



MENTAL HEALTH
**carers
voice**

Leading change and action with, and for, mental health Carers

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E-Bulletin

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Mental Health Carers Voice

Mental Health Week 6–12 October

The key themes for this year's Mental Health Week are building wellbeing, resilience and connectedness; reducing stigma, and promoting help seeking behaviour. There are a range of wonderful activities being held during this important week. Below are selected events which may be of interest to carers. For more information about Mental Health Week activities, visit <http://www.mhccact.org.au/cms/index.php?page=MHWeek2013>.

Mental Health Week Launch and Service Expo — Tuesday 8 October

Join us in celebrating Mental Health Week!

- Mental Health Week Awards
- 50 stalls from the health and community sector
- Entertainment
- Information and referral

Date: Tuesday, 8 October

Time: 10.00am – 1.00pm

Location: Ann Harding Conference Centre, University of Canberra, Bruce

Understanding Carers Rights Forum — Wednesday 9 October

It's not too late to RSVP for the Carers ACT Mental Health Week event on 9 October!

The *Understanding Carers Rights Forum* aims to provide participants with practical tools and strategies that are empowering as well as useful for families and friends in a caring role. An exciting line-up of guest speakers from diverse backgrounds will present and engage in a Q&A with forum participants:

- Janet Milford, ACT carer representative, National Mental Health Consumer and Carer Forum
- Ron Cahill, Former Chief Magistrate and Coroner for the ACT
- Anita Phillips, ACT Public Advocate
- Dannielle Nagle and Carolyn Sakkala, Division of Mental Health, Justice Health, Alcohol & Drugs, ACT Health
- Ben Ilsley, Policy Adviser, Carers Victoria, and author of Invisible Care, a research study on mental health carers' access to Carers Payment and Carer Allowance
- Sue Telford, mental health carer representative.

Date: Wednesday 9 October

Time: 12.00pm – 3.00pm

Location: Quality Hotel, corner of Launceston Street and Melrose Drive, Woden

Cost: Free. Lunch will be provided

RSVP: **10.00am Friday 4 October.** Phone Emma on 6296 9952 or email

mhcarers@carersact.org.au.

Promoting Resilience: Cultural Perspectives on Well-Being Forum — Friday 11 October

ACT Multicultural Mental Health Network invites you to share in a lunchtime exchange of ideas on promoting resilience and well-being. The event includes the launch of the new ACT MMHN website, presentations by guest speakers, panel discussion on what is resilience and how do we promote it in multicultural communities, well-being, mental health, stigma and how they affect recovery.

Date: Friday 11 October

Time: 12.00pm – 2.00pm

Location: Canberra Museum and Gallery, Theatrette, Civic Square on London Circuit, Canberra City

Cost: Free. Light lunch and refreshments will be provided

RSVP: **Thursday 9 October.** Phone Yelin on 6230 7800 or email

yelinhung@hcca.org.au.

[Click here](#) for more information about this event.

Ngunnawal Service Centre Open Day

Carers ACT has launched its new Mental Health Carers Connection Program and a new service centre in Gungahlin (Ngunnawal Neighbourhood Centre). The new program provides respite,

information and referral, carer mingle evenings, social support, peer support, educational opportunities, counselling, advocacy and Young Carer case management for carers and families residing in North Canberra. The Ngunnawal Service Centre will enable carers to access a holistic range of service supports.

The new centre will be holding an open day on 12 October that will have entertainment for the whole family.

Date: Saturday 12 October

Time: 10.00am – 1.00pm

Venue: Ngunnawal Neighbourhood Centre (at the Ngunnawal shops)

No need to RSVP, come along and join in the fun.

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Mental Health Carers Networking & Consulting Forums

ACT Mental Health Update Forum – Tuesday 19 November

Carers are invited to participate in a conversation with:

- Ms Katrina Bracher, Executive Director, Mental Health, Justice Health, Alcohol & Drugs Service Division
- Mr Richard Bromhead, Manager, Mental Health Policy Unit, ACT Health
- Ms Wendy Kipling, ACT NDIS Taskforce.

This forum will provide carers with an opportunity to find out the latest news on changes impacting on mental health carers and their families, and to engage in a Q&A with our guest speakers about health infrastructure projects, mental health developments, and DisabilityCare Australia.

Date: Tuesday 19 November

Time: 5.00pm – 8.00pm

Location: TBA

Cost: Free. Refreshments will be provided

RSVP: 5.00pm Friday, 15 November. Phone Emma on 6296 9952 or email

mhcarers@carersact.org.au.

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Secure Mental Health Unit – Consultation

The Mental Health, Justice Health and Alcohol & Drug Service (MHJHADS) Division, ACT Health has developed a draft Secure Mental Health Unit Model of Care. A copy of the draft Model of Care may be accessed [here](#). A summary document may be accessed [here](#).

The Division is seeking input from mental health carers on:

- whether the Model of Care identifies the key needs of the diverse groups it will provide

a service to

- aspects of the Model of Care that carers would modify
- what would work well within the Model of Care
- any questions or comments relating to the Model of Care.

Carers ACT will be providing MHJHADS with a written response to the draft SMHU Model of Care. Please contact Doris (phone 6296 9936 or email doris.kordes@carersact.org.au) if you would also be interested in contributing to our submission. Comments close at 5.00pm on 29 October 2013.

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Report from ACT representative, National Mental Health Consumer and Carer Forum

National Mental Health Commission – Launch of Participation and Engagement Framework

We were delighted to launch our Participation and Engagement Framework at a meeting of the National Mental Health Consumer and Carer Forum in Adelaide recently. This document is something we committed to developing very early on in the life of the Commission and sets out the principles and tangible processes, through which we make sure that we have real and meaningful engagement. The National Mental Health Consumer and Carer Forum played a critical role in developing and informing this Framework and we thank them for their expert advice and ongoing support.

We would also like to thank the many other organisations and individuals who provided feedback and guidance in the development of the Framework. We genuinely hope it will be a useful resource and encourage other organisations across all sectors, to commit more formally to meaningful engagement, particularly with people with lived experience of mental health difficulty, their families, friends and other support people.

Janet Milford, ACT Carer Representative, National Mental Health Consumer and Carer Forum

Click on the following link to view the full Participation and Engagement Framework
<http://www.mentalhealthcommission.gov.au/media/79498/FINAL%20PEF%20-%202011%20September%202013.pdf>

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Carers Corner

Information for Carers, Family and Friends Card

Our carer representative on the MHJHADS Publications Advisory Committee has sent us this useful tidbit:

The *Information for Carers, Family and Friends Card* is included in the Discharge Pack given to consumers upon leaving hospital. It is a wallet-sized card which lists programs and phone numbers.

For a full list of MHJHADS Publications use the following link <http://health.act.gov.au/health-services/mental-health-justice-health-alcohol-drug-services/publications>. The Information for Carers, Family and Friends Card PDF file can be found under the Information Cards section.

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Suicide Prevention, Implementation and Evaluation Working Group

Karen Wilson, our carer representative on ACT Health's Suicide Prevention, Implementation and Evaluation Working Group has sent the following update to us. If you can help Karen, please email mhcarers@carersact.org.au and we will forward your advice.

The ACT government's Suicide Prevention, Implementation and Evaluation Working Group (SPIEWG) met on 28 August 2013. The group is currently looking to identify how suicide prevention and support services make referrals. The aim of this work is to identify any gaps in referral pathways, clarify which services are responsible for assisting people who are or are not at imminent risk, and ensuring that referrals between services are effective. This work involves mapping how referrals work is for people at risk of suicide and also for those people bereaved by suicide. If you have any experiences or views about the service pathways and referral processes, please email the Mental Health Carers address mentioned above.

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Carers ACT

Disability Australia — Enhanced Service Offer Planners at Carers ACT

The Enhanced Service Offer grants are designed to assist people who have a disability, due to a physical, cognitive, intellectual, psychosocial or sensory impairment and their families to be ready for the commencement of Disability Care, which will commence in July 2014 in the ACT, and to provide support for them in the interim. There are three types of Grants available, Aids, Equipment and Minor Modifications, Quality of Life and Flexible Support and Services Grants.

The first round of the Enhanced Service Offer grants closed on 5.00pm Friday 9 August 2013 with over 1300 applications received. Applicants will begin to be advised of the outcome of their application from early October 2013.

The second round of the Enhanced Service Offer grants will open on 9.00am Monday 30

September 2013 and will close on 5.00pm Friday 8 November 2013.

Planners from the Enhanced Services Offer will be spending every Tuesday between 1 October – 5 November 2013 at Carers ACT Holt office to assist carers to fill in and lodge their applications for the grants. Appointments will be essential.

The Planners would appreciate it if carers, recipients and their families can consider the supports, services or items that they would like to apply for, and the difference it will make in their lives, prior to coming to the appointment.

Date: Every Tuesday on 8, 15, 22, 29 October, and 5 November

Time: By appointment

Venue: Carers ACT, 80 Beaurepaire Crescent, Holt

RSVP: Bookings are essential. Phone Elaine on 6296 9924 or Carers ACT Reception on 6296 9900 to make an appointment.

Please see below for more information on the Enhanced Service Offer Grants.

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Disability Australia — Enhanced Service Offer Grants

The ACT Government is hosting one last community information session about round two of the Enhanced Service Offer for people with disabilities, including those with psychosocial disabilities, who are ACT residents aged under 65 years on 1 July 2013:

- What you can apply for under the Enhanced Service Offer.
- What eligibility criteria will be used and what assessment process will be used to consider.
- General information about how to complete your application and where and how to get further assistance if needed.

Date: Wednesday 16 October 5.30pm – 7.00pm

Time: 5.30pm – 7.00pm

Venue: Apollo Room, Hellenic Club, Woden (*an AUSLAN interpreter will be available*)

If you would like to attend the Information Session on the Enhanced Service Offer please register by providing your details and the session you wish to attend by emailing ndis@act.gov.au or phone Canberra Connect 133 427 and ask to be registered for an Enhanced Service Offer information session.

The second round of the Enhanced Service Offer is open until **5.00pm Friday 8 November 2013**.

This Enhanced Service Offer is funded by the Commonwealth and ACT Governments.

For more information visit

http://www.dhcs.act.gov.au/disability_act/national_disability_insurance_scheme/enhanced-service-offer

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Carers Week NGA Morning Tea

Join us in celebrating Carers Week 2013 at the National Gallery of Australia.

The day will include a lovely morning tea, lucky door prizes, presentations, music and an optional tour of the William Kentridge: Drawn from Africa exhibition with the curator.

In attendance will be Director of the NGA Ron Radford and Carers ACT CEO Dee McGrath.

Date: Tuesday 15 October
Time: 10.30am – 12.30pm
Venue: Gandel Hall, National Gallery of Australia, Parkes

This event is free for family carers residing in the ACT and Southern Highlands. To register please call 6296 9908 or email rsvp@carersact.org.au

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On Course for Carers “A User’s Manual”

All you ever wanted to know about Carers ACT — information on services and supports for unpaid family carers, Q&A, discussions, handouts, etc. Morning tea will be provided.

Date: Thursday 24 October
Time: 10.00am – 12.00pm
Venue: YWCA Lanyon Youth and Community Centre, Sidney Nolan Street, Conder

This event is free for family carers residing in the ACT. To register please call 6296 9908 or email rsvp@carersact.org.au

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Mental Health Carers — Southside Support Group

This is a support group for family members and friends caring for someone living with mental health issues. The group meets on one Wednesday evening most months.

Date: Wednesdays 30 October, 27 November, 18 December (no groups in January or July)
Time: 6.00pm – 8.00pm
Location: Woden Smith Family, Corner of Launceston and Easty Streets, Woden

For further information please call 1800 242 636 or email rsvp@carersact.org.au

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Mental Health Carers — Northside Support Group

This is a support group for family members and friends caring for someone living with mental health issues. The group meets on the second Tuesday of each month.

Date: Tuesdays 8 October, 12 November, 10 December (no groups in January or July)

Time: 5.00pm – 7.00pm

Location: Carers ACT, 80 Beaurepaire Crescent, Holt

For further information please call 1800 242 636 or email rsvp@carersact.org.au

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Mental Health Carers Respite — 1800 052 222

The Mental Health Respite Program provides flexible respite and other supports to meet the individual needs of carers of people with severe mental illness, autism or intellectual disabilities and their families. Services include respite options based on needs assessments, information and referral, links to education programs, counselling, peer support, advocacy services and social and recreational activities. Please call 1800 052 222 or email

mentalhealth.respite@carersact.org.au. The Mental Health Respite program is funded by the Australian Government Department of Families, Housing, Community Services, and Indigenous Affairs. For more information about support available under this Program, visit the Carers ACT [website](#).

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Counselling at Carers ACT — Supporting Family Carers — 1800 242 636

Did you know that Carers ACT can provide short-term counselling for family carers? Our counselling service can help you manage difficult situations and balance caring in your life. Qualified counsellors are located on site in Holt and Woden to provide carers with confidential and professional face-to-face and telephone counselling. Call the Carer Advisory Service to make an appointment on 1800 242 636. Click here for more information on [support that Carers ACT counsellors can offer mental health carers](#).

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ACT News

CIT — Skills for Carers

CIT term 4 courses for carers include Speaking up, advocacy and juggling, Living a healthy life with long-term conditions and Emotional mastery, plus more.

[Click here](#) for information on term 4 courses for carers.

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Smoke Free Environment Newsletter

[Click here](#) for the latest Smoke Free Environment Newsletter.

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Mindscapes Festival — Save the Date

Mindscapes Short Film Festival

Date: Wednesday 9 October

Time: 6.00pm – 9.30pm

Location: National Film and Sound Archive, McCoy Circuit, Acton

For more information email Rachel.Muller@mhccact.org.au

Mish Mash Variety Night

Date: Thursday 10 October

Time: 7.00pm – 11.00pm

Location: Polish White Eagle Club Canberra, 38 David Street, Turner

For more information email ben.drysdale@bcsact.com.au

Poetry night

Date: Thursday 17 October

Time: 6.30pm – 8.00pm

Location: Smiths Alternative, 76 Alinga Street, Canberra City

For more information email jacqui@mieact.org.au

Art and Photography Competition

Date: Thursday 3 October – Friday 18 October

Location: Belconnen Community Centre, 26 Chandler Street, Belconnen

For more information email Kate.Wells@bcsact.com.au

Keep an eye on www.mhccact.org.au for all upcoming Mindscapes Festival information! Follow us @ #mindscapes and www.facebook.com/mindscapesfestival

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Mental Health Community Coalition ACT E-Bulletin

Mental Health Week is next week! The calendar of events is available on the Mental Health Community Coalition website www.mhccact.org.au

[Click here](#) for the latest Mental Health Community Coalition E-Bulletin.

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The Rainbow Cooking Group

Would you like to discover cheap and healthy meal ideas? Or how to save money, while still buying healthy food, at the supermarket? The Rainbow will be running 2 cooking groups.

The Rosy Apron all women's group

Date: Every Wednesday beginning 9 October

Time: 10.30am – 11.30am

Location: Block H, Canberra Technology Park, Philip Avenue, Watson

The Rainbow Cooking Group (open for all)

Date: Every Thursday beginning 10 October

Time: 10.30am – 11.30am

Location: Block H, Canberra Technology Park, Philip Avenue, Watson

For more information and to register please phone 62426575 or email rainbow@mhf.org.au.
[Click here](#) to view the flyer.

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Consumer and Carer Engagement Project Workshop

The Consumer and Carer Engagement Project (The Project) is a collaborative project between the Mental Health Community Coalition ACT (MHCC ACT) and the Consumer and Carer Caucus. The Project will look at how consumers and carers and MHCC ACT engage and participate with each other. The aim of The Project is to improve access, experience and outcomes of this engagement, making sure it is meaningful and valuable to all parties.

Date: Monday 14 October

Time: 1.30 – 3.30pm

Location: MHCC Meeting Room, Griffin Centre, 20 Genge Street, Canberra City

RSVP: Contact Caucus at caucus@mhccact.org.au or call MHCC ACT on 6249 7756

Please note attendance at this workshop is reimbursed and a light lunch will be provided, therefore RSVP's are encouraged and greatly appreciated!

[Click here](#) for the workshop invitation.

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ACT Government Budget Consultation Paper 2014–2015

The 2014–15 ACT Budget Consultation Paper provides an overview of the Budget and valuable background information to assist the community in providing quick and easy input into the 2014-15 Budget development.

The Government is seeking the views of the community on how the ACT's resources are allocated,

where services could be enhanced and where possible efficiencies could be made.

The closing date for feedback is **24 October 2013**.

For further enquiries, please call the Chief Minister and Treasury Directorate on 6207 1375.

[Click here](#) for more information and a link to the ACT Government Budget Consultation Paper.

Mental health Carers Coffee & Chat

An informal monthly get together for anyone who has a family member or friend experiencing mental health problems. No agenda, just coffee and conversation.

Date: 3rd Monday each month

Time: 12.30 – 2.00pm

Venue: CIT Woden café canteen area, C Block, Ainsworth Street, Phillip

Buy good coffee from the café, BYO or buy your lunch.

For more information, contact CIT Skills for Carers on 6207 3628 or CarerSkills@cit.edu.au

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9th National Seclusion and Restraint Forum

One of the core functions of the Safety and Quality Partnership Standing Committee (SQPSC) is the allocation of and support to jurisdictions to hold an annual national seclusion and restraint reduction forum. National seclusion and restraint reduction forums provide a networking opportunity for mental health staff with an interest in reducing seclusion and restraint across Australia and maintain momentum in the changing of culture and practice. National seclusion and restraint reduction forums additionally identify ongoing areas of continuous improvement and innovation in this arena.

The ACT was asked in November 2012 by the Safety and Quality Partnership Standing Committee to host the 2013 Forum. The theme of this year's Forum is ***'Reducing the trauma with least restrictive practice: Why it matters to walk the talk'***.

The desired outcomes of the Forum are:

- A continued reduction in the number of seclusion episodes
- The reduction of aggressive behaviour by any person in mental health settings and minimisation of the use of seclusion and restraint
- Best practices for the reduction and where possible the elimination of seclusion and restraint, and
- An increased focus on understanding and reducing areas of restraint in Health Services beyond mental health.

Date: Thursday 28 – Friday 29 November

Venue: Shine Dome, Australian Academy of Science, Canberra

[Click here](#) to view the flyer. [Click here](#) to access the registration form. [Click here](#) for a list of nearby accommodation.

If you have any further queries email Elizabeth.medley@act.gov.au or phone 6205 2154.

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Free Training Course: Engaging People to Talk About Problem Gambling Issues

Many people with gambling problems seek help for other problems such as financial difficulties, relationship, housing, mental health or drug and alcohol problems before seeking help for their gambling problems. It is likely that community sector workers in these non gambling specific areas will encounter people with gambling problems. This training will increase awareness and skills for these workers equipping them to help their clients begin the process of change.

The workshop will cover the following topics:

- Recognising problem gambling
- Raising the issue of gambling
- Assessment of gambling and related concerns
- Measuring readiness for change in relation to gambling
- Working with reluctance and resistance to changing gambling
- Overview of best practice in the gambling context
- Gambling specific referral options.

Date: Thursday 28 November

Time: 9.00am – 4.30pm

Venue: CIT, Ainsworth Street, Phillip

Tea/Coffee, morning tea and lunch are provided.

For more information or to book a place at the course for please contact Alex Ingham at the ACT Gambling and Racing Commission on 6207 0305 or email alexander.ingham@act.gov.au

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National & International News and Research

Pilot Online Survey of the national Contributing Life Project

The **Pilot Online Survey of the National Contributing Life Project** is now live. The National Mental Health Commission is encouraging people with a lived experience of mental health issues, their families and support people to complete the survey.

The survey seeks information about:

- What helps people to experience a good life;
- What hinders this; and
- Importantly what would make a difference to their lives.

The Pilot Survey also asks people about their experience of services, support and treatment they have received. The Pilot Contributing Life Online Survey will run from 4 September 2013 to 3 October 2013. People are able to complete the survey over as many sittings as they wish or require but it is estimated to take 30-50 minutes.

A link to the survey is available [here](#).

Information about the project can be obtained

from: <http://www.mentalhealthcommission.gov.au/our-work/national-contributing-life-project.aspx>

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On Friday 4 October, pull on your odd socks and help stomp out stigma!

Did you know...?

- **One in two** of us will experience a mental illness in our lifetime
- And **one in five** of us will experience a mental illness in any year

Odd socks day, is a light-hearted approach to reminding people that anyone can have an odd day, and that stigma is still one of the greatest barriers to people seeking help and recovering from a mental illness.

So, how you treat someone with a mental illness really does make a difference to their lives and recovery.

We hope that you will **pull on your odd socks**, and join us in supporting this important campaign. For more information, to register or to donate please follow this link

<http://www.oddsocksday.org.au/the-issue/>

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SANE Australia presents to ground-breaking global meeting to reduce stigma associated with mental illness

Imagine being refused entry to a museum or being barred from your local swimming pool or park? Then imagine it's because you have a mental illness.

It may sound far fetched, but regulations like these exist in some parts of the world and illustrate the everyday stigma and discrimination that people with mental illness face.

'Stigma is a major issue around the world for people affected by mental illness, influencing how they are viewed and how they view themselves,' says Jack Heath, CEO of SANE Australia, who presented at the first meeting of the International Anti-Stigma Alliance in London last week.

[Click here](#) to read the full media release.

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Australian Rural and Remote Mental Health Conference 2013:

Strategic Alliances: Facing The Challenges Together In Rural and Remote Mental Health

The 5th Australian Rural and Remote Mental Health Symposium will explore the challenges and effectiveness of alliances between government, NGO's, and communities through presentations and evaluations of partnership initiatives. It will also examine "diagnosable mild to moderate mental illness" in regional, rural and remote Australia.

Date: Monday 14 – Tuesday 15 October

Venue: Mercure Hotel, Geelong, Victoria

For more information and to register, please follow this link to the conference website

<http://anzmh.asn.au/rrmh/>

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FECCA 2013 Conference

Breaking down the barriers: A strength-based approach for a just society

Join the Federation of Ethnic Communities' Councils of Australia (FECCA) in partnership with the Ethnic Communities Council of Queensland (ECCQ) and the Multicultural Communities Council Gold Coast (MCCGC) at the FECCA 2013 Conference.

Date: Thursday 7 – Friday 8 November

Venue: Gold Coast Convention and Exhibition Centre

[Click here](#) for the application form. For more information on the program and invited speakers, or to register please visit www.fecca2013.com

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In the media

Mental illness gets the silent treatment

Ms Olsson is taking part in ZIP IT, a campaign that challenges people across Australia to stop talking for up to 24 hours on World Mental Health Day, October 10, to raise awareness about the crippling effects of mental illness.

[Click here](#) to read more.

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Links to current media that may be of interest to carers

- [Cairns Hospital in mental health 'crisis'](#)
- [Apps have potential for mental health benefits](#)
- [Death of twins 'a message to us all'](#)
- [Curtin study shows carers carry heavy health burden](#)
- [Carers make election plea to pollies](#)
- [Time to care for unsung carers](#)
- [New 'Questions' App To Raise Charity Dollars](#)
- [Let's help disabled people fulfil their potential](#)
- [Soldier apps to help with PTSD](#)
- [High-tech support for mental health](#)
- [The stories behind electroconvulsive therapy](#)
- [Respite closure distresses carers, disabled](#)
- [An outreach program is helping support dementia carers and patients](#)
- [Improving Aboriginal health and well-being: a view from the north](#)
- [Youth mental health program to be developed in Isa](#)
- [Six ways nature can boost your mental health](#)
- [Mental health nurses punched, bitten as work violence rises](#)
- [Big Day Out band competition a plus for youth mental health](#)
- [A pre-election commitment to build two regional mental health facilities pushed back](#)
- [Big jump in WA kids seeking mental health help from Kids Helpline](#)
- [Mental Health Month launched in Bega](#)
- [Queensland gets a mental health report card from newly-appointed commissioner](#)

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If you or someone you know may be at risk of suicide contact Lifeline 131 114, beyondblue 1300 224 636, or Salvo Care Line 1300 363 622.

The opinions expressed in this E-Bulletin do not necessarily reflect the opinions and views of Carers ACT.

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www.carersvoice.com.au

