



Being

Monthly Newsletter



Happy New Year from the team at BEING!

2015 was a big year for BEING! It was a year of great successes and big change, not least of which was the transition we made to our new identity as BEING | Mental Health & Wellbeing Consumer Advisory Group!

Whether you celebrate the New Year on January 1st, or Chinese New Year on February 8th, or in mid-April as in many Hindu and Muslim cultures, the New Year often signifies positive renewal and a fresh start.

Here at BEING, we start 2016 with two new Board Members, Bani Aadam and Katherine Gill. We are also redoubling our efforts to expand our training activities to provide more opportunities to engage in consumer-driven and recovery-oriented training.

We look forward to working with you closely this year and strongly encourage you to reach out to us and get involved in the work we are doing - come along to our events, share systemic advocacy issues that are important to you, and participate in consultations!

Contact us on info@being.org.au or (02) 9332 0200 and stay connected with us on [Facebook](#) or [Twitter](#)!

Check out our website!



Mental Health Commission
of New South Wales

Opportunity to apply for Lived Experience Project Steering Group

The Mental Health Commission of NSW is seeking responses to an Expression of Interest for 7 consumers and 1 carer to participate in a Lived Experience Steering Group. The group will lead a six month project to identify gaps and opportunities for consumer participation, influence and leadership and develop solutions and strategies for greater involvement.

The Commission encourages as many people from diverse backgrounds to apply for this opportunity as possible. The way for consumers to participate, influence and lead change means different things to different communities and we are looking forward to exploring this with the Steering Group.

Applications close on February 5 so get in quick!

[For more information about this exciting opportunity please click here.](#)

More information here



Report on follow up care after discharge from inpatient services

In 2015, the Audit Office of NSW carried out an audit to find out about the care that is being provided to people within seven days of discharge from a mental health inpatient unit. The Audit Office of NSW is the independent auditor of the NSW public sector, and it reports directly to the NSW Parliament.

As part of the audit, the Audit Office of NSW looked at five Local Health Districts to see what they do in relation to follow up care after discharge from hospital. They also interviewed other interested parties, including us at BEING. We shared with the Auditors feedback we received from consumers, the bad and the good. The Audit Office's report, along with their recommendations, are now on their website.

Click [here](#) to read more!

[Read more](#)



Celebrating artistic expression with the Mental Health Commission of NSW

BEING's annual Recovery in Art Exhibition features the artworks of those with a lived experience of mental illness, and celebrates the role artistic expression plays in mental health recovery. Following our Exhibition in October last year, a number of artworks were selected for another exhibition at the Mental Health Commission of NSW offices throughout December and January.

More information [here](#).

More information on the Exhibition here!



Australian Government

National Mental Health Commission

Free training materials in Peer Work

The National Mental Health Commission website has training and assessment materials for the Certificate IV in Mental Health Peer Work. These resources are free for anyone to download.

Some new training requirements were introduced in August 2015. The resources on the website are not up-to-date with these new requirements yet. But they are still good to look at if you are interested in learning more about Peer Work.

[Click here to go to the Commission's webpage.](#)

[Click here to go to the Commission's website](#)

Other news

Central and
Eastern Sydney
PHN



CESPHN Consultation

Central & Eastern Sydney Primary Health Network (CESPHN) is holding 6 consultations to review the local health needs and service needs of the Central & Eastern Sydney area to prioritise activities for the future.

Consultations will be held from Tuesday 2 February to Tuesday 9 February 2015.

Consultation: PROJECT UNCOVER

This consultation is for people with personal experience of hoarding. PROJECT UNCOVER is a 12 month project funded by Western Sydney Partners in Recovery, and focused on better supporting the recovery of people affected by hoarding and squalor.

When: Thursday, 11 February

For more information, phone
(02) 9799 0933 or email
info@cesphn.com.au

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flyer!

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2016 from 1pm to 3pm
Where: Hume Housing, Lvl 4,
79 George St, Parramatta

Click [here](#) for more information
and to register your
attendance!

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NSW CAG'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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