

## *The Consumer's Voice*

### What's New at TEMHCO



This year has been a difficult year with the bush fire disaster across the country at the beginning of the year to the current COVID-19 pandemic.

It has been a very quiet time at the centre with TEMHCO unable to run our normal activities until the second week of June. During this time we were kept busy with clients coming in to see

Claudine via booked appointment to organize take-home activity packs with either art or sewing and craft. Eight of our participants who had their own sewing machines at home were able to continue working on the Jacana Energy Sensory Blanket Project and these will be completed on time. We will be planning an open morning in late July this work including the Men's carving workshop, art work, sewing and craft and our community garden. This event date will be advertised on our monthly calendar, webpage and social media pages.

TEMHCO has a COVID-19 plan in place to keep our clients safe and we ask participants to stay at home if they are feeling unhealthy. Most activities are back on with the exception of BBQ Thursday and lunches and fishing. Jimmy had an accident in March with his hand and is hoping to get back to running the outdoor fishing activity again soon.

TEMHCO was very busy making masks during COVID-19 and we would like to thank Helping People Achieve (HPA) and Veterans Australia NT Inc. for their large orders that kept our ladies happy.

Our annual membership is due for all current members and we encourage anyone living with, carers, health services or have a passion for mental health to join. Membership is \$10 per annum and details to join can be found on pages 42-43.

TEMHCO



Top End Mental Health  
Consumers Organisation

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# What's on @TEMHCO

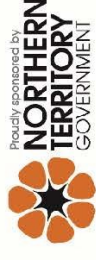
c/- The Salvation Army Woodroffe  
86 Woodroffe Ave Woodroffe

Web: <https://www.temhco.com.au>  
Email: [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au)

Phone: 0429 082 781

9:00 am to 2:30 pm

July 2020



TEMHCO



Top End Mental Health  
Consumers Organisation

| M   | T  | W   | T   | F   |
|---|--|---|---|---|
| <p>Art Therapy with Claudia<br/>9:30 am to 11:30 am</p> <p>Massage with Betty<br/>9:30 am to 11:30 am</p> <p><b>FREE Information Session</b><br/><b>6<sup>th</sup> July 2020</b><br/><b>10:00 am to 11:30 am</b></p> <p><u>Mindfulness/Meditation</u><br/><u>plus Light Exercises</u><br/><u>on our Facebook Page</u><br/>Like "TEMHCO"<br/>Enjoy in your own time!</p> | <p><b>Centre Closed</b></p> <p><b>Outdoor Activities</b><br/>Visit other Drop-in</p> <p>Centres, Shopping, etc.<br/>- can vary each week<br/><b>09:00 am to 3:00 pm</b></p> <p>OR</p> <p><b>Grow</b></p> <p>Sommerville Centre, Gray<br/>10:00 am to 12:00 pm<br/>Followed by lunch &amp; shopping - Venue TBA</p> | <p>Sewing &amp; Craft Classes<br/>9:30 am to 11:30 am</p> <p>Ladies Pamper<br/>Session with Rose<br/><b>1st &amp; 15th July</b></p> | <p>Sensory Blanket Workshops<br/>9:30 am to 12:00 pm</p> <p>Men's Boob Carving<br/>Workshops<br/>9:30 am to 12:00 pm</p> <p>Men's Grooming<br/>Session with Rose<br/><b>9th &amp; 23rd July</b></p> | <p>Music Therapy Classes<br/>with Crystal Robins<br/>10:00 am to 12:00 pm</p> <p>Reflexology<br/><b>31<sup>st</sup> July</b><br/>9:30 am to 11:30 am</p> <p><b>Community Gardening<br/>Board Games<br/>Computer Sessions</b><br/>(Every weekday - except Tuesday)</p> |

## My Recovery Peer Facilitator Workshop

The power of peer support: Sharing lived experience of mental illness offers 'a different kind of hope'.

Peer support is the underlying principal of the My Recovery program, which is being piloted in the Darwin region for people who have experienced mental health challenges, trauma, or alcohol and other drug issues.

This multi-session education and support program provides a safe and confidential space for participants to

- learn about mental illness and recovery
- understand their journey and triggers
- develop a personal recovery plan
- develop communication and advocacy skills
- find ways to challenge stigma and discrimination
- share and learn from others' experiences

Visit the program website to see videos providing an overview to the program and the people involved. Find out what other local people have to say about the benefits of peer support and participating in the My Recovery program.

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

For more information contact:

Noelene Armstrong  
Peer Led Education Project Officer  
NT Mental Health Coalition  
[pleproject@ntmhc.org.au](mailto:pleproject@ntmhc.org.au)  
0439 100 360

wellways

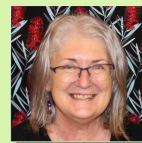
My  
Recovery



NORTHERN TERRITORY  
MENTAL HEALTH  
COALITION



Chris



Helen



Matt

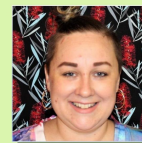


Kirsty

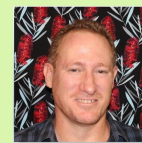
*Darwin My Recovery Peer Facilitators*



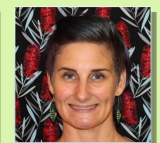
Naomi



Lauren



Aaron



Noelene



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).



## On-line Meditation and Light Chair Exercise Classes



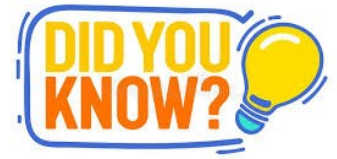
TEMHCO now have free on-line Mindfulness/ Meditation and Light Chair Exercises that can be done in the privacy of your home or in the office. These on-line classes are published on all our social media pages every Monday so there will always be plenty to choose from and you can play them at a time that suits you. These classes are brought to you by our very talented Maria Vescan who also volunteers her time to help put this newsletter together! Thank you Maria! :)



## Did you know?

This information was retrieved from Sane Australia:

[www.sane.org/spotlight-on/mental-health-basics/6-stay-in-touch](http://www.sane.org/spotlight-on/mental-health-basics/6-stay-in-touch)



### Stay in touch

When you're affected by mental health problems, other people can often be the best medicine. Making the effort to stay in touch with others makes you feel better, and can be a critical, even life-saving support.

### Connect

With friends, family, and others

When affected by mental health problems, we often don't feel like mixing with other people. We avoid seeing friends and family as usual. We may even avoid going to work or attending appointments. Interacting with others can just seem too overwhelming and difficult. It feels easier to be on your own.

Isolating yourself from others will only make you feel worse, however, and can mean delay in being diagnosed and receiving treatment and support. Make an effort to see people as usual, even if only for shorter periods or in ways with which you feel comfortable (for example, going to a movie together).

Most importantly, do tell a trusted person how you are feeling, especially if you are not yet receiving treatment or have thoughts of harming yourself. Talking to someone in this way is often the first step to recognising it's time to make an appointment to see a GP or other health professional, to get the treatment and support you need to feel better again.

**SANE**  
AUSTRALIA



## Did you know cont...

### With your treatment and support team

The more that doctors, psychologists, and others understand how you are feeling and thinking, the better they will be able to help. Be as frank and open as possible with them, so that treatment and support can be suited as best possible to your situation. Be clear about symptoms, how the treatments help and also any side-effects that need to be discussed. Tell them, too, about any support needs you have – such as accommodation, for example – so that they can provide referral to relevant support services in the community.

Working on a positive relationship with health professionals will encourage them to provide a more engaged service – helping them to help you.

### Online and offline

Being connected with others is an important part of everyone's mental health.

Make staying in touch with friends and family a regular part of your life, whether it's meeting up or simply catching up by phone once a week. It's surprising how much difference it makes to have a chat with someone at the local newsagent or market stall too. We humans are truly social animals, and really do feel better and more connected after even a brief encounter.

Thanks to the Internet, we can be sociable even when alone at home too. It is especially valuable to join an online community such as the SANE Forums which provide a safe, anonymous online space to discuss shared concerns, exchange information and tips, and provide peer support. The Forums are available 24/7 and are a safe, anonymous, and moderated service provided by SANE in partnership with community mental health support services all around Australia.

## You are not alone.

This information was retrieved from Sane Australia:

<https://www.sane.org/you-are-not-alone>

When someone close to you has suicidal thoughts or attempts suicide, it can be hard to respond to their needs while also looking after yourself. This site is for you. You are not alone was made with the help of people who have been carers and know how tough it is. Explore the wheel below for information and support.



### In an Emergency:

When someone close to you attempts suicide: How should you respond when someone close to you attempts suicide, or you're concerned they might? It's easy to be afraid of saying or doing the wrong thing, and at the same time worried that if you don't, something catastrophic will happen. There are ways to encourage them to seek help.

***"We hadn't had any mental health issues in the family before. It's been a steep learning curve, trying to find the correct help."***

A mother who cares for her adult daughter



## You are not alone—Continued....

### Ongoing support:

It can be overwhelming to know the person you care about is coming home after they've attempted suicide.

How is their mental health now? What support will they need? What will happen next?

There are multiple pathways of care available for people who have attempted suicide. Some involve hospital, but many people recovering from a suicide attempt get support from community services.

***“It’s a constant worry, and you live in fear, it can consume your life if you let it. You have to learn to let go a little, so you’re still able to live and so are they.”***

A daughter who cares for her middle-aged father

### Repeated suicide attempts:

People who attempt suicide once have an increased risk of attempting again.

This might mean your caring and supporting role will become a long-term or even permanent part of your relationship.

Looking after yourself is not a selfish thing to do — over the long term it’s vital.

***“Several times police and paramedics have been involved. I had to phone him multiple times, frantically trying to find him as he followed one of his suicide plans. Innumerable times I intercepted and helped him rethink so he didn't leave the house. I was terrified to leave him on his own. For months on end, I had to constantly monitor and try to modulate his mood, often literally from hour to hour.”***

A mother who cares for her adult son

Note: this site uses the term ‘suicide attempt’ or ‘crisis’. Whether the person you care about has tried to take their own life (suicide attempt), has made plans to do so or experienced suicidal thoughts (suicide ideation), the role you can play as their supporter remains the same.

Whatever is going on for you and the person you care about, ***You are not alone.***

TEMHCO



Top End Mental Health  
Consumers Organisation

# TEMHCO Open Day Exhibition

**10<sup>th</sup> August 2020**

10:00 am to 12:00 noon

86 Woodroffe Ave, Woodroffe  
(c/- The Salvation Army)

TEMHCO invites you to our open day exhibition of our arts and crafts therapeutic work for dual diagnosis recovery sponsored by **NTG Department of Health**. Included with the exhibition is the **Jacana Energy** sponsored Sensory Blankets and Men's Boab/Wood Carvings Workshops. Attendees will also have the opportunity to buy some of the arts and craft work and do a tour of our community garden funded by the **Commonwealth Government Stronger Communities Programme**. To RSVP email: [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au) or call 0429 082 781.

**PEASE SAVE THE DATE!**



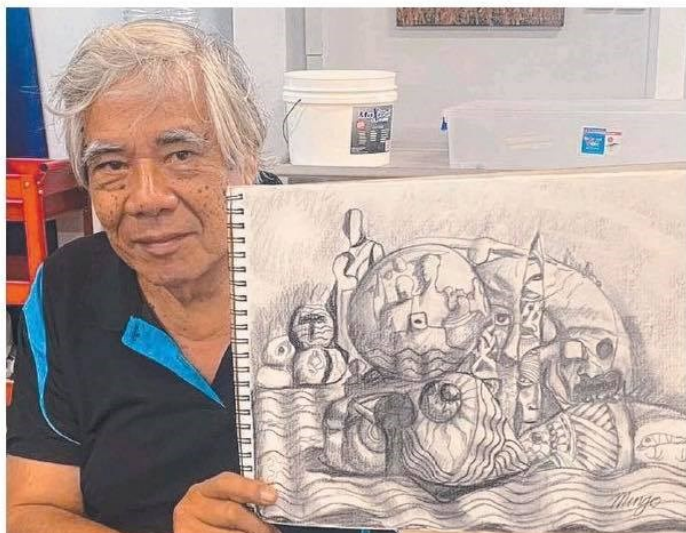
Proudly sponsored by  
**NORTHERN  
TERRITORY  
GOVERNMENT**





# Drop in for help

THE Top End Mental Health Consumers Organisation Inc is commonly known as “TEMHCO” and is a not-for-profit charity organisation located in Palmerston. With providing person-centred holistic care, our purpose is about helping our members gain empowerment to live full and meaningful lives.



**Jimmy's art he did at the drop in centre**

We provide an advocacy service to our members and help educate the wider community regarding breaking the stigma and shame placed on mental illness.

We currently have around 120 clients attend our therapeutic activities for mental health recovery. Of these numbers there is an even spread between both men and women who attend our centre.

During the Men's Health Week and monthly activities at TEMHCO we provide a range of services especially for our male clients. These therapeutic services include a grooming session (twice monthly), boab carving and storytelling workshop on Thursdays plus they can go fishing every Wednesday morning.

We work together with other men's health services who also provide us with referrals to our therapeutic activities.

MEN'S HEALTH WEEK ADVERTISING FEATURE 19

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Our model is similar to the Chubbhouse where our members help with the daily running of our drop-in centre. Other therapeutic activities that we run include art therapy, cooking and craft activities, massage therapy, women's health, meditation and basic one-on-one counselling services.

We even have a community garden that our members can get involved in. We also supply transport services for our clients who live in the Palmerston region to attend the centre and go to appointments, shopping etc. We offer a range of online and offline mental health programs.

Drop in for help

International Men's Health Week

Men's Health Week gives the opportunity to work together to make a difference in the lives of men and boys in our community. For more information visit our website: [mensthealthweek.org.au](http://mensthealthweek.org.au)

Facebook Instagram YouTube Twitter

Accredited



## 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.



## 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.

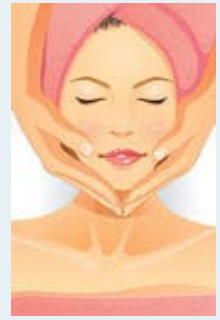




## Men & Women's Grooming Sessions

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.





## Tapping for Wellbeing

During the month of June, the City of Darwin funded some free online sessions every Tuesday at 4:00 pm. The sessions involved tapping (otherwise known as EFT or Emotional Freedom Techniques) to reduce stress, upset and anxiety. Tapping can be used by everyone to help feel calmer and more relaxed, similar to meditation and mindfulness. Feeling less stressed assists people feel more motivated and focused, which can improve performance. These sessions were run by Margaret Lambert, PhD Candidate Psychologist and author of *Longing to Live Mindfully: Little Words that make a Difference* and *Longing to Live: Journey with Chronic Fatigue Syndrome and Fibromyalgia*. She is currently undertaking PhD studies in EFT. Margaret is a member of the Australian Counselling Association College of Grief & Loss and the College of Supervisors as well as an Advanced Practitioner and Trainer of EFT with over 15 years experience in Energy Psychology. Margaret trained in the USA with the founder of EFT, Gary Craig, and in Australia with Steve Wells, psychologist and author, and Dr David Lake, medical practitioner and psychotherapist. For more information, go to <http://margaretlambert.com>. Margaret is hoping that the City of Darwin will continue to fund these free online sessions during July and if you would like further information, please email her at [marg@margaretlambert.com](mailto:marg@margaretlambert.com).



## Self-Care—Hawaiian Ho'oponopono Prayer

*"In common with other shamanic traditions, the Hawaiian tradition teaches that all life is connected. Ho'oponopono is, therefore, not only a way of healing ourselves, but others and our world as well." – Timothy Freke, Shamanic Wisdomkeepers*

Ho'oponopono is an ancient Hawaiian practice for forgiveness and reconciliation. It's more than the prayer alone; it's a process of making things right in your relationships -- with others, ancestors, deities, the earth, yourself.

There are four forces at work in this prayer: repentance, forgiveness, gratitude, and love. These are reflected in the four phrases that make up the prayer. The phrases, which you can repeat in any order, silently to yourself or out loud, are:

1. I am sorry.
2. (Please) Forgive me.
3. Thank you.
4. I love you.

It's natural to resist this practice at first, especially if you've got a lot of healing to do. I was! After a few times, it gets easier. You might feel better right away, or feel your evolution like a slow melt into love. This prayer has a lot of power in it.

You can chant these four phrases to address a specific problem in your life (regardless of whose fault it is), your past, your ancestral lineage, or your relationship with the earth.

You could also practice for no reason at all. You can meditate quietly in a state of peace and gentleness. You can repeat this out loud in front of the mirror. You can even play with the order of the phrases and see if you notice any subtle differences in how you feel.

This was written by Jennifer Williamson—for more information please go to this webpage: <https://healingbrave.com/blogs/all/hooponopono-prayer-for-forgiveness#:~:text=Ho'oponopono%20is%20an%20ancient,deities%2C%20the%20earth%2C%20yourself.&text=Special%20words%20are%20exchanged%2C%20emotions,and%20forgiveness%20flows%20both%20ways.>



I am sorry.  
Forgive me.  
Thank you.  
I love you.

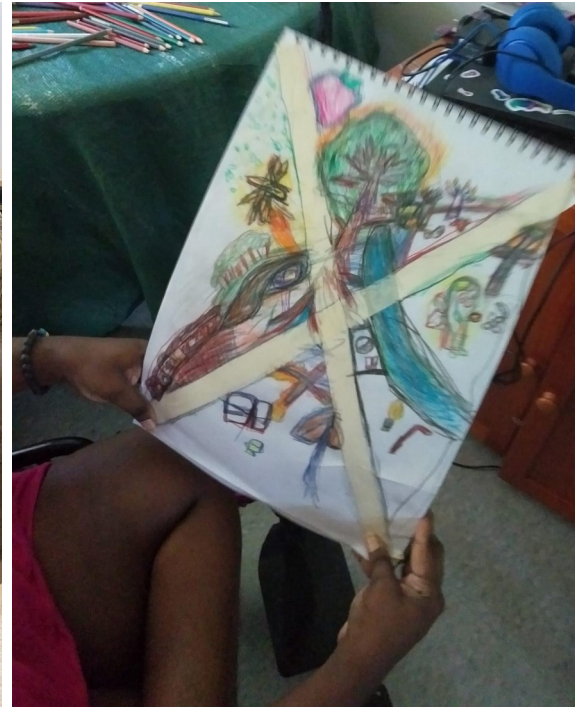
HO'OPONOPONO PRAYER



## 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)





## Farewell to Matt and Katie

Today at TEMHCO we had a little morning tea to farewell Captains Matt and Katie Ryan who TEMHCO have worked together with at The Salvation Army Palmerston Corps where we have been based since May 2019. TEMHCO would like to wish them all the best with their new posting to Melbourne and hope they don't get too cold down there! Thank you for all your support!





## COVID-19 Masks

During the COVID-19 pandemic TEMHCO wanted to find ways where we could still connect with our consumers and also keep them busy. It always so important and rewarding when you are able to create something that helps others feel safe. Claud and Kelli did quite a bit of research to find the materials that would keep our consumers and help the general public feel safe. Where that has been quite a bit of debate on whether these masks were required the most important thing what brings personal peace of mind. It's personal choice really. Making these masks kept our ladies busy and they were available to the general public for a tax deductible donation.





COVID-19 Take home activities





## TEMHCO Textile Program (Wednesday 10 – Noon)



Our ladies are continuing to help out with repairing and altering something that will need to be replaced as well as making their own clothes. 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. Our mural project is almost complete and will be proudly displayed at TEMHCO during our Exhibition in August. 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.









## Jacana Sensory Blanket Project (Thursday 10-Noon)

This activity was able to continue during the COVID-19 shut-down through the guidance of Claudine for the ladies who had their own sewing machines. Our sensory blankets are nearly complete and will be ready for the exhibition that will be held at a date to be advised.









## Jacana Men's Boab/Wood Carving Workshop

Our Men's Boab/Wood Carving and Story Telling Workshop was put on hold during the COVID-19 pandemic shut-down but was back and running on Thursday, 11th of June when our centre re-opened.





## Outings

### Northside Activities

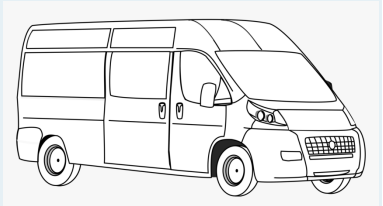
**Every Tuesday from 9:00 am to 3:00 pm** Jimmy takes our consumers out of Palmerston to visit the Northside drop-in centres. Here is Jimmy and Jack at the Day-to-Day Living Drop-in Centre. Call Jimmy before on 0432 115 418 before 9:00 am on Tuesdays if you require a lift. (Please leave a message if 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.



A proven program for mental wellbeing





## Bunnings

A massive big thank you to Lisa Stewart and Bunnings Palmerston for donating this beautiful array of herbs for our community garden and Lisa for choosing TEMHCO to donate her prize of \$5,000. This money is so greatly appreciated to helping provide a range of therapeutic activities including our community garden for mental health recovery!

### ***Below:***

Presenting Certificate of Appreciation today at Bunnings Palmerston for donation of \$5,000 and an array of plants for our community garden. A big thank you from TEMHCO for your support!





## ROADMAP TO THE NEW NORMAL



# Statement of Commitment

**Top End Mental Health Consumers Organisation  
(TEMHCO) Inc.**

86 WOODROFFE AVENUE WOODROFFE 0830

This business has demonstrated commitment  
to their COVID-19 Safety Plan and is adhering to:

- ✓ physical distancing measures
- ✓ health and hygiene principles

**Authorisation officer**

Padmavathi Ayyamuthu

**Inspection date**

03/06/2020

**Reference Number**

COVID19-CHK-3596

**Business  
Inspected**

For more information

[coronavirus.nt.gov.au](https://coronavirus.nt.gov.au)  **SecureNT**





## Consumer Poems

How quiet you are.

Like when I was a child.

Aeroplane was that a train.

Is that rain.

Best not complain,

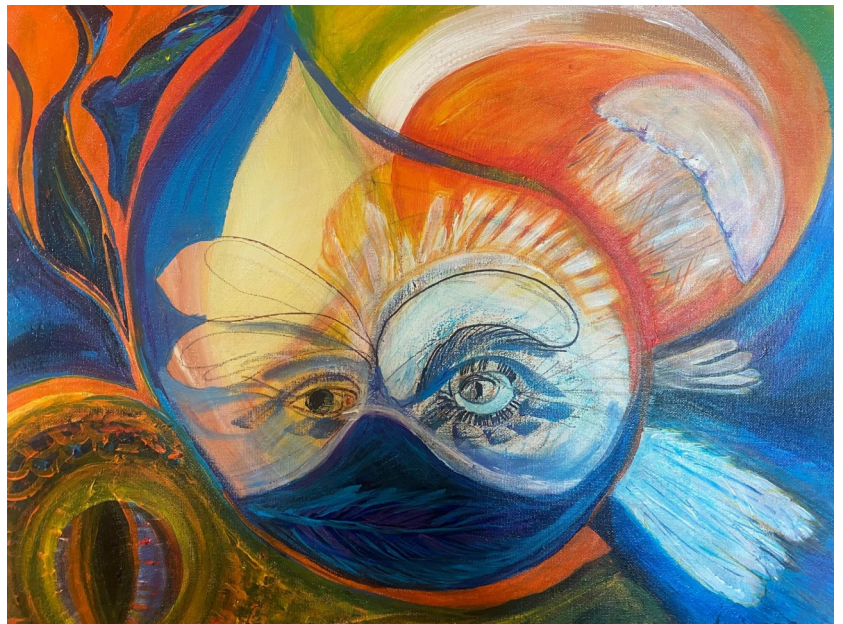
Fresh air sunshine going for a walk.

Not having to talk.

Love it, I can hear.

Birds and wind, little things.

**By Angela Heeney**





### MEMORIES OF MOTHER

Jack Myatt

"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.

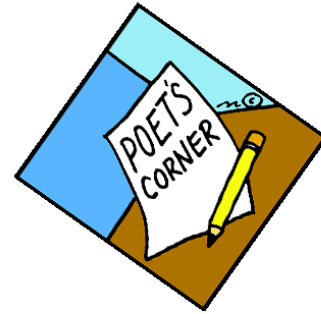
The pair haggled on the price in the stifling heat  
And on a price they both did meet.  
The work-worn woman picked out a prop with care,  
And struggled home with bark in her hair.

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.

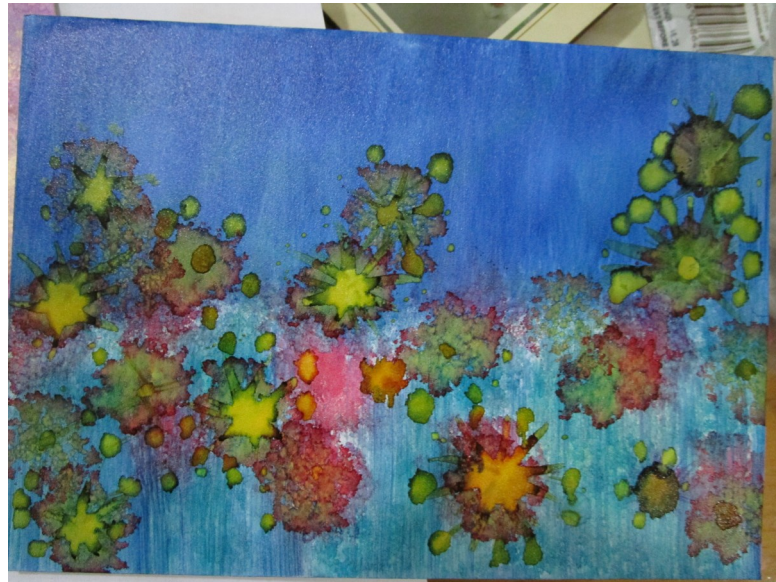
The Baker's cart and Brewery wagon's four in hand,  
The Milk cart and Sanitary carts, the street kept clean by our scruffy band

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.

## Consumer's Artwork



Ink artwork  
- Angela





Fancy pot plant  
—Angela



mood swings with sharpies  
—Angela



## Lived Experience Network for the NT



Noelene Armstrong is sending out an invitation to participate in the development of a NT Lived Experience Network. Harnessing the expertise and experience of people affected by mental health and related issues is essential for the development of effective policy and programs to support the broader population of people in the NT. This includes people directly affected by mental health related issues, as well as the people who love and support them.

The National Mental Health Commission provides advice and recommendations to Commonwealth, State, and Territory Governments. The Commission recommends:

*“Engaging stakeholders and facilitating meaningful participation is essential to achieving transformational change. Diverse and genuine engagement with people with living experience, their families and other support people adds value to decision-making by providing direct knowledge about the actual needs of the community, which results in better targeted and more responsive services and initiatives.”*

It is recommended that the meaningful engagement of people with lived experience should inform the

- Identification of population needs (including systemic gaps),
- Creation and implementation of policies and strategies,
- Development of tools to measure peoples experience and outcomes,
- Development and implementation of regional planning activities,
- Identification of commissioning priorities,
- Development of digital tools and services,
- Design and implementation of services and programs, and
- Governance within all layers of the system.

If you have an interest in supporting the development of, or participating in a NT Network of people with lived experience of mental health related issues with an interest to supporting these objectives, please contact Noelene Armstrong on 0438 022 032 or [live-dexperience.nt@gmail.com](mailto:live-dexperience.nt@gmail.com).





## Facts about Self-Harming and Self-Injury

Self-harm refers to people deliberately hurting their bodies. It is usually done in secret and on places of the body that may not be seen by others. The most common type of self-harm is cutting, but there are many other types of self-harm including burning or punching the body, or picking skin or sores.

## Why do people self-harm?

In general people self-harm as a way of coping. People often talk about harming themselves to relieve, control or express distressing feelings, thoughts or memories. Some people harm themselves because they feel alone, while others do so to punish themselves due to feelings of guilt or shame. However, the relief they experience after self-harming is only short term and at some point the difficult feelings usually return. With the return of these feelings often comes an urge to self-harm again. This cycle of self-harm is often difficult to break. Most people who self-harm are not trying to kill themselves, but there's a chance that they may hurt themselves more than they intended to; this increases their risk of accidental suicide. People who repeatedly self-harm may also become suicidal and feel hopeless and trapped.

***Try a few of these to see if they work for you***

- Try holding ice cubes on your hand – cold causes pain but is not dangerous to your health.
- Wear a rubber band on your wrist and snap it when you feel the need.
- Use a red pen to draw on the areas you might normally cut.
- Work it off with exercise.
- Scribble with red pen on a piece of paper.
- Try deep breathing and relaxation exercises.
- Try and focus on something around you, something simple, watch it for a while and see if that can distract you from the negative thoughts.
- Talk with someone.

If you find it hard to remember your options, write them down or put them in your phone to refer to when you need it.

**Source:** <https://www.beyondblue.org.au/the-facts/suicide-prevention/feeling-suicidal/self-harm-and-self-injury>

[illegible][illegible][illegible]

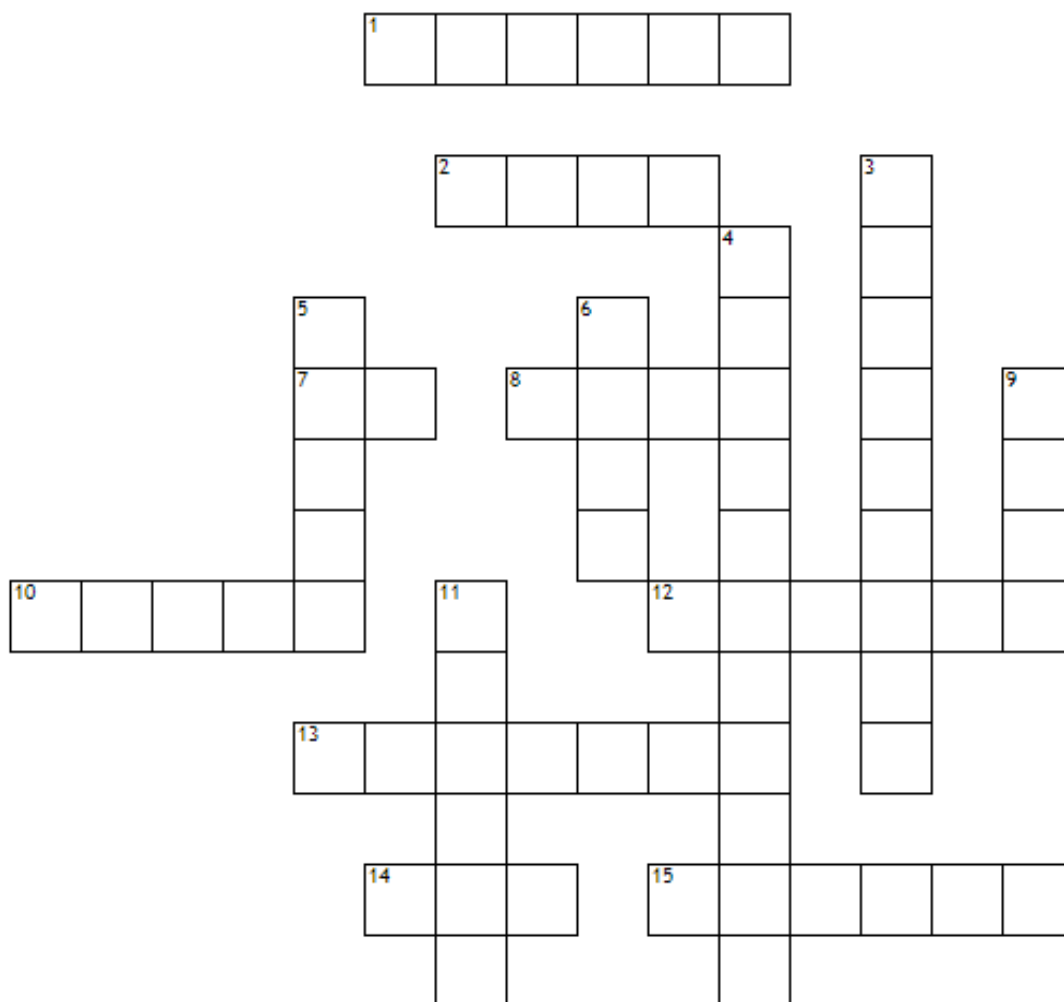
# Health Foods

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

|             |                |                     |                |             |            |                |
|-------------|----------------|---------------------|----------------|-------------|------------|----------------|
| Avocado     | Dark chocolate | Apple cider vinegar | Coconut oil    | Green beans | Quinoa     | Onion          |
| Garlic      | Cauliflower    | Asparagus           | Macadamia nuts | Acai        | Chia seeds | Sweet potatoes |
| Blueberries | Apples         | Broccoli            | Wheat germ     | Oatmeal     | Lentils    | Brazil nuts    |
|             |                |                     |                |             |            | Almonds        |
|             |                |                     |                |             |            | Kale           |



# Mindfulness



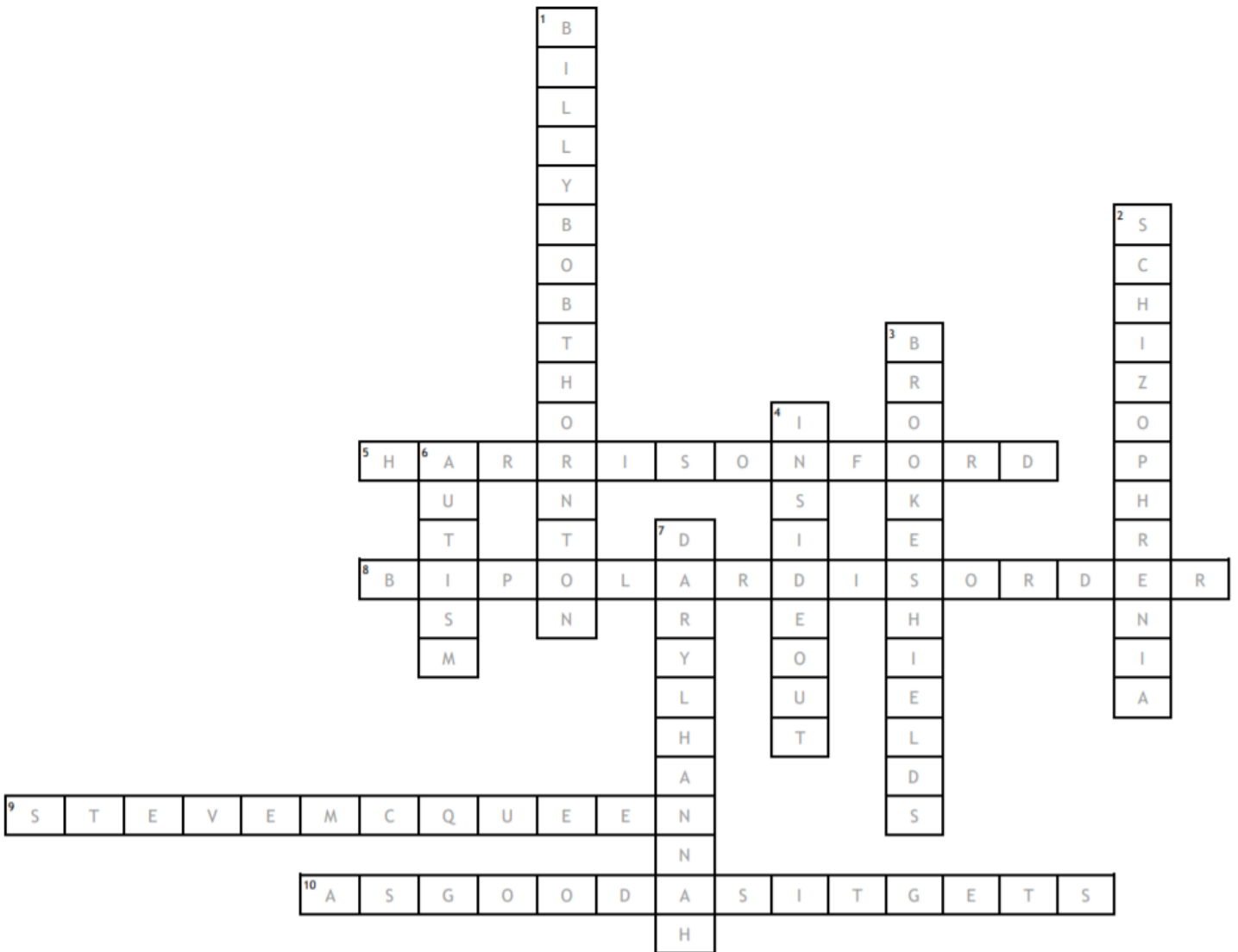
## Across

1. 'Moving zen'
2. Meditation guide
7. Meditation class chorus or Mantra
8. Paradoxical question, in Zen
10. Bodies in some Zen gardens
12. Founder of buddhism
13. Meditation seat
14. Meditative school of Buddhism
15. yoga retreat

## Down

3. Meditation setting with rocks and gravel
4. Being present and aware in the moment
5. Meditation position
6. Master of Meditation
9. Meditation and exercise discipline that originated in India
11. Zen teacher

Mental Health in Cinema





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

### Therapy Modalities—Word Scrambler

1. NCAPACCEET ADN MMMTEICTNO Acceptance and Commitment
2. ALBRIYOIEBHPT Bibliotherapy
3. TNIOCIVGE HAROIVAELB YTEAHRP Cognitive Behavioral Therapy
4. EDCIALLTACI ABEOIVRH ARYHETP Dialectical Behavior Therapy
5. YAMINOTLELO EDSCOFU Emotionally Focused
6. EERPEXVSSI SATR Expressive Arts
7. GTSTLAE Gestalt
8. YHOAEPYNPHTR Hypnotherapy
9. EINELRRSAPNOT TREYPASCYOHPP Interpersonal Psychotherapy
10. VTRIAERAN Narrative
11. OERNU CLNUGIIITS RIARNMGMGOP Neuro Linguistic Programming
12. BKCEOFNURDAEE Neurofeedback
13. EREETSE-NDCPNOR ARPTHEY Person-Centered Therapy
14. STIVOPIE HOGPOLYCSY Positive Psychology
15. NOGREPDOL OREUXPES EHRTYPA Prolonged Exposure Therapy
16. IYNOHCYADMPCS Psychodynamic
17. UTSNOOLI OFCSUED IFBRE Solution Focused Brief
18. TCOIMAS Somatic
19. MAUATR UFCODE Trauma Focused
20. ETCPRHAUTE ONRNVIITTNEE Therapeutic Intervention



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

1. Social Wellness **D**
2. Spiritual Wellness **E**
3. Emotional Wellness **A**
4. Occupational Wellness **G**
5. Intellectual Wellness **C**
6. Physical Wellness **F**
7. Social wellness **J**
8. Spiritual Wellness **I**
9. Emotional Wellness **B**
10. Occupational Wellness **H**
11. Intellectual Wellness **K**
12. Physical Wellness **L**

- A. Feeling, reactions, cognition
- B. in touch with feeling&emotion
- C. Critical thinking, creativity
- D. relationships, community
- E. Meaning, values
- F. Body, nutrition, health
- G. Skill, finances, satisfaction
- H. fulfilment&meaning in job
- I. peace&harmony in our lives
- J. how we relate to others
- K. desire to be a learner
- L. overall health



# Sweet and sour crunchy chicken

Preparation: 20 minutes ★ Cooking: 10 minutes

Difficulty: Easy

### SERVES 4

1 tablespoon cornflour  
1 large egg  
1 tablespoon salt-reduced soy sauce  
550 g lean chicken tenderloins,  
halved diagonally  
1 tablespoon sunflower oil  
1 large red onion, chopped  
3 cloves garlic, crushed  
5 cm piece ginger,  
cut into thin matchsticks  
1 green capsicum, seeded and chopped  
250 g cherry tomatoes, halved  
2 tablespoons salt-reduced tomato sauce  
1 tablespoon salt-reduced hoisin sauce  
1 tablespoon white wine vinegar  
3 cups mixed steamed greens  
(such as snowpeas, sugar  
snap peas and broccolini)  
finely sliced spring onion and red chilli,  
to serve (optional)

Using a fork, whisk the cornflour, egg and soy sauce in a bowl until well combined. Add the chicken pieces and turn to coat on all sides.

Heat the sunflower oil in a large wok over high heat, add the chicken and stir-fry for 3 minutes or until crispy and light golden. Add the onion, garlic, ginger and capsicum and stir-fry for a further 3 minutes.

Add the tomatoes, tomato sauce, hoisin and vinegar and toss to combine, then immediately remove the wok from the heat.

Divide the steamed vegetables among serving bowls, top with the sweet and sour chicken and serve with finely sliced spring onion and red chilli, if using.

This Recipe is taken from: CSIRO Protein plan: [http://www.panmacmillan.com.au/wp-content/uploads/2019/05/CSIRO-Protein-Plus\\_sneak-peek-free-preview-exclusive-recipes.pdf](http://www.panmacmillan.com.au/wp-content/uploads/2019/05/CSIRO-Protein-Plus_sneak-peek-free-preview-exclusive-recipes.pdf)



# Blueberry And Banana Muffin

## Ingredients

- 1/2 Cups Self Raising Wholemeal Flour (80g)
- 1 1/2 Tablespoons Brown Sugar (26g)
- 1 Tablespoons Rolled Oats (8g)
- 1 Cage Free Eggs (59g), lightly beaten
- 1/2 Banana (51g), mashed
- 2 Tablespoons Low Fat Milk (40g)
- 2 Teaspoons Olive Oil (10g)
- 25g Frozen Blueberries
- 2 Teaspoons Extra Light Cream Cheese (10g)

## Directions:

1. Preheat oven to 180°C. Line 2 large (1/2 cup/125ml) capacity muffin pans with muffin wraps or large paper cases.
2. Combine flour, sugar and rolled oats in a bowl.
3. Combine egg, banana, milk and oil. Add to flour mixture and stir gently until just combined. Add blueberries and fold through just until combined.
4. Divide mixture between pans. Bake for 20-25 minutes or until a skewer inserted into the centre of a muffin comes out clean. Serve spread with cream cheese.



Blueberry And Banana Muffin

**Servings: 2**

This recipe is taken from: Michelle Bridges 12 Week Body Transformation: <https://www.woolworths.com.au/shop/recipes/healthy/michelle-bridges-12-week-body-transformation>



<https://youtu.be/pRWLQIZZZBM>



TEMHCO Membership Drive  
youtube.com



## 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](mailto: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.

86 Woodroffe Avenue  
(c/- The Salvation Army)  
WOODROFFE NT 0830

PO Box 391  
PALMERSTON NT 0831

m: 0429 082 781  
e: [temhco.exec@temhco.com.au](mailto: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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STAMP  
HERE

**TEMHCO**



Top End Mental Health  
Consumers Organisation

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Mailing Address Line 2  
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Mailing Address Line 4  
Mailing Address Line 5