

update

Consumer Action ...



To find out more visit us at www.mhaca.org.au & click on the Consumer Action page link

Consumer Forum ...

For the past three forums we have had an average of six people attending—see minutes at www.mhaca.org.au - Consumer Action page. The Consumer Forum is looking for people that are interested in facilitating and recording the minutes once a month. Those interested will need to have attended at least 3 meetings.

The Consumer Action Group is held on the 2nd Tuesday of each month @ 12-2pm

The Consumer Forum is held on the 4th Tuesday of each month @ 6.00-8.00pm

Please come along - Everyone is Welcome!



Committee Representatives

Congratulations to Paul Birchall and Sandi Yandell who have been selected to the 2009-2010 MHACA Committee (see their introductions on previous page).

The committee holds two Consumer Representative positions which provide feedback and information to the committee on the needs of consumers. So if you have any issues you would like to raise or discuss please have a chat with them—or come along to one of the Consumer Forum meetings which are held each month.

A big thank you to the outgoing Consumer Representatives, Gwynnyth Cassiopeia Roennfeldt and Darren Farr. Both have contributed a lot to the Committee and also the Consumer Forums during the past year and we wish them all the best.

What's in a name ...

Following some discussions, consumer representatives were asked to action a change in name. People felt the word 'consumer' had some stigma attached to it and proposed it be replaced with the word 'member'. However, the committee explained that this would become too difficult as in the constitution, the term 'member' refers to the general membership of MHACA. *Keep an ear out for future updates.*

D2DL Activities ...

The Drop-In Centre has had steady numbers daily. In late August, everyone enjoyed a really good turn out at the Mocktail Disco night, with feedback very positive on this family friendly event. In combination with the Mental Health Ward there have been trips to the Alice Springs Desert Park and the Telegraph Station, and weekend activities are proving to be a big success with high turn-outs to the Mocktail Disco and a trip to Ellery Creek Bighole. Coffee mornings, Yoga classes and Healthy Living programs have also been well attended. The D2DL program now offers YMCA passes for consumers to use whenever they would like (see Missa). There has also been a lot of activity out back in the garden with new pots and plants, recycling and even some worms! (see photos next page). *If you want to be involved please see Missa.*

Special events ...

In September there was a good turnout to the special ceremony Life Promotions put on for World Suicide Prevention day. And in early October, Mental Health Week saw several consumers participating in the MHW Dinner and also assisting on the information stall at Yeperenye Mall.

Christmas Dinner ...

We are having a MHACA consumer and staff dinner on Friday, 18 December at the Red Sea Restaurant and everyone is welcome (though no children this year). Cost is only \$15 and you have to RSVP to Lizzie by Mon. 14 December. ✕

Merry Christmas & Happy New Year everybody!!

Right: Gwynn (singing) and Leo (on guitar) in the Salvos/MHACA Band performing at the Mental Health Week Dinner





A good time was had on a D2DL trip to Ellery Creek Bighole in September.
 Left: Some of the lads going exploring. Above: The gang stopping to enjoy a BBQ lunch.
 Below: Lizzie helping out with the cooking



Left: Gavin helping Missa with the new D2DL Garden Project which includes a composting bin and worm farm



Why did you pull out all your guns
 Didn't you see I was naked
 All I could see was your anger
 Couldn't you see my beauty
 I had nothing to hide
 You can hide behind your guns
 But don't be jealous of me
 Because I won't wear your cloak

By John Moffat

Left: The D2DL Mocktail Disco was a resounding success with an array of fancy drinks (non-alcoholic of course), nibbles and toe-tapping music by our DJ