

Consumer Action ...

update



Hello readers,

As you can see above consumers now have our own logo to complement our formal communications. It is an adaptation of the MHACA logo. Thanks for your assistance with this Rita.

The push for a reminder telephone call and pick-ups has been successful, with Carmel from D2DL organising consumer attendance to many activities. Thanks a lot Carmel.

Consumer Forum Dinner - 4th Tuesday of the month

The Consumer Forum has become an evening dinner event as it is more convenient for many people to attend at this time. The result is the largest number of attendees for this year numbering eight at the June meeting. Come along and have your say—every 4th Tuesday of the month at 6.00-8.00pm at MHACA with a dinner provided. **Next meeting: 26 August.**

Consumer Action Group (CAG) - 2nd Tuesday of the month

The Consumer Action Group (CAG) meeting every month is proving to be a good opportunity to tie up any loose ends resulting from the Consumer Forum and to go over ideas to they meet their full potential. These are held every 2nd Tuesday lunch-time from 12.30-2.00pm at a café around town—checkout the MHACA calendar for details.

*Bye for now, Gwynnyth
Consumer Representative*

Consumer Forum get-togethers are held in the evening over a shared meal—everyone is welcome



GROW Public Forum

A GROW Public Forum was held on 6 June to introduce the GROW Program to the community. The presentation was well received by those present and my thanks go especially to KK whose comments and assistance on the night added richness to the forum.

We plan to make further inroads into the community by holding information stalls at shopping centres in September and by following up recent contacts with the AS Correctional Centre Carers Groups.

The further growth of GROW will be focused on engaging with Indigenous organisations and ensuring that the GROW Program is translated into local languages. We also hope to have a strong weekly presence, where possible, at the mental health unit at the Hospital to help consumers be aware of the benefits of GROW and the support that MHACA and the D2DL Program can offer in recovery. ✕

GROW Information Sessions

If you have a group, club or association that would like to host a GROW presentation to find out more about the Program, please feel free to ring Carmel during office hours to discuss a suitable date – on 8950 4612.

Big Tips from the Blue Book -

Each newsletter we will include a golden tip from the little blue book used in each GROW Session to give potential 'Growers' insight to some of the wisdom of the program, built and driven by consumers.

To Control Unhealthy Thoughts (page 29)

- 1) **Dig them out:** by talking them out with your doctor, if you are under treatment, or by bringing them up at GROW group and, with the groups help, discrediting them.
- 2) **Starve them out:** by disregarding them at other times (as you disregard static on the radio), and by not voicing them or acting on them.
- 3) **Crowd them out:** by cultivating positive thoughts and talk, and wholesome interests and habits.

