
Incoming Speakers

Forum: Stonnington Cares – Project Update –04.08.08

Forthcoming Events

28.09.2008 2008 Australian University Games – Volunteer help is required now. Refer Peter Angwin and Geoff Heeps for details.

For District News, please go to: clarice@rotarydistrict9800.org.au

	<u>04.08 .2008</u>	<u>11.08.2008</u>	<u>18.08.08</u>	<u>25.08.08</u>
House Committee Duty 12.00 Midday start	P Peters	P Angwin	A Walton	C Southall
Bulletin:	P Peters	P Peters	P Peters	P Peters



Club Directory changes to:
Pike.peters@bibstillwell.com.au
Subscriptions due! \$295 to treasurer

Bulletin

Rotary Club of Prahran



Meets Monday
Mt Erica Hotel
Corner High Street and Williams
Prahran
12.45 for 1PM Luncheon

Website: www.rotaryprahran.org
Email: prahran@districtrotary9800.org
Prahran Chartered 27th December 1955

President	Peter Schneider
Vice President	Graeme Newton
Secretary	Helen Robbins
Treasurer	John Harris
Bulletin Editor	Pike Peters

No. 2323 Monday 4th August
[Stonnington Cares: Real progress and real need](#)

Mount Erica Hotel
12.45pm for 1.00 pm
Reception: Lewis Woolf, Peter Angwin
Cashiers: Peter Betros, John Plowright
Subscriptions due! \$295 to treasurer

Previous Meeting

Guest from Benalla – Bill Hill

Bill Hill – Chairman of the Drought and Fire Recovery Committee for Benalla Rural City spoke of the devastation of the drought on country shires.

The issue after 5 years in drought is that the community has no money. This affects the farmers and their families, who are isolated and are struggling with huge increases in business cost inputs and the huge petrol/diesel cost increases. The pressures are having a huge social toll – with 4 farming families entering divorce proceedings in the past two weeks, and 8 teenaged children requesting assistance for their families.

There is still great strength in the rural communities – but there is need to know that metropolitan communities care and can assist.

Stonnington Cares will run functions, social outings, ensure connections between Benalla and Stonnington flourish to provide some relief from the situation, provide an opportunity to communicate and to make a real difference to the people in Benalla.

New Club Roster

President Peter announced that the current roster is not really working. From **next week** one member must arrive at **midday** to assist with setting up and running reception for the meetings. When Geoff Heeps is away on leave we will roster **two** members.

Openmind: Helping the mentally ill with homelessness.

Paul Ashton, Heidi Gratton & Dan McGuiness



Paul Ashton introduced Open Mind as the new brand for the Richmond Fellowship that has been operating in the area of mental illness and homelessness for 30 years.

Operating in Victoria and South Australia, the service assists 2,500 people per year. Those 2,500 people are assisted to recover in the community by reconnecting to family and friends, and rediscovering opportunities available to them. The main plank of the program is to provide stable housing and support that helps people regain their confidence. 50% of Open Mind's clients are under 25 years of age – most afflicted with acute anxiety, depression, bi-polar disorder and schizophrenia. The ages between 17 and 21 are the most volatile for the onset of schizophrenia. These clients are referred from hospitals in most instances.

Open Mind are funded by the government, but rely on corporate support for programs such as the sporting and social programs that have been so successful.

Heidi then spoke – with her background of working in mental health field in Australia for the past 4 years, and prior in the UK. Heidi manages Open Mind’s residential program based in Orrong Road, Armadale.

With most clients they live in the program for 2 years with the goal of returning to independent living at the end of that period. In most cases the patients at Open Mind have been isolated as a result of their illness – with a loss of hope and desire to live life.

In addition to the residential program, Open Mind also offer support services to people in their own homes and communities. As an example, Open Mind will help patients to set up a veggie patch – which helps to rebuild self esteem through achieving a tangible outcome with a new skill.

The program also runs sporting programs – a vital component with so many young patients – including walking and gym programs. Social opportunities are also facilitated with trivia and pool competitions being just two examples.

Dan then gave us his first-hand experience of the Open Mind program. Dan’s schizophrenia manifest itself when he was 17. He was able to recover and successfully finished studies and two years of University before becoming ill again.

Dan has lived at Trelowarren in Armadale for two years. Now 32, Dan says that his ability to cope with the ‘business of life’, i.e. cooking, cleaning, and being organized has improved ‘ten times’ from what he was able to do before his contact with Open Mind. Dan has also made a lot of friends – something he values greatly as his illness prevented building a social network before he moved to Trelowarren.

On 1st October, Dan will return to independent living. The program will provide him with the funds and assistance to outfit his new apartment and pay the bond.

Dan plays guitar with his band ‘Bi-polar bears’ which includes a lot of fundraising and awareness building for people with mental illness.



URGENT! Seeking any left-over fliers from the Stonington Council – South Ward Deliveries

Some of our walkers have run out of material to deliver. There are enough fliers for all households – so those with left over material – please return to Geoff Heeps. The drop needs to be completed within the next two weeks.

Please ensure that your annual subscription of \$295 is paid to John Harris.