



Network Bulletin

25 February 2020

Welcome to our first email bulletin for 2020. If you are unable to open any links or attachments, please contact the Network on 6230 5796 or email actmhcncn@actmhcncn.org.au.

Starting with this bulletin, it has been decided to produce and distribute bulletins on a fortnightly basis.

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

- Upcoming Drop-In events;
- Call for contributions for Network News; and
- Survey participants required

Contents

1. Drop-In Notice.....	2
1.1 Drop-In Openings and Closures.....	2
1.2 Drop-In events	2
Jigsaw.....	2
Master your emotions for better mental health	3
2. Network Events	3
2.1 Call for contributions: Autumn 2020 newsletter.....	3
3. For Your Information.....	3
3.1 Enabling recovery for people with complex psychosis	3
3.2 Will and Power of Attorney forums.....	4
3.3 Understanding Participation: Seeking Participants	5
3.4 Survey: National Peer Workforce Development Guidelines	5

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.

Our Drop-In volunteer Allie, will be attending on Thursdays to support people attending Drop-In and work toward creating a calendar of information events for upcoming Drop-In sessions.

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 dropin@actmhc.org.au or actmhc@actmhc.org.au or 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 from 10am to 1pm, Thursday 27 February 2020.

1.2 Drop-In events

The Network has been in the process of organising events that members are welcome to attend during Drop-In. At the time of this bulletin, we are in the process of organising, in conjunction with Advocacy for Inclusion, for Feros Care to attend Drop-In and give an update on some changes to the NDIS that occurred in October 2019, as well as provide assistance to people in their application and/or review of NDIS plans. As the details are confirmed, we will forward these out to members.

Jigsaw

As reported in the Summer 2019 edition of Network News, we purchased a large 3000 piece puzzle as an ongoing Drop-In activity. This Thursday we plan to commence piecing it all together, and this activity will be ongoing where there are no scheduled Drop-In events, until completion. If you are a puzzle enthusiast, please feel free to come on in and participate.

Master your emotions for better mental health

Hayley Latcham will be facilitating this workshop during Drop-In on Thursday 19th March 2020 from 10am. This is a follow on workshop from her presentation at the Mental Health and Wellbeing Expo in 2019.

For people to act upon the advice being given to exercise and eat well for improved mental health and management of stress, anxiety and depression, they need to be able to learn how to feel and cope with the emotional triggers behind unhealthy/unresourceful behaviours and habits.

This is a FREE workshop. If you would like to participate, please contact the Network on 6230 5796, SMS to 0424 468 620 or email actmhcncn@actmhcncn.org.au

We look forward to seeing you at this event.

2. Network Events

2.1 Call for contributions: Autumn 2020 newsletter

The Network will be compiling the Autumn 2020 edition of Network News, and would like to call out to Members for contributions.

Personal stories, reports, opinions, poems, drawings, jokes etc. all are welcome!!! If you would like to make a contribution email Val at actmhcncn@actmhcncn.org.au or post to ACTMHCN Reply Paid 469, Civic Square ACT 2608. Alternatively you can also drop your contribution into him during Drop-In hours, or put in in our mail box (2.11) on ground floor.

Contributions are required by Monday 2 March 2020 to be considered for inclusion in this edition.

3. For Your Information

3.1 Enabling recovery for people with complex psychosis

The ANU Centre for Mental Health Research and the Office for Mental Health and Wellbeing are privileged to present:

Enabling recovery for people with complex psychosis



Prof Helen Killaspy

4.30 – 6.30pm, Tues 17 March 2020

The Shine Dome

15 Gordon St ACTON, ACT

Learn how Professor Killaspy's complex psychosis research group has been addressing the evidence gap in this area.

Helen is Professor and Honorary Consultant in Rehabilitation Psychiatry at University College London and Camden and Islington NHS Foundation Trust in the UK. She leads national and international programmes of research that focus on the assessment of quality of care for people with complex mental health problems and the evaluation of complex interventions for this group.

This event is also supported by the ANU Policy Greenhouse fund - Collaboration Initiatives.

Tuesday 17 March

PROGRAM:

- 4.30 - 6.00pm Presentation
- 6.00 - 6.30pm Light refreshments and networking

FOR MORE INFORMATION AND TO REGISTER:

<https://killaspycomplexpsychosis.eventbrite.com.au>

3.2 Will and Power of Attorney forums

The Public Trustee and Guardian will present two Forums during Seniors Week on the importance of having a valid and up-to-date Will and Enduring Power of Attorney. The Public Trustee and Guardian offer a free professionally drafted Will for anybody aged 60 years and older.

Date: Tuesday 24th March 2020

Time: 9:30am – 12:00pm

Venue: Dickson Tradesman Union Club (The Tradies)

Address: 2 Badham Street, Dickson

Date: Wednesday 25th March 2020

Time: 6:00pm – 8:00pm

Venue: Town Centre Vikings
Address: Cnr Athllon Dr & Rowland Rees Crescent, Greenway

- Lucky door prizes
- Free PTG Will voucher for all attendees up to 60 years of age.
- Light refreshment provided

Bookings essential Call 62079800 or ptg_marketing@act.gov.au

3.3 Understanding Participation: Seeking Participants

ACACIA: The ACT Consumer and Carer Mental Health Research Unit is seeking participants for a new research project.

The Understanding Participation project aims to explore three key questions developed by ACT consumers and carers:

1. How does participation work in practice (tokenism vs real involvement)?
2. How are consumer and carer voices integrated into health policy and services?
3. How are their contributions valued, and what indicators exist to demonstrate how their voice is used?

ACACIA's ultimate goal is to create a set of consumer- and carer-developed principles for lived experience participation, value, and impact.

Interested in participating?

ACACIA want to hear about your experiences with lived experience participation, what participation means to you, and what it means to value lived experience voices. Research participants will be asked to take part in a 1 hour interview and optional 30 minute follow-up session. All research participants will receive a \$50 gift voucher.

If you would be interested in participating in an interview, please fill out the online Expression of Interest form: [Click Here](#) or copy and paste this URL into your web browser: https://anu.au1.qualtrics.com/jfe/form/SV_2lr1wWYfUDZJbeZ

If you would like more information, please contact Alyssa Morse on 02 6125 6167 or email acacia@anu.edu.au

3.4 Survey: National Peer Workforce Development Guidelines

The findings of this survey will inform the National Mental Health Commission's 'National Peer Workforce Development Guidelines' (referred to as the Guidelines). The project is conducted by a research team at RMIT University and led by a peer/lived experience researcher with extensive experience in peer workforce development both within Australia and internationally, Dr Louise Byrne.

Significant research has already been conducted on the needs of the peer/lived experience workforce. The project team will draw on existing information/data from many areas to inform the development of the Guidelines. Some gaps in knowledge remain. This survey aims to gain further information on some of those gaps. Other engagement strategies that are carried out simultaneously, such as focus groups and interviews, also aim to build the knowledge base needed for the Guidelines.

This survey is seeking the following participants:

- Any person who is, has been, or is preparing/training to work in a designated peer/lived experience role (including both consumer and carer/family identified positions) or;
- Any person not employed in a designated peer/lived experience role who identifies as a relevant stakeholder in the development of the peer/lived experience workforce including:
 - a colleague of people in designated peer/lived experience roles (including working with peers from other organisations)
 - a manager in an organisation employing or preparing to employ peer/lived experience roles
 - part of a funding body

The survey can be accessed for completion or for further information on the following link:

https://rmit.au1.qualtrics.com/jfe/form/SV_8Bw1X1EBT1XNiT3