



**Issue 128 December 2011 –January 2012**

**City 2 Sea**

What a fabulous day we had on Sunday November 13<sup>th</sup> when four Team Lantern members ran in the very first City 2 Sea event in Melbourne. Mark, Jo, Keryn and Shelly (and of course Aneka in her pram) all did a wonderful job of the 14km course. Thank-fully the weather was very pleasant, not too sunny, not too cold. Team Lantern raised over \$1,000 on the day – but it's not too late to donate to support these super efforts! Just go to the website and follow the links <http://www.lantern.org.au/2011/11/team-lantern-runs-the-city-2-sea/>



**We help people with mental illness reclaim their lives**

[www.lantern.org.au](http://www.lantern.org.au)

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Whew, it's been a busy month once again and we all need to stop and take a breath and look at things in perspective. It's very easy to become overwhelmed at this time of year.

If you take a look on our front page you will see some lovely pictures of Team Lantern who put in a super effort at the City2Sea run on Sunday November 13<sup>th</sup>. Even Aneka in her pram took part and finished just ahead of her Mum.

We are extremely excited to have our Blossomproject website up and running <http://www.blossomproject.org.au/> (click here ) which offers support for young girls feeling stressed worried or sad.

Why Blossomproject?

Emotional health keeps us on track with our lives. When we are emotionally blocked, we cannot realise our potential.

Depression and anxiety are very common. One in three young women experience depression and/or anxiety. Depression and anxiety are treatable. The earlier people get help, the sooner recovery begins. The longer people delay getting help, the more difficult recovery can be and the more likely there is an ongoing impact. Getting early help with others through Blossomproject provides young women the opportunity to learn tools and techniques to positively manage emotional health.

Like adults, when a young woman gets early help, she can get back on track quickly with minimal life impact. The ages 16 – 25 years are the time when young women are forming their view of the world and their place in it. They are seeking answers to feelings and how they fit into life. The choices they make now are critical. If a young woman who is feeling sad or worried reaches out early and finds suitable help, she can get back on track quickly. However, there is little early help for young women that encourages them to seek help, so symptoms grow and potential erodes.

Lantern knew it had the skills and experience that could bridge the gap for young women. So, without funding, but with solid determination to make a difference, we built a program based on everything we know that helps young women stay on track in education and life. We called it Blossomproject and trialed it successfully in 2010/2011 in Bayside and Kingston.

Blossomproject is now moving forward into schools, TAFES and Universities to help build positive futures for young women. Blossomproject's vision is growing futures.

On another note, I would like to take this opportunity to wish you all a WONDERFUL festive season and a FANTASTIC new year. It has been a big year for Lantern and we could not have done it all without your support! We look forward to the New Year ahead. Please keep up with all the action and activities ahead by regularly checking our website: [www.lantern.org.au](http://www.lantern.org.au)

This is frequently updated to provide you with current information about the services we provide, and latest news and events. This is also where you can download our latest newsletter. Why not subscribe to our newsletter online? You will find a link on the front page of the website.

And don't forget you can also keep up with happenings on our Facebook and Twitter streams too...

Please note that Lantern services will be closed for the Christmas break from 2:00pm on Friday 23 December, reopening at 9:00am on Tuesday 3 January 2012.

If you need further help or advice or wish to speak to someone please contact the Mental Health Advice Line on 1300 280 737, Lifeline on 13 11 14 or contact the CAT Team in the Middle South area on 1300 369 012. For emergency accommodation & housing support call Hanover Southern on 9556 5777.

We look forward to seeing you again in 2012.

Cheers,  
Janet Hopkins  
CEO



## Current events and news

### Wellbeing Series

#### Wellbeing Series

These sessions are held monthly (except for December and January) and open to anyone in the community. Speakers come from a variety of areas and include professionals, researchers and clinicians. They share their expertise and provide insight into many new and innovative aspects of research, therapy or treatment. Come along and hear from the experts.

The next Wellbeing Series is on **Tuesday 7 February** when **Professor Don Jefferys** will talk about **'Brain Power and How to Maintain your Brain.'** Prof Jefferys is always very popular and extremely interesting so pop this in your diaries.

The presentation will be at Southern Community Church of Christ, in Cheltenham from 7pm sharp.

Check over the page for some of the other wellbeing Series presentations and dates to note. Please register with Reception on 9093 5977 or email [reception@lantern.org.au](mailto:reception@lantern.org.au)



<u>What's On</u>	<u>Date</u>
Lantern Carer Group Christmas Celebration	Wednesday December 7 <sup>th</sup> at 6.30 p.m.
Lantern Staff Christmas get2gether	Friday December 9 <sup>th</sup> Head Office & Resource Centre closed from 1p.m.
Lantern Participants Christmas Celebration	Friday December 16 <sup>th</sup> at 12.00 Noon at the Resource Centre
Kids Care Christmas Barbecue	Saturday December 17 <sup>th</sup>
Resource Centre closes for Christmas break	Thursday December 22 <sup>nd</sup>
Lantern Head Office closes for Christmas break	Friday December 23 <sup>rd</sup> at 2pm
Christmas Day	Sunday December 25 <sup>th</sup>
Boxing Day	Monday 26 <sup>th</sup> December
New Years Day	Sunday January 1 <sup>st</sup> 2012
Resource Centre & Lantern Head office reopen	Tuesday January 3 <sup>rd</sup> 2012 at 9am



## Wellbeing Series 2012

These information sessions are open to anyone with an interest in mental health.

Date	Title	Presenter
<b>Tuesday 7 February</b>	Brain Power and How to Maintain your Brain	Professor Don Jefferys, Clinical and Counselling Psychologist
<b>Tuesday 6 March</b>	Mental Health at Work – creating mentally healthy, resilient and supportive workplaces – a lived experience	Ingrid Ozols, Founder and Managing Director of mh@work, Mental Health at Work
<b>Tuesday 3 April</b>	An Ayurvedic Perspective on Mental Health	Philippa Street, Ayurvedic Lifestyle Consultant, Ayurveda Health & Happiness
<b>Tuesday 1 May</b>	Mental Health Literacy: Empowering the community to take action for better mental health	Professor Tony Jorm, Orygen Youth Health Research Centre
<b>Tuesday 5 June</b>	Gender Sexuality and Wellbeing	Vikki Sinnott, Psychologist
<b>Tuesday 3 July</b>	)	
<b>Tuesday 7 August</b>	) <i>To be advised</i>	
<b>Tuesday 4 September</b>	)	
<b>Tuesday 2 October</b>	)	
<b>Tuesday 13 November</b>	)	

All sessions are held 7.00pm to 9.00pm  
 at Southern Community Church of Christ, 2-12 Chesterville Road, Cheltenham  
 Entry via Pine Street (left hand side). Melways Ref 86 J1

Gold coin donation please.

Please register with Reception  
 on 9093 5977 or email [reception@lantern.org.au](mailto:reception@lantern.org.au)

## **Housing News**

About the Doorway housing and support program.

The Victorian State Government is funding MI Fellowship Victoria with \$3.2 million over the next 3 years to operate an innovative housing and support demonstration project for people with mental illness who have been unable to secure adequate and stable housing.

The Doorway program is a partnership between MI Fellowship Victoria, health services, real estate agents and property owners to provide private rental accommodation to 50 Victorians, with support to help people maintain their tenancies.

For property owners, the scheme offers competitive commercial advantages along with the unique opportunity to make a difference to the lives of people in our community. For tenants, it is an opportunity to get a foothold in the rental market and build a stable home.

What Doorway offers property owners and real estate agents:

Secure tenancies for up to 3 years.

Market rental paid on time.

A dedicated housing manager who provides a single point of contact.

At the end of 3 years, Doorway will paint the interior of properties to maintain their ongoing rental suitability.

What Doorway offers tenants:

Participation in choosing a suitable property and furnishings.

An opportunity to establish a strong tenancy record.

Subsidised rental, with tenants paying 30% of their government benefit, plus their Commonwealth Rent Assistance.

Funding assistance to furnish homes.

Specialist employment support.

Support from MI Fellowship Victoria Housing and Support Workers to build social networks and deliver a range of support options.

Referrals to the Doorway program are made through Austin Health and St Vincent's Melbourne. Further information: [doorway@mifellowship.org](mailto:doorway@mifellowship.org)

<http://www.mifellowship.org/?q=content/doorway>



**Do you have a family member or friend with mental illness?**

Lantern recognises the importance of the family members or friends who care about a person with mental illness and the role they can play in the recovery process for that person. Lantern has services or can refer family members or friends to services to support your efforts, and provide information and strategies to assist you in your caring role.

Lantern Support Group This group has changed its name from 'Cheltenham Carers Support Group' to 'Lantern Support Group' to avoid confusion about another group in the area. This group is for people who care about someone with mental illness. The group meets on the first Wednesday each month from 7.30pm at 3 Stanley Avenue Cheltenham when family members get together to hear from guest speakers and share information and resources. The next meeting will be a Celebration for Christmas on **Wednesday 7 December 2011 starting at 6.30pm this month**. Come and enjoy some good food, games and good company as we break for Christmas.

The first meeting for 2012 will be on Wednesday **1<sup>st</sup> February** at 7.30pm. All family members are welcome. For more information please call Heather or Margaret on 9093.5977.

Information Packs These packs contain a range of information about services for the person with a mental illness and the people who care about them. There are lots of services out there. Do you know what is available? Call 9093 5977 now and ask for an information pack.

One on One support This may be a chat with a worker or engagement with a Carer Support Worker for more ongoing support for family members. Margaret, our CLOCK (Creating Lasting Outcomes for Carers) Carer Support Worker, can provide really useful support and help family members with ongoing issues. Margaret has already assisted many families since she started more than a year ago. Margaret can be contacted at Lantern on Mondays and Tuesdays.

Kids Care Young people aged 8 to 12 years old with a significant person in their household with mental illness can join in the fun and activities of this group on one Saturday each month. On **Saturday 17 December the group will celebrate Christmas with a BBQ**. Mums and Dads are invited too. There are vacancies in this group so please contact Heather at Lantern.

For more information contact Heather on 9093 5977 or [hgeerts@lantern.org.au](mailto:hgeerts@lantern.org.au)





## Lantern Participants Christmas Celebration



All participants of Lantern services are invited to attend a festive lunch and be entertained by live music from the Resource Centre band.

When: Friday 16<sup>th</sup> December 2011

Time: 12.00 – 2:30pm

Where: 3 Stanley Ave, Cheltenham

RSVP: By Monday 12<sup>th</sup> December by calling  
the Resource Centre 95855788

BYO: Smile & Good Cheer

### **Participants Forum**

What does recovery look like to you?

Bring along your ideas and share with us how you think that Lantern can support you in the future.

All Participants of Lantern Services are invited to attend a forum to explore Programs and Services for 2012 and the beyond.

When: **Wednesday 8<sup>th</sup> February** 1:30pm – 2:30pm

Where: Resource Centre, Cheltenham.

### **Resource Centre End of Year Community News**

It's that time of the year again when we are reflecting over the year's activities and achievements and getting into planning mode for an even bigger and better 2012. There's been a lot happening at Lantern this year and I know that many of you have been a part of the changes including a farewell to Dianne from the Women's Group and the more recent discussions of the merger with MIND Australia. 2012 is sure to bring new beginnings to the programs and activities at the Resource Centre and also to new opportunities for everyone.

Program delivery has focused strongly on recovery concepts and the reduction of social isolation, providing opportunities for individuals to develop social and independent living skills, improve communication and relationship skills, gain confidence and explore connections in the wider community. What 'Recovery' means presents itself as different to everyone as it's an individual experience. Recovery does not necessarily mean cure, and can look more like a new way of living your life. Resource Centre Recovery Workers see our role as one that provides options for developing strategies and considering a future through providing information, education, support, referral and connection. Springboard the Recovery Program, developed in partnership with Monash P-Block, is a program that explores those concepts with individuals prior to being discharged in view of reducing social isolation and linking individuals with supports to begin the exploration of what recovery means to them.

### ***Planning and Feedback at the Resource Centre***

Planning and developing current programs is based on what you have said during the feedback and planning sessions. Comments relate to what your needs are and your level of satisfaction with the Resource Centre.



Recent results include the following information;

- ~ a large number of those that filled in the feedback form said that they enjoyed the materials and activities at the Resource Centre, found the staff to be excellent and that they would continue with programs in the future.
- ~ Only a few people advised that they did not like school holiday activities and did not intend on coming along to participate.
- ~ Most people knew about and had completed a Recovery Star and were happy to revise and update their goals in the near future.
- ~ People felt involved in the planning process and the developing of activities for the term. Your feedback also told us that not everyone has access to a personal computer nor owns a mobile phone and only a few people use social media applications like facebook or twitter. Overall the types of things that stopped people from coming along to programs were: health reasons, health or medical appointments, short courses, personal circumstances and work. That gave us some insight into the type of other activities that you do during the week other than attending Recovery Programs.

Other activities you do include; community activities – attend health and support worker appointments, work, look for work, go to school, go to the library, attending classes like art, exercise, walking and pottery. Go to Southland, swim, go to the gym, fishing, go to Matt's Place in Cheltenham. Belong to groups, attend meetings and socialise with others. Go to the movies, bike riding, visiting friends, and respite trips. Other activities include cooking, housework, gardening, watch T.V, computer, listen to music, play my guitar, parenting and family responsibilities.

## **What's happening in December?**

December is a busy month for everyone as the year is coming to a close. With that in mind please see the timetable for activities that are available up until the last week of the year. On the 9<sup>th</sup> of December the Centre will be closed in the afternoon as Staff will be having a Christmas Afternoon Tea Gathering. On the 16<sup>th</sup> of December there will be the organisations Christmas Lunch at the Resource Centre and everyone is welcome to attend. Come along and be entertained by the Resource Centre Band that has worked very hard this term at providing a great program of entertainment for the lunch. Please let the Resource Centre know if you're interested in coming.

From Monday the 19<sup>th</sup> of December to the 22<sup>nd</sup> December there will be a variety of festive activities available including a trip to the Myer Christmas window display, Christmas craft and cooking activities and also a Christmas movie. The Resource Centre will be closed from the 23<sup>rd</sup> December until the 3<sup>rd</sup> January when we will resume a school holiday timetable until term 1 begins in the last week of January.

*A special thanks to all of the members of the Resource Centre Band for working so hard to put together a great program for the Lantern Christmas Lunch on the 16<sup>th</sup> December. Well done. Your effort is acknowledged – thank you.*

## **What's happening in January 2012?**

January school holiday calendar has lots of great activities to get involved in, don't forget to sign up and let the staff know if you're going to participate in an activity. Summer holiday activities are all about getting out and about in the Community and enjoying some of the better weather. Don't forget to come prepared for the day with a hat, sunscreen and plenty of fluids. There's also a reminder list of what to bring at the Centre so ask staff for a copy.

### **Activities for 2012**

Planning Forum on Wednesday 8<sup>th</sup> February 2012

Everyone is invited to attend the Resource Centre at 1.30pm.

This is your opportunity to put forward all of those wonderful suggestions that you have contributed during the year to be considered for next years programs. Planning is the perfect time to let everyone know if you have a great idea about an activity, service or program.

The Staff at the Resource Centre wish you a safe and festive Christmas and New Year's Break and hope to see everyone involved in the planning of activities in the New Year. Thank you to everyone that has contributed to a great year and congratulations to those who achieved their goals during 2011.

Angela Sheeran  
Resource Centre Coordinator

## **The Growth of the Affirmation Tree**

In the closing days of 2009 a concept was borne by Resource Centre staff that would evolve into something even we could not conceive at the time.

A simple idea; to 'grow' affirmations, as leaves on a tree, for anyone who attends Resource Centre programs to contribute to or be inspired by for our 2010 Client Project.

Putting our creative flair into action we soon had a 2m high tree painted on a large board and began the painstaking process of cutting each leaf out by hand. It was labour of love as we could see the concept unfurling before our eyes and knew it would be worth the effort in the long run.



Over the course of the year we saw more and more leaves appear as though the tree was growing from its own positive messages. Soon the branches were laden with a mass of leaves all with words of encouragement, gratitude, affirmations, and most importantly- HOPE.

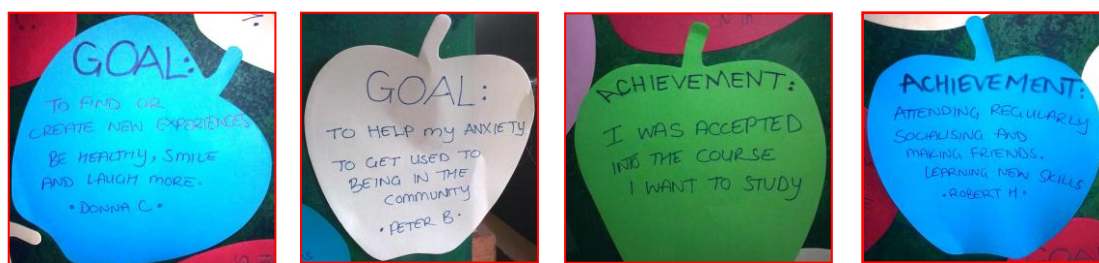
**Harvesting- Our- Personal- Efforts** (Hamilton County Mental Health and Recovery Service 2011)



As the year closed on 2010 we realised the tree had some further growing to do, so it seemed fitting the Affirmation Tree should bear the fruit of its branches. In 2011 we saw every message become a goal shaped like an apple. The leaves began to drop to make way for the fruit and they settled on the ground below to still remind us of the inspiring words just like autumn leaves.

Based on participant feedback forms, workshops and Recovery Star sessions we were able to begin identifying participant goals. For some this was more difficult than others but with support from Resource Centre staff the goals emerged to be very fruitful. We could see the goals in action, people reaching their potential and seeing the rewards.

The tree was still growing even as goals were being met. Participants were able to post their achievement inside an apple to show how they had stepped forward or completed their goal.



So as the final days of 2011 are upon us we will say goodbye to the Resource Centre Affirmation Tree with thanks for its positive words, splashes of colour and knowing we have accomplished something greater than we ever expected from its humble beginnings.

On reflection our participant projects have added something quite special to the Resource Centre and people have enjoyed contributing to the creation of some wonderful pieces of expression.



2008- Knitted blankets



2009- Flags



2011- NAIDOC week

Everyone coming to the Resource Centre in the New Year keep your eyes peeled for the 2012 Participant Project.

Brylie Roach- Program Facilitator

## 2011 Breakfast & Cooking Group

The Breakfast and the Cooking Group evolved as a response from the Resource Centre to improve client access to nutritious and healthy food through supporting the improvement of independent living skills such as sourcing and preparing good quality food options on a budget. The goal of the programs is to challenge the misconception from many people that good food is too expensive, difficult to prepare and not tasty. The cooking program included trips to local produce markets to learn about the different types of fresh ingredients, cultural and seasonal aspects and price comparisons.



Positive experiences from those who participated in the cooking program in Term 4 include;

"I have enjoyed the variety of meals I helped to prepare and the balanced nutrition missing from my cooking at home".

"I enjoyed the healthy choices provided on the menu and it has given me something to do".

"The vegetarian choices have been my favourites as I don't eat much meat, but have enjoyed the meat dishes too. Also the group atmosphere I enjoyed".

"I've enjoyed the co-operation of the team (participants). This has been an eye opening experience for me with the new recipes".

"I like the group atmosphere, conversing with others and my cooking ability has improved".

"I enjoyed exploring the vegetarian options as I don't normally eat such things. It gets me out of the house and communicating effectively with others in the group when preparing the meals".

"I've learnt how to cook and enjoyed being around others".

"I have learnt new cooking skills, trying new recipes and it's a healthy way to cook".

"It's better than Macca's!". (McDonald's take away)

The menu planned and prepared by the Cooking Group in Term 4.

Trio of dips , Oriental Chicken Balls, Pork Dumplings, Falafel and Tabouli Salad, Satay Beef Stir Fry with Basmati Rice, Thai Green Chicken Curry, Club Sandwiches, Tom Yum





## RESOURCE CENTRE DECEMBER PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Art Studio 10:00- 3.00 p.m.  Strum & Sing 1:00- 3.30 p.m.  Springboard—Monash 1.30—3.30 p.m.	2  Morning Walk 10:00- 12:30 p.m.  Community Catch-up 1:30- 4:00 p.m.
5  Movie Monday 1:30- 4:00 p.m.	6 Art Studio 10:00- 3.00 p.m.  Live Well 1.30 - 4.00 p.m. Combined trip to St Kilda	7  Breakfast Group 8.30—10.30 a.m.  Cooking Group 11.30 -1.30 p.m.  Art Studio 10:00- 3.00 p.m.	8 Art Studio 10:00- 3.00 p.m.  Strum & Sing 1:00- 3.30 p.m.  Springboard—Monash 1.30—3.30 p.m.	9  Morning Walk 10:00- 12:30 p.m.  <b>Centre closed for the afternoon Staff Christmas Afternoon Tea</b>
12  Movie Monday 1:30- 4:00 p.m.	13  Live Well End of Term Trip to the Enchanted Maze 10.30 - 3.30 p.m.	14 Breakfast Group 8.30—10.30 a.m.  Cooking Group 11.30 -1.30 p.m.  Art Studio 10:00- 3.00 p.m.	15 Art Studio 10:00- 3.00 p.m.  Strum & Sing 1:00- 3.30 p.m.  Springboard—Monash 1.30—3.30 p.m.	16  <b>Lantern Christmas lunch &amp; festivities at the Resource Centre 12.00—2.30 p.m.</b>  <b>Everyone Welcome</b>
19  <i>City Trip to Burke Street Mall to see the Myer Shop Windows 10.30—2.30 p.m.</i>	20  <i>Christmas Craft Activities  1.00—3.00 p.m.</i>	21  <i>Breakfast Group 8.30—10.30 a.m.  Festive Cooking 1.00—3.00 p.m.</i>	22  <i>Christmas Movie 1.30—3.30 p.m.</i>	23  <b>Resource Centre Closed</b>
26  <b>Resource Centre Closed</b>	27  <b>Resource Centre Closed</b>	28  <b>Resource Centre Closed</b>	29  <b>Resource Centre Closed</b>	30  <b>Resource Centre Closed</b>

Please note: Program times and activities may change at short notice.

Please see the notice board for details or call the Resource Centre to confirm an activity.



## 2012 RESOURCE CENTRE January School Holiday Program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>New Years Day Public Holiday</b> <b>Resource Centre Closed</b>	<b>3</b> Movie & Popcorn 1.00–3.30 p.m.	<b>4</b> Community Catch –up & Mural Activity 1.00–3.30 p.m.	<b>5</b> <b>Beach Walking &amp; Picnic</b> 11.00–2.00p.m.	<b>6</b> Cooking Summer Salads 12.00–2.30 p.m.
<b>9</b> Community Catch –up & Mural Activity 1.00–3.30 p.m.	<b>10</b> Arts & Crafts 1.00 -3.30 p.m.	<b>11</b> <b>Visit to 3GDR Community Radio Station</b> 1.00– 3.00p.m..	<b>12</b> Movie & Hot Dog 1.00–3.30 p.m.	<b>13</b> <b>Sandcastles Exhibition</b> at Frankston 11.30– 2.30 p.m.
<b>16</b> Cooking Making Wraps 12.00–2.30 p.m.	<b>17</b> <b>St Kilda Pier &amp; walk</b> <b>10.00–3.00 p.m.</b>	<b>18</b> Community Catch –up & Mural Activity 1.00–3.30 p.m.	<b>19</b> <b>Beach Day</b> Bring your lunch for a picnic and day at the beach. 10.30–3.00 p.m.	<b>20</b> Bring you lunch and catch up with friends 12.00–2.30 p.m.
<b>23</b> <b>Botanic Gardens– City</b> 10.30–2.00 p.m.	<b>24</b> Resource Centre 2011 Program Staff Planning	<b>25</b> Australiana Day BBQ 12.30–3.00 p.m. All things Australian	<b>26</b> <b>Australia Day Public Holiday</b> <b>Resource Centre Closed</b>	<b>27</b> <b>Bike Riding Day</b> Bring your bike along for a cycling day with Andrew 11.00–3.00p.m.
<b>30</b> Movie Group Planning Day 1.30 –4.00 p.m.	<b>31</b> Live Well Planning Day Starts at 1.30 p.m.			

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Please see the notice board for details or call the Resource Centre to confirm an activity.

Lantern  
Newsletter Dec/Jan 2012

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