



**flourish**

*Mental Health Action  
In Our Hands Inc.*

# VOICES

Vol. 2, No. 9, October 2017

## From The Editor's Desk

Monday October 22nd will mark the first anniversary of Flourish beginning occupation of the new office suite in Pressland House (33 Melville St, Hobart), and so much has happened in that time. Flourish has new members statewide, new office volunteers, university students on assignment, a new Board, and soon a new CEO. Not far off is our first conference, the Flourish Festival of Ideas. Meanwhile, the monthly E-Newsletter has proven successful, but articles are always welcome.

## Brain Food Lunch-box

Celebrate Mental Health Week (9th to 14th October) with a Brain Food Lunch Box. Support the Hamlet Café, Flourish, and your own mental health with brain food; yum-yum. Look out for yummy menus closer to the date. Order and pay for a menu item prior to Mental Health Week. Pick up your lunch boxes from the Hamlet Café on your nominated day and time, or have them delivered by the Hamlet Café to your office block or arranged place. This is a Flourish Local Action Group South (FLAGS) initiative. For further information, contact Julia: Mobile: 0418 724 794, Email: [juliaw@flourishtas.org.au](mailto:juliaw@flourishtas.org.au) (edited)

## A Member Based Mental Health Peer Worker Organisation: Update



Private Mental Health Consumer  
Carer Network (Australia) Limited

*engage, empower, enable choice in private mental health*

The Private Mental Health Consumer Carer Network has been funded to undertake a national project looking at the feasibility of establishing a member based peer organisation in Australia.

Thirty-eight people have so far registered their interest in being informed about the project. If you haven't registered your interest, here is the link: [www.surveymonkey.com/r/peerproject](http://www.surveymonkey.com/r/peerproject)

We are planning consultations in Tasmania in April 2018. We will post details onto the Project webpage of: [www.pmhccn.com.au/peerproject](http://www.pmhccn.com.au/peerproject)

**Ms Janne McMahon**

## Flourish's Festival Of Ideas: Design Thinking For Future Action



We all know the problems - You have ideas - Let's transform them into action together. Flourish's festival of Ideas is a fun, practical and action oriented 3 days. It offers you the opportunity to work with others to identify and reframe the mental health challenges you are passionate about influencing. The numerous activities will help you visualize and brainstorm new possibilities, practically experiment with them, and test their usefulness in either your own life or the lives of people who experience mental distress. The festival runs from Tuesday 5 December until Thursday 7 December and will be at Camp Banksia at Port Sorell, just outside Devonport on the Northwest coast.

To apply for a spot at the festival, please complete a copy of the application form available here: <https://form.jotform.co/72388333685871>

Once completed, please email your application form to [events@flourishtas.org.au](mailto:events@flourishtas.org.au) or post to:

PO Box 4836, Bathurst St. Post Office  
Hobart, TAS, 7000

**PLEASE NOTE: Indicating attendance on the Facebook event page does NOT secure a spot for you at the festival.**

For further information, you can:

Post on this event wall.

Message us via Facebook: <https://www.facebook.com/flourishtas/>

E-mail us: [events@flourishtas.org.au](mailto:events@flourishtas.org.au)

Call us at the office: (03) 6223 1952 BH

**The Festival of Ideas is funded by Partners In Recovery (PIR)**

Image: [festivalofideas.com](http://festivalofideas.com)

## The Hottest Auction In Town Is Getting Closer



Flourish is hosting an on-line auction in February 2018 to raise funds to assist with training and other activities. Therefore, Flourish is looking for donations of suitable items to auction.

The items can be new or old, large or small, antique or modern. We just require that any item be in good to fair condition. For more information contact Flourish. Phone: 62231952 BH or email: [admin@flourishtas.org.au](mailto:admin@flourishtas.org.au)

Image: [niagrafestival.com](http://niagrafestival.com)

## Position Vacant: Flourish Chief Executive Officer



Flourish Mental Health Action in Our Hands Inc. is an independent Tasmanian not-for-profit organisation established to provide a strong voice for the state's mental health consumers. Flourish does not deliver individual services. It works with consumers, government, service providers and families to ensure that the delivery of mental health services is a quality process that meets the needs and expectations of all consumers.

The Flourish Board is seeking to appoint a new Chief Executive Officer.

This will be a full-time position based in Hobart, but with state-wide responsibilities.

Applications will close on 4 October 2017. It is expected that interviews will be conducted between 9 and 12 October and the successful applicant will be announced at the AGM in November. The start date will be negotiated with the successful applicant.

For the Position Description and Selection Criteria applicants should contact the Board Chair, Harry Wilsdon: Phone: 0458 920 315 Email: [harryw@flourishtas.org.au](mailto:harryw@flourishtas.org.au)

Written submissions should be marked CONFIDENTIAL and forwarded to Harry Wilsdon, The Chair, Flourish, PO Box 4836, Bathurst Street Post Office, Hobart, TAS, 7000.

## A Community Conversation On Body Image

**It's time we talked!**  
**Youth – Parents – Educators**

**Monday 30<sup>th</sup> October**  
**Hobart Town Hall 6-9pm**

**Presents**  
**Glen Gerreyn &**  
**Melinda Tankard-Reist**

**MEN OF HONOUR**  
A Young Man's Guide to health, drugs, sex and relationships

**TOO SEXY TOO SOON** What media, the internet, marketing and pop culture are teaching your children and what you can do about it.

You are invited to this important Community Conversation on Body Image. Body image is an issue that we all need to be aware of; as youths, parents, educators, support workers and members of the community. Tassie Teen invites you to hear from national authors, speakers, educators and parents, Melinda Tankard-Reist and Glen Gerreyn, on how we can support our youths to navigate the hyper-

sexualised environment in a proactive and positive way. Tickets must be pre-purchased for the event to go ahead and Early bird prices available to the end of September. Tickets at Eventbrite:

<https://www.eventbrite.com/e/stronger-together-tassie-teen-presents-tickets-37585360826>

You can also read the latest Tassie Teen newsletter [here](#) (Edited)

**Ines Carver**

Ph 0439 551 952

[www.tassiateen.com.au](http://www.tassiateen.com.au)

## Saying YES Could Save Lives



As many as 3000 youth suicide attempts could be averted each year with a 'YES' vote for marriage equality, the nation's leading youth mental health organisations have revealed.

Launching their national #mindthefacts campaign, the Black Dog Institute; Headspace; ReachOut; the Brain and Mind Centre at University of Sydney; and Orygen, the National Centre for Excellence in Youth Mental Health, are all encouraging Australians to carefully consider the real and devastating links between youth suicide and discrimination against young LGBTIQ people when they cast their vote over the next six weeks. #mindthefacts uses real facts and evidence to urge Australians to cast a 'yes' vote, drawing attention to the peer reviewed studies confirming the negative health impacts caused by discrimination against LGBTIQ people. The campaign follows urgent high-level talks between the mental health groups after a surge in demand for mental health services in recent weeks as a result of the same sex marriage postal survey.

"This confronting statistic highlights both the human impacts of the current discrimination against LGBTIQ relationships, and the positive future that marriage equality can achieve for Australia," said ReachOut CEO, Jono Nicholas, speaking on behalf of the campaign coalition. "As Australia's leading youth mental health organisations, we see, hear, and feel, the real and devastating link between LGBTIQ discrimination and youth suicide rates and mental illness every day. "We deal in facts and there's one fact Australians can't ignore: discrimination against young LGBTIQ people leads to poor mental health outcomes and a higher risk of suicide. This campaign is not about politics, ideology, or shaming those considering voting 'No'. We therefore feel collectively compelled to intervene in this debate to ensure Australians have access to real clinical evidence and research, not alternate facts and fiction.

In the United States, implementation of same-sex marriage policies has been associated with a 7% relative reduction in the proportion of high school students attempting suicide. The association was strongest among sexual minority students. Based on figures from the Second Australian Child and Adolescent Survey of Mental Health and Wellbeing this would equate to almost 3,000 fewer suicide attempts made by Australian secondary school students per year. (Edited)

Source: MHCC E-News September 2017

### Need help now?

**Lifeline Australia – 13 11 14 Kids Helpline – 1800 55 1800**

## **Suicide Prevention Australia: Decrease In Deaths By Suicide**



**Suicide Prevention  
Australia**

A report released by the Australian Bureau of Statistics (ABS) shows that 2,866 Australians died by suicide in 2016. There was an average of 7.9 deaths each day, with 2,151 males and 715 females. This is a decrease of 161 deaths from the previously reported 2015 figure of 3,027. While this is the first decrease in the suicide rate for some years,

suicide still remains the leading cause of death for Australians aged 15 - 44 years.

Suicide Prevention Australia Chief Executive, Sue Murray, calls for those working in suicide prevention to hold their focus: "Suicide is a complex public health issue that requires sustained investment in prevention efforts to support more Australians to live. We are encouraged by the reported decrease, increased funding, support across Parliament and focus on regionally driven suicide prevention over the past year. Many organisations and communities are working hard to implement locally driven prevention plans focusing on priority issues such as primary care and care following discharge from our hospitals, as well as trialling innovative whole of community solutions. We will continue to encourage all working in suicide prevention to hold their focus on making the deep systemic and social changes needed."

Source: Suicide Prevention Australia

## **Some 2017 Mental Health Week Events**

### **Minds Do Matter Art Exhibition**

This exhibition explores the relationship between art and wellbeing, celebrating the power of art to be life-enhancing and life-affirming. The theme for this exhibition is Inspirations.

Where & When: Queen Victoria Museum, Inveresk. 30 September - 29 October

For more information, phone Annie: 03 6333 3111

### **Painted Stronger Together - Exhibition**

Throughout Mental Health Week, Bunnings Launceston will transform to display 20 large panels of Stronger Together themed artwork completed by a range of local organisations.

Where & When: Bunnings, Corner Lindsay & Goderich St, North Launceston, 8 - 14 October

For more information phone Australian Red Cross MATES, Rochelle Hughes: 03 6326 0400

**Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.**

**Sir Winston Churchill**



## **Tasmanian Human Rights Awards 2017**

The Tasmanian Human Rights Week Committee is calling for nominations for the 2017 Human Rights Awards.

**Nominations close 5:00pm, Friday 6 October**

There are nine categories:

- Individual Award
- Organisation Award
- A Fairer World School Award
- Lucy Henry Mental Health Award
- Angus Downie Print Journalism Award
- Multicultural Award
- Lesbian Gay Bisexual Trans and Intersex (LGBTI) Award
- Youth Award
- Robin Hood AM Sport Award

Each category winner will receive a certificate and a \$500 prize. Winners will be announced at the ceremony and Human Rights Week launch event, Saturday 2 December at Parliament House.

For more information, or to get a nomination form, phone 03 61657512 or go to: [www.afairerworld.org/hrw](http://www.afairerworld.org/hrw) or call (03) 6165 7512.

## **Some More 2017 Mental Health Week Events**

### **Stronger Together Mental Health Breakfast** (Eureka Clubhouse)

Join Eureka Clubhouse for their free Mental Health Week Breakfast. With a Stronger Together theme, if you wish you can write about or draw your mental health hero.

Where & When: Eureka Clubhouse, 6 Florence St, Moonah, 10 October 7.30am - 10.30am

For information phone Lisa Blackwood on 6214 9977

### **Celebrate Mental Health Day in Hobart's Department of Psychiatry**

Celebrate Mental Health Day by wearing Odd Socks and enjoy morning tea in the RHH Department of Psychiatry. The Mental Health Day morning tea is open to all RHH personal, patients, and visitors, as well as anyone who wishes to come along, but don't forget to wear your odd socks!

Where & When: RHH Dept of Psychiatry, Level 3, J Block, on Tuesday 10 October at 10:00 am.

Got something to say? Do you have an event you want to promote? Do you want to tell people about your journey towards better mental health? Maybe you have an update on a project you are working on? Whatever it is, we at Flourish would love to hear about it for our newsletter. Check out details on our [Comments and Submissions page](#).

## What You May Not Know About Antipsychotic Drugs



The causes of psychosis are complex and not fully known. Despite the lack of evidence as to what causes psychosis, antipsychotics continue to be the main treatment. However, antipsychotics do not 'cure' psychosis. Rather they provide relief from the symptoms. Antipsychotics

commonly fall into two classes; the older drugs like Thorazine, Trilafon and Haldol, and the newer drugs, such as Zyprexa, Risperdal and Seroquel. Research has revealed that the benefits of the new generation of antipsychotics have been overstated and the risks, including metabolic syndrome and diabetes, have been underestimated. Research shows there are serious and debilitating side effects, such as sedation, movement disorders, and cardiovascular disease. There is emerging evidence to suggest that the postponement of treatment with antipsychotics and the tapering and discontinuation of these drugs may be associated with better outcomes. Recent research questions the long-term use of antipsychotics, suggesting they may impede recovery.

Antipsychotic medications are associated with harmful and unwanted effects. Sometimes these effects can be worse than the problem they were intended to relieve. Common side effects include: Movement symptoms such as trembling, muscle stiffness, slowness of movement, shuffling walk, restlessness in the legs, twisting movements of the body, grimacing, uncontrolled movements of the tongue, lip puckering, and rapid eye blinking. Metabolic and cardiovascular changes can cause increased or decreased appetite, weight gain, diabetes, increased blood glucose and cholesterol levels, changes in blood pressure, and irregular heartbeat. Hormonal and sexual changes such as excessive growth of hair, acne, painful and swollen breasts, breast enlargement in men, unusual secretion of breast milk, changes in menstrual periods, decreased libido, impaired arousal, and impaired orgasm. Other symptoms can be tiredness, drowsiness, forgetfulness, confusion, dizziness and changes in sleep. Emotional changes may include feeling anxious, depressed or agitated. Other side effects include a dry mouth or excessive saliva, blurred vision, constipation, diarrhea, difficulty urinating, headaches and vomiting.

**Want to know more?** Visit the Beyond Meds website: [beyondmeds.com](http://beyondmeds.com)

Read '100 Ways to Support Recovery' by Mike Slade: [rethink.org/](http://rethink.org/)

Source: Dorozenko K, Martin R, 2017, *A Critical Literature Review of the Direct, Adverse Effects of Neuroleptics: Essential Information for Mental Health Consumers, Carers, Families, Supporters and Clinicians*, School of Occupational Therapy and Social Work, Curtin University. Image: [vocative.com](http://vocative.com)

## Tasmania's Mental Health Legislation: Outdated And Dangerous



In 1920 the Tasmanian parliament enacted the Mental Deficiency Act. This legislation was eugenics based, and targeted children who were considered 'feeble minded', 'idiots', or 'imbeciles'. These children were forcibly incarcerated in the Lachlan Park Asylum at New Norfolk. The 1920 Act and the Mental Hospitals Act (1858) both remained in force until 1963. The new 1963 Mental Health Act was little better than its

predecessors. It was ambiguous in terms of treatment, with seclusion potentially lasting up to 60 days, and mechanical and chemical restraint allowed, plus shock therapy, and insulin therapy. In fairness, these practices were considered acceptable in the periods they were used, even if they were of little or no therapeutic value and traumatised the patients. In 1996 new mental health legislation came into force. The 1996 Act was based around principles that underpinned United Nations human rights conventions. While patients had no legal rights, they could not be treated without their consent, and they could only be physically restrained. In 2014, the current Mental Health Act (2013) came into effect. For the first time, patients had legal rights, but that is all they had. Despite being well intentioned with the preference of treating people in the community rather than forced detention, the 2013 Act has unwittingly returned Tasmanian mental health acute management backwards 60 years. Detention is now based on behaviour not diagnosis. People can now be forcibly treated without their consent, while chemical and mechanical restraint are also now allowed. The criteria for seclusion has been broadened to allow seclusion for patients who disturb 'the good order of the ward', meaning in theory a patient can be secluded simply for swearing at a nurse.

All this begs the question: Does Tasmania really need mental health legislation that is discriminatory, creates stigma, and treats people like criminals? Looking at Tasmania's mental health legislation over the past 100 years, it must be said that very little has changed that could be described as positive. Many jurisdictions globally are banning completely, or in part, restrictive practices as human rights violations. In Iceland (pop. 300,000), the government scrapped its mental health legislation and banned mechanical restraint and seclusion, which leaves one wondering why Tasmania cannot do likewise. Abolition of Tasmania's mental health legislation is unlikely because of a belief that it would lead to more suicides and an increase in imprisonment. Yet caring for people with complex mental health issues should not mean detaining and treating them without their consent. Instead we should be providing high quality holistic community services and support systems adapted where possible to individual needs. Are we doing this? Not as well as we should be. Mental health services remain under-funded, poorly resourced, with never enough appropriately trained staff. It is time we began afresh, following the lead of the European Union and Iceland in treating people with mental health issues as equals in society and freeing them from stigma and discrimination.

**Danni Lane, Mental Health & Human Rights Advocate**

## Housing and Homelessness News



### Shelter-Tas Update

Affordable Housing is essential for a healthy community and strong economy. It is the foundation for building our State's future. Staff at Shelter-Tas are currently busy working with

members on key proposals for the State Election. We have been consulting with stakeholder and policy groups to identify a wide range of areas to increase access to social and affordable housing, reduce homelessness and ensure consumer protections. We are also contributing to the development of similar policy platforms with our national partners National Shelter and the Community Housing Peaks. If you would like more information please contact us at [comm@shelertas.org.au](mailto:comm@shelertas.org.au)

### Shelter-Tas and the Community Industry Housing Association (CHIA)

Shelter-Tas has signed a compact with CHIA to maximise opportunities to advance the community housing industry nationally and in Tasmania. The agreement strengthens the relationship between the two organisations. Shelter-Tas looks forward to working with CHIA to build the capacity of the community housing and increase the profile and reputation of the industry. The growth of community housing is essential to increasing the supply of the social housing system.

### 100K Homes Campaign

The Council to Homeless Persons has joined with National Shelter, Shelter Tas, and other state homelessness peaks to launch the 100K Homes campaign. The Federal Government has been called on to fund 100,000 new public and community housing properties for low income earners, over the next five years.

Have patience with all things, but first with yourself.

Never confuse your mistakes with your value as a human being.

You are a perfectly valuable, creative, worthwhile person simply because you exist, and no amount of triumphs or tribulations can ever change that.

Unconditional self-acceptance is the core of a peaceful mind.

**St. Francis de Sales**

## **And Even More Mental Health Week Events**

### **Mental Health Week Expo** (headspace Launceston)

Come along and immerse yourself in the paper mache tree with each leaf representing the Stronger Together theme, or relax and enjoy the short film produced by local TAFE, schools and colleges. Albert Hall will be full of interactive stalls from local service providers, there will be something for everyone. This is a free event.

Where & When: Albert Hall, Launceston, 10 October 10:00 am - 6.30 pm

For more information phone: Alison Filgate on 03 6335 3100

### **Stronger Together Community Expo** (Glenorchy City Council)

There will be something for everyone at this Stronger Together Community Expo with fun activities, healthy eating demonstrations, meet new people at the conversation corner and take away information about mental health services and local programs.

Where & When: Glenorchy LINC, Terry St, Glenorchy, 11 October 11:00am - 1:00 pm

For more information phone: Elisa Ryan on 03 6216 6371

### **Micare BBQ and Fun Time**

Baptcare invites you to a free community BBQ with music, street soccer, football and more. Coffee van available. People sharing their lived experience stories of recovery on the day.

Where & When: Tolosa St Dam Reserve, Glenorchy, 11 October 11:00 am – 3:00 pm

For information phone Brad Try on 03 6212 9800

### **Understanding and Managing Stress**

Wellways and Rokeby Neighbourhood House are facilitating this free Understanding and Managing Stress workshop with a focus on self-care.

Where & When: Rokeby Neighbourhood House, 85 Tollard Drive, Rokeby, 10 October 1pm – 2pm

For more information contact Kelly Madden on 6169 0600

### **Understanding and Managing Stress**

Why not take some time out for yourself during Mental Health Week. Wellways and the Goodwood Community Centre are facilitating this free Understanding and Managing Stress workshop with a focus on self-care.

Where & When: Goodwood Community Centre, Acton Crs, Goodwood, 11 October 2.00pm – 3.00pm

### **The Hobart Clinic Salamanca Market Stall**

Come along and meet the team from The Hobart Clinic at Salamanca Market where they will be promoting mental health awareness.

Where & When: Salamanca Market, Hobart, 14 October 8.30am - 3.00pm

For information contact Rebecca Free at [rfree@thehobartclinic.com.au](mailto:rfree@thehobartclinic.com.au)

### **Identity and Self Esteem**

Wellways and the Pittwater Neighbourhood House are facilitating this free Self Esteem and Managing Stress workshop with a focus on self-care, stress management and mindfulness.

Where & When: Pittwater Neighbourhood House, 34 Hoffman St, Midway Point, 12 October 1 – 2pm

For more information contact Kelly Madden on 6169 0600

## **Fifth National Mental Health and Suicide Prevention Plan Update**



The recently announced Fifth National Mental Health and Suicide Prevention Plan provides the platform for our Strategic Framework for Suicide Prevention and the work we have undertaken, which began at a February 2017 National Coalition workshop where discussion centred on a 2025 framework for an improved approach to suicide prevention. We expect the publication of the Fifth Plan shortly.

Arising from this, a series of propositions for the design of an improved approach to suicide prevention were developed and subsequently tested with the wider suicide prevention community around the country throughout February to May 2017, together with an online survey. We received tremendous assistance from a range of organisations and agencies to run this 'roadshow' as an effective forum. I wish to place on record my appreciation for the support of Relationships Australia (Tasmania).

The National Coalition met in late June 2017 to review the issue and the outcomes of the consultation. Arising from this, a small working group reporting to the SPA Policy Committee is now preparing a paper reflecting the issues raised in the consultation process with a focus on policy settings for an improved approach to suicide prevention. This is being written for the Federal Government in the context of its national suicide prevention implementation strategy, an outcome arising from the Fifth Plan. If you have any questions about this, please call Stephen Holland on (02) 9262 1130 or email [stephenh@suicidepreventionaust.org](mailto:stephenh@suicidepreventionaust.org)

(Edited) Source: Tasmanian Suicide Prevention Community Network

**If any article in this issue of VOICES causes distress and you need to talk to someone, you can contact any of the following support services.**

**Lifeline: 131114**

**Wellways: 1300 111 500**

**Headspace: 03 6231 2927**

**MensLine Australia: 1300 789978**

**Suicide Call Back Service: 1300 659 467**

**Mental Health Help Line: 1800 332 388**

## Pokie Reform One Step Closer

The Joint Select Committee report into gaming is in and it is an important step forward in the process of realising Tasmanian's vision of pokie-free suburbs. Chair of the Committee, Mike Gaffney, MLC, said he was in favour of removing pokies from our suburbs after hearing from witnesses and reading through submissions to the Committee. Although a recommendation on this was voted down by a majority of the Committee membership, Mr Gaffney's statement is a sign of the difference made when political representatives listen to Tasmanians on issues that matter to them. We know that Tasmanians are ready and asking for change on pokies and we know our voices are beginning to have an impact. Please continue your good work to support this campaign. You can do this by:

- continuing to talk with your friends, family, colleagues and your various networks about the widespread support in our State to make Tasmanian pubs and clubs pokies free.
- reminding your political representatives that their job is to listen and that they have the power to make change for the better.
- We need only look at the depth and breadth of the Community Voice coalition's growing membership to know just how widespread this pokie-free vision is across our State.

### **The Community Voice on Pokies Reform Coalition** (Edited)

Source: Tasmanian Council of Social Service Inc



### **A Research Report On The Batyr@school Program**

The prevalence of mental ill health among adolescents is a significant problem in Australia. Suicide is the biggest killer of young people. Just as significant are the large numbers of those who don't seek help. A common reason for not seeking help is stigma, and it means too many young people are suffering in silence and in isolation. In 2017, Batyr engaged with researchers at Macquarie

University to conduct a randomised controlled trial investigating the efficacy of the Batyr@school program and found that they reduced stigma in young people and increased intentions to seek help.

Batyr was launched in 2011, after founder Sebastian Robertson experienced the frustration and isolation of living silently with mental ill health whilst at university. Sebastian recognised that it was time to have open honest conversations about mental health with young people, and founded the organisation, naming it after Batyr ('hero'), The Talking Elephant From Kazakhstan.

Batyr is a for purpose organisation that aims to engage, educate and empower young people to have positive conversations about mental health. Batyr offer a range of programs that 'give a voice to the elephant in the room.' From training young people to sharing their lived experience of mental ill health, to running dynamic programs in schools and universities, Batyr aims to smash the stigma surrounding mental health and encourage young people to reach out for help when they need it. (Edited)

Read more at <http://www.batyr.com.au/about-us/#o44Yl8d8tEBeOYbB.99>

## Anti-Poverty Week 2017



### Youth Forum

Colony 47 is hosting a forum on youth issues and poverty.

Where & When: Parliament House Reception Room, Salamanca Pl, Hobart, 16 October, 12:00pm

For information contact Gabby at [gabbym@colony47.com.au](mailto:gabbym@colony47.com.au)

### Pizza For Poverty

Colony 47 is hosting a community lunch to discuss poverty issues within the community. A free pizza lunch will be provided by D'Angelos.

Where & When: Community Hall, 52 Hampden Road, Battery Point. 19 October, 12pm-2pm.

For information contact Gabby at [gabbym@colony47.com.au](mailto:gabbym@colony47.com.au)

### Financial Information And Advice Sessions

During Anti-Poverty week the Salvation Army is offering information and advice on NILS loans versus renting, pay by the month, interest free loans, plus information on “pay day” lenders.

Where & When: Clarence Salvation Army. 135 Clarence St, 16 – 20 October, 9:00am-1:00pm

For information contact Stacey Milbourne at [Stacey.Milbourne@aus.salvationarmy.org](mailto:Stacey.Milbourne@aus.salvationarmy.org)

### Comments And Submissions

Newsletter content does not necessarily reflect the views of the Flourish Board or staff. Flourish is not responsible for, and refutes all liability for, damages of any kind arising out of use, reference to, or reliance on any information contained within the newsletter. There is no guarantee the information provided in the newsletter is correct, complete, or up-to-date. Although links may be provided to Internet resources, including websites, Flourish is not responsible for the accuracy or content contained in these sites.

### Newsletter Guidelines

Submissions should be written or typed articles. A maximum of 500 words per story applies. More than one article is welcome, but dependent on space and other restrictions, publication is at the editor's discretion. The editor reserves the right to edit spelling, punctuation, and if needed, grammar. Contributors may be anonymous, use only their first name, or use their full name.

**Deadline for submissions for Vol. 2 No. 10 November 2017 is Monday 30 October**

## **Flourish Participation**

Membership of Flourish is free to all Tasmanian's who have a lived experience of mental illness. Participating in Flourish activities can provide you with information about mental health through our newsletter, website, Facebook page, and regional forums where people with an interest in mental health can meet and share their experiences and ideas. To participate, complete the attached form, and agree to the Flourish Code of Conduct. If you would like to discuss Flourish participation in more detail, please phone our office on 03 6223 1952 or email [admin@flourishtas.org.au](mailto:admin@flourishtas.org.au)

## **Flourish Code of Conduct**

The Code of Conduct guides all Flourish members. The term 'member' refers to employees, Board members, volunteers, Regional Advisory Group (RAG) members, Consumer Representative Consultants (CRS), and anyone undertaking work-experience. Flourish expects a high standard of behaviour from members and there is an expectation that members will conduct themselves in a professional manner. This code underpins other policies, e.g., Anti-Discrimination Act. The following principles form the Code of Conduct:

Members work in a professional manner, adhering to relevant professional and organisational codes of ethics, and working with respect, fairness and integrity at all times.

Workplace Health and Safety and the Anti- Discrimination Act are adhered to.

Flourish policy and procedures such as Anti-Discrimination and Harassment, Complaints, Privacy and Confidentiality are adhered to.

Members are respectful of colleagues and work to resolve conflict in an appropriate manner.

Members conduct themselves professionally and do not act in a manner that might jeopardise the safety of others or themselves or bring the name of Flourish into disrepute.

Members show due care when using all assets and property belonging to Flourish.

Members are aware of diversity in the workplace and are respectful of others.

Members are aware of harassment and bullying issues, discrimination and sexual harassment.

The Code of Conduct mandates the need for appropriate working relationships and the resolution of conflict in a safe and respectful manner. Where conflict is not resolvable members should refer to the Grievance Policy or the Bullying and Harassment policy.

I understand and agree to abide by the Flourish Code of Conduct.

Name:

Signature:

Date:

## Flourish Participation Application Form

Application date:

First Name:

Last Name:

Gender:

Date of Birth (optional)

Phone:

Mobile:

Email:

Preferred method of contact:

I agree to Flourish disclosing my contact details to other members for the purposes of contacting me about relevant matters (circle).                      YES                      NO

Do you have any special needs that Flourish should be aware of?

What activities would you like to participate in?

- |   |     |    |
|---|-----|----|
| 1. Flourish Action Group (FLAG)   | YES | NO |
| Which group?                      WEST      NORTHWEST      NORTH      SOUTH |     |    |
| 2. Consumer Representation Service (CRS)                                    | YES | NO |
| 3. Volunteering for Flourish  | YES | NO |

By signing this application for membership, you have read and agree to abide by the Flourish Code of Conduct. This is a requirement for participation in Flourish activities.

Signature of applicant:

### OFFICE USE ONLY

Application processed (date)

Information on register (date)

Letter sent to applicant (date)