

Contents

1. How I Found My Way Out
2. Update from the CEO
2. Resource to Recovery:
New Services in Victoria
3. Sufferer Finds Her Light
at the End of the Tunnel
3. Riding to Recovery
3. Recovery Training in Indonesia
4. Staff Profile: Sally Davies,
Outreach Support Worker
5. Ain't No Mountain
High Enough
5. Be Kind: iMind
6. Public Art: Personal Stories
- 6 Art of Giving
6. A Right Royal Visit

Open Mind:
writer and editor Christine Misso



Anna Mitchell speaks freely of her battle with mental illness, hoping it will help others come to grips with their battles.
Picture: Mark Stewart, courtesy of Whitehorse Leader

How I found my way out

Without Mind's residential program, Denham House, and the outreach support of Sandridge, I most likely wouldn't be around today.

Let me rewind. I grew up in upper middle-class Hawthorn. I went to private schools, had tennis and swimming lessons, watched Foxtel and did homework on my laptop. I was lucky in many ways, but behind the scenes I was a broken mirror, ready to shatter.

Most of my life basically revolved around my middle sister. She unfortunately has autism, epilepsy and an intellectual disability. At 19 she has the intellectual capacity of a child.

So while most teenagers acted out, I, on the other hand, acted in. My world was in constant chaos and the result was mental illness, in fact several.

As time ticked on, I spiralled down. I had lost what felt like the only ally I had in this fight for my life—that instinctual need to survive—and once lost it's difficult to recover. My family tried their best to help, but there are some problems parental love can't fix. So, I was then chewed up and subsequently spat out by the public and private mental health systems, until I entered Mind. I moved into Denham House in 2006. It was literally a 10-minute walk from my parents' house. I had been diagnosed with several mental illnesses and stomach/food issues. I wasn't their usual psychotic, Asperger's, or schizophrenic client.

I was going full steam ahead on my self-destruction mission and waiting for Denham House staff, like everyone else in my life, to give up on me. Enter my second key worker, Stuart, who caught me every time I fell.

Stuart supported me in my every decision, trusted me with my life and held the hope for me when I wasn't strong enough to carry it. Suddenly, in my never-ending darkness, there appeared stars, but it must be said it is truly only darkest just before the day dawns.

Don't get me wrong: I never got to see the light or go down as far as humanly possible. Nor did I have some spellbinding epiphany God—that would have been so much easier. No, I was unfortunately lucky enough to survive the hard and somewhat painful way: small changes and miniscule victories.

It took three years but I finished VCE and took my first four-day holiday to Sydney with friends. Even more importantly, I haven't hurt myself in more than two years and I haven't attempted to end my own life in more than 20 months.

I moved out of Denham House after two and a half years and am living in my own flat in Richmond and see a Mind outreach worker weekly.

I am 21, I am alive, exceeding expectations and living. Now I am experiencing the amazing adventure that is my life while noticing, with a little too much insight, the depth of the shadows all around us.

I do still see those shadows. I often feel like I'm still standing in them, but I'm not permanently stuck in them any more. Without a shadow of a doubt that is the greatest gift Mind could have ever given me—a future.

(Anna's story in her own words as published in the Whitehorse Leader, 17 February 2010)

Anna Mitchell is now one of Mind's 'Ambassadors of Hope', speaking in public forums about her experience of living with a mental illness. To find out more, search for 'Ambassadors of Hope' at www.mindaustralia.org.au



Update from the CEO

Welcome to this edition of Open Mind.

I am pleased to announce that, on 27 April, the Board adopted a new strategic plan for Mind in Victoria and South Australia.

The plan is the culmination of twelve months' significant and wide-ranging review, discussion and collaboration. It defines the organisation's thinking about what we have to do over the next five years.

We operate in a dynamic environment. Community pressure for better mental health services is growing. Consumers, families and carers' expectations are shifting. While, government policy and strategy is bringing more funding to the sector, it comes with changing expectations such as offering more individualised services and responding earlier to emerging and crisis issues. The Victorian Government's review of residential rehabilitation services will also change the environment in which we deliver our services.

Thinking around these matters was forefront throughout the strategic review. As a result, the new strategic plan aims to position Mind as a provider of flexible, responsive and innovative services within the mental health sector.

The feedback from the review highlighted young people, homelessness and housing as the most significant areas of concern. The way in which we intend to tackle these issues is informed by the following key messages that also emerged from the strategic review:

1. Refining our approach

Mind has always focused on relationships, but while this is important, we must deal with social inclusion issues as well—that is, providing the practical supports for recovery. For example, the current housing crisis is having a major impact on people with mental health issues, and we know that this situation is only going to get worse. To strengthen our role in housing, a key action for the organisation is to establish a specialist housing function.

2. Service delivery development

Mind needs to strive to offer far more individualised services. To do this we must improve how we respond to consumers, and their families and carers on an individual, program and organisational level. We need to stop and review our programs, talk with our clients, their families and carers, and listen to their expectations. In addition, Mind must also collaborate more closely with other PDRSs and clinical services.

will work with people in their own environments. Support will be organised around the individual client's needs, enabling them to direct their own recovery in partnership with their Mind support worker, clinical services, as well as others. In one of these services Mind will work in a formal partnership with Merri Community Health and Dianella Community Health to establish the new service.

The two new **Prevention and Recovery Care services**, are being purpose built in Broadmeadows and Maroondah by the Department of Health, and will be operated in partnership with North West Area Mental Health Service (Melbourne Health) and Eastern Health. They are expected to open in the latter part of 2010.

PARC's provide a positive support for people living in the community, their unique strength is that they

3. Learning and knowledge for ongoing improvement

Mind is a good 'doer' as an organisation, but we need to place a stronger emphasis on research and program evaluation. In addition, we must be able to generate demonstrated outcomes of our services, which will be a growing area of interest for government in the future. We are currently indicating our interest in forming a research partnership with a major university in order to develop our capabilities in this area.

After much robust debate, we have now also settled on a new vision and mission statement, which reflects our new direction of becoming a 'resource to recovery'. While Mind has traditionally supported recovery, a significant outcome of our strategic review is the emphasis on social inclusion—that is, the environmental and structural factors such as housing, employment, training and access. Mind must strengthen its work in these areas.

For Mind to become a 'resource to recovery' we must shift from what we have done historically, and move towards offering a more flexible range of supports and resources to people. We need to be more responsive to what people say will really help them in their own

continues on p5

THE STRATEGIC PLAN AT A GLANCE

Mind's Vision

Mental illness—Recovery the norm—Inclusion the reality

Mind's Purpose

*Mind is
a resource to recovery for people who are facing serious mental health related challenges
to
support them to actively participate in social and economic life
by
provision of and advocacy for evidence based services and policies
which
achieve positive social outcomes.*

Mind's Goals

1. Supporting consumers' recovery
2. Improving economic and social participation
3. Collaborating for better outcomes
4. Growing a productive and rewarding organisation

Resources to Recovery: New Services in Victoria

Mind's work in supporting people experiencing serious mental health challenges continues to grow with Mind recently being successful in tendering for five new services, funded by the Victorian Department of Health.

Three of these are for people who have complicated needs, and two services are for people who will benefit from short stays under the Prevention and Recovery Care (PARC) model that Mind is successfully operating in Bendigo.

The three **intensive services**, one in north eastern Victoria and two in metropolitan Melbourne,

offer a form of early intervention designed to support clients either exiting from hospital, but still needing additional short term support before moving home, or for people requiring some short term support to assist them in their recovery journey and to prevent a stay in hospital.

One of the major strengths of Mind is that we are able to draw on the expertise and experience that we have in order to establish new and better services for people who face serious challenges as a result of their mental health as well as other issues. This combined with the knowledge and expertise that our partners bring, the expertise

born of lived experience that clients bring, the "knowledge" that families and carers bring, and new information and evidence that research and evaluation brings, makes for a potent mix which drives us in the establishment of the best possible services that we can provide.

**Judy Hamann, General Manager
Victorian Operations Mind**

Recovery Training in Indonesia

Mind is delivering recovery and peer support training in Indonesia –the first training of this type in a country where the plight of those living with a mental illness is desperate.

It all began in August 2009 when Mind accepted an invitation from the Indonesian Department of Health to become the first non-government organisation working in mental health in the country.

Mind now collaborates with Melbourne University's Centre for International Mental Health to support Indonesia's Department of Health and its National Taskforce—specifically to strengthen the capacity of the mental health system, and to accelerate the growth of community mental health services.

There are 25 million Indonesians who have been diagnosed with a mental illness—that's more than the population of Australia. Indonesia has only 33 mental health institutions, 600 psychiatrists (most of whom are based in Jakarta), and fledgling community health centres in Aceh province only. In the absence of adequate government assistance, families commonly resort to incarcerating their loved ones, and some institutions chain those in their care. To further complicate the situation, 58 per cent of the population believe evil spirits are responsible for mental illness. The challenges the country faces are immense.

Anthony Stratford, Mind's Senior Training and Development Officer, started training in Indonesia in December 2009. Since then, Anthony has delivered recovery training to 54 health professionals, and peer support training to 25 consumers and carers. The training will eventually include 'cadres'—volunteers appointed by village elders to check up on their neighbours who have recently come out of hospital or may need care—a bit like Neighbourhood Watch according to Anthony.

Anthony delivers the training with a Bahasa (Indonesia's official language) interpreter. While most of the terms he uses are readily understood, some do not have literal translations. For example, the English words 'peer support worker' can now be heard amongst the discussions in Bahasa.

Through this work, the model of recovery is growing in significance in Indonesia. In an exciting development, the University of Indonesia's Department of Psychiatry has invited Anthony to help them to write recovery into their curriculum.

In October, Anthony will return to Indonesia to train health professionals in the model of recovery. But this time the training will be different—run as 'train the trainer' sessions, the participants themselves will then be able to extend recovery training throughout the Indonesian mental health system.

For more stories on the extent of the problems being faced in Indonesia, search under 'mental health Indonesia' at www.sbs.com.au/radio



Spreading recovery to staff from Shelter 3, Jakarta—
Anthony Stratford (back row, left), Gerry Naughtin, CEO Mind (back row, centre), Prof. Harry Minas, Melbourne University (centre row, left), and Steve Morton, Manager Tendering and Service Initiation Mind (front row, right)

Sufferer Finds Her Light at the End of the Tunnel

Ebony Rose knows what it's like to live without hope. As a victim of childhood assault, the Blackburn resident has suffered from a mental illness for more than 20 years.

'I have dealt with so much hurt,' Ms Rose said. 'I would always think that I'd rather be dead than to live another day with my pain.'

When Ms Rose was 18 she started living on the streets and resorted to eating fish heads and brown bread to survive. 'I was homeless, dealing with severe depression, I was terrified all the time and I felt no one could help me.'

Suffering severe post-traumatic stress disorder, she resorted to self-harm to get people to see her despair. 'I would cut myself to make people see that I needed to get help,' Ms Rose said. 'But I would always end up at the emergency department, they would just patch me up and send me on my way.'



Ebony Rose has a cuppa with Nunawading PHaMs Program Manager, Glen Prewett. Picture: Martin Reddy, courtesy of Whitehorse Leader

She said she had tried to commit suicide numerous times and ended up on life support after she had overdosed. 'It was a horrible place to be in. I felt so alone,' Ms Rose said.

But at age 23 she met a counsellor who helped her deal with her post-traumatic depression. 'I felt that I finally found a person who could identify with me. This was the turning point for me,' Ms Rose said.

It has been nine years since that relationship dawned and Ms Rose is now married with a healthy and happy baby daughter. 'If I hadn't got help I would be dead,' she said. 'Services like the personal helpers and mentors mental health program are vital to save lives that just don't need to be wasted.'

(From the Whitehorse Leader, April 21 2010)

Ebony Rose is currently a participant with Mind's Personal Helper and Mentors (PHaMs) program in Nunawading. For more information on PHaMs and other Mind services, go to www.mindaustralia.com.au



Riding the East Gippsland Rail Trail

Riding to Recovery

In October 2009, 13 cyclists from Mind's northern youth programs took on the 96-kilometre East Gippsland Rail Trail.

Over five days, the cyclists rode along the old railway line between Bairnsdale and Orbost, winding through eucalypt forest, and passing the spectacular trestle bridges that remain as monuments to the region's pioneering past.

Three enthusiastic support workers and a social work student on placement coordinated the event, designed as much for the challenges it would present, as for the pleasures.

Riding the demanding trail was a perfect opportunity to promote fitness, health and well being in the programs. The idea for the trip blossomed throughout the northern region after the Wannik Gunyah program in Traralgon received a grant to purchase bicycles.

Even participants not inclined to ride the entire course (or ride at all) could enjoy the event in a support capacity. It also offered an alternative to those program participants for whom the two-week Discovery Tour was not an option.

The trip allowed participants to practise supporting others while they themselves contended with their own physical challenges. Participants had to be independent and rely on their inner resources to go the distance.

After finishing the ride, participants declared the trip a 'bonding experience'—an inspiring adventure that helped them to strengthen their sense of responsibility to others, and their own ability to self-manage.

(Adapted from original article by Staumn Hunder, Support Worker Mind)

Staff Profile: Sally Davies, Outreach Support Worker

'I've seen someone go from being in and out of hospital, to settling back into the community. They're now using other community supports, reconnecting with their family, going to classes, looking after their health—they've even given up smoking!'

Sally Davies talks about how the Personal Helper and Mentors (PHaMs) program helps people to turn their lives around.

You've worked with Dandenong Cardinia PHaMs since 2008.

What's your role here?

I do outreach support work with about 13 people who have trouble managing their daily lives because of mental illness. I try to link them into community support services that they need to use. I also help them to get back into participating in community life and being more independent.

How do you work with the participants? Is there a timeframe around your work?

We firstly set goals. Some people have so many that we need to narrow them down. I write them down with the participant and help them to prioritise. But as with anyone's life, unexpected things can happen. Goals can be disrupted and participants can feel that they're not making progress. But they are, because while they're experiencing problems, they're also learning skills to solve them.

There's no set timeframe. It happens organically, because as the participant's getting more and more well, they need you less. I start off seeing somebody maybe once or twice a week, but as things go along, it might only be once a fortnight. Then PHaMs will usually bring in a volunteer, and we'll work with the participant at the same time for a while. I then withdraw and the volunteer stays on in a more social role.

How does PHaMs differ from other Mind programs?

PHaMs is unique because we work with the participants for as long as they need us. It gives us time to explore—to sit with them for a while until they feel stronger within themselves. We work with the participants at their own speed, their own pace. That's the one thing that's very different about PHaMs.

It creates trust; many people out there have lost trust in the system. But with PHaMs they think, 'this person is really going to stay, they're not going to fob me off when the going gets tough or when the time's up'.

You spend a lot of your time working alone. Do you ever find it isolating?

Not really. I work with a great team. We support each other and have a few laughs. We recognise that everyone's different, but we're all working together for the same end. We have a good balance too—certain people that work here really lift the energy of the place.

What's the most challenging part of your work?

That's easy—lack of housing! A person's environment is really important to their wellness, but many people don't have proper housing or any housing at all. It's so hard—they're putting in all this work, but lack of accommodation lets them down.

It's a challenge, because that's when they can lose hope. The feeling of 'hope' is so important in our work. We've got to have hope, and they've got to have hope. When I'm working with someone who's down, I say to them, 'It's not going to be like this forever. Things are going to get better'.

What are you most proud of?

I'm proud of how resilient people are. We take for granted getting up and having a shower and going to work—we don't even think about it. But it's different for somebody who's been so affected by their illness. I feel privileged that they trust me to enter their lives..

I heard you won an award last year at Mind.

Yes—the Gibson Family/Harkness Recovery Award for Mind Key Workers. It's awarded annually to a Mind key worker who's had success in supporting clients.

So, you're not proud of that?

Ha! Well, yes, of course I am. What I'd like to do with the award is more formal studies in mental illness. I really want to go further into narrative therapy. That is, learning how to 'draw out' a conversation with a participant and expand on it—turning the story around and picking out the positives. We focus on people's strengths at PHaMs, and not their weaknesses, so through narrative therapy I can help participants to identify their strong points.

To find out more about PHaMs, visit our website; www.mindaustralia.org.au



Sally at the 2009 Mind AGM after receiving the Gibson Family/Harkness Recovery Award with Mind Chair, Bill Healy (left) and CEO, Gerry Naughtin

You can help

You can make a real difference to the lives of people recovering from mental illness or those at risk of homelessness.

I would like to make a tax deductible donation to Mind

monthly quarterly half yearly

annually one-off

Amount

\$25 \$50 \$100 \$200 Other \$

or In-kind gift of

Payment Details

Donations of \$2 and more are tax deductible

Card Type VISA Mastercard Amex

Enclosed is my cheque / money order

Credit Card No.

Expiry Date

Name on Card

Signature Date

Donor Details

Mrs Mr Ms Miss Dr Other

First Name(s)

Surname

Address

Suburb P/Code State

Ph (H) Ph (W)

Mobile

Email

Getting involved

Please contact me or send me further information on

- Fundraising opportunities
- Becoming a volunteer
- Remembering Mind in my Will
- Making an in-kind gift
- Workplace giving

Please return the completed form to:

Paul Ashton
General Manager Community Relations
Mind
86 - 92 Mount Street
PO Box 592
Heidelberg Vic 3084

The personal information we collect on this form will be used to track and manage donations and for marketing purposes. This information may be disclosed to other members of the organisation or third parties who do things on our behalf where it is required or allowed by law or where you have otherwise consented. You can access your personal information we have collected, if we have retained it, by calling the organisation.

ABN 22 005 063 589

I do not wish to receive further information from Mind

continued from p2

recovery journey. We have certainly tried within program boundaries to be as individualised as we can, but the notion of resource to recovery means setting a direction that positions us to offer greater flexibility in the services we deliver. We are aiming for a more personalised process of what we are calling at the moment a 'recovery resource centre', which will give advice about what range of options are available—that is, providing a tailored package of services to meet the individual's needs.

To do this, Mind needs to collaborate more closely with clinical services and other PDRSs to provide integrated ranges of services in specific areas. We need to develop less of an internal, and more of an 'area' focus to achieve this.

Critical to achieving the changes outlined in our strategic plan, will be the development of a new policy and service framework. For this reason, Mind is implementing some structural changes within the organisation. Specifically, we have created a new department of Corporate Development and Support. Ray Judd has been appointed to head up this new department, which brings together our work on corporate support and service development. Most importantly, the department will play a significant role in developing the policy and service framework.

After its official launch, we will take the strategic plan out to staff on a 'roadshow', which will travel to all the regions over the next three months.

Mind has gone through a process of stopping, reflecting and looking hard at how we can modernise our response to consumers, families and funders' expectations, and the changing environment in which we operate.

This process has resulted in a bold and ambitious plan—one that will help us to rise to the challenges, and take up the opportunities of the next five years.

Gerry Naughtin



Note: If you would like to read Mind's strategic plan, go to www.mindaustralia.org/publications

Be Kind: iMind

Through iMind, you can support a range of exciting and innovative programs that depend on regular donations to survive.

iMind is a regular giving program with over 1,500 donors who make a positive difference in the lives of people living with a mental illness.

The programs that iMind supports, that do not currently attract government funding are:

1. **Ambassadors of Hope:** Mind clients spread the message of hope in recovering from mental illness by speaking in public forums.
2. **Transition to Independent Living:** Clients moving from a Mind program into their own accommodation receive help to purchase practical items to set up their new home.
3. **Scholarship Program:** All Mind clients can apply for financial assistance to help with the costs vocational studies.
4. **Research:** Mind produces evidence-based results of its services to identify other projects to meet the needs of clients, families and carers.

iMind hopes that if these programs can be funded for the long-term, they will have the chance to demonstrate their value, and may attract government financial assistance in the future.

iMind aims to increase its donor base to 2,000 this year, and build on that in the future to fully-fund existing programs and set up new projects.

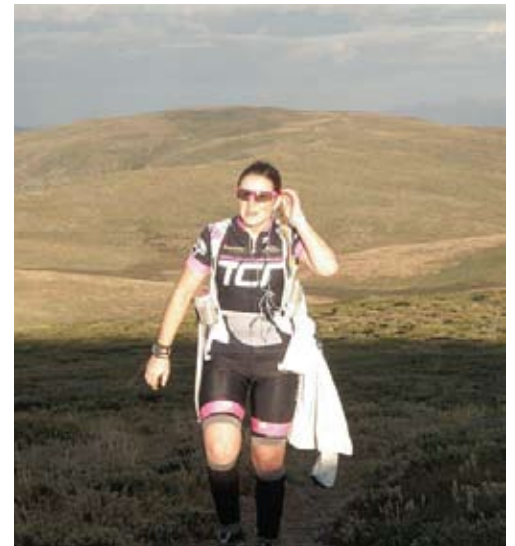
As a donor, you receive regular updates, copies of this newsletter, and invitations to Mind functions such as the recent Arts Exhibition, keeping you up-to-date with iMind programs, and linking you with the organisation in a personal way.

With a monthly donation of \$20, you can help enormously. If you'd like to become an iMind donor, or for further information, contact our Direct Fund Raising Manager, Chris Stallard on 9455 7964 or at cstallard@mindaustralia.org.au

For more on what you could make possible as an iMind donor, see our cover story on Anna Mitchell: Ambassador of Hope.



Spreading hope: Anna Mitchell, a Mind Ambassador of Hope



Tough, but spectacular: the Mind Alpine Challenge

Ain't No Mountain High Enough

In brilliant conditions, runners competed in the third Mind Alpine Challenge, held in Victoria's Alpine National Park.

The annual event, organised by Mind Australia, raises funds for people facing serious mental health related challenges, and is quickly establishing a reputation for itself as Australia's toughest trail run.

From March 20 to 22, a quality field of 49 men and 19 women from Victoria, NSW, Queensland and Singapore competed with the backing of their own support crews and a team of 25 event volunteers.

Runners chose from Solo Endurance, Team Endurance and Team Relay participation, and distances of either 100 kilometres or 100 miles. Covering some of the toughest, highest and most exposed terrain in the country, the challenging courses included climbing Mount Hotham and Mount Feathertop, and descending the dastardly Diamantina Spur.

While sub-zero conditions and the treacherous terrain forced some injured runners to retire, 76 per cent of the field finished in their events—a great effort!

Highlights of the Alpine Challenge were the camaraderie between participants, and the fantastic backing of all the supporters.

Special thanks go to those who made the Mind Alpine Challenge possible: our major sponsor, Elmtree, and our supporters including 3AW, 2XU, Tough Stuff, Buff, EPIRBhire, Running Wild, Outer Edge, Stuart Pettigrew Design, and Salomon.

To date, the Mind Alpine Challenge has raised over \$75,000. Funds go towards supporting people living with mental health challenges so that they can rebuild their lives, reconnect with their community, family and friends, and rediscover the joys of living that we all take for granted.

For details on next year's Event, 19 – 21 March, go to www.mindaustralia.org.au

Paul Ashton, Race Director

Public Art: Personal Stories



Melbourne is home to a thriving public art culture—to see it, just look around the city's streets and alleys, in the public buildings and open spaces. And if you walked through the Atrium at Federation Square this April, you would have also seen some public art of a very personal kind.

The artists: clients of Mind and Dousta Galla Community Health Service. Their theme: 'I Am'.

In its fifth year, the annual art exhibition was open to the public 24 hours a day from 15 to 26 April, and showcased the work of artists who live with a mental illness. But this was not 'art therapy'. Rather it was a display of works from emerging and mature artists, who use their talents as a part of their personal journey of recovery.

'My inherent need for expression has always found a home in the creative arts—a pivotal point for me in keeping the spark ignited always,' said Mind client Jennifer Barthelot. Addressing the two hundred strong crowd at the opening night ceremony, Jennifer spoke of how she used her art to help her to tackle the challenges of living with depression.

Jennifer's sparkling pink and orange work in acrylic on cloth, 'Endless Summer', featured amongst the collection of 94 paintings, drawings, and photographic and moving images on display in the centre of the city of Melbourne.

Curating 'I Am' was Adam Douglass, who works with Mind's Western Respite program. He described the exhibition as an opportunity for the public to identify with the artists—to see something of themselves or someone they know in the pieces in the exhibition.

It was also an opportunity for members of the public to buy a favourite piece, with the proceeds from the sale going directly to the artist.

While promoting the special value of creative expression in the recovery journey, the exhibition was essentially a celebration of the diverse talents of the featured artists.

'It captured a great appreciation for life—inspiring, hopeful and celebratory!' said Adam.

'I Am' allowed Mind and Dousta Galla to remind the public about the serious challenges faced by people who live with a mental illness, and to promote the value of their services. It also enabled the artists to express themselves, build confidence in their talents, and engage with the community.

The exhibition's title was the result of a brainstorm between the artist representatives on the reference group that coordinated the event. Tossing around ideas, they agreed that, 'I Am', encapsulated what they say to the world when they create their art—'this is me, this is who I am'.

And for two weeks this April, the public of Melbourne got to share that too.

To view the exhibition catalogue, go to www.mindaustralia.org.au

'Generally I have bad dreams and my art is a hopeful place that one day I can explore the heavens in my dreams but for now it is through my art.'

'The beauty of the Australian bush always inspires me to paint. It brings me joy and is a counteract to depression.'

I painted a bunch of fresh roses from the garden to give to my mother so she would always have a bunch of fresh roses from me with love.'



Art of Giving

The Art of Giving is inviting artists to donate a piece of their work to a charity art exhibition.

This fund raising event was conceived by Shanta Parker to commemorate the loss of her close friend, Carol, and to raise awareness within the community about the challenges faced by those who live with a mental illness.

Last year's exhibition was a huge success, with artists generously donating 112 artworks that raised over \$23,000.

The proceeds from the Art of Giving exhibition go to the Ambassadors of Hope—Mind clients who speak in public forums to spread the powerful and important message of hope in recovering from mental illness.

Shanta is hoping to repeat last year's success at the second Art of Giving exhibition, which will be held at Liddiard Gallery in Oakleigh from 7 to 10 October 2010.

If you would like to help by donating a piece of art, please contact Shanta on 0410 696 037 or parker@bigpond.net.au by 30 June.

To view a video of the 2009 exhibition, go to <http://vimeo.com/7959527>



Shanta Parker, the heart and mind behind the Art of Giving exhibition



Peter Dihm (rear) meets Prince William in Whittlesea

A Right Royal Visit

A staff member from the Whittlesea PHaMs got to rub shoulders with royalty when Prince William came to town.

Peter Dihm, Peer Support Worker, was among the other community workers gathered at the Whittlesea bushfire recovery centre in January this year for the occasion.

The celebrity prince visited Whittlesea along with Victorian Premier, John Brumby and chair of the Victorian Bushfire Reconstruction and Recovery Authority, Christine Nixon.

After Whittlesea, Prince William visited Humevale, Kinglake West and Flowerdale, where he chatted with survivors of the Black Saturday bushfires of 2009 that killed 173 Victorians.

Peter and the team at Whittlesea PHaMs continue to support participants in the local area affected by the devastating fires.



rebuild · reconnect · rediscover life

For more information on Mind and its services, please contact

Central Office

t 03 9455 7900

f 03 9455 7999

e info@mindaustralia.org.au

86 – 92 Mount Street

PO Box 592

Heidelberg VIC 3084

South Australia

t 08 8368 7800

f 08 8337 6083

e reception-sa@mindaustralia.org.au

19 Glynburn Road

Glynde SA 5070

mindaustralia.org.au