



The Do It Club Poem!

To the Do It Club
Who has grown so much;
Without them,
Where would we be?
When's it's up and running,
We are all happy.

Their activities are social
And the people are knowledgeable.
We are all in this world together,
Like birds of a feather.

The Do It Club keeps its integrity
So hopefully, by working through ideas,
We will all see it through especially.

What a club! which has done so well.
It stands by its name
And that we can all live and tell.

The people are all so kind,
People like that can be a little
Hard to find.

We all want what's best
For one another, that's true.
Being social, with this club,
Is not hard to do.

So look out for us each month
And we will all try our best to
Thank you, all so very much.

Kerrie Boynton
Do It Club Peer Rep

Quick & Easy! Thai-style chicken curry

Serves 4

Ingredients

- 1 tbsp vegetable oil
- 1 tbsp mild curry paste, from a jar
- 4 chicken breasts, boneless and skinned, sliced into strips
- 250ml/9fl oz low-fat coconut milk
- 1 tbsp Thai fish sauce (nam pla)
- 2 medium onions, sliced
- 2 green capsicums, cored and seeds removed, cut into strips
- 1 small tin of bamboo shoots
- 1 tbsp chopped fresh basil
- 225g long grain rice
- 350ml water

Preparation method

1. Put rice in a saucepan. Wash rice with cold water. Drain and repeat the process twice.
2. Add 350ml clean water to the rice.
3. Cook rice over high heat, bring to the boil, uncovered.
4. Switch to very low heat and cover with a lid. Simmer the rice for 15-20 minutes. Do not take lid off until time is up. (This is crucial as the rice is steam-cooked under pressure.)
5. Once the lid is on the rice, heat oil in a wok over a high heat. Add the curry paste and stir-fry for one minute.
6. Add the chicken and stir-fry with the curry paste for 1-2 minutes, until browned.
7. Add the coconut milk, fish sauce, onions and bamboo shoots and simmer uncovered for about ten minutes, or until the chicken is cooked through.
8. When the rice is done, fluff up the rice with a fork or chop sticks and serve into bowls while hot.
9. Add the basil to the curry and serve into the bowls. If you are serving less than 4 people, have food containers ready next to the bowls and divide the food evenly between 4 plates/containers. Enjoy!

Vegetarian Option: Replace the chicken breasts with 1 packet Quorn strips (see the supermarket freezer section) or 1 medium block of firm tofu, sliced into strips, and leave out the fish sauce.

Gluten-free or Dairy-free diets: Check the label of the curry paste and fish sauce carefully for ingredients containing gluten or dairy, and buy a brand suitable for your needs.



Recipe of the Month

Open Minds

Do It Club

try · achieve · inspire

The PeerSpective

a peer newsletter

February 2011

Let me introduce...Jesse!



Jesse has been a client in Lifestyle Support since 2009. Jesse moved from hospital to a hostel for about a year before moving into a great unit by himself which he says "feels like home". With his support worker, he identified that a goal of his was to get a job and he was linked in with a consultant, Geoff, from the Employment Services team at Open Minds. Geoff asked Jesse what was important to him and what kind of work he would like. "I chose labouring because I've done labouring on farms before, worked for the council

cleaning roads and doing landscaping. Geoff gave me support; he's easy to talk to and he gave me lots of ideas about what I could do." So now Jesse works at Nairn Constructions on a building site. "Geoff helped me through my training to get my White Card and came to work with me for the first few days. The first day is the toughest because there's a lot to learn. It may not be that easy but it's worth it."

"I really like my job because the pay is good and I have good hours in the afternoon. I like working outdoors and learning new stuff all the time. The guys I work with are really nice. They know what they're doing and they teach me a lot. I work with the apprentice and the boss is friendly. Life before work, I had nothing to do and I was bored all the time. Now, I don't feel bored because work keeps you thinking and you earn money."

So apart from the pay, what's so great about having a job? "It takes your mind off your problems. It can be a bit daunting but there's a lot of help on the job and lots of support. It brings my life routine. I'm not getting sick or bored anymore."

What advice would you give other clients who are thinking about work? "Volunteering is a really good place to start especially if you've been out of work for a while or never had a job, or if you're scared or anxious or have low self-confidence. You'll feel more positive about life, having a structured week. You get all the skills and training, and you get used to the working day."

What have you learnt about yourself at work? "I didn't have experience so I decided, 'I'll just make the most of every opportunity and learn as much as I can.' Geoff taught me to work on initiative, to ask what needs to be done and to be thorough."

So you've achieved this goal you set yourself! How do you feel about that? "I want work to continue, I want to keep going and learn more. I find I'm proud of myself for making this step to work. It's a positive thing to do."

Quote of the Month

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”

- Corrie Ten Boom, Holocaust survivor and writer

Do you know a good quote? It can be inspiring or silly, whatever you like! Send it in to see it in the next issue!

Welcome to The PeerSpective!

Over 700 people receive support from Open Minds, just like you – that's a big community! Each person has their own unique story to tell – from their own perspective. The PeerSpective is about sharing our stories and staying connected with each other and our community. It is YOUR newsletter!

Do It Club is all about try-achieve-inspire to make a life that feels good. We can help each other to get there too.



It's important to try your best and give new opportunities a good go. We all have unique goals and dreams we want to achieve. If we give our goals our very best shot, we can achieve something really special for ourselves.



We are working towards our goals all the time. Sometimes simple, sometimes more complex, but we're making them happen every day. To keep us going, it's good to take time to recognise what we've achieved so far and celebrate how great it is!



It can take courage sometimes to get through our day, to overcome the tough times or to get moving on our own goals. When we hear about the achievements of other people who are no different to us, it can inspire us to get started again and keep going!

Do It Club needed a way of gathering together all your views and ideas. The Do It Club Peer Advisory Group was developed, made up of clients from each program area called Peer Representatives. They meet each month to discuss what is important to people in their program and share ideas. Check out next month's issue to find out all about them!

Have your say, share your story!

What are you into? What do you love to do? What is important to you? What makes you laugh? What are your dreams? What have you learned about life so far? What advice would you give other people with a mental illness or disability? Tell us about it! You can share your story.

Get in touch with Aisling Hoey, Do It Club Peer Facilitator

Phone: (07) 3896 4274

Email: doitclub@openminds.org.au

Post: Open Minds, PO Box 8142, Woolloongabba, QLD 4102

Office: Head Office, 66 Annerley Road, Woolloongabba

Wuhoo! Wuhoo! Wuhoo!

So do you like the newsletter? This exciting new layout was designed by Wuhoo! Creative. They donated their skill and bright ideas to Open Minds for free to help Open Minds clients stay connected. We thank them wholeheartedly for their generosity and imagination.



PO BOX 707, Fortitude Valley QLD 4006

M 0404 070 794

info@wuhoocreative.com

www.wuhoocreative.com



Get involved!

Tel: 07 3896 4222 • Fax: 07 3896 4200
doitclub@openminds.org.au
www.openminds.org.au

Do It Club is about staying connected with each other and our community. Retreats, training, events, activities, workshops.....the question is – **What do YOU want?**

Have you made any New Year's resolutions? Are you giving something new a go?
Tell us your story!

Tel: 07 3896 4222 • Fax: 07 3896 4200
doitclub@openminds.org.au
www.openminds.org.au



Who's Who at Open Minds

Hi!

My name's Kamella Carter. I am the Peer Support Worker on the PHaMs team at the Ipswich office.

I have been working at Open Minds for over two years. I really enjoy meeting clients one-on-one for Peer Support and being able to walk beside clients as they reach their goals and dreams along their recovery journey. I love listening to clients sharing their story.

I feel my role is so amazing; being able to often relate with clients as I have also suffered from a mental illness and have jumped the hurdles and obstacles along my own recovery journey. I also really love running our activity groups two or three times a month.

Kamella Carter
Peer Support Worker

RECIPE TO WIN in job hunting

R = resolve. You have to have your mind set on getting a job and work at it. Are you willing to give it 100%?

E = energy. It can take up a lot of time. You need to eat well and sleep well to keep your energy up to make calls, keep sending out resumes, going to interviews, etc.

C = contacts. Register with as many employment agencies as possible!

I = identify issues. What have been the barriers for you in obtaining work in the past?

P = persistence. Despite many knockbacks or no contact regarding jobs, do not give up!

E = emails and web sites. For the best choice, you need to have computer knowledge when applying for work.

T = transport. Check for bus, ferry and train availability and time tables if you do not drive.

O = orientation to workplace and the surrounding area. Familiarise yourself with the suburb. Is the office far from public transport? Is there a café nearby if you forget to bring lunch? Is there a sick room at the workplace or is there a pharmacy nearby should you become ill?

W = work uniform or attire. Dress suitably and safely.

I = information about the company or organisation. Google them and check out their web site.

N = neutral. Remain neutral in workplace arguments.

Karen Jarnet
Do It Club Peer Rep



A Note from Bernard...

Greetings all!

What a pleasure it is to be a part of the first issue of the The PeerSpective, an additional pathway and resource for service participants of Open Minds. We look

forward to hearing your views and benefiting from your experiences and expertise.

I really like the new Do It Club logo, and the message of Try-Achieve-Inspire. Do It Club is an important part of Open Minds, and the Board and I are pleased to have increased our commitment to promote and support Do It Club this year. I would also take this opportunity to welcome Aisling in the Peer Facilitator role, thank her for her important and valuable work to date and wish her every continuing success.

I trust you will enjoy this first edition, a collector's item you might say!

Thanks and best wishes,
Bernard Wilson
CEO

Tips for Visiting a General Practitioner (GP)

You are entitled to get the most out of your GP visit.

Find a GP you are comfortable with and who understands your health needs. GPs are there to support you. Help them do this by:

- Making a longer consultation to allow enough time to discuss your health needs;
- Asking your receptionist about bulk billing options
- Taking a list of questions with you
- Taking a pen and paper with you so that you can write down the answers to your questions
- Inviting a family member or carer to go with you to your consultation.



Questions to Ask Your General Practitioner (GP)

General Health

How often do I need a physical health check up?
Do I need a flu injection or any other immunisations?
Am I at risk of developing any health problems?
Are there any lifestyle changes I can make to reduce the impact or prevent certain health problems?
Are there any services you can recommend that I may be eligible for?

Symptoms

What may be causing my symptoms?
What can I do to deal with this problem or reduce symptoms?

Medications

What is the name/s of the medication?
What are the side effects of the medication?
Will this medication interact with any other medications or supplements I am currently taking?
What is the recommended dosage and when should I take this medication?
How long do I need to be taking this medication?
Is there a generic brand available at a lower cost?

Treatment

How is my condition usually treated?
When should I start the treatment?
How long will I need the treatment?
How much does the treatment cost? Is it covered by Medicare or health insurance?
What are the treatment risks?

Tests

What does the test involve?
When will I get the results?
Are there any side effects of the test?



Reference: Activate Mind and Body www.activate mindandbody.com.au

What are your achievements? What have you been doing over Christmas or during the floods? **Tell us about it!**

Who's Who at Open Minds



Hi all!

I'm Chris and I'm a Peer Support Worker on the PHaMs team in Caboolture. I wanted to share with you a little about my personal dealings with mental health issues and the strategies I put in place to "slay the beast within", metaphorically speaking!

Darn, it was hard dealing with mental health issues when I was young! So, it was the late 80's and no one spoke about mental health in the community, let alone in our household! Who was going to help me? Who was going to take me seriously? After all, I was only 15.

Ahh the 80's! Yes I had a mullet, yes I loved bad 80's music and yes I wore hyper-colour t-shirts, I will just get that out of the way.

To make a long story short, my mum and dad hated each other and finally divorced when I was 14, and my sister moved out as soon as she turned 18 (which was cool because I got her room, it was bigger than mine!) By that stage, I had changed from a mullet-wearing, bmx-racing, sports-playing, music-loving, try-hard surfer; twilight-zone-watching tragic to an introverted, withdrawn, anxious, rocket fuel drinking, hating-the-world type of kid. Phew! I lived like this going into high school and right up to year 12. I finished school in 1990 and I needed to go to hospital due to my mental illness. I was finally told by a doctor that I had high levels of stress and that he thought I had anxiety which needed treating.

At this stage, I was fed up and my mind was exhausted. This was the turning point for me. I don't know why but I started to become more self-aware. I was drawing on my inner strength, trusting my intuition and I let go of fear. I sought the help of a counsellor; moved out of home, started an apprenticeship and joined a band. I enlisted the help of Burt Weir who ran the Relaxation Centre of Queensland and started a relaxation course. I set short, mid and long term goals and I always challenged myself. It is a simple formula but it worked for me.

I did some volunteer work in West End for a year or so. I managed to get two jobs and saved enough money to travel overseas, which were two of my goals. I managed my mental health with counselling, and at times throughout the following years, I was on medication. Over the years, my career path has changed from a chef to a busway safety officer to an emulsion plant operator and now a Peer Support Worker (which I'm quietly proud of). I have not had counselling or medication for some years now, but I would not hesitate to seek help if I felt I needed it. I now have a family of my own and I'm also studying youth work.

So that's pretty much it with some bits missing here and there, but you get the picture!

Charles Darwin once said that "It is not the strongest of the species that survives, nor the most intelligent... it is the one that is the most adaptable to change."



Chris Deller
Peer Support Worker

Joke of the Month

How do you know if you are a pirate?
You don't, you just Arrrrrrr!

Can you do better? Send in your best joke or funny story!



We all have good times and not so good times. If you are having a good day, what would you tell other clients to help them through a hard time? **Tell us about it!**

Recovery Tips

I have chosen a few coping mechanisms that have worked for me. I hope these will be able to help anyone else who is having a rough time...

- Write a list of your strengths and assets. When you are finding it hard to cope read through this list.
- Each day plan to do something "nice" for yourself, even when you are going well.
- Remember that situations and feelings frequently change "This too shall pass" (King Solomon)

Brooke Bickley
Do It Club Peer Rep



Who's Who at Open Minds

Hi!

My name is Candice. I am the Peer Support Worker for the PHaMs Inner and South Brisbane teams. I have been in this position for 18 months now and I still thoroughly enjoy it.

I often wonder why I enjoy the work I do. I firmly believe the source of my enjoyment comes from the inspirational people I meet every day. From a personal perspective, I draw strength and motivation from the people I meet and the life stories they share. Sharing our thoughts, feelings and experiences with other people is empowering. It allows us to reflect upon the past and rewrite the future.

In the near future, I hope to run my second half marathon and that will symbolise to me that nothing is impossible. Each of us can achieve anything if we believe it's possible. Best wishes for 2011!

Candice Bool
Peer Support Worker

Tel: 07 3896 4222 • Fax: 07 3896 4200
doitclub@openminds.org.au
www.openminds.org.au

Tel: 07 3896 4222 • Fax: 07 3896 4200
doitclub@openminds.org.au
www.openminds.org.au