Recovery Tip

Self Love

 PHYSICAL
- Moving your body
- What you eat
- Amount of sleep
- Physical wellbeing

 EMOTIONAL
- Understanding your feelings
- Coping mechanisms
- Expressing yourself

 SPIRITUAL
- Discovering what you believe
- Creating a practice
- Meditation + prayer

 PRACTICAL
- Budgeting
- Household chores
- Organization
- Safety + security

Types of Self-Care

 SOCIAL
- Meeting social needs
- Good support system
- Boundaries

 PERSONAL
- Creating core values
- Positive hobbies
- Life goals
- Time alone

 SOCIAL MEDIA
- No endless scrolling
- Positive feed
- Good boundaries
- No comparisons

 PROFESSIONAL
- Work boundaries
- Positive work environment
- Continued learning

Recovery is not for people who need it, its for people who want it.

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Meet Recovery Rocks Community New Activities Coordinator—Anita Flynn

Hi all,

Thank you all for welcoming me into the Recovery Rocks community, I feel excited about being included into this community and I would love to give some of the skills and knowledge I have gained over the years. I am really looking forward to getting to know other members. I believe combining all our skills and being open to new ones will make our community vibrant where we all can grow and develop.

I would just like to give you all a brief introduction as to who I am and how I have become who I am:

I grew up in Papua New Guinea, my father was an engineering missionary building boats and airstrips. Dad taught me early in life if you want something bad enough, with determination and hard work, anything is possible.

After high school I did an apprenticeship and became a chef. The sky was the limit for me. I moved to London where I met my future husband. We were engaged to be married, returning to Australia we had dreams of developing our own restaurant. When driving to Melbourne we were involved in a major accident and who I was and what I was disappeared in the blink of an eye. I suffered severe brain trauma, remaining in a coma for weeks.

Grief and loss was the story of my new existence, I had lost who I was....

This turned in to major depression and I self medicated with alcohol.... life was not worth living...

After many years I rediscovered my faith in God and together we have walked my recovery journey. I married and have two sons who are adults now. I did return to cooking for a number of years to finance my study. I completed a degree in Counselling. I have been employed by Richmond Wellbeing as a Recovery Worker for 8 years. During this time I studied a post grad, in Mental Health Counselling and currently studying for Chaplaincy.

In the last 8 years working in mental health I have met so many very special people and together we walked a path of recovery, though ups and downs. I am so looking forward to contributing now to Recovery Rocks Community Inc. (RRCI) and together we can realize how awesome recovery is, Recovery Rocks!

Anita has been calling all RRCi Members to introduce herself, and her calls have been warmly received. She is looking forward to seeing members at our picnic.
Consumers of Mental Health WA (CoMHWA) is pleased to offer up to twenty scholarships to undertake the nationally recognized CHC43515 Cert IV in Mental Health Peer Work qualification commencing Semester 2, 2019 at North Metropolitan TAFE. This course is for people with personal experience as an individual with mental health issues and/or a carer or family member. Scholarships have been funded by the Mental Health Commission of Western Australia in order to build capacity of the peer workforce and contribute to improved employment outcomes for peer workers. More information will follow in the coming weeks. If you are interested in applying for a scholarship, please register your details with COMHWA Phone Rebecca on 9258 8911 or email admin@comhwa.org.au

Wellness Initiative

Kirstie Ferguson and Marie Murray, are the proud founders of The Wellness Initiative. Passion motivates them and they are driven to empowering the community and sharing their knowledge and experience to improve the lives of others. At The Wellness Initiative Kirstie and Marie believe that wellness is for everyone and that not enough people in our community take the time out to make themselves a priority. The wellness initiative aims to provide workshops, training and courses for people to learn more about the concept of wellness within a range of topics, as well as more about themselves too!

Some of the workshops that they can provide include: Goal Setting, Exploring Motivation, Challenging procrastination, Vision Boarding, Mental Health Awareness, Self Esteem, Peer Support, and many more! If you to know more please don’t hesitate to contact us at info@wellnessinitiative.com.au Please feel free to have a look at the wellness initiatives website for more information www.wellnessinitiative.com.au

Hand to Heart - Social Connections for Older People

Many older people live alone and may become disconnected from the community following the loss of a loved-one, changes to lifestyle due to injury or ill health or barriers coming from a culturally diverse background.

Hand to Heart connects older people with relevant services and activities to have a positive impact on their quality of life and help them reconnect. Hand to Heart is a free program that helps older people in the Melville region get connected to services and community groups through a short series of home visits by volunteers. The service is backed by a database of social activities and interest groups, as well as service providers; including meals on wheels, financial counselling, technology support and exercise classes. When a person is connected to Hand to Heart, a trained volunteer will visit or call the person to find out what their interests and needs are, and support them to link up with groups, services and activities they would like. For more information click here https://www.melvilletalks.com.au/agefriendly-topic/hand-heart or contact ConnectGroups (08) 9364 6909

Cert IV Mental Health Peer Work Announcement
RRCi Members Picnic and Social Event

Sunday February 24th 2019
12 midday till 4pm
Port Coogee Beach Marina

BYO Picnic lunch and drinks

Connect socially with other RRCI members and like minded people.

Recovery Rocks Community are working on a program of new activities and we would like to hear suggestions from our members.

Don’t hesitate to contact Anita with your suggestions by phone mobile: 0447 641 122 or email our.recovery.rocks@gmail.com

Volunteering with Recovery Rocks Community Inc.

Recovery Rocks Community operates 100% on volunteer power.

Put simply, without volunteers we can’t exist.

We are committed to ensuring all our volunteers are valued and appreciated by providing resources, induction, training and support.

To discuss your interest or find out more about volunteering with Recovery Rocks Community, contact us via phone or email.

Thankyou to MIFWA for your ongoing support in printing and postal distribution of the newsletter to our community.