

From: Mental Health Carers Voice <mhcarers@carersact.org.au>
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March 2021

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News Update - March 2021

In this update you will find:

- [MHCV Team Update](#)
- [Expression of Interest: Parents Support Group](#)
- [Quarterly Forum: Safe Haven Café Co-Design Process](#)
- [April Mental Health Carers Afternoon Tea](#)
- [Joint Consultation: What makes a good NDIS worker?](#)
- [Save the date: Mental Health Carers Conference!](#)
- [Priorities for Mental Health Research](#)
- [COVID-19 Vaccine Update](#)

MHCV Team Update

Greetings!

It's been another exciting month at Mental Health Carers Voice. We've been participating in training, collating the annual survey results and running our first Mental Health Carers Afternoon Tea!

The Advocacy and Policy Advisory Group has recently endorsed this position paper on [Carer Engagement in Recovery Oriented Mental Health Care](#), which will help guide our advocacy efforts with services.

There's even more coming up, so check out some of the events and consultations below, [send us an email](#) or call 6296 9993 to get involved.

All the best,

C Moore and Catherine Vonarx

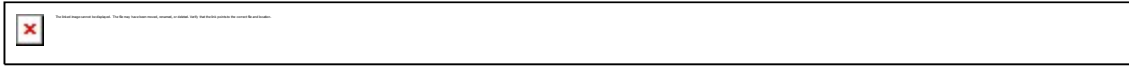
The Mental Health Carers Voice Team

Expression of Interest: Parents Support Group



We have heard that **parents of young people with mental health issues** would like to start a support group to discuss the issues unique to their families.

If you are interested, please [complete this form](#) to express your interest and help us shape the group.



Quarterly Forum: Safe Haven Café Co-Design Process

Mental Health Community Coalition ACT (MHCC ACT), the ACT Mental Health Consumers Network (Network) and Carers ACT invite you to save the date for the first Quarterly Forum in 2021 on the **Safe Haven Café Co-design process**.

When: Wednesday 7 April 2021, 2:00pm - 3:30pm

This forum will be opened by the Minister for Mental Health, Minister Emma Davidson.

The forum will cover:

- What is the Safe Haven Cafes project
- The Co-design process
- Where to from here – what's ahead.

Speakers:

- Minister Emma Davidson
- Jon Ord, Mental Health Policy Branch, Policy, Partnerships and Programs Division
- Helen Glover, Director enLIGHT'ened Consultants
- Terri Warner, Consumer and Consumer Representative with the ACT Mental Health Consumer Network
- Natalie Malcolmson, Carer and Carer Representative with Carers ACT

Please register your interest via [Humanitix](#) by Wednesday 31 March 2021

This forum will be held online using the zoom platform. A link will be emailed to you when you register.

If you have any queries please contact: mhcarers@carersact.org.au

April Mental Health Carers Afternoon Tea




Thank you to everyone who attended our first mental health carers afternoon tea! Our next afternoon tea will be on **Thursday April 29th from 1-3pm**.


We are looking for your suggestions on a topic to discuss! Whether it's housing, self-advocacy, carer rights or suicide prevention - we'll seek out a local expert to join us for a chat. Send through your suggestions to mhcarers@carersact.org.au.

You can register for the April Afternoon Tea on [eventbrite](#).

Other Events



March 26th,
11am-11:30am
**Managing Your Mood
Online Workshop**



April 14th,
10:30am-12pm
The Carer Experience of Grief



Joint Consultation: What makes a good NDIS worker?

Mental Health Carers Voice and Mental Health Victoria are inviting family/carers of people with a psychosocial disability and a NDIS plan to come to a workshop and tell us what you think makes a good NDIS worker.

The workshop is on **22 April 2021 from 2:00pm to 5:00pm**. Up to 12 carers can attend. You will be reimbursed for your time.

We will ask people that come to the workshop to talk about the important qualities, skills, knowledge and behaviours NDIS workers should have to do their job well.

Mental Health Victoria will use this information to make a good practice guide for NDIS providers and workers and recommend training for NDIS workers across Australia.

[Read the flyer here to find out how to get involved.](#)

Save the date: Mental Health Carers Conference!

Exciting news, we're running a conference for mental health carers! It'll be a 1-day event on **August 26th 2021**, here in Canberra.

We're also seeking proposals for activities, speakers or panels on issues that affect mental health carers. Whether you're a carer or part of the sector, get in touch with us at mhcarers@carersact.org.au to share your idea.

Priorities for Mental Health Research

The The ACT Consumer and Carer Mental Health Research Unit at the Centre for Mental Health Research at ANU (ACACIA) is looking for participants for a study exploring priorities for mental health research among consumers and carers in the Australian community. They are looking for people identifying as mental health consumers or carers.

[Read the flyer here.](#)

COVID-19 Vaccine Update

Carers who are family members of a person with disability or elderly person can get the COVID-19 vaccine as part of phase 1B. To prove your eligibility you can:

- Show carers documentation (e.g. proof of Carers Allowance, letter from your GP, companion card)
- Fill in a [Phase 1B Declaration Form](#)

Carers ACT cannot provide proof of eligibility for vaccination.

To find more information, and which conditions are included in the Phase 1B rollout, go to: [Priority groups for COVID-19 Vaccination Program: Phase 1b | Australian Government Department of Health](#)

Other Useful Links

- [COVID-19 vaccine - COVID-19 \(act.gov.au\)](#)
- [Australian Government Department of Health](#)
- Check your eligibility at: [Vaccines Eligibility Checker \(healthdirect.gov.au\)](#)

To talk to someone about the vaccine please call the **National coronavirus and COVID-19 vaccine helpline on 1800 020 080.**



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