

# ARC NEWS



#we belong

## Welcome

Welcome Back, ARC community, We are thrilled to reconnect with each and every one of you through our newsletter and keep you updated on all the exciting happenings at ARC and within our ever-growing community. This newsletter serves as a platform to share stories, events, and initiatives that have been shaping our collective journey. We believe that the strength of our community lies in our shared experiences and the contributions of each valued member.

Over the past few months, we've been working to continually create spaces where our community can come together to learn, grow, and support one another. These groups provide a platform for like-minded individuals to connect, collaborate, and explore. We encourage you to reach out and join these vibrant communities.

One of the highlights of this newsletter is the content that our valued community members have generously offered to share. We believe in the power of your voices and the unique perspectives you bring. Your contributions are what make our community truly special, so keep them coming!

We want to express our gratitude for your continued support, engagement, and dedication to our community. Your presence and participation breathe life into ARC, and we are honoured to have you as a part of our extended family. So, grab a cup of your favourite beverage, find a cozy spot, and immerse yourself in the stories and updates that this newsletter has to offer.

With warmest regards,  
The team at ARC

## Group Bookings

If You're interested in booking into our Chair Yoga, Coffee & Games, Arty Farty Friday or Writing groups, please call 0490 679 634

## Trending at ARC this Month :

- Monthly writing group
- Chair Yoga
- Games Group
- Arty Farty Friday
- Wise Minds



“  
Courage starts with  
showing up and  
letting ourselves be  
seen.”

# What's Been Happening At ARC

ARC continues to grow and welcome new team and community members. Since the last addition we welcome Peer Mentors Renae and Melanie! We have been continuing our work in Mental Health and Human Rights and advocating for the establishment of an independent advocacy service in South Australia to provide free advocacy and legal advice to people subject to involuntary treatment orders under the Mental Health Act (2009). The South Australia Law Reform Institute kindly provided us with a copy of their report on the Review of the South Australian Mental Health Act. A number of ARC community members contributed to this review, advocating for greater rights for people accessing mental health services in SA. We are proud to have been acknowledged and included in the review, with ARC quoted as stating *"we need to [r]ecognise and respect that people still have capacity to make decisions even when they are really unwell"*.

We have also been busy producing a podcast called 'On the ARC'. One of our amazing Community Members Cat is the brains behind and host of the podcast, where she interviews people about their experiences of mental and emotional distress and their journey of healing, as well as exploring innovations in mental health support, beyond the traditional medical model. The podcast is expected to be released in September, 'watch this space'.

If you are always trying to be normal, you'll never know how amazing you can be

## July- Believing in eachother

### Believing in Each Other: The Power of Healing through Connection

Trauma is a deeply personal experience that can leave us feeling isolated, vulnerable, and disconnected from the world around us. It is during these times of darkness that the importance of believing in each other becomes paramount.

When we speak of believing in each other, it goes beyond mere words or superficial gestures. It is a profound recognition of the resilience and strength that lies within each person who has experienced trauma. It is an unwavering faith in our capacity to heal and grow, despite the challenges we face.

Belief is a transformative force. When we feel seen, heard, and supported by others who genuinely believe in our ability to heal, it can provide a crucial lifeline—a sense of hope amidst the darkness. Knowing that someone believes in you can be a catalyst for self-belief, empowering us to continue on our healing journey.

Belief also fosters a sense of connection and belonging. Trauma can often make us feel as though we are alone, carrying a burden too heavy to bear.

However, by believing in one another, we create a web of support and understanding. We acknowledge that no one's healing should be undertaken in isolation. Together, we create a safe space where stories can be shared, vulnerabilities can be honoured, and healing can flourish.



## Stories of Connection



Our community member Carmel recently celebrated her 50th birthday at the sewing school at Norwood. Carmel's goal when starting with ARC, was getting her sewing machine to work and to attend sewing classes to learn to sew. On her first day of support with her Peer Mentor, Joanne, they achieved her first goal by learning to thread and get her sewing machine working.

Carmel now attends the sewing school every Tuesday, where she has achieved her second goal by learning to sew and she has made a tote bag, a swaddle and change bag for her grandson due in September.

Happy 50th Birthday Carmel, from everyone at ARC.

## New Games & Coffee Group

ARC is holding a social group on Thursday afternoons from 2 PM to 4 PM as a trial for 4 weeks starting on the 20th July. We know the importance of community so want to provide further opportunities for everyone to create a better sense of belonging. The group itself will involve a social chat space with a focus on board games and grabbing a cup of coffee together. We will aim to have some fun and some laughs in a supportive environment.

If you are interested please send us a text on 0490 679 634 so we can chat in detail and potentially confirm your attendance.

## Meet Peer Mentor Talea

As a peer mentor I aspire to walk along side others throughout their experiences and support them in the best way possible.

I have chosen to be a part of ARC as I believe in the values of ARC! I see these values as being significant throughout our individual journeys of life, as well as our rights as beings and as guides for my supportive practice.

I offer myself as a person who has lived experience, imperfections, and quirks!

A person who is willing to walk (or sit, run, skip and jump!) alongside you even if the world feels dark. My interests are Zumba, creative arts, writing and nature walks. And a bit of shopping...

In my life I need my family! But also to be treated with kindness, equality, compassion, and respect, with lots of smiles and laughter in between!

What lights me up is seeing others with a genuine smile and happiness even if it is only for a second.



In my life I need family



## Meet Community Advisory board member - Jenny

I'm a writer and a dreamer and after 40 + years on the wrong side of the psychiatrists couch where I was seen as a diagnosis, then a patient. Few saw the me I had the potential to be. I had no true sense of self or worth. This was slowly changing with the recognition of lived experience but I still felt trapped, with little worth. Then I found out about ARC. In my first contact it sounded good, they offered support to the me that was present at that moment. I began to feel a change where I was treated as an individual on equal standing. I was a member of a community. I was valued I felt

compassion , understanding and equality. The position on ARC's board came up and I saw that this was a way to put back into ARC and to really feel like I belonged. ARC's role in my life is constantly evolving and as a board member I can listen and maybe help guide other community members to a place where they know they are accepted and are worthy. A beautiful thing about the board is that all are accepted and when we put our collective essence of lived experience together we can move mountains. I'm honoured to be a part of the ARC Community and to be a community member.



Invisible threads are the strongest ties



*Make grey days clear so that sunshine can come into make spring bloom in your heart.*

*Stand by you so that you can grow, glow, feel glamorous all the time, through dark and sunny days through never quit on you so you can stand with someone to hold your hand know matter the terrain opposed.*

*Thank you for such an incredible family that is made in support .....*

## Family is Friends

*Family is friends not in blood but made.*

*Friends are friends bound in love.*

*They make the rain stop in your head.*

*heart.*

*That is what ARC and everyone at NDIS does.*



## Cautiously Hopeful

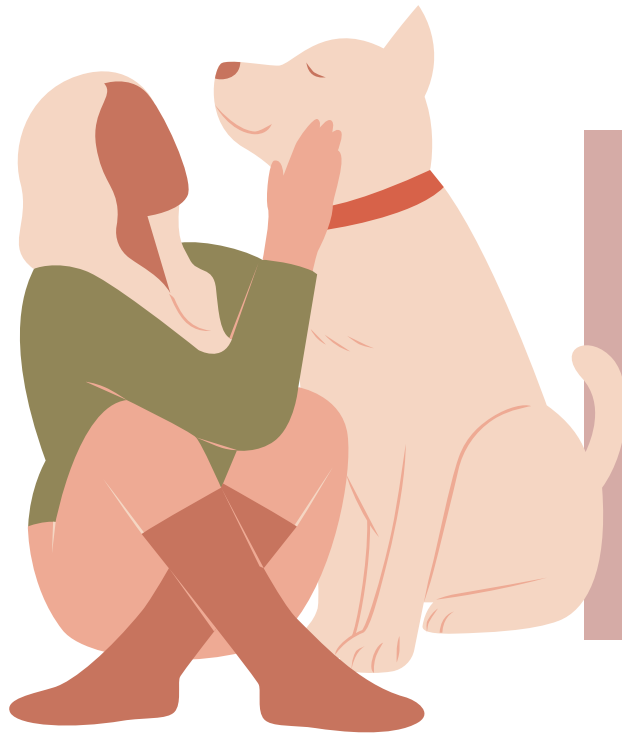
*I feel cautiously hopeful  
In a way I haven't felt  
In a very long time*

*Warning bells are sounding  
Saying "don't trust this feeling"  
It won't last, nothing ever does*

*My self-destructive tendencies  
Are whispering ways out  
At least they're not yelling*

*I feel cautiously hopeful  
And I will allow myself to feel it  
To trust what this moment is offering*

Chelsea

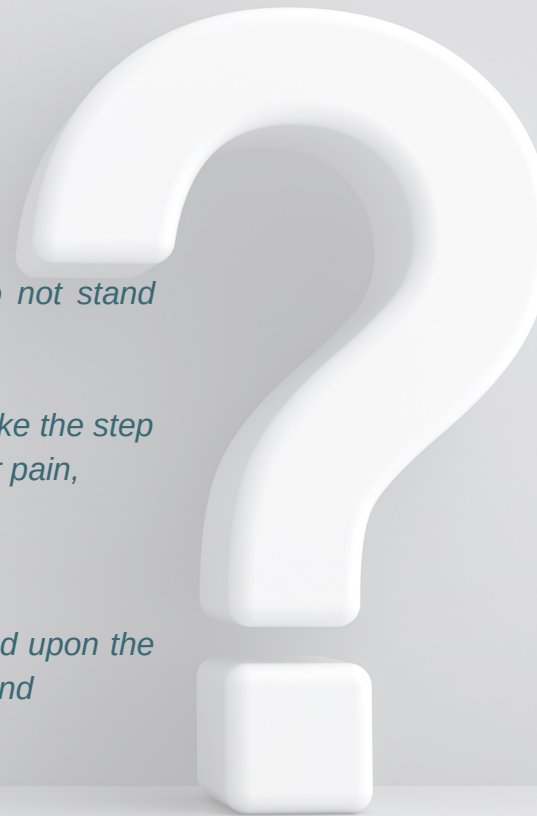


Hope  
is a  
waking  
dream

## Questions

*So if your sad or feeling bad or think someone is watching you.  
If you head is full of questions and the rage continually grows  
If you feel unworthy of another's love  
If you have so many questions that you can not answer do not stand  
alone condemning who you are  
Remember those who love you remember those who care  
Those who sing in gratitude just because you are there. And take the step  
of courage take the step of bravery and let someone know your pain,  
Set your self free  
conquer the shame, call it by name  
Stand upon the stage and in stillness simply be  
Call your name with pride for you no longer need to hide Stand upon the  
mountain with the linking of the souls turn your face unto the wind  
Feel the peace so strong  
Stand upon the mountain and sing YOUR song.*

Jenny Benham



# Connection

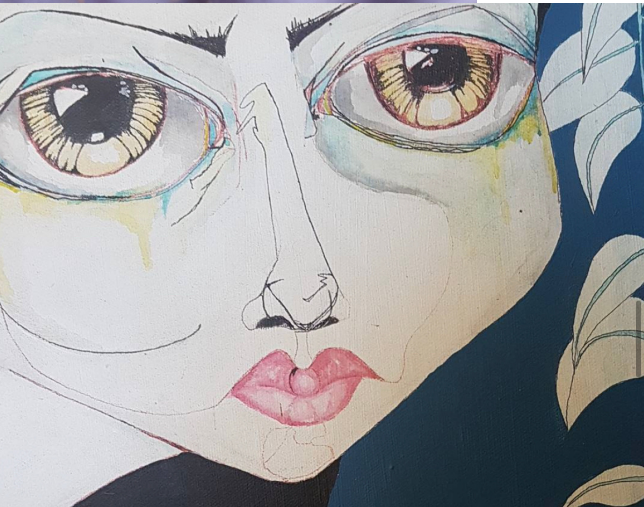
*The other day, I was on the road visiting community members. When I parked my car for my next appointment, a green leaf in the shape of a heart caught my eye. It stood alone, radiating it's natural beauty amidst the bustling surrounds.*

*This beauty reminded me of the profound connection we share as human beings through our interactions, gestures, kindness and genuine care and how this can create ripples that touch and heal the heart of others.*

*In a world that can feel disconnected and fragmented, the little leaf inspired me to ponder how our shared humanness and cultivating meaningful connections within our community can make such a difference to someone's world.*

*Here's to our shared humanity where everyone feels seen, heard and valued. ♣*

*Kate Moody - Counsellor*



- acceptance
- safe space
- listening
- respect
- belief
- connection
- authentic
- healing
- support
- belonging
- inclusion
- sharing
- journey

## Word search

N G C C K B J C F L R J T X W N W O X A  
 L G M K H Y B W D U A U T H E N T I C L  
 W X L A J J W S Z O I Q L X R C P C A F  
 W J Y X M O I F K N H S U J O U F M G P  
 V J L Q M X M H B C J M W P U I V I F J  
 K T P I T A A E H F Q A D D D X C G V O  
 C G K J S D P A B E L O N G I N G S Q U  
 V O J B J T T L F G L X Y Y S W N B N R  
 E B N U S A E I R Q E N E V H S Q S S N  
 V E P N V P T N A O K X Q Q A W M C A E  
 M L H Q E I H G I C V K Q X R B E G F Y  
 P I J Q S C K L D N C V N Q I L T C E G  
 S E W P R A T W H B G E P K N A A I S P  
 U F T F D E I I G C G P P M G S G J P D  
 P I N C L U S I O N Y Q W T C Q A F A P  
 P Y B L Q G W P E N M Y P R A K U Y C H  
 O O N Y Q I P A E Q V H R N I N G I E I  
 R N I G A F P C X C R G Y E Q T C G A V  
 T I N Q W G O B J W T Q A G T Q J E D V  
 D T H E Z Z J S Q M V E O E X U L O I B