

# Carer workshops

Isabelle Devos  
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 One Door Mental Health – Armidale Office  
 Mon- Wed 9 am to 5 pm  
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## STAYING CONNECTED WHEN EMOTIONS RUN HIGH



### AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS

#### FREE WORKSHOP

Date: THURSDAY 28<sup>TH</sup> APRIL 2022 (NEW DATE!)

Time: 9:15 am sign-in for a 10:00 am start until 3:30 pm

Location: ARMIDALE, NSW (venue to be announced closer to date)



## EVENT OVERVIEW

This FREE workshop provides carers with additional communication skills to support someone (between 12yrs to 100yrs) who experiences any of the following:

- Has relationship difficulties,
- Demonstrates changing emotions and strong overwhelming feelings that can make communication difficult,
- Sometimes behaves in a way that makes them a danger to themselves or others.

These symptoms can be experienced in those with mental health issues, drug and alcohol dependence, developmental disorders.

## FACILITATORS

**Dr Annemaree Bickerton**  
 (Child, Adolescent and Family Psychiatrist)

**Toni Garretty**  
 (Clinical Coordinator Family and Carer Program Illawarra and Shoalhaven Mental Health Service)

**THURSDAY 28<sup>th</sup> APRIL 9:30 am – 3:30 pm**

**From 9:15 am: sign in + morning tea for a 10 am start**

**Morning tea upon arrival, lunch and afternoon tea provided**

**To attend this event please register with Isabelle: 0400 463 171 or [isabelle.devos@onedoor.org.au](mailto:isabelle.devos@onedoor.org.au)**

One Door. Many Opportunities. [onedoor.org.au](http://onedoor.org.au) 0400 463 171



# Supporting our Men



## Why talking relieves isolation

The old saying “a problem shared is a problem halved” has stuck around over the years, and for good reason. An opportunity to voice how circumstances and occurrences impact us helps relieve the burden, even if it doesn’t fix the problem.

The idea too, that men don’t talk has stuck around, however a recent study has uncovered that men are not necessarily reluctant to talk about life issues, they simply seek a safe place in which to share; one they feel confident and supported in rather than one that leaves them feeling inadequate.

Bottling up thoughts and feelings, particularly in the wake of life-changing events or trauma, can lead to growing social isolation, which in turn has an enormous impact on mental health.

Some of the expected characteristics of socially isolated men include a steadfast observance to traditional masculine norms – that they are expected to be strong, self-reliant and in control. They typically describe themselves as ‘fixers of problems’ and not ‘people who talk about problems.’

Patrick Westwood, who has spent 15 years as a first responder for NSW fire agencies and now works for Resilience NSW, saw a need for a men’s group in his southern NSW community that encouraged social connection and an opportunity to talk. “It’s been a tough couple of years with bushfires, floods, drought and COVID lockdowns and restrictions,” he says.

“It’s affected a lot of businesses and families, individuals and men and there’s a lot of pressure on many people out there. Things are going to remain in this upset state for a while and people need a safe place to talk about what’s happened to them and how they are feeling. We - men - don’t tend to do that so well and we wanted to create a space for men where they felt safe and comfortable to talk about their challenges and feel supported,” he said.

Enter The Men’s Table, a grassroots charity dedicated to creating “Tables” of eight to twelve men around the country who meet once a month over a meal and a drink to talk about what’s going on for them. “Men are encouraged to share but they are welcome to just listen until they are ready,” says co-founder David Pointon. “It’s as much about helping others as it is about helping yourself and sometimes an attentive ear is all another man needs.”

Belonging to a Men’s Table contributes to mental, emotional, and social wellbeing whilst being a powerful support to individual members travelling their life journeys. “We recognise that men can be wary of change and hesitant or unfamiliar with opening up about their feelings,” David continues, “yet connecting with other men when they feel stuck or troubled can really help someone before illness or despair develops.”

Further work is required to support the growing need of Australian men for the social connection that is essential for mental health and The Men’s Table are planning to launch local Tables in the Hunter New England area this year. With a road trip in March covering **Glen Innes (Sunday 13 March - 6pm to 730pm)**, **Armidale (Monday 14 March - 6pm to 7.30pm)** , **Upper Macleay River and Singleton**, David and his colleague Anthony Garnham will be hosting Information Nights chatting with communities and sharing how The Men’s Table works and ascertaining interest before planning to initiate Launches in the following months.

For more information, visit [www.themenstable.org](http://www.themenstable.org) or email [hello@themenstable.org](mailto:hello@themenstable.org)

*You're invited to*

# THE MEN'S TABLE INFORMATION NIGHT



An introduction to the Men's Table through stories and chat over dinner.

**ALL WELCOME**  
RSVP / Questions - please to Anthony Garnham  
0411 311 214

**GLEN INNES**  
Services Club - 120 Grey Street  
Sunday 13 March 2022  
6.00pm to 7.30pm

**ARMIDALE**  
Armidale City Bowling Club  
Monday 14 March 2022  
6.00pm to 7.30pm

[www.themenstable.org](http://www.themenstable.org)