



# NEWSLETTER

DECEMBER 2015

## Our Area Coordinators

Ralph Schier - North East Area  
Christine Hayden - West Area  
Viktoria Voelkerer - Central Area  
Moira Ross - Peninsular Area  
Janelle Green - South West Area  
Ensha Reiya - Inner South Brisbane  
Deanna Cosmas - Outer South Brisbane  
Dana Benea - Logan Area  
Lorraine Chester - Gold Coast Area  
*We need Coordinators for Outer North, North West and South areas. Please contact the office for more information if interested.*

## Our Management Committee

Rebecca Pini - President  
Kim Richards - Vice President  
Patricia Van Den Camp - Treasurer  
Amanda Goddard - Secretary  
Janelle Green - Committee Member  
Christine Hayden - Committee Member  
Ralph Schier - Committee Member  
Rosanna Wullems - Committee Member  
Chris Goddard - Committee Member  
Barbara Harvey - Committee Member  
Irene Henley - Committee Member  
Doreen Awabdy - Committee Member

## Our Staff

Sharon Munn - Coordinator  
Rachael Bakker - Administration Officer  
Danielle Williams Brennan - Research Officer

*We all warmly welcome our new  
Volunteers and Friends*



## Date Claimers

### **Office closing over Christmas**

***Our office will be closed from Monday  
21 December 2015 to Friday 8 January 2016***

***We take this opportunity to wish all our  
members and supporters a very  
happy and healthy Christmas***

### **Morning Tea Cluster Groups**

**10am Wednesdays 3 and 17 February 2016**

@ Pine Rivers Park, Strathpine - contact Lexie on 3353 5624

**10am Wednesdays 3 and 17 February 2016**

@ Grinstead Park, Alderley - contact Marie on 3353 4616

### **BBQ Sponsored by City North Baptist**

**12 noon Saturday 13 February 2016** @ Raven St Reserve, Chermside - enter via Rode Rd entrance. BYO meat, mug & chair. All welcome including family & friends.

### **Level 1 Mental Health Training Course for Volunteers**

**9am-3pm Saturday 27 February 2016** @ our office 5/288 Newmarket Road, Wilston. This course is mandatory for all our Volunteers who have not yet attended. Phone 3352 4022 or email [info@group61.org](mailto:info@group61.org) to register.



PO Box 3155 Newmarket QLD 4051  
5/288 Newmarket Road Wilston QLD  
t: 3352 4022  
e: [info@group61.org](mailto:info@group61.org)

Printing courtesy of Teresa Gambaro MP



*2 hours a week is all it takes  
to enhance the life of  
a person struggling  
with mental health issues*

## RBWH Community Connection Program

It is with great sadness Group61 concluded its Community Connection Program in the RBWH Mental Health Wards at the end of November.

We have tried to seek further funding from various funding bodies, including other community organisations but unfortunately to date we have not had any success.

Special thanks are extended to all the amazing volunteers and staff involved in the program. Your invaluable support has provided vital companionship to inpatients thereby assisting in their recovery.

Below: RBWH volunteers and Group61 staff at the Christmas breakup party



## December Level 1 Mental Health Training

Our Level 1 Mental Health Training on 5 December was well attended by 13 enthusiastic volunteers!

Sincere thanks are extended to Paula Thomson who generously volunteered her time to facilitate Group61's trainings over the past 2 years. Paula has resigned to pursue other interests. Paula's professionalism and dedication has enabled Group61 to deliver quality trainings which are vital in increasing the knowledge and skills of our volunteers.

We welcome new Northern region volunteer, Monique Gregory, and thank her for stepping in to co-facilitate the Dec 5 training with Ralph Schier and Bob Green. Thanks to Ed Colwell for talking about his volunteering with Group61. Special thanks also to Area Coordinator Janelle Green and Ally Green for co-facilitating at the trainings during the year.

Right: Our December training volunteers

## Redland Community Support Project

Group61 has been successful in obtaining a grant from Redland City Council to establish our service in the Redlands region. The Redland Community Support Project will be rolled out over a 6 month period, commencing in February 2016.

A Project Support Consultant will be engaged (1 day a week) to assist a Volunteer Area Coordinator to build community capacity, recruiting Volunteers and Friends and collaborating with local community groups for their support.

Volunteering Redlands is happy to work closely with us to provide office space and assist with recruitment of volunteers.

Group61 participated in 'Thrive by the Bay', a Mental Health Week community event organized by Bayside Mental Health Collaborative on Thursday 8 October. Group61 Patron, Roselee Jencke, attended as guest speaker on the day. The event was a great opportunity for Group61 to promote its service in support of our Redland City Council Community Grant.



Above from left: Irene Henley, Deputy Mayor Alan Beard and Group61 Coordinator Sharon Munn



## The Done List by Julie Richardson

In some recent mental health recovery training I came across the 'done' list, which is opposite to the bucket list. The 'done' list is about things that have been achieved.

All participants in the training were asked to pair with another person to talk about and list their life achievements. It was wonderful to see how your partner sat up straighter, looked more enthusiastic and had increased light in his/her eyes during the activity!

Yes, my partner and I had both achieved much in our lives! As we recorded each other's achievements, we were instructed to ask questions like, 'And, what else?', 'What does that tell you about yourself?' The lists quickly became longer and at the end of the exercise many of us were more than happy to share what we'd recorded.

This is the most therapeutic recovery tool I have ever encountered. I have retained my 'done' list, which has been really helpful to me although the training was only two weeks ago. Whenever I feel down because I've made a mistake or when I'm worrying about a mistake I may have made, I think about my 'done' list. My list is assuming a most respectable length as I keep adding items.

Many of us spend a lot of time reviewing our mistakes in life but how often do we think about our achievements? Can you remember the last time you lay on your bed and thought about how wonderful you are? Everyone who attended the training had a 'done' list so we have all achieved in our lives.

I keep my 'done' list very handy and I'm even thinking of photocopying and laminating it. Maybe I'll save up for a gold frame so I can attach it to my wall. It really is such a wonderful recovery tool and deserves to be displayed prominently in my house.



## Participate in the Reasons for Depression Project

Hello fellow **Group61** members,  
My name is Alleshia Miller and I am currently working on a research project as part of my postgraduate psychology course at Bond University. The project is looking at beliefs about depression in Australia. This subject warrants attention as:



- 1 in 5 Australians experience depression at some stage in their life.
- 1 in 10 Australians are affected by someone close to them having depression.

Your participation will help researchers to **learn about** and **develop treatment programs** for persons with depression in Australia.

To participate **CLICK HERE.**

Please feel free to send this to your friends.

Link to Survey:

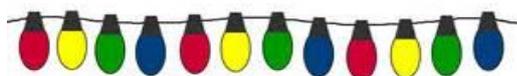
<https://www.psychdata.com/s.asp?SID=168689>

Link to Facebook:

[www.facebook.com/ReasonsforDepressionProject](http://www.facebook.com/ReasonsforDepressionProject)

## Group61 jar won!

Group61 won Mindfulness Matters at Grill'd Fortitude Valley in October in recognition of World Mental Health Month. We received the most tokens at the end of the month, **receiving \$300 worth of Smiling Mind resources.** Thanks again to all our burger-loving supporters – it's a tough gig I know!



Happy  
Holidays!

# Group61 Friends Christmas Lunch

A very big thank you is extended to City North Baptist Church for once again providing a wonderful Christmas Lunch for our Friends and their Volunteers to enjoy.

Thank you too to all the volunteers who accompanied their Friends for the event.

