

Recovery Rocks Community Inc.



Peers standing stronger

EXCHANGE

Issue 63

July 2019

Recovery Tip-Break up the monotony

It's hard not to get bored and frustrated by a life where each day is the same as the last. If you feel like you're stuck in a similar rut and are yearning for a change, it may be time to try to break the monotonous routine and rejuvenate yourself.

**BREAK THE MONOTONY.
DO SOMETHING STRANGE AND EXTRAVAGANT!**

(EMERSON)

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can be valuable to our mental health and can perk up a tedious schedule. Try altering your usual way of driving home, plan a weekend road-trip, take a walk in a different park, hang some new pictures, find a new plant to grow in your garden, contact an old friend, cook a new recipe, or try a new restaurant.

Lizzey's Quote

Corner

“The most difficult matter is not so much to change the world as yourself”

Nelson Mandela

June Social Event



Some members and friends of Recovery Rocks Community gathered together at the Dome last month for a social get together. Others phoned to give their apologies and were missed, but we still had a good turn out. A July social event is planned in Maylands to create opportunity for our Northern Suburbs Members to attend without having to travel as far.

Pictured: Mauz, Chris, Philomena, Ros, Bryan, Liz, Amanda, Danny, Gail, Dudley

In This Issue

- Quote from Lizzey
- Recovery Tip– Break up the Monotony
- June Social Event
- Mental Wellness Workers Circle
- Cause of Death Unknown
- Discharged
- RRCi Membership Renewals
- Social Event
- Save the date

New Perth initiative for Workers: Mental Wellness Workers Circle

Hello there!,

Like many others I'm committed to change in the way we approach and support mental wellness in our community and am always looking for new approaches to change. In collaboration, I'm trialing a new approach using Meetup.com that members of this group may be interested in, and may want to contribute to. The idea is based in approaching and working with people outside of the mental health sector and creating structures in the mental wellness area. The target is people who don't identify with the mental health system and professionals who are looking to work with them in new ways. Our first initiative with Meetup is to create a group for professionals (who are willing to identify as working in mental wellness) to co-create what comes next. This group is called 'Mental Wellness Workers Circle' and can be found on Meetup.com. It's free to join. We are looking for like-minded people to share ideas, engage in peer support and implement change. Our focus is very much on establishing a group that are up for envisioning and creating real change in the mental health sector, not just talk about it. altogether?? Harness your optimism and hope - read some more about what we're up to...

If you're interested, click on this link <https://www.meetup.com/Mental-Wellness-Workers-Circle/> or just search for the name on Meetup.com and, if it feels like a 'fit' for you, come join us!

No matter where you're based, by joining the Meetup group you can follow and contribute to the discussions and outcomes. For local Perth people, you can attend in person. If there is interest, we may create a virtual group for those not able to attend in person, but that is in the future.

I do look forward to hopefully meeting up soon, whether through this forum or another.

Warm regards, Ros Bowyer Email: rosbowyerconsulting@gmail.com

"Cause of Death Unknown" Screening last Month

Member Dudley reported that the screening and panel discussion went well. For those unable to attend the screening last month. The film is available to rent or buy in Australia now, please share it if you know others who would want to see it:

<https://vimeo.com/ondemand/causeofdeathunknown>

DISCHARGED-An alternative to suicide approach

Suicide Peer Support Forum– An information evening on an alternative approach to supporting people who experience suicidal thoughts, feelings and actions. At this forum, you will have the opportunity to hear about some of the 'myths' of supporting suicidal people and a new peer mentorship model of supervision from our lived experience facilitators. As well as presenting about exciting research into the “alternatives to suicide” model, you will also get the chance to ask questions to each of our speakers in a short Q&A session after the presentation.

When : 6-8pm Tuesday 30th July

Where: The Hepburn Centre 46 Highclere Blvd, Marangaroo

RSVP: <https://www.eventbrite.com/e/we-are-discharged-suicide-peer-support-community-forum-registration-63553055901?aff=ebdshpsearchautocomplete>

Membership Renewals

Big **thank you** to all our members who have completed their membership renewal. This year we offered an incentive to members to get their renewals in by the 30th June (end of our financial year) All those who did this were entered in a draw. Congratulations **Donna Murray** The lucky winner of the \$25.00 gift card .

So it's not too late to renew, we will be accepting renewals for a while yet. If you need assistance with your renewal, don't hesitate to contact us via phone or email.



Our Management Committee and Volunteers



Recovery Rocks Community Management Committee and volunteers met face to face for the first time last month . Our meetings usually take place via teleconference or phone, so it was lovely to meet up in person. It was encouraging to welcome back ,after a leave of absence our activities coordinator Anita.

After recent surgery, Anita has recovered well and is fit and ready to get back onboard. Stay tuned for more on upcoming RRCi activities.

Pictured : Lyn, Trish, Robert, Brian, Danny, Amanda, Monica and Anita

Members Update from Lizzey

Hi My name is Lizzey and I am a member of Recovery Rocks Community. I'm back and going to resume giving a quote each month for our newsletter., I find quotes helpful on my journey and hope you do too. I recently applied for a support worker job in Broome , the phone interview went well , now leaving it up to the universe. With Luv Liz x

Reflection from Trish -PROBABLE VERSUS POSSIBLE

'But I didn't know enough about the world to analyse the likelihood of my success; I had only the commitment to actually show up and do it. In the years ahead of me, I learned that the world is actually filled with people ready to tell you how likely something is, and what it means to be realistic. But what I have also learned is that no one, no one truly knows what is possible until they go and do it.'

(Excerpt from: Breaking Night by Liz Murray. A memoir of forgiveness, survival and my journey from homeless to Harvard. Thorndike Press USA. 2010)

Upcoming Event

Members Social Event

(Catch Up with RRCi Founder Amanda who will be present at this event.)

**Friday July 26th
5pm –7pm**



**Venue: Dome Café
Maylands**

**219 - 221 Railway Parade
MAYLANDS 6051**

**RSVP by Thursday July 25th
Email: our.recovery.rocks@gmail.com
Phone/text: 0447 764 1122**

**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.

Save the Date

Member's Forum and Luncheon

**Saturday August
17th**

**11am till 3.30pm
South Lake Otley
Centre**

More information to come

Contact us for more information

**Recovery Rocks Community Inc.
ABN 86935166752**

**Phone
044 764 1122**

**Email
our.recovery.rocks@gmail.com**

**Postal Address
PO Box 358
Cannington WA, 6987**

**Check out our Website
www.recoveryrockscommunity.org**

**Join our Closed Facebook Group
Recovery Rocks Community Inc.**

**Visit our YouTube Channel
Recovery Rocks Community**