

Indigo Daya

From: Indigo Daya
Sent: Thursday, 7 January 2010 6:45 PM
To: Indigo Daya
Subject: Voices Vic E-Newsletter - January 2010
Attachments: Voices Vic Reunion 9 Dec 09 - Minutes.doc; training schedule-jan 2010-pdf.pdf; Voices Vic Info pack for managers and clinicians.pdf



Voices Vic E-Newsletter

www.prahranmission.org.au

Hello everyone,

Welcome to the Voices Vic E-Newsletter for January 2010!

There are now 7 Hearing Voices Groups operating across Victoria, with about 16 more in the pipeline. Included this month is our great new training schedule, notes from a voices reunion meeting (some great sharing), plus exciting new initiatives for carers.

Remember we're here to help, so contact us anytime on 9692 9500 or via email. Sandi and Janet have been busy visiting services all over the state - and we'd love to come and talk with you.

If you would like to make a contribution to our monthly newsletter, please email indigo@prahranmission.org.au.

Kind regards,

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

VOICES VIC NEWS & INFO - January 2010



Training Schedule January - June 2010

Our new training flyer is attached to this email. We are very excited to be offering a range of great training options:

- Dr Rufus May - Individual work with Voice Hearers (2 days) - great for people who do individual, rather than group work.
- Jacqui Dillon - The Hearing Voices Approach (2 days) - ideal for group facilitators
- Sandi Noble & Janet Karagounis - Starting a Hearing Voices Group (1 day) - ideal for boosting facilitation skills and practical voices group work

Both Rufus and Jacqui are internationally renowned experts in voices work. Places are limited so don't miss out! We will also be offering carer training with Ron Coleman during May. Of course we are also happy to customise training for your service as well - please contact us if you are interested.



Pizza & Participation Day Outcomes

Thanks to everyone who attended this workshop in October. Some great ideas for participation in the network were raised, including more involvement with carers (see below) and setting up a speakers database.



Carer Initiatives

Voices Vic presented recently to the Victorian Mental Health Carers Network. We're pleased to announce the following initiatives which are being developed to better support carers of people who hear voices:

- Training days for carers (understanding voice hearing, self-care, and practical strategies to help at home). We hope to offer these for free in partnership with carer organisations.
- Training modules on hearing voices for other carer training
- Video conference support meetings for carers
- On-line Carer Tip Sheets

We gratefully thank those carers who have helped us develop these ideas (you know who you are!) and the support of the Victorian Mental Health Carers Network.



New groups are starting all over the place!

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.

Current groups:

- Wodonga - Gateway Community Health
- Mornington - Peninsula Support Services
- Prahran/St Kilda - Prahran Mission - 3 groups (young people, mens and women's groups)
- Preston - Mind & associated organisation - 2 groups (young people and an open group)

Groups starting soon:

- Fairfield - Thomas Embling Hospital - 2 new groups
- Ferntree Gully - Eastern Access Community Health
- Geelong - Kardinia Mental Health Services
- Frankston - Peninsula Health
- Clifton Hill - Fintry Bank Community Inc

- Ararat -Balgartnie Centre, Grampians Community Health

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.



Voices Vic Reunion Feedback... With more workshops on the way!

On 9 December a reunion was held for people who attended the Jacqui Dillon training. This was a fantastic day with 17 attendees. The attached minutes capture the key points of the meeting and are recommended reading. Topics included:

- What's working well in current groups?
- What are the challenges for current groups?
- What's getting in the way of starting new groups?
- Is the support provided by Voices Vic useful? What else can we provide?

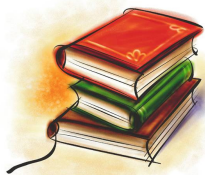
It was agreed that a reunion / workshop should be held every 3 months and be open to everyone from the network to attend. These will be forums to connect with others who have similar ideas, and share strategies and news.

MARK YOUR DIARY! Upcoming workshop dates will be:

- **Wednesday 10 March, 11am - 3pm**
- **Tuesday 8 June, 11am - 3pm**

If you'd like to attend one or both of these workshops, please RSVP by replying to this email.

Voices Vic Library and Bookshop



We're pleased to announce that from 30 January we will have a small collection of Hearing Voices books available for purchase and loan, starting with John Watkin's 'Hearing Voices: A Common Human Experience' and Ron Coleman's 'Working with Voices II: Victim to Victor'. We have other titles available to peruse at our office, and depending on interest may offer these for sale soon as well.

Please visit our website to order - from 30 January.



Information Pack for Managers and Clinicians

Some of the people starting up Hearing Voices Groups have requested an Information Pack to present to managers and clinicians, to help with explaining what hearing voices groups are about, and which gives a summary of current evidence and risk factors.

With great help and feedback from Dr Neil Thomas and Rebecca Ponchard, we've produced the attached document for this purpose. Please use it if helpful, and as always, we'd love your feedback.



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).

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.



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Prahran Mission 211 Chapel Street Prahran will be undergoing a major renovation and staff and services will be temporarily relocated to 1A Macquarrie Street Prahran 3181 from Friday 13th November 2009 until the completion of the renovations.

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