



## Monthly Newsletter

# April 2016 Update from **Being**

### **Arabic Mental Health Resource Project**

We've been working with Ethno Connect and different members of the Arabic speaking community to create a three-part video mental health resource.

The people who are sharing their views and experiences in our video include Arabic speaking consumers, religious leaders in the NSW Arabic speaking community, and Arabic speaking mental health professionals.

[View this post on our website!](#)

### **Guardianship Act Review**

We've sent our feedback to the Law Reform Commission to inform their review of Guardianship laws in NSW. We'll be looking to give more detailed feedback about Guardianship laws as the review progresses.

To help us do this, we want to learn more about the Guardianship system's impact on people, especially where mental illness is involved. Share your experiences and views of Guardianship with

us: [policy@being.org.au](mailto:policy@being.org.au) or (02) 9332 0200.

[Click here to download our submission!](#)

## **Senate Inquiry about Indefinite Detention**

We've sent our feedback to inform the Senate's Inquiry about Indefinite detention of people with cognitive and psychiatric impairment in Australia. We made comments and recommendations based on the problems we've heard from people who have experienced the forensic mental health system.

[Click here](#) to read about some of the comments and recommendations we wrote about based on the problems we've heard from people who have experienced the forensic mental health system

[Download and read our submission here!](#)

## **Mental health training for inpatient paediatric staff**

MH-Children and Young People, NSW Health, and the NSW Institute of Psychiatry are developing a training package and resources on caring for young people with mental health issues in paediatric inpatient settings.

We are a part of the expert advisory group and have had input into the content and development of the training package and resources. The training and resources will be available to all Local Health Districts from May 2016.

[Click here to view this post on our website!](#)

**Recruited consumer speakers for conference on homelessness**

We assisted Homelessness NSW to recruit two consumer speakers with experience of homelessness to speak at their upcoming conference, 'Some Home Truths' (28-29 April, Newcastle). We received a lot of interest from consumers for this public speaking opportunity, and we want to thank everyone who got in touch with us.

Anyone with a direct experience of mental health issues interested in sharing their experiences at events can contact us and be added to our speaker register. Please contact [policy@being.org.au](mailto:policy@being.org.au) or (02) 9332 0200.

## **Meeting with Blue Mountains Consumer Group**

We met with a consumer group called Consumer Regional Development Team in Springwood to discuss what BEING does, systemic advocacy and how we can work together. We look forward to continuing to work with the group, and invite other groups to contact us.

For more information about the Blue Mountains Consumer Regional Development Team contact Janice Peterson at Partners in Recovery: 4708 8179, [Janice.Peterson@nbmphn.com.au](mailto:Janice.Peterson@nbmphn.com.au)

Email us!

## **Consumer Participation Position Statement**

We've started working on a statement about our views on recognising consumers for their input and participation.

We're currently researching about different approaches to consumer participation and evidence to support those approaches.

[Click here to view this post on our website!](#)



## Consumer Advocacy Course Opportunity!

### About this Workshop

The Consumer Advocacy Course consists of three consecutive days of training, from Tuesday the 10th of May to Thursday the 12th of May.

**The Consumer Advocacy Course** is suitable for beginners interested in starting out doing advocacy, representation, or engaging in participatory activities such as joining consumer networks, and for those already active in these roles but who need to improve their knowledge or 'fill in the gaps' as one participant put it. Any consumer who has been involved over a long period of time would still find this course useful, because some topics have not been presented in other settings. The Consumer Advocacy Course is restricted to consumers only, that is, people who have personal experience of living with a diagnosis of mental illness.

[Click here to download the application form!](#)

Please contact Marion Young with any further inquiries:

**Email:** [marion.young@nswiop.nsw.edu.au](mailto:marion.young@nswiop.nsw.edu.au)

**Phone:** (02) 9840 3833

Check out Workshop content and more information here!

**Other news**



## Living with Bipolar Conference 2016

If you are affected by Bipolar Disorder, or want to find out more about this serious life-long condition, Bipolar Australia invites you to attend our Living with Bipolar conference in Burwood on May 23, 2016.

This innovative conference will feature group discussion in an inclusive open format, and provide valuable insights into the management of Bipolar Disorder that will benefit anyone with an interest in this condition, including people with lived experience, carers, families, friends, colleagues, professionals, and those with culturally and linguistically diverse heritage.

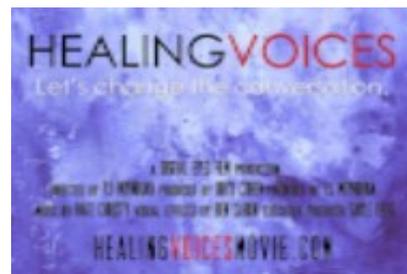
Download the [flyer](#) here

Click [here](#) to book - registration is FREE!

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## LikeMind Focus Group Opportunity

Does food / weight or exercise affect the way you feel about yourself?  
Have you been diagnosed



## You are invited to attend: NSW Premier of Healing Voices Movie

HEALING VOICES is a new feature-length documentary which explores the experiences commonly labeled as “psychosis” through the real-life stories of individuals working to overcome extreme mental states, and integrate these experiences into their lives in meaningful ways.

**Where:** Randwick Ritz, 45 St Pauls Terrace Randwick, NSW 2031

**When:** Friday April 29th

**Time:** 6:00pm-8:30pm

Get your tickets [here](#) !

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## Election 2016 - Mental Health Opportunity to 'Have Your Say'

The ABC has launched a survey to ask the public about the most important issues that politicians

with a past or current Eating Disorder? Are you aged 18 years or older?

LikeMind is seeking individuals to participate in a focus group on Eating Disorders at LikeMind, that will aim to identify community needs and preferences in order to co-design a holistic, skills based Recovery Program for people at risk of, or experiencing symptoms of an Eating Disorder.

For more information, [download the flyer by clicking this link](#) or contact [Katherine.gill@ucmh.org.au](mailto:Katherine.gill@ucmh.org.au)

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## **MEDIA RELEASE: Putting The Consumer First**

The George Institute for Global Health and the Consumers Health Forum of Australia have just released an innovative policy report titled Putting the consumer first: Creating a consumer-centered health system for a 21st Century Australia.

Here they address the need for consumer empowerment, by assisting consumers to become leaders of the healthcare system, which is a strong passion held by Being

need to address. The results will be used to inform the ABC's election coverage so is a good opportunity to push mental health to the top of the agenda.

We know that one in five Australians who experience mental health issues each year, and many of us feel that mental health should be at the top of the agenda.

Let's all contribute to emphasising the focus on mental health policy reform during the forthcoming election campaign.

Click [here](#) to complete the survey and submit your feedback

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## **Free Information Exchange & Education Program March-August 2016**

All staff of community agencies and Government departments wanting to learn more about hoarding disorder and strategies for responding to hoarding and squalor are invited to attend.

[Click here to download the details and upcoming dates!](#)

## **Working Group Opportunity**

Project Uncover held its first consultation on 11 February at Hume Housing with community members with personal

and our partners.

[Download the media release by clicking this link!](#)

[Click here to read the policy report.](#)

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## PeerZone Facilitator Course is coming to Sydney!

PeerZone are running training on the 9th - 12th of May for peer workers to be PeerZone facilitators, who will deliver the workshops to people in their service or community.

The course will be held in Woolloomooloo, Sydney. Registration is open until Friday April 29th but BE QUICK because they are restricted to 10 places! [Click here to download a flyer with all the information!](#)

Contact [info@peerzone.info](mailto:info@peerzone.info) for more information and to register. Check out [www.peerzone.info](http://www.peerzone.info) to learn more about PeerZone!

[➤ Continue Reading](#)

experience of hoarding.

The feedback from participants identified they would like to continue the conversation.

[Download the flyer and additional information about this opportunity by clicking this link!](#)

For more information & to register your interest for either of these, contact:

[leanne.craze@humecha.com.au](mailto:leanne.craze@humecha.com.au)  
0408 869 051

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## Free Mental Health Peer Worker Workshop Opportunity

Are you interested in:

- Using your **lived experience** of mental health concerns to **inspire** others?
- Becoming a Mental Health Peer Worker?
- Developing skills to help you apply for a **Mental Health Peer Worker** role?

On Wednesday 8 June, you can attend a **FREE** workshop at Newtown Neighbourhood Centre to learn all about the above and more!

Download more information about the workshop by [clicking this link](#), or contact **Irene** on **0402 912 670** for bookings and further enquiries.

## Keep in touch



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BEING's vision is for all people with a lived experience of mental illness to participate as valued citizens in the communities they choose.

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