



Welcome to the April newsletter and Happy Easter to you all!
Collection of “newsy” items and updates from the unit to help keep us all in touch.

WEDNESDAY BBQ
DATES FOR YOUR DIARY:

Wednesday 3rd April

Wednesday 10th April

Wednesday 17th April

WEEKLY GROUPS:

Monday 10.30AM : Weekly SECU Meeting

Tuesday 11.00AM : Group Cooking Activity

Thursday 9.30AM : Delta Dogs

Thursday 11.00AM : Group Cooking Activity

STAFF PROFILE:



Terri is a member of the nursing team in Sovereign House. She is entering her 6th year with us, prior to this she worked at Eastern View.

Last year Terri completed her Post Grad in Nursing Practice (Mental Health) at University of Melbourne, which was an area of particular interest to her. As a result, she enjoys working with our student nurses when they are on placement.

FROM THE ACTING UNIT MANAGER:

A reminder to all clients and families that Sovereign House is a non-smoking facility, as per the Ballarat Health Services protocol. We understand that this causes increased anxiety and frustration for our clients and continue to offer Nicotine Replacement Therapy to assist with this. If you have questions or concerns please don't hesitate to speak with your primary nurse.

THERAPY UPDATE:

Cooking groups have been a hit here in Sovereign House over the past few weeks.

On a Tuesday and Thursday, we have been doing a group cooking session, where we prepare lunch together. Education around healthy eating choices are discussed throughout and clients are encouraged to try things that they might not have had in the past. This week we made Homemade Pizzas on Tuesday and Baked Potatoes on Thursday. The decision about what we will cook each week is being made in the Monday Morning SECU meeting, so get along at 10.30AM to cast your vote!

With the start of the AFL Season, we have commenced our weekly footy tipping competition. Everyone is encouraged to participate, with the weekly winner receiving a chocolate bar. Congratulations to Harley, who was the winner of Round 1 and 2!

ACCREDITATION UPDATE:

This month Ballarat Mental Health Services is focusing on Standard 3 of the National Standards for Mental Health Services (NSMHS) which is Consumer and Carer Participation. As mentioned in last month's newsletter, we are conducting the Your Experience of Service (YES) Survey which will provide us with valuable feedback on consumer experiences of our mental health service. We don't want to be limited to a yearly survey however- if at any point you have suggestions or feedback (positive or negative) please fill out a Feedback form which are located in the brochure stand on the wall across from the staff station and either give it to staff or our Nurse Unit Manager, Colleen Fryar.

We would also like to give a shout out to our incredible team of people in our service who provide support for carers and consumers- Amanda McCartney (Consumer Consultant), Kelle Reid and Rohan Souter (Carer Consultants) Hannah Moroney (Child and Youth Consultant), Greg Clarke (Koori Liaison Officer) and Marisha Jarecki (Dual Diagnosis Coordinator). These guys do exceptional work within our service, providing support to consumers and carers in a variety of ways. If you have any concerns or would like further information of supports or services available to you please contact them via 5320 4100.

All people featured in this month's newsletter have provided their consent to be pictured.