



**Aspire**  
A Pathway to Mental Health Inc.

June 2010

# The Warrnambool Wrap

Hello All

**Thank you to all those who attended the planning days at both sites.**

It is very important to us as a team to hear what you all want not only on the activity calendar but also from the rehabilitation and recovery team. We got a lot of feedback from those who could not attend as well as across the board. What we heard was that you want our communication to be better and to have not only rehabilitation and recovery focused activities but to ensure the activities included in the calendar are diverse and include lots of social opportunities and fun.

We are working closely within the team and with community organisations and facilitators to try to ensure we achieve these aims. As well as the Rehabilitation and Recovery activity calendar remember that the peer support groups in each area provide the ideal opportunities to connect with other people who have experienced mental illness. These groups often have guest speakers and do activities that will encourage you to get out and mingle. Please ask a staff member for further information.

Remember to rug up for winter and keep getting out and about, a challenge I know but worth it in the long run.

Cheers for now Joe-Anne and the team

## DASH



Our VMIAC meetings are going well with plans to build a strong Peer Support Group in Warrnambool and the surrounding areas. Any one interested in this group is welcome to come to a **'bring and share lunch'** on **Tuesday 15th June at 12pm** at Aspire. The group discusses any concerns you have and plans to improve mental health services and the rights of clients. VMIAC understands the importance of being able to connect with others who understand the challenges of living with a mental illness.

For our June guest speaker we have **Dale Nelson** an advocate who will be speaking on Centrelink Rights at **1:00pm on the 21st June**. This will be of interest to anyone who lives on a pension, so come along with all of your questions.

**The DASH bus trip is on Monday June 28th** to Terang where we will be Op Shopping and visiting Coinda (a disability support organisation).





