

ARC NEWS



#we belong

Welcome

Hello everyone!

We are excited to introduce the first edition of our community newsletter here at ARC. Our goal is to provide a platform where our community can share their experiences, connect with each other, and stay up-to-date with what's been happening at ARC.

In each edition, we will be featuring a spotlight introduction on one of our staff members, providing updates on upcoming events and groups, and sharing a collection of our community's expressive contributions. We want to hear from you, so please feel free to share your stories and experiences with us. We believe that by sharing our stories, we can create a supportive and inclusive community where everyone feels heard and seen. You might like to share poetry, or another written piece or a photo of your artwork.

Our upcoming months are filled with exciting events and groups, including chair yoga sessions, creative writing workshops, and support groups for individuals going through similar life experiences. We encourage you to check out our website and social media pages for more information on these events or enquire with your ARC team member.

We want to thank you for being a part of our community, and we hope that this newsletter will serve as a helpful resource for you. We believe that together, we can create a community that uplifts and supports one another.

Warm regards,
The ARC team

Trending at ARC this Month :

- Monthly writing group
- Wellness Wednesdays
- Arty Farty Friday



“

You are not alone.
You are seen. I am
with you. You are
not alone.

What's Been Happening At ARC

A few weeks ago we held a workshop on the issue of human rights in the mental health system. We met with lawyers, people with lived experience, academics, mental health professionals and advocates to explore how people living with mental and emotional distress can have a stronger voice in the treatment they receive and ensure their human rights are upheld. We had robust and passionate conversations that we hope will lead to some action being taken to have more access to advocacy and legal support for people within the state mental health system.

April- Respecting Me

ARC's theme this month is 'Respecting Me'. Those of us suffering with mental health should feel respected and be treated with compassion, empathy, and understanding. Mental health affects our thoughts, emotions, behaviours, and ability to function in daily life. It is not a choice, nor a sign of weakness or personal failure.

It is important for those around us not to judge, as this can create additional stress, shame, and stigma. Instead, we should spread awareness about mental health, helping to educate others about what we need to feel supported when we are struggling.

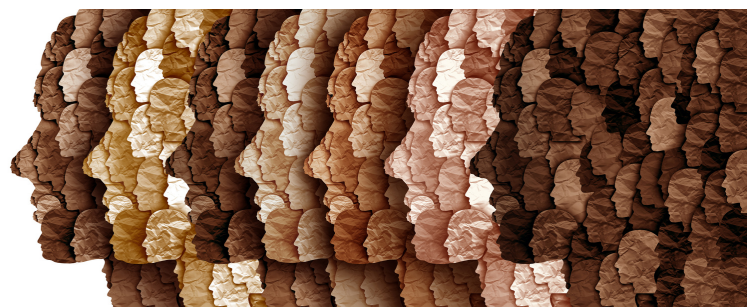
We all deserve respect, empathy, and dignity, especially when dealing with mental health issues and we should feel empowered to make our own choices regarding our treatment. By working together to promote understanding and support, we can help break down the stigma and create a more compassionate society for all.

Nothing
about us
without us

Stories of Connection

Kristy one of our Peer workers has been supporting and walking alongside one of our community members experiencing significant mental distress and ongoing conflict between her and the mental health system. Kristy listened to our person's needs, advocated for her and has grown their connection despite all of these challenging circumstances and communications.

This has been exemplified last week where our community member has now been able to advocate for herself and maintained her boundaries and consent during a meeting with Community Mental Health. This supportive relationship has been inspiring to see as has our community member's self-advocacy and resilience in the face of systemic trauma.





Meet Lead Mentor Pieter

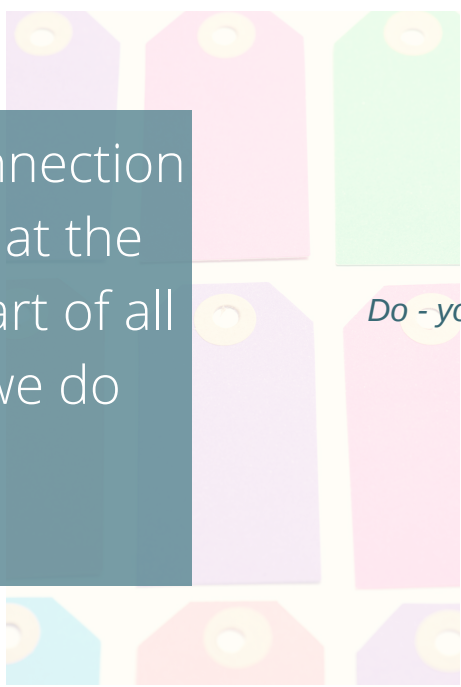
I have my own lived experience around mental and emotional distress that has led me to both where I am and who I am today. Through my recovery journey I gained a clear purpose in my life around wanting to support people who have gone through similar experiences to myself and have found meaning in doing so. I have completed studies in Community Services and Social Work and have worked supporting people with their mental health for the past 5 years. In this time I have worked in multiple roles across: 1:1 support, activity groups, supporting LGBTQI+ spaces, activity centre coordination, NDIS

Support Coordination, doing complex NDIS application /review work and leading support workers. I have chosen to be a part of the ARC community because I love working with people and supporting people in their life journey. I want to support others as I am passionate about being part of something bigger than myself that meets my values around connection and belonging. I love listening to others' life experiences and embracing everyone's uniqueness.

I offer compassion, understanding, authentic listening, honesty and a welcoming face.



Time
for me,
every-
day



Connection
is at the
heart of all
we do

The Danger of Labels

*I see things that - you do not see
I hear things that - you do not hear
My world - does not fit your rules
my thoughts, my ideas, my reality - does not fit your reality
does that - make me - any less than you ?
Do - you have the right to cut me down and caste me off as dead wood?
Do - you not know that I too am of value, of worth
I too - have the right to be.
I came to you because I believed I had to be - like you to
you - pointed out my weakness
you - caste me out – you pushed me down the rabbit hole
You called me schizophrenic and this soon became my name
you put me in a box painting a label for all to see
this label of Schizophrenia filled my heart with shame
I was no longer me, I was no longer whole.
This label of schizophrenic stripped me of my soul.*

The Danger of Labels

No diagnosis should do more damage than good I was labelled 40 years ago and it is only now with the recognition of the strength and power of sharing life experiences that I actually slowly claiming my right , my worth not so much in the eyes of others but in my heart , my soul.

I have lived my life constantly on the edge of my rabbit hole and 40 years ago that one word and all its baggage bought that rabbit hole cascading around me burring me in darkness, depression and loneliness. I still get lost in this darkness but now I know there is more, there is life to be lived and I claim this life through words, through pictures, through photos.

Jenny Benham 28/7/2022



The Living Dead

Eagles soared amongst
 The living dead
 Ghost Dancers
 In reservations
 White mans law
 Custers last stand
 The Yankee's
 Flags held
 Never to be
 Free
 Wolf
 The eyes
 Flashing
 We need
 Land rights

Troy

Word search

