



SPRING  
2022

As Paul Kelly sings, 'From little things, big things grow', this is also true of children and even baking bread. Spring is also nearly upon us; time for seed planting. What a rewarding and life-affirming activity for adults and children alike, watching flowers and veggies grow from tiny seeds.

Welcome to the Spring edition of the FaPMI newsletter. We have information on Grandparents Day and Women's Health Week, which are both coming up soon. Check out some sleep tips and learn how to encourage healthy eating in children.

There's a nifty game of Relationship Snakes and Ladders that we encourage you to play with a special person in your life. And try your hand at Annie's No Knead Bread recipe. Have a great Spring and enjoy the lengthening days!

## Programs

There are no scheduled FaPMI programs for Term 4 but save the date for the **FaPMI Family Fun Day on Sunday, 27 November**.

See flyers at the end of the newsletter for the **FaPMI CHAMPS Holiday School Program**.

## What's Inside

|  |    |
|--|----|
| Welcome & Programs .....                     | 1  |
| Holiday Activities & Events .....            | 2  |
| Book Review: Tommy & Terry Tiger .....       | 3  |
| No Knead Bread & Healthy Eating Habits ..... | 4  |
| Women's Health Week & Sleep Tips .....       | 5  |
| Grandparents Day & Other Resources .....     | 6  |
| Relationship Snakes and Ladders .....        | 7  |
| Snakes and Ladders Game Board .....          | 8  |
| FaPMI Family Fun Day 2022 .....              | 9  |
| CHAMPS Holiday School Program .....          | 10 |

### FaPMI Coordinators

4 Bona Street, Ringwood East Phone: 9871 3988  
[fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)

CHAMPS Referrals Phone: 0408 291 580  
 Michelle Hegarty (Mon – Thu)  
 Becca Allchin (Mon, Tue, every other Wed)  
 Elizabeth Fraser (Mon – Wed)  
 Bronwyn Sanders (Mon – Wed)  
 Ingrid Forster (alt Tue, Thu & Fri)

Newsletter produced by Elizabeth Fraser & the FaPMI team with Creative Content & Copy ([rachel@ccandc.com.au](mailto:rachel@ccandc.com.au)).



# SCHOOL HOLIDAY ACTIVITIES & EVENTS



## **Making Art: Imagine Everything is Real**

The centre of creativity for children and their families at the NGV this winter. Coinciding with the premiere exhibition, The Picasso Century, Making Art features a range of hands-on activities and multimedia experiences inspired by methods invented by some of the leading European artists included in the exhibition. Come and try poetry, creative collage and sculpture, among other activities.

**NGV, Ground Level, Children's Gallery  
St Kilda**

**Open 10am-5pm daily**

**FREE until 9 Oct 2022**



## **Moon Lantern Festival**

Come and experience the Moon Lantern Festival. This epic, FREE two-day event features exciting cultural performances, food and drinks.

**Sat 10 Sep, 12pm-10pm**

**Sun 11 Sep, 1pm-8pm**

**Queensbridge Square  
Southbank**

**info@asiancommunityofaustralia.org.au**



## **Dad and Me Cooking Class**

Enjoy the smells and flavours as you cook a dinner together. Discover 4 meals using mince and simple, easy-to-prepare ingredients. Dads, grandfathers and male carers are all welcome.

**Tues, 20 Sep 2022**

**5:30-7:30pm**

**Japara Neighbourhood House  
54-58 Durham Rd, Kilsyth**

For more information and to register:  
<https://www.trybooking.com/events/landing?eid=941055&>



## **Kids Yoga & Meditation**

Help your child develop strength and flexibility, and manage stress and anxiety. Ages 5-13.

**6 Oct-15 Dec**

**11 weeks for \$125**

**Thu, 4-5pm**

[https://  
www.mitchamcommunity  
house.org](https://www.mitchamcommunityhouse.org)



## **Lego Club Nunawading**

Do you love Lego®? We supply the bricks, you bring the imagination! Join in the fun of these weekly sessions. For kids aged 5-10.

**School term Thursdays.**

**379 Whitehorse Rd  
Nunawading  
ph: 9872 8600**



# BOOK REVIEW

## Tommy & Tiger Terry

**Author:** Darren Mort

**Illustrator:** Niama Wessely

**Reviewed by:**

**Bronwyn Sanders, FaPMI Coordinator**

*Tommy & Tiger Terry* is a story about a boy who is dealing with the challenges of family separation and conflict. Tommy believes it's all his fault and gets butterflies in his stomach which makes it hard for him to breathe. He has an imaginary friend, Tiger Terry, who takes him on adventures and helps to relieve some of his anxieties and confusion.

This book has been written for any child or family going through family breakdown and may help kids feel less alone.

The illustrations are simple and make good use of colour to convey Tommy's feelings. His mum has a new partner, Nicole. There is no exploration of this but it might be relatable for children whose parents are in same-sex relationships.

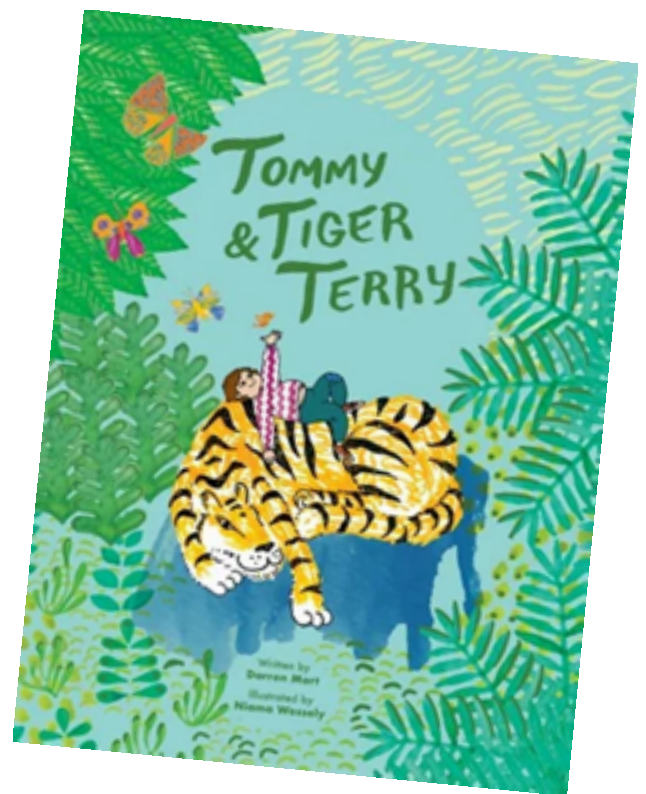
In the story, Tommy sees a counsellor, which might help normalise this for some kids. He feels like he is in the middle of a war and the book does contain pictures of toy army men with guns, which might be quite confronting or disturbing for some children.

The book is recommended for 4 to 8-year-olds but I think it's better for slightly older kids aged 6 to 12.

The book has also been turned into a short film called Tommy'.

The author, Darren Mort, has worked in family law for 30 years and has first-hand experience of what children and families can experience. He's also the co-founder of To Be Loved, a registered Australian charity whose mission is: 'Helping promote the prevention of mental illness amongst children and young adults exposed to physical, psychological or emotional distress as a result of parental breakdown, separation or family violence'.

<https://www.tobeloved.org.au/>



## The Best Books of 2022 to Support Kids and Teens in Tough Times

When children and teenagers see characters they relate to having human experiences just like them, it can help them see they are not alone. In some cases, this can be the first step on the road to healing.

<https://www.healthline.com/health/mental-health/the-best-books-of-2022-to-support-kids-and-teens-in-tough-times>





# RECIPE

## ingredients

- 3 cups white flour
- 2 tsp yeast
- 2 tsp salt
- 1½ cups warm water
- optional: 1/3 cup ground flax or 1/2 cup chopped walnuts



Photo: The Spruce / Diana Rattray

## Annie's No Knead Bread

1. Preheat the oven to 220 degrees Celsius and line a loaf tin or baking tray with baking paper.
2. Mix all ingredients together in a large ceramic bowl.
3. Cover in cling wrap and let it rise in a warm place until doubled in size (about one hour).
4. Punch it down and drop it into the loaf tin or form into a loaf shape and place it on a lined baking tray. Use flour if it's too sticky to handle.
5. Dust the loaf with flour and make 3 or 4 slashes on top with a serrated knife.
6. Bake for 35 minutes. It should be very moist and tasty.



## How can I encourage healthy eating habits in kids?

Teaching your child how to eat healthily now means they'll be more likely to make their own healthy choices as they get older. Here are some tips to encourage healthy eating habits:

- Sit together as a family at mealtimes, without any screens.
- Make healthy foods fun; try cutting fruit or sandwiches into interesting shapes.
- Serve a variety of seasonal fruits and vegetables.
- Learn together about how different foods are grown.
- Let your children help with food shopping and preparation.
- Try new foods and recipes.
- Limit the amount of junk food you keep in the house.
- Keep a bowl of fruit handy for snacks.

<https://www.healthdirect.gov.au/healthy-eating-for-children>



# WOMEN'S HEALTH WEEK

## Jean Hailes Women's Health Week

### It's about you!

5–11 September 2022 is the biggest week in Australia dedicated to good health and wellbeing for women, girls and gender diverse people.

Jean Hailes Women's Health Week is a campaign of events and online activities centred on improving women's health.

Join us in helping women find connection, information and support on being healthy in mind and body.

<https://www.jeanhailes.org.au/events/womens-health-week>



Check out this resource for women! Fact versus fiction about your health.

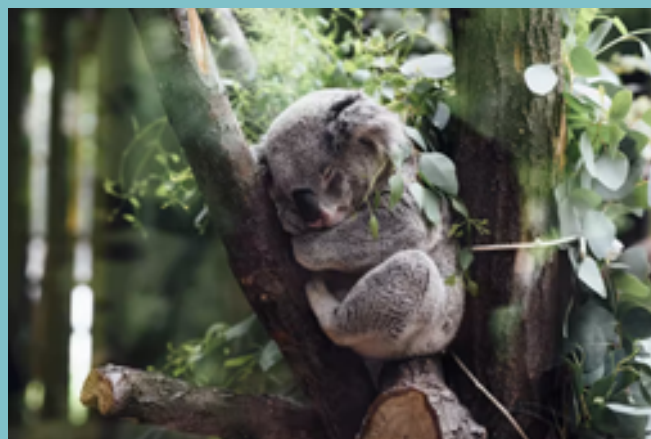
<https://www.jeanhailes.org.au/resources/your-health-fact-vs-fiction-booklet>

## Back-to-sleep tips

It's important to identify the cause of your insomnia, of which there are many. If your sleep issues are persistent or concerning, seek medical advice.

If medication or a medical condition isn't driving the problem, these tips from Dr Junge might help:

- **Don't panic** – Avoid checking your clock and try not to worry about being awake.
- **Enjoy the moment** – Give yourself 20–30 minutes of lying peacefully in bed.
- **Try to reset** – If you're frustrated, get up and do a non-stimulating activity in dim lighting, such as reading. Then return to bed.
- **Know when to call it quits** – If it's nearing your scheduled wake-up time, cut your losses and consider having an early start.
- **Consider your circadian rhythm** – Can you adjust aspects of your schedule to suit your natural sleep tendencies?
- **Try to reduce stress** – Find healthy ways to relax, such as mindfulness meditation.



<https://www.jeanhailes.org.au/news/your-back-to-sleep-guide-for-3am-wake-ups>



# WALK FOR MENTAL HEALTH

Get your walking shoes on and let's walk together to raise awareness for mental health in aim to help reduce stigma and accept diversity.

**MENTAL HEALTH AWARENESS WALK**  
Commonwealth Reserve Williamstown  
Sunday 23<sup>rd</sup> October 2022, 9am–12pm

Wear something GREEN in honour of those experiencing mental health related illnesses.

Everyone of all ages welcome!! Bring your family and friends along to share in a walk, enjoy food, drinks and information stalls, live performances, and a raffle with a variety of great prizes to be won, such as wellbeing vouchers and accommodation stays. Entertainment for the kids also, including sport activities and jumping castle.

See our Facebook page for more information  
[facebook.com/walkamileinmyshoeswilliamstown](https://www.facebook.com/walkamileinmyshoeswilliamstown)

WORKSHOPS · KEYNOTE SPEAKERS · FOOD · ENTERTAINMENT · STALLS

**LITTLE DREAMERS**

AGES 12-25

# 2022 VICTORIAN YOUTH FESTIVAL

HONE YOUR SKILLS, MASTER YOUR CRAFT, UNLEASH YOUR CREATIVITY

20-22 September 2022, 10am - 4pm

The Reach Foundation  
152-156 Wellington St, Collingwood / Yillabirrang VIC 3066

|  |  |   |
|--|--|---|
| <br><b>DAY 1</b><br>Spark to Canvas<br>Visual Arts | <br><b>DAY 2</b><br>Take the Stage<br>Performing Arts | <br><b>DAY 3</b><br>Voices of the Future<br>Communications and Media |
|--|--|---|

 **FREE EVENT**  
BOOK NOW: [BIT.LY/VICYOUTHFESTIVAL2022](https://bit.ly/vicyouthfestival2022)

FREE ENTRY, ALCOHOL FREE, NO FEE OUTS



The needs of families are becoming more complex and the support grandparents can offer to their own family and other families is significant.

Through acting together, grandparents are becoming strong advocates. They are the custodians of considerable wisdom, compassion and skills that are being put to good use in activities to support families and benefit the wider community.

<https://grandparents.com.au>

## Activities Guide: Enhancing and Practising Executive Function Skills with Children from Infancy to Adolescence

Executive function and self-regulation skills provide children with supports for learning and development. While no one is born with these skills, we are born with the potential to develop them through interactions and practice.

[Check out this link for games and activities for children from babies to adolescence.](https://www.harvard.edu) (harvard.edu)




**Grandparents Day**

**Sunday 30 October**

For fun activities check out <https://www.twinkl.com.au/event/australian-grandparents-day-2022>



Check out Satellite activities for young people aged 12–25 living in a family where mental ill health is part of life.

<https://www.satellitefoundation.org.au/2022/08/july-newsletter>



# Relationship Snakes and Ladders



Welcome to ACF's version of Snakes and Ladders. By playing this game together it is hoped you might find out more about each other and learn more about your relationship together.

You will need a dice and a couple of coins or objects to act as counters.

As you play the game you need to respond to the questions in the spaces that you land on.

## After the game

When you finish the game, you might like to talk about the snakes (ups) and ladders (downs) you have experienced in your relationship together.

A ladder represents a time when you felt supported or lifted-up in your relationship. Could you share a time when it felt like this?

A snake represents a time when it felt hard in your relationship. Could you share a time when it felt like this?

A key idea that could be taken from this game is that there are some snakes and some ladders in the course of all relationships. That is just the way they are.



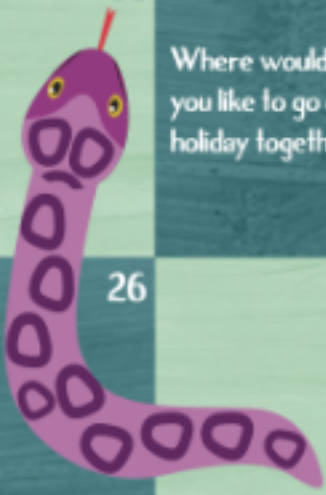

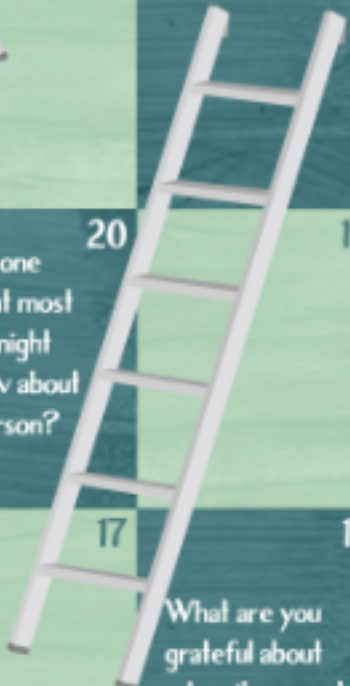


[childhood.org.au](http://childhood.org.au)

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# Relationship Snakes and Ladders

|   |   |   |  |  |  |
|---|---|---|--|--|--|
| 36<br><b>FINISH</b>   | 35<br> | 34<br>Where would you like to go on holiday together? | 33<br>   | 32<br>Is there a T.V. show you like to watch with your person?             | 31   |
| 25  | 26  | 27  | 28<br>Share a time you laughed together?   | 29   | 30<br> |
| 24<br>What is a favourite activity your person likes to do?                               | 23  | 22<br>What is something that you like doing together? | 21   | 20<br>What is one thing that most people might not know about your person? | 19   |
| 13<br> | 14  | 15  | 16<br> | 17   | 18<br>What are you grateful about when it comes to your person?                            |
| 12  | 11  | 10<br>What is your person's favourite thing to eat?   | 9  | 8  | 7<br>Share a time you did something fun with your person?                                  |
| 1<br><b>START</b>   | 2   | 3<br>Does your person have a secret talent?           | 4<br>What are some of your person's best qualities?  | 5  | 6<br>What is your person's favourite colour?   |

FaPMI 2022

# Family Fun Day

YOU MUST REGISTER TO ATTEND

BOOK NOW

SUNDAY  
27 NOV  
12-4pm

For families with a parent or carer with a mental illness

FUN STUFF FOR THE WHOLE FAMILY

\*\*NEW VENUE\*\*

Ringwood  
Bowls Club

2-12 Loughnan Rd  
Ringwood  
RSVP by 20th Nov

Children must be accompanied by an adult



Barefoot Bowls

Food Trucks

Petting zoo

Snow cones

Live music

Dancing

BBQ

Massage

Giant games

Face Painting

Craft Activities

Jumping castle

Santa photos

Book online at:

<https://www.trybooking.com/CCEFG>



For more info call Michelle Hegarty  
0481 913 607

COVID SAFE EVENT  
MAY BE SUBJECT TO CHANGE



Drug & Alcohol Free Event





# Champs:

A peer support program  
for children aged 8-12



The Champs program offers peer support to **children** who have a parent/family member with a **mental illness**.

**Champs** is for primary school age children, including children who do not live with their parents. Parents or other primary carers are invited to attend the parents **peer support** group which will be held at the same time.

**"I liked everything....I learned I am not alone and there's other people like me"**

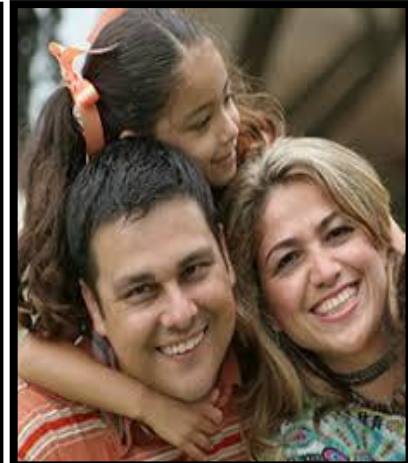
(Child 11yrs)

This is a **FREE** program

**WHEN:** Tues 27 & Wed 28 September  
10am - 3pm

**WHERE:** The Avenue Uniting Church

Cnr Blackburn Rd & The Avenue, Blackburn



The Champs program is an initiative supported by the FaPMI (Families where a Parent has a mental illness) program. The group will be co-facilitated by staff from Eastern Health, Wellways and people with Lived Experience.

To obtain a referral form or make an enquiry

Contact Michelle Hegarty

FaPMI Coordinator, Eastern Health

Ph. 0481913607

Email:

[michelle.hegarty@easternhealth.org.au](mailto:michelle.hegarty@easternhealth.org.au)



FOR MORE INFO ON THE FaPMI PROGRAM PLEASE REFER TO [WWW.BOUVERIE.ORG.AU](http://WWW.BOUVERIE.ORG.AU)