

From: brain ambulance [deb@brainambulance.com.au]
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Sept 1st 2011 Fortnightly News Email Edition 5



Celebrating 10 Years in 2011 – Brain Ambulance has proudly been involved with MHFA for 6 of their past 10 years. At the conference in Melbourne this week, we were treated to fantastic speakers including Prof. Pat McGorry. Something highly celebrated was the fact that in the past 10 years 170 000 people have become mental health first aiders which represents 1% of the Australian adult population. How many mental health first aiders do you have in your workplace? Brain Ambulance has now become resource ready to fulfil all workplace requirements and government tenders. We have a **large number of instructors** and can **guarantee delivery of the course on dates booked** by our clients.

Pause for a Ponder – Today, the first day of spring, I exchanged my afternoon nap and ponder for a birthday afternoon tea with one of my dearest friends Gladys who just happen to be turning the ripe age of 99. She lives alone and is completely independent and baby sits my little dog, Lucy, most days. If I have a 6am start, so does she. If I don't finish until 7pm, so does she. I watched her today read her birthday card with no need for glasses and laugh loudly at the joke my dog had included. It was not the first time I had paused for a ponder at this remarkable woman. She tends her vegie garden daily, buckets and carries all grey water from the washing machine, the shower and the sink and has a water bill around \$1.50. She thinks she would like a new mattress as her back is getting a bit stiff. Surprisingly, her conversation and thoughts don't come from the past or the future. Gladys is very much in the moment and she reminds me daily that sitting in the sun will warm my bones. I always feel like I am watching a female version of the Dahlia Lama. I learn a lesson from her daily. Imagine your 99th birthday party and enjoy your pondering.....



Continuing Professional Development Points – Social Workers CPD "Successful completion of the **Standard Mental Health First Aid** course earns double CPD points, i.e. 2 points per learning hour."

✔ **Definitely Recommended** - www.bipolarcaregivers.org – this is a fantastic site and well worth a look whether you are a paid or unpaid carer. Of all mental illnesses, bipolar has the highest rate of suicide. When this website was being put together, research showed that there was **100% consensus** by caregivers surveyed that the following were the **most important items** for them: - being informed...encouragement of realistic hope....dealing with crisis...what to do when someone refuses treatment....taking care of the carer.....recognising that at times the person maybe too unwell to respond as they usually do. **This website addresses all of those items.**

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See you in your inbox on Sept 14th for Brain Matters Edition 6

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| DEB REVELEY <i>Master Instructor MHFA & YMHA</i> |  | m 0417 181 462 f 08 9582 9741 e info@brainambulance.com.au w www.brainambulance.com.au PO Box 1325 Mandurah Western Australia 6210 ABN 68 420 615 116 |
| BrainAmbulance MENTAL HEALTH EDUCATION | | |

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