

Indigo Daya

From: Indigo Daya
Sent: Wednesday, 21 October 2009 4:55 PM
To: Indigo Daya
Cc: Sandi Noble; Janet Karagounis
Subject: Voices Vic Update - October
Attachments: Pizza and participation meeting - poster.pdf



Voices Vic Update

www.prahranmission.org.au

Hello everyone,

Welcome to the Voices Vic October Update!

Lots has been happening since the training in September and all the latest news and info is included below. If you would like to make a contribution to our monthly updates, please email indigo@prahranmission.org.au.

Please remember we're here to help, so contact us anytime on 9692 9500 or via email. Also, keep an eye on the website as we're updating it every two weeks with new information.

Kind regards,

Indigo Daya, Sandi Noble & Janet Karagounis
The Voices Vic Team

VOICES VIC NEWS & INFO - October 2009



Pizza & Participation Day - Wednesday October 28th

Lots of people have contacted us wanting to get more involved in the network in various volunteer capacities. There are heaps of different ways to get involved, and we're holding a pizza session next week to brainstorm ideas. If you or someone you know would like to attend, please RSVP to: indigo@prahranmission.org.au. The invite is attached to this email.



New groups are starting all over the place!

The following areas are starting Hearing Voices Groups, with lots more services working hard to follow suit. Remember we'd love to list your group on our website, and can link back to your own site as well. Just email us your information.

- Wodonga - Gateway Community Health - Started October
- Mornington - Peninsula Support Services - Starting October
- Ferntree Gully - Eastern Access Community Health - Starting November
- Ballarat - APROTCH Ballarat Community Health - Starting December

Plus other groups to be started very soon:

- Clifton Hill - Fintry Bank Community Inc Ararat -Balgartnie Centre, Grampians Community Health
- Fairfield - Thomas Embling Hospital acute ward

We'd love to add your details to the list - call or email to update us on your group or to talk about how to get started.



Do you want us to visit your service?

Sandi and Janet have been visiting lots of services lately to speak to voice hearers and workers about hearing voices groups. This can really help to build interest in attending your group, and get other workers and managers onboard... plus it's a great afternoon event to promote your service! Sandi and Janet can also visit your hearing voices group. If you're interested, please contact Sandi or Janet

(sandi@prahranmission.org.au or janetk@prahranmission.org.au).



New brochures & poster on the web

In response to requests, we've recently put a new poster and brochure on our website which you can customise to promote your hearing voices group. Feel free to modify and use to get the word out about hearing voices groups. [Click here](#) to download the brochure, poster, and other new resources (including the Maastricht interview). We'd love your feedback!



Maastricht Conference

The inaugural hearing voices congress and annual Intervice meeting was held in Maastricht, The Netherlands, in September. All reports are that the conference was inspiring and packed with great ideas. Intervice have included many of the presentations on their website: [click here](#) if you'd like to read more.



Contact details for Voice Hearers

Lots of people who hear voices came to our training but we're unable to send them updates as workers didn't always pass on the person's contact info. Please let voice hearers (and other workers) know that we'd be

happy to add them to our mailing list (if they want) - and can email or post by mail all the latest voices news. Details on our mailing list are kept strictly confidential and aren't given to anyone else. To join the mailing list, email: indigo@prahranmission.org.au .



Training News

Voices Vic will be offering Hearing Voices Group Facilitator training again in January 2010. Expressions of interest can be emailed to: sandi@prahranmission.org.au. Flyers will be available on the website soon.

Workshops in voices work are being offered in November with Ms Debra Lampshire, who has lived experience of hearing voices and is a senior lecturer for mental health research and policy development at the University of Auckland. Training is available at the University of Melbourne ([click here](#)) and also at Frankston and Morwell (email the organiser, Mr Philip Benjamin, on philbenjamin@gmail.com).



REMINDER: Voices Vic Reunion - 9 Dec

As agreed at the training, we'll be holding a reunion workshop for everyone who came to the training:

Date: 9 December 2009

Time: 11am - 3pm

Venue: To be advised (probably the Betty Day centre again)

We'll break for lunch, but please bring your own (there's also a cafe close by). We'll provide tea & coffee. Please email indgo (indigo@prahranmission.org.au) if you'd like to attend. Certificates for the training will be available for pick up at the reunion.



REMINDER: Let us know what ongoing support YOU would like

Other hearing voices networks offer monthly or two-monthly support meetings for group facilitators. These are forums where you get the chance to share what's working, what's not, and also discuss new ideas from Australia and overseas. Once a few more groups have started, we'll like to set these forums up for you to access.

Please let us know whether you'd like to be part of this, what frequency of meeting would suit you (monthly etc) , and whether you would prefer face-to-face meetings, phone conferencing or video conferencing (we're trying to think of what will suit people in regional areas as well as the city). Any other support we can provide, please get in touch!

If you want to be removed from the Voices Vic mailing list, please reply to this message and put 'UNSUBSCRIBE' in the subject field.

Please feel free to forward this update to others who may be interested.

If you would like to join the Voices Vic mailing list, please email indigo@prahranmission.org.au.