



# Network Bulletin

## 14 Dec 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](mailto:actmhcn@actmhcn.org.au).

The Network would like to take this opportunity to thank you for your support in 2018 and wish you a safe and joyful festive season.

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

- Network and drop-in closures dates (2.1)
- Winner – Quality in Healthcare ACT Awards (2.2)
- Holiday Season Emergency Relief and Free Meal Guide (3.1)
- TheMHS Summer Forum (3.6)

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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. 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](mailto:programs@actmhc.org.au), phone the office on 02 6230 5796 or let us know during Drop-In.

### **Drop-In and End of Year Closure**

Drop-In is now closed and will re-open 10am Thursday 10 January 2019.

Consumer Representatives who require access to the Network to conduct any representative business during this period are encouraged to make an appointment.

## **2. Upcoming Network events**

### **2.1 Network office closure**

The Network office will close at 3pm Thursday 20 December 2018 and reopen 9am Thursday 3 January 2019.

### **2.2 Winner – Quality in Healthcare ACT Awards**

Established in 2002, the Quality in Healthcare ACT Awards have recognised leadership and innovation in safe, quality and person-centred care, publicly honouring the efforts of individuals and teams in improving healthcare in the Australian Capital Territory. The Network won the Person-centred category for the **My Rights, My Decisions** program. The award is for putting people and their families in the centre of decisions and seeing them as equal partners in planning, developing and monitoring care to make sure it meets their needs. The My Rights, My Decisions program was developed in consultation with consumers, clinicians and community-based stakeholder organisations informed by advice from the Government Solicitor's Office.

The My Rights, My Decisions program supports consumers to express their views and preferences about their mental health treatment, care and support. Based on the Mental Health Act 2015 (ACT), the program helps consumers to be empowered and express themselves while they have decision-making capacity, so that their views are taken into account by their treating team if they have reduced decision-making capacity in the future.

The Network would like to take this opportunity to acknowledge the dedication and passion shown by Jenny Adams in the development, implementation and continued work on this very valuable and important program.

If you are interested in participating in this program, please contact the Network, 02 62305796 or [peer.education@actmhc.org.au](mailto:peer.education@actmhc.org.au).

### **2.3 Consumer Representative - 5 year continuous service**

At the End of Year BBQ, Thi-Nha Tran was awarded a 5 year continuous service award for her active consumer representation over this time. Thi-Nha has sat on a variety of committees during this time. Without our volunteer consumer representatives the Network would not exist, so congratulations to Thi-Nha for this achievement and thank you to all our other representatives.

## **3. For Your Information**

### **3.1 Holiday Season Emergency Relief and Free Meal Guide**

Attached are the details for Emergency Relief Providers and Community Services closing and re-opening dates and the Free Meal Guide for over the 2018-19 Holiday Season.

These two guides are also available on our website.

In the meantime please call 02 6248 7988 for any information you may require.

### **3.2 Safewards Brochure**

Safewards is an evidence-based clinical model developed in the UK to promote safer, less coercive practices in mental health care and to reduce incidents of conflict involving consumers and staff. Please find attached a copy of the Safewards Brochure for the ACT.

### **3.3 Hearing Voices Group – meeting at the Network**

Woden Community Services Hearing Voices Group has moved to the Network offices and be held on a Tuesday afternoon in the Members Meeting Area. The last group meeting for 2018 has been held.

Woden Community Service facilitates a fortnightly social support group for people who hear voices and/or experience other auditory, tactile and visual sensations. The groups aim is to offer a place where people can feel accepted and comfortable discussing their experiences with others in a non-judgemental and safe atmosphere. Hearing Voices groups offer an opportunity for people to accept and live with their voices, and aims to help people gain back some control and empowerment over their lives and experiences.

The Hearing Voices Group allows you to talk about anything, inasmuch as the group consensus & facilitator supports the subject matter. In the future, it is hoped that service providers, families and friends to join and connect with us as allies, inasmuch as they seek to agree with the above group values

Watch this space for further information regarding when the Groups are to be held. If you have any questions please contact Owen Elvin on 6221 9503 or at [www.wcs.org.au](http://www.wcs.org.au)

### 3.4 TheMHS Summer Forum – Watch This Space

The TheMHS Summer Forum, titled Community Mental Health Systems: Human Rights and Services is scheduled to run in Sydney from 28 February through to 1 March 2019. Register at <https://www.themhs.org/summer-forum-registration/>. Please note that TheMHS often offers bursaries to attend their forums – we will advise as soon as we hear they are available.

### 3.5 NDIA Q and A

Every week the NDIA get asked questions through social media channels, their website and through their contact centre. The answers are incorporated into the relevant pages of their website, and published each week in a news item on the latest news webpage.

Each month, the NDIA also publishes a CEO Update which highlights progress and future areas of focus. Read the CEO Update.

There is also a Your Questions Answered webpage where all the past Q and A questions are organised under the following themes:

- Getting NDIS ready and accessing the NDIS
- Managing your plan and participant information
- Assistive Technology and types of supports
- NDIS providers
- General information

You can submit questions through NDIA weekly Q & A posts on the Facebook page (external) or through twitter #ndisqanda.