Recovery Tip – Spread Love and Kindness

Spread Love

Remind the people you love that you love them. And find compassion for the people who are harder for you to love or even just get along with.

Spread Kindness

Random acts of kindness actually increase and sustain happiness. You can spread kindness in many ways, such as by being friendly and generous, and infusing the world and your community with positivity over the holidays and every day.

RRCi Members Beach Picnic

RRCi Members, family and friends are invited to join us on

Saturday December 14th

3.30 pm – 6.00 pm

South Beach (look for the RRCI sign)

Cnr Ocean Drive and Ocean Rd,

South Fremantle

BYO Picnic, drinks, snacks, chairs/rug, sunscreen, bathers if you want to swim.

RSVP by Phone/text or email by Friday December 12th

Lizzey’s Quote Corner

If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Be yourself.

Excerpts from the Desiderata

By Max Ehrmann 1927
AGM-Update

The Recovery Rocks Community Annual General Meeting was held successfully on Thursday 31st October 2019.

Many thanks to those members who came and supported us on the day, and to our volunteers who provided the hospitality and refreshments.

Special thanks to our guest speaker

Phoebe Kingston, you can found more about Phoebe’ and her lived experience work on her website www.thrutherabbithole.com.au

To download a copy of Recovery Rocks Community’s latest 2018-2019 Annual report please click here https://recoveryrockscommunity.org/publications/annual-reports/

The Recovery Rocks Community management committee members will remain the same for the 2019-2020 year.

Lyn Mahboub- Chairperson, Amanda Waegeli-Vice Chairperson, Brian Wooller- Treasurer, Monika Townsend—Secretary, Committee Members-Daniel Habermann and Robert Blakeman

Our Turn to Speak National Survey

The National Stigma Report Card project will examine for the first time how Australians living with complex mental illness experience a range of issues across a comprehensive domain criterion including; housing, education, employment, health services and media representations, to help drive positive change. A National Stigma Report Card will be created from a comprehensive survey of 7000 Australians living with complex mental illness about the experiences of journey.

To be eligible to take part in the Our Turn to Speak survey, you must be an Australian resident, aged 18 and over, who has been living with a severe and complex mental health issues over the last 12 months: For more information click on this link

http://www.nationalstigmareportcard.com.au/information-for-participants  The survey takes approximately 30 minutes and can be completed online from the above website, or over the phone. You can take the survey over the phone between 9am–8pm (AEDT), Monday–Friday. Phone 1800 998 983 All responses will be kept confidential. Participants may be offered reimbursement for their time with a $25 electronic gift card. If you are eligible to receive this reimbursement, a gift card will be sent to you via email within ten business days of completing the survey. Only one gift card is available per participant.
RRCi Member Christine Eldridge has a Shoprider Electric Scooter for sale.

It belonged to her partner Ken, who some of you may remember attended RRCi social events and who has recently passed away. The scooter has been serviced in the last year has new tyres and battery it also comes with a battery charger. $950.00 or nearest offer

Please contact Chris 0419 915 862

Recovery Rocks Community ‘December Letters of Hope Project’

During the month of December, Members, Friends and Allies of Recovery Rocks Community will write and send holiday cards and ‘Letters of Hope’ to individuals who are voluntarily and involuntarily being held in psychiatric institutions in WA.

We will gather on **Sunday 8th December, 2pm to 4pm** at ‘The Nook Room’ Dome Café, 219 Railway Pde, Maylands WA. Together we will write secular holiday cards with messages of hope, healing, and encouragement to our friends in psychiatric institutions. If you wish to join us on the day, please RSVP by 7th Dec on email: our.recovery.rocks@gmail.com or mobile: 0447 641 122

If you are unable to attend but wish to support this initiative, you can write and post your letters to

**Letters of Hope, C/O Recovery Rocks Community Inc, PO Box 358, Cannington WA 6987**

You can also support us by donating cards, envelopes, stationary or art materials. Please post them to the above address or contact us to arrange drop off of items for donation.

We invite all who care about those who will find themselves spending their holidays in psychiatric institutions to join us in sending out holiday greetings (cards, notes, art, and letters) to patients in psychiatric confines. Any card or picture or letter sent in the spirit of kindness to a person experiencing psychiatric confinement will mean so much.

Your letter of encouragement and solidarity might be the letter that humanizes a patient in an otherwise traumatizing and dehumanizing situation. Your letter might be the one that makes someone who is being treated like no one remember that they are someone, someone very special.

**Spirituality and Recovery**

Do you have an interest in spirituality? Have your spiritual practices and faith helped you on your mental health recovery journey? Would you like to connect with others to share and discuss spirituality and mental health recovery? If so please contact us at Recovery Rocks Community.
Upcoming Event
Next Members Social Event

Friday 29th November
6pm – 8pm

Venue: Dome Café
Rockingham
15 Kent St.
Rockingham 6168

RSVP by Thursday November 28th
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.

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

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