



SQUAWK



LORIKEET BI-MONTHLY NEWSLETTER

MAY – JUNE 2017

LORIKEET'S OPEN YOUR MIND POETRY COMPETITION 2017

It's on again for the fourth year. Our Open Your Mind poetry competition has been growing with more poets entering their poems every year.

This year the poetry theme for Schizophrenia Awareness Week (SAW) 14th-21st May is:
The value of community and inclusion as a foundation for recovery.

- How has community and inclusion helped you as an individual with your journey to recovery? Write a poem about any of the headings below.

COMMUNITY: Support group, club, organization church, volunteering etc. Being involved and what this has meant to you? Importance of community?

INCLUSION: Feeling connected to your community, family or friends. Feeling welcomed, respected, recognized and or accepted.

RECOVERY: From the perspective of the individual with mental illness, recovery means gaining and retaining hope, understanding of ones abilities and disabilities, engagement in an active life, personal autonomy, social identity, meaning and purpose in life, and a positive sense of self

- Poems are to be between 4 and 16 lines and have a title. Poets must have a diagnosed mental illness or the carer of someone with a mental illness living in WA.
- Poems are to be delivered by hand to the Lorikeet Centre staff at 104 Cambridge Street West Leederville 6007 or mailed to PO Box 1006 West Leederville WA 6901 or emailed to ernie.hansen@mifwa.org.au or denise.catalano@mifwa.org.au by Friday 12th May.
- We will have a well-known poet to judge the winner and there will be small prizes for the best 3 poems. Poets may read their poems on Lorikeet Open Day Friday 19th May.10am-3pm.To be held at the Lorikeet Centre 104 Cambridge Street, West Leederville.



MEET THE NEW MINISTER FOR MENTAL HEALTH

With the State election now behind us and the McGowan Labor Government in place, the Lorikeet Centre extends a warm welcome to the new Minister for Mental Health the Hon. Roger Cook MLA.

Many of our members may not know but the minister's father Dr Hugh Cook was the Vice President on the board of the Mental Illness Fellowship WA (MIFWA). He retired from the board but is a life member of MIFWA. The Lorikeet Centre is a program of MIFWA.

The Parliamentary Secretary to the Minister for Mental Health is The Hon. Allana Clohesy MLC.

We will be inviting the Minister to the Lorikeet Centre to meet members and speak about his future vision of mental health in WA.



Message from MIFWA CEO

Thank you all our valued members of Lorikeet for your completion of the Annual Lorikeet survey (and our awesome staff team for your encouragement). We have over 70 responses which we will summarise and provide back to members in a future Squawk.

Importantly your feedback will be used to inform improvements of the Centre.

We remain committed to the value the Lorikeet Centre makes to many lives in WA.



SCHIZOPHRENIA AWARENESS WEEK (SAW)

14TH - 21ST May 2017

LORIKEET OPENDAY

**Friday 19th May, All members, family & friends welcome
Open Day will be held at the Lorikeet Centre**

- 10.0 am Registrations and coffee/tea
- 10.30am Tecwyn Jones Award Grants
- 11:00am Poetry Awards and poems reading. Ernie to present the winners with awards
- 12: noon Hearing Voices presentation by Tiana Divich from JOC
- 12:30pm Lunch
- 1:30pm Glenn to speak his own journey about suffering schizophrenia
- 2:00pm Mental Health Quiz by volunteer Adrian

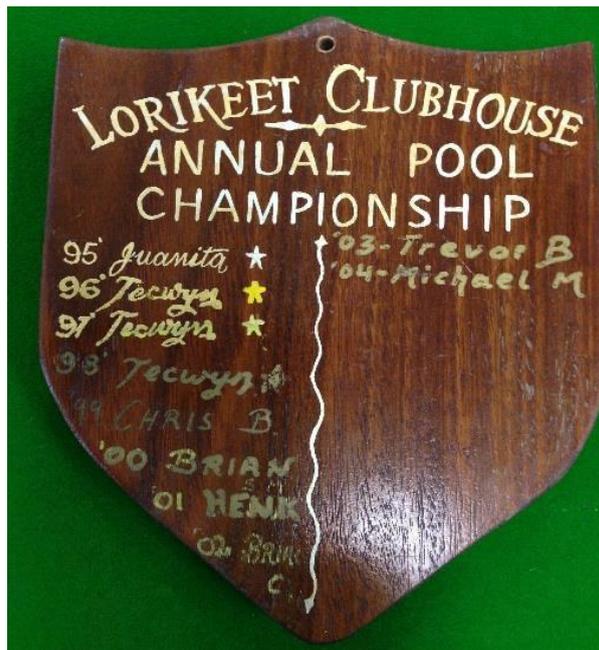
In Loving Memory of Joanna Marie Sweeney

Sadly, a member of the Lorikeet Centre passed away during March. Jo as we knew her had been a member for many years and frequented us many times joining us in different activities attending outings, camps and specially our art therapy class on Thursdays. Jo will be remembered for her love and passion of painting which she showed a great talent.

Jo loved attending our annual camps from Kalbarri to Albany and was always had a good word and a smile for everyone she met. Jo made friends with the members and staff of the Lorikeet Centre and will be greatly missed by all members and staff. Members and staff of the Lorikeet Centre attended her funeral to show their support for her family and their love for Jo.



LORIKEET'S POOL CHAMPIONSHIP 2017

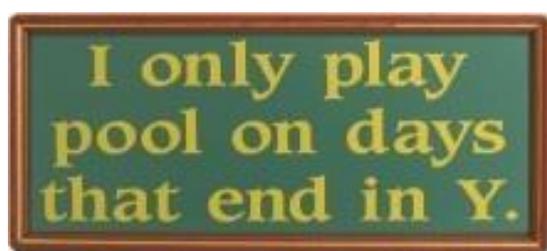


Lorikeet Pool Championship is starting again. The annual winner will win a small prize yet to be decided and have their name engraved on the plaque shown in the photograph. Games are played at 2pm every Thursday at the Centre.

While cleaning out the back room of the Lorikeet Centre we found a plaque naming the winners of pool competitions held at the Centre from 1995 to 2004.

Tecwyn Jones won the annual event from 1996 to 1998. Tecwyn be quested a substantial grant for MIFWA members which is available annually to help in their mental health recovery.

Come and join us and try to beat our current champions.



Need support in a hurry – **Crisis Support**

The following numbers are available if you are needing someone to talk to in a crisis:

Lifeline 13 11 14

Suicide Call Back Services 1300 659 467

MEMBER PROFILE

MICHAEL HILSTON

How long have you been coming to the Lorikeet Centre?

12 months

What hobbies/interests do you have?

Write Poetry, watch cricket, and listen to music.

What do you like the most about Lorikeet Centre?

How easy is to fit in.

What do you enjoy doing in your spare time?

Watching cricket and writing poetry.

Name one place in the world you would most like to visit and why?

Indonesia, because I speak the language and I have been there Before and had a great experience.

If you had one wish what would it be?

To be immortal.

What do you hope to achieve through your time at the Lorikeet Centre?

Write a lot of poetry.

List one hobby, interest or skill you wish to improve?

Dishwashing, manage my budgeting.

Where do you hope to be in 5 years' time?

To be alive, happy, content and single.

Country of birth: Australia

Favourite movie: Planes, Trains, and Automobiles

Favourite food: pasta

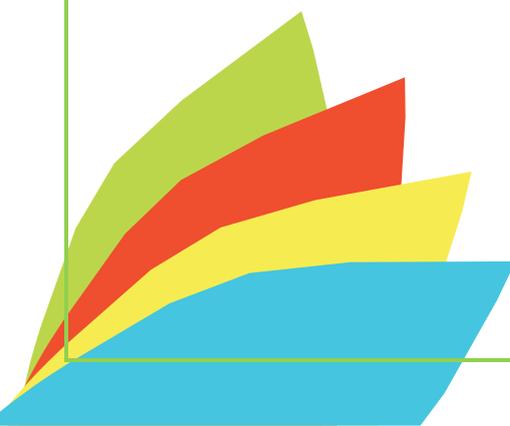
Favourite music: 70s and 80s music

Favourite book: My dictionary



GENTLEMEN EXIST

I'm proud to be a gentleman, and
I always will-
My moral obligations
Are so very easy to fulfil.
It's simple for me to tip my hat, and
Then say "after you..."
Or stand up, to offer my seat, for a lady,
Content, it's the right thing to do.
These values I now cherish,
For they seem increasingly rare...
Though kindness and generosity
Are they easiest things to share.
Often, now women, seem to be shocked,
When I always act this way-
Though I'm proud to remind them,
Gentlemen still exist,
When I go to bed, at the end, of each day.
So I urge all men, use your manners,
It's easy to be polite, and
If you set a good example, then,
Hopefully, others might...



MAY – JUNE BIRTHDAYS

CONGRATULATIONS! YOUR BIRTHDAY CARDS AND FREE LUNCH VOUCHERS ARE IN THE MAIL.

Faziz, David, Brian, John, Lisa, Nerida, Michael, Karlee, Karen, Allen, Bernadette, David, James, Marcia, Leith, Gino, Kirstie, Nigel, Margaret, Titus, Rogan, Ingrid, Mark, Blade, Agostino, Monique, Rebecca, Martha, Stephen, Wayne, Patricia, Gery, Nelson, Lawrence, Wooi Kong, Lyn, Elizabeth, Grazia, Gerard, Raymond, Annette, Samantha, Darren, Catherine, Jean-Pierre, Clayton, Eliezer, Mark, Veronica, Carolyne, Louisa, Allan, Emmet, Raymond, Katharine, Sandra, Ronald, David, Bradley, Geoffrey, Ronald, Ante, Anthony, Peter, Anne Marie, Vanessa, Mark.

LORIKEET'S HEALTHDAY

Lorikeet had over 30 members attend the Lorikeet Health Day on Friday 31st March promoting positive health and wellbeing. Agencies which kindly donated their time and services were Audio clinic, Act Belong Commit Mentally Healthy WA , Lorikeet Gym instructor Pearl and Women's Health and family services.

Audio clinic have committed to coming to Lorikeet on a regular basis to provide free hearing tests and then follow up services for those that need to. Sharon from Audio Clinic saw 11 members on the day testing their hearing and to offer advice.

Desiree from Act Belong Commit spoke about the importance of being physical, making and keeping connections and participating in clubs or activities for a sense of enjoyment and belonging and generally committing to something every day that will have a positive influence on your physical and mental health. The A B C guidelines for positive mental health provide a simple approach that everyone can adopt for a healthier lifestyle. Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health. Visit their website <http://www.actbelongcommit.org.au> for great information and tips on promoting your wellbeing.

Lorikeet Physical instructor Pearl spoke about health and hygiene and also carried out a demonstration on how to use the gym equipment. We are lucky enough to have Pearl come to Lorikeet twice a week on a Tuesday and a Thursday. Please note that our Thursday session has changed from 1.30 to the morning at 9.30 to 10.30. Don't forget to bring a towel and wear appropriate clothing.

A healthy lunch of Quiche and salad and followed by French toast with fruit salad was provided by Claudia and her helpers was greatly enjoyed, before our last speaker Milambo from Women's Health and family services who spoke about their services in Northbridge and Joondalup. They have an amazing amount of services to offer and we would recommend you popping in to see them or visiting their website on www.whfs.org.au



KEEPING ACTIVE

However, starting to get active when feeling depressed can be difficult. Therefore, it can be useful to start slowly and build up gradually. Setting realistic exercise goals for each week is a way of doing this that allows you to monitor your own progress and keep up your motivation.

- Choose your exercise goals for the next week, and write them in the “Weekly Exercise Plan”. Choose the types of activities to do and for how long (e.g. 3 x 20 min walks).
- Keep your exercise plan achievable and realistic – a little exercise is better than none.
- If you have not been exercising at all, you may like to start with 10-15 minute walks each morning. If you are more able, you should aim to walk for longer periods (e.g. 30 mins) and include some more vigorous exercise (e.g. swimming, jogging or cycling).
- Each week, write a new exercise plan for the upcoming week.
- Choose types of exercise that appeal to you – ones that you are likely to do and enjoy.
- Reward yourself for meeting your exercise goals.
- If you don't meet your exercise goals, don't beat yourself up – simply start again. Example weekly exercise plan: 20 minutes of walking, 4 times this week. 20 minutes of swimming, 1 times this week. 90 minutes of yoga, 1 times this week. Notes: (Times that would be best for me to exercise, aims, rewards I can give myself)
Walking - early in the morning with the dog or in your lunch break.
Swimming – on the weekend, do however many laps or attend a yoga class.



BENEFITS OF EXERCISE

- Lift in mood immediately after exercise
- Reduced depression
- Reduced anxiety and stress
- Distraction from worries and negative thoughts
- Improved sleep
- Increased energy
- Improved fitness
- Opportunities to meet new people and make new friends
- Weight loss or weight maintenance
- Improvement in back and joint stiffness
- Reduced risk of numerous chronic medical conditions, and risk factors to disease, including: • Heart disease • Type 2 diabetes • Osteoporosis • Strokes • Some cancers • High blood pressure • High blood cholesterol

Source: Black Dog Institute.



FRIDAY'S MAY OUTINGS

Swan Valley Tour 5th May
Leaving Lorikeet 10am Cost: \$4.50 for BBQ lunch

10 Pin Bowling@ North Perth 12th May
Leaving Lorikeet 11am Cost: \$8 per 1 game or \$15 for 2 games,
lunch optional at \$7.50 (hot dog, chips and drink)

Lorikeet Open Day 19th May
Tecwyn Jones Awards and Poetry awards
Free lunch at Lorikeet

Movies @ Belmont Cinema 26th May
Cost \$10 Buy own lunch at food hall before movies or
bring your own lunch
Leaving Lorikeet 11am

FRIDAY'S JUNE OUTINGS

Botanic Golf @ Wanneroo 2nd June
Details to be confirmed

BBQ and walk @ Lake Monger 9th June
Cost: \$4.50 for lunch Leaving Lorikeet 11am

Big Breakfast and board games @ Lorikeet Centre 16th June
Cost: \$4.50 for breakfast

Lunch at markets and walk @ Fremantle 23rd June
Leaving Lorikeet 11am on public transport

Movies @ Belmont 30th June
Leaving Lorikeet 11am
Cost: \$10 Buy own lunch at food hall before movies or bring your own lunch

PLEASE SEE ENCLOSED ACTIVITY
PLANNER FOR FULL LIST OF UPCOMING
ACTIVITIES!



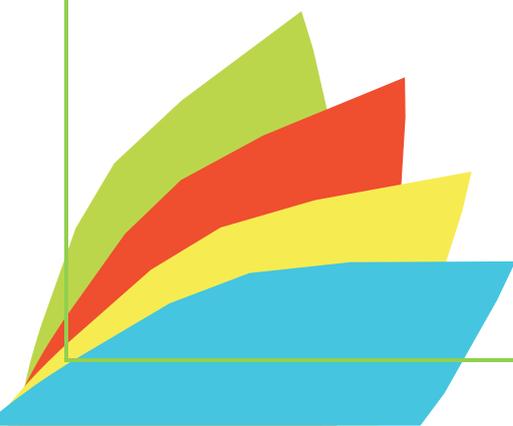
LORIKEET'S BI-MONTHLY ACTIVITIES & PRESENTATIONS

MAY

Tuesday 2nd, 9th, 16th, 23rd, 30th -Self-esteem Classes	@ 10.30am
Wednesday 3rd - WA Ombudsman Talk	@ 11.00am
Wednesday 17th - Suicide Prevention Australia Talk	@ 11.00am
Tuesday 23rd - Biggest Morning Tea	@ 10.30am
Tuesday 24th - Consumers of Mental Health WA Talk	@11am
Tuesday 30th -Members meeting	@ 2.00pm
Wednesday 31st - Diabetes Talk	@11am

JUNE

Tuesday 6th, 13th, 20th, 27th -Self-esteem Classes	@ 10.30am
Wednesday 7th - Nutrition Talk	@ 11.00am
Tuesday 14th - Men's Presentation	@ 11.00am
Tuesday 27th-Members meeting	@ 2.00pm
Wednesday 27th - Poetry group (new group starting)	@ 10.30pm



SELF-ESTEEM DISCUSSION GROUP

Our volunteer Adrian has been leading this popular group for over a year every Tuesday at 10:30am at the Lorikeet Centre. Each session lasts for about 30 minutes where members discuss and share their thoughts, own experiences and opinions over a large variety of self-esteem focused topics.

Members have found this group helpful in their recovery journey since they have gained knowledge and ideas on things they can do to feel better about themselves to raise their self-esteem.

Currently this group is learning about tips for building self-confidence. Find below some of the tips our members are discussing in this class.

TIPS FOR BUILDING SELF-CONFIDENCE

Not everyone is born with an inbuilt sense of self-confidence. Sometimes it can be hard to develop confidence, either because of personal experiences that have caused you to lose confidence, or if you suffer from low self-esteem.

There are a couple of handy things you can do to build your confidence. Some of them are just little changes to your frame of mind, and others are things you have to work on for a bit longer to make them familiar habits.

1. Look at what you've already achieved

Sometimes it can be easy to focus on what you haven't done. It's easy to lose confidence if you feel like you haven't achieved anything. Focusing on stuff you have done, big or small, can help you gain perspective on all your talents and abilities.

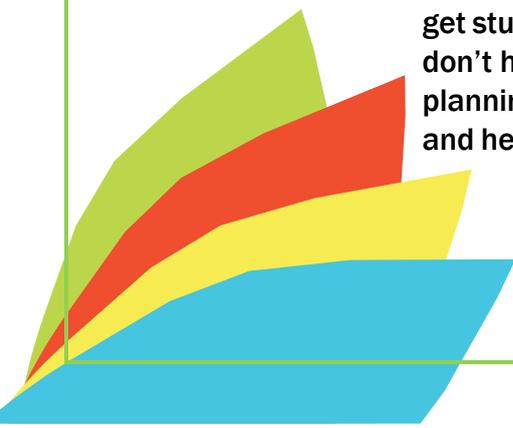
Write down a list of all the things you're proud of in your life. Think of the things you have achieved, whether it's getting a good mark on an exam or even learning to ride a bike. Keep this list close and add to it when you do something you're proud of. When you're low in confidence, pull this list out and use it to remind yourself of all the awesome stuff you've done.

2. Think of things you're good at

Everyone has strengths and talents, what are yours? Have a look at our fact sheet on strengths and work out how you can build on yours. Recognising what you're good at and trying to build on those things can be a really useful way of building confidence in your own abilities.

3. Set some goals

Set some goals and aim to achieve them. By proving to yourself that you can get stuff done, you'll prove to yourself what you're capable of achieving. They don't have to be big goals; they can even be things like baking a cake or planning a night out with friends. Just little things that can be ticked off a list and help you gain self-confidence in your ability to get stuff done.



4. Talk yourself up

You're never going to feel confident if you have a negative commentary running through your mind telling you you're no good. Think about your self-talk and how that might be affecting your self-confidence. Have a read of our fact sheet on self-talk to get some handy tips on turning your negative self-talk around.

5. Get a hobby

Try to find something that you're really passionate about. Do you like playing footy? Like building model trains? Think of some of the stuff you're really interested in and commit yourself to giving them a go. Finding stuff that you're passionate about will help you find stuff that you're good at. Chances are, if you're interested or passionate about a certain activity you're likely to be good at it as well.

Source: ReachOut.com Australia

LORIKEET POETRY GROUP

Last Wednesday of the month

(Starting from June 28th.)

Wednesday 12th April we had Geoff spencer from Perth Poetry Club visit Lorikeet. It was an enjoyable time where poetry tips were exchanged and poems recited, by Geoff and two of our avid poets Michael and Alan.

We are going to trial having this group once a month – the last Wednesday of the month from 10.30 to 12 so people can come along and explore their creative side. It is open to anyone – it is a space where you can listen to people reciting poetry, read one of your favourite poems or share some of your own poetry with others. The opportunity is to learn some new information and try something new.

HOPE TO SEE YOU THERE

DOLLY'S HOLIDAYS

Please be advised Dolly our Reflexologist Dolly will be on holidays from Wednesday 31st May till Wednesday 21st June so we won't have Reflexology during this period at the Centre. Dolly will be returning to give her famous feet massages on Wednesday 28th June.



ADVENTURE WORLD TRIP

Lorikeet members went on a special outing to Adventure World in mid-March. It was a beautiful mild day with not too many other people around so there were hardly any queues for the various rides. We set up chairs in a shady picnic spot and after an early lunch ventured out in small groups in search of thrills.



Some brave members went on the roller coaster called “Abyss” and one came back saying he would never go on such a horrible thing again. Most of the rest of us had exhilarating fun on the waterslides including “Kraken” which involved hurtling down a dark tube, sometimes headfirst, sometimes backwards and ending up underwater at the bottom. Our ears are still recovering from one staff member’s high-pitched screams as we went down. The Go-Kart Track and swimming pools gave calmer entertainment, as did the chair lift which seemed to take forever to get from one end of the park to the other but gave us good views and a clear idea on which rides to avoid.

A fun day for all and thanks once again to the Count Charitable Foundation for enabling us to offer members a discounted ticket price.



It was certainly a day filled with adventure!

A day of fun in the sun.



A GARDENER'S TALE BY GLEN

On any Tuesday morning at 10am Lorikeet members who have a green thumb or a keen eye for cultivating their own venture on down to the local Community Garden which is only a 5 minute walk from the lorikeet Centre. Since lorikeets involvement within the last 5 years our little plot has really taken off.

We have had lots of growing successes with capsicum, silver beet and especially kale. All our freshly grown produce is taken back and used in the lorikeet kitchen for either main meals or for Claudia's cooking classes

Having this opportunity to look after our plot has given me a great sense of achievement and with that comes responsibility. Such as constant maintaining, planting, and taking new members, students and volunteers on tours.

Being an enthusiastic green thumbed gardener myself, I'm always gaining new knowledge through other members of the local community who also have garden plots and our lorikeet members.

Facilitating and being in charge of the community garden on Tuesdays has given me a purpose and a sense of belonging within the community.

GLENN



Schizophrenia Awareness Week

Each year MIFWA, together with the Mental Illness Fellowship of Australia, and the Fellowships around the nation, host **Schizophrenia Awareness Week**. In 2017 it will occur the week of 14th – 21st May. We would like to invite you to the official launch of the week on:

When: Monday 16th May 2017

Where: The Bendat Community Centre, 36 Dodds St, Wembley, Perth

Time: 1.30pm -4.30pm

Join us to open the week, share an afternoon tea and participate in a selection of health and hope giving activities (like craft, art, poetry writing or a walk for wellness) that we know make a difference in recovery.

The week aims to:

- raise community awareness of schizophrenia and other mental illnesses
- raise community awareness about the impact of mental illness on families/carers
- foster hopefulness and confidence
- encourage understanding and acceptance of mental illness and increase people experiencing mental health issues to seek help

We do this through a range of activities, including information displays, media coverage and events across WA.

To RSVP call Alison on 9237 8900 or email events@mifwa.org.au

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