

i **NT** ouch

*January - March
2019*



IN THIS EDITION

NDIS SERVICES	2
SCHIZOPHRENIA AWARENESS WEEK	10
RESEARCH PROGRAM	10
MINDFULNESS ACTIVITY	13

PRESIDENTS' MESSAGE



Happy 2019 to everyone. I can't believe that January is nearly finished so we are well into the year.

All the programs are starting to ramp up again and now we are also offering support for people preparing their NDIS packages. To find out more about this please give the office a call.

Enjoy the programs that we are offering.

Bronwyn Russell

EXECUTIVE OFFICER'S MESSAGE

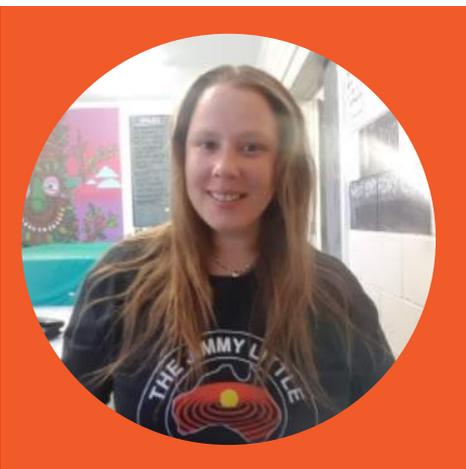
We welcomed in the New Year with the first of our NDIS funded participants in Darwin receiving services which included support Coordination and individual support. As we hone our ability to provide NDIS services we are hoping to continue on with our customary practice of providing quality responsive programs to meet the needs of participants their families and carers. Our NDIS are an exciting addition to our programming and we look forward to working with new participants.

We now have a range of NDIS services that we can offer which can be found on page 2 of the newsletter or alternately you can speak to our friendly staff.

Lorraine Davies



NEW STAFF



Hi everyone, My name is Chenoa Lehnert. I am the newest member of the MIFA(NT) team in Tennant Creek. I have lived in Tennant Creek for two and half years now, and am excited at the opportunity I have with working with vulnerable and disadvantaged children as it's a career path that has always appealed to me, even more so, since re-locating to Tennant creek. I am looking forward to 2019 and am very keen in assisting my team to do our best for this year to come. Striving for positive outcomes for all our clients, assisting them in our community to the highest of our teams abilities.

NDIS Services

MIFA(NT) are here to help guide you through the process of your NDIS journey. The NDIS is all about helping you pursue your goals towards a better quality of life, and although the NDIS enables you to choose how, when and where your supports are provided the process can be confusing.

We can assist by providing :

Support Coordination

Our knowledgeable workers can assist you with your NDIS plan, by connecting you with a range of support and services.

Group Centre & Community Activities

We provide a range of social activities through our MiPlace and OurPlace centres. The cool program also offers community based activities.

Development of Life Skills

Our friendly support workers are there to assist in the development of daily life skills.

Assist Life Stage/Transition

We provide a range of support to strengthen a persons ability and provide services to engage participants in the community.

For more information about our NDIS services please see our website and brochure



miPlace



MiPlace welcomes people living with a mental illness to participate in a range of programs and activities that assist in supporting their recovery and accomplishing their social and recreational goals.

It has been a busy start to the year at the miPlace centre. With our first celebration of the year kicking off in January, it was evident that the year ahead will be festive. As participant gathered in the centre on a very stormy Australia Day, we made the most of our time playing pool undercover and sitting inside listening to the tunes that represent Australia.

With many new activities arriving in the miPlace centre, participants are taking advantage of this opportunity and partaking in any activity possible. Tai Chi and knitting are among the activities new to the centre and we are looking forward to many more new arrivals to come. We hope to encourage more clients to participate in the many activities miPlace has on offer this year.

We have also had some wonderful ladies come into the centre to present their traditional Indian dance, many participants enjoyed the dance and we hope for them to return.

In the miPlace centre participants enjoyed International Pancake Day, choosing their favourite toppings for their pancakes.



Cool Program

Cool Program assists people living with a mental illness to engage and access social and recreational activities in the community.

We resumed the Cool Program in February this year with a friendly game of Bowling at King Pin. The participants thoroughly enjoyed this competition as well as the positive engagement from all.

For the first Saturday program, we went to the Defence expo at Darwin conventional centre. The participants were so excited to gain information and accept promotional material offered by stall holders. After the expo we all went to Stokes hill Wharf and enjoyed a nice lunch.

Our next exciting destination was a trip to the Art Gallery, with a combination of new and old participants, where we took in the art and enjoyed a coffee and some great conversation. The next Cool Program was a bit more relaxed, participants chose a movie in the miPlace centre and enjoyed popcorn and treats.

Another Saturday adventure included, 12 participants attending the movies to watch Stan and Ollie. We then bought lunch and chatted together about the movie and other general topics. During the period we also visited Gateway Shopping centre, with participants window shopping and enjoying the Palmerston setting.

To find out more about our Cool Program activities, request a calendar or follow us on Facebook.



Carers News Darwin

Carers support assists individuals by providing one-on-one support and opportunities for carers to have time for themselves and their own well-being.

This year we have increased our group support opportunities for our carers, now being held in three different regions;

Tuesdays weekly at Palmerston, every 2nd Wednesday Coolalinga and Thursday weekly at miSpace, Coconut Grove.

We have already had some amazing engagement discussions, everything from “the signs of Depression relapse” to “eating for a healthy lifestyle” and general hints for “taking care of oneself”.

We have had visits from Dementia Australia and Health and Community Services Complaints Commission (HCSCC) presenting their services and how they can support our carers going forward.

Our attendance on Tribunal days at both Tamarind and Mental Health Unit at Royal Darwin Hospital have commenced where we are available to support Carers in this process.

The Carers Connect program held a dinner at Nirvana Restraunt, with amazing food, entertainment and service. The dinner was a great oppurtunity for carers to meet others in a relaxed informal atmosphere.

To find out more about Carer Connect catch us on Facebook.

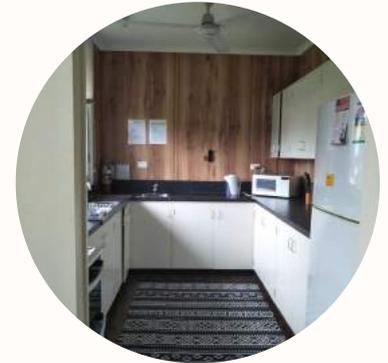


Respite House

Karama Cottage offers respite accommodation for carers of people with a mental illness and the person they care for.



Caring for someone with a mental illness can be stressful and tiring with limited opportunities for a break. Here at MIFA(NT) we recognise that carers need to have a break in order to recharge and be able to effectively look after someone with a mental illness.



This elevated style house is located on a quiet street in Karama, offering a warm and welcoming atmosphere designed to help guests relax. The house is close to shops, bus routes, bike tracks, Holmes Jungle Park and Crocodylus Park.



Accommodation options vary according to the needs of the people requesting to stay at the house. Options include weekend breaks, overnight stays or longer breaks, and can also be regular planned stays or one offs. The options are tailored to the needs of the family as well as providing a low cost option for respite.



Please speak to our Carer Support Coordinator in Darwin to discuss your needs.

Carers News Alice Springs

The carer support program in Alice Springs provides respite and individual/group support to people caring for someone with a mental illness. The program offers activities for carers to step out of their caring role and provide much needed care for themselves.

January kicked off in Alice Springs with a sizeable number of carers attending the dinner and catch up, at the Todd tavern, followed by the hotly anticipated movie Aquaman.

Reviews by the movie goers were very favorable of the story, and choice of the cast. This was a smaller group than usual and was made up of carers who braved the heat and stayed in Alice over the scorching hot summer.

An evening return to the Bowling Green rewarded all with spectacular views of the sun setting behind the MacDonnell Ranges, showing off one of the deserts softer sides. Bowling skills were on show as carers and their families kicked off their shoes to stroll on the grass at barefoot bowling with competitive natures emerging making for some tight tussles.

To find out more about our carers activities in Alice Springs please request a calendar or follow us on Facebook.



MiTrack News Alice Springs

The miTrack program caters to children and youth under the age of 18 who may be at risk of experiencing early signs of mental illness. The program offers a holistic approach, working with children individually, and their parents/guardians to help children achieve their full potential in life.

Throughout the month of January, the Alice Springs miTrack staff promoted the Mental Illness Fellowship of Australia (NT) at Yeperenye Shopping Centre. During this time it was great to share the services that we provide in the community, and continue to make a presence in Central Australia

Also in January, the Alice Springs Mi Track case coordinators held a holiday program for young people of the service. During this time the participants decorated foot prints, created self-portraits, took part in 'getting to know you' games and designed bracelets. The biggest hits throughout the week was the construction of the BoHo dream catchers and the competitive spirit that was brought out in the game of dodgeball.

The clients baked biscuits and made popcorn, as they settled in for an afternoon film at the MIFA(NT) Cinema. New and existing participants were able to build relationships with each other, get through the sweltering Alice Springs summer and most importantly have fun!



MiTrack News Tennant Creek

The miTrack program in Tennant Creek has been a success story since its inception more than a year ago. The program has expanded in the community providing services for children and families. Mi track has been organising school holiday programs in the community and also engaging children in various activities and support which includes advocacy, referrals, case management and family support.

Furthermore, the MiTrack program has been well received in Tennant Creek, in the previous year, just over 120 children and youth benefitted from the school holiday programs, daily activities at the centre, advocacy and support. Families are being assisted and supported through advice and referrals from our staff members and programs run at the centre. Our goal for this year is to be able to provide further early intervention activities for children at risk of developing a mental illness.



Schizophrenia Awareness Week

SCHIZOPHRENIA AWARENESS WEEK 2019



20th - 26th May

If you know someone who is struggling with schizophrenia, join us this Schizophrenia Awareness Week to reduce the stigma and learn valuable information.

To celebrate this week, outings, promotional stalls, the miPlace open day and many other activities will be held to promote this cause.

For more information on what we are doing during Schizophrenia Awareness Week please see our website or follow our Facebook page.

Research Project

With the support of Janssen Australia, Sane Australia are launching a new research project that aims to assess the degree of involvement of consumers and carers regarding treatment decision making in the context of schizophrenia spectrum disorders.

To participate in the research, please complete the survey which can be found here <https://tinyurl.com/SDMstudyand> takes approximately 10-20 minutes. All participants go into a draw to win a voucher.

Supporters, Partnerships & Alliances



An Australian Government Initiative



Membership Information

Membership Fee: \$10.00 for carers/families/individuals, \$20.00 for organisations.

Membership period runs from 01/07/2018 - 30/06/2019.

Please return this form with your payment to: Mental Illness Fellowship NT, PO Box 40556, Casuarina NT 0811

Name:

Address:

Telephone

Email:

Carer Consumer Service Provider Other interest

Membership fee: _____

Donation: _____

Amount Enclosed: _____ Cash/Cheque

Signature _____

Thank you for your support!

Your Contact Details

We would like to stay in touch with carers and consumers, we regularly send out our iNTouch newsletter and a variety of flyers. There are many workshops, support groups and information that you may be missing out on, could you please phone or email us if you have changed address, phone numbers or email since we last had contact with you. We respect your privacy and your personal information will remain confidential at all times.

Contacts

Mental Illness Fellowship Australia (NT)

Darwin

Open 8:30am to 4:30pm Monday to Friday

2/273 Bagot Rd, Coconut Grove, NT 0810

PO Box 40556, Casuarina, NT 0811

Ph. 08 8948 1051 Fax 08 8948 2473

1800 985 944

Email: adminemifant.org.au

www.mifanmt.org.au

miPlace - Drop In centre for consumers

Open 9:30am-1:00pm, Monday to Friday

Mental Illness Fellowship Australia (NT)

Alice Springs

Open Monday-Friday 8:30am- 4:00pm

4/58 Reg Harris Lane, Alice Springs, 0871

Alice Springs, NT 0871

Ph. 08 8953 1467

Email: alice@mifant.org.au

Mental Illness Fellowship Australia (NT)

Tennant Creek

Open Monday-Friday 8:30am- 4:30pm

42 Paterson Street, Tennant Creek

Ph. 8962 1931

Email: tennant@mifant.org.au

24 Hour Emergency Service

In case of an emergency call 000 and ask for ambulance, fire or police

Useful numbers

MHAT Team 1800 682 288

Centrelink 13 27 17

Commonwealth Carelink Centre 1800 05 2222

Community Visitor Program 1800 021 919

Grow 8981 1210

Headspace 1800 659 388

Kids Helpline 24 hr. 1800 55 1800

Lifeline 24hr crisis counseling 131114

Mensline Australia 24 hr. 1300 78 9978

SANE Mental Illness Helpline 1800 18 7263

Tamarind 8999 4988

TEMHCO 08 8932 6686

Mindfulness Activity



BALANCE

CALMNESS

COMPOSURE

CONTEMPLATION

CONTENTMENT

HUSH

MEDITATION

PEACEFULNESS

QUIETNESS

REFLECTION

RELAXATION

RESTFULNESS

SERENITY

STILLNESS

TRANQUILLITY

UNDISTURBED

Sausage Rolls

- 500 grams chicken mince
- 1 carrot peeled and grated
- 1/4 cup honey
- 2 sheets puff pastry



1. Preheat oven 200°C.
2. Mix together mince, carrot and honey, seasoning with sea salt and cracked pepper.
3. Lay a sheet of pastry on a flat surface. Cut the sheet in half.
4. Spoon the mince mixture down the centre of each pastry half.
5. Fold the pastry over the filling, overlapping the edges, placing the join underneath to enclose.
6. Cut into 4 short pieces. Place on a baking paper lined baking tray.
7. Repeat with remaining pastry and filling.
8. Bake for 30 minutes or until golden