

## The Consumer's Voice

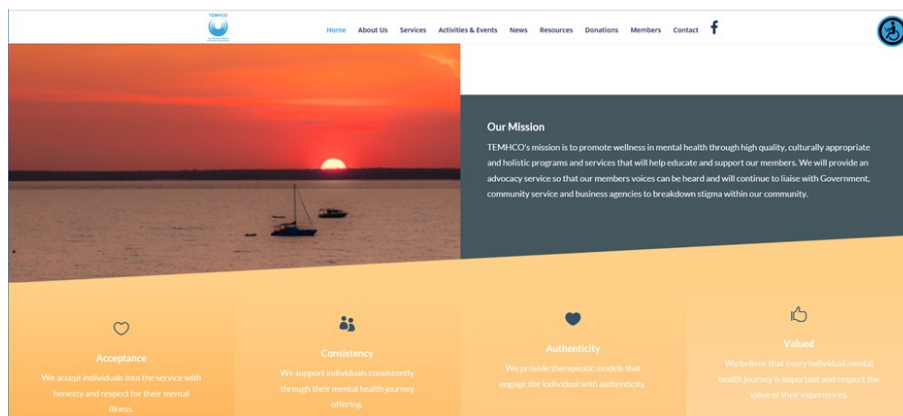
### What's New at TEMHCO



A lot has changed since I took over the reign from Angela in late November! We now have more new activities at the centre and we have brought back BBQ lunches every Tuesday! We also have a designated outings day on Thursday where our consumers have two choices to pick where they would like to go. Our Art Therapy classes continue on Monday mornings but we also have Betty for a relaxing therapeutic massage and a one hour meditation class in the afternoon with

Tammy from Holistic Wellness Approach. Our Wednesday Ladies' Morning Tea continues but we also have sewing and craft classes for our ladies with Claudine (Claud) from Bigartz. On Fridays we have brought in Music Therapy classes with Crystal Robins. We have invested in a number of musical instruments that everyone can use and also have the opportunity to sing along to some very popular tunes. One of our new volunteers, the very talented Shelly Westley, also helps out with our Music Therapy classes.

We now have a brand new website! Please check it out at: <https://www.temhco.com.au>. I also appreciate your feedback on our new website and what you think of the new activities at TEMHCO, which you can send to our [email: temhco.office@temhco.com.au](mailto:temhco.office@temhco.com.au). We also have a new Facebook page @ [Top End Mental Health Consumers Organisation \(TEMHCO\)](#), Instagram Account @ [TEMHCO Instagram](#) and TWEET @ [#TEMHCOTWEET](#). Please come and join us at any or all of these social media pages to find out what's happening at TEMHCO!



# TEMHCO



Top End Mental Health  
Consumers Organisation



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## We want to hear from you!

Our newsletter focuses not just what is happening at TEMHCO but individual stories or articles from you! The title says it all: "The Consumer's Voice" and not the "Helen Day Voice"! I have been advertising on our Facebook page for stories or articles from our consumers but have not yet received anything. If you have anything to contribute to this newsletter please drop into our centre with your ideas or [email: temhco.office@temhco.com.au](mailto:temhco.office@temhco.com.au). As I don't have any articles or stories from our consumers (it's ok, you are just getting to know me!), I will be sharing some pictures of what's been happening at TEMHCO plus some writings I have shared on our Facebook page that can give you all

encouragement. I hope you enjoy my first edition of "The Consumer's Voice" and I look forward to receiving further stories or articles from you for our future editions!

## We Want To Hear From You



*"Over the years whenever I felt down I would go back to those little gift bags and re-read each little message which would help me to feel inspired again!"*



## Christmas @ TEMHCO

Last year we held our TEMHCO Christmas Party at the Winnellie Hotel and was enjoyed by all who attended. The food was absolutely delicious and the venue was beautifully decorated by the Hotel staff. I tried to incorporate the season of giving by setting up a fun activity of choosing a random name out of the hat and putting together gift bags with quotes and/or personally written words of inspiration about that person! I have often attended support group sessions where we did something similar. Over the years whenever I felt down I would go back to those little gift bags and re-read each little message which would help me to feel inspired again!.

Christmas can be a very difficult time of year for people living with a mental illness or even for those that have lost a loved one. It is during this time that we need to keep a close eye on our friends, family or anyone we may know who could be struggling and invite them over for a Christmas lunch or just asks them the three simple words: "R U Ok?" It's not hard and you have nothing to lose by asking! Chances are that the person you asked will be very thankful that you showed that you cared and could tell that they needed help.

For so many people it can be difficult to ask for help and they may not wish to be a burden. We may try to put on this strong front but deep down we are only human and need a helping hand. The problem is that for most it is very difficult to ask for help in fear that they may be judged as a failure!

## Clean-up Day and David's Birthday!

New Year's Eve was a perfect opportunity for a big clean-up of our storage room and a time to celebrate our Treasurer, David Nicholl's 55th Birthday! David has been with TEMHCO since we first started nearly 20 years ago! This year marks our twentieth year since we commenced on 1 November 1999. TEMHCO plans on celebrating our twentieth birthday and will send out invitations to members later in the year. David has worked hard for TEMHCO helping to be a voice for our consumers helping to educate the wider community with regards to breaking the stigma and shame placed on mental illness.

Now back to the Clean-up! Our storeroom was so choc blocked full of junk that we could even walk in there to find what we needed. A very big thank you to our Art Therapy teacher, Claud from Bigartz, who volunteered her time to help sort out our storeroom. Claud turned up bright and early and by 10am everything was out of the storeroom ready to be sorted out into places where things could be found. St. Vinnies who are across from the TEMHCO office received a number of donations from items that would not be used and the garbage hopper also was filled with many outdated items! A very big thank you to all the volunteers who turned up to help out with the clean-up and also helped to celebrate David's birthday.

TEMHCO has long since outgrown the venue we have been at since 2010 and will be moving soon to a much larger location that will better suit all our new therapeutic activities! I can't give away too much at this stage but can inform that a Memorandum of Understanding (MoU) is been drafted up and our members should hear more by the end of March!





## Relaxing Massage Therapy

Feeling stressed and need a therapeutic massage? Every Monday morning we have therapeutic massages for both men and women at the centre. Betty Lum is a qualified massage therapist who can help loosen up those tired aching muscles. Betty has a very light touch but she still manages to loosen up our consumers' tight muscles. Being a qualified massage therapist, Betty is able to work on any problem area that may be troubling you. Just talk to her about any issues before she begin her treatment. Betty can also provide neck or foot massage if you prefer, but we would need some notice to ensure that she brings along the right equipment for your treatment on the day.

Betty is available at TEMHCO every Monday morning between 10:00am to 12:00pm. Her massages are very popular so please come early to avoid disappointment!



## Ladies Beauty Therapy

Research has suggested that beauty therapy treatments can help help promote mental wellness. At TEMHCO we acknowledge these studies and assist the ladies who attend our drop-in centre a lovely facial and/or wax treatment for facial hair removal. Rose Anderson who cares for her elderly parents on a full-time basis takes time out of her busy schedule to provide our ladies with this beautiful treatment on the first Wednesday of each month. Rose also provides weekly pampering and relaxation sessions at Day 2 Day Living in Rapid Creek, that is run by TeamHealth.

As Rose only provides this beauty therapy for the ladies once a month it is important that you arrive early to avoid disappointment. Whilst you are waiting you can enjoy our lovely morning tea held for the ladies and take part in our Sewing and Craft classes held every Wednesday.



## Men's Grooming Therapy

At TEMHCO we recognise that men too can benefit with some pampering to assist with mental wellness. Where men don't always wish to have a facial, that generally do enjoy having a shave or beard trim and/or hair cut.

Rose provides this service for our men on the second Tuesday of every month and I must say she transforms them to the point where they are barely recognisable and quite handsome. They have come into our centre with an original appearance as having quite a bushy beard and long hair to having a smart hairstyle and no beard!

Rose can do both facial and hair trim if you require, but like with the ladies, it is important to arrive early to ensure you don't miss out!

## Art Therapy Classes

Our Art Therapy Classes continue every Monday with Claud from Bigartz. Claud has the ability to help bring out extraordinary talent from novice artists that helps bring out confidence and them to discover, interpret and appreciate the world haven't had the opportunity to work with her, Claud has over 25 years experience in the arts with a postgraduate degree in Fine Art (RMIT) and completed further training in art therapy with DADAA (Disadvantage and Disability in the Arts Australia).



Our consumers have been taught several techniques including painting with acrylics and oils, and drawing with charcoal and pastels. Some of our talented artist work can be viewed at other drop-in centres such as MiPlace and Day 2 Day Living as well as at TEMHCO. Our regular consumers who attend our art therapy classes have

entered and won various competitions in the NT.

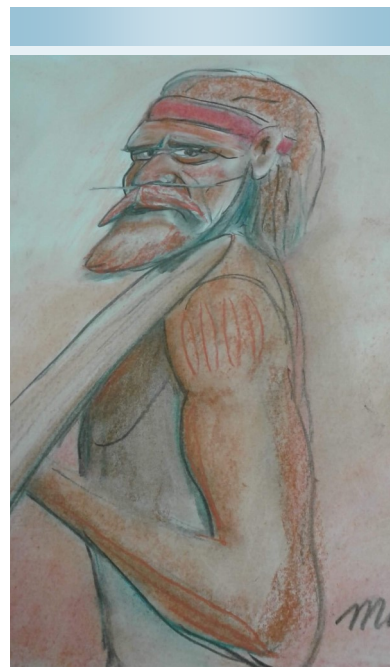
On this page is just a small sample of completed art work that was created at TEMHCO. Our classes cater for all levels of experience so there is no reason not to come along on Mondays and give our Art Therapy Classes a go.

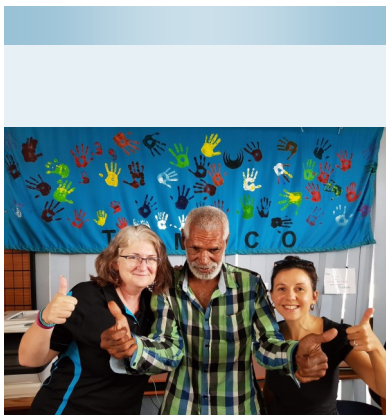
TEMHCO is planning on approaching the Palmerston City Council to see if they can provide some space to display our gifted artwork that can be viewed during the Palmerston Market season and will also be displaying some sewing and



*Our Art Therapy Classes produce some very talented work.*

craft work completed by our talented ladies on Wednesday's Sewing and craft Therapy classes. TEMHCO is seeking further funding to hold an official Art Exhibition of all arts, sewing and craft completed by our very talented consumers.





## Music Therapy Classes

On the 1st of February 2019, TEMHCO commenced our very first Music Therapy Classes with Crystal Robins. Crystal is a registered music therapist with experience working with varied populations, including mental health, disability, autism spectrum disorder, and hearing impairment. She is a registered NDIS provider for Therapeutic Supports (Music Therapy) and Early Childhood Early Intervention Supports (Music Therapy). She has 12 years experience of teaching both group and individual music teaching to all ages and over 15 years of music performing experience and formal music tuition (including tertiary education), which demonstrates her high level of music competency.

Crystal is currently a Registered Music Therapist with Carers NT since April 2017. Prior to this she worked for 12 years as a Music Educator for Einsteinz Music, Forte School of Music and Directions in Music.

Since 2004, Crystal has been a session musician and performer for various projects, both recorded and live. She has performed for functions, events, festivals, theatre, concerts and tours including Karen O Vivid Live Sydney Opera House (2012), and supported Boney M (2015) and The Pointer Sisters National Tour (2016).

TEMHCO has invested in a number of musical instruments for our consumers to try out including ukuleles, acoustic guitars, an electric guitar with amp, keyboard, flutes and recorders, Djembe drums large and small, maracas and tambourines just to name a few! There is something for everyone and if you are not game to play you can always singalong to some very well known and popular tunes that we have selected.

When our consumers feel confident, we are working towards performing live at community events such as the Palmerston Markets. Who knows if we are successful and obtaining more funding or donations from other businesses, we may even look at recording our very own cd!

TEMHCO would also like to acknowledge the very talented Shelly Westley who takes time out to volunteer at the centre and encourage our consumers to singalong and help out with our Music Therapy Classes.

Since our classes have started at the centre I have noticed that there are a number of new faces who have started coming specifically for our music therapy classes. I have also noticed one of regular consumers who has come out of his shell to show how very talented his is with playing both the keyboard and acoustic guitar.

If you know of anyone who could benefit from these classes please refer them to our centre (email: [temhco.office@temhco.com.au](mailto:temhco.office@temhco.com.au) for a referral form).

Our Music Therapy classes are run every Friday from 9:30 am to 11:30 am.



## Luke Gosling Visit

TEMHCO would like to thank Luke Gosling who came out to visit our drop-in centre on Friday, 1 February 2019. His visit coincided with our very first Music Therapy class so we were able to get him to sing "The Gambler", with the assistance of Shelly Westley who helped keep us all in tune!

Luke was able to see first hand how restricted we are at the centre with lack of space when holding activities such as this where there is very little space. A number of our consumers had the opportunity to chat with Luke during his visit and he even gave our centre the two thumbs up on his Facebook page!

I am planning on visiting Luke Gosling soon when there is a little less distractions to ask how he can help further with the Palmerston and Rural Area residents who require more social and wellbeing support through our drop-in centre facility. I would like to say a special thank you to Cheryl and Charles who helped cater for this event.





## TEMHCO Outings

### ***Bombing of Darwin:***

On 19 February 1942 Darwin encounter the largest single attack ever mounted by a foreign power on Australia. On this day, the Japanese launched 242 aircrafts in two separate raids attacking Darwin's harbor and our two airfields in an attempt to prevent the Allies from using them as bases to contest the invasion of Timor and Java during World War II.

On this day we remember the armed forces and civilians who conducted themselves with It will gallantry and for the be a source of pride to the public to know that the armed forces and civilians conducted themselves with gallantry. Darwin may have been bombed but we were not conquered! We also pay our respects to the 230 people who were killed on that day. There were also a total of 300-400 people who were injured and for all that survived that day, many probably experienced symptoms of what is now termed "Post Traumatic Stress Syndrome (PTSS)".

TEMHCO paid our respects to this day with a visit to Darwin Cenotaph War Memorial, on The Esplanade, by our consumers, Jack, Roy and David. Whilst there they ran into Shelley Westley with her two youngest boys.

### ***GROW:***

Our GROW meeting are currently being held at the Sommerville Centre in Gray due to lack of space and no interruptions. The sessions started on 10 January 2019 and numbers are steadily increasing to date. One of our new growers has led the sessions on a couple of occasions. This was a huge breakthrough for this participant who usually lacked self-confidence to be able to do this when it usually takes months of attending before most would have the confidence to take on such a role.

In early March, it was decided by the Board that Thursday would become and outing day for our consumers. This would mean that our centre would be closed for the day. The two outing events are run by David Nicholls who takes consumers to other community run drop-in centres and they also go to lunch, op-shopping or go and visit local parks. The other group of consumers go with our Executive Officer, Helen Day to the GROW meeting in Gray followed by lunch and shopping. Each week will vary either in Palmerston, Casuarina, Darwin, Howard Springs, Humpty Doo, Berry Springs or Coolalinga.

To be included in either of these outdoor group activities, please contact the centre on 8932 6686 before 12:00 pm on Wednesday prior to the outing on Thursday or email: [temhco.office@temhco.com](mailto:temhco.office@temhco.com) to let us know if you need a lift or which group activity you would like to attend.

## Eat Sunshine/Peace on Earth/Cupcakes...

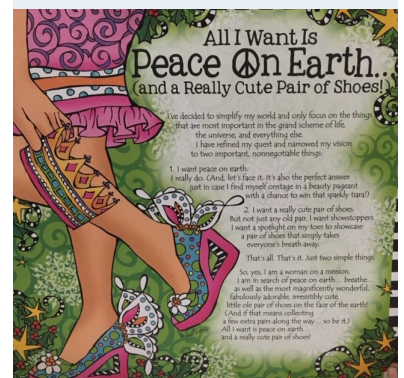
**Eat Sunshine**—Ever felt like nothing ever seems to go right in your life? Why do some people get all the breaks in life? Why can't I just win Lotto? We don't always know what is going on in a person's personal life so we should never compare. When we focus only on the bad things and not the good, like having food to eat, a roof over our head, not having cancer etc. our problems don't seem quite so bad. There is always someone whose life is worse than your own so when you are feeling sorry for yourself focus instead on how you could help that person.

Helping others less fortunate is very rewarding in that you are doing something positive which can bring back good karma. Being the "victim" or focusing only on the bad things in life will not improve your situation and will make things appear far worse than they really are. Eat sunshine for breakfast and life won't seem so bad after all!



*"We don't always know what is going on in a person's life so we should never compare."*

**Peace on Earth**—What do you want? I know I would love a cute pair of high heels but I know that will never happen since I injured my foot. I might find something more suitable instead that is more practical but cute! ✓ First goal set! Next, find people who are team players who have the same visions! ✓ Second goal set! To achieve peace on Earth! ✗ Great desire but not attainable! I could maybe obtain a peaceful environment around me, which would be a more attainable goal. Sometimes our biggest failure is to set ourselves a goal that is unrealistic. Make your goals simple and write them in a diary where you can set a timeframe. For some just getting out of bed in the morning is a massive achievement even though for some it may seem small. It's important to be kind to yourself and focus on the goals you can achieve! Hang around positive people too who will help boost your energy! Tomorrow is a new day!



*"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt*

**Go for the Cupcakes**—Life is short so make the most of the time given. Don't make it complicated with unrealistic goals! When losing weight most have failed because they treat it as a diet and not a lifestyle change. Do everything in moderation and the tasks you set become more achievable. Depriving yourself of that cupcake or chocolate will only make you desire it more until you find yourself binging on them and there goes the diet! Set yourself little rewards for goals achieved as you deserve that one cupcake here and there! Don't deprive yourself of happiness when setting goals! Make it simple and fun and then it won't feel like such a chore!



## Meditation Classes

On the 4th of March TEMHCO commenced their very first meditation classes that have proven so far to bring positive results to our consumers mental wellbeing.

TEMHCO hold their Meditation Classes every Monday between 1:00 pm to 2:00 pm. Please make sure you arrive early as we have to lock the doors to ensure a quiet and peaceful environment without any interruptions.

### *About Tammy:*

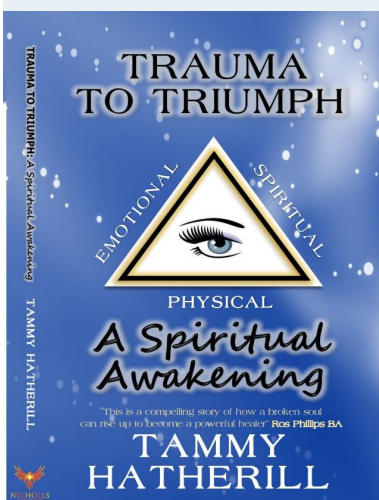
Tammy Hatherill is the Managing Director of Holistic Health Services NT. She is a well-known Holistic Health Practitioner who specialises in Clinical Hypnotherapy and Psychotherapy especially with those suffering from Post Traumatic Stress Disorder, Depression and Anxiety (having been through this herself with 'lived' experience.) Tammy is the author of four books: Trapped Behind Bars, The Diary of a Fallen Angel, Special Moments and Trauma to Triumph – A Spiritual Awakening. All bar one of these books is based on her traumatic experiences and overcoming it.

Tammy shares her knowledge on a regular radio segment on 104.1 Territory FM and now continues to do this on her podcast channel. She is passionate about helping others overcome physical and or emotions concerns. She holds a: University Degree in Justice (Intelligence and Security), Masters Course of Neuro Hypnotherapy, Diploma of Clinical Hypnosis and Psychotherapy, Masters in Reiki Healing Energy, Certificate in Reflexology, Certificate in Psychology and many other qualifications.

Tammy focuses on and considers the whole person – mind, body, soul and emotions – in the quest for optimal health and wellness. She employs alternative therapies such as clinical hypnotherapy, psychotherapy reiki, and reflexology, to treat a client and bring them back into a state of well-being.

Holistic Health Services NT specialise in working in the corporate arena to assist staff or clients in their wellness goals, such as employment services, the Darwin Private Hospital, Banyan House, and TEMHCO.

You can find information about Holistic Health Services NT here: [www.holistichealthservicesnt.com](http://www.holistichealthservicesnt.com).



## About Betty...

Betty Lum is a qualified massage therapist who provides her therapy services to TEMHCO every Monday mornings. She loves the atmosphere at TEMHCO as everyone is so friendly and welcoming like one big family. She has been providing massage therapy at TEMHCO for a number of years now. Over the years she has also worked with Charles Darwin University and Territory Palliative Care. She also teaches massage therapy at the Casuarina College adult night classes.

Betty feels that there are so many benefits from a massage, not just physically, but also mentally and emotionally. She feels it would be great if there were more services like the one she provides that is available to everyone in our community.

Betty provides a caring touch massage that helps relieve the tension in both your body and your mind. She promises to soothe your tired aching muscles and ease any tension in your head. After she has finished her massage you will literally float off the table feeling light and peaceful.

To find out more about Betty please visit her website: <http://www.bettylum.com/>

and there goes the diet! Set yourself little rewards for goals achieved as you deserve that one cupcake here and there! Don't deprive yourself of happiness when setting goals! Make it simple and fun and then it won't feel like such a chore!

## Barbie is back!

Barbecue lunches are back at TEMHCO! Every Tuesday commencing on the 12th of March 2019 we will be holding a healthy BBQ lunch. You can have the choice of sausage and onion sandwiches for \$2.00 or a big healthy plate of sausages, rissoles and salad for 11:30 am to avoid missing out. Unless we receive a donation of meat, TEMHCO need to charge a small amount for our lunches to cover the cost of food and drinks as we are not funded for this service. It is important therefore that we receive your orders early so that we know how much to cook and food is not wasted.





## TEMHCO Lunches

I can not even begin to thank the volunteers who help run this drop-in centre and help make the atmosphere feel like one big family. There are some volunteers who devote their time 5 days a week and some who can fit in only a few hours or a day. It doesn't matter as every little bit helps.

As the title states TEMHCO Lunches I would like to take the time to mention our volunteer Cheryl (pictured left), who heads our kitchen and supervises all our volunteers. She is one of the volunteers that I mentioned that is at the centre 5 days a week and opens up early to prepare our lunches and set things up for the day. In this picture where she is wearing a witches hat I fondly refer to: "Cheryl conjuring up a brew!" Below is a sample of the lunches served up by our volunteers at the centre. Consumers receive a large meal for only \$3.00 and occasionally also receive desert! Occasionally we have a special three course lunch that we need to charge \$5.00 for to cover all our costs.



# The CEO's Birthday!

Yes, sadly I turned another year older on the 28th February 2019 but the lovely family at TEMHCO made it very special for me with a special lunch at the centre the day before my birthday and then I was spoilt again on our outing day on Thursday, which was the actual day! Below is also a display of more of our lunches.



## David's Poet Corner

I'm a believer! Not a trace of  
doubt in my mind!



Going with the flow!



It's both who you are and  
what you've done!

You can look at time alone  
as being lonely or having  
freedom!

Find your hermit place and go  
there daily!

Nobody is ever a 100% right because  
there's an exception to every rule!



You don't have to force a river.  
It goes with the flow wherever  
it wants to go!

Keep it smooth!



It's not a crime to have a  
messy home!

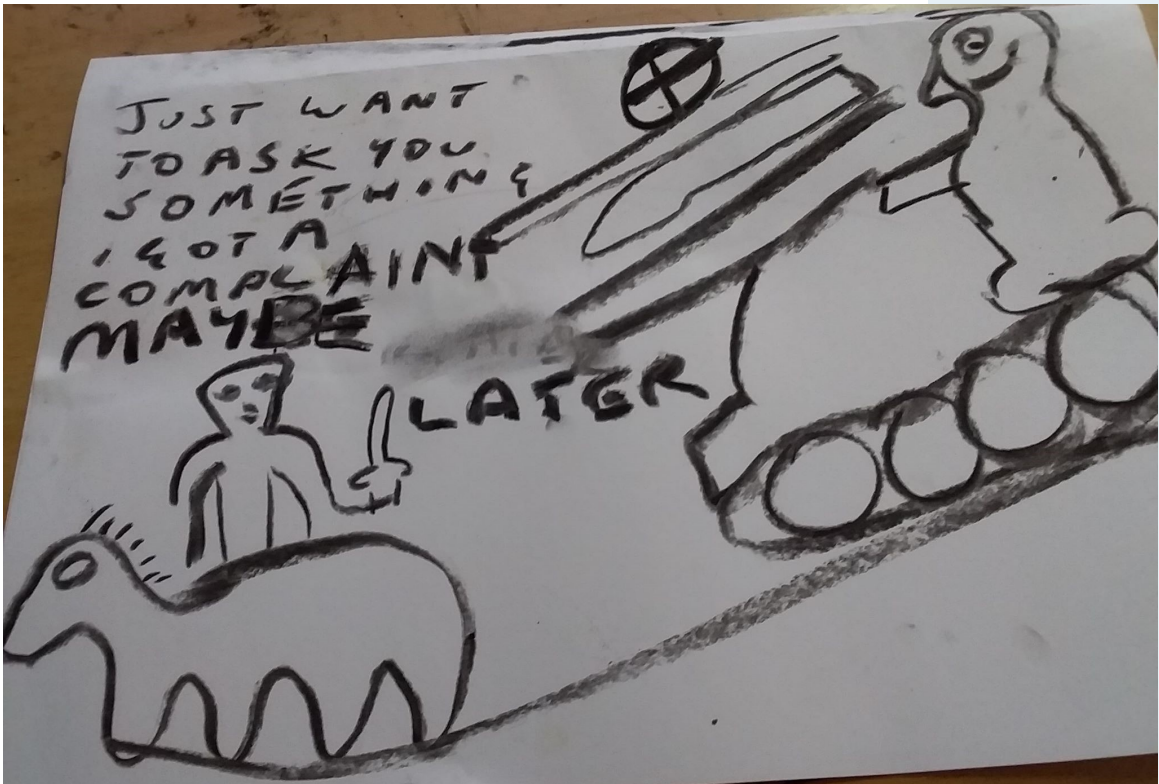
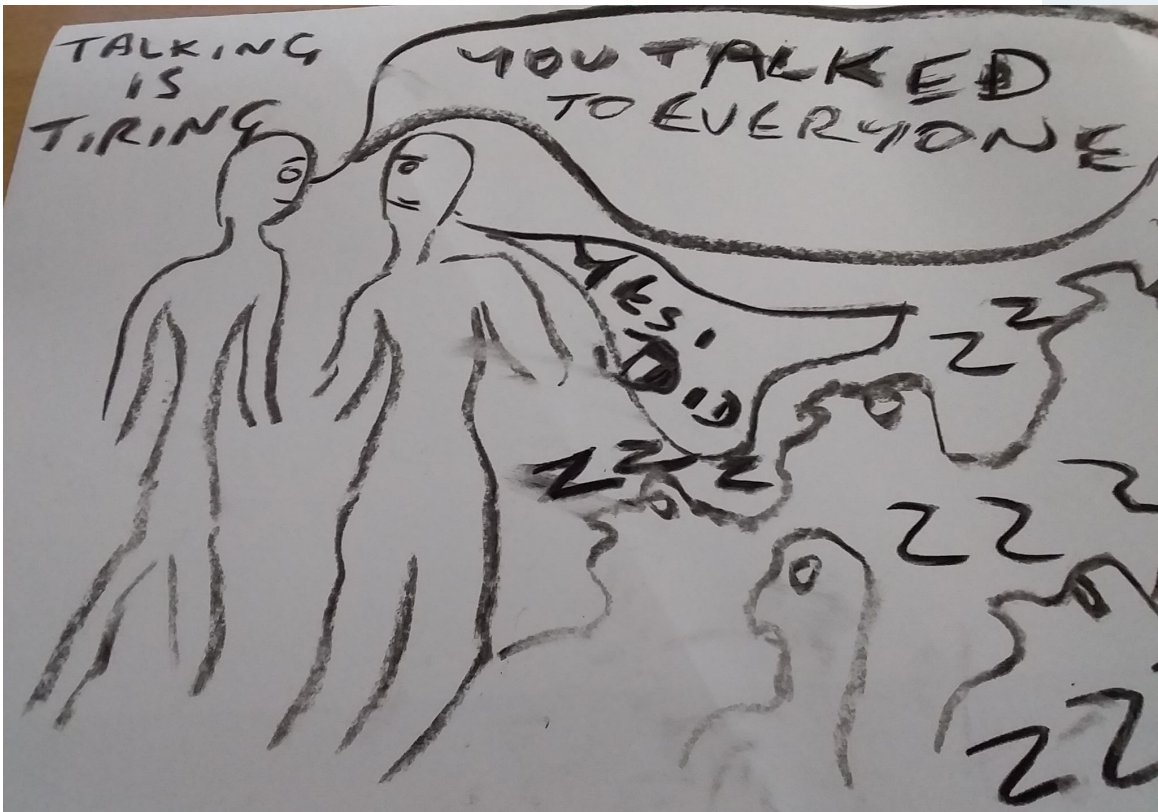


Self assertiveness builds self  
confidence!

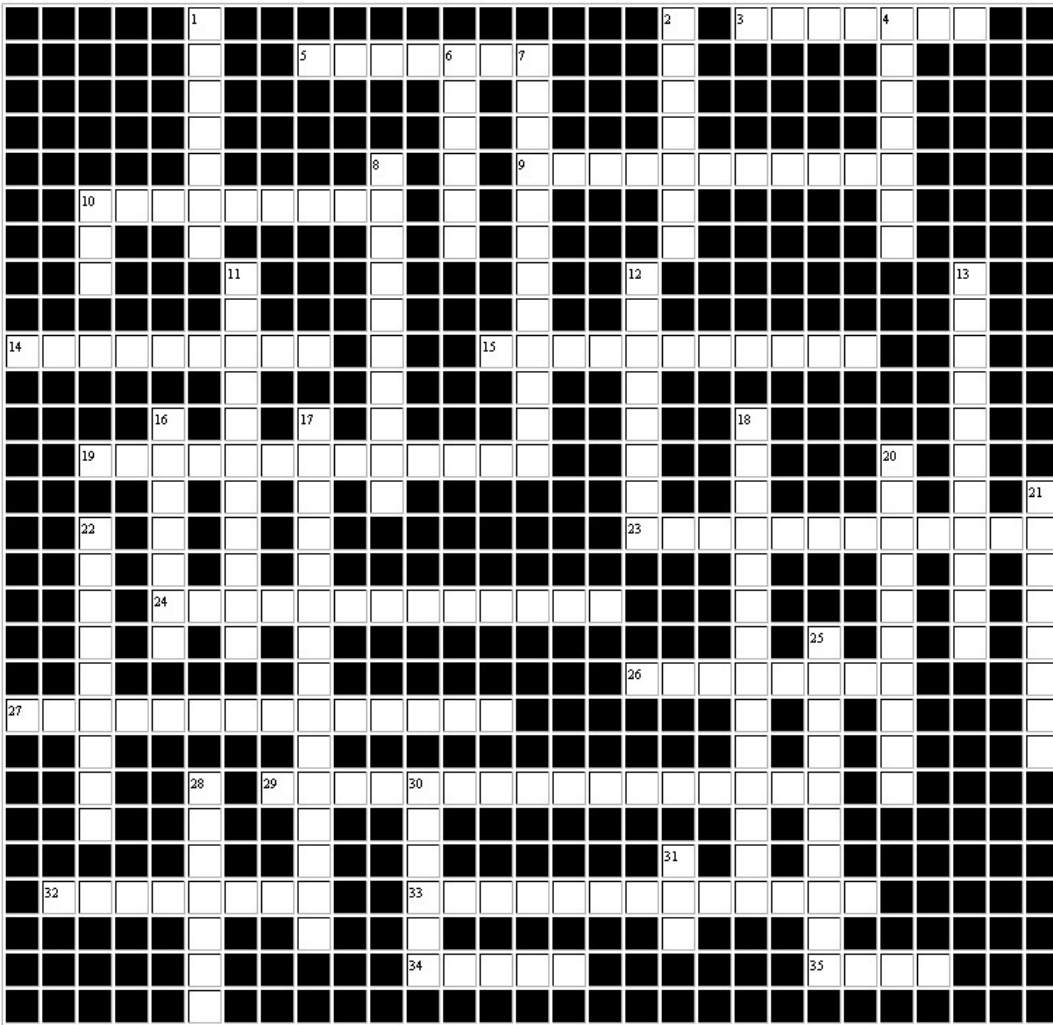


**EXPRESS  
YOURSELF**





## Word Puzzles



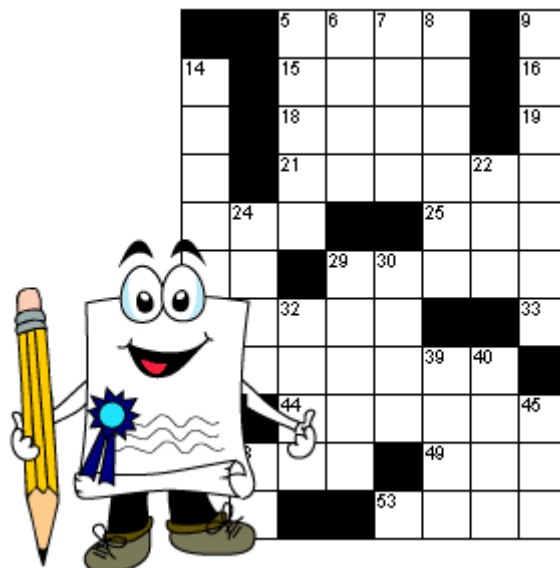
### Across

3. The tenth of which month is World Mental Health Day?
5. '\_\_\_\_\_ Frenchmen of Maine' is a rare disorder of unknown origin, first described by George Miller Beard in 1878.
9. This Canadian actor wrote a book on how OCD and mysophobia have affected his life. (2 Words)
10. A chronic type of depression in which a person's moods are regularly low.
14. Fall Out Boy musician (who incidentally suffers from bipolar) (2 Words)
15. Now known as major depression, clinical depression or simply depression.
19. A once famous psychiatric institution in Rockville, Maryland (US) that was destroyed by fire in 2009 and made famous by writer Joanne Greenberg in her book "I Never Promised You A Rose Garden" (2 Words)
23. Swiss psychiatrist who coined the term schizophrenia. (2 Words)
24. Writer of 'Puckoon' and 'Adolf Hitler: My Part in his Downfall' (2 Words)
26. In the book by Jay Asher, how many reasons did Hannah give for deciding to end her own life.
27. (Controversial) psychiatrist named 'Australian of the Year' in 2010. (2 Words)
29. Won an Oscar for her role in the film Silver Linings Playbook. (2 Words)
32. The Diagnostic and Statistical Manual of Mental disorders was first published in 19\_\_\_. (2 Words)
33. Writer of the Doctor Who episode 'Vincent and the Doctor', which dealt with Vincent Van Gogh's reported mental health problems. (2 Words)
34. Scotland's national campaign to end the stigma and discrimination of mental ill-health. (2 Words)
35. Artist who painted 'The Madhouse'

## Word Puzzles

### Down

1. City who hosted the first known "Mad Pride" event
2. A blanket term covering psychiatric disorder(s) characterized by excessive rumination, worrying, uneasiness, apprehension and fear about future uncertainties either based on real or imagined events.
4. Used to be called manic-depression.
6. The name Posttraumatic Stress Disorder may change to Posttraumatic Stress \_\_\_\_\_.
7. The author of The Third Man, who suffered from bipolar affective disorder. (2 Words)
8. Contemporary slang for antidepressants. (2 Words)
10. Abbreviation for the Mental Health 'bible', about to enter it's fifth edition.
11. A disorder resulting in the sufferer experiencing an alternate sense as a result of the first sense.
12. OCD is one of the central themes of this science-fiction novel by Orson Scott Card.
13. Author of "The Bell Jar". (2 Words)
16. Anorexia and Bulimia \_\_\_\_\_.
17. According to the Canadian Medical Association Journal, all the inhabitants of this fictional place are suffering from various psychiatric disorders. (3 Words)
18. Karen Carpenter's only solo album, recorded in 1979 but not released in its entirety until 1996. (2 Words)
20. The actor responsible for the documentary "The Secret Life of a Manic Depressive". (2 Words)
21. \_\_\_\_\_ of Cappadocia (a city in ancient Turkey) first recognized some symptoms of mania and depression, and felt they could be linked to each other.
22. Character created by cartoonist Charles Schultz, who reportedly suffered from clinical depression.
25. Writer/Director Amy \_\_\_\_\_ (Clueless, Fast Times at Ridgemont High) who has spoken out about her struggles with eating disorders.
28. American comedian whose stand-up show "Losing It" deals with her experiences of Bipolar Disorder. (2 Words)
30. A mental health movement that believes many phenomena commonly labeled as mental illness should actually be regarded as "dangerous gifts" is named after which figure in Greek mythology?
31. Electroconvulsive Therapy is more commonly known as this abbreviation.





# Find-A-Feeling



WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

**SURPRISED**  
**NERVOUS**  
**AFRAID**  
**CAUTIOUS**  
**CONFUSED**  
**ECSTATIC**  
**EXCITED**

**ENRAGED**  
**HAPPY**  
**ANGRY**  
**FRUSTRATED**  
**BORED**  
**JEALOUS**  
**WORRIED**

**PROUD**  
**PROUD**  
**CONFIDENT**  
**LONELY**  
**SHOCKED**  
**HOPELESS**  
**SAD**

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# Word Puzzles

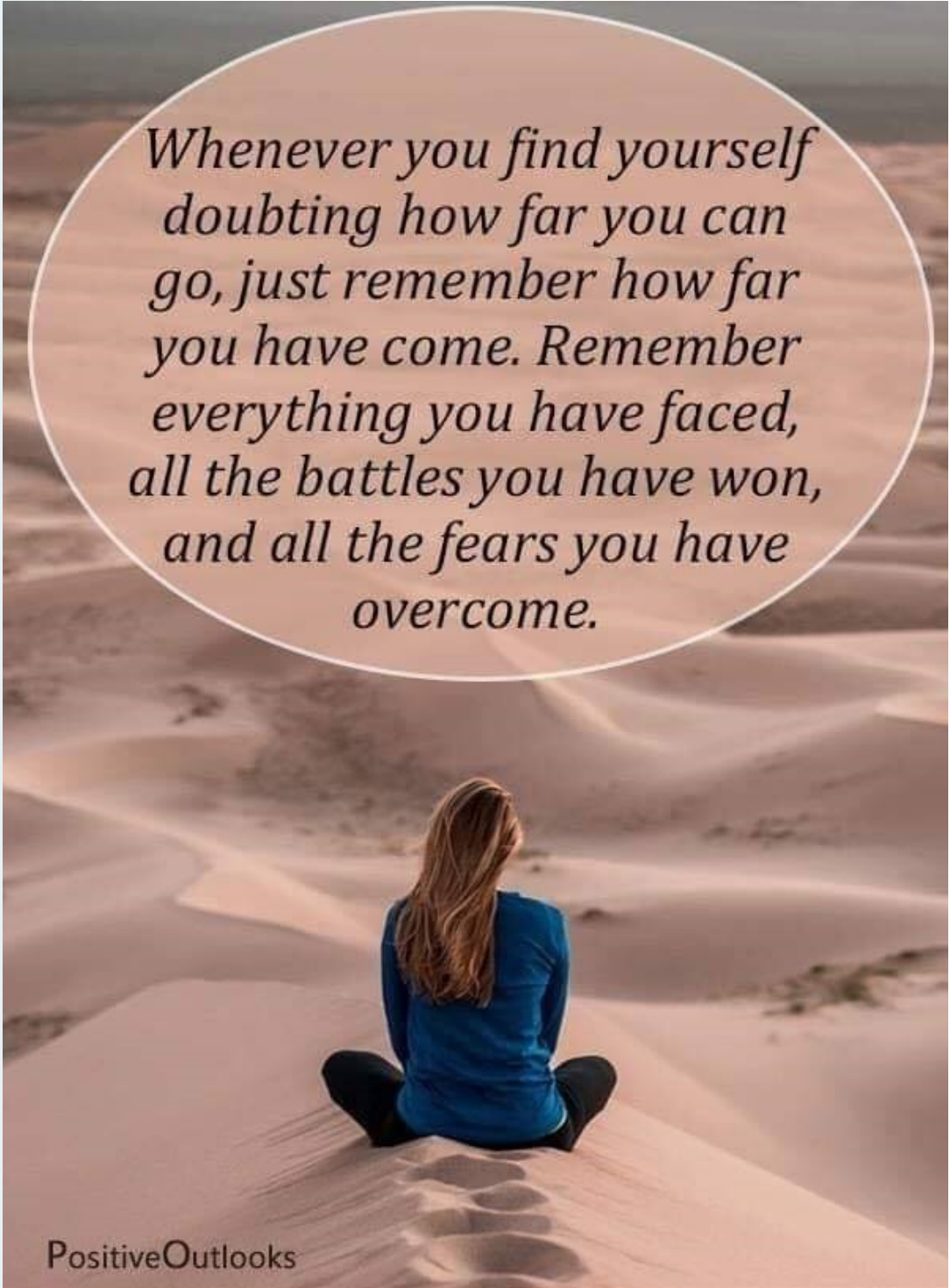
**Find these words!**

Abstinence	Anger	Boundaries	Challenges
Commitment	Comparison	Competencies	Confidence
Considerate	Contructive	Criticism	Depressed
Developmental	Empowerment	Happiness	Love
Mental	Maslow	Personal	Personality
Physical	Potential	Promoting	Regression
Safety	Self-Actualzation	Self-Affirmations	Support
Suppression	Thoughtful	True	Xenophobia

H	A	P	P	I	N	E	S	S	E	I	C	N	E	T	E	P	M	O	C
S	P	E	P	F	U	E	M	P	O	W	E	R	M	E	N	T	I	I	R
U	E	S	E	W	O	L	S	M	S	C	R	I	T	I	C	I	S	M	R
R	R	U	J	A	B	S	T	I	N	E	N	C	E	I	E	L	R	E	H
R	S	P	D	A	Y	X	E	N	O	P	H	O	B	I	A	U	I	A	C
D	O	P	H	E	P	E	R	S	O	N	A	L	Y	T	E	F	A	S	O
R	N	O	I	T	A	Z	L	A	U	T	C	A	-	F	L	E	S	X	M
E	A	R	B	N	E	U	N	B	O	U	N	D	A	R	I	E	S	U	P
G	L	T	C	H	A	L	L	E	N	G	E	S	P	E	T	I	S	S	A
R	I	M	E	L	D	E	V	E	L	O	P	M	E	N	T	A	L	U	R
E	T	A	O	A	G	E	O	P	R	O	M	O	T	I	N	G	A	P	I
S	Y	H	O	P	O	T	E	N	T	I	A	L	O	O	U	Z	I	P	S
S	E	L	F	-	A	F	F	I	R	M	A	T	I	O	N	S	Y	R	O
I	E	E	T	T	H	O	U	G	H	T	F	U	L	R	F	W	I	E	N
O	M	T	R	I	O	E	V	I	T	C	U	R	T	N	O	C	E	S	N
N	E	N	U	H	W	L	C	E	C	N	E	D	I	F	N	O	C	S	D
A	N	G	E	R	P	H	Y	S	I	C	A	L	L	O	V	E	I	I	N
G	T	N	W	D	E	S	S	E	R	P	E	D	O	E	E	T	N	O	W
O	A	C	O	M	M	I	T	M	E	N	T	A	R	O	O	H	E	N	A
U	L	I	O	E	O	W	C	O	N	S	I	D	E	R	A	T	E	X	A

## Stay true to yourself

It is so easy to put ourselves down as being hopeless, not good at doing anything! The chances are that we are being too hard on ourselves and focusing more on our failures rather than our achievements! If you find yourself putting yourself down at any point of your life, sit down and write a list of your achievements! Every time you doubt yourself in the future, then pull out this list and read each achievement out loud! Before you know it your confidence will grow again! Stay positive and believe in yourself!

A woman with long brown hair, wearing a blue long-sleeved shirt and black pants, is sitting cross-legged on a sand dune. She is looking out over a vast, undulating desert landscape under a hazy sky. The sand dunes are light brown and show some footprints. A large, semi-transparent oval with a light pinkish-brown background is centered in the upper half of the image, containing the text.

*Whenever you find yourself  
doubting how far you can  
go, just remember how far  
you have come. Remember  
everything you have faced,  
all the battles you have won,  
and all the fears you have  
overcome.*

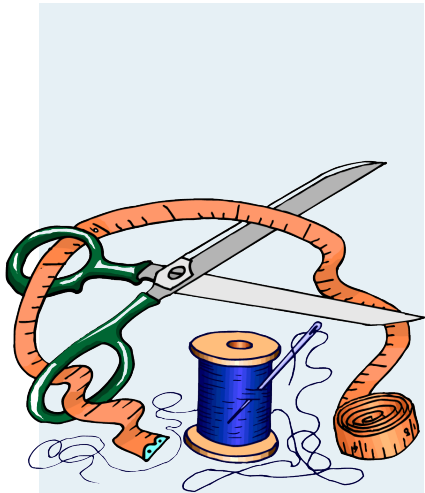
PositiveOutlooks

# Ladies Morning Tea with Sewing and Craft

Where it was lovely to have a morning tea for the ladies, I was noticing that it was becoming difficult to keep the ladies interested to stick around for the two hours. I decided to bring in another activity for the ladies of sewing and craft classes that was taught by our Art Therapy teacher, Claud from Bigartz.

Classes have been running since mid February and have already proven to be quite successful with an increase of ladies attending plus the work created by these ladies is quiet exceptional.

My ultimate plan is to seek assistance from the Palmerston City Council to have the ladies work displayed in a room at the Palmerston Markets along with our talented art work.



## Are you a member?

Previously we had no annual fees if you were a member of TEMHCO. It was very difficult to keep track of who were active/non active, who were members living with a mental illness or an associate member who does not live with a mental illness but has a strong interest through caring for someone or works in the health industry.

At our last board meeting it was decided to introduce an annual fee of \$10.00 that would be due for renewal on the first day of each financial year (i.e. 1 July).

To remain or become a new member of TEMHCO you will need to pop on to our website before 1 July 2019 to continue being a member and receive our newsletters and member benefits for the period 1 July 2019 to 30 June 2020. Our membership renewal can be updated here: <https://www.temhco.com.au/members/>

Please ensure that you include either a telephone number or an email address. I will also need this information to renew our database as the form on the webpage currently does not include questions such as whether you are a member or an associate member and if you would like to receive your newsletter via email or sent via the post. We would also like to know more information about you as to what services you would like TEMHCO to provide you and whether you would be interested in doing some volunteer work for us.

If you are unable to access our webpage please email: [temhco.office@temhco.com.au](mailto:temhco.office@temhco.com.au).



## BECOME A VOLUNTEER - MAKE A DIFFERENCE



## Would you like to make a donation?

TEMHCO has now received a DGR endorsement, which means individuals or business can make a tax deductible donation. Our organisation only receives a small Government funding bucket and is only funded for one staff member. This means that we rely heavily on volunteers to help us run the drop-in centre and donations to help keep our activities going. If you would like to make a tax deductible donation please visit our website here: <https://www.temhco.com.au/donations/>

# Training Courses

Our Chairperson, Maggie Schoenfisch and I recently attended a two day training course over the weekend of the 16th and 17th of February. It was the Applied Suicide Intervention Skills Training Course (ASIST). The course gave us the opportunity to meet with other health sector organisations who also attended the course. I even had the opportunity to get to know our new meditation instructor, Tammy Hatherill as she also attended the course.

The following two days after this course I attended the Mental Health First Aid Course that was run by Carers NT.

Again it was another wonder opportunity to connect with fellow health workers and our GROW Field Worker Catherine Mitchell, also attended both courses with me.



TEMHCO thanks you for your support!

The printing of this newsletter is proudly  
supported by the office of:

**TONY SIEVERS**

**MLA**

**MEMBER FOR BRENNAN**

TEMHCO is also proudly supported by the  
NT Government Department of Health and Families



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Mon-Wed : 9:00 am to 2:30 pm  
Thursday: Outing Day!  
Friday : 9:00 am to 2:30 pm

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