



richmond
fellowship
tasmania



Richmond
Futures

Richmond Connections

Newsletter | September 2022

What's inside

2. Message from the CEO
Family & Friends Survey
3. Program Highlight
Recovery Group
4. TasRec
What's happening state-wide
6. Independent Living
Living in North West
Tasmania
8. Staff Spotlight
Kristy McDonald



TasRec – Update

Participants headed to Carrick for this year's Agfest, 24 – 27 August. Normally the event is held in May but was postponed to August with the month providing some lovely weather for the event.

Agfest has grown from the inaugural May 1983 event that attracted 111 exhibitors and 9,000

patrons into a globally-recognised event with more than 700 exhibitors and 60,000 attendees.

Participants enjoyed the day out as part of the Social Group / Day Trip program, happening on Mondays in the North and South. Fridays in the North West.

Message from the CEO

Proactively seeking feedback from participants and their family and friends is a key focus of our lived experience engagement framework. An important aspect of this framework is the annual Participant Survey held every July. This survey provides an opportunity for participants to share their experiences of our programs and services and to provide feedback around how we can strengthen our offerings. Inline with previous years, responses were received from participants across all programs and represented a good spread of gender and time engaged in Richmond Fellowship Tasmania and / or Richmond Futures programs. Both the responses to questions, as well as the open comments were overwhelmingly positive and demonstrated improvements in areas identified from last year's survey.

Respondents strongly agreed or agreed that the effect RFT / Futures has had on their lives means:



"I have left to gain better mental health" (participant)

"I can talk to my person in my own words and way. I feel safe and connected to life again. This service has been one of the best services I had in a long time." (participant)

RFT/ Futures recognising the important role family and friends play in supporting participants (people who access RFT / Futures programs and services) in their recovery and wellbeing journey. RFT / Futures is committed to improving its communications and engagement with the families and friends of participants and ensuring that this important group is supported. Our annual Family and Friends survey is now open, providing an opportunity to provide feedback directly from this important group around their experience of RFT/ Futures. This survey opens 19 September and closes 28 October and can be accessed to complete via the QR code or use the link: <https://www.surveymonkey.com/r/PJ2CHS8>

FAMILY & FRIENDS SURVEY 2022

HEARING FROM THE MOST IMPORTANT PEOPLE – YOU

A new initiative being introduced for family and friends is a six monthly newsletter, providing specific information and supports to family and friends of participants accessing our service.

To subscribe to the Family & Friends Newsletter contact, Adele Jarvis: adelej@richmondntas.com.au

Mental Health Week is running from 8 – 16 October 2022. This years theme is 'Awareness, Belonging and Connection'. RFT / Futures will be celebrating Mental Health Week with the following events.

Event details:

Tree Planting & BBQ Lunch – Thursday 13 October 2022, 12pm, kuntana liprini, 27 – 29 Garfield Road, Glenorchy.

RSVP by 30 September 2022

Call: (03) 6228 3344

Email: admin@richmondntas.com.au



Miriam Moreton
CEO

The flyer features logos for 'richmond fellowship tasmania' and 'Richmond Futures' at the top. The main title is 'Tree Planting' in a large, white serif font on a purple background. Below the title, it says 'to commemorate the Platinum Jubilee of Her Majesty, Queen Elizabeth II'. A central photograph shows a group of people, including children and adults, planting a tree in a field. A circular seal for the 'JUBILEE AUSTRALIA 2022' is overlaid on the photo. Below the photo, the text reads 'You are invited to the Australian Government's Planting Trees for the Queen's Jubilee Program'. The event is titled 'Celebrating Mental Health Week 2022'. Details include: 'Where: kuntana liprini, 27 – 29 Garfield Road, Glenorchy', 'When: Thursday 13th October 2022', and 'Time: 12:00pm for tree planting & 12:30pm for a BBQ lunch.' RSVP information is provided: 'RSVP by 30th September to: email: admin@richmondntas.com.au or call: (03) 6228 3344'. At the bottom, there are logos for the Australian Government and Mental Health Week 2022.

Recovery Group – North West

As part of the TasRec program, Recovery Group has been on offer at our Ulverstone centre, on the north-west coast since July 2022.

Based on the Recovery Star, Recovery Group runs twice a week with a focus on reflective journaling and helping participants achieve their personal goals.

Each week features a different topic with guest speakers, various activities and provides a chance for participants to meet great people

as they navigate their mental health recovery journey.

Recovery Group meets at Ulverstone Neighbourhood House, 7 – 9 Lugana Crescent, West Ulverstone, Mondays, 9am – 11am and Fridays, 12pm – 3pm.

For more information about the Recovery Group:

- Call: (03) 6228 3344
- Email: admin@richmondntas.com.au

TasRec – Update continued

One of the sculpture pieces entered for the Nickolas Long Art Prize



The Nickolas Long Art Prize will be judged on Tuesday 20th September by Nickolas' mum, Julie Nylander. All the sculptures will be on display. To find out more please contact Nadia. The second art prize for the year has started with the theme "Drawing from the Environment". The category is open, so we expect to see a wide variety of mediums used to create pieces of art inspired by the environment.

It's been busy at the Patrick Street kitchen in Hobart. Participants have been creating some classic winter warmers, such as scrumptious looking chicken and leek pies. August featured a touch of Mexico in the Ulverstone kitchen.

Cooking classes run at:

- Ulverstone every Thursday, 12pm to 2pm
- Mowbray every Thursday, 10am to 12pm.
- Hobart every Friday, 10am to 12:30pm.

Bingo is back fortnightly at Patrick Street!

Participants have been enjoying the opportunity to win some fantastic prizes, have a coffee made using the brand new coffee machine, have a snack and be part of the fun and friendly competition.

TasRec Term 4 sees the return of our gardening group after taking a winter break. Term 4 runs from October 3 to December 23.

You can view and download the North West, North and South timetables at rft.org.au/services/tasrec-online-booking/

If you'd like to know more about TasRec's programs on offer, contact Program Leader, Nadia Cole: nadiac@richmond tas.com.au or (03) 6228 3344



Bingo at Patrick Street



Participants playing Bingo at Patrick Street



Cooking up a Mexican storm in the North West



Participants proudly displaying their pies made at Patrick Street's kitchen

Independent Living – Living in North West Tasmania

We are excited to offer NDIS participants the opportunity to express interest in Richmond Futures' beautiful new property.

Munday Place offers six one-bedroom fully furnished studio apartments and one fully furnished shared house suitable for two participants. This property would suit NDIS participants looking for Supported Independent Living, Independent Living options or Lead Tenant accommodation options, and offers STA / respite and medium term tenancies. The site is staffed 24 hours per day, seven days per week, in line with participant needs.

This property offers privacy from the main street but is still very much a part of the Shearwater community and surrounds. Set in a beautiful area overlooking the Shearwater Golf Club, this property would suit participants 18+ years old with a primary or secondary psychosocial disability.

We are accepting expression of interest for Munday Place. If you are interested in exploring this opportunity, please contact Michelle Oates on 61691188.

Munday Place, Shearwater



About the Property

- Six one-bedroom studio apartments and one shared house suitable for two participants, all on a flat block.
- Fully furnished studio apartments available.
- Studio apartments feature built in storage, kitchenette, open plan living and dining.
- Shared house is a large fully furnished two bedroom house with two bathrooms, and two living rooms.
- Shared laundry, garden and outdoor area.
- Staffed 24 hours a day, 7 days a week.
- A vehicle is available to support participants plans.

Community Profile

- SUPA IGA Shearwater and Bendigo Bank are a three minute walk away, The Nutbank health food store, Rocky Gardens Cafe and Bonnie & Clyde Hair and Barber are less than a ten minute walk. Woolworths is a thirteen minute walk or two minute drive.
- Addison Reserve is a three minute walk away and Shearwater Park and Freers Beach are a 16 minute walk or three minute drive.





- Port Sorell Medical Centre is two minutes away by car.
- Overlooks Shearwater Golf Course.

Resident Profile

- Age 18+.
- Male or Female.
- Has a primary or secondary psychosocial disability.
- Has a NDIS plan with SIL, ILO, Lead Tenant, STA or MTA funding.
- Is medication compliant.
- Interacts well with others in a shared environment.
- Is willing to participate and be part of the property's community.

Things to Consider

- Smoking is not permitted indoors.
- Pets are not permitted.
- Visitors must adhere to the guidelines in the Residents Handbook.

“ Finding appropriate accommodation for mentally ill young adults is a major concern for their parents. ”

Richmond Group Carer





Staff Spotlight – Kristy McDonald

What is your role?

I am the State-wide Support Coordination Team Leader.

Where are you based?

I'm based in the Devonport Office, in the beautiful North West of Tasmania.

How long have you worked for Richmond Group?

Nearly nine years.

What do you like most about your role?

I enjoy working alongside a great professional and empathetic team as we continue to see positive outcomes of the people we support. Knowing the difference made in people's lives makes going to work every day a privilege and provides a sense of fulfillment at the end of the day.

Want to work with us?

We have a number of exciting opportunities available:

- Mental Health Nurse
- Mental Health Clinician
- Residential Recovery and Independent Living Leader – North/North West
- Support Coordinator – North/North West

Please email your expression of interest to: people@richmondtas.com.au

Want to know more?

Visit:

rft.org.au | richmondfutures.com.au

To receive our news direct to your inbox go to:

rft.org.au/subscribe

richmondfutures.com.au/subscribe

Send Us Feedback: Scan the QR code



To make a referral email:

referrals@richmondtas.com.au



Interested in donating? To make a one-time or recurring donation, become a volunteer or leave a bequest visit:

rft.org.au/make-a-donation/

richmondfutures.com.au/make-a-donation/

Your donation helps to make a significant difference in the lives of Tasmanians facing mental health challenges and social disadvantage.

Richmond Fellowship Tasmania is fully accredited against ISO 9001-2016. Richmond Futures is fully accredited the NDIS Quality and Safeguarding Commission Standards. Both Richmond Fellowship Tasmania and Richmond Futures are registered charities with the Australian Charities and Not for Profit Commission.

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