

MindsConnect

TEAMhealth Newsletter—Celebrating our people and works

July 2011, Version 3

Up, Up and Away



In early February 2011 the Top End and Central Australian Respite program provided their first joint activity for Carers and Care Recipients. Seven people from the Top End and seven people from Central Australia had the opportunity to experience Hot Air Ballooning in Alice Springs.

Although the 3am start for some was a little early we all arrived at the pickup destination on time to experience a Central Australian sunrise whilst flying quietly over the beautiful landscape.

At the end of the experience Carers and Carer Recipients all rallied together to pack away the balloon before having breakfast and the opportunity to socialise and share their experiences.

This activity allowed both Carers and Care Recipients the opportunity to meet with others outside of their region, share their stories and develop new supports and networks.

Message from our Board of Management

Hi all,

We have had a busy time since the last newsletter.

Dale Campbell commenced work on 27 April as our new CEO. Dale has come to us with a local government background and we are looking forward to TEAMhealth going from strength to strength under his leadership.

On Thursday 16 June we had a Special General Meeting and a new revised constitution was adopted by the members. There are some significant changes which include:

- *Membership is broadened to include institutional members.*
- *Staff are encouraged to become associate members.*
- *All people who wish to be members and pay the annual fee will become members – there is no longer screening of*

membership applications by the Board.

- *Renewal of membership is by payment of the annual fee- no other application process is required.*
- *The Committee becomes the Board with a minimum of five and a maximum of eight members.*
- *Members of the association elect the Board but Board members select their own Chair, secretary etc. to ensure that available skills are maximised.*
- *The Board can appoint advisory committees from members and non-members and we are looking at how best we might get participant and carer input to the Board via this mechanism*

A copy of the new Constitution will go on the website once we get final approval from the Department of Business Affairs.

Also at the Special General Meeting Barry Thomas was appointed a Life member of the Association. Barry has been the Treasurer of TEAMhealth and a loyal supporter for many, many years.

The Board has set the membership fees for 2011/12 as follows:

- Ordinary members \$15 (or \$10 if on Centrelink support)
- Associate Members (staff) \$5
- Institutional Members \$25

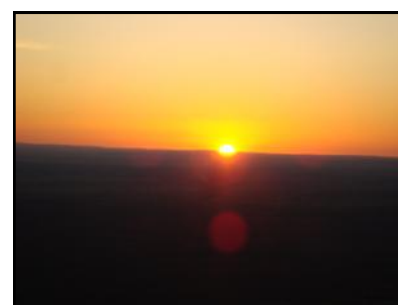
Membership falls due on 1 July and we really want to encourage all participants, carers, staff, funders, like-minded organisations and all people interested in promoting mental health to join us. There is strength in numbers and a strong voice will help to ensure that much needed services get funded.

We encourage you to complete the membership form on the back page.

TEAMhealth Board of Management

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Welcome from Dale Campbell, Chief Executive Officer



Dale Campbell joined TEAMhealth in April as the new Chief Executive Officer. Dale comes to the Territory via the north coast of New South Wales (Lismore / Byron Bay), where he worked with Indigenous organisations in regional service delivery.

Dale has been in the Territory now for three years working in regional local government, including periods of time living on the Tiwi Islands and Jabiru.

He comes with a strong background in finance and management and will be a great addition to the team.

Dale is married to Chrissie and has three daughters and three step sons (yes the Brady Bunch, though he says “most” of them are grown up and living away from home). When not at TEAMhealth Dale can usually be seen wielding a hammer or paint brush as he renovates his house at Anula.

Please welcome Dale to the team!!

Dr Allan Skertchly 1929—2011



It is with sadness that TEAMhealth advises of the passing of Dr Allan Skertchly on 12 April 2011. Allan provided many years of service to TEAMhealth since joining the Board in Sept 1999 serving as Public Officer, Chair and Vice Chair until 2010.

Allan was a Registered Practising Psychologist (NT) and had an extensive background in universities and public administration. Allan was previously the

Chairperson of Family Day Care Centre, Sanderson High School, Austral-Asian Futures Federation and the Association of Private Practising Psychologists (NT).

Our thoughts are with Allan’s wife Lee and the Skertchly family at this sad time.

Homeless Connect, by Ant Fagan, Team Leader

Convened by the Darwin City Council the Homeless Connect had a successful return to the Darwin Community.

The issues faced by a variety of people that are affected by homelessness are frighteningly real for many members of our community.

Homeless Connect provides a ‘day off’ for many of these individuals and families with free public transport to the venue.

Once there people could enjoy a lovely cooked breakfast, and food throughout the day prepared and served by volunteers and workers from St Vincent De Paul.

There were a range of service providers from both the community and government sector. All services did a fantastic job in promoting access and providing information to achieve better outcomes for those affected by homelessness.

There is an undeniable relationship between homelessness and mental health.

As such TEAMhealth were present once again. As well as providing the information to promote the services provided by

TEAMhealth, the stall was staffed at all times with the professional and importantly approachable workers at TEAMhealth.

Ant Fagan, RAP & CHP Team Leader



Above: Nasim, Katherine (Respite) and Richard

National Mental Health Standards, by Melissa Heywood, Operations Manager

The National Mental Health Standards were initially introduced in 1996 with the endorsement of the Commonwealth, state and territory health ministers.

The development of the standards was guided by the principles contained in the national mental health policy of the time, and the United Nations Principles on the Protection of People with Mental Illness.

The initial National standards were intended for public mental health services. Some non-government community mental health services adapted elements of the National Standards to their services with some success, but the majority found it difficult to apply the Standards to the community, organisational and service provision context within which they operated.

The framework in which mental health services are delivered has changed over the last decade, with both clinical and non-clinical services being more frequently delivered in the least restrictive environments in the community rather than hospital settings.

There are also now models such as the Prevention and Recovery Care Model in Victoria and the Step-up Step-down model we have developed in the Northern Territory.

There has been an increase in non-government and private sector involvement in the role of primary mental health care.

In response to these changes, a review of the National Standards started in November 2006, in consultation with a wide range of stakeholders including consumers, and carers. The revised National Standards (2010) are the result.

Unlike the earlier National Standards, the revised standards are designed so that they can be incorporated into the range of services within the mental health sector, including Government, Non-Government and Private Sectors. This is the first time the non-government sector has been formally acknowledged by these standards.

It is very exciting time to work in mental health as the new standards provide a formal National Framework to adhere to which will allow people to move across jurisdictions and receive the same level of care and

service no matter where they live in Australia.

TEAMhealth participated in a review against the (1996) standards with the Department of Health and Families and is well on the way to meeting all recommendations.

Below are the overarching principles of the new and revised NMHS (2010), which underpin all levels (primary, secondary and tertiary) mental health care in Australia.

1. Uniqueness of the individual
2. Real choices
3. Attitudes and rights
4. Dignity and respect
5. Partnership & communication
6. Evaluating recovery

For further information please see the National Mental Health Standards (2010) and the Implementation Guidelines for Non-government Community Services (2010).

I look forward to engaging staff, carers and consumers in TEAMhealth's compliance against these standards.

Melissa Heywood
Operations Manager

Sub Acute Care—Papaya, by Karen Jackson, Asset Officer



Over the last six months Papaya has seen a number of minor capital works carried out to improve the facility.

The swimming pool has been replaced and the surrounding area have been given a much needed facelift. The pool area is now a

tranquil area to cool off and spend time relaxing. The residents hold a lot of activities like water polo in this beautiful area of the property.

A recent purchase of a pool table has also been a big success with the residents.

The cladding of the outside of the building was recently completed with the thanks of funding from the 2010-2011 Community Housing Program, Northern Territory.

Plans are in place for the installation of concrete ramps for wheelchair access around the pool and to improve the entrance to the property by installing a driveway.

These are very exciting times for Sub Acute Care, Papaya.



Community Aged care Packages—CACP, by Mary Greenup, Coordinator

We would like to welcome Peta Pao to the team as a Domestic Assistant. Peta has complemented the team with her vibrant personality and energy.

We have had a very busy few months and some of our clients have made some great achievements. Barry Lowe has won a gardening award through Territory Housing, he won a gift voucher from Bunnings for his efforts. Congratulations on winning the award Barry. Bunning's has now become his favorite shop.

We also have some extremely talented client's, Vera and Norm



Above, Norm and Right: a piece of Norm's' Artwork.

attend an art group and are producing some great art work. June is very talented at embroidery and has done some magnificent tapestries. I am very jealous of people with such talent as I am flat out threading a needle to sew on a button, and the only paint brush I can use is to paint the walls.

There is still time to get your flu injections please see your worker to make an appointment.

CACP currently has 25 packages which are constantly full at the moment there are 13 females and 12 males that are receiving service.

Mary Greenup (Coordinator) and Katrina Griffiths (Senior Support Worker) recently attended the National Alzheimer's Conference in Brisbane. The conference was very informative and enhanced the knowledge of working with people and their families who are affected by Alzheimer's. This was also an opportunity for Katrina and I to meet and network with other service providers from across Australia.

Mary Greenup, CACP Coordinator



Above & Right—Barry

P3 Training (Prevent, Plan & Protect) by Anthony Smith

Aggression and Behavioural Management Training (P3) was introduced to TEAMhealth in December 2010. Linda Graham from Alzheimer's Australia facilitated the two day workshop for 15 TEAMhealth staff. Six of those staff went on to be trained as P3 facilitators. TEAMhealth purchased the rights to facilitate the program for all TEAMhealth staff from Alzheimer's Australia and conducted the first course in March this year.

The course as suggested, (PREVENT - PLAN - PROTECT) is aimed towards three main areas to provide staff with additional skills strategies and knowledge to manage stages of aggressive behaviour, then to also avoid and protect themselves if confronted with an aggressive or violent situation. The feedback from the students who did this training was excellent and they found the course very interesting and useful,

but fun too, as it involves group activities, theory, and practical exercises on breakaway techniques.

We aim to facilitate this training to all staff as part of their induction to TEAMhealth and also to coincide with the Mental Health First aid Training. The TEAMhealth P3 facilitators are Anthony Smith, John Cusack, Darren Robinson and Marcus Reid. We are excited to commence the next course in August this year.

Please telephone 08 8943 9600 if you have any enquiries.

Anthony Smith
Manager, Residential, Recreation and Respite



Alzheimer's
Australia Tas
Living with dementia

National Standards For Mental Health Services, Poster and Video Competition

Congratulations to Dana, a D2DL participant who recently won second prize in the National Standards for Mental Health Services, Post and Video Competition.

Dana won a trip to Sydney for the announcement of the winners as well as \$1000 for second prize in her division.

Dana's poster had an inspiring message of:

***“Mental Health
Drop In Centres.
We need each
other to
recover”***



Mental Health Week 2010



Mental Health Week 2010 was a successful week for TEAMhealth as there were lots of activities for clients and carers to take part in.

An annual event which is organised each year to coincide with Mental Health Week is the Open Day at TEAMhealth's Day to Day Living Centre located in Rapid Creek.

On the day there were back to back activities for participants and visitors to take part in, for example music, singing, cooking, thai chi and the participants favourite art exhibition and award.

Congratulations to Jenny who won the People's Choice Award for the Art Award. Jenny used paint and

various coloured jewels to create a vibrant and very beautiful gecko. Jenny's prize was a \$50 gift voucher to Casuarina Square was presented to her by Bev Wells, Manager GROW and Anthony Smith, Manager Residential, Recreation and Respite.

The entries in the exhibition were of a very high standard and all participants were really proud of their pieces of art.

Congratulations to everyone who participated in the exhibition and thank you to everyone who dropped into the centre on the day and participated in the activities.



Day to Day Living - Art Competition

An art competition was recently run by TEAMhealth's Day to Day Living Program with the first prize being awarded the cover of the TEAMhealth 2010/2011 Annual Report.

The winner of the competition was Nasim who created a beautifully detailed and colourful painting. Congratulations Nasim. Nasim also won a \$250 Casuarina Square Gift Voucher.

The second prize of a \$100 Casuarina Square Gift Voucher went to David and third prize of a \$50 Casuarina Square Gift Voucher went to Jim.

There were entries received from carers and clients alike from not only the Darwin region but as far as Alice Springs.

The two judges Sue Bradley, TEAMhealth Chairperson and Ros Bracher, Director of the National Gallery had a difficult time judging the competition as there were so many pieces of fantastic art submitted.

Thank you to everyone who participated in the competition. A fantastic effort by all.

Thank you to our judges for a job well done.



2011 Youth Week—Family and Youth Services

The Family and Youth Services (FaYS) program participated in three events in the Darwin area during National Youth Week. On Friday 1st of April, Taminmin High School Year 12 students launched their Health and Healthy Active project. This project was a student driven and coordinated project supported by Erin Evans, Taminmin Health Promoting School Nurse and a variety of Mental Health and Youth Service Providers. The main theme of the project was Mental Health and peer education. The day was a huge success with a variety of different activity stations being conducted around the school for students in Years 7-11. The FaYS team in conjunction with year 12 students provided two activities, a



Drumbeat workshop and an AIM HI 'Stay Strong Plan' workshop was conducted by John Cusack, FaYS Indigenous Worker in

collaboration with Danila Dilba. Thank you to Erin Evans.

The second event was on Thursday 7th of April at Knuckey's Lagoon Community, for their Family Wellbeing Day, where a number of service providers were invited to participate and deliver healthy lifestyle activities and information for community family members. Other Indigenous communities invited included; Amangal Adelaide River, Bagot, 1 Mile Dam and Gurdorrka Palmerston Indigenous Village. TEAMhealth FaYS Youth Worker provided a fun colorful parachute activity for the children. Highlights of the event include; Money Mob with their comical story of the three little pigs on spending money wisely, the Zumba class, the food and much much more. It was a very enjoyable day for all. Thank you to Ronnie Agnew from Knuckeys Lagoon Community and Annette Magean from Amity.

The third event was 'The Big Gig' on Friday 8th of April; this was a music event for young people by young people at the Casuarina Pool. This event was planned and coordinated by

YAG (Youth Advisory Group to the Darwin City Council) and Sean Parady, Youth services Officer. Activities included; local youth bands, Chill out Tent, Healthy lifestyle Information stalls, food, the pool and much much more. The FaYS Youth worker and Headspace shared an information stall. Close to 2000 young people and their families attended this event.

Congratulations to YAG and Sean Parady for putting on a fantastic event for youth of Darwin.

Thank you to Sally Weir and Jacara Egan from Headspace.



Trish Hardy, Youth Worker

Respite Top End Breakaway—Broome

In June 2011, the Respite Program organised for Carers and Care Recipients to attend a “Breakaway” trip to Broome, WA.

Day 1. Some Carers, Care Recipients and staff drove around town to take in the sights. That evening we went on a Sunset Hovercraft ride. The ride was amazing as it moves across both land and water. We travelled across the water to see dinosaur foot prints on the beach and our guide told us the history of how the footprints had come to being there billions of years ago. We then travelled on the water to a mud bank to enjoy refreshments and nibbles while watching the sunset. This was a great opportunity for photos. After the sunset we returned to our accommodation to enjoy dinner together and talk about the amazing Hovercraft experience that everyone enjoyed.

Day 2. Everyone visited the Willie Creek Pearl Farm. We learnt about the process of how pearls are formed

and how they're valued by shape, color and size. We also learnt about the early day Indigenous pearl divers. A boat cruise up the river to absorb the beauty of the country wrapped up our day.

Day 3. We were picked up early by our tour guide, Steve to travel to Windjana Gorge and Tunnel Creek where we learnt about the history of the area. At Tunnel Creek we had an opportunity to walk through the caves in water. Steve was joking with the group saying the water was up to his hips (Steve is 6 foot tall!). Some of us were brave enough to give it a go. The water was cold but not as high as Steve told us. It was a magnificent experience with one Carer saying she had never seen anything like it before. The walk took around one hour which was enough time to soak in the beautiful surroundings.

Day 4. Our next guide, Bruce arrived at our hotel for early morning start to travel to Cape Leveque. We stopped

at the Beagle Bay Community for morning tea beside a little white historical church. The inside of the church feature were oyster shells which were used everywhere i.e. on the alter, aisle, floor, windows and surrounds. While we were having morning tea a beagle dog came up to us wanting a piece of cake. We thought this was quite funny as we were in Beagle Bay.

We moved onto Cape Leveque which has the most spectacular view over one of the prettiest beaches in Australia. Some of us went for a swim, while others went for a stroll on the picturesque beach.

Day 5. We flew back to Darwin after what was another enjoyable Respite Breakaway. Carers and Care recipient's had a wonderful time and enjoyed the break away from Darwin.

International Women's Day Belyuen Community

The 100th anniversary of celebrating International Women's Day was 8th March 2011. International Women's Day was first celebrated in 1911, every year since, organisations and individuals across the world have recognised the achievements of women and their contribution to society.

To celebrate the day this year the FaYs and Respite programs provided a pamper day for the ladies of Belyuen community.

The day began at 8.00am with a BBQ breakfast, after breakfast workers set up the pamper stations for participants to experience foot spa's, face masks, massage, and manicures. It didn't take long for a queue to

form, and there was a steady stream of women young and old willing to be pampered.

The whole day was a great success around 100 ladies attended. The day was a collaboration between TEAMhealth and the women of Belyuen.

The ladies from the community designed a piece of art work that was printed onto around 150 handmade bags. TEAMhealth, Headspace, Ironbark and a few other organisations provided 'goodies' to go in the bags such as toiletries, hair accessories, information flyers, pens etc. A bag was then given to each woman that attended the day to take home.

Another couple of ladies from the community baked scones, cupcakes and other sweet treats for a special afternoon tea.

Clothes and bags were on sale that had been made by the ladies at the women's centre and there were experienced face paint artist for the children. There was also bead and jewelry making.

The feedback TEAMhealth received from the day was outstanding all of the ladies thoroughly enjoyed it, Belyuen have since invited TEAMhealth to attend and be part of NAIDOC week at the community.



Respite Top End—Breakaway—Uluru

In May 2011, the Top End and Central Australia Respite programs organised a combined Respite Breakaway for carers and care recipients to Uluru. This was the first combined Breakaway with 25 participants, carers and care recipients having a Breakaway together. Separate activities were organised, which gave the carers respite from their caring role. This also enabled the carers to have peace of mind while they were away knowing the care recipients were okay and didn't have to rely on other family members or friends to look after them. For some of the carers and care recipients, this was the first time they had been on a holiday outside of Darwin or on a holiday together. Everyone was very excited.

Day 1. On arrival in Alice Springs we were transported to our hotel. Once organised we drove to the outskirts of Alice Springs to have dinner "Under the Stars" to star watch. Dinner was a traditional Aussie BBQ with damper cooked in coals in the camp fire. We learnt about camping under the stars in swags. We also looked through a telescope at the stars and planets. Some of us had a cuddle of an orphaned joey. The evening was magical and thoroughly enjoyed by all.

Day 2. Two care recipients from Kings Canyon joined the group at Uluru. TE carers and care recipients enjoyed the experience of travelling on the bus, having breakfast at Jims Place and listening to the singing Dingo, as well as seeing parts of Australia they had not seen before. We arrived at Uluru at lunch time, settled into the Outback Pioneer before heading out on our first activity.



The carers and 2 staff travelled by bus to the Sounds of Silence

Sunset Dinner. On top of a dune in the middle of nowhere we had bush tucker appetisers and listened to a man playing a didgeridoo. We also

learnt about the history of the didgeridoo. Further down a track was an amazing setting of tables with white table clothes, set out under the stars. We had a silver service dinner while watching the sunset, listening to the peaceful sounds of the desert and star watching through telescopes.

We then went on a camel ride to watch the sunset. This was something new for the TE care recipients. It was an experience to remember. We learnt about the how the camels had come to be in Central Australia as well as the history of first explorers and indigenous people. We watched the sunset over Ayers Rock whilst sitting on the backs of camels then returned to the camel farm for refreshments and a light snack.

Day 3. The carers and two staff were picked up at the motel and taken on the Desert Awakening tour. We were driven to different area to watch the sun rise over Ayers Rock. We sat on the top of the dune around a camp fire, drank billy tea, ate home made



muffins and egg and bacon rolls. The sunrise was spectacular. We went on an Aboriginal Uluru Walking tour. Cassidy, was our Indigenous Tour Guide and John was Cassidy's interpreter took us on the tour. Cassidy spoke about the Indigenous culture, the way the bush tucker was collected and how weapons were made for hunting. He taught us how to throw a spear and carry food in a wooden dish on our heads. We all had a go at throwing spears and walking with the dish on our heads which was no easy feat for some of us.

Day 4. Some carers and care recipients enjoyed pampering at a Day Spa, which included massages, facials, pedicures and manicures.

They then went on a scenic flight over Ayres Rock and the Olga's. Some people had never had a spa treatment or flown in a light plane before. These experiences were conversation points for days after.

Day 5. We all got up early and travelled back to Alice Springs. It seemed to take a lot longer getting back to Alice Springs than it did going to Ayers Rock. Maybe that was because the holiday had almost come to an end! The CA mob went home and the TE mob stayed in Alice one more night.

Day 6. While waiting for flights to Darwin the TE carers, care recipients and staff had a bus tour to the MacDonal Ranges. We drove around Alice Springs, saw historical sites, walked through beautiful gorges and experienced the magnificent Ranges.

Some of the feedback from the



carers and care recipients was that they appreciated the TEAM-

health Respite Program for giving them the chance to have the respite/adventure/experience. They have memories that they will hold forever. They have connected with people experiencing the same things they are. They have also done things that they thought they would never get the chance to do. They met some great people and learnt about the Indigenous culture. It was beneficial to go away together and at the same time have respite from each other.

The Respite Team



Personal Helpers and Mentors (PHaM)

Recreation Program

June already, 2011 is moving like a Bondi tram! PHaMs are fully staffed gain and would like to extend a warm welcome to Ella Hayne, Peer Support Worker and Cheryl Halliday, General PHaM's Worker who are already offering the team their unique insight and wealth of knowledge. PHaMs continue to offer our participants and the community the high level of psychosocial support that only a well structured and cohesive team can.

We have been busy facilitating our recreation program with TEMHCO and haven't some great activities planned for the coming months:

June – We are headed for Litchfield National Park for an overnight stay where we will visit the Manton Dam and the beautiful waterfalls in



Litchfield.

July – A relaxing harbour cruise for our rural and remote participants who seldom get to see salt water

Aug - we travel to the Katherine region for a two night camp where we will visit Edith Falls, the hot springs and the gorge

Sept – We have secured some perfect neap tides for a half day fishing charter

Community Events

PHaMs are also playing a role in the 'Lingalonga' Festival this year with the FAYS and Respite teams joining forces to hold a stall at this year's festival on July 30 at the Batchelor Oval. We look forward to seeing as many familiar faces possible to support this great community event.

August is the Garma Festival in East Arnhem Land where PHaMs (along side FaYS and Respite) will be representing TEAMhealth for the duration of the 4 days and we look forward to actively participating in what is one of Indigenous Australia's most important festivals.

Belyuen

Throughout 2010/2011 PHaMs have played a big part in supporting the men involved in the community development employment program



(CDEP) from the Belyuen community. We have been committed to providing weekly support to the men

of the community and we will continue to do so for the coming 12 months after reviewing what has been a successful and rewarding investment in the community.

PHaMs have been making our way over to the community on the 7am Mandorah ferry each week and supporting the men from the start of the working day. Developing our working relations with these guys has been something PHaMs hold great value in. With some real characters in the community and the great conversations we share, it is an absolute pleasure being involved with the fella's.

We look forward to sharing more news with you in the next newsletter, thanks!

Marcus Reid
Team Leader



Hello from Mornington Island from Narelle Coates (previous FaYS Team Leader)

Well, hello Team Healthers, I arrived in a blaze of glory on Mornington Island fresh from the Philippines.

My job is Manager of Community Services for Mornington Shire Council and includes the library, radio station, housing, sport and recreation, animal control, environmental health and a local community advisory group. So busy as you can imagine, I am still trying to get my head around that lot and meet all of my staff. The island is so beautiful and I have many photos to share. I did manage to find a getaway for a meal and quiet ale at Birri resort, 30 min out of town and the only place we can drink in this dry community. It

takes the barge 11 hrs to come from Karumba with our weekly groceries which we purchase from the store. There is a bakery and a kiosk which does take away food (\$10 for a hamburger). Mornington Island is located in the Gulf of Carpentaria QLD and is a 2.5hr flight from Cairns. The island is 60km long by 20km wide and there are 21 islands in shire. I have been very lucky to have met some great people already who have shown me around the island and invited me to dinner parties.

The community population is 1200 people of which 1100 are local indigenous people. English is a second

language. I am going to join the Volunteer Marine Rescue and this will also enable me to use the boat and to visit many of the islands. Such a great experience. The local people are lovely and I live in the indigenous community and have been well accepted so far.

Narelle



Respite Top End Breakaway—Cairns

Mid April saw the departure of four Top End Carers, five care recipients and three respite workers, for the first Breakaway trip to Cairns. From the time our Darwin shoes hit the Cairns tarmac, we were on the run! The hotel staff provided first class hospitality and assisted in the preparation for the first of what promised to be an adventure / scenic packed five days, beginning with a nice dip in the Barron river by way of white water rafting. The days to follow would prove to be slightly more relaxed with a Green Island discovery tour, an all Aussie Adventure in the Daintree, Kuranda Scenic Rail trip (not for the faint hearted) and last but not least breakfast and a cuddle with a Koala at Cairns' famous Tropical Zoo.

White water rafting at the Barron River provided an action packed exhausting couple of hours which tested endurance, courage and one's ability to hang on. Most importantly, the experience provided the opportunity for three carers to share in the excitement and achievement at having collectively conquered a Grade 3 rapid. Travelling back to the hotel, rafters completely saturated and wearing blue striped hotel issue towels and smiles – testament of the team work, the adrenalin that nearly capsizing the boat will bring and the achievement of having managed to stay in the boat and live to tell the tale!

Day two promised a scenic tour across the Coral Sea to the picturesque Green Island for a day of fun in the sun, glass bottom boating and snorkeling. Unfortunately the choppy conditions made for an interesting trip over, with more than



a few passengers feeling a little uneasy on their feet and with weather conditions remaining gloomy, snorkeling didn't eventuate. Some beautiful coral formations were viewed through a glass bottomed boat.

The sound of a whip cracking and



pounding hooves up the lush green hills signaled the beginning of "The Australian muster experience". A show of horsemanship, cattle mustering, and good old fashioned bush legends, followed by an Aussie buffet lunch accompanied with views of the majestic Daintree Forest.

Day four brought the click and clack of the Kuranda Railway Track – a scenic trip through hand hewn tunnels and across bridges with amazing views of the Barron Gorge en route to the Kuranda Heritage Markets. Carers and care recipients spent a relaxing couple of hours wondering through the many hand made market stalls while sampling lovely freshly made icecreams and sweets. The return trip to home base was via the sky rail. With six people in each gondola and views from a staggering height of 1.5kms in the air, this made for an exciting if not slightly terrifying trip back down.

Breakfast with koala's (and cuddles for some) rounded off the final day in Cairns for the Top End carers and care recipients. (After the excitement of the previous day's activities, all were glad to have their feet on solid ground again). This was the last activity of the Cairns breakaway trip and so began the packing up for the return home to Darwin.

The breakaway trip proved to be a success in so many ways – all enjoyed the opportunity to explore a new city and experience the attractions, but what was witnessed was a group of carers meeting each other for the first time – bonding over shared experiences and taking those bonds to the next level by testing them in situations they may never of dreamed of being in – cascading down the Barron River, relying on each other to keep on path or hovering mid air above the forest tree line. Care recipients alike also had their time to shine. Four carers and five care recipients left for Cairns breakaway trip. A group of people with shared lived experiences and new found friendships returned from Cairns.



Connections to The Territory By Allan (Bill) Groves, Tenancy Manager

In January 1973 I first came to Darwin, with a wife and very small son, to join the NT Police. I had commenced a career in Policing in Victoria prior to arrival in Darwin but found I could not ignore the call to adventure in the Top End frontier, not to mention the better money on offer.

After 4 months at the Police Training Centre in McMinn St (now the Frogs Hollow Arts Centre), I was posted to the Casuarina Police Station. The professional training staff included Sos Grant, Tim Egan (brother of Ted Egan who became NT Administrator) and Mick Palmer (who went on to become the Federal Police Commissioner).

In those times the Aboriginal Land Rights Movement became quite active with a certain degree of militancy. I have memories of Bobby Secretary and Fred Fogarty who were very active in their land rights endeavours and of one instance of a "Molotov" cocktail severely damaging a Telecom truck when cabling was being installed across land that was in dispute. The nation's top barrister of the times, Frank Galbally, defended Fred Fogarty in the Darwin Supreme Court. History in the making!

I reluctantly departed the Territory in Christmas 1973, due to personal reasons, a fatefully fortunate decision as Cyclone Tracy destroyed Darwin the following Christmas. Although I returned to Victoria and pursued my original career, I always had a feeling of unfinished business

in the Top End.

In 1993, I said goodbye to the cut and thrust of the daily dose that is a Policeman's lot, and moved from Victoria to Tasmania where I restored myself through bushwalking the Alpine Wilderness areas during all the spare time I could find away from my new occupation of managing a secondary college student boarding hostel. Six weeks trekking the Annapurna Mountains in Nepal gave me with a whole new outlook on life that now consciously places happiness as a primary requisite.

After 13 years in Tasmania I set off as a single man to the Red Centre. As luck would have it, an adorable woman called Rose was living in Adelaide at that time and when I dusted the red centre from my worn out shorts I found the coffee shops in Adelaide much to my liking. Rose and I were married 3 years ago.

A stint of several years as boarding houses manager for an Adelaide inner city community housing organisation honed my social conscience, dealing with all kinds of human behaviours and emotions, including aggression, financial deprivation, mental health issues, drug and alcohol issues, homelessness, bullying, stealing. And that was just the staff!!!

I was drawn back to the Territory when I successfully applied for a position with a Darwin based refugee organisation. A change of employment after 12 months placed me very happily with TEAMhealth in

the role of Housing Manager.

The Top End has a fascination I'd forgotten. Those wonderfully dramatic skies of the Wet Season - the electric build-up within the clouds and the resultant explosions of sound and light; and best of all that wonderfully refreshing surge of cool wind that heralds the imminent arrival of torrents of rain. I love it!

Some changes I have noticed in the Top End:

1. Ordinances have become Acts.
2. People are now on crocodile menus
3. Cricket is played on turf wickets.
4. MYOB was invented (why, oh why, was MYOB ever invented)
5. Stubbies have got smaller
6. Howard Springs is now "View Only"
7. Tent sites are worth \$294 per week in the dry
8. Flattened cane toads now blight our highways and bi-ways
9. Water buffalo are no longer part of the scenery

Hopefully I haven't put you to sleep.



Above: Bill on his beloved GoldWing Motorbike



NOW ON!
Mental Health First Aid Training

Register your interest to
attend by emailing

teamhealth@teamhealth.asn.au

Telephone
Tony Willits
on
08 8943 9600
for further
information

✂ Application for Membership

The Treasurer
 Top End Association for Mental Health Inc.
 GPO Box 4050
 Darwin NT 0801

I hereby apply for membership of the Top End Association for Mental Health Inc and agree to abide by the Constitution.

Name: _____

Address for service of notices:

Email Address: _____

Mailing Address: _____

Phone: (b.h.) _____ (a.h.) _____

Mobile: _____

Signed: _____ Date: _____

Membership is (GST inclusive): Ordinary:	\$15.00
Ordinary (Centrelink Concession)	\$10.00
Associate (Staff and Government):	\$ 5.00
Institutional (Organisations)	\$25.00

Receipt Number: _____ *(office use only)*

Proposer - Current Member

Name: _____ Signature: _____

Secunder – Current Member

Name: _____ Signature: _____

Level 5, 62 Cavenagh Street Darwin NT 0800
 GPO Box 4050 Darwin NT 0801
 Ph: 08 8943 9600
 Fax: 08 8943 9601
 Email: teamhealth@teamhealth.asn.au

Congratulations

The following staff members recently received certificates for the number of years of service at TEAMhealth:

Congratulations for an excellent achievement.

1 Year

Andy McLean

2 Years

Mary Greenup
Trish Hardy

3 Years

Darren Robinson
John Cusack

Katherine Wessling
Caroline Thomas

4 Years

Tony Willits

5 Years

John Keirs

7 Years

Melissa Heywood



Congratulations to Shianne Redman, Human Resources/Admin Officer for successfully completing a Certificate IV in Occupational Health & Safety.

Congratulations also goes to the following staff who have successfully completed a Certificate IV in Mental Health. A fantastic effort and a great outcome for all.

Elaine Carmody

Andy Maclean

Tony Willits

Narelle Coates (left)

Rachel Dixon

Glynis McDonald

Marcus Reid

Ursula Di Gregorio (left)

Trish Hardy

Kalina McEwin

Amy Drahm (left)

We're on the Web
www.teamhealth.asn.au

TEAMhealth Inc

Level 5, 62 Cavenagh St
Darwin NT 0800

Phone: 08 8943 9600

Fax: 08 8943 9601

E-mail:

teamhealth@teamhealth.asn.au



This service is free, independent and confidential

AGED & DISABILITY RIGHTS TEAM

Our Advocates can help

- Older people receiving Commonwealth Funded Services at home or in a facility, and their representative.
- Anyone with a disability, and their representatives.

People who want to know about their rights and how to obtain them.

We can provide assistance about

- Where you live.
- Care and services you are receiving.
- Activities in your community.
- Support, representation and referral.
- People not respecting your culture.
- Problems where you work.

Access to an interpreter.

We also provide education and community awareness, activities, fact sheets and if we can't help we can refer you to other appropriate services.

Freecall 1800 812 953, Ph 8982 1111