



ACT
Mental Health
Consumer Network

NETWORK NEWS

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Thursday 20 October, 11am

Followed by lunch at 12 noon

Westfield Belconnen

The Network is pleased to be holding A Beary Lovely Morning for Mental Health Month 2022.

This event fills up fast, so we encourage anyone interested in attending to register as soon as possible to actmhcncn@actmhcncn.org.au or SMS to 0424 468 620.

SPRING 2022

Offering You a Voice

From the CEO's desk



Dear Readers

Welcome to the spring edition of the Network News for 2022... We have a lot coming up over the coming months!

Since the winter edition, we've had a small change in our staffing team. Paul resigned from his role coordinating our regular Thursday Drop-In. With recent changes to our funding contract with the ACT Government: Health, we were able to budget for the role to support consumers back into the paid workforce on an ongoing basis, with each consumer receiving a 12-month contract to help them build skills and confidence to re-enter the workforce. We were very lucky to have been able to offer the first contract to Jo Hargense who you may remember from other brief contracts in the past. Jo has been busily planning a wide variety of information sessions for consumers to learn about services, programs, events etc in the ACT. Check out pages 6-7 for more information about upcoming Drop-In events, and reach out to Jo at dropin@actmhcn.org.au if you have ideas for future sessions.

I wish to extend our sincere thanks to the over 200 consumers who completed our 2022 Consumer Survey in June. This is the highest number of survey recipients we've ever had, and the information received will help us to improve our programs and advocacy for all consumers in the mental health sector. Jen is busily working away at the findings of this survey, the report of which will be available for you to read over the coming months.

We are very busy with our three-year accreditation review against the Australian Service Excellence Standards. Accreditation is a key way we can be sure our internal policies, procedures and so on are in place to support the effective running of our programs for consumers. In October, the accreditation reviewer will be attending the office and meeting with Board members and Consumer Representatives, among other stakeholders, as part of the process that will lead to recommendations for improvements to what we do and how we do it.

Petra is busily plugging away with our next digital resource project that will result in the production of a showcase of consumer experiences with the Network. We look forward to engaging with the consumers who will take part in the project, as well as with MIEACT and Cinemaiden to ensure this will be our best production yet!

The illustrations by Andrew Hore, cartoonist and artist, that I mentioned in the winter edition are now complete! Once our new website goes live, you'll be able to see them all in context. Until then, you may have seen this one recently in staff signature blocks...



Until next time, thank you for reading and for all the fantastic work our members do to improve the lot of consumers throughout the ACT.

- Dalane Drexler

Network Update

Introduction to Letho

I am Letho Dorji, a Master of Social Work Student from Australian Catholic University. I joined the office on 15th August 2022 as part of my field practicum. It is my fourth year in Canberra, and prior to coming here, I served as a science teacher for 8 and half years in various schools of Bhutan. I also completed Master of Educational Studies from University of Canberra in 2020. Master of Social Work has it that helps you to connect and serve for the unheard and unreachable which intersects with my Buddhist philosophy of compassion and empathy.

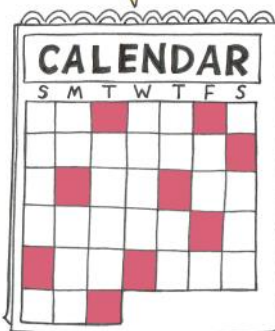
I will be working on a project report "*Engaging with Culturally and Linguistically Diverse person/ consumer through Culturally and Multilingual inclusive practice: an effective communication mechanism to support their wellbeing*", as a part of my placement assignment. I hope to contribute and build the agency's network to diverse community and consumers that would make them raise their voice and feel empowered. Most importantly the project will find the strategic communication mechanisms that connect the various agencies and organization to the consumers from CALD community in ACT.

In addition, I am more than willing to use the theories into practice and learn from staff members at the Network of the various programs and be part of it.



2022 Annual General Meeting

WHAT'S COMING UP?



An early notice to members that the ACT Mental Health Consumer Network Annual General Meeting for 2022 will be held on

Tuesday 15 November 2022
Time and location to be confirmed

Formal notification of the AGM and papers will be mailed out to Members in late October-early November 2022.

If you need to update your contact details with the Network or change how you want to receive future communications, please contact us on 0424 468 620 or email actmhcnc@actmhcnc.org.au

Consumer Representative Program Update

In early July, Jane Grace gave a presentation on the importance of the Consumer voice and what the Network does at the orientation training for new MHJHADS staff. Jane highlighted that one of the new staff was inspired by her presentation as they could relate with her.

The Consumer Representative (CR) Forum held on 02 August 2022 (5pm – 7pm) via Zoom had a great turn out with eight Consumer Representatives attending. Robust discussion was held regarding reimbursement, the creation of a new Lived Experience Committee, an independent enquiry being held on Dhulwa and the rolling out of the Digital Health Record. One of the Consumer Representatives also shared their experience at the Mental Health Lived Experience Engagement Network annual forum that was held on the 1st and 2nd of June in Canberra. There was also a discussion on the need to have key messages on issues the Network should have a position on.



On the matter of reimbursement, the Network, in liaison with MHJHADS, will trial providing reimbursements to Consumer Representatives directly and recoup this expense from MHJHADS. The first instance occurred through August. Hopefully this process support Consumer Representatives to be reimbursed in a more timely and understandable manner.

The scheduled Masterclass at the August CR Forum on the Network's Strategic Plan and Values was unable to go ahead and will be rescheduled.

The Consumer Representative Catch Up continue to be held with a slow increase in the number of Consumer Representatives accessing this new support measure.

These catch ups, held on the first Tuesday of every odd calendar month, are an informal opportunity for Consumer Representatives to discuss any issues and concerns they have regarding their committees or role, between CRP Forums.

Consumer Representative Milestones Reached



The Network would like to offer our appreciation and congratulations to our Consumer Representatives Jane Grace and Patricia Green who have both reached the milestone of 10 years voluntary service, and to Bianca Rossetti and Terri Warner for achieving 5 years.

Awards for Bianca and Terri were due to be issued in 2021, but due to COVID -19, physical attendance at an event to present them was not possible.

It is expected that awards and recognition to Jane, Patricia, Bianca and Terri will be presented at an upcoming formal event, such as the Annual General Meeting.

The 5-year Award presented to Consumer Representatives

MHJHADS Committees still on hold

As previously reported, the Mental Health Justice Health Alcohol and Drugs Services (MHJHADS) unit is continuing to undergo a Governance Review. For the most part, this Review is still impeding the advertising and appointment of Consumer Representatives to committees, and the Network continues to seek clarification of where opportunities are present.

A change has occurred on the MHJHADS Restraint Seclusion Restrictive Practices Review (RSRPR) Committee in that the Consumer Representative, Patricia Green, was appointed to the Co-Chair position, following Paul Thompson's resignation from this role. Recruitment will soon be underway for this Consumer Representative position, given it has already passed through the governance review.

One opportunity that has presented itself for Representatives to nominate for is for the MHJHADS Digital Health Record (DHR) Advisory Committee. It is viewed that this committee plays a vital role within MHJHADS and that Consumer Representation is necessary.

At a recent meeting with the Minister for Mental Health, Emma Davidson MLA, the Network expressed its concern that due to the MHJHADS Governance Review, opportunities for mental health consumers to have a say on important issues is being reduced. While the Network is in continual liaison with MHJHADS and the Canberra Health Services about these concerns, we also advocated for the Minister's support.

Another matter being reviewed is the position of MHJHADS Consumer and Carer Participation Coordinator. This position has been vacant since August 2022 and through the Governance Review the role is being reviewed and updated. Once the Review has been completed and the position clarified it will be advertised for applications.

While the Review takes place and until the position is filled, the Network will work directly with the MHJHADS Executive Director.

National Mental Health Consumer and Carer Forum

Paul Thompson is the Consumer Representative for the National Mental Health Consumer and Carer Forum (NMHCCF). He attended the Forum on the 27 & 28 June 2022. The main things that were discussed, relevant to Consumers are:

Four priorities to sustain momentum in Mental Health reform are:

1. Lived experience leadership
2. Government leadership and accountability
3. Co-designed implementation of a community focused mental health system
4. The mental health workforce

The Mental Health Commission is looking to establish national peak bodies and funding for carers and Consumers, however this process would be consultative and not co-design with those key stakeholders. They will be procuring the services of an external consultant who will have expertise in lived experience and co-design.

Forum delegates were scathing in the comments about the lack of consultation with the sector up to this point.

There are risks of the public agenda moving away from the needs of Mental Health Consumers to Climate Change and Aged Care. The answer is to leverage Mental Health issues as part of these new deliberations.

Dr Emma McBride, Assistant Minister Mental Health & Suicide Prevention spoke about the following topics:

- Additional pressure has been placed on Mental Health Services during COVID-19.
- Developing lived experience/peer mental health workforce.
 - Aiming to develop appropriate co-design of infrastructure and work carefully with stakeholders
 - such as Mental Health Australia.

It is expected that Paul will give a more detailed report to members at the upcoming Annual General Meeting in November.

Drop-In

Drop-In is available for in-person or online attendance.

Drop-In is held on Thursdays from 10am to 12pm, with online Drop-In held via Zoom. At times, due to unforeseen or unavoidable circumstances, Drop-In may be cancelled or need to close a little early. If this happens, we try to give members as much notice as possible.

Drop-In will be closed on the following date and purpose:

- ◆ Thursday 20 October 2022 as the Network will be hosting A Beary Lovely Morning as part of Mental Health Month.

To join the Online Drop-In click on or type in the following link and enter the Meeting ID and/or passcode as needed: <https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JjQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

Recent activities held since our last newsletter included guest presentations on the Digital Health Record, Wellways Standby Support Service and Take Control—Live well program.

We are seeking some ideas from members about what type of activities would be of interest in attending Drop-In. If you have any ideas, please forward them to Jo by email to dropin@actmhc.org.au



My Rights, My Decisions expanding

Workshops about the My Rights, My Decisions (MRMD) form kit continue to be provided to the residents of the Wellways Step Up, Step Down program, which are always well attended and receiving some great feedback from residents.

Workshops for clinical service providers continue to be organised. We are pleased to report that we are now expanding to providers outside of Canberra Health Services, who may be better placed to support consumers to complete their MRMD form kit for presenting to members of their treating teams for sign-off.

An interesting finding from some preliminary data from the 2022 Consumer Survey indicates that more promotion on the usefulness of Advance Agreements to consumers is needed. Because Advanced Agreements have broader applications than acute mental health admissions, consumers have indicated they don't always want to think about their experiences in those settings and may not want to include admissions to hospital in the ongoing management of their mental health.



Mental Health Justice Clinic Drop-Ins

A solicitor from the Mental Health Justice Clinic will be providing a FREE Drop-In service at the Network on the first Thursday of every month between 10am and 12pm.

The first clinic will be held on Thursday October 6 2022

The Clinic offers free, independent and confidential legal services in the following areas:

- **Social housing tenancy** (this includes both public and community housing tenants)
 - Including advice on transfer applications, repairs, and receiving notices to remedy and notices to vacate
- **Centrelink**
 - Including advice on debts and Disability Support Pension eligibility and appeals
- **Discrimination**
 - Including advice on making a complaint to the ACT Human Rights Commission or the Australian Human Rights Commission
- **Employment**
 - Including advice on termination of employment and being bullied at work
- **Health and disability services complaints**
- **Vulnerable person complaints**



The solicitor will be able to provide one-off legal advice and assist with any referrals. For more complex matters, the solicitor will book you in for a lengthier consultation with the Clinic. No appointment is necessary.

If you are unable to make it during Drop-In you can still self access the service by email to info@canberracommunitylaw.org.au or call (02) 6218 7900.

ACT Mental Health Consumer Scholarship applications open!

The **ACT Mental Health Consumer Scholarship Scheme** is designed to support mental health consumers to study in the community services area and increase employment opportunities.

The scheme is structured into two stages: a Statement of Attainment in Introductory Mental Health and Alcohol and other Drugs which will then work towards a Certificate IV within the community services package. Both stages have funding provided to assist consumers. All classes are run by the CIT at Bruce.

Anyone who has lived experience of a mental illness/disorder, has accessed services in the ACT, and is 17 years of age or older is eligible to apply for admission to the scholarship scheme. Preference will be given to applicants who have not completed post-secondary studies and/or are unemployed.

Further information and application forms for the first stage are available from the CIT by

Email: CITCommunityWork@cit.edu.au

Phone: (02) 6207 4055

Website: [Mental Health Consumer Scholarship](#)

The ACT Mental Health Consumer Scholarship Scheme is a partnership between ACT Health, CIT and ACT Mental Health Consumer Network.

Minister catch up

In early July 2022, Deigh and Jen met with the Minister for Mental Health, Emma Davidson MLA. The Network periodically meets with the Minister to discuss a variety of issues that are identified through our work or of relevance to mental health consumers. At this meeting, the Network held discussions on a variety of issues including:

Dhulwa Inquiry and Safewards, regarding the Dhulwa Secure Mental Health Service (Dhulwa) receiving accreditation and the work being done within Dhulwa to reduce incidents of Occupational Violence.

The reduction of the consumer voice: this is a growing concern for the Network that opportunities for consumer representation and participation, primarily due to the MHJHADS Governance Review disbanding or amalgamating committees, are reducing the ability for mental health consumers to have a say on important issues and developments.

Public Housing Relocation Process: We continue to support ACTCOSS with their advocacy around this, and reinforced that the process had not been conducted in a trauma informed way.

Impact of COVID-19: we advised the Minister that there continues to be an increase in distressed people calling the Network for assistance and that many of our Consumer Representatives were finding the ongoing online meetings very tiring.

We also advised that our ability to recruit new Consumer Representatives has declined as our ability to visit inpatient units and other avenues to engage with consumers have been impeded by restrictions.



The [Canberra Head to Health Centre](#) is a free adult mental health centre to help Canberrans find the mental health support they need.

The Head to Health Centre has been running several groups the more popular being the *Men's Resilience Group* and the *Peer Support Group*. The Centre also offers a support group for people whose mental health has been affected by COVID-19 and are looking at providing Dialectical Behaviour Therapy for people who experience Borderline Personality Disorder.

The Head to Health Pop Up clinic is for anyone over 12 years of age experiencing feelings of anxiety or depression or for their family or carers. For an initial assessment, please make contact using the details below.

No appointment or referral required. Just:

- ◆ call **1800 595 212** or
- ◆ drop in at ALIA House, First Floor, **9 Napier Close, Deakin** (Mon-Fri, 8.30am-5pm).

Please note that the Centre will be relocating to Canberra City in late 2022

Mental Health Short Stay Unit Development

A follow up from our last newsletter where we reported on some development of the Mental Health Short Stay Unit (MHSSU):

1. The MHSSU will be located adjoining the Adult Mental Health Unit (AMHU) but will have its own front door and reception. Consumers and their supporters will not have to walk through AMHU to get to the MHSSU. The proposed location will allow all bedrooms to look over gardens.
2. Will use AMHU carpark with no additional car parking proposed.

The Network can now confirm that the final Design User Group completed Proof of Concept for the Mental Health Short Stay Unit was finalised and signed off on 25 July 2022. This locks in the placement of the MHSSU but not the interior design.

Mental Health Outcomes Framework

The Mental Health Community Coalition ACT (MHCC ACT) invited all community-managed mental health services to their mid year forum on 21 July 2022, to participate in a presentation/workshop on how outcome measurements should be applied in the upcoming ACT Government commissioning funding process.

At this workshop, attendees explored some of the key findings from their survey of community-managed mental health sector organisations about measuring service outcomes for consumers and/or carers in ACT non-government mental health organisations.

A full report on this forum is available from the MHCC ACT website

<https://www.mhccact.org.au/post/working-on-our-workforce-2022-mid-year-forum-wrap-up>

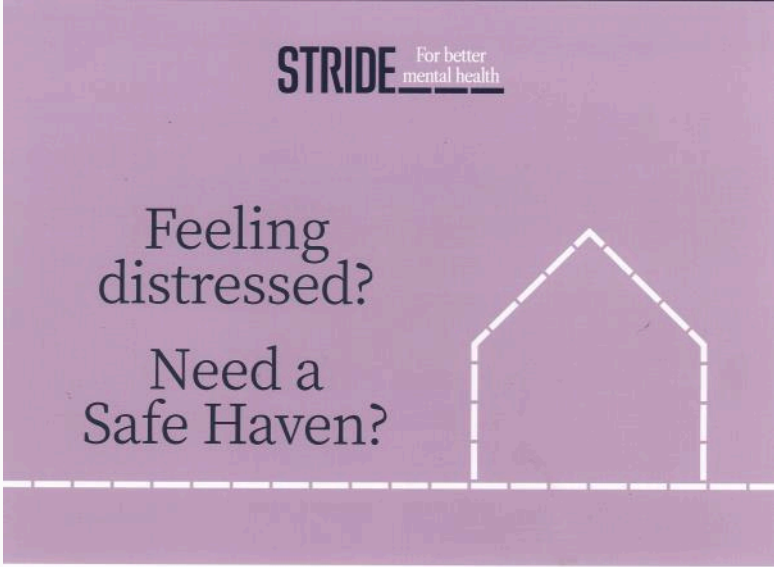
Extended opening hours for Safe Haven Cafe

Stride, who operates the Safe Haven Café, have extended their opening hours by two hours Monday to Saturday, opening at 3pm and closing at 10pm.

Through a clean up at the Network office, we donated a collection of books and some pot painting kits we had to the Café.

The ethics application for the evaluation of Safe Haven Café's diversity of sites (NSW, ACT and SA) has been approved and they are now working on outcome measures and data collection measures. A broad suite of measures will be used: qualitative and quantitative, surveys and interview questions, staff and guest outcomes.

We will report further on the progress of this evaluation on the Café in future newsletters.



STRIDE For better mental health

Feeling distressed?
Need a Safe Haven?

Safe Haven

We provide a safe space to talk for adults and young people 16+ in emotional distress.


Talk to our caring support team today.

We're here to help. Walk in, no referral needed.

Ground Floor
56 Lathlain St
Belconnen 2617

Tue to Sat
4:30pm - 9pm

+61 421 154 147
Stride.com.au

 **ACT** Government | **ACT Health**

This service has been made possible by funding from ACT Health.

GROW

mental wellbeing programs

The Network is pleased to publish this newsletter contribution from Grow—a long standing mental health support organisation in the Australia, including a local branch in the ACT.

My name is Lorraine Fleming and I work for a Mental Wellbeing Organisation called Grow

We change the lives of people experiencing mental illness through prevention, recovery and maintenance of good mental health, this program is wonderful for getting your life together.

Through peer support, mutual support, sharing lived experience stories of mental recovery, offering personal leadership development in a community of persons and everyone is welcome.

Grow meetings are held weekly, free to all who attend, some resources small cost.

No referral process just come along, you can bring a support person with you for the first 3 meetings.

If people want to know more about Grow you can call 1800 558 268 which is a free number or the Grow website www.grow.org.au



We have 6 Grow groups in the Greater Canberra area:

Belconnen: Meets at 1.30-3.30pm in the Belconnen Community Centre

Queanbeyan :Tuesday evening Group Meets online at 5.30pm (If you would like the link call Lorraine on 0412 058 497)

Queanbeyan : Wednesday group meets at 10am at the Jerrabomberra Community Centre

Gungahlin : Thursday group meets at 6pm at Gungahlin Uniting Church

Narrabundah: Thursday group meets at 10am at the Grow House at 9 Anembo Street Narrabundah (we also have a closed house group on Mondays)



Liam Adams is a young man who lives with autism and intellectual disability.

Liam has just launched his new business *Everyone Needs a Liam*.

This business is Liam's idea to help people feel good about themselves and to promote people with disabilities as real assets in the world. The name came from friends who heard about all the nice things Liam would say and do, and they would exclaim "Everyone Needs a Liam!"

Liam writes prolifically and his first novel, *Papers through the Hollows*, was launched with his business. Liam's novels are not published officially because his disability affects his writing, but instead they are edited by his mum and printed locally.

Liam will be running his business, including selling his novels, at a stall at the Old Bus Depot Markets once or twice every month. His first stall was on 11 September 2022.



New online support service

SANE's guided service combines online and telephone-based counselling, peer support and groups for adults with complex mental health, their family and carers and for people with autism or intellectual disability for their mental health needs. The service is free, with 1:1 counselling and peer support available 10am-10pm EST and online discussion forums and chat groups which are 24/7 moderated.

Participants in the guided service must be over 18 years of age, reside in an eligible region (the ACT is an eligible region), and be affected by complex mental health issues.

Complex mental health issues are those that have a significant impact on the person's daily life, their relationships as well as their work.

You can read more about this new service on the following link <https://www.sane.org/referral>

To support health professionals referring patients into the guided service, SANE is running/facilitating a webinar series to outline benefits and outcomes for patients, how to refer, and the framework upon which the service is built.

This webinar will run on Wednesday October 5th 2022 – 2:00-3:00PM (EST)

Register via <https://www.sane.org/news/sane-launches-new-guided-service-webinars>

SANE



MENTAL HEALTH MONTH ACT

Awareness Belonging Connection



Mental Health Month occurs each year in October and encompasses World Mental Health Day on 10 October.

It is an opportunity to raise community awareness and understanding of mental health, reduce the stigma and discrimination associated with mental health conditions, and promote positive mental health and wellbeing.

Mental Health Month is celebrated in the ACT with a range of community events and activities each October. There are opportunities for everyone in our community to get involved, take steps to maintain and boost their own mental wellbeing, build networks, and support others.

Key events

- **Launch Saturday 8 October 2 to 4pm, Haig Park, Braddon RSVP**
- **Expo 4 pm—7pm, Sunday 9 October 2022 online**
- **Awards Friday 14 October (venue to be confirmed . See website for details)**


Further dates and information can be found on www.mentalhealthmonthact.org/calendar



MENTAL HEALTH MONTH ACT

Take part in Mental Health Month this October



-  **Join the many community events.**
-  **Hold a Wellbeing Priori-Tea.**
-  **Log on for the online Mental Health & Wellbeing Expo.**
-  **Follow the Mental Health Trail.**
-  **And much more!**

Mental Health Month ACT is brought to you by:



mental health
community coalition ACT



ACT
Government

ACT Health



WIN

Riactact
Local voices. Stronger communities.

www.MentalHealthMonthACT.org #MentalHealthMonthACT



The Mental Health and Wellbeing Expo, from 4pm to 7pm on Sunday, 9 October 2022, is a space where the Canberra community can learn practical ways to support their mental wellbeing and that of their community, including where to go when they need support.

There will be a huge range of talks, workshops, activities and entertainment, as well as stalls from organisations across the health and wellbeing sector, and opportunities to virtually meet other Canberrans. With the new online format, you can experience all of this from the comfort of home!

This is an **online only** event and participants are required to register if they want to attend. Register now at www.mentalhealthmonthact.org/expo

This October, take a break in your workplace or community and make mental health a priority by hosting your own Wellbeing Priori-Tea! It could be a morning tea, afternoon tea or high tea, and could be in-person or virtual! You could also use your event to help raise donations for a mental health charity of your choice.



When you register, you will receive the Wellbeing Priori-Tea pack, which includes resources to help organise and run your event, as well as information on developing and maintaining mentally healthy workplaces.



Music soothes the *Black Dog* and other unwelcome beasts

Sun 2 October 1.30 - 4.30pm
at the Irish Club, 6 Parkinson St. Weston

And it's free!

Contact - Chris 0450 799 456



Feedback

The Network has identified and expressed concerns to the organisers of Mental Health Month 2022 that:

1. The consumer voice is limited in the organisation of Mental Health Month for 2022;
2. The changes to the reimbursement grant applications for events to be held in a one-week period has resulted in many community groups missing out on funding and being unable to host an event; and
3. Access to some events, such as the Expo, has become restricted to online only events, impeding some community members' ability to participate.

An official feedback survey is expected to be available for participants to complete following the conclusion of the Month and we encourage members to complete this survey when it becomes available.

Additionally, the Network welcomes any consumer feedback or concerns about events etc. that they encounter over throughout the month.

About the Network

The ACT Mental Health Consumer Network is an organisation that is run by consumers for consumers. Our aim is to bring about a higher standard of health care in the mental health sector, through representation, lobbying and active involvement in new developments in the mental health sector.

Our organisation is extremely committed to the rights of mental health consumers. We promote a respectful and accepting system that involves Consumers, Carers and Professionals listening and respecting one another in an active healthy relationship. We also promote the development of support structures for all these groups.

All people who identify as being a mental health consumer are welcome to join the Network. An application form can be found on the following pages or by filling out and submitting via our website.

Drop-In

The Network is very pleased to offer a venue for Consumers to Drop-In for a chat and a cuppa, participate in activities, and/or to use the computers or phones for their self-advocacy needs. This service has resumed face-to-face from 10am to 12pm Thursdays and includes online participation via Zoom between 10am to 12pm (see page 6 for details).

Due to the nature of the Network's business, there are times when the Drop-In service unfortunately will be closed, and we try to keep members informed of any closures.



Level 2, Room 11
The Griffin Centre
20 Genge St, Civic



0449 127 941



www.actmhcn.org.au



www.facebook.com/actmhcn/



APPLICATION FOR INDIVIDUAL MEMBERSHIP

NB: Individual membership is free.

MEMBERSHIP TYPES AND CRITERIA

Primary Membership

- Has lived experience of mental illness
- Lives and/or accesses services for mental health in the ACT

Associate

- May have lived experience of mental illness but does not live and/or accesses services for mental health in the ACT
- Is a carer or support person of someone with mental illness
- Supports the aims of the Network

(Associate memberships are to be renewed annually)

I AM APPLYING FOR:

Primary Membership

Associate Membership

CONTACT DETAILS *Your name and at least one contact address/email is required

Title:	<input type="checkbox"/> Mr	<input type="checkbox"/> Mrs	<input type="checkbox"/> Ms	<input type="checkbox"/> Miss	<input type="checkbox"/> Other
First Name:					
Surname:					
Address:					
Postal Address: (if different)					
Email:					
Home Phone:					
Mobile Phone:					
Other contact:					

COMMUNICATION PREFERENCES:

What is the BEST way for us to contact you?	<input type="checkbox"/> Email	<input type="checkbox"/> Home Phone	<input type="checkbox"/> Post
	<input type="checkbox"/> Text	<input type="checkbox"/> Mobile Phone	
Do you want to receive Newsletters and other information?	<input type="checkbox"/> Yes by email	<input type="checkbox"/> Yes by post	

How should we send information about AGMs and other major events?	<input type="checkbox"/> Home Address <input type="checkbox"/> Postal Address <input type="checkbox"/> Email
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DEMOGRAPHICS

Year of birth:	
Aboriginal:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Torres Strait Islander:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Language other than English:	<input type="checkbox"/> Yes: <input type="checkbox"/> No, English only
Gender:	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Transgender <input type="checkbox"/> Intersex <input type="checkbox"/> Other:

INTEREST and INVOLVEMENT IN NETWORK ACTIVITIES

Self-Advocacy and Consumer Representation Training (SCR) Primary Members only	<input type="checkbox"/> I have completed Self-Advocacy Course <input type="checkbox"/> I have completed Consumer Representation Course <input type="checkbox"/> I want to attend SCR <input type="checkbox"/> I'm not currently able to attend <input type="checkbox"/> I have completed a similar course at (organisation)
Consumer Rep Program Primary Members only	<input type="checkbox"/> I'm interested in becoming a Consumer Rep <input type="checkbox"/> I'm not currently able to be a Consumer Rep
Policy and Projects Program	<input type="checkbox"/> I want to be involved in discussions and projects: In these areas: <input type="checkbox"/> I'm not currently able to be involved
Network Events:	<input type="checkbox"/> I want to be involved in planning events <input type="checkbox"/> I'm not currently able to be involved

Thank you for taking the time to complete and return this information

