



Arafmi Newsletter | Sep 2018



Welcome, we know it's been a while and we're sorry about that.

Lots of things have been happening since we last spoke and we have a lot to tell you.

So, are you sitting comfortably?

You may have noticed that we have updated and changed our branding. It's a fresh new look which underpins our values and mission as an organisation.

You may recognise the symbolic Coolibah tree in our logo.

This tree represents an important part of who we are as it signifies the recognition of the hard journey Carers can travel, with the Coolibah tree providing shade and shelter for the weary traveller.

We want to continue to support you, as Carers, whether that's through our educational online resources, our Carer workshops and support groups, or our 24 hour telephone support line. You are not alone.

In this edition...

Arafmi Rebrand Our new look logo	1
NDIS Updates How much do you know?	2
Carers Forum Event Save the Date Oct 17	3
Caring Fairly Campaign Our support for unpaid carers	4
SANE Australia Our partnership with SANE	4
Support Groups Find your local group	5
Workshops Our upcoming workshops	6
Connect With Us Have a question or suggestion?	8





NDIS Updates

How much do you know about the NDIS?

You may be aware that Arafmi is a registered National Disability Insurance Scheme provider.

The NDIS is the new way of funding supports for people with disabilities. It aims to assist people to make their own decisions about the support they receive and to have more choice and control in their life.

We are committed to supporting you and people who you care for living with psychosocial disabilities through the NDIS access and registration process.

We have successfully assisted many carers and their loved ones to navigate the process of transitioning

to the NDIS and have the expertise required to ensure you get the most out of your NDIS funding package.

If you're confused, about to embark on the NDIS journey or simply have questions, we have a dedicated team ready to assist you. We can work with you and step you through the transition to NDIS.

Have a question?

If you have access to a computer you can jump onto our website at www.arafmiqld.org and download our NDIS factsheet or call us on **(07) 3254 1881** to talk to someone over the phone.

Brisbane Region Update

We wanted to let you know, if you don't already, that with the introduction of the NDIS in the Brisbane region, there is also, in turn a gradual reduction of funding to the Commonwealth Mental Health Respite: Care Support Program.

Regrettably, as a result of the gradual closure of this program we are no longer in a position to continue to operate the Redlands Carer Respite Services.

We will however, continue to operate the Commonwealth Respite Program for people with lived experience of mental illness in the Narangba area until the end of the financial year 2018/19.

Have a question?

If you have any concerns please contact Adina Family Support in Narangba on **(07) 3385 7222**.



Join us at the Carers Forum | Wed, October 17th

Every year, in line with Carers Health Week, Arafmi has a Carer Forum to celebrate your role as a Carer and educate and entertain you.

This year our forum is on **Wednesday 17th October at the Brisbane Convention & Exhibition Centre** and the theme is 'Caring Fairly'.

It will be a day of informative talks, exciting product launches and entertainment, with the opportunity to talk to other carers and share your experiences and keep up-to-date with the latest research for carers.

We are also proud to announce our partnership with **Mind Australia** who have launched a new campaign called Caring Fairly which gives a voice to the demands of all unpaid carers in Australia for rights, recognition and reform. Read more on that on the next page.

If you would like to come to our Carers Forum please contact: sheraleepatea@arafmiqld.org or call us on **07 3254 1881**.

We hope to see you there!

Caring Fairly
CARERS FORUM 2018

When? Wednesday, October 17
from 8:30am - 4:00pm

Where? Brisbane Exhibition Centre
South Brisbane

What's on? Live entertainment, carer
information, guest speakers & more!

RSVP: Email sheraleepatea@arafmiqld.org
or call us on 07 3254 1881

www.arafmiqld.org

Supported in partnership with caringfairly.org.au **caringfairly**
CARE'S RECOGNITION. RESPECT.



Caring Fairly Campaign

In August, we, as part of a coalition of organisations launched Caring Fairly, a national campaign coordinated by **Mind Australia** supporting and advocating for the rights of unpaid carers.

There are 2.7 million carers in Australia, that's more than 10% of the population, providing over \$1 billion of intensive care services each and every week. You could be one of them, if you are we would love to hear from you.

The Caring Fairly is a three year campaign, supported by Arafmi to deliver sustainable, fairer and more inclusive outcomes for unpaid carers in Australia.

You can keep up to date with campaign progress on our Facebook Page and this newsletter, as well as our website.

Our Facebook page is: [facebook.com/arafmiqld](https://www.facebook.com/arafmiqld)

Do you know about our Partnership with SANE?

Did you know we work in partnership with SANE Australia to offer a Support Forum for Carers?

The Carers Forum is a safe, anonymous community for the friends, family and carers of people living with mental illness, moderated 24/7 by mental health professionals.

Register online at:

<https://arafmiqld.saneforums.org>

Online Peer Support Forums

Safe | **Anonymous** | Moderated 24/7 | **Accessible via all devices**

Online support and connection for people affected by mental illness including family, friends and carers.

saneforums.org

Lived Experience
For individuals experiencing mental illness or related mental health issues.

Carers
For family, friends and individuals caring for someone living with a mental illness.

The forums are a service provided in partnership with SANE Australia, moderated 24/7 through the SANE Help Centre team and other partner organisations.

SANE AUSTRALIA



Carer Support Groups

Who are they for?

Arafmi Carer Support Groups are open to anyone who is caring for or about a relative or friend with a psychosocial disability. They are run by Carer Facilitators who have been trained in facilitation skills.

What to expect?

Arafmi Carer Support Groups provide a safe place for carers to come together on a regular basis to:

- Share their feelings
- Socialise & connect with others
- Offer comfort & support
- Share helpful coping skills

Confidentiality is essential and all participants are encouraged to keep personal information shared within the group.

How to join a support group?

Support Groups meet in various locations in Brisbane and regional Queensland. All carers are welcome. Please don't worry if you forget to book or let us know you are coming, just turn up.

Support Group times/dates are to subject to change. Please contact the Arafmi office on **07 3254 1881** or for regional areas, please phone **1800 35 1881** to confirm.

CARINDALE

Carindale Library Meeting Room
Westfield Carindale, Carindale
1st Monday of each month from 11.30am

CLEVELAND

RDCOTA Cottage
Weippen Road, Cleveland
(In the hospital grounds)
4th Monday of each month from 10am

INALA

The Hub Neighbourhood Centre
76 Corsair Avenue, Inala
3rd Monday of each month from 10am

INDOOROPILLY

Indooroopilly Library Meeting Room
(next to cinema), Westfield Indooroopilly
1st Thursday of each month from 1.30pm

IPSWICH

EACH Building
24 East Street, Ipswich
Second Tuesday of each month from 10am

LOGAN

Logan Central Library
26 Wilbur Street, Logan Central
2nd Wednesday of each month from 10am

NEW FARM

ARAFMI House
76 Merthyr Road, New Farm
Last Saturday of each month from 10am

REDCLIFFE

1 Lamington Drive, Redcliffe
3rd Friday of each month from 10am



Workshops

Upcoming Carer Workshops

Our workshops are open to those who care for or about a relative or friend with a psychosocial disability.

What to expect?

The interactive workshops are designed to help carers understand the impact of mental illness on their loved one; how to improve their relationship; how to develop caring skills, and how Carers can keep themselves well emotionally in the long run.

There's also an opportunity to connect with other carers who may be experiencing similar issues and learn from each other.

How to register

For registration and more information about our workshops, please get in touch.

Call us on **07 3254 1881** or email us at **carereducation@arafmiqld.org**

View our upcoming workshops online:
www.arafmiqld.org/family-carers/workshops/

OCTOBER

Monday 8th

Coping Skills for Carers

Tuesday 16th

Effective Communication

Wednesday 24th

The Power of Personal Boundaries

NOVEMBER

Tuesday 6th

Dual Diagnosis, Mental Illness
& Substance Abuse

Monday 12th

Grief and Beyond

Wednesday 21st

Bouncing Back, Building Resilience



Coping Skills For Carers | Monday, October 8th

Our next Workshop is called Coping Skills for Carers on **Monday October 8th**, here is a snippet of what to expect below...

Coping is the effort you put in to reducing the negative impacts of stress.

Your coping style is a combination of attitudes, behaviours, prior experiences and learning.

Do you put the needs of others ahead of your own

wellbeing and feel the need to 'fix' the person you care for?

Perhaps you are the type of carer that takes care of yourself as well as the person you care for.

There are two types of coping styles, Avoidant and Active.

Take a read and see if you can identify which style you have...

AVOIDANT

- Disconnect from situation
- Do not directly address the stress

Activities include:

- Procrastinating
- Using alcohol, cigarettes or other drugs
- Angry outbursts
- Over/undereating
- Blaming others for the stress you feel

ACTIVE

Try to actively alleviate their stress. They work at controlling their response to the stress or how they think about it.

Activities include:

- Taking care of your body, mind, spirit
- Talking to someone about your concerns
- Recording your feelings in a journal
- Doing something you enjoy

Which one are you?

Register for this workshop today or contact us to find out more.

Call us on **07 3254 1881** or email us at carereducation@arafmiqlld.org



Final Note

The Arafmi AGM

The Arafmi AGM will be held at the Riverside Reception on Thursday 22nd November. All members will be notified.

See what we've been up to and connect with us online:

facebook.com/arafmiqld

twitter.com/arafmiqld

au.linkedin.com/company/arafmilt

Help us give you information that matters

Whether you have a question about something in this newsletter, or a suggestion for next month's edition, we'd love to hear from you.

Call us: 07 3254 1881

Email us: info@arafmi.com.au

Visit us online: www.arafmi.com.au

Do you know about our 24/7 Helpline?

When you need to talk, someone who understands will be there - at any hour.

Call us: 07 3254 1881

24/7 National Helpline: 1300 554 660

Regional Queensland: 1800 35 1881
Free call from landline (Carer support only)

Join the 24/7 online forum:
<https://arafmiqld.saneforums.org/>

