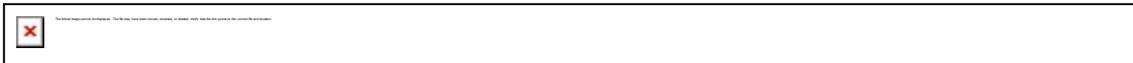

From: Mental Health Carers Voice <mhcarers@carersact.org.au>
Sent: Friday, 22 January 2021 1:58 PM
To: Mental Health Carers
Subject: Welcome to 2021 from Mental Health Carers Voice

Categories:

January 2021

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News Update - January 2021

In this update you will find:

- [MHCV team update](#)
- [Mental Health Carers Discussion Groups](#)
- [New Mental Health Carers Voice Facebook Page!](#)
- [Carer Experiences with PACER](#)
- [Support Your Wellbeing](#)
- [New Factsheet: How to Write a Carer Statement](#)
- [NDIS Access and Planning Consultation](#)

MHCV team update

Hello everyone and welcome to 2021!

We hope you had a good festive season. We've already been hard at work on some exciting new things that we can't wait to share with you over the coming months.

C has been working on the MHCV communications, building us a Facebook page so that you can get more regular updates from us and our colleagues across the ACT mental health sector. Catherine has been talking to carers about their experiences in the mental health system to make sure that we put carers at the centre of what we do.

We're keen to connect with all of you in 2021, so if you have feedback about a service, or an issue you think we should look at, get in touch! Check out some of the events and consultations below, [send us an email](#) or call 6296 9993.

All the best,

C Moore and Catherine Vonarx

The Mental Health Carers Voice Team

Mental Health Carers Discussion Groups

We'll be holding morning/afternoon tea and discussion sessions on different topics throughout the year. It's an informal way for you to meet other mental health carers and get involved in our advocacy on issues like changes to the NDIS and Housing Options.

To help us plan, what time would be easiest for you to attend on a weekday?

[10am-12pm](#)

[1pm-3pm](#)

[3pm-5pm](#)

[4pm-6pm](#)



It's your last chance to fill in the Mental Health Carers Voice survey! We'll be closing the survey on February 15th so you've got a bit more time to contribute. It takes 20-30 minutes, and your contributions will help us drive our work for the next year.

[Click here to complete the survey.](#)

New Mental Health Carers Voice Facebook Page!

We've started a Facebook page so that we can provide you with more regular updates and connect with more carers out in the community. To help us get established, we'd appreciate it if you could like the page and share it with your friends.

Find us at [facebook.com/mhcarersact](https://www.facebook.com/mhcarersact).



Carer Experiences with PACER

Have you had an experience with the Police, Ambulance and Clinician Early Response (PACER) program? We want to hear the experience of carers with this new program so we can pass on their feedback.

Give us a call at 6296 9900 or email mhcarers@carersact.org.au to tell us your thoughts (good or bad) and we'll use them to help shape the program going forward.

[You can read more about PACER in this factsheet.](#)

Support Your Wellbeing

Carers ACT has some upcoming online workshops to help you manage your wellbeing.

- [Wednesday 27 January, Managing Your Stress, 12.30pm – 1.00pm](#)
- [Thursday 28 January, Managing Your Stress, 11.00am – 11.30am](#)
- [Wednesday 3 February, Self-care and Boundaries for Carers, 2.00pm – 2.30pm](#)

- [Friday 5 February, Self-care and Boundaries for Carers, 12.30pm – 1.00pm](#)

The 'Tuning In and Bouncing Back' workshop is a three week program on Thursday mornings 10.00am – 11.30am on 11, 18 & 25 February. The cost is \$10 for the three week program which includes morning tea. It will include learning mindfulness and relaxation techniques and the learning outcomes are to gain awareness of:

- The 5 Ways to Wellbeing.
- What is resilience and bouncing back?
- Why tune in and be present?
- Communicating for connection.

[Find out more and register for the program on the Carers ACT website.](#)

New Factsheet: How to Write a Carer Statement

We have written a short factsheet to help you write a Carer Statement for your care recipient's NDIS access or planning meeting. Carer Statements are a way for you to tell the NDIS how caring impacts you and how support could improve things.

[Download the factsheet here.](#) If you require an alternative format, please [email us.](#)

NDIS Access and Planning Consultation

The National Disability Insurance Agency is holding a consultation session with ACT participants and their carers and families to talk about the proposed changes to access and planning, including Independent Assessments.



The consultation will be held online using Microsoft Teams, on February 3rd from 10am to 12pm. [Please register via Eventbrite here.](#)

[View the consultation flyer for more information.](#)



- The opinions expressed in this E-Bulletin do not necessarily reflect the opinions and views of Carers ACT.
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