



Network Bulletin

10 March 2020

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

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

- Upcoming Drop-In event: Master your Emotions for Better Mental Health;
- Community Forums;
- Survey participants required; and
- General Coronavirus information for the ACT.

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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.

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 12 March 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

<p>FREE WORKSHOP</p> <p>MASTER YOUR EMOTIONS FOR BETTER MENTAL HEALTH</p> <p>With Canberra Region Local Business Awards Finalist, Hayley Latcham - The Body Confidence Coach</p>  <p>MARCH 19, 2020, FROM 10AM</p> <p>Learn about the crucial link between thoughts and feelings. Discover strategies for dealing with difficult emotions in order to improve your mental health and stop unhealthy or damaging coping behaviours.</p> 	<p>Hayley Latcham will be facilitating this workshop during Drop-In on Thursday 19th March 2020 from 10am. This is a flow on workshop from her presentation at the Mental Health and Wellbeing Expo in 2019.</p> <p>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.</p> <p>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</p> <p>We look forward to seeing you at this event.</p>
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2. For Your Information

2.1 ACT Climate Change Council Community Forums

The [ACT Climate Change Council](#) invites you to come along to a community forum on 11 or 13 March 2020 to share your experiences during the extreme events that occurred this summer.

How were you and your community affected by this shocking summer of extreme weather events? What helped you to cope? How can we as a community be better prepared in future?

Your participation is vital to making Canberra's response to climate change strong, effective and equitable.

Register before 2pm on the day to attend a community session to share your experiences:

- Tuggeranong Community Centre, Thursday 5 March, 7pm to 9pm. Register at bit.ly/2Vpmejo
- Dickson College Hall, Wednesday 11 March, 7pm to 9pm. Register at bit.ly/2VvKrom
- Palmerston Community Centre, Friday 13 March, 7 to 9pm. Register at bit.ly/2I35rLe

For more information, please contact the ACT Climate Change Council at ClimateChangeCouncilSecretariat@act.gov.au or 13 22 81.

2.2 Red Flag Canberra Talk - Mental Health and the LGBTQI community

Red Flag Canberra will be holding a public gathering on Wednesday 11 March 2020 at the Front Café, Lyneham.

For more details email redflagcanberra@gmail.com

2.3 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

2.4 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

2.5 Novel Coronavirus (COVID-19) information

Forwarded email below for you information.

The ACT Health Directorate website includes Public Health Alerts, which contain the latest information about COVID-19 in the ACT community, and will be updated as necessary:
<https://health.act.gov.au/public-health-alert/updated-information-about-covid-19>

This page has information for healthcare workers in the ACT, translated information for the ACT's Chinese community, and links to other resources, including a poster you may wish to use for your clients about how to prevent the spread of germs, and a factsheet on COVID-19, which I have attached.

The website for the ACT Chief Health Officer Alerts also contains information you may find of assistance, and includes alerts for General Practitioners and Community Health Professionals and Pharmacists:
<https://www.health.act.gov.au/health-professionals/chief-health-officer-alerts>

The Commonwealth Department of Health website is updated daily with the latest medical advice and official reports:
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

It also contains a collection of resources for the general public and health professionals, and information in Simplified Chinese and Farsi.

Information about COVID-19 is also available 24 hours a day, seven days a week from the national Coronavirus Health Information Line on **1800 020 080**.