



# Network Bulletin

## 11 February 2019

Please find 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 [actmhcncn@actmhcncn.org.au](mailto:actmhcncn@actmhcncn.org.au).

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

- Invitation to attend ACT Recovery College Physical Activity workshop design (p2)
- My Health Record Sessions (p4)
- Office of Mental Health and Wellbeing Consultation (p5)
- Moving Canberra (p12)

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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

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

### 1.1 Drop-In Openings and Closures

Drop-In will be open Thursday 14 February.

## 2. Upcoming Network Events

### 2.1 Invitation to Introduction to Physical Activity for Mental Health unit design workshop

The Recovery College for Canberra is on its way, with a planned launch date of April this year. All courses offered by the college are co-designed, giving consumers and carers a voice in the development process.

Chris Corcoran, Deputy Chair of the ACTMHCN and a Fitness Australia accreditation Personal Trainer and Athletics Australia Level 2 Recreational Running coach is preparing an introduction to physical activity for mental health unit to be presented at the college. He is seeking your input to help design the course to ensure that it meets your needs. What would you like to know about how physical activity can help with your mental health? Come along to the design workshop, to be held in the Members Area at the Network on Friday 22 February 2019 from 11am – 1pm, to have your say on the design of this unit.

Physical activity not your thing? Not to worry, many more opportunities to participate in the design of units will arise as the Recovery College grows. Take part - the Recovery College is our college.

### 2.2 Consumer Rep Forum

A reminder to Consumer Representatives that the February CRP forum will be held on Tuesday 26 February 2019, from 11am to 1pm in the Network office.

Following this, a discussion group will be held regarding Consumer Representation training (see 2.3 below for details).

RSVPs are required for catering purposes and can be given to Jen by email at [representation@actmhc.org.au](mailto:representation@actmhc.org.au), SMS on 0406 457 557 or by calling 6230 5796 by COB Friday 22 February 2019.

### 2.3 Consumer Representation Training Discussion Groups

The purpose of these discussion groups is to share the current lived experience and viewpoints of our members and look into ways to include them in the Consumer Representation workshops and training resources. During this discussion group attendees will participate in a range of discussions and guided activities which will explore their experience of self-advocacy and consumer representation, and strategies which they found supportive for this. The information gathered from these workshops will be used to guide the further development of the Network's Community Education Training and resources.

Please see attached flyer and come along:

Date: Tuesday, 26 February 2019 (after the CRP Forum)

Time: 1:00pm—2:30pm

Venue: Location: Member's Area

### 2.4 Video Resource Discussion Groups

The Network will be creating a series of short videos for the training and promotion of our Community and Peer Education Programs. As part of this project we aim to interview consumers and other stakeholders about consumer rights, mentoring, and the NDIS. We need your help to develop the project through your participation in our upcoming discussion groups.

These discussion groups will give members an opportunity to have input into the project (for example developing questions that could be used in the interviews).

Please see the attached flyer and come along for some nibbles and video planning!

Date: 5 March 2019

Times: 11:00am-12:30pm

Venue: Member's Area, Level 2, Griffin Centre, Canberra City

To register or for more information, contact us 6230 5796 or send an email to [actmhc@actmhc.org.au](mailto:actmhc@actmhc.org.au)

We hope to see you there!

## 3. For Your Information

### 3.1 My Health Record Sessions

A My Health Record will be created for every Australian who hasn't opted out of the initiative, following the 31 January deadline to do so. It is anticipated that by the end of February that approximately 90% of Australians will have a My Health Record. The Australian Digital Health Agency (ADHA) is hosting consultation workshops for consumers and organisational representatives and also webinars for healthcare providers.

ADHA invites representatives from key community organisations, consumer peak bodies and consumers to attend a local community education consultation workshop. These workshops are designed to assist the Agency to develop tailored education materials for consumers to help support these groups to receive information and use the My Health Record effectively. The workshops will be held at Wizard Corporate, 15 Moore St, Canberra. They are targeted at the following cohorts:

- Parents and Children - Mon. 11 Feb, 1pm-4pm. [Register here.](#)
- Chronic Disease - Tues. 12 Feb, 9am – noon. [Register here.](#)
- Older Australians - Tues. 12 Feb, 1pm – 4pm. [Register here.](#)

### 3.2 Moving Canberra

MHCC ACT is currently working on a submission on the Moving Canberra: Integrated Transport Strategy in which the ACT government has a vision to provide options for the community with regard to public transport especially now that the light rail is finally in Canberra. Consultations have been done on the new bus network as well as the light rail. However, input by the community in our sector on the following areas have not been sought:

- active travel
- future transport
- safety
- accessibility

Your feedback is requested on what you would like to see included, changed or improved in consideration of the draft strategy especially in the above listed areas. It's important that the views of the community mental health sector is incorporated in this strategy as it will help influence and ensure their needs are met. More information can be found at [Yoursay](#). It would be great if you could send through your feedback by 12th February 2019.

### 3.3 Office of Mental Health and Wellbeing 2019 Consultation Workshops

Following the Synergia report (2018) '*ACT Office of Mental Health: Design Options and Recommendations*', the Office for Mental Health and Wellbeing has now been established. Consultations are scheduled to inform the development of a shared vision and the identification of priorities for mental health and wellbeing in the ACT.

The workshops are an activity of the Office for Mental Health and Wellbeing, supported by ACT Mental Health Consumer Network, Carers ACT, Mental Health Community Coalition ACT, Alcohol Tobacco and Other Drugs Association ACT and Mental Illness Education ACT.

You are cordially invited to attend a workshop to:  
contribute to the development of a shared vision for mental health and wellbeing in our  
community  
define the collective priorities and plan for the future.

**Workshop Details (please select one):**

**Workshop 1**

**Date:** Tuesday 12 February 2019, 9:00 – 11:30am

**Venue:** Bullan Conference Rooms, Ground Floor,  
Nature Conservation House,  
153 Emu Bank, Belconnen

(Walk from Westfield or Belconnen Community Bus Stations or catch Bus No 45 to outside  
the building. Parking at Westfield Shopping Centre (2 hours free & \$3 next hour) or paid  
parking on Emu Bank or car park behind the building.)

[Register here for Workshop One](#)

**Workshop 2**

**Date:** Wednesday 13 February 2019, 5:30 – 7:30 pm

**Venue:** Ainslie Room, No 10 Restaurant at Abode Woden, 10 Bowes Street, Phillip  
(Woden Bus Station is nearby or the public car park opposite the venue is free after 5:30pm)

[Register here for Workshop Two](#)

**Workshop 3**

**Date:** Thursday 14 February 2019, 2:00 – 4:30 pm

**Venue:** Veritas Building, Australian Catholic University, 223 Antill Street, Watson  
(Bus No 2 or free parking onsite)

[Register here for Workshop Three](#)

*\* Participation is **free**, but please note **places are limited**. Refreshments will be provided.*

If you would like further information or need assistance registering, please contact Purity Goj  
via email [policy@actmhc.org.au](mailto:policy@actmhc.org.au) or call the office 6230 5796.

### 3.4 Australian Mental Health Leaders Fellowship

The National Mental Health Commission is pleased to announce that the Australian Mental  
Health Leaders Fellowship (AMHLF) Application Round for 2019 is now open.

The Application Pack is available for download here:

<http://www.mentalhealthcommission.gov.au/our-work/australian-mental-health-leaders-fellowship.aspx>

The 2018 recipient has given the following information for people considering applying:

- She urges people to apply who are genuinely interested in MH and who want to be involved in the long term with improved career prospects.
- The capacity commitment would be somewhat equivalent to taking on one university subject – one week placement, 10 days residential lectures, 12 mth mentoring and a group project.
- The group project has the lengthiest time commitments and is complex to navigate with group members in different states and is the hardest to deliver in the timeframe given
- The placement and mentoring was the best component in her opinion given they utilise expertise to draw on from outside the MH sector.

Applications must be received by 5.00pm (AEDST) on Friday 15th February. Applications and supporting documents should be sent to: [AMHLF@mentalhealthcommission.gov.au](mailto:AMHLF@mentalhealthcommission.gov.au)

### 3.5 Free NDIS Workshops

Please find attached information about workshops on the National Disability Insurance Scheme that the Australian Federation of Disability Organisations (AFDO) are holding in March 2019 in the Goulburn region for people with disabilities.

These workshops will be presented by a facilitator who is living with disability and an NDIS participant.

Feel free to share this with anyone you think may benefit.

Please note that if people wish to register for workshops within the 7 days leading up to the workshop of their choice, AFDO are not able to guarantee some access supports and would require registration by phone or email per details below:

Ramona Mandy, NDIS & Special Projects Officer  
 M: 0447 634 561  
 E: [Ramona.Mandy@afdo.org.au](mailto:Ramona.Mandy@afdo.org.au)

### 3.6 Survey on Housing for People with an Enduring Mental Illness

MyHome in Canberra is an ACT community-based organisation which is seeking to establish a safe, supportive and caring home for people with enduring mental illness.

MyHome has a vision to provide a caring and supportive home for 20 people living with mental illness. The 2016 Parliamentary Agreement between Labor and the Greens indicated a commitment to construct accommodation in line with the MyHome Canberra project plan.

There is a great need for suitable housing for people with a mental illness. To progress the MyHome project, however, MyHome need to know more about the type of housing required and about potential residents. If you are living with a mental illness or are a carer, family member or friend, please take 10 minutes to complete the survey.

To complete the survey please go to: <https://www.surveymonkey.com/r/VZ8K58G>

### 3.7 Safe Harbour support group

MENTAL  
HEALTH  
SUPPORT  
GROUP

## Safe Harbour

Do you experience symptoms of depression, anxiety or other mental health conditions?

Do you want to gain support, share your experiences in a non-judgemental setting and learn strategies for dealing with it?

We can learn from each other.

We are a grassroots support group not affiliated with any other program.

The aim of the group is to find a "safe harbour" with peers and learn more about dealing with mental health challenges with a supportive group of like-minded peers.

Meeting Monday evenings 6.00-7.30 in February  
Cunghalin Library Training Room 1.  
4, 11, 18 and 25 February 2019



[listen-to-consumers@gmail.com](mailto:listen-to-consumers@gmail.com)