



ACT
Mental Health
Consumer Network



Network Navigator

11 November 2024

Welcome to the Network Navigator for this week.

All attachments for this bulletin are hyperlinked to their source as applicable. If you are unable to open any links please contact the Network on (02) 6230 5796 or email actmhcncn@actmhcncn.org.au

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To update your emailing preferences, please complete the following online form <https://forms.office.com/r/BZSsDnBaiv> or send an email to actmhcncn@actmhcncn.org.au and ask to be added to any or all of these additional mailing lists.

The Network acknowledges the Ngunnawal people as traditional custodians of the land upon which we sit and recognise any other people or families with connection to the lands of the ACT and region. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region. We would also like to acknowledge and welcome other Aboriginal and Torres Strait Islander people may be reading this communication, and we recognise the ongoing contributions of all Indigenous peoples to ACT society and Australia more broadly.

1. Annual General Meeting 2024

A reminder that our Annual General Meeting (AGM) is coming up and will be held from 11am to 1pm on Tuesday 19 November 2024 in Room 8, Level 2 at the Griffin Centre and online via Zoom.

If you plan on attending, please RSVP online using for the following link (<https://actmhcncn.civicrm.com.au/civicrm/event/register/?id=870&reset=1>) or click on the RSVP button.

RSVP Now!

Apologies can be sent through to actmhcncn@actmhcncn.org.au or call (02) 6230 5796 or SMS to 0424 468 620.

So we can properly set up the venue and deal with any last minute issues that arise, **access to the AGM venue will be available from 10.45am**. External seating will be available for any attendees who arrive early.

If you haven't received your member pack in the post or require one, please contact us to rush one out to you.

A webpage has been created for members to easily access specific documents, should they be required. The link to this page is <https://actmhcncn.org.au/2024-annual-general-meeting/>

For anyone interested in applying for a position on the Board, particularly new members, but feel uncertain whether it is something you could do, we encourage you to nominate! Training in the basics of being on a Board is offered following the AGM to help build your confidence, along with ongoing support.

We have been made aware of an issue with the online nomination forms requiring a Microsoft account to access and are reviewing the settings for these forms. PDF and Word versions are available from the above link.

Catering has been ordered that will accommodate for vegetarian, vegan and gluten-free options, along with milk alternatives such as soy and almond. If there is any dietary requirement outside of these, please let us know.

2. PhD oral presentation details

As some members and readers may be aware, Terri Warner, who is a member of the Network has been working on her PhD, focusing on the NDIS and psychosocial disability.

Terri will be presenting her PhD to ANU academics etc. this coming Friday, 15 November from 3pm. Terri welcomes consumers who are interested in hearing her PhD to come along either in person or online via Zoom.

[Invitation flyer is attached](#). Zoom details are in the flyer but if you're available to come in person the venue is the flexible learning space on Level 2 of the ANU Florey Building (54 Mills Road).

3. End of Year gathering

An early heads up to members and friends of the Network that we will be holding our end of year gathering on Wednesday 11 December 2024 from 11am to 1pm.

Because it was such a nice venue for Mental Health Month, we will be holding it at the Salthouse Community Centre, Haig Park in Braddon. Formal invitation will be sent out end of November.

4. New Adult ADHD Therapy Group

Lets Talk are thrilled to introduce the **Canberra Adult ADHD Therapy Group**, a monthly, face-to-face therapy and skills development program tailored for adults in Canberra and surrounding areas who have an ADHD diagnosis or suspect they may have ADHD.

About the Group:

Group therapy is highly effective for individuals with ADHD, fostering connection and accountability among participants. Sessions will be facilitated by Canberra counsellor Simon Tidy, who brings extensive experience working with clients with ADHD.

Each month, the group will explore a different topic, covering:

- **Psycho-education** on ADHD
- Practical **strategies and coping mechanisms**
- Tools to help navigate the unique challenges associated with ADHD

In addition to monthly group sessions, participants can subscribe for added benefits, including access to a **50-minute individual session** with a trained counsellor and entry to a private, confidential online chat forum. This forum provides ongoing support, enabling members to ask questions, share experiences, and support one another between sessions.

When and Where:

- **Start Date:** Thursday, November 21, 2024
- **Time:** 6:30 PM to 8:30 PM AEDT
- **Location:** Canberra Baptist Church Hall, Currie Crescent, Kingston, Canberra

If you're looking to better understand ADHD, connect with others, and learn practical skills, this group is here to support your journey. Spaces are limited to **10 participants**, so we recommend early registration.

For more information, please email info@lets-talk.net.au with the participant's full name, email address, and preferred contact number.

5. Member Expressions of Interest, ANU Human Research Ethics Committee

The Australian National University (ANU) is seeking expressions of interest (EOI) from community members to join on the Human Research Ethics Committee (ANU HREC).

Research at ANU strives for excellence in all areas we pursue, delivered in a culture of academic freedom and collaborative, ethical enquiry.

The role of the HREC is to review ethics applications involving human participants, and to decide whether they meet the requirements set out in the [National Statement on Ethical Conduct in Human Research 2023](#) (*The National Statement*).

The Role

HREC membership consists of a chairperson, members representing the general community, people involved in professional care, lawyers, people involved in pastoral care, and experienced researchers encompassing the range of disciplines across ANU. The collective membership is intended to represent a broad cross-section of the community.

The National Statement indicates that the minimum membership of a HREC must include two people who bring a broader community or consumer perspective, and who have no paid affiliation with the institution. They cannot be currently engaged in medical, scientific, legal or academic work.

Options for full time attendance (11 meetings per year) or casual membership (attendance every couple of months, depending on need and availability) are available.

Role requirements:

- **Tasks** - Online review of agenda items (including approximately 6 applications per month). Read, assess, and provide written feedback within the Research Ethics Management System (REMS) for collation by the deadline. Attendance at one meeting per month.
- **Time** - Approximately eight hours per month of application review and one meeting of up to four hours (in person or online).
- **Appointment** - Initial term of six months which will be reviewed for extension for a further two years. Appointments are made by the Deputy Vice Chancellor (Research and Innovation).
- **Training** - Online module and induction session through ANU Ethics office.
- **Remuneration** - Volunteer Members (external to ANU) will receive a thankyou payment for each meeting attended. This payment will be made annually and is not superannuable.

Submissions

For further information about the role, please email Ethics Manager, Cassandra du Boulay, Cassandra.duboulay@anu.edu.au or call 02 61251162.

To submit an expression of interest please provide a current CV with two referees, and a cover letter outlining your motivation for applying and what you would bring to the role.

6. Women's Justice Network Mentoring Programme

The Women's Justice Network (WJN) are seeking mentors for the women and girls who are entangled in the criminal law system in ACT.

The WJN mentor programme is vital in providing these women with the support and skills to re-integrate into the community once released from custody.

[A copy of the flyer with contact details can be downloaded on this link.](#)

4. Keeping your home cool for less

Stay cool in your home this summer without breaking the bank.

In this workshop you will learn where you use energy in the home and how you can make savings.

Learn no-cost behaviours and simple improvements so you don't need as much energy to keep your home cool.

Participants will also be provided information on the support and rebates available through ACT Government programs such as:

- the Sustainable Household Scheme.
- the Home Energy Support Program for Australian Government Pension Concession, Australian Government Health Care and DVA Gold Card holders.

Once registered you will receive an email confirming your registration, including links to attend the webinar.

Contact:
Sustainable Home Advice Program
sustainablehomeadviceprogram@act.gov.au
Ph: 1300 141 777

Event Info

Date: Wed 13 November
Time: 12:30pm - 1:30pm
Cost: Free / Online

Register using the link below"

<https://actgov.webex.com/weblink/register/racac29044d003074c6d446887bf3d625>

5. Have your say: Future support for children with disability in Canberra

The Social Deck is hosting online consultation workshops for families and carers to have their say about Foundational Supports for children aged under 9 with developmental concern, delay and/or disability.

This consultation is an opportunity for families, carers, and kin in ACT to share your ideas and experiences on what supports could look like that meet the needs of children and families like yours.

All families, regardless of if your child has a NDIS plan, are encouraged to attend.

Date: Monday 18 November 2024

Time: 7pm - 9pm AEDT / ACT time

Location: Online via Zoom – read more and reserve your spot via the Healthy Schools ACT website

(<https://www.healthyschoolsact.com.au/news/have-your-say>)

6. Update: Foundational Supports community consultation events

Please find the below update on the Foundational Supports consultations and a request for assistance to promote the remaining engagement activities through your networks.

Consultations on supports for children and their families

Separate sessions for families and carers, and the sector have been published on DSS Engage with dates, times and links provided below for people to have their say on the foundational support needs for children and their families.

The questionnaire for support needs for children is also now live on DSS Engage at: [Foundational Supports for children with developmental delay or disability, and their families, carers and kin Consultation Paper : Questionnaire](#)

Sessions for families and carers

<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Registration</u>
<u>New South Wales</u> – Online workshop for families	<u>Thurs. 14 November</u>	<u>7:00pm</u> = <u>9:00pm</u> <u>AEDT</u>	https://events.humanitix.com/new-south-wales-family-and-carer-workshop-foundational-supports-for-children
<u>Australian Capital Territory</u> – Online	<u>Mon. 18 November</u>	<u>7:00pm</u> = <u>9:00pm</u> <u>AEDT</u>	https://events.humanitix.com/australian-capital-territory-family-and-carer-workshop-foundational-supports-for-children

<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Registration</u>
<u>workshop for families</u>			

Online consultations – Supports for children and their families (for sector workforce and representatives)

Online consultations aimed at the early childhood sector and disability workforce are also now open for registration on DSS Engage, as per the links provided below:

<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Registration</u>
<u>Online workshop for families</u>	<u>Mon. 18 November</u>	<u>12:00pm – 2:00pm AEDT</u>	https://events.humanitix.com/foundational-supports-for-children-online-roundtable-stakeholders
<u>Online workshop for families</u>	<u>Thu. 21 November</u>	<u>12:00pm – 2:00pm AEDT</u>	https://events.humanitix.com/foundational-supports-for-children-online-roundtable-stakeholders

In addition DSS are working to arrange workshops with Disability Representative Organisations and separately similar workshop with the Child and Family Supports Alliance - and will revert back with potential times and draft agenda for feedback.

Consultation update – summary as at 5 November 2024

This week face to face consultations on general supports are occurring in **Queensland**. Next week (week commencing 11 November 2024) consultations will begin in **Western Australia**.

- To date 3,952 people have registered for events, with attendance numbers for events held to date at 2,471
- 41 completed events
- 8 online consultations to date, includes the introductory Webinar held 20/09/24
- 33 in person consultations to date
- 1,300 people have registered to receive updates on our mailing list
- 96 posts to the online Ideas wall
- 370 responses to the questionnaire.

Registrations for face to face consultations on general supports continue to be very strong in capital cities, however we encourage jurisdictions to reach out to their networks to help promote and target the engagement opportunities in the regional areas in particular.

Consultation events

You can view the event calendar for more information about how to register for accessible online and face-to-face events <https://engage.dss.gov.au/foundational-supports/consultations-calendar-and-registrations/>.

We appreciate that [attending an in-person consultation event](#) won't suit everyone. Other ways for people to [have their say](#) include posting on our [online ideas wall](#), completing an [online guided questionnaire](#) or providing a submission to [a consultation paper on DSS Engage](#).

The stakeholder toolkit at [DSS Engage](#) is being updated to include social media tiles to assist you to promote the consultations for families with children under 9 with development delay and concerns and /or disability.

7. Bagariin Aboriginal Cultural Awareness training

Yuma! Bagariin Aboriginal Cultural Awareness training is coming up on **Wednesday 27 November 2024.** 9:30am – 4:30pm

Venue: Boomanulla Oval meeting room, [169 Goyder Street, Narrabundah ACT 2604.](#)

Description: ACTCOSS invite you to participate in a Cultural Awareness Workshop led by local Ngunnawal Traditional Custodian, Bradley Mapiva Brown.

This one-day course is designed to enrich your understanding of the cultural landscape and protocols within the ACT and its surrounding regions. Participants will gain invaluable insights into Ngunnawal traditions, cultural values, protocols, sensitivities, and rich histories through this essential training opportunity. Join us for an enriching journey of cultural discovery.

This experience is especially valuable for professionals in client-facing roles or those engaging with Ngunnawal Traditional Custodians and other Aboriginal and or Torres Strait islander People, individuals and communities.

There are still have a few spots left, if you are interested in attending the training please register on the link: [Cultural Awareness Training: Yuma!](https://actcoss.org.au/news-and-events/events-and-training/event/?reset=1&id=125) (https://actcoss.org.au/news-and-events/events-and-training/event/?reset=1&id=125)

8. Position Vacancies

8.1 Chief Executive Officer, Mental Health Community Coalition of the ACT

The Mental Health Community Coalition of the ACT (MHCC ACT) is the leading voice for community-based mental health services in the ACT and plays a critical role in advocating for better mental health outcomes.

The role demands strategic leadership, excellent stakeholder skills, a willingness to collaborate and create sustainable partnerships and a focus on operational excellence.

Further information and to apply is available via Ethical Jobs website (https://www.ethicaljobs.com.au/members/TurningStones/chief-executive-officer-1?utm_source=job-alert&utm_campaign=new-job-alert&utm_medium=email&utm_source=transactional&utm_campaign=WEEKLY)

Closing date for applications is 11:59 PM AEDT, Friday 15 November 2024.

9. Agency bulletins

Listed below are the current email bulletins that the Network has recently received and may be of interest to readers.

[Weekly Update](#), Mental Health Australia

[Care e-Newsletter](#), Care Financial Services

[Mad Monday Memo](#), Being NSW (Recovery camps article has been recommended reading)

[Monthly newsletter](#), Disability Advocacy Network Australia

[Consumer Bites](#), HealthCare Consumers Association ACT