

# Being



## Monthly Newsletter



### **BEING congratulates *No Suppression* on 5 years of wonderful work!**

Peri and the team at BEING wish to congratulate *No Suppression* on celebrating its 5<sup>th</sup> birthday on 12<sup>th</sup> March, 2016! It is a peer facilitated group that meets monthly on a Saturday afternoon. The purpose of the group is to provide a safe and encouraging environment for people living with mental health issues to share their creative self, through art, music, poetry, comedy, drama or just expressing their thoughts on a topic.

Living with mental health issues can, at times suppress this part of ourselves. Participants have commented that not suppressing this creative aspect is an important part of recovery and a full life. People are welcome to attend if they do not wish to perform, as an audience is just as valuable as the performers.

The *No Suppression* Group meets at The Studio, a group room in Digby House on the grounds of the former Gladesville Hospital. The group is open to any person living with mental health issues who wish to attend. Participants come from all over Sydney, reaching the Northern, Eastern and Inner West suburbs.

The social aspect of the group is just as important as the artistic expression. The monthly gathering of friends, making new friends, sharing the ups and downs of our recovery contributes to the sense of camaraderie and support within the group. There is a strong sense of hope and strength within the group that new people are drawn into and leads to them returning for more.

If you would like more information please contact Paula Hanlon on 0413 451 073 or [paula.hanlon@health.nsw.gov.au](mailto:paula.hanlon@health.nsw.gov.au)

Contact Paula for more information!



Mental Health  
& Wellbeing  
Consumer  
Advisory Group

### **Update from the BEING Policy Team**

Here's a brief update about some of the things our Policy Team is currently working on.

#### **Supporting consumers to speak at events about:**

- Training for rural and remote GPs
- Electroconvulsive therapy (ECT)

#### **Working on submissions about:**

- Guardianship Act Review
- Senate inquiry into the indefinite detention of people with cognitive and psychiatric impairment in Australia
- NDIS Information, Linkages and Capacity Building (ILC) Policy Framework

## Projects:

- Arabic mental health education resources project
- Champions for Change project - following up
- 2016 Recovery Forum
- 'There's no place like home' project

For more details about these items and how you can get involved, [read more here!](#)

More information here



# My Career Pathways to Practice

Mental Health Practitioner 2016 National Conference

Wednesday 6th April 2016  
SMC Conference Centre  
66 Goulburn St, Sydney, NSW

Hosted by **aftercare**

## **SAVE THE DATE! *My Career: Pathways to Practice* Mental Health Practitioner 2016 National Conference**

*My Career* Pathways to Practice is a national conference for mental health practitioners aiming to facilitate professional development, networking opportunities, and provide valuable insights from the architects of the NDIS. Recruitment and employment specialists shouldn't miss this opportunity to prepare for sector-wide changes!

The conference, which is hosted by Aftercare and supported by BEING, will be a great opportunity to discuss the concerns of mental health practitioners with leading industry and government representatives. The conference aims to examine and help establish future directions for the mental health practitioner role, its impact on the delivery of services, and the shape of organisations across the mental health sector.

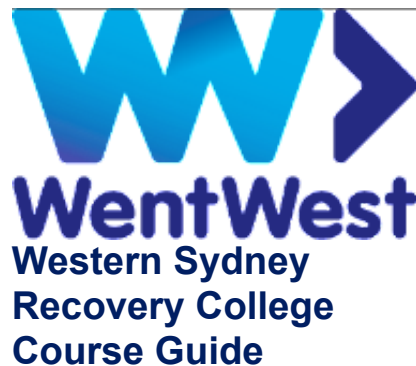
Topics of discussion will include methods of working, changing service models, ways to support the workforce, and professional pathways. At the end of the conference, we hope to issue a discussion paper which will guide the development of mental health practice.

Early bird and concession registration is now open! For further information or to register for the conference please visit [www.mycareer2016.com.au](http://www.mycareer2016.com.au) or contact Jackie O'Connor on 02 8572 7727 or at [info@mycareer2016.com.au](mailto:info@mycareer2016.com.au)

[Click here to download the flyer!](#)

Check out the website here!

## Other news



The Western Sydney Recovery College Brochure of 2016 courses is now available, including:

- Mental Health First Aid (2 days)
- Well Ways Snap Shot (2 days)
- Well Ways Mental Illness Recovery (10 weeks)

**Courses are FREE for consumers and carers!**

[Download the brochure here!](#)



North Sydney Local Health District is looking for a Mental Health Peer Workforce Coordinator to enhance and support mental health peer workers and their supervisors and employing agencies through building an infrastructure to embed the Peer Workforce across NSW.

**Applications close 26 February 2016.**

[Download an information package here!](#)

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## 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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