

The Consumer's Voice

What's New at TEMHCO



These are very difficult times for us all across the world with the current COVID-19 pandemic. With regulations in place TEMHCO are unable to run our therapeutic activities but have adapted by still providing one-one-one counselling services and providing lifts to appointments or essential services by booked appointment.

We are also providing due it yourself kits and on-line tutoring of activities to do at home that can be found on our social media pages. Please book also to pick up these kits. Our centre is also open for booked appointments on Monday, Wednesday and Thursday until further notice.

During first quarter at TEMHCO we had been very busy with many new participants joining in with our daily therapeutic activities. Our *Let's Go Fishing* Wednesday morning outing has become quite popular over the last few months despite it being the Wet Season. One of our new participants caught a fish on his first trip. The new sail has been installed in our Community Garden so that participants can have some shade when they potter around in the garden. The Jacana Energy sponsored Men's Boab Carving and Story Telling Workshop commenced too at the beginning of March. The Salvation Army main hall was very busy on the day it commenced with a bus load of ladies who attended the Sensory Blanket Workshop (also sponsored by Jacana Energy) and men for their workshop that is held at the same time every Thursday. I commenced my first co-facilitating Wellways My Recovery classes that ran in February and March for the ladies and some of our men also participated in Program 1 out in Berrimah. I also found some time to join in with our Art Therapy class and you can see my piece of artwork (Sunflowers) on page 11 of this edition. We hope you enjoy this edition.

TEMHCO



Top End Mental Health
Consumers Organisation

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[#LetsDoThisTogether](#)

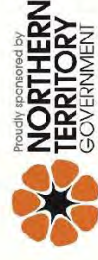
What's on @ TEMHCO

c/- The Salvation Army Woodroffe
86 Woodroffe Ave Woodroffe

Web: <https://www.temhco.com.au>
Email: temhco.exec@temhco.com.au

Phone: 0429 082 781

9:00 am to 2:30 pm



March 2020

M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am</p> <p>Women's Art Exhibition 2nd Mar 10:00 - 11:30 am City of Palmerston, 1 Chung Wah Terrace, Palmerston</p> <p>Massage with Betty 9:30 am to 11:30 am</p> <p>NDIS Information Session Monday, 16th March 2020 10:00 am - 11:30 am</p>	<p>Outdoor Activities Visit other Drop-in </p> <p>Centres, Shopping, etc. - can vary each week 09:00 am to 3:00 pm</p> <p>OR</p> <p>Grow Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch & shopping - Venue TBA</p> <p>OR</p> <p>Stay and watch movies at The Salvation Army main hall</p>	<p>Sewing & Craft Classes or Go fishing </p> <p>9:30am to 11:30am</p> <p>Ladies Pamper Session with Rose 4th & 18th Mar</p>	<p>Sensory (Fidget) Blanket Workshop 09:30 am to 12:00 pm</p> <p>Men's Boab Carving Workshops 09:30 am to 12:00 pm</p> <p>Men's Grooming Session with Rose 9:30 am to 11:30 am 12th & 26th Mar 2020</p>	<p>Music Therapy Classes with Crystal Robins 10:00 am to 12:00 pm</p> <p>Reflexology 27th March 2020</p> <p>All afternoons Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Tuesdays) Join in any day! Community Gardening (except Tuesdays)</p>

My Recovery Peer Facilitator Workshop

My Recovery is a peer led education and recovery program for people who have experienced mental health challenges, trauma or alcohol and other drug issues. The program focusses on 'personal recovery' and individuals have a chance to explore this concept as it relates to them throughout the program.

My Recovery participants can expect to

- Learn about mental health and recovery in a safe and confidential environment
- Explore ways to improve their own social and emotional wellbeing
- Develop skills and confidence to communicate and advocate for themselves
- Understand discrimination and their rights
- Find ways in which they are comfortable to challenge stigma
- Share and learn from each other
- Develop ongoing support networks

My Recovery is FREE and open to anyone over the age of 18.

Program 1 & 2—Completed

Program 3 —6—Postponed until after the COVID-19 Pandemic

Facilitators



Helen



Chris



Naomi



Aaron



Matt



Lauren



Noelene



Kirsty

Website

<https://www.ntmhc.org.au/my-recovery-peer-led-education-program/>

Facebook

<https://www.facebook.com/NTMHC/posts/1138661369805935>

wellways

My
Recovery



NORTHERN TERRITORY
MENTAL HEALTH
COALITION

phn
NORTHERN TERRITORY
An Australian Government Initiative



We want to hear from you!

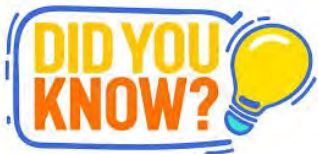
Our newsletter focuses not just what is happening at TEMHCO but we also like to focus individual success stories or articles from you! I really encourage our clients to share stories about their personal journey and how our therapeutic activities are helping you with your recovery. Further stories like this will assist with future funding to continue providing therapeutic activities. These stories are real and can help motivate others who are losing hope. We are also interested in receiving any poems, short stories, pictures or anything that you feel that might interest other consumers. If you would like to contribute something towards our next newsletter please [email: temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au).



Did you know?

This information was retrieved from Sane Australia:

<https://www.sane.org/information-stories/facts-and-guides/healthy-living>



Healthy living

A healthy lifestyle is important for everyone. When we look after our physical health, we feel better too – fitter, more relaxed and better able to cope with things. This is especially important when you have a mental illness. There are lots of ways of being healthy that feel good as well as doing you good.

Benefits of healthy living

What you gain by living more healthily includes:

- feeling better mentally – regular exercise can lift your mood and help you feel better
- saving money – eating junk food, smoking, and drinking sugary drinks or alcohol are all expensive habits
- fewer health problems – living a healthier lifestyle means a lower risk of developing many illnesses
- taking control of your life – getting healthy helps you feel in control of your life.

Getting healthy

‘Healthy living’ means maintaining a healthy lifestyle and introducing habits that improve your health. It can be difficult to change old habits, but there are steps you can take to become healthier. An important first step is identifying less healthy habits and learning new, positive ones to replace them, such as:

- what you eat and drink
- sleeping well and managing stress
- practicing safe sex, drinking alcohol responsibly and not abusing drugs
- being physically active
- staying connected with others
- being aware of any health risks related to your illness and its treatment, and working with your doctor to monitor these and then take action
- taking responsibility for your overall health including having regular check-ups for your eyes and teeth.

Start slowly

- **Change just one thing at a time** - see the benefits that can come from eating more wholesome food or, taking up exercise or, quitting smoking
- **Make small changes** – like going for a regular walk, instead of pushing yourself to run 5km every day, this will have more chance of becoming a habit you’ll keep.
- **Be flexible** – for example, if you decide to cut down on sugar,

SANE
AUSTRALIA



Did you know cont...

do it gradually over a few weeks rather than all at once. By cutting down from two teaspoons in your coffee to one-and-a-half, then one and so on, your taste buds will adapt and you're less likely to crave for the sugar.

- **Build on what you already do** – for example, if you sometimes buy fruit to eat, then try buying more of this (and fewer biscuits and chips).

Remember, increasing or adding even one new health behaviour can make a big difference to your health.

Work around challenges

There are things you can do to manage any extra challenges related to your illness and it's treatment – such as drowsiness, sugar cravings or lack of motivation. Steps you can take include:

- Organise daily activities around side-effects of medication, for example, if you are drowsy in the morning, organise exercise for the afternoon.
- Discuss things with your doctor – there may be another medication you can try, or ask for referral to a specialist such as a dietitian or psychologist for expert advice.

Staying healthy

Being healthy is about more than getting fit and feeling better, it's about staying that way too. Tips to help you stay motivated include:

- Schedule regular check ups with your doctor to monitor your progress and for that extra push you may need to keep going.
- Reward yourself – feel good about developing healthier habits by rewarding yourself with something nice.
- Overcome slip-ups – if you slip-up, be realistic and start again.

Finding Support

There are lots of ways to get the support you need to help stay healthy. An important step is finding a good GP (general practitioner) you are comfortable discussing your health with. Seeing the same GP each time means you can work together to manage your health and organise check-ups as needed.

Having someone else as a ‘support person’ can make all the difference in keeping up healthy habits. Talk with your friends, family, mental health program or case worker. Don’t forget other services in your area that you can draw on too.

How do I get more information?

- Contact the SANE Help Centre or phone 1800 18 7263
- Talk to your local GP – or other medical doctor who understands mental illness – for information, assessment, referral and support. They can also tell you about any specialist services that can help with specific issues, such as weight management or improving fitness.

Community Garden Project

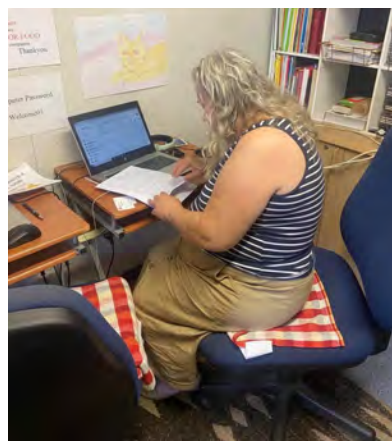
In December, we received notification from the Commonwealth Government that we were successful with our grant application for the Stronger Communities Programme - Round 5. This grant provides 50% funding for the estimated cost to run this project. The money provided has partly paid for our new shade structure (see below), that was installed in early March. The Salvation Army and TEMHCO are working together to provide our members and people who are struggling financially in our community a garden that helps provide therapeutic support and grow produce. The produce we grow is used in the lunches that The Salvation Army provide to our members and also their clients who come in to receive support. There is even evidence to suggest that gardening can help ease symptoms of mental illnesses like depression and anxiety, as described in a paper from the Mental Health Review Journal (2013)—*Gardening as a mental health intervention: “All [10 papers] reported positive effects of gardening as a mental health intervention for service users, including reduced symptoms of depression and anxiety. Participants described a range of benefits across emotional, social, vocational, physical and spiritual domains.”*





Computer Sessions

TEMHCO give our members the opportunity to use our laptops to learn new skills, write their résumé or apply for jobs. We have a limited number of free Excel and Word courses that can be completed at the centre. Members can use the laptop at any time during our opening hours except when we are running our Massage Therapy or Men's and Women's Grooming Sessions.



BBQ Thursday

We are looking for volunteers to assist with cooking our BBQ lunches as Jimmy is busy running the Men's Boab Carving Workshop. You will require to undertake a food handling certificate supplied for free by the Salvation Army and have a current police check with Ochre Card that will be paid for by TEMHCO. Please email: temhco.exec@temhco.com.au if you are interested in volunteering.



Board Games

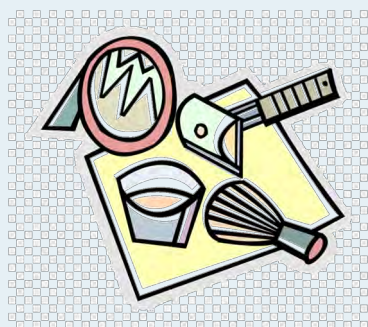
TEMHCO have a range of board games that can be played as a social activity in our demountable every afternoon (except Tuesday) to help build new friendships and for social inclusion.



Men & Women's Grooming Sessions

TEMHCO run a men's grooming session on the **second and fourth Thursday of every month from 9:30am to 11:30am.**

Our women's grooming sessions are very popular and are **run twice a month on the first and third Wednesday month from 9:30 am to 12 noon.** Ladies can receive facials, waxing and/or eyebrow/eyelash tinting. Booking is essential due to the popularity of this activity.



Lunches

Members can enjoy a cooked lunch every day in The Salvation Army hall from 12 noon. The food is cooked by our volunteers who all hold a current food handlers certificate. Cost of lunch is a gold coin donation. Lunch is currently being served by The Salvation Army every Tuesday for their clients and members are invited to attend.

The Salvation Army also provide a free lunch on Sundays and are always looking for volunteers to help cook up to 70 lunches.



Massage Therapy and Reflexology

Join us for a relaxing massage with Betty **every Monday 9:30 am to 11:30 am**. Bookings are essential as this is a very popular therapeutic activity.



TEMHCO Art Program (Monday 10 – Noon)

This wet season has seen the art program flourish with new and fresh ideas, the participants have returned from the Christmas and New Year break eager to challenge themselves by using their creative mind to find purpose and expression. Christmas is not always an easy time for people with mental health issues and the art program provided much needed peer support in the new year.

The first event on our calendar was the International Women's Day art exhibition at the Palmerston Library, facilitated by APM and NDIS. It was opened on March 8 by Athina Pascoe-Bell the Lord Mayor of Palmerston, and all the art program participants attended enjoying the art and morning tea. Congratulations to the 5 women who submitted their work for display, it looked beautiful.

The next event on the art calendar will be the miPlace Open Day and Art Exhibition for Schizophrenia Awareness Week 2020, all are invited to submit artwork by May 11 (see Claude for an entry form). The art and textile programs will swap days that week so the group can attend the opening on Wednesday March 20.

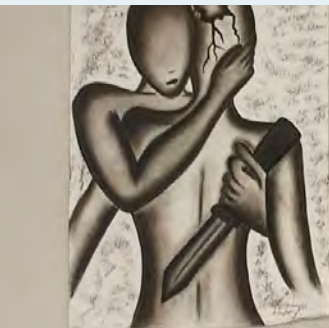




Outings

International Women's Week Art Exhibition

Our consumers had the opportunity to attend the International Women's Week Art Exhibition at the Palmerston City Library which hosted a display of artworks by local women. The exhibition also showcased some of our own consumer's artwork.



Outings cont...

Northside Activities

Every Tuesday from 9:00 am to 3:00 pm Jimmy takes our consumers out of Palmerston to visit the Northside drop-in centres. Here is Jimmy and Jack at the Day-to-Day Living Drop-in Centre. Call Jimmy before on 0432 115 418 before 9:00 am on Tuesdays if you require a lift. (Please leave a message if he doesn't answer).

Grow Meetings

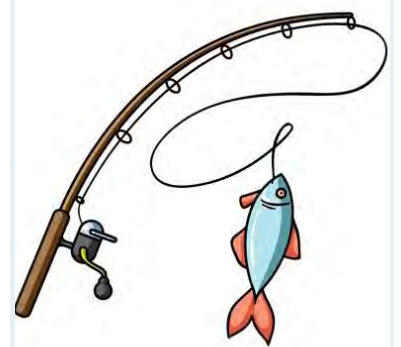
Our Grow meeting are held **every Tuesday from 10:00 am to 12:00 pm at the Gray Somerville Centre**. Please sign in at reception and they will point you to where our meeting room is being held. Consumers can join us for lunch—venue TBA each week.

Let's Go Fishing

Our outdoor fishing activity has become very popular and is held **every Wednesday (weather permitting), from 9:30 am to 12:00 pm**. You can bring your own rods or we also supply them with bait and you can also learn how to throw a fishing net.



We are hoping to also include a BBQ lunch for consumers who come out to this outing event in the near future. **Please call Jimmy on 0432 115 418** before 9:00 am on Wednesday if you require a lift or be at the centre before 9:30 am.





TEMHCO Textile Program (Wednesday 10 – Noon)

The crafters are out in force on a Wednesday morning with all manner of fabrics ready to be sewn into new and useable creations. We are really doing our bit for the environment too, by saving materials from ending up in land fill. There is always time to help a friend out by repairing or altering something that will otherwise need to be replaced. We have fixed cushions for wheelchairs (\$67 to replace) as well as bags and backpacks, along with the Top End basic need of replacing old elastic, keeping up with ever-changing waistlines.

Doll-making is on the agenda for soon to be Grandma, Tina, and others have joined in to make bassinets and clothes for this very special dolly. New comers are always welcome, with or without sewing skills, there are some easy projects for beginners like boxer shorts and cushions, as well group projects to share in.



TEMHCO Promotions

TEMHCO would like to thank Maggie and Cheryl who sit outside the Coles Shopping centre every third Thursday to promote TEMHCO and every third Saturday of the month to run the Community Wheel to help raise money.



Jacana Sensory Blanket Project (Thursday 10-Noon)

The first 3 months of the Sensory Blanket Workshops have seen the development and design process completed as well as 13 sets of stimulating, tactile and beautiful panels, we are tracking along to plan and are looking forward to presenting 5 sensory blankets to community groups partnering with us on this project in 3 months time. Some of the panels which we have made include; bead mazes, mystery pockets, ribbons to tie, puppies hiding in tents, gumtrees, feathery birds, funny faces, feel good fur, lacing and knotting, alphabet tracing, and whales with big mouths.....We have templates for more panels as well as being open to any new ideas participants bring along.

We really enjoyed having a group of ladies from ARCCS come in to participate and share in the enthusiasm, they are looking forward to receiving their blanket in June.



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Top End Mental Health
Consumers Organisation

Sensory Blanket Workshops

Proudly sponsored by



Jacana Men's Creativity Workshop (Thursday 10 - Noon)

The Men's Creativity Workshop has begun recently (we waited for the rains to ease), and the men began by preparing the boab nuts by abrading the fur off the nuts to reveal the lovely chocolate brown surface for engraving. Many of the men shared their stories of boab nut encounters as they have travelled around the north, between Broome and Darwin. Tales of travelling for work, migration stories, stories of escaping cyclones, hunting and fishing yarns, childhood reminiscences, even love stories across wide distances kept the men focused and connected as they worked on their boabs. We have traditional carving tools for those that wish to try to get the authentic zig-zag linework seen in indigenous boab carving, as well as electric engravers and battery operated pen-style engravers that are easy to use. The wood burning project is soon to begin and participants are encouraged to bring along wooden items they are interested in decorating (please don't bring in the dining table). Bits of timber can be decorated and made into key holders, shed signs, or gifts, driftwood can make a beautiful surface for a landscape, and there are some plain craftwood boxes (ready made) that provide up to 6 surfaces to be decorated. Come and catch up the Fellas on Thursday morning and make your mark.



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Top End Mental Health
Consumers Organisation

Men's Boab Carving Workshop

Proudly sponsored by



Looking after your mental health during the Coronavirus pandemic

In recent weeks the global response to the outbreak of coronavirus (COVID-19) has escalated, making many people feel anxious and stressed.

On top of Government protective measures, the fear of not knowing what is going to happen can often increase feelings of uncertainty and anxiety.

It's important to source information from credible and official sources, to avoid misinformation.

There is now a dedicated COVID-19 hotline number for the NT.
Call 1800 008 002 with any concerns.

Here are some tips to help reduce anxiety and stress during this time:

Manage time on online and listening to news:

Whilst it is important to stay informed, constant negative information is bad for our mental health and it is easy to get drawn into opinions and misinformation. Set yourself a time limit each day to check in, and make sure you balance time online with fun or relaxing activities as well.

Take care of your basic health needs:

In times of uncertainty and stress, looking after ourselves is more important than ever. Eating healthy food, exercising, having a good night's sleep and reducing alcohol, caffeine, smoking and other drugs all help to manage anxiety.

Have conversations with children and family members:

Sharing information in an appropriate way helps children manage their own anxiety. Honest conversations help dispel any misinformation or coronavirus myths they may have heard. Having regular family conversations that discuss any updates and explain safety measures are important.

Follow advice on safety and hygiene measures:

Following advice to increase your safety is a practical way to manage anxiety. People are being encouraged to reduce non-essential travel and avoid large public gatherings. If you feel unwell then stay home and only seek a coronavirus test if you fit the criteria (been overseas to an effected country or you have had contact with an effected person). Think about increasing social distance by not greeting a person with a handshake and do follow official hand washing tips to reduce your risk.

Utilise relaxation techniques:

If you are feeling anxious or stressed, take a moment to consciously relax. There are many things you can try, including deep breathing, mindfulness, meditation, walking the dog, reading a book, having a cup of tea, listening to some favorite music or reading a magazine or book. Often shifting your focus can make a big difference.

Be a good neighbour:

Helping others is a good way to make us feel better. Are there any people around you who might be struggling that you could check in with? Supporting the elderly and the vulnerable people in our community is really important at this time.

Seek support from online and phone services:

If feeling distressed or overwhelmed it is important to reach out. Call the Beyond Blue Support Service on 1300 22 4636 or go online at beyondblue.org.au/getsupport for online chat (3pm-12am AEST) and email (responses within 24 hours). Beyond Blue have also developed a 'Coping with the coronavirus' thread in their online forums at bb.org.au/33cNdQU.

Find tips to reduce anxiety at <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?>

For immediate support call Lifeline on 13 11 14 or try the Lifeline text service (evenings) 0477 13 11 14. In an emergency, always call 000.

Music Therapy Classes

Throughout this year, the music therapy group at TEMHCO has been running every Friday morning for two hours. The group is facilitated by Crystal Robins, who is a musician and a registered music therapist. Crystal has completed a Masters of Music Therapy through the University of Melbourne, and has been working as a music therapist in Darwin for the last two and a half years. Our consumers are in control of what songs they would like to sing plus we have an array of musical instruments that they can play. Consumers do not need to have any musical abilities or previous experience to join in and all are welcome! **Our music therapy classes are run every Friday from 10:00 am to 12:00 noon.**



Memories of Mother



"Props for sale, I say Props for sale." His shouting seemed to no avail.

This woman came running to his cart,
The horse paused then moved forward with a start. The horse stopped
again;
It looked like rain.

The pair haggled on the price in the stifling heat And on a price they both did meet.
The work-worn woman picked out a prop with care, And struggled home with bark in her hair.

The horse and man moved on singing
"Props for sale", his voice in the hot air clinging.

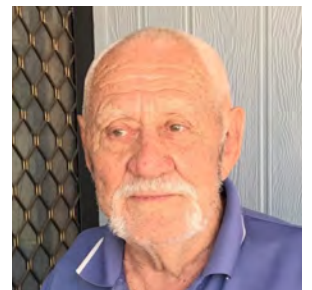
The boy next door with the evil grin, Looked at my shovel and 'kero tin'. We often fought like
most kids do
Over the possession of the horse's Poo.

Mum's fruit and veggie garden you should see, That Poo is important to our family.

After school with my billycart, to the railway on the hill,
To pick up coal along the line for Mum's copper, with my brother Bill. We had to keep three fires
going in the lounge and the kitchen,
Just to stop the Old Man's bitching.

My Mother really had it tough,
Raising us on Ration Coupons, there never was enough. Dad away at war,
Mum suffering tension,
She only had the Allotment and Granddad's pension.

The Baker's cart and Brewery wagon's four in hand,
The Milk cart and Sanitary carts, the street kept clean by our scruffy band
And the Rabbitoh's skins hung from his cart in frames.
He'd skin the rabbits in front of you, and smell Mum cooking them as we
played games.



By Jack Myatt

Mental Health Skills Tool-Box

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

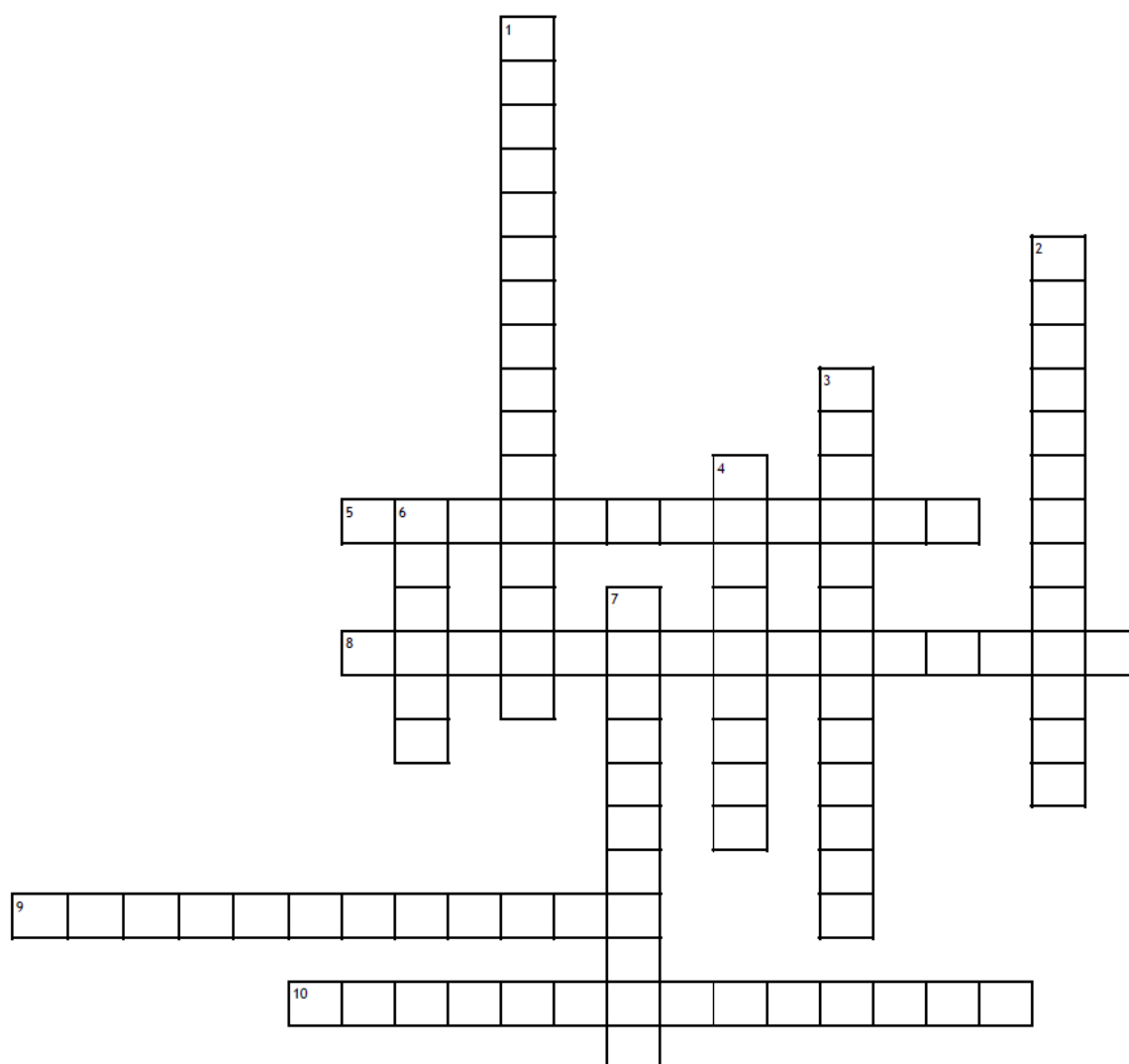
Laugh Listen to Music Yoga Writing Stretching Sing or Dance

Read a Book Prayer Painting Nature Walk Nap Music Meditation

Knitting Gratitude Journal Gardening Fishing Exercise Do a Puzzle

Deep Breathing Cup of Tea Counselling Cooking Bubble Bath

Mental Health in Cinema



Across

5. Which actor, who was hired as a carpenter to build cabinets for George Lucas and office expansions for Francis Ford Coppola before playing roles in movies for both directors, suffers from severe depression?

8. In 2012, actor Bradley Cooper stars in the movie 'Silver Linings Playbook'. Cooper's character Pat struggles managing his relationships due to his emotional outbursts. What

disorder does Pat become labelled with?

9. Despite suffering from dyslexia and partial deafness, this late TV and movie star waste time with his musical group, known for his love of motorcycle and car racing and even more so for his insistence on doing most of his own stunts.

10. In which Movie does Jack Nicholson play a writer who suffers from OCD which falls in love with a waitress?

Down

1. This multi-talented actor has spoken openly of his obsessive-compulsive disorder.

Which actor, who spends more time with his musical group, The Boxmasters, than working on movies

2. In 2001, Russell Crowe stars in 'A Beautiful Mind'. Which mental illness befell John Nash?

3. After the birth of her daughter, this actress came forward to speak publicly of her severe struggles with postpartum depression.

4. This Oscar-winning animated film creates

characters to represent the emotions of joy, sadness, anger, fear and disgust inside the mind of a young girl who is facing a difficult time.

6. In the classic movie 'Rain Man' starring Dustin Hoffman, what disorder is Hoffman's character Raymond living with?

7. Which actress, who starred as Pris in "Blade Runner" and made a big splash in the movies starring alongside Tom Hanks in a 1984 Ron Howard film, has been diagnosed with autism?

Therapy Modalities—Word Scrambler

1. NCAPACCEET ADN MMMTEICTNO _____
2. ALBRIYOIEBHPT _____
3. TNIOCIVGE HAROIVAE LB YTEAHRP _____
4. EDCIALLTACI ABEOIVRH ARYHETP _____
5. YAMINOTLELO EDSCOFU _____
6. EERPEXVSSI SATR _____
7. GTSTLAE _____
8. YHOAEPYNPHTR _____
9. EINELRRSAPNOT TREYPASCYOH PH _____
10. VTRIAERAN _____
11. OERNU CLNUGIIITS RIARNMGMGOP _____
12. BKCEOFNURDAEE _____
13. EREETSE-NDCPNOR ARP THEY _____
14. STIVOPIE HOGPOLYCSY _____
15. NOGREPDOL OREUXPES EHRTYPA _____
16. IYNOHCYADMPCS _____
17. UTSNOOLI OFCSUED IFBRE _____
18. TCOIMAS _____
19. MAUATR UFCSODE _____
20. ETCPRHAUITE ONRNVIITTNEE _____

**Draw lines to match the term with the meaning—
WELLNESS WHEEL**

- | | |
|---------------------------|----------------------------------|
| 1. Social Wellness | A. Feeling, reactions, cognition |
| 2. Spiritual Wellness | B. in touch with feeling&emotion |
| 3. Emotional Wellness | C. Critical thinking, creativity |
| 4. Occupational Wellness | D. relationships, community |
| 5. Intellectual Wellness | E. Meaning, values |
| 6. Physical Wellness | F. Body, nutrition, health |
| 7. Social wellness | G. Skill, finances, satisfaction |
| 8. Spiritual Wellness | H. fulfilment&meaning in job |
| 9. Emotional Wellness | I. peace&harmony in our lives |
| 10. Occupational Wellness | J. how we relate to others |
| 11. Intellectual Wellness | K. desire to be a learner |
| 12. Physical Wellness | L. overall health |

CHRISTMAS CAROLS

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

SNOWFALL

LULAJZE JEZUNIU

THE LORD'S PRAYER

THE FIRST NOEL

WHITE CHRISTMAS

SILVER BELLS

JOLLY OLD SAINT NICHOLAS

SILENT NIGHT

WE THREE KINGS

FELIZ NAVIDAD

AULD LAND SYNE

SLEIGH RIDE

LET IT SNOW

AWAY IN A MANGER

SANTA CLAUS IS COMING TO
TOWN

JOY TO THE WORLD

SNOW

FROSTY THE SNOWMAN

WHAT CHILD IS THIS

DO YOU HEAR WHAT I
HEAR

AVE MARIA
IN MIDNIGHT SILENCE

O HOLY NIGHT

MARY DID YOU KNOW

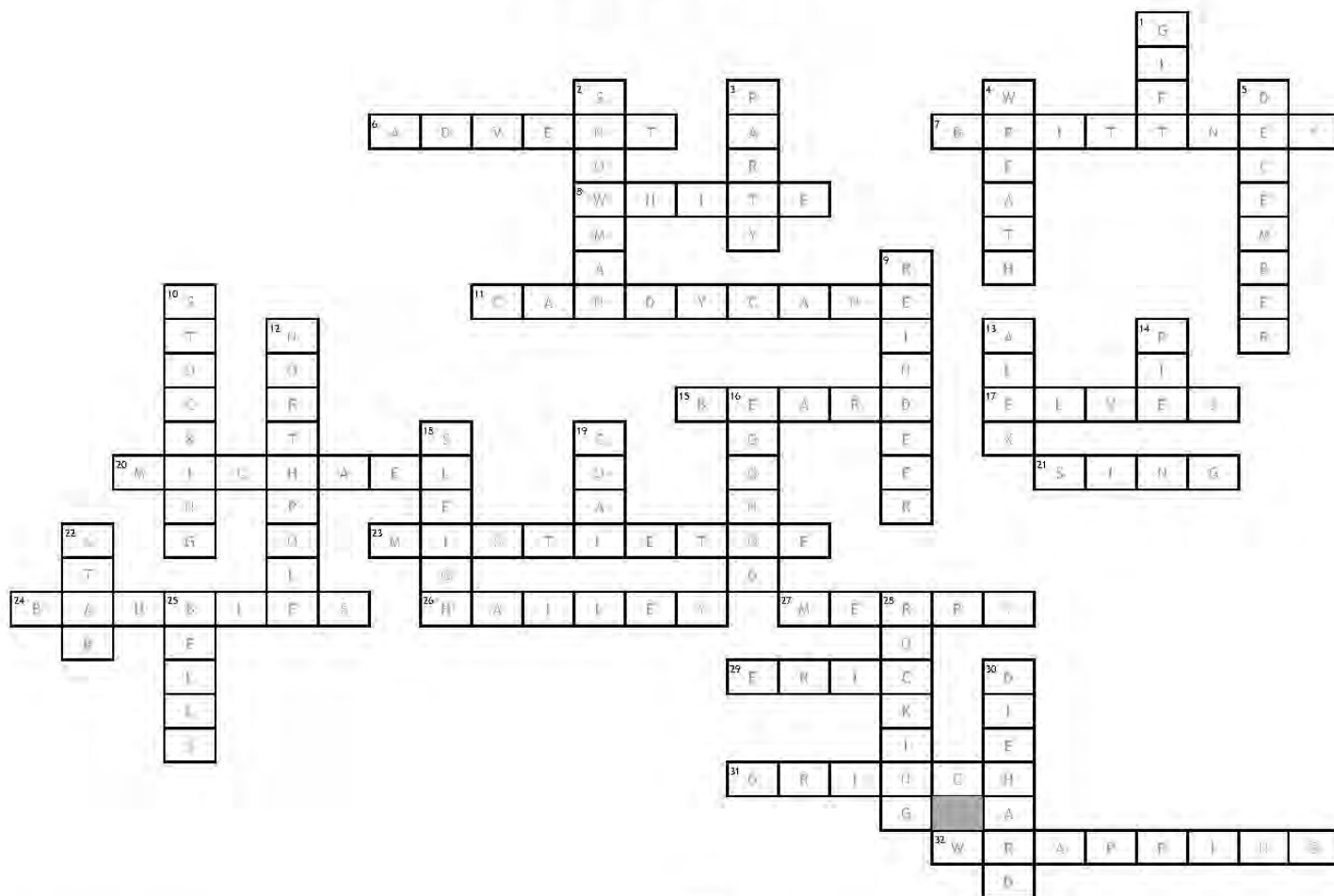
JINGLE BELL ROCK
THE LITTLE DRUMMER
BOY

DECK THE HALLS

O CHRISTMAS TREE
TODAY IN BETHLEHEM

JINGLE BELLS

Christmas



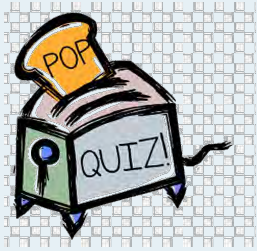
Across

6. Chocolate Christmas Calender
7. Office Mrs Claus
8. Australia does not have a _____ christmas
11. Red and White Christmas lolly
15. What Santa has and Gideon doesn't
17. Santa's Helpers
20. Dreamy Christmas singer - Buble
21. What Carolers do
23. Decoration under which you can kiss
24. Office Christmas tree decorations
26. The office Angry Elf
27. Seasons Greeting - Christmas
29. Carrying out Marty's Fantasies daily - ... the Elf
31. Who Stole Christmas
32. What Kiels desk was decorated in

Down

1. Another word for present
2. Frosty the
3. Celebration
4. Christmas Door decoration
5. Month Christmas is celebrated
9. Rudolph the Red Nose
10. A sock that hangs by the chimney
12. Where Santa's workshop is located
13. Male Office Chief Elf
14. Pumpkin or mincemeat
16. Christmas Drink
18. Santa's Ride
19. What Santa gives to bad boys and girls
22. What goes on top of the tree
25. Jingle
28. Song - around the Christmas Tree
30. Movie set on Christmas Eve

Mental Health Quiz—Mental Health



1. Mental illnesses are
 - A) Very Common
 - B) Not Very Common
 - C) Fairly Common
2. Suicide is the _____ leading cause of death among people ages 15-34 in the United States and Australia.
 - A) 24th
 - B) 10th
 - C) 40th
 - D) 2nd
3. Mental illness:
 - A) Cannot be treated
 - B) Can be treated
4. Mental health is:
 - A) More than the absence of mental disorders
 - B) Only important for some people
 - C) An important part of overall health and well-being
5. If you know someone who struggles with their mental health, you can help by:
 - A) Reaching out and letting them know help is available
 - B) Helping them access mental health services
 - C) Learning and sharing the facts about mental health, especially if you hear something that isn't true
 - D) All of the above
6. People with mental illness are violent
 - A) True
 - B) False
7. Half of all mental illness occurs before a person turns _____ years old, and three-quarters of mental illness begin before age 24.
 - A) 14
 - B) 18
 - C) 10
8. Mental illness is caused by :
 - A) Personal Weakness
 - B) Loss of willpower
 - C) A number of factors including biological, stressful or traumatic life events, and long-lasting health conditions such as heart disease or cancer,
9. How much sleep per night is considered necessary to maintain good mental and physical health in adults:
 - A) 4 hours
 - B) 4-6 hours;
 - C) 7-8 hours
 - D) 9-10 hours

Healthy Recipe

Ginger & turmeric rice with crispy egg



IMAGE

VIDEO

AUDIO

The crispy rice makes this breakfast bowl extra delicious – I find my large cast iron frying pan gives me the best result.

SERVES

4

PREPARATION

10

COOKING

20

SKILL LEVEL

MID

Add the rice to a large saucepan with 375 ml (12½ oz/1½ cups) water. Bring to the boil, cover with a tight-fitting lid and reduce the heat to low. Cook for 10 minutes and then turn off the heat. Without lifting the lid, set the saucepan aside for 10 minutes to rest. Spread the rice over a large tray to cool slightly.

Heat 2 tablespoons of the oil in a large heavy-based frying pan (cast iron if you have one) or wok over medium heat. Add the spring onion, sesame seeds, ginger, garlic and half of the turmeric and cook, stirring, for about 1 minute or until fragrant. Add the rice and stir-fry until heated through, about 2 minutes. Season with salt. Increase the heat to medium-high and let the rice cook, undisturbed, for a further 3–4 minutes so that a crunchy crust forms on the bottom. Be careful that it doesn't burn – turn the heat down a little if necessary.

Meanwhile, heat the remaining oil in a separate heavy-based frying pan over medium-high heat. Add the remaining turmeric and swirl the pan to combine. Carefully break the eggs into the pan and cook for 2–2½ minutes until the whites are crispy around the edges, but the yolks are still runny (or until cooked to your liking).

At the same time, in a steamer basket set over a large saucepan of simmering water, steam the broccolini for 2 minutes or until tender but still crisp.

Serve the rice into bowls, ensuring every bowl gets a share of

Ingredients

200 g	(7 oz/1 cup) basmati rice, rinsed
60 ml	(2 oz/¼ cup) peanut oil
4	spring onions (scallions), chopped
1 tbsp	sesame seeds
1 tsp	finely grated fresh ginger
1	garlic clove, very finely sliced
1 tsp	ground turmeric
4	free-range eggs
1	bunch broccolini, trimmed

To serve

kimchi

shredded spring onion

roasted black sesame seeds

sesame oil

tamari or soy sauce

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Source: <https://www.sbs.com.au/food/recipes/ginger-turmeric-rice-crispy-egg>



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).

Benefits of being a member include:

- attend and vote at the AGM
- be nominated for the committee
- receive quarterly "Consumer Voice" newsletter
- jump the queue for massage therapy or ladies & men's grooming session
- receive updates for upcoming events and monthly calendar
- enjoy a free feed at any special event (e.g. Christmas Party)

To become a member of TEMHCO you can either fill out and pay on our webpage: <https://www.temhco.com.au/members/> or you can come in person into our office. Credit card is not available if attending the office and can only be used at our webpage.



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/>





Top End Mental Health Consumers Organisation (TEMHCO) \$10 ANNUAL MEMBERSHIP/DONATION FORM*

* New Member must first be approved by the board.

Due by 1 July each year

Name :-

DOB:-

Address:-

Telephone:-

Email:-

Emergency Contact:-

Phone:-

Preferred Method of Contact:-

(Please select ☒ that is applicable below:)

Annual Membership:- ☐ Donation:- ☐

Amount Enclosed:- \$ _____

Payment method:- Credit card ☐ Cash ☐ Cheque ☐ B-Pay ☐

Secure online credit card payments:

<https://www.temhco.com.au/members/>

<https://www.temhco.com.au/donations/> (Tax deductible - DGR endorsed)

B-Pay: BSB: 015-891 Account: 369361105 Bank: ANZ

Account Name: Top End Mental Health Consumers Organisation Inc.

New Member ☐ Exiting Member ☐

Carer ☐ Consumer ☐ Service Provider ☐ Other interest ☐

I am interested in volunteering ☐ I would like to be on the Board ☐

Would like to make a donation ☐

Please return this form with your payment to:-

(post) PO Box 391, Palmerston NT 0831 or 86 Woodroffe Ave, Woodroffe

(email) temhco.exec@temhco.com.au



TEMHCO thanks you for your support!

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

TONY SIEVERS

MLA

MEMBER FOR BRENNAN



Top End Mental Health Consumers
Organisation (TEMHCO) Inc.

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(c/- The Salvation Army)
WOODROFFE NT 0830

PO Box 391
PALMERSTON NT 0831

m: 0429 082 781
e: temhco.exec@temhco.com.au

Mon : 9:00 am to 2:30 pm
Tues : Outing Day! (Centre Closed)
Wed to Fri : 9:00 am to 2:30 pm

PLEASE
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TEMHCO



Top End Mental Health
Consumers Organisation

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