drive positive and practical change in mental health care across the ACT.

The portal will be open until 30 September 2018.

Contributions will be collated shortly after and added to the findings from the in-person consultation forum. These will be prepared as a short document and made available for wider community for consultation by mid-October.

[Click here to access the online consultation portal.](#)

Any queries to admin@mhccact.org.au or 6249 7756.

3.5 Tuesday's Table in Kingston

The Currie Crescent Community Centre's Tuesday's Table program offers fresh produce, eggs, bread, non-perishable items and hygiene essentials. They also offer grilled sandwiches, a hot cuppa and good conversation.

This service is a free trial until 25th September and runs every Tuesday between 12:30pm and 1:30pm, at 11 Currie Crescent, Kingston ACT 2604

For more information Ph: 02 6295 9470 or visit their website - curriecrescent.org or take a look at their Facebook page - facebook.com/curriecrescent

3.6 Community Services 1 Pantry

The Community Services #1 Pantry has a variety of low-cost quality groceries and household products that will help stretch a limited budget for people on a low income or who struggle financially.

Opening hours: Wednesdays and Thursdays **by appointment**: 10.00 am – 4.00 pm; and Fridays: drop in between 2.00 pm and 4.00 pm

Where: Community Services #1; 63 Boolimba Crescent, Narrabundah
Phone: 6126 4700

3.7 ACT Workforce Capacity Project: Disability Support Workers Survey

Support Workers are making significant contributions to our community. The ACT Workforce Capacity Project is investigating, through a series of pilot studies, ways of increasing the numbers of skilled Disability Support Workers, ways to improve their employment experiences and build careers; and ways of improving relationships between themselves and their clients.

The input and participation of Support Workers will be vital to the success of each of these improvement activities. So, the WIC team are surveying ACT Support Workers who are willing to give their input. The purpose of the survey is to:

- Find out about support worker employment experiences
- Gather feedback about the types of improvement activities being proposed by the project; and provide opportunities to suggest other activities; and
- Provide opportunities for support workers to engage in the project if they wish to do so.

Usually, the best way for people to give input is by face-to-face or telephone discussion. The WIC team are very happy to come and meet with support workers, or talk with them over the phone. However, where that's not possible, we ask support workers to provide their valuable input by filling in the attached survey form and emailing it back to us, or alternatively they can do the survey via [SURVEY MONKEY](#). Below is an email covering letter (3.7.1) that you can email to support workers, it contains a link to the Survey Monkey version of our Support Worker Survey.

Participation in this survey is entirely voluntary. We know that some work-related comments can be sensitive, so we will take all reasonable care to keep information secure and to ensure that individual people, employers and organisations will not be identified in any reports or other documents produced as a result of this survey. To help with that, participants' and organisations' responses will be referred to by coded numbers instead of using names.

If you have any questions about this survey, please contact the WIC team by email at WIC@nds.org.au or leave a phone message on 02 6283 3208 and one of the team members will return your call.

Please ensure all completed survey forms are returned to: WIC@nds.org.au by no later than 30 September 2018.

3.7.1 Survey Email Covering Letter



ACT Workforce Capacity Project: Disability Support Workers Survey (Survey Monkey)

Dear Survey Participant

Thank you very much for agreeing to participate in our Survey Monkey Survey.

Please click on this link to go to our Survey: [ACT Disability Support Worker Survey](#). All survey responses are due by the 30 September 2018.

The ACT Workforce Impact Collective (WIC) project aims to initiate and support ways of improving relationships between people living with disability and support workers and entry processes, career pathways and working conditions of support workers. Currently, this involves pilot studies and projects to test improvement ideas.

The input and participation of support workers like you will be vital to the success of improvement activities. So, the WIC project is surveying ACT support workers who are willing to give input. The purpose of the survey is to:

- Increase support workers' input to and involvement in pilot studies and projects and in the WIC project generally
- Help to shape and improve the design and implementation of improvement activities
- Contribute to identifying possible improvement activities.

Participation in surveying is entirely voluntary. The survey questions are designed to:

- Find out about your employment experiences as a support worker
- Gather thoughts about the types of improvement activities being proposed by the WIC project; and provide opportunities for you to suggest other activities

- Find out whether or how you might wish to engage in the WIC project.

If you indicate on your survey that you are interested in receiving updates about the WIC project, or you would like to participate in some way in the pilots, please be sure to email us with your contact details at WIC@nds.org.au as your Survey Monkey responses are anonymous.

If you would like further information about the Workforce Impact Collective pilots, please contact the WIC team by email at WIC@nds.org.au or leave a phone message on 02 6283 3208 and one of the team members will return your call.

Please Note: Copies of our Support Worker Surveys are also available as a Microsoft Word fillable form, or a printed paper copy. Members of the WIC Team can also arrange to meet with you face to face, or interview you over the phone if you are prefer.

Many thanks

The WIC Team

4. Position Vacancies

4.1 Aboriginal and Torres Strait Islander Counsellor

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. They aim to support all people in Australia to achieve positive and respectful relationships. They are a community-based, not-for-profit Australian organisation with no religious affiliations. Their services are for all members of the community, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Relationships Australia offer services in various locations around Australia that includes counselling, family dispute resolution (mediation) and a range of family and community support and education programs, primarily funded by Federal, State and Territory Governments. Relationships Australia Canberra & Region (RACR) is one of the eight state and territory organisations that comprise the Relationships Australia Federation.

RACR is an equal opportunity employer and does not discriminate in employment on any grounds. RACR have voluntarily opted to be subject to the obligations of a public authority under Part 5A of the Human Rights Amendment Act 2008 (ACT). This means that all staff must comply with human rights, as far as possible to do so, in all our decisions and conduct.

The Dhunlung Yarra Unit is a dedicated Aboriginal and Torres Strait Islander therapeutic service staffed by Aboriginal and Torres Strait Islander professionals. Members of the team work across a range of programs to deliver a range of culturally appropriate services, including counselling, family dispute resolution and other relationship support services.

The Aboriginal and Torres Strait Islander Counsellor is an ongoing, part time (5 days, 37.5 hours a fortnight) position based in Deakin, ACT.

Reporting to the Dhunlung Yarra Unit Team Leader, the Aboriginal and Torres Strait Islander Counsellor is expected to provide counselling to couples, individuals and families who are seeking improved relationships, or resolution of relationship difficulties.

To be successful in this role, you should be of Aboriginal and/or Torres Strait Islander descent and possess:

- Appropriate training, qualification and/or professional experience in social work, psychology or counselling including a minimum of 4 years' experience working directly with clients
- An understanding of the complexities of trauma and grief and loss that impacts the Aboriginal and Torres Strait Islander Peoples and an ability to demonstrate, or willingness to learn, a broad theoretical approach to relationship counselling.
- A demonstrated understanding of practice frameworks within a cultural context applicable to family and domestic violence.

The position description with selection criteria can be downloaded from their website: <http://www.racr.relationships.org.au/about-us/employment>

To apply, please send your resume with names of two work related referees and a cover letter highlighting the strengths you can bring to the role in line with the selection criteria on the position description to careers@racr.relationships.org.au.

For further information about the position or application process, please contact the Dhunlung Yarra Unit Team Leader at our Deakin office on 02 6122 7100 or email careers@racr.relationships.org.au.

Closing date for applications: 5pm Monday 17 September 2018.