



# Network Bulletin

## 29 July 2021

Welcome to our latest bulletin.

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:

- Upcoming Meet the Minister Drop-In events;
- Nominations now open for the 2022 Mental Health Month Awards;
- Upcoming Mental Health Carers Conference; and
- Position vacancy

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## 1. Network update

### 1.1 Office openings

The majority of staff are working in the office on a rotational basis, with some workdays still being conducted remotely. Due to this arrangement, our office is intermittently attended between 9am to 3pm Monday to Friday.

Due to the growing COVID-19 emergency within NSW, the Network has again made the decision to pause face-to-face events. The exception to this is for Consumer Representatives and Co-Facilitators requiring use of the facilities at the Network to perform their duties, in these instances please contact us to make arrangements.

While it is acknowledged that there are no reported local cases of COVID-19 in the ACT, the situation in Sydney has demonstrated that this emergency is becoming ever far reaching, with nearby regional areas being exposed. As the ACT has a large workforce that travels to and from these regional areas, there is an ever-present possibility that the ACT may also become affected.

As we have Workplace Health and Safety obligations to staff and members, the Network needs to minimise any risk that can be foreseen to potentially occur.

If nothing happens, great, we erred on the side of caution. But if something does happen, then we at least have acted in the best interests regarding the health and wellbeing of our staff and members.

We appreciate your understanding in this situation and apologise for any inconvenience caused.

### 1.2 Drop-In

Our Drop-in service is open for members to attend on Thursdays between 10am to 1pm, with the online Drop-In open between **11am – 12pm** via Zoom. At this current time, we are only offering the online Drop-In.

To join the Online Drop-In click on the following link and enter the passcode:

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JjQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

One tap mobile

+61731853730,,85389263153#,,,,\*991826# Australia

+61861193900,,85389263153#,,,,\*991826# Australia

Dial by your location

+61 2 8015 6011 Australia

We are seeking some ideas from members about what type of activities would be of interest in attending Drop-In for. If you have any ideas, please forward them to Paul by email to [dropin@actmhc.org.au](mailto:dropin@actmhc.org.au)

### 1.2.1 Upcoming Meet the Minister Drop-In events

From late August through September, the Network will be hosting a series of Meet the Minister events during Drop-Ins. These events will give consumers an opportunity to meet with Ministers and raise any issues/concerns that are relevant to the Portfolio's they are responsible for.

At this stage, these events will also be open to online participation via Zoom.

A schedule of which Ministers will be attending are as follows:

1. Thursday 26 August 2021, 10.30am – 11.30am  
Rebecca Vassarotti MLA, Minister for the Environment, Heritage, Homelessness and Housing Services and Sustainable Building and Construction
2. Thursday 9 September 2021, 10.30am – 11.30am  
Yvette Berry MLA, Deputy Chief Minister and Minister for Early Childhood Development, Education and Youth Affairs, Housing and Suburban Development, Women, the Prevention of Domestic and Family Violence and Sport and Recreation
3. Thursday 30 September 2021, 10.30am – 11.30am  
Rachel Stevens-Smith MLA, Minister for Health, Families and Community Services and Aboriginal and Torres Strait Islander Affairs

## 2. For Your Information

### 2.1 Capital Health Network Needs Assessment Survey

HAVE YOUR SAY!

The Capital Health Network (CHN), one of the key funders of health services in the ACT, wants to hear from you!

CHN are seeking input from a wide range of health professionals, service providers and people who use health services to help them have the most accurate understanding of local health services as they can. The information collected in this 'needs assessment' will be used to inform planning of future services, solutions to issues and activities. It will also provide the evidence needed to advocate for the health service needs of the ACT.

There are two surveys - one for people who provide health services and the other for people who use health services. Please complete the one most relevant to you (or both if you fit both categories) by clicking on the appropriate blue button:

[Survey for providers of health services \(allow 20-30 mins\)](#)

### [Survey for people who use health services \(allow 15 mins\)](#)

CHN would like to hear from as many people in the ACT as possible through this survey, so feel free to share with your colleagues. To assist with this, CHN have prepared information posters with QR codes which will take people directly to the surveys. Display them in a prominent place and encourage people to have their say!

### [Poster for service providers survey](#)

### [Poster for people who use health services survey](#)

All responses to the surveys are confidential and the time you take to complete them is much appreciated.

If you would like more information about this survey or have any questions, please send an email to [pophealth@chnact.org.au](mailto:pophealth@chnact.org.au)

## 2.2 Mental Health Month Awards 2021 Nominations OPEN!

There are many exceptional people and initiatives working to promote and improve understanding, awareness, service provision, and the general mental health and wellbeing of the Canberra community.

The ACT Mental Health Month Awards aim to recognise the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

The Awards are a sector-wide initiative coordinated by the Mental Health Community Coalition ACT (MHCC ACT) and implemented by the ACT Mental Health Month Advisory Committee.

Nominations are NOW OPEN for the 2021 ACT Mental Health Month Awards - make sure to read the Nomination Guide, then head to the online form to submit your nomination!

Nominations Close EOD Friday September 10, 2021

To find out more head to the website: [www.mentalhealthmonthact.org/awards](http://www.mentalhealthmonthact.org/awards)

### [Nominate for the ACT Mental Health Month Awards](#)

## 2.3 Systems of Sanity



The award-winning company Rebus Theatre is seeking participants for a ground-breaking theatre project asking the hard questions about mental health and the mental health system. Directed by Rebus Artistic Director Robin Davidson and assistant director Joel Swadling.

**What?** A two-year project using theatre games, exercises and techniques to explore different ways of thinking and communicating about mental health,

mental illness, and the mental health system, with the option of being in a performance.

**When?** Tuesdays 1pm – 4pm during school terms. Starting 10<sup>th</sup> August 2021. There is no initial commitment, come for as long as it suits you.

**Where?** Ainslie and Gorman Arts Centres, Braddon.

**Who?** Anyone with lived experience of mental ill-health, including people who aren't sure if they exactly fit that definition, or aren't comfortable with that language.

**How much?** Free.

This group is for you if:

- You want more play in your life;
- You are interested in thinking and talking about different perspectives on mental health and mental illness;
- You love theatre;
- You want to grow your confidence and skills to advocate for yourself and others.

Systems of Sanity is a project of Rebus Theatre in partnership with the Mental Health Foundation ACT. It is supported by the ACT Government under the ACT Health Promotion Grants Program and assisted by Ainslie and Gorman Arts Centres.

For more information or to register an expression of interest email [info@rebustheatre.com](mailto:info@rebustheatre.com) or call 0403 815 784.

## 2.4 Caring Together: Mental Health Carers Conference

Mental Health Carers Voice is excited to invite you to their first ever conference for mental health carers, Caring Together on August 26<sup>th</sup> at the Hotel Realm. Caring Together is a one-day summit for carers and families of people with mental ill health to hear from speakers about the carer journey, research into mental health, build skill in supporting loved ones and improve your wellbeing.

Tickets are \$25 for carers and consumers, or \$80 for mental health sector employees. You can register at [https://events.carersact.org.au/event/sessions/?id=Caring\\_Together\\_MHCV\\_Conference\\_2021](https://events.carersact.org.au/event/sessions/?id=Caring_Together_MHCV_Conference_2021) by hitting the 'register' button. All attendees are also invited to attend a cocktail party after the conference.

If this cost is a barrier to you or you require more information, please contact us on 6296 9993 or email [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au).

### 3. Novel Coronavirus (COVID-19) information

#### 3.1 COVID-19 ACT Website

The ACT Health Directorate has a website specific to COVID-19 in the ACT. This website includes Public Health Alerts, prevention guidelines, information on supports and resources etc. as well as information on the current testing criteria and testing locations. The website can be accessed at the following link <https://www.covid19.act.gov.au>.

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**.

#### 3.2 COVID-19 Vaccination program information

ACT Health recently updated their advice on the vaccination program rollout. You can read the latest advice on the following link <https://www.covid19.act.gov.au/stay-safe-and-healthy/vaccine>

The Federal Government has recently developed information resources about the COVID-19 vaccines into a variety of different languages. You can access these resources via the following link

[COVID-19 vaccine information in your language | Australian Government Department of Health](#)

### 4. Position Vacancies

#### 4.1 MHCC ACT Administrative Support Officer

Applications are due by Friday 6 August 2021

12 month contract with the possibility of extension.  
15-20 hours pw (must include Tues-Thurs)  
SCHCADS level 4, pro rata  
Start ASAP

The Administrative Support Officer will report to the CEO and will work closely with the HR and Finance Office whilst providing support across the organisation, including:

- participate in regular staff meetings and contribute to other areas of MHCC ACT's work program consistent with the level of the position and as directed

- communicate effectively and respectfully with staff and stakeholders
- organise small events including booking rooms, setting up zoom meetings, sending out invitations, setting up ticketing, maintaining RVSPs and organising catering
- Work closely with the CEO and HR and Finance Officer on Board meetings including organising and booking them, collating papers and minutes, distributing papers and taking minutes.
- email marketing, newsletters and social media monitoring
- assist with Mental Health Month events and grants
- collate and report on feedback
- contribute to continuous quality improvement.
- Other duties, as time allows, include assisting staff with:
  - reception duties, including management of incoming calls, enquiries, mail, e-mails and calendars, purchase stationery, catering supplies etc

MHCC ACT is committed to equal employment opportunities for all and encourages applications from Aboriginal and Torres Strait Islander people.

**For more information and to apply head**

**to:** <https://www.ethicaljobs.com.au/members/mentalhealthcommunitycoalition/administrative-support-officer?locations=15>