

Self Help & Carers

Throughout their lives baby boomers have had a big impact on our economic, social and cultural life.

I read recently in the *Western Australia's Baby Boomers—Our Future Seniors (Topic Sheet No.6)* that within the next 20 years all baby boomers will be seniors! A rather sobering thought for someone like me who falls within that category but hasn't quite reached the seniors category yet!

Health information provided in the fact sheet and taken from the Australian Bureau of Statistics data from 2001, gives us some indication of where we may be in the future with regard to our ageing and possible care needs.

For example... "a comparison across the three age groups of baby boomers, pre-seniors and seniors shows the likelihood of being in non-private dwellings such as nursing homes and cared accommodation increases with age. The likelihood of being in a nursing home triples from baby boomer years to pre-senior years, and increases ten-fold from pre-senior to senior years. The extent to which they will require hospital and residential aged care services will depend on a variety of factors, such as their health status and level of family support."

With a decrease in the number of births over the last few years not only may our pensions be affected as a result of less taxes being paid but also the number of carers may also be reduced.

The statistics also indicate that "despite being in good health, over 90% of baby boomers have one or more long-term health conditions.

One quarter of WA's baby boomers are current smokers. Younger baby boomers are more likely to be smokers than older baby boomers (29% compared to 20%). In comparison, only 16% of pre-seniors and 10% of seniors are current smokers."

"Around one in seven (14%) baby boomers are considered to consume risky or high risk amounts of alcohol. Two thirds of WA's baby boomers are either sedentary or undertaking low levels of exercise. Physical inactivity is recognised as a key health issue that contributes to disease morbidity and mortality in Australia."

These statistics would certainly indicate that we baby boomers will need to rely heavily on some form of care as we age. Of course caring isn't only about the old. Carers contribute hundreds of thousands of dollars in unpaid care to family members and loved ones with a wide range of needs.

As with self help groups for other issues, self help and support groups for carers can provide much needed respite and an opportunity to be with people who understand the highs and the lows of being a carer. With predicted increases in the needs for baby boomers, self help groups can provide not only support to individuals but could become a strong force along with other carer focussed agencies in improving services for carers in the future.

Vicki Davies
Executive Officer



The **News Exchange** is the quarterly newsletter of the Western Institute of Self Help (WISH) Inc, and is distributed free to all WISH members.

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EDITORIAL

Welcome to the Winter edition of the WISH ‘News Exchange’ !!

Let me introduce myself . . . My name is Alison Morse and I was initially employed by WISH almost a year ago to help out with the Bunbury Forum. Since then I have worked in an administration and special projects capacity, helping with the 2005 WISH Directory, the newly designed website and various other projects.

I have recently been appointed the role of Promotions and Administration Officer. This position is a unique opportunity to utilise all of my skills, including graphic and web design, promotion, online publications and all aspects of IT. I look forward to working with self help groups on their promotion and publication needs. Please do not hesitate to contact me on 9228 4488 for a chat about your groups promotion needs or just to say hello.

There have been many staff changes for WISH in the past year including the resignation of our Community Development Officer (CDO), Sharon Van der Laan. Those who know or have met Sharon will know that she will be sorely missed by the team at WISH and the many groups she helped in her 5 years as CDO.

This edition of ‘News Exchange’ will focus on self help and carers. My apologies for its late arrival, however with Carers Week fast approaching and many other activities planned in September and October this issue is timely.

The next edition will focus on ‘Aboriginal issues’- so if any readers have stories or information they think will be relevant please submit it by the end of October.

Until next issue goodbye and I hope you enjoy Self Help and Carers!

Keep Smiling
Alison



Carers . . . A Snap Shot

There are many different care situations, but most carers take on caring responsibilities because a family member or friend needs support and assistance. This can begin at the birth of a child with disabilities, it can happen suddenly as the result of an accident or can develop over a number of years as a condition progresses.

What is a Carer?

A carer provides unpaid support and assistance to a relative or friend who has a disability, physical or mental illness or is frail aged.

Who are Carers?

Carers can be parents, partners, children, relatives or friends. Carers are found in all communities and across all age groups. However, many people who care do not identify themselves as carers.

What do Carers do?

Carers may care for a few hours a day or all day, everyday.

Each situation is different but carers provide all sorts of assistance including:

- help with daily living tasks such as cooking, shopping and bathing
- assistance with health care including administering medication and operating specialist equipment
- managing paperwork, and
- emotional support.

The importance of Carers

Almost 90% of people who require assistance due to disability, illness or frailty receive help from family and friends. Most care for people with a disability or illness (around 74%) is provided by family, friends and neighbours. The government relies heavily on carers' willingness and ability to provide care.

Go Figure . . .

11% WA population are Carers
52% Carers are under 44 years of age
45.8% Carers are Male 54.2% are Female
31% Carers are employed full time
53% Primary carers rely on Govt. Pension

The impact of caring

Caring has many direct consequences for the carer, usually in relation to their financial position, their health and wellbeing, their employment and education prospects, and their ability to participate in social and community life.

Poverty:

- Most primary carers are on low incomes and have no opportunity to accumulate or preserve superannuation or savings
- Carers and those they support often have higher living expenses such as heating, health care, equipment, transport, etc

Health:

- Carers attribute a range of health problems to their caring responsibilities including anxiety, depression and physical injuries from lifting
- Carers often forego their own health checks

Relationships:

- Caring can be rewarding and provide opportunity for personal growth and the development of new skills. Carers may also experience frustration and distress which can severely impact on relationships

Participation:

- Carers often forego important life opportunities especially in relation to paid work, a career and education
- Carers can also miss out on important social relationships such as recreation and leisure pursuits, which may leave them feeling isolated

What Carers Need

- Recognition by government, service providers, health professionals and the community of the valuable contribution they make both to the person for whom they care and to society
- Comprehensive information, education, training and support to facilitate understanding, advocacy and care
- Services that support and sustain the care they provide. Respite, or a break from caring responsibilities, is especially essential
- Involvement in decision making that effects their lives and the care they provide
- Access to flexible employment
- Financial support and security



ARAFMI Mental Health Carers & Friends Association Inc

Family Support

FREE professional family support counsellors for one-to-one counselling either by telephone or in person. By appointment

Family Support in rural regions

Currently providing services in North West, Central West and the South West of WA.

Metropolitan Mutual Support Groups

These groups, known as ARAFMI Share and Care Groups, are generally facilitated by carers for carers. The aim of these groups is for the carers to be able to share their experiences, both positive and negative. Participants gain strength from each other and learn ways to more effectively cope with many situations.

Advocacy

Advocates at both a policy level and an individual level for appropriate services and standards of service for families of people with mental health issues.

Youth Services

Specialist programme for young people (aged 8 - 18 years) who have a family member with a diagnosed mental illness.

Other Services Include

- Holiday Respite
- Community Education
- Information Booklets
- Psychiatric Services Directory for WA

Phone: 9389 9888

Fax: 9228 0440

Freecall: 1800 811 747

Email: arafmi@arafmi.asn.au

Website: www.arafmi.asn.au

Mental Illness Fellowship of WA

Provides information and support to people affected by schizophrenia/mental illness, including their carers and families.

Services provided include

- ☼ Helpline
- ☼ Information
- ☼ Library
- ☼ Seminars/workshops/presentations
- ☼ Newsletter
- ☼ Lorikeet Clubhouse
- ☼ Carers support

The Well Ways programme is designed for carers and facilitated by carers. It assists to increase the capacity of families, carers and friends to care effectively for themselves, other family members and/or their relative living with the mental illness. The course aims to improve the quality of carers' lives and the control they have over the situation in which they find themselves.

A support group operates on a Thursday between 10am and 2pm and provides an informal venue for people to catch up with old friends or make new ones, or the opportunity to share information and talk over issues, either within the group or on a one to one basis. A typical example of people who attend this informal group may include consumers, carers, family members, friends and health professionals.

Ph: 9228 0200

10am – 4pm Mon – Fri

Fax: 9228 0022

PO Box 8422

PERTH BUSINESS CENTRE WA

Email: mifwa@bigpond.com

Website: www.mifwa.com





Everything you need to know about

CARERS WEEK

16th to 22nd October

VISIT - www.carerswa.asn.au/services/carersweek.asp

- 🌀 Planning a carers week event? 🌀
- 🌀 Applying for a carers week activity grant? 🌀
- 🌀 Registering your carer event on the carers week calendar? 🌀

Carers WA tailors information addressing carers individual needs including,

- 🌀 Specific information about community and government services
- 🌀 A comprehensive range of resources and written information, including a free carer support kit (available in 13 languages).
- 🌀 A specifically designed free carer support kit for Aboriginal and Torres Strait Islander People
- 🌀 Emotional support provided by professional counsellors by telephone, face to face and email
- 🌀 Information Sessions and Displays
- 🌀 Resource Library
- 🌀 Social Support Programs
- 🌀 Education and Training
- 🌀 Advocacy and representation

Telephone Counselling Line 1800 007 332

Face to Face Counselling 1800 242 636

Ph: 9444 5922

Fax: 9444 8966

255 Walcott St

NORTH PERTH WA 6006

Email: info@carerswa.asn.au

Website: www.carerswa.asn.au

EMAIL COUNSELLING AT HOME

Carers WA has recently launched a new carer counselling service which allows family carers to access counselling through email.

"Some people can be very reluctant and uncomfortable about sitting down face to face with a counsellor. The real benefit of E-counselling is that carers can receive counselling in their own homes, when it suits them. There is no appointment so there's no pressure to get ready and no need to organise respite to attend a meeting".

Melissa - E-counsellor, Carer WA

E-counselling is taking off and below are comments from one of the carers accessing the service.

*E-mail counselling offers **an avenue for those who prefer to express their feelings in the written word** - it has an important place in my bag of support tools and I urge other carers to consider the benefits".*

Ellen, Family Carer

E-counselling is FREE to Family Carers. Contact us on chat@carerswa.asn.au for more details.

Australian Red Cross

Improves the quality of human life: to enhance self reliance and concern for others; and to help people avoid, prepare for and cope with emergencies.

Services and programmes include

- ✦ Aged Care and Disability Services
- ✦ Carers Support Service
- ✦ Carer Respite Centres
- ✦ Community Visitors Scheme
- ✦ Telecross
- ✦ First Aid Health and Safety Services
- ✦ Community Support Services
- ✦ Family Support
- ✦ Financial Counselling
- ✦ Soup Patrol

Ph: 9325 5112

Fax: 9325 5112

GPO Box P1239

PERTH WA 6844

Email: info@redcrosswa.org.au

Web: www.redcross.org.au

Psychiatric Emergency Team (PET)

A state-wide mental health crisis, information and advisory service, staffed by Clinical Nurse Specialists who provide:

- ⊙ Initial advice and assessment over the telephone
- ⊙ Counselling and support to clients, family and care givers
- ⊙ Information on all aspects of mental health
- ⊙ Referral to community resources.
- ⊙ A consultancy service to other professional groups and agencies
- ⊙ Together with local mental health and emergency services, coordination and assistance with emergency community based assessment within the metro area
- ⊙ Mental health education and promotion

PET services are available 24 hours per day / 7 days per week.

Psychiatric Emergency Team 1300 555 788



South Care Inc

Provides support services for families and frail-aged residents in the City of South Perth and Victoria Park.

Services include Home Support Program, Veterans Home Care, Community Aged-Care Packages, Community Visitors Scheme, Aboriginal Family Support Program, Emergency Relief, Financial Counselling Program, Mankara - Low Cost Food Shop and an Opportunity Shop.

A Family Carers Group meets monthly. The meetings are informal and the emphasis is on socialising and mutual support. For any further information contact Inge on 9313 1925.

Phone: 9450 6233

Fax: 9450 2324

54 Bickley Cres

MANNING WA 6152

Email: info@southcare.org.au

Website: www.southcare.org.au



The Kalparrin Centre Parents of Children with Disabilities Inc

Provides practical and emotional support for families of children with special needs in order to assist them in achieving a better quality of life.

Services include

- ◆ Drop-in centre
- ◆ Comprehensive up-to-date information
- ◆ Parent link
- ◆ Respite camps for carers
- ◆ Literature
- ◆ Support group meeting facilities

Phone: 9340 8094

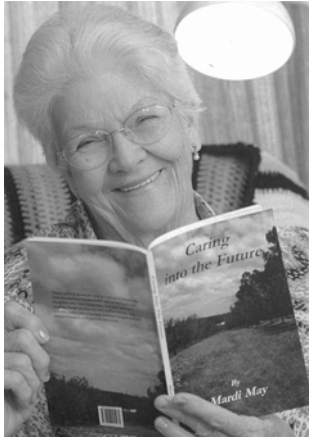
Fax: 9380 6114

GPO Box D184

PERTH WA 6840

Email: kalparrin@inet.net.au

Website: www.kalparrin.org.au



Caring for the Future

by Mardi May

'Caring for the future' is a collection of stories from parents who care for adult children with disabilities. In disability Update June 2005, Lorraine Dokerill from the Disability Services

Commission said "By telling their stories families commented that they felt good about remembering all the things they had done in the past and their struggles to ensure their children were given the best life could give."

Norma Bain, who was involved in the production of the book, said "Everybody felt very happy about it at the finish. It was a very emotional journey."

Copies of the book can be obtained from Norma by calling 9390 8090.

Support & Therapy Centre at Murdoch Community Hospice

Providing support and therapies to both public and private patients and their carers living in the community and inpatients at the Hospice.

Emotional, physical, psychological, spiritual and cultural issues are addressed by qualified allied health care professionals and practitioners qualified in their chosen modality.

Our current program includes: Massage, Reiki, Reflexology, Pranic Healing, Kinesiology, Podiatry, Hairdressing, Beauty Therapy, Support groups (for people with a life-limiting illness), Bereavement Support Group, Mosaic workshops, Meditation, Relaxation, Laughter therapy and of course our famous "Happy Hour" every Friday afternoon.

For more information please contact Jayne on 9366 1366.

Commonwealth Carelink Centre

The Commonwealth Carelink Program provides a central contact point for older people and people with disabilities to easily find the information they need about aged care and other community services in their local area. This service is free and confidential.

Services Include

- ▶ Home help, maintenance & modification
- ▶ Personal, respite & nursing care
- ▶ Transport & meal services
- ▶ Disability services
- ▶ Day centres & day therapy centres
- ▶ Aged care assessment teams
- ▶ Allied health services
- ▶ Residential care & accommodation
- ▶ Counselling support & advocacy

To find out more about your local Centre phone 1800 052 222 or look on our website www.commcarelink.health.gov.au

WA Stroke Foundation

Offers support, information and continuing education to stroke survivors and their families.

Services include information and advice, support and fellowship. Meetings are held monthly.

The WA Stroke Foundation has recently launched it's website
www.strokewa.info

Plus their newly launched
'Stroke Survivor Kit'

National Stroke Week
19th – 25th September.

Ph: 9346 7540

Fax: 9346 7534

The Niche

Suite B, 11 Aberdare Rd
NEDLANDS WA 6009

Email: stroke@cnswa.com

GROUP NEWS

Stroke Group

Subiaco Stroke Group is for people who have Aphasia or Dysphasia (loss of language).

It is open to all people no matter their age.

**Meetings are held
Wednesdays from 9:30am to 11:30am
at the Heart Foundation at the corner
of Heytesbury and Rokeby Roads
on the 2nd floor.**

Call Gillian Mc Rae on 9493 0298
for more information

**Come along and join us for a few
laughs and a wonderful time.**

Women's Multicultural Support Group

A support group especially for migrant, non-English speaking women providing an opportunity to socialise, form friendships and develop networks with other women and reduce isolation.

**For more information contact
Feloora or Ashraf on 9328 2699**

The support group is held at the Multicultural Services Centre of WA Inc.

This centre is a non-profit community organisation established to provide services for migrants from all cultures.

Services include; Housing, Advocacy, Support, English Classes, Employment, Career Counselling, Education, Orientation, Legal Service and Aged Care Program.

Ph: 9328 2699

www.multicultural.online.wa.gov.au/mscwa

Asthma Support Group

ASTHMA Week will provide a backdrop to the launch of an Asthma Foundation of WA support group which aims to bring together people who are affected by asthma.

People with asthma, their families and friends will be able to share their stories and experiences, and provide emotional support to others in a similar situation. An asthma educator will be on hand to answer any questions.

According to Asthma Foundation of WA Community Education and Project Officer Jodie Elvin, the support group will address the needs of participants and may be a springboard for social events.

**Please see enclosed flyer for details or
ring Jodie on 9289 3619**

Self-Help Groups for girls/ women with an eating disorder

The aim of the Body Esteem project is to develop and sustain Self-Help groups for those affected by the eating disorders Anorexia Nervosa and Bulimia Nervosa. Two types of Self-Help groups have been established, targeting girls and women at different stages of the disorders.

Self Help Group - This is a structured, 35 week self help group that will target women experiencing the early acute stages.

After Care Self Help Group

This is a semi-structured group that meets fortnightly for 10 months, targeting women who have previously received therapy for their eating disorder, but who are seeking some structure and support to maintain their level of functioning.

Phone Women's Healthworks on 9300 1566

**For more information about starting a self help group
or to contact an existing group call WISH
on 9228 4488 or Freecall (Country callers) 1800 195 575**

WISH OFFICE NEWS

Melva Marshall

Community Development Officer

Hi Everyone, My name is Melva Marshall and I am the new Community Development Officer. I have been here only a few weeks but I am really enjoying working with the professional staff of WISH. Sharon will be a hard act to follow but I am looking forward to the challenge. My last position was at Playgroup WA as a Development Officer where I assisted playgroups get started and run smoothly. At various times I have been involved in the facilitation of groups/workshops and short courses and look forward to doing more of this. When my children were little (they are now adults) I returned to study completing a teaching degree. I am keen to offer my assistance to you, so please do not hesitate to contact me if there is anything that I can do to help.

Charlotte Wood

Administrative Assistant

Hi everybody! My name is Charlotte Wood and at the end of July I started as the new Administrative Assistant at WISH. I have a Bachelor in Community Education with a major in Community Development from the University of Canberra. During my studies, I completed a placement at ACT Shelter and a year long research project at ACT Council of Social Services within their sector development area. Previously to WISH, I was working as an administration and procurement officer in the public service. I am enjoying being here at WISH and loving the Perth weather! Thanks to everyone who I have met or spoke to over the phone for welcoming me so warmly and I look forward to meeting and speaking to you.



Bonita Eaton – In Remembrance

It is with sadness that we say goodbye to a staunch supporter of WISH and the practice of self help in WA. Bonita (Bonnie) Eaton died on Thursday 21 July 2005 after a long battle with chronic health issues. Bonnie was elected to the Board of WISH in 1984 and remained with us until her recent bout of illness.

Bonnie contributed much of her time promoting the aims and objectives of WISH and giving ongoing support to the team. She was also the voluntary co-ordinator of the Lone Parent Family Support Service - Birthright in addition to working as a volunteer at WACOSS for more than 10 years and being on the Board of CROFT. Her commitment to self help support, welfare and community services was unfailing. Bonnie lived each and every day with serious and life threatening health conditions but did not allow that to keep her from contributing to the groups and organisations in which she was involved.

Bonnie was a spiritual, thoughtful, caring and supportive hard working woman who has left her mark on many of us. She showed us all the true meaning of the word commitment. Family and friends bid farewell to Bonnie at her funeral which touched us all, especially seeing her grandchildren speak and sing of what their grandmother meant to them in their lives.

Bonita will be sadly missed and the WISH Board and staff pass on their sincere condolences to Sharon, Samantha and Matthew.

Keeping the money flowing

It's a difficult exercise for non-profit groups to find money to support their community activities – and unfortunately the work keeps going even when the money is in the bank.

You still need to make sure that the money is well spent and – importantly - that the money is there to spend when the group needs it most and the bills come rolling in.

When we recently ran the State of the Community 2005 survey, one of the questions we asked groups was how they rated their finances. It was quite alarming that six per cent wondered if they had the money to see out the year while almost one in ten groups said they would have to run emergency fundraisers to cover cash shortfalls. That's almost one out of every seven groups that has a major financial issue.

Too many good,
passionate and
much-needed
community groups
have disappeared not
through lack of ideas,
services or
commitment but
through lack of cash

You have to be able to pay your bills and creating cash flow forecasts and closely monitoring your cash flow helps. A cash flow forecast is simply a predicted flow of funds coming in (donations, membership, grants, sponsorship etc) and going out (rent, telephone, wages, power, transport etc) for a particular period, usually monthly, and is an extension of your group's budget.

Here are some tips Westpac Bank drew up for us to help groups improve their cash flow management and avoid those unwanted financial emergencies and crises.

- ξ Go through your previous budgets and statements to get an accurate pattern of overall income and expenditure and also when it occurs each month.
- ξ Consult your current strategy and budget to see if any major income or expenditure is expected and when.
- ξ Consult with sub-committees or any other sections in your group to see if they can contribute to your forecast and ensure it is as realistic and accurate as possible.
- ξ Draft the forecast so that the actual figures can be inserted next to the forecasted figures. This will allow you to analyse the data quickly to identify any significant variations.
- ξ Check each month (more regularly if required) for any minor discrepancies – and try to understand whether there were any “one-off” reasons for them or if they were part of an emerging trend.
- ξ Include estimated bank balances and then also compare the actual bank balance at the end of each period. Reconcile bank statements as soon as possible.
- ξ Establish strict processes for the separation of handling and recording of cash, the prompt banking of any cash and also a system of payment where records are kept for all spending (usually by cheque and requiring the signatures of two officials).
- ξ Continue to review your cash flow each month and feed the information back into your planning and spending decisions.

For more information on community group finances, visit the Finance Centre at www.ourcommunity.com.au and download the free Guide for Community Treasurers, email questions@ourcommunity.com.au or call (03) 9320 6813.

REGIONAL ROUND-UP

Rurallink

Specialist AFTER-HOURS
mental health telephone
service for
the rural
communities
of Western
Australia



1800 552 002
TTY 1800 720 101



Department of Health
Government of Western Australia

Rurallink is an after-hours extension of rural mental health services providing easy telephone access to experienced community mental health staff, with a focus on supporting people with mental health issues.

Rurallink offers

- ☞ New and existing clients and carers information
- ☞ Advice
- ☞ Assessment
- ☞ Assistance to access appropriate services

Rurallink is a free call service (normal call rates apply to mobile phones).

Rurallink is available 1630 - 0830 Monday to Friday and 24 hours on Saturdays, Sundays and Public holidays. Outside of these hours you will be connected to your local mental health clinic.

Rurallink 1800 552 002

East Kimberley Family Support Association

Provides support to families in the East Kimberley who care for a member who has a disability. They help people to access community services and support carers with as much flexibility as possible.

Phone: 9168 1335

Central West Mental Health

Cares for clients with mental health issues in the Geraldton region and surrounding area. Services include information, clinical services, counselling and home visits. Also covers central west and Murchison Region.

Phone: 9956 1999

Kambalda Individual Disability Support & Carers Respite House

Offers services to help provide a better quality of life to children and adults with a disability and their families. Services include, respite accommodation for families and individuals, information and advice, self help support, and fellowship.

Phone: 9027 1536

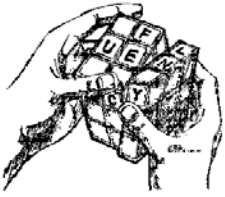
SWARD

South West Attention and Related Support Group

Provides information, advice and a supportive and non-judgemental atmosphere to all individuals and families affected by ADD/ADHD and related disorders.

Please call 9721 1868 or 9795 6651

.. COMING EVENTS ... COMING EVENTS ..



The Speak Easy Association of WA

'Public Speaking with Confidence'
Saturday 3rd September
9.30am – 1pm
Claisebrook Lotteries House
33 Moore St, East Perth.
Cost: \$5

Morning tea and all workshop resources
are included

This session will provide participants with
basic public speaking skills

Please see enclosed flyer for details or
ring Tina Parker on 9225 4111 or
email seawa@speakeasy.org.au



The Chromosome 18 Register & Research Society (Aust) Inc

Annual Family Meeting 2005
Saturday 8th & Sunday 9th
October 2005, Sydney

The Program will include:

- Dr Jannine Cody, Founder and President of The Chromosome 18 Society, Texas USA
- Dr Daniel Hale, Endocrinologist
- Rick Guidotti, renowned Photographer and Program Director
- Dr Linda Gilmore, Lecturer, Queensland University
- Dr Velencia Soutter, Pediatrician, Royal Prince Alfred Hospital
- Dr Peter Smith, Associate Professor, Royal Children's Hospital Brisbane

**For further information contact
Marlene Brightwell on
(02) 9580 5707**



Adoption Jigsaw

Adoption Jigsaw is delighted to host a
seminar by internationally acclaimed author
and therapist

NANCY VERRIER

Saturday 10th September 2005
Notre Dame University
ND35/301, School of Medicine
Henry St, Fremantle
9.45am – 4.00pm
\$25 (lunch not included)

**Adoption affects more than 1 in 10
people... This is a rare opportunity to
learn more about adoption and reunion
issues with one of the worlds leading
authorities. See flyer for more details.**



G A I N inc
Gynaecological Awareness Information Network

The Great Gynae Day Out!
**National Gynaecological Awareness
Day** – a celebration and information for
every woman, man and their children

Saturday 10 September 2005
10am to 7pm, Perth Western Australia

Morning Tea
Talkback Theatre
Massage, Reflexology, Reiki
Essential Information for every woman
Lunch with special guest speakers
Art Exhibition
Fashion Show

To register your interest and receive
further information, e-mail
kylie@dccm.biz

.. COMING EVENTS ... COMING EVENTS ..

Mental Health Week

9 - 15 October 2005

Mental Health Week is an annual national awareness week, aimed at promoting the importance of mental health and wellbeing to the wider community.

Mental Health Week aims to:

- ▲ highlight statewide initiatives, activities and events,
- ▲ to increase knowledge and community education about mental health issues,
- ▲ foster a more supportive and informed attitude to those who live with mental illness and,
- ▲ to encourage participation in healthy lifestyle strategies.

Look out for a Mental Health Week event near you!

World Mental Health Day



Monday, 10 October 2005

For event details visit
<http://www.mhca.org.au/Resources/WorldMentalHealthDay>

A NATIONAL DAY OF ACTION

In response to the overwhelming support of the nation after the airing of "The Hidden Army" on Four Corners, Caring families invite all caring Australians to . . .

WALK A MILE IN MY SHOES

TUESDAY 13th September 2005

Family carers save our governments at least \$30 billion dollars a year and families need help to sustain their ongoing support & futures for both themselves and for those for whom they care.

For details to register to join us in our day of action, contact:

Carole Franklin on 9398 6329 or email franklin@abacus.com.au

Men's Health Week-WA

**Monday 29 August to
Sunday 4 September (Father's Day)**

Some of the events include:

- ❖ Jocks & Socks Art Exhibition
- ❖ Dads@Lifeline Information Evening
- ❖ Men's Grief Discussion Forum
- ❖ Staying Connected Workshop for Separated Dads Kalgoorlie
- ❖ Men's Health Road-show - 'Beyond Blokes' Esperance & Kalgoorlie
- ❖ Pit Stop - Bunbury
- ❖ Men's Self Care Day
- ❖ Road Rage: Another form of masculine violence?
- ❖ Coodanup Mandurah Fathers Day Big Kite Day

For more information contact:
Men's Advisory Network
Phone/Fax: (08) 9218 8044
Email: admin@man.org.au
Website: www.man.org.au

.. COMING EVENTS ... COMING EVENTS ..



The Peripheral Neuropathy Support Group

Provides advice, information, literature and support group meetings for people coping with Peripheral Neuropathy.

The Neurological Council of WA EXPO
15 November 2005
Conference 22-23 November 2005

Discussion panel with neurologists where people will be able to ask questions and hopefully get some answers to their problems.

Interested members of the public are welcome to attend.

Phone for details. Ph: 9296 7190
Email: unegascoigne@ellenbrook.net



ARAFMI
presents
BREAKTHROUGH 2005
Public Mental Health
Lecture Series

September 5

Borderline Personality Disorder
Dr Rowan Davidson
Chief Psychiatrist for the State of WA

September 12

Eating Disorders
Dr Anthea Fursland - Principal Clinical Psychologist
Clinical Interventions Centre, Eating Disorder Unit

Special Event!

September 19

Joint forum to be held by the Office of Mental Health, beyondblue & ARAFMI
Topic: Anxiety & Depression
Speakers: Dr Aaron Groves, Director - OMH
Dr Nicole Hight, Program Manager-beyondblue
Venue: Theatrette at Department of Health
189 Royal St, East Perth
Time: 7pm — 9pm Cost: FREE

Anti Poverty Week

16 - 22 October 2005

Poverty and severe hardship affect more than a million Australians. Around the world, more than a billion people are desperately poor.

In Anti-Poverty Week help fight Poverty and Hardship.

Why not organise a display, stall or award?
Maybe a workshop, lecture or forum?
How about a fundraiser, fact sheet or petition?

For more information and ideas:
Visit www.antipovertyweek.org.au
Email apw@antipovertyweek.org.au
or call 1300 797 290



.. COMING EVENTS ... COMING EVENTS ..



Parkinson's Western Australia

Provides support and information to people with Parkinson's, their families and their carers, helps to raise the awareness of Parkinson's Disease in the community and to educate health professionals.

An '**Introduction to Parkinsons**' seminar
Saturday 10th September

Parkinsons Awareness Week 5 – 11 September 2005

Please ring office for more details.

Ph: 9346 7373

Email: pwa@cnswa.com

Website: <http://www.parkinsonswa.org.au/>



YOUNG ACHIEVER AWARDS

The purpose of the Young Achiever Awards is to acknowledge, encourage, reward and most importantly promote the positive achievements of young Australians aged between 14 and 26 years.

The awards recognise the achievements of youth in the following categories:

- ★ Community Service
- ★ Arts
- ★ Sports
- ★ Environment
- ★ Career Achievement
- ★ Science & Technology
- ★ Regional Initiative

Nominate yourself or someone you know!

Nominations close Friday 14th October 2005

For more information visit
http://www.awardsaustralia.com/YAA_wa.html
or call Ph: (08) 9446 1677

Luna Palace Cinemas is thrilled to announce international guest, Murderball spokesman and **US wheelchair rugby paralympic team** member **MARK ZUPAN** will tour to Perth for a Talking Picture event & WA Premiere of **MURDERBALL**

Luna Palace Cinemas are delighted to welcome Carers WA Members and Contacts for a Talking Pictures Event

When: 6.45pm Thursday 1st September 05
Venue: Cinema Paradiso
164 James St, Northbridge



For further details
please call:
9227 1771



WAAMH

Western Australian Association for Mental Health

GOOD NEWS REVIEW

Extra, extra...read all about it! Hot off the press...notification for the 'Good News Review', to be held at the Parmelia Hilton Perth on Monday, **10th October 2005**. WAAMH believes it is time to celebrate and reflect on all the good things happening in the mental health sector - by showcasing a snapshot of programmes in a one-day symposium called the 'Good News Review'.

This dynamic, interactive event will also incorporate the official Launch of Mental Health Week and two media based workshops for participants. It is hoped that the day will enable people to leave with a sense of feeling uplifted and inspired - don't miss your chance to be a part of it! Expressions of Interest for Abstracts and Trade Displays are currently being sought.

For further information, please contact Cynthia Parnell via email cparnell@waamh.org.au or telephone: (08) 9420 7277.

SERVICES AND INFORMATION



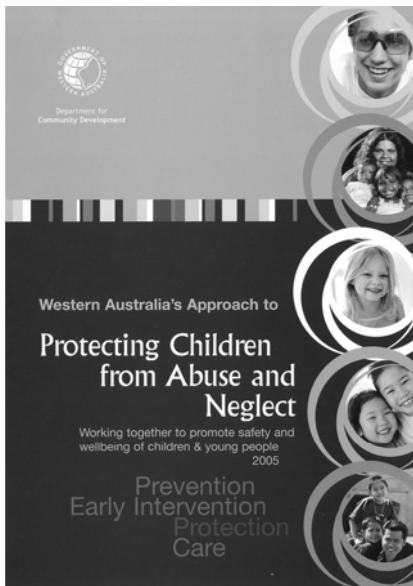
OUTREACH SERVICES MUNDARING

The Shire of Mundaring is keen to assist agencies that provide services to people in the Shire with a suitable and reliable means of access to the community.

The Shire is offering of **casual office space free of charge**. The office space which is also suitable for use as a meeting venue, is available within the current Community Support Services team office, located in Mundaring.

The office will be equipped with a desk, telephone and other furniture, and is large enough to seat up to 8 people comfortably. Services taking advantage of this offer are expected to provide their own computers and other IT equipment.

For details phone Kaye Abel on 9290 6628



NEW DCD
Publication on
Protecting
Children from
Abuse and
Neglect

Including current approach, future directions, responsibilities, Prevention and early detection, protection, care and a list of services and organisations which provide help, advice and support.

For your FREE copy visit
www.community.wa.gov.au

COMPUTER Recycle/IT CENTRE

COMPUTER Recycle/IT CENTRE is a local IT recycling centre located in Perth Western Australia and operating since 1997. Our primary focus is to Recover, Recycle, Reuse and Resell used computer systems, components, equipment and related testing equipment. Our service has been encouraged by the South Metropolitan Regional Council and used by householders, schools, hospitals, local business, mining companies and more.

We specialise in the supply of refurbished computers, components etc. at affordable prices. Every useable product resold by us is thoroughly tested, cleaned and backed by our 30 day warranty. The unusable plastics, metals, circuit boards, cables etc are manually sorted and delivered to other industry for remanufacturing.

Ph: (08) 9244 9048

Adult Learners' Week

1 - 8 September 2005

Adult Learners' Week continues to grow and reach out to more West Australians each year. This year also marks the 10th anniversary of ALW in Australia. It is an opportunity for all those involved in adult learning to come together across our State and celebrate the value of lifelong learning, while at the same time promoting the community partnerships that make it happen.

A kit is available which has information to assist you when applying for an Adult Learners' Week local activity or community event grant, as well as guides to organising an ALW event or display.

To find out more visit the national ALW site
<http://www.adultlearnersweek.org>

CALENDAR OF EVENTS

SEPTEMBER

- 1 - 4 Men's Health Week**
Contact - Phone: 9218 8044
www.man.org.au
- 1 - 7 Asthma Week**
Contact - Phone: 1800 645 130
www.asthma.org.au
- 1 - 8 Adult Learners' Week**
Contact - Phone: 1300 303 212
www.adultlearnersweek.org
- 2 Learn @ Work Day**
Contact - Phone: 1300 303 212
www.adultlearnersweek.org
- 4 Father's Day**
- 5 - 11 Parkinson's Awareness Week**
Contact - Phone: 9346 7373
www.parkinsonswa.org.au
- 11 Body Image and Eating Disorders Awareness Week**
Contact - Phone: 1300 550 236
www.eatingdisorders.org.au
- 8 International Literacy Day**
Contact - www.un.org
- 15 WISH Annual General Meeting**
Contact - Phone: 9228 4488
- 10 National Gynaecological Day**
Contact - Email: kylie@dccm.biz
www.gynsupport.com
- 10 - 18 World's Largest Lunch**
Contact - Phone: 1800 620 420
www.worldslargestlunch.com
- 18 - 24 Dementia Awareness Week**
- 19 - 25 National Stroke Week**
Contact - Phone: 9346 7540
www.strokewa.info
- 21 World Alzheimer's Day**
Contact - Phone: 9388 2800
www.alzheimers.org.au

October

- 1 - 31 Lupus Awareness Month**
Contact - Phone: 9224 3144
www.lupuswa.org.au
- 3 - 7 Sock it to Suicide Week**
Contact - Phone: 07 3219 7279
www.whitewreath.com
- 9 - 15 Haemophilia Awareness Week**
Contact - Phone: 9224 2330
www.hfwa.org
- 9 - 15 Mental Health Week**
Contact - Phone: 9420 7277
www.waamh.org.au
- 10 Mental Health Day**
www.mhca.org.au
- 12 International Arthritis Day**
Contact - Phone: 9388 2199
www.arthritiswa.org.au
- 13 Australian Haemophilia Day**
Contact - Phone: 9224 2330
www.wfwa.org.au
- 16 - 22 Carers Week**
Contact - Phone: 9444 5922
www.carers.asn.au
- 16 - 22 Anti Poverty Week**
Contact - Phone: 1300 797 290
www.antipovertyweek.org.au
- 20 World Osteoporosis Day**
Contact - Phone: 9388 2199
www.arthritiswa.org.au
- 23 - 30 Ectodermal Dysplasia Week**
Contact - Phone: 9454 4967
Website: www.ozed.org.au
- 24 Pink Ribbon Day**
Contact - Phone: 1300 65 65 85
www.pinkribbonday.com.au
- 28 National Bandanna Day**
Contact - Phone: 6380 1884
www.canteen.org.au

MORE USEFUL SERVICES

Carer Support Program

Provides practical support, information and education to carers of elderly people with dementia and/or psychiatric disorders to maximize the quality of care for people with the illness, while maintaining the carer's well-being. Services provided include, courses, workshops, weekend retreats, referral to other agencies
Ph: 9346 8300

Creative And Therapy Activities (CATA) Disabled Group Inc)

Improves the quality of life for people with disabilities and the frail-aged by offering programs which act as a stepping stone from being house-bound to being involved in the community. Provides a social outlet via activities and outings, respite camps and day-care. Also provides support and a break for carers.
Ph: 9448 8804

Family Drug Support

Supports carers and the families of drug users. Services include, national telephone helpline available 24 hrs a day 7 days a week, up to date information, bereavement contact and follow-up, counselling and family therapy, monthly newsletter 'FDS Insight', parent education kits, referral to drug and alcohol, treatment and rehabilitation services and regular family support meetings.
Helpline: 1300 368 186

HCSG Hills Community Support Group

Respite for Carers. Available 24 hours per day to give relief in emergency situations.
Crisis After Hours Number: 9295 2792

Residential Care Support Network

Provides information and support for consumers and family members of aged care services.
Ph: 9331 3141

Lend an Ear - Parents and Carers of Children with a Disability

A support group for carers of children or adults with a disability. Provides self help support and fellowship
Ph: 9277 5329 (Tina)
Ph: 9277 7519 (Carmel)

Our Lady of Lourdes Mental Health Carers' Group

The group provides support to carers and families of people with mental illness. Please phone for meeting details. The group is part of a network run through the Emmanuel Centre - a self-help centre for people with disabilities and their families.
Ph: 9275 2809

Parent Focus

A support group for parents whose children have Cerebral Palsy, providing information, education services, library resources and group meetings as well as friendship and support. Each meeting has a different theme. A parents get a way is also organised annually.
Phone: 9305 9713

Sexuality Education Counselling and Consultancy Agency (SECCA)

Provides a tailored, flexible and responsive service to people with disabilities, their families, carers and others around issues of sexuality, protective behaviours, relationships and sexual health.
Ph: 9420 7226

We Can Community Services

Provides services to people with disabilities. Services include self help support and fellowship, respite accommodation, training and education, centre-based programs, employment, post school options programs, intensive family support programs and accommodation support programs.
Phone: 9374 0330

A comprehensive listing of self help and community support groups in Western Australia including some national and international contacts, is available now.....
2005 WISH Self Help and Support Group Directory

The Western Institute of Self Help (WISH) established in 1983 is a unique non-profit community based organisation.

ABOUT WISH: WISH represents self help groups in Western Australia by advocating on their behalf and by maintaining the profile of self help within the community. WISH helps people help each. We:


- *Link people and information*
- *Assist groups to develop and run*
- *Support with resources & services*
- *Train individuals and groups*

SERVICES: A range of services is available to provide practical and personal support and information for individuals involved in new and existing self help and support groups as well as providing networking and linking opportunities for professionals, service providers and members of the community.

Some specific services include:

- ***Telephone Information Line***
- ***New & Existing Group Development***
- ***WISH Directory of Self Help Support Groups & Community Organisations***
- ***WISH News Exchange Newsletter***
- ***Resource Centre***
- ***Media/Promotion Assistance***
- ***Information Packages***
- ***Workshops***
- ***Web site***
- ***Register of Rare Conditions***
- ***Fully equipped Meeting Room & Display Boards for hire***
- ***Publications/Audio & Video Tapes***





MEMBERSHIP REGISTRATION FORM

WESTERN INSTITUTE
OF SELF HELP (WISH) INC

Self Help Group/Individual (Unwaged)/
Student (Unwaged): _____ \$16.50

Individual (Waged)/Educational Institution/
Community Organisation: _____ \$33.00

Professional/Commercial/
Government Department/Corporate: __ \$55.00

(Note: rates above are inclusive of GST)

I am interested in:

Becoming a member of WISH

Please send me further information

Surname: _____

First Names: _____

Postal Address: _____

Actual Address: _____

Telephone No: _____

Facsimile No. _____

Email: _____

Website (if applicable): _____

Name & Description of Group if applicable:

**Please send your completed form with
payment to WISH: PO Box 8140
Perth Business Centre WA 6849**

ABN: 23 041 552 831
This is a tax invoice



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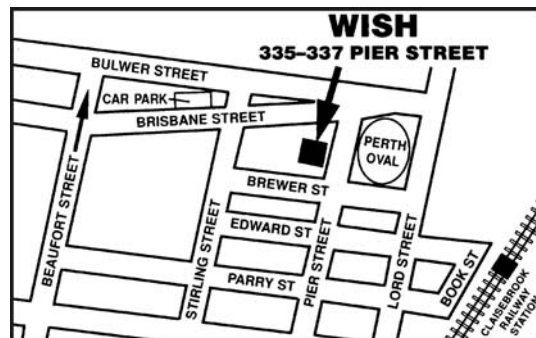
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PO Box 8140
Perth Business Centre WA 6849

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CONTACT DETAILS:

Telephone: (08) 9228 4488
Freecall: 1800 195 575
Fax: (08) 9228 4490
Email: info@wish.org.au
Website: www.wish.org.au
Hours: 9am-4pm
Mon -Thurs
Postal Address: PO Box 8140
Perth Business Centre
WA 6849
Location: 335-337 Pier Street
East Perth WA
(opposite Perth Oval)



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