

## *The Consumer's Voice*

### What's New at TEMHCO



This year has flown by so quickly and I can't believe that it is nearly Christmas. We have had a very busy quarter with the numbers of our registered participants continuing to rise.

During this quarter we completed our Community Garden project, however, it is a work in progress with our budding green

thumb members nurturing the plants as they grow.

Inside this edition will be able to enjoy all our regular features as well as see what our members have been up to with our daily therapeutic activities. During this time we had Mental Health Week, Darwin Community Legal Service (DCLS) Rights on Show art exhibition and our 2020 Christmas Party. We also feature an article on how women with Asperger's differ to men with Asperger's. We also feature our regular healthy recipes, word puzzles plus a feature on 10 Affordable Fun Things to do over the Christmas Break.

I was also honoured to be able to receive on behalf of TEMHCO the NT Human Rights—"The Fitzgerald" Social Change Award. TEMHCO has achieved so much in the past two years, especially during this very difficult year in creating social change for people living with a mental illness by providing a safe place where they can go and enjoy high quality, culturally appropriate and holistic activities.

We hope you enjoy this edition and TEMHCO would like to wish all its members a safe and Merry Christmas and hope next year is better for all in 2020. We will be closed from Friday, 25th December 2020 and will reopen again on Monday, 4th January 2020. Anyone requiring urgent mental health assistance during this time can contact Northern Territory Mental Health Line: 1800 682 288, Life-Line: 131 114 or Beyond Blue: 1300 22 4636.

TEMHCO



Top End Mental Health  
Consumers Organisation

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**TEMHCO**

 Top End Mental Health  
Consumers Organisation

## What's on @TEMHCO

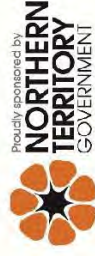
 c/- The Salvation Army Woodroffe  
86 Woodroffe Ave Woodroffe

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










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Phone: 0429 082 781

9:00 am to 2:30 pm


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## December 2020

M	T	W	T	F
<p>Art Therapy with Claudia 9:30 am to 11:30 am <b>14th December Excursion</b> (TBA)</p>  <p>Reiki with Tammy <b>14th December</b> Massage with Rose <b>7th &amp; 21st December</b></p>  <p>Free Counselling with Tammy (Holistic Health Services NT) <b>7th &amp; 21st December</b> 10:00 am to 12:00 pm</p>	<p><b>Centre Closed</b> <b>Outdoor Activities</b> Visit other Drop-in Centres, Shopping, etc. - can vary each week 09:00 am to 3:00 pm</p>  <p>OR</p>  <p><b>Grow</b></p> <p>Sommerville Centre, Gray 10:00 am to 12:00 pm Followed by lunch &amp; shopping - Venue TBA</p>	<p>Textile Workshop 9:30 am to 11:30 am <b>16th December Excursion</b> (TBA)</p>  <p>Ladies Pamper Session with Rose 10:00 am to 12:00 pm <b>2nd &amp; 16th December</b></p>  <p>Reflexology <b>23rd December</b> 9:30 am to 11:30 am</p>	<p>Freestyle Arts &amp; Craft (Anything Goes!) 9:30 am to 11:30 am</p>  <p>TEMHCO Christmas Party (See flyer for details) <b>10th December</b> 11:30 am to 2:30 pm Men's Grooming Session with Rose <b>10th &amp; 16th December</b> (Wednesday)</p> 	<p>Music Therapy Classes with Crystal Robins <b>11th &amp; 18th December</b> With Sean Kennedy <b>4th December</b> 9:30 am to 11:30 am</p>  <p>Outing Activity - MiPlace Christmas Party <b>11th December</b> 12:00 pm to 2:00 pm</p> <p><u>Mindfulness/Meditation</u> <u>plus Light Exercises</u> on our Web Page Enjoy in your own time!</p> <p>Community Gardening Board Games Computer Sessions (Every weekday - except Tuesday)</p> <p>TEMHCO will be closed from 25th December and reopen on 4th January 2021</p>



## Fundraising Shirts

Happy Days Stickers have chosen TEMHCO for their latest charity run where they are donating \$2 for every shirt sold to TEMHCO. Shirts came in either white writing of blue and range in sizes from children to adults. They sold a total of 22 shirt that raised \$44 plus an additional \$30 was raised through the page. Thank you to Happy Days Stickers and everyone who purchased these shirts. You can like their page on Facebook by clicking here: <https://www.facebook.com/HappyDaysStickers>

 <p><b>MENS SIZE</b></p> <p><b>SML- HXL</b></p>	 <p><b>MENS SIZE</b></p> <p><b>SML- HXL</b></p>
<p><b>\$2 FROM EACH SALE GOES TOWARDS CHARITY</b></p>	<p><b>\$2 FROM EACH SALE GOES TOWARDS CHARITY</b></p>
 <p><b>LADIES SIZE</b></p> <p><b>SML- XL</b></p>	 <p><b>LADIES SIZE</b></p> <p><b>SML- XL</b></p>
<p><b>\$2 FROM EACH SALE GOES TOWARDS CHARITY</b></p>	<p><b>\$2 FROM EACH SALE GOES TOWARDS CHARITY</b></p>



## 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

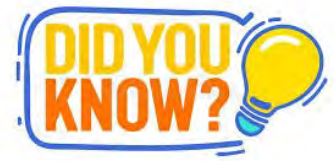


TEMHCO now have 25 free on-line Mindfulness/ Meditation and 20 Light Chair Exercises that can be done in the privacy of your home or in the office. These on-line classes can be found on our webpage front page. There is plenty to choose from and you can play them at a time that suits you. These classes 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?

Here are some key facts about mental health:

- Each year, approximately one in every five Australians will experience a mental illness
- It is estimated about 45% of Australians may experience mental illness at some point in their lives
- Mental illnesses are the third leading cause of disability burden in Australia, accounting for an estimated 27% of the total years lost due to disability
- About 4% of people will experience a major depressive episode in a 12-month period, with 5% of women and 3% of men affected
- Anxiety affects over 2 million Australians each year, with approximately 14% of the population experiencing anxiety
- About 3% of Australians are affected by psychotic illnesses, such as schizophrenia
- About 4% of the population is affected by an eating disorder at any one time
- Prevalence of mental illness decreases with age, with prevalence greatest among 18-24 year olds
- People unemployed or not in the paid workforce generally have higher rates of mental illness than people who are employed
- Limited research suggests Aboriginal and Torres Strait Islander peoples may experience higher levels of psychological distress
- Lesbian, Gay, Bisexual, Transgender and Intersex people experience higher levels of psychological distress than other Australians, which can increase their risk of mental illness and suicide
- In Australia, the prevalence of mental or behavioural disorders among people born overseas appears to be similar to those born in Australia, but research is very limited
- Limited research suggests Aboriginal and Torres Strait Islander peoples experience mental disorders at least as often as other Australians
- In Australia, the prevalence of mental or behavioural disorders among people born overseas is similar to those born in Australia
- Many violent people have no history of mental disorder and most people with mental illness (90%) have no history of violence.



**Source:** <https://everymind.org.au/mental-health/understanding-mental-health/mental-health-key-facts>



## 10 Affordable fun things to do over the Christmas break!

### 1. Deck the Halls



You can make your own Christmas decorations from home without spending too much money. Some indoor pot plants also make ideal mini Christmas trees to decorate. Here is a link to how to make your own decorations: <https://www.housebeautiful.com/entertaining/holidays-celebrations/g3952/diy-christmas-decorations/>

### 2. Showcase your Talents



Why not have some karaoke fun with friends and family and invite them over to sing Christmas song or their favourite artist? You don't even have to own a karaoke machine as YouTube have a large range of songs to chose from.

### 3. Bake up some Goodies



Any age loves to make Christmas goodies. Here is a link to some delicious Christmas cookies that you can make: <https://www.goodhousekeeping.com/holidays/christmas-ideas/g2943/christmas-cookies/>

### 4. DIY Christmas Gifts



I always believe the best gifts are ones that have been personally made from the heart. They are much more affordable too if you are on a tight budget. Here are some DIY Christmas Gift ideas: <https://www.thesprucecrafts.com/homemade-gift-ideas-1251561>

### 5. Go for a drive to see Christmas Lights near you



Here is some links to Christmas Light display homes near you: <https://www.christmaslightsearch.com.au/darwin/>. Also check out these Christmas Activities in Darwin: <https://www.darwin.nt.gov.au/explore/whats-on/christmas-in-darwin> and in Palmerston: <https://www.palmerston.nt.gov.au/palmerstons-christmas-wonderland>.

There are also plenty of free activities that you can attend during the holidays: <https://northernterritory.com/articles/top-10-free-things-to-do-in-darwin> and: <https://www.eventbrite.com.au/d/australia--palmerston-city/free--events/?page=2>



## 6. Take in a Movie from Home

It's always cheaper to rent a movie on line than to go to the movie these days with family or friends. Why not invite them over and you could split the costs to rent a movie. Netflix, Prime and Stan are some affordable packages that you sign up to that have some great movies or you could watch some of your favourite TV shows. Here are some great popcorn recipes that you can munch on as you watch a movie or show together with friends or family. <https://www.foodnetwork.com/recipes/articles/50-flavored-popcorn-recipes>

## 7. Play on-line Board Games with Friends from Afar

In today's technology you can keep in touch with your family and friends who live in Australia or Overseas. Why not have a bit of friendly competition by playing some on-line board games? Here is a link to some board games that you can download: <https://www.smithsonianmag.com/innovation/twelve-board-games-you-can-play-friends-afar-180974686/>.

## 8. Go for a drive to explore some of the NT

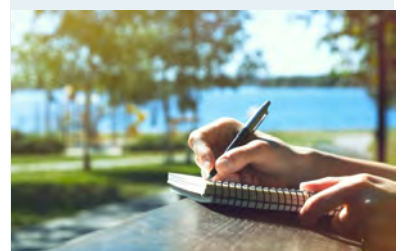
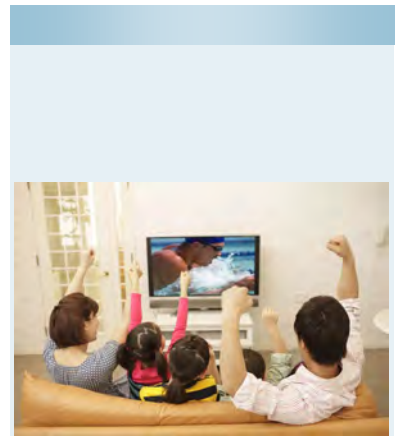
Here is a link to some of the places you can explore in the NT. Some places require a permit so please check with NT Tourism before you set off: <https://northernterritory.com/things-to-do>

## 9. Be creative from home with some Art and Craft ideas

Here are some wonderful ideas of art and craft ideas that you can make from home: <https://www.goodhousekeeping.com/home/craft-ideas/g32336151/adult-craft-ideas/>

## 10. Be creative with words

Why not write some poems, a story or just journal about your day. You can be creative with diagrams as well as words or if you can't draw you could cut some pictures from a magazine that represent how you felt each day. Here is a link on how to write a book and be creative with words: <https://blog.reedsy.com/how-to-write-a-book/>



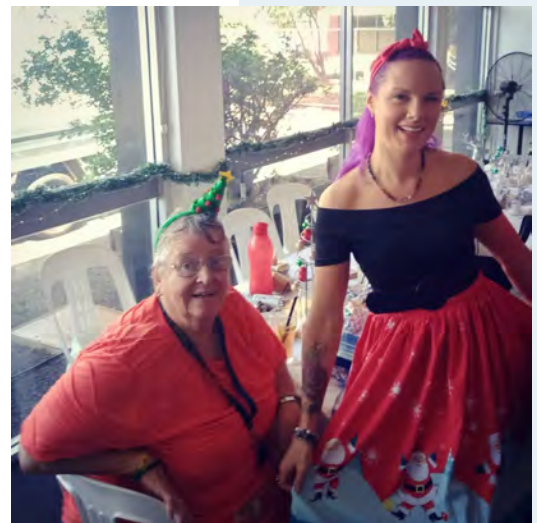


## TEMHCO 2020 Christmas Party

TEMHCO held their annual Christmas Party at the Winnellie Hotel on Thursday 10th December. We had 39 members who attended this event. Here are some snap shots from our party:







## Free Basic Counselling Sessions



Tammy Hatherill from Holistic Health Services NT has kindly offered to volunteer at TEMHCO every second Monday to provide free basic counselling sessions with our consumers. Tammy has a wealth of qualifications and is currently studying to become a Psychiatrist. Her business, Holistic Health Services NT focus on and consider the whole person – mind, body, soul, plus emotions -- in the quest for optimal health and wellness. Tammy holds meditation classes as part of the Palmerston Activate Program every Saturday morning at the Palmerston Library Community room.



## Reiki with Tammy

Sadly Betty is unable to do her therapeutic massage sessions and we have now replaced our Mondays with Reiki sessions every second week with Tammy and on the other two weeks when Tammy does her free counselling sessions Rose is in to do some relaxing massage treatments.



## Reflexology with Tammy

Every last Friday of the month Tammy will be back to provide some healing reflexology to your tired or sore feet. Reflexology has so many healing components that you will literally float off the table once Tammy has finished her treatment.

You can find out more about the services that she provides on her webpage: <http://www.holistichealthservicesnt.com/>

**Holistic  
Health  
Services  
NT**





# Myths and facts about Autism Spectrum Disorder

## About Asperger/Autism Spectrum:

- It is **neurological** and affects the way information is processed in the brain.
- It is **often an invisible difference**. Many people appear very competent, but have difficulties in areas of communication and social interaction.
- It has a **genetic and hereditary component** and may have additional interactive environmental causes, as yet unknown.
- It is a **developmental difference**. All individuals have social/emotional delays, but continued growth seems to be life-long.
- The **prevalence of autism is 1 in 59** (CDC, 2018).
- **Girls and women are under-diagnosed**. There are currently four males diagnosed for every one female, but the true ratio may be as high as one female for every two males.

## Common Strengths:

- Average to high intelligence
- Unique sense of humor
- Honest
- Strong sense of fairness and justice
- Specialized interests
- Feel things deeply
- Detail oriented
- Good memory, especially for facts in their area of interest
- Build friendships through shared interests

## Common Challenges:

- Sensory sensitivities (hypo or hyper) to light, noise, smell, touch, movement, or taste.
- Fight or flight emotional responses that seem extreme for the situation-but are often due to underdeveloped coping skills and an unpredictable or overwhelming environment.
- Social anxiety or anxiety in general.
- Perseveration, perfectionism, or asking for help.
- Stamina for persisting through boring or challenging tasks.
- Flexible thinking and problem solving-seeing the world in black and white.
- Organizing, planning, prioritizing, initiating, persisting (executive function skills).

By AANE Staff

Source: <https://www.aane.org/asperger-fact-sheet/>



## Myths and facts about Autism Spectrum Disorder cont...

- Understanding verbal and non-verbal language in social contexts.
- Understanding what others are thinking and feeling (e.g. Theory of Mind or Perspective Taking).
- Missing unwritten rules that aren't taught explicitly, but others pick up more intuitively.

### **Additional traits some individuals may have:**

Low muscle tone and difficulty with fine motor skills; although some excel in individual sports or are tremendous artists.

Co-occurring mental health diagnoses like depression or anxiety. ADD is very common.

Superior skill in a particular areas such as painting, writing, math, music, history, electronics, or composing.

Difficulties working in groups.

Low self-esteem can be an issue for individuals, especially when they don't see that others around them are experiencing the same challenges that they are.

### **Asperger/Autism Spectrum Tips:**

- Learn about the diagnosis and how it affects you.
- Learn how and when to talk about it to others (disclosure).
- Make time to explore your interests and use your skills—don't only focus on your challenges.
- Find a supportive community where you can be yourself (like AANE!).
- Work with a coach or therapist to help you identify and plan how to reach your goals.
- Analyze how environment, sensory needs, and social demands impact your energy so that you know which activities and people help you relax and which raise your anxiety or stress.
- Get help with social and communication skills so you will feel less anxious interacting with others.
- Consider medications, with the guidance of a professional.
- Set up routines and prepare for transitions.
- Do not force eye contact—as many people experience it as painful.
- Provide organizational supports (visual supports may be better for some people).





There are a lot of misconceptions circulating about individuals with autism spectrum disorder (ASD). In order to fully meet the needs of students with ASD and support them in inclusive classrooms, it is important to have accurate information about their strengths and challenges. This post clarifies some common myths about autism spectrum disorder and offers resources for further information.

**MYTH: *Everyone with autism is either non-verbal or a savant.***

**FACT:** ASD is a neurodevelopmental disorder that occurs on a spectrum. According to the Diagnostic and Statistical Manual of Mental Disorders, ASD is characterized by 1) deficits in social communication and interaction across contexts, and 2) restricted and repetitive patterns of behaviour, interests, or activities (American Psychiatric Association, 2013). These impairments, however, vary widely in terms of severity, impact on daily living, and effects on classroom performance. Language deficits, for instance, can range from impaired social communication to poor comprehension to a lack of speech entirely. Some adults with ASD are able to live independently, while others require a great deal of support. The diagnosis of ASD covers a broad range of functioning and includes the former diagnoses of Asperger's disorder, childhood disintegrative disorder, and pervasive developmental disorder. While the media tends to portray the extreme ends of the autism spectrum (think Rain Man), individuals with ASD have a variety of strengths and needs (Autistic Self Advocacy Network, 2017). It is important for teachers to provide students with personalized interventions that are based on their unique pattern of needs rather than the diagnosis alone.

**MYTH: *People with autism are best suited for jobs that entail repetitive tasks.***

**FACT:** Since autism is a spectrum disorder, there is no specific type of job that will be appropriate for all individuals with ASD. While many adults with ASD may enjoy repetitive tasks, it is incorrect to assume a job is a good match solely based on a disability label. Individuals with ASD have many diverse strengths, talents, and skills that would benefit employers. Unfortunately, the unemployment rate is estimated to be between 50% and 75% for adults with ASD, and many of those who do have jobs are underemployed (Hendricks, 2010). One reason for this is that individuals with ASD often lack the social skills neces-

Source: <https://www.kennedykrieger.org/stories/myths-facts-about-autism-spectrum-disorder>



## Myths and facts about Autism Spectrum Disorder cont...

sary to be successful during job interviews and in the workplace. Specialisterne is one organization devoted to helping individuals with ASD find and maintain employment. They match employees with ASD with a coach who guides them through the social situations encountered at work (Cook, 2012). Ultimately, it is important to take into account the strengths, needs, interests, and preferences of the person pursuing employment. Visit the Itineris website to learn more about a program that is taking such an approach.

This has important implications for teachers working with students with ASD. Students should have an opportunity to explore various career paths throughout their school years, and educators should not limit students' options simply because they have ASD. Transition plans should be created with the students' skills and interests in mind. In addition, teachers should not rule out college opportunities for their students with ASD. Teachers have a responsibility to help students develop skills (including social skills) that will enable them to be successful in their chosen post-secondary education and/or career path.

### **MYTH: *People with autism cannot form relationships.***

**FACT:** Although social interaction is impaired in people with ASD, this does not mean they cannot form relationships with others. Individuals with ASD can and do have fulfilling relationships with family, friends, spouses, and children. In contrast to the previously dominant idea that they prefer social isolation, recent studies have demonstrated that most people with ASD want to form relationships with others (Brownlow, Rosqvist, & O'Dell, 2015). Personal testimonies by individuals on the spectrum support this finding. Despite such desire, it is still difficult for people with ASD to navigate social relationships and understand social cues. Social media and other forms of online networking can be useful in helping those with ASD form and maintain relationships with others both on and off the spectrum. In addition, it is important for those without ASD to understand the perspective of their friends on the spectrum. Individuals with ASD, for instance, might be blunt and will not sugarcoat their thoughts in a way that is expected in typical so-





cial situations, which can offend others. As long as individuals without ASD are sensitive to such differences, genuine and long-lasting social relationships are possible between individuals with and without ASD.

Teachers should create classroom environments that support students with ASD in forming social relationships with their classmates. Students with ASD benefit from frequent opportunities to interact with their peers with and without ASD in inclusive environments. In addition, teachers can explicitly educate other students on how to form and maintain friendships with their classmates on the spectrum. Teachers of younger students can use this online book from Sesame Street to start the conversation. Visit the Arc Autism Now website for resources on supporting individuals with ASD in social relationships.

**MYTH: *Vaccines cause autism.***

**FACT:** While there is no known single cause of ASD, there is no evidence to support a link between vaccines and ASD (American Academy of Pediatrics, 2017). Thimerosal, which used to be a common vaccine ingredient, was once thought to have caused ASD. Since thimerosal has been removed from vaccines, however, the prevalence of ASD has increased rather than decreased (Center for Disease Control and Prevention, 2015). The American Academy of Pediatrics has compiled a list of the research studies that demonstrate there is no link between vaccines and ASD. Although there is no evidence that vaccines cause ASD, there are certain environmental and genetic factors that are associated with a higher risk of ASD due to their effect on brain development. There are currently 61 genetic variations that are associated with ASD risk, and repeated or deleted sections of DNA and chromosomal abnormalities have also been implicated (Autism Speaks, 2017). Environmental risk factors associated with ASD include advanced paternal age (over 34), poor maternal physical and mental health, maternal prenatal medication use, maternal exposure to chemicals, preterm birth, complications during birth, low birth weight, jaundice, and post birth infections (Karimi, Kamali, Mousavi, & Karahmadi, 2016). Mumps, measles, and rubella are among the infections associated with an increased risk of ASD, so the preventative MMR vaccine helps mitigate the risk of developing ASD from these infections. While teachers are not in a position to offer medical advice to parents, it is still important to be informed about this issue.





## Myths and facts about Autism Spectrum Disorder cont...

Parents may approach teachers to ask what they know about the link between vaccines and ASD. If that happens, teachers can direct parents to the evidence-based resources included here.

Overall, it is important to treat students and adults with autism spectrum disorder as individuals with diverse talents, strengths, and needs. Hopefully this post helps you support and value these unique students.

### HEAR OUR SPECTRUM OF VOICES



Source: <https://www.kennethrobersonphd.com/women-aspergers-different-men-aspergers/?fbclid=IwAR2OAI5hlw8ZFN9s4kHJvBWjqOSDtlLDBcKxrd7qE7gP93qcyFhUsDUe2P8>

## How are Women with Asperger's Different from Men with Asperger's?

The answer to this question is straightforward. Women who have Asperger's are different, not in the core characteristics of the condition, but in how they react to it.

Women tend to mask their social and communication difficulties in specific ways that are different from men. As a result, women are often under-diagnosed and/or diagnosed with a different condition. In either case, many women struggle to cope with the challenges of Asperger's without the benefit of needed, sometimes necessary, resources and support.

Let me explain.

Beginning with the original studies of Hans Asperger, for whom the syndrome was named, boys and men have made up a very large proportion of cases identified with Asperger's syndrome, largely because communicating and interacting socially is typically more challenging for males than it is for females. In fact, Asperger's is four



times more common in males than in females.

Consequently, the diagnostic criteria for Asperger's and the instruments used to detect it are based almost entirely on data from studies of males. Women, then, either fall out of the parameters of Asperger's and thus are not diagnosed or, as is typically the case, are diagnosed with something else, often with attention-deficit/hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and anorexia.

### ***Why Women Don't Appear To Have Asperger's***

It is not just a failure of proper diagnosing that accounts for the distinction between the sexes. Women tend to mask or compensate for the symptoms of Asperger's better than men do. And biological factors make a difference as well.

Studies show that women with Asperger's are different from neurotypical (normal) women in how their brains analyze social information. Surprisingly, the brain of a woman with Asperger's is more like the brain of a typical male than that of a man with Asperger's.

Why is this? Several explanations make sense. Early in life, females with Asperger's show a greater desire to connect with people. Their interests are more similar to those of neurotypical girls. They are more likely to engage in pretend play, characteristic of girls in general. They also are less drawn to repetitive behavior. They may not be as socially active as neurotypical girls but they often have intense friendships with girls who provide guidance in social situations.

Girls, and later women, often develop coping mechanisms that cover up the trouble they have fitting in. They often use imitation or imagination, identifying with other girls and female role models in an effort to learn how to act socially. They try to figure out the best ways to stay under the radar and remain undetected. They study social situations, learning and practicing appropriate ways of behaving in social situations.

The general emphasis on girls being well behaved and compliant at school furthers the development and refinement of social skills. As a result, they stand out less than boys with Asperger's. Their inclination is to overcome and/or hide their challenges. As they develop and mature, the challenges of this condition appear less pronounced and cause less difficulty for them in general.

### ***The Adult Woman With Asperger's***

Unlike many men, women with Asperger's tend to prefer one-on-one





## How are Women with Asperger's Different from Men with Asperger's? cont...

social interactions and single friendships, often close and intimate. Although they have difficulty in group situations, they can be quite good working directly with one person.

They tend to be less solitary than men with Asperger's and are more likely to seek out relationships with the opposite sex, gravitating often towards long-term romantic relationships.

They typically are more sensitive to emotions in others than men with Asperger's. Ironically, and sadly, the desire in women with Asperger's to connect is frequently painful as they encounter Asperger's related social and communication difficulties. Loneliness is a common complaint, and in some cases it reaches a troubling level. More than 65% of adults with Asperger's report suicidal thoughts, according to some studies. Of these, 77% are women, an alarming statistic given that they make up slightly more than 30% of the overall studies.

Clearly, women with Asperger's think, feel, and act differently than their male counterparts. But it is different, not necessarily better. A difference we should keep in mind as we try to understand, and help, those with Asperger's.



## Mental Health Week

### **NT News Article:**

The year 2020 has changed the nation with the devastating bush fires at the beginning of the year to living in fear of the unknown with COVID-19. During the shutdown at the end of March, TEMHCO continued to provide mental health assistance to its consumers through appointments to ensure social distancing. This would include providing take-home activity packs of art or craft projects and providing basic counselling sessions. Our TEMHCO bus took our clients to the shops to pick up essential items, took them to health service provider appointments or to our drop-in centre if they had an appointment. During this time, our ladies were kept busy at home making face masks and before we knew we were receiving some big orders from HPA for our filters and the NT Veterans Association for our completed reusable masks. In line with this year's Mental Health Week theme of Building Healthy Communities, TEMHCO title its workshop "Togetherness". Our Workshop themes is built around inspiring the community to work together towards breaking the stigma on mental health and believe that recovery is possible. Guests attending this free event will be invited to design a combined artwork project titled "Togetherness" to highlight the importance of working together within our community and provide support for our mental health recovery journey. The finished artwork will be entered into this year's DCLS 24th Annual Human Rights Art Exhibition Award on 6th November 2020. We will also be providing men's and women pamper sessions and will follow with a free Community BBQ lunch. The workshop will be held at 86 Woodroffe Avenue, Woodroffe from 9:00 am to 1:00 pm.





## Mental Health Week cont...



### ***Togetherness Workshop:***

The NT Leader of the Opposition, Lia Finocchiaro and Marie-Clare Boothby, Member for Brennan both came out to visit TEMHCO during our Mental Health Week Workshop. While they were there they had their picture taken with Jimmy (Mingo) Nasir who received the Volunteer Advocate of the Year Award during Mental Health Week. During the week, ABC Radio featured an interview that was first recorded in 2018. He moved to Darwin when he was 9-years-old and had his first art exhibition at the age of 15. He was flavoured artist of the month which led him to attend art school in Sydey. He didn't like the lifestyle in Sydney as he felt it was too restrictive and he eventually returned to Darwin where he worked work the railways, fit tyres, and work as a wharfie. Jimmy is a long-term member of TEMHCO and despite his age and ailing issues with his knee and feet he continues to volunteer driving our bus, taking new members under his wing to help them feel welcome at our centre. During the year he has also been involved in taking our members fishing and running our Men's Boab/Woodcarving and Story Telling workshops that was sponsored by Jacana Energy.





### ***Mental Health Awards:***

This year during Mental Health Week, TEMHCO received special recognition for Excellence in Mental Health Workplace Award. Jimmy Nasir who is one of our long-term members also won the Volunteer Advocate Award. Congratulations Jimmy and well deserved too!





## Mental Health Week cont...









## Rights on Show

The Darwin Community Legal Service (DCLS) held its 24th Annual Human Rights Art Awards & Exhibition on Friday, 6 November 2020. TEMHCO entered our “Together @ TEMHCO” artwork that we created at our Togetherness Workshop during the Mental Health Week. There were also a number of our members who also entered their artwork in the show. It was a fantastic exhibition with some very talented artwork. Here are a few shots taken at the show.

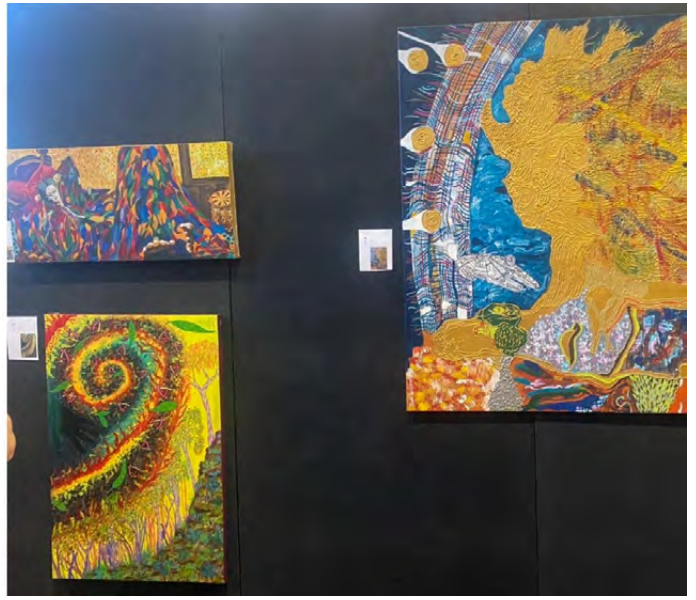








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Journal compilation © 2006 Blackwell Publishing Ltd





Consumer Artwork







## 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.

## Board Games

TEMHCO have a range of board games that can be played as a social activity every day (except Tuesday) during opening hours 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.



## Massage Therapy and Reflexology

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

## Community Garden Project

Members can potter around in our community garden every week day (except Tuesday) during our opening hours.



## Textile Workshop

Our Textile Workshops run every **Thursday from 9:30 am to 11:30 am.** This workshop brings along a whole new range of activities including silk screening, patchwork and leatherwork.







## Be Creative

Every Thursday we give our members the opportunity to be creative with any type of art or craft work they would like to take on. Here are some of our pictures including mosaic stones for our Community Garden project. **Thursday from 9:30 am to 11:30 am.**









## Be Creative cont...





## Community Garden Project

Final work was conducted for the acquittal of our Community Garden Project. TEMHCO would like to thank Luke Gosling and the Commonwealth Government for awarding us with this grant funding. Here are some photos from this project.





## Monthly Promotions and Community Wheel

Every third Thursday and third Saturday of the month TEMHCO provide a promotions stall and Community Wheel fundraising activity outside of the Coles Centre in the Palmerston Shopping Centre. This activity is generally run with our Chairperson, Maggie and Treasurer, Cheryl. Pictures below is Member for Brennan, Marie-Claire Boothby.





## 2020 NT Human Rights Awards

On Thursday, 10th December 2020, which is the United Nation's Human Rights Day, TEMHCO was awarded joint winners of the NT Human Rights—"The Fitzgerald" Social Change Award. We were competing with a total of ten notable organisations and it was such an honour to receive this award on behalf of TEMHCO.



## Consumer Poems

### Mary-Ann and the Naughty Little Cockroach

*Written by Donna Ashfield*



Poor little Marianne is frozen solid still

From that naughty little cockroach  
in the corner she can't kill

Poor little Marianne thinking of  
her plight all that she could think  
about it is she wished she could  
fight



It's just the way it looks it's colour  
and its smell, naughty little cockroach behind the fridge he dwells

Naughty little cockroach runs at night runs around the place, he  
puts his legs in motions and runs right across her face,

Standing there with her broom wish-  
ing it would die, Marianne tries to get  
him my god he f\*\*\*\*\* flies,

Marianne screams everything has  
gone black

And poor little Marianne landed flat  
on her back





## Consumer Poems

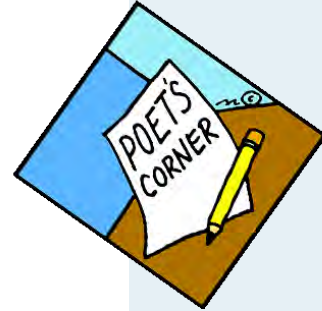
### My Dog

*Written by Jack Myatt*

Who is this alone with earth and sky  
Its only my old dog and I  
Its him, its only me  
Sitting near that old gum tree

What share we most, we two together  
Smells and awareness of the weather  
What is it that makes us more than dust  
My trust in him, and in me his trust

There is one more decent thing  
That life with man and dog can bring  
This decent thing when multiplied  
Will last until the world has died.




## Lived Experience Network for the NT



The NT Lived Experience Network (NTLEN) is the first collective and independent voice representing the interests of people with lived experience of mental health challenges in the NT. NTLEN is made up solely of people with lived experience - inclusive of those with experience of caring for others with mental health challenges and their families, friends and supporters. It also includes those with lived experience of trauma, suicide and substance issues and this experiences can be past or present.

NTLEN was established in June 2020 by local volunteers who connected due to their shared lived experiences, wisdom and hope. The founding members - including TEMHCO's own Helen Day - rallied together to make positive change in the NT mental health system for consumers.

A photograph of a typewriter with the text "What's your story?" typed on a sheet of paper. The typewriter is dark and the paper is light-colored. The text is in a classic typewriter font.

What's your story?



## Student Placements

During this quarter TEMHCO continued to assist students with their work placement hours for the courses they are undertaking. These have included Cert III, Cert IV and Diploma in Community Services run by Alana Kaye and Alfie; Cert IV in Mental Health run by Charles Darwin University (CDU) and we currently have four students who are doing their Cert IV Peer Support that is coordinated by Mental Health Association of South Australia (MACCA). We currently have 6 students doing their workplacement and during this time Dung completed her Cert IV in Mental Health. Congratulations to our Dung!



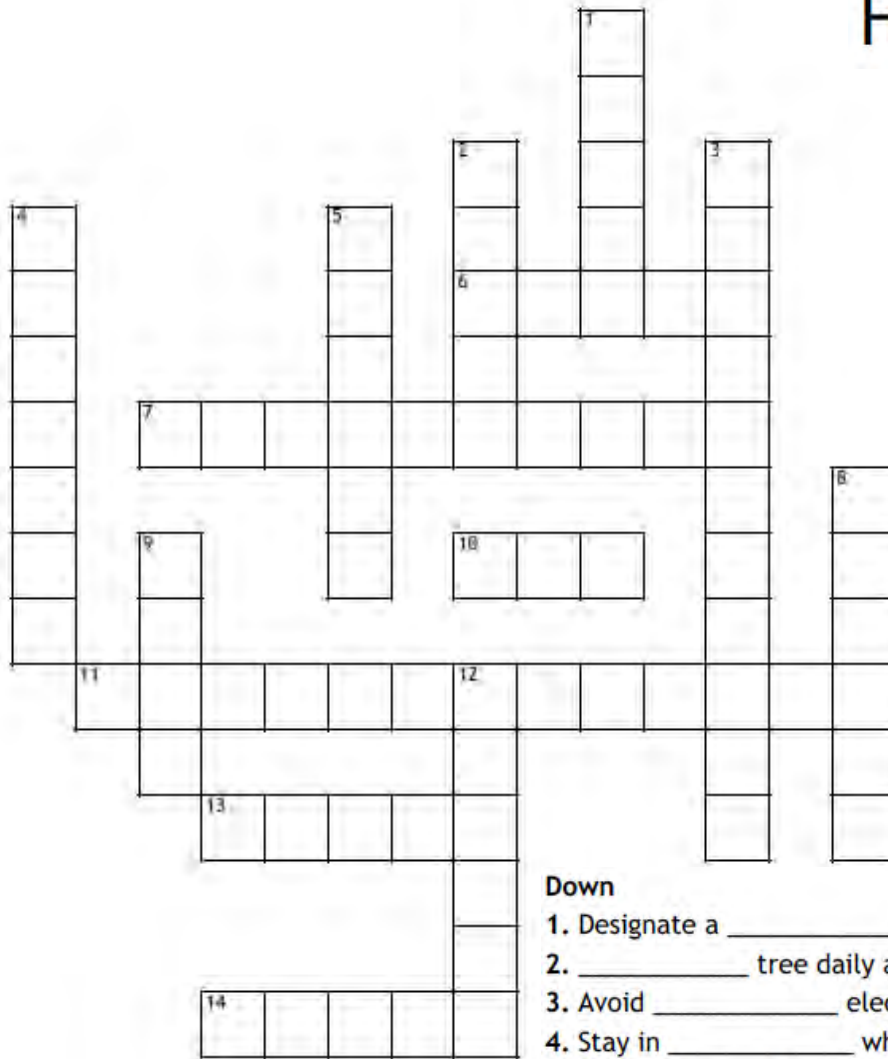
# CHRISTMAS CAROLS

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

SNOWFALL WE THREE KINGS SNOW MARY DID YOU KNOW LULAJZE JEZUNIU  
 FELIZ NAVIDAD FROSTY THE SNOWMAN JINGLE BELL ROCK THE LORD'S PRAYER  
 AULD LAND SYNE WHAT CHILD IS THIS THE LITTLE DRUMMER BOY THE FIRST NOEL  
 SLEIGH RIDE DO YOU HEAR WHAT I HEAR DECK THE HALLS WHITE CHRISTMAS  
 LET IT SNOW AVE MARIA O CHRISTMAS TREE SILVER BELLS AWAY IN A MANGER  
 IN MIDNIGHT SILENCE TODAY IN BETHLEHEM JOLLY OLD SAINT NICHOLAS  
 SANTA CLAUS IS COMING TO TOWN O HOLY NIGHT JINGLE BELLS SILENT NIGHT  
 JOY TO THE WORLD



# Holiday Safety



## Down

1. Designate a \_\_\_\_\_ driver
2. \_\_\_\_\_ tree daily as dry trees cause a serious fire hazard
3. Avoid \_\_\_\_\_ electrical outlets
4. Stay in \_\_\_\_\_ when cooking to prevent cooking fires
5. Keep tree away from floor heaters, fire \_\_\_\_\_, or other heat sources to avoid fires from starting
8. keep poisonous \_\_\_\_\_ out of reach of children and pets
9. Make sure \_\_\_\_\_ has a stable platform and use string to steady if needed
12. Never use \_\_\_\_\_ extension cords outside.

## Across

6. Never connect more then \_\_\_\_\_ strings of lights together as may blow a fuse or cause a fire.
7. Inspect \_\_\_\_\_ electrical decorations for damage before use: cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire
10. Turn \_\_\_\_\_, unplug, and extinguish all decorations when going to sleep or leaving the house
11. Check decoration for \_\_\_\_\_ label to be sure they were tested for safety and will not be hazard
13. Be sure to wash \_\_\_\_\_ before preparing a meal especially when touching raw meat.
14. Test your \_\_\_\_\_ detector and do not take batteries out to use on childrens toys

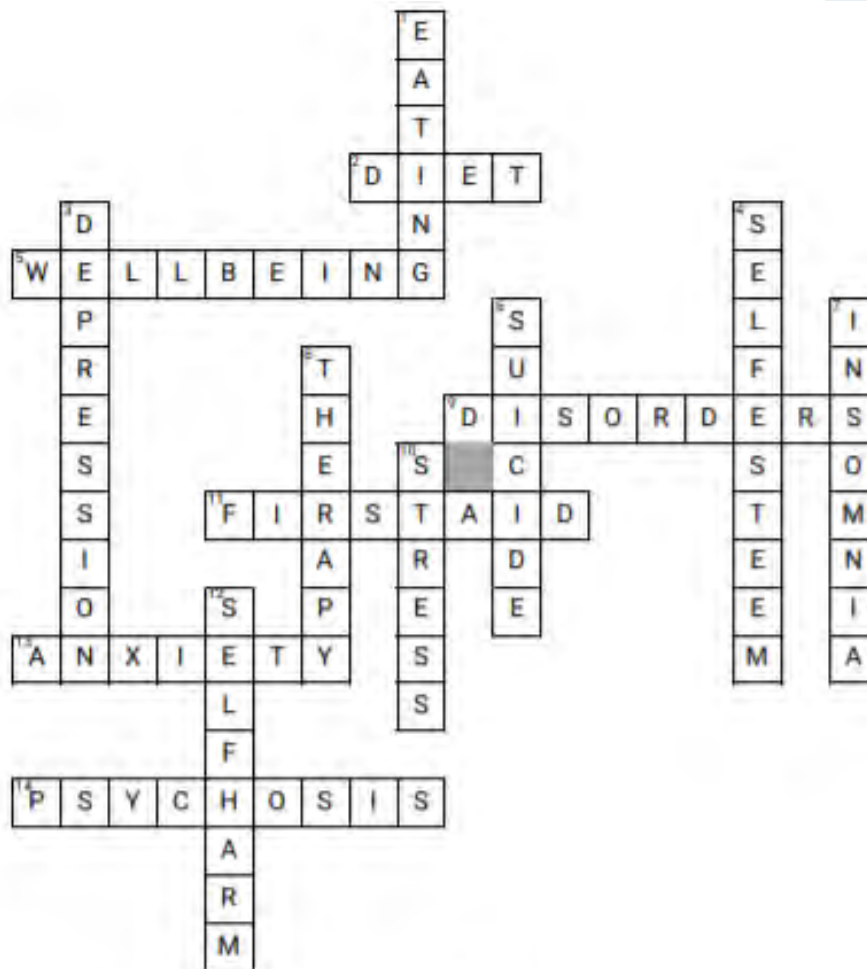
## NUTRIENTS

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

calcium carbohydrates complete protein complex carbs electrolytes energy  
 incomplete protein iron lacto-ovo macronutrient major mineral  
 micronutrient monounsaturated nutrients polyunsaturated saturated simple carbs trace mineral  
 transfat vegans vegetarian vital nutrient vitamins water



## Mental Health First Aid



### Down

1. Bulimia and anorexia are common conditions which relate to this form of mental health condition
3. One of the most common forms of mental ill health that often leaves you feeling tired and irritable
4. Your personal feelings of wellness
6. The awareness day for this is marked on the 9/9 every year
7. The cause of not being able to sleep
8. Comes in many forms which include ECT, counselling and medication
10. The common cause of many mental health conditions
12. Refusing care, cutting, burning

### Across

2. Maintaining a healthy .... helps to stay mentally well
5. A healthy mind is often referred to as this
9. see across/down
11. This is not just physical but also should be administered in mental health
13. Panic attacks and a feeling of fear
14. Symptoms include hearing voices and seeing imaginary images

# Roast chicken & roots

## Ingredients

1.6kg [whole chicken](#)

[zest and juice 1 lemon](#)

2 tbsp [cold-pressed rapeseed oil](#)

[4-5 thyme sprigs](#), leaves roughly chopped

500g [butternut squash](#), cut into chunks

300g [carrots](#), cut into chunks

300g [parsnips](#), peeled and cut into long batons

1 [medium red onion](#), cut into thin wedges

1 [garlic bulb](#), cloves separated

100g [baby spinach](#) leaves

## Method

### STEP 1

Heat oven to 200C/180C fan/gas 6. Put the chicken in a large roasting tin. Remove any trussing elastic and re-tie the chicken's legs with string, if you like. Rub the lemon juice into the chicken, then rub in 1 tbsp of the oil and sprinkle with the thyme and plenty of seasoning. Roast for 25 mins.

### STEP 2

Mix the squash, carrots, parsnips and onion in a bowl with the remaining oil, lemon zest and plenty of ground black pepper, and toss together well.



Prep: 30 mins



Easy



Serves 4

Cook: 1 hr and 15 mins



### STEP 3

Take the chicken out of the oven and put on a plate. Scatter the vegetables into the tin, nestling the garlic cloves underneath, then put the chicken on top. Return to the oven for a further 45 mins, turning the veg after 20 mins until the chicken is cooked and the vegetables are tender and lightly browned.

### STEP 4

Take the chicken out and place on a warmed platter. Cover with foil and leave to rest for 10 mins. Cook the spinach in a saucepan with a drizzle of water, and season with black pepper. Scatter the vegetables around the chicken and serve with the spinach. Squeeze the garlic out of the skins and smear over the chicken, if you like.

This Recipe is taken from: <https://www.bbcgoodfood.com/recipes/roast-chicken-roots>



# Healthier traditional pavlova

LOW  
kJ



This Recipe is taken from: <https://www.healthyfood.com/healthy-recipes/healthier-traditional-pavlova/>

**Serves: 8**

**Hands-on time: 20 mins**

**Time to make: 1 hr 30 mins , plus 2 hours - overnight cooling**

**Total cost: \$16.00 / \$2.00 per serve (at time of publication)**

3 egg whites  
¾ cup caster sugar  
1 teaspoon white vinegar  
2 teaspoons cornflour  
½ teaspoon vanilla essence  
2½ cups reduced-fat Greek-style or The Collective Skyr yoghurt  
3 cups mixed berries

## Instructions

- 1 Preheat oven to 150°C. Line a baking tray with baking paper.
- 2 In a large bowl, beat egg whites with an electric beater until soft peaks form. When ready, you should be able to hold the bowl upside down without the mix falling out. Beat in sugar, ¼ cup at a time, until mix is glossy and thick.
- 3 With a large metal spoon, gently fold through vinegar, cornflour and vanilla.
- 4 Spoon mix onto prepared baking tray, forming one large 20cm round pile or three smaller even ones, leaving enough room for the mix to spread a little. Place in the oven and reduce heat to 120°C. Cook for around 1 hour 10 minutes, until crisp on the outside. Turn oven off and leave pav in the oven to cool for 2 hours or overnight, with door slightly ajar. Decorate with yoghurt and berries and serve.



## 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.

<https://youtu.be/pRWLQIZZZBM>



TEMHCO Membership Drive  
youtube.com



## 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 ☐**

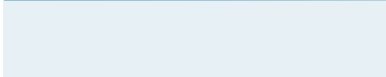
**I am interested in volunteering ☐ I would like to be on the Board ☐**

**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:

**MARIE-CLARE BOOTHBY**

**MLA**

**MEMBER FOR BRENNAN**



Top End Mental Health Consumers  
Organisation (TEMHCO) Inc.

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(c/- The Salvation Army)  
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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  
PLACE  
STAMP  
HERE

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

