



# Participant Update



To find out more visit us at [www.mhaca.org.au](http://www.mhaca.org.au) & click on the Participant Action page link

## Participant Forum ...

The Participant Forum continues to run with an average of about six people per meeting. We encourage more people to attend and have a voice on issues affecting you or other participants. If you are interested in attending it is held on the 4<sup>th</sup> Tuesday of each month from 5.00–7.00pm @ MHACA. The Participant Action Group (PAG) is held on the 2<sup>nd</sup> Tuesday of each month 12.00–2.00pm at MHACA. We encourage everyone to attend and have a voice so if you are interested please feel free to join in.

The Participant Action Group is held on the 2nd Tuesday of each month @ 12.00-2.00pm

The Participant Forum is held on the 4th Tuesday of each month @ 5.00-7.00pm @ MHACA

We invite you come along—Everyone is Welcome!

## Change of name ...

Finally it has been decided that we will change our name from ‘consumers’ to ‘participants.’ This was decided by unanimous vote at the January Forum. It’s nice to see that staff have come on board with supporting this and are starting to use the new name. See page 25 for more details on the name change.

## New General Participant Rep ...

Congratulations to Rudy who has been voted in as our new General Participant Rep—see his introduction this page. Congratulations also to John Moffatt who was voted in as Observer for the Committee.

## D2DL Activities ...

The Christmas Dinner held in December was well attended and we all had a good night. We also had a good turnout at the Mocktail Karaoke night in January with many participants taking part in the karaoke. Thanks to Joylene and others who staffed the ‘bar’ for the evening and made many delicious mocktails. Guitar and Yoga sessions continue to be popular activities as do the monthly barbeques. We also went to see ventriloquist David Strassman at Araluen on 7 March. It was a fun night.

## Other business ...

A participant has recently been to Darwin as a contributor in assessing non-government organisations. This was quite an important event so well done on their contribution to this.

For further information contact Sandi Yandell via MHACA on 8950 4600.

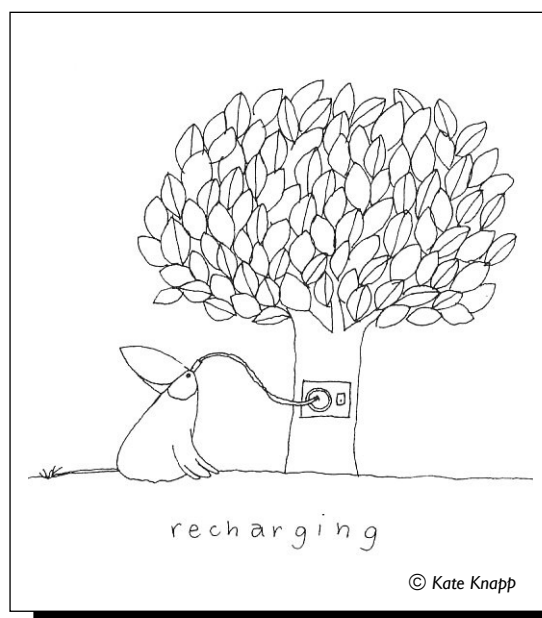
New General Rep - Rudy Sanft



Hi there.

My name is Rudy Sanft. I was born in New Zealand and raised in Tonga since the age of three, and have been in Australia since October 2004, six years here in the beautiful Alice. I’m 21 years old and came into being a Participant Rep through being one of the clients here of MHACA. My hobbies are going to the Gym, meditation and in the future bit of martial arts. I used to love my rugby but am over and done with this already. My future goals I want to do are studies in the area of mental health as I have a bit of insight of what this is. I listen to all kinds of music, depends how catchy it is! And, yeah, I’m going to contribute to the world by just being me.

Rudy



© Kate Knapp



Left: Stopping for lunch on the trip to Ellery Waterhole in early January



Right: David reading up on the flora and fauna at Ellery Waterhole



Above and right: Bruce and Hubert lining up for some footy practice



Above: Participants & staff helping out at the launch of Suicide Story at the Alice Springs Town Council on Wednesday, 3 March 2010



Above: Amanda and Sandi checking out the song-list at the Mocktail Karaoke evening



Left: Everyone chipped in to help prepare for the Mocktail Karaoke evening on 16 January



Left: Sean Durant at the Reclink outing to the Convention Centre in January



Above: David getting ready to hit the ice at the Reclink outing at the Convention Centre