

Mossman Port Douglas Counselling Services

8 Blake Street Port Douglas QLD 4877 / Ph 0427 807 729

Email: admin@mossmanportdougascounsellingservices.com.au

CONNECT

Newsletter Edition No 6: October 2021

We provide customised support to empower individuals, families, and our wider community

Welcome to the 6th edition of *CONNECT*, a newsletter from **Mossman Port Douglas Counselling Services (MPDCS)**. It has now been one year of publishing *CONNECT* and we have been providing this FREE publication every 2 months. The intention of *CONNECT* is to provide information, education, a list of crisis help-lines, and additional supports to residents in our Shire.

MPDCS provides face-to-face counselling every Monday and Wednesday afternoons in Port Douglas (1pm-6pm). We hire the QCWA premises (8 Blake Street Port Douglas). MPDCS can also provide counselling support in Mossman, by arrangement and availability. MPDCS provides professional, confidential and affordable counselling support for children (ages 5+), youth, adults, couples, families, seniors, and NDIS participants (plan-managed & self-managed). We also offer professional Supervision, assorted workshops, an Employee Assistance Program, and tailored support groups as required for the needs of our Shire. In addition to face-to-face counselling, we also provide counselling via phone, Skype and Zoom. From 1st July 2021, MPDCS became one of the Service Providers with WorkCover. Private health fund rebates are available at MPDCS. We hope you enjoy reading the 6th edition of *CONNECT*.

October 2021 – Queensland Seniors Month

1st October 2021 - World Day of Older Person's

October 2021 – LGBTI History Month

11th October 2021 – National Coming Out Day

5th October 2021 - World Teachers Day

10th October 2021 - World Mental Health Day

15th October 2021 - World Rural Women's Day

17th to 23rd October 2021 - Anti-Poverty Week

17th to 23rd October 2021 - Sock it to Suicide Week (TBC)

24th to 30th October 2021 - Children's Week (TBC)

29th October 2021 - Day for Daniel (Queensland)

31st October 2021 - Grandparent's Day (Queensland)

11th November 2021 – Remembrance Day

13th November 2021 – World Kindness Day

16th November 2021 – International Day for Tolerance

17th November 2021 – International Student's Day

19th November 2021 – International Men's Day

20th to 28th November 2021 – Social Inclusion Week

25th November 2021 – International Day for the Elimination of Violence Against Women

Mossman Port Douglas Counselling Services recognises the courage it can take for people to ask for assistance and to engage in the counselling process.

- All clients accessing our Services, regardless of race, religion, gender, social standing, ability, and/or need will be treated with dignity and respect, and be warmly welcomed.
- All clients accessing our Services will have their rights clearly explained and be provided with a respectful, safe environment in which to engage in the counselling process.



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Counselling & General Information

Ways to Boost your Child's Confidence:

From the day a child is born, they learn by example: by watching and copying adults! Many of the following tips are useful with children of all ages but there are certain ages and developmental stages that influence and play a significant role in a child's development of confidence.

Babies & Toddlers

- Give babies lots of cuddles and kisses.
- Smile and talk to them, and tell them you love them often.
- Show pleasure as your baby develops.
- Don't expect too much too soon. Read up on babies developmental stages, but always remember that ALL babies are different!

Pre-Schoolers:

- Play with your child/ren as much as you can.
- Act out favourite stories with them -children learn to speak more confidently through play-acting.
- Take time to listen to your child/ren and let them explain what they mean before interrupting/correcting them.
- Encourage your child/ren to try new skills.
- Talk children through the steps of doing something new, rather than doing it for them.
- When your child/ren misbehaves, make it clear how. Let them know **it's just the behaviour that needs to change**, but that **they are still OK!!!**
- Help young people to be proud of their work.
- Allow them to make simple choices, i.e. "shall I wear these shorts or those shorts?"
- Share daily activities such as clearing the table or sorting the washing.
- Try to be consistent.

School-Aged Children:

- Spend time talking together about everyday things.
- Watch your child/ren perform at sports/concerts, etc.
- Encourage children to see that mistakes/awkward moments are just a part of growing up.
- Avoid arguing with your partner in front of children.

Teenagers:

- Don't impose your opinions. Be interested in their different ideas, even if you do not agree.
- Young people need space and time alone, so allow your teenager to have their privacy.
- Remember that adolescence is an emotional roller-coaster and so encourage your teen to talk about any worries.
- Talk with your teen about personal safety, how to say "No" to anyone who suggests abusive or unsafe behaviour and teach them about internet safety!
- Let them know if they get into trouble/tricky situations, you *will* support them doing what is best.
- Let your teen know that you are interested and available whenever they need you.

No matter how independent they may seem adolescents/teens still need their parents' support and understanding.



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October 2021 – Queensland Seniors Month

Connecting with one and other has never been more important. For the first time we are celebrating **Seniors Month, 1- 31 October**, with the theme ***Social Connections***. During the month people of all ages, cultures, and abilities through inclusive events and activities, celebrating the important and essential roles older people play in our communities. In short it's going to be a connect fest!

Beginning on the United Nations International Day of Older Persons, 1st October; the month will end on National Grandparents Day, 31 October. The Senior Month program has five objectives and they are:

1. Connect older Queenslanders to inclusive events and activities by producing culturally inclusive, intergenerational or lifestyle events/activities for older Queenslanders in their communities.
2. Create opportunities for older Queenslanders to continue to participate in activities beyond Queensland Seniors Month.
3. Challenge ageist attitudes and reframe the conversation around ageing.
4. Enable older Queenslanders to live active and healthy lives with improved physical and mental wellbeing.
5. Enhance opportunities for older Queenslanders to continue to learn through community education, lifelong learning, and digital literacy.

This aligns with the Queensland Government's and Council on the Ageing (COTA) Queensland's vision of building Age-friendly communities in Queensland. COTA Queensland coordinates Queensland Seniors Week on behalf of the Queensland Government.

Both COTA Queensland and the State Government value the contribution older people have made – whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates.

<https://qldseniorsmonth.org.au/about/>

Elder Abuse

What is elder abuse?

Elder abuse is a single or repeated act—or lack of appropriate action—occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Forms of elder abuse

Elder abuse can take many forms including:

- **Psychological abuse**
- **Financial abuse**
- **Physical abuse**
- **Sexual abuse**
- **Neglect**

If you suspect elder abuse is happening, don't wait for proof. Call the **Elder Abuse Helpline on 1300 651 192** for free, confidential advice and referral (**9am to 5pm, Monday to Friday**).

<https://www.dsdsatsip.qld.gov.au/campaign/know-signs/what-elder-abuse>



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10th October 2021 - World Mental Health Day

Mental Health in an Unequal World

The World Federation for Mental Health (WFMH) President Dr Ingrid Daniels has announced the theme for World Mental Health Day 2021 which is '**Mental Health in an Unequal World**'. This theme was chosen by a global vote including WFMH members, stakeholders and supporters because the world is increasingly polarized, with the very wealthy becoming wealthier, and the number of people living in poverty still far too high. 2020 highlighted inequalities due to race and ethnicity, sexual orientation and gender identity, and the lack of respect for human rights in many countries, including for people living with mental health conditions. Such inequalities have an impact on people's mental health.

This theme, chosen for 2021, will highlight that access to mental health services remains unequal, with between 75% to 95% of people with mental disorders in low- and middle-income countries unable to access mental health services at all, and access in high income countries is not much better. Lack of investment in mental health disproportionate to the overall health budget contributes to the mental health treatment gap. Many people with a mental illness do not receive the treatment that they are entitled to and deserve and together with their families and carers continue to experience stigma and discrimination. The gap between the 'haves' and the 'have nots' grows ever wider and there is continuing unmet need in the care of people with a mental health problem. Research evidence shows that there is a deficiency in the quality of care provided to people with a mental health problem. It can take up to 15 years before medical, social and psychological treatments for mental illness that have been shown to work in good quality research studies are delivered to the patients that need them in everyday practice.

The stigma and discrimination experienced by people who experience mental ill health not only affects that persons physical and mental health, stigma also affects their educational opportunities, current and future earning and job prospects, and also affects their families and loved ones. This inequality needs to be addressed because it should not be allowed to continue. We all have a role to play to address these disparities and ensure that people with lived experience of mental health are fully integrated in all aspects of life. People who experience physical illness also often experience psychological distress and mental health difficulties. An example is visual impairment. Over 2.2 billion people have visual impairment worldwide, and the majority also experience anxiety and/ or depression and this is worsened for visually impaired people who experience adverse social and economic circumstances. The COVID 19 pandemic has further highlighted the effects of inequality on health outcomes and no nation, however rich, has been fully prepared for this. The pandemic has and will continue to affect people, of all ages, in many ways: through infection and illness, sometimes resulting in death bringing bereavement to surviving family members; through the economic impact, with job losses and continued job insecurity; and with the physical distancing that can lead to social isolation.

We need to act, and act urgently. The 2021 World Mental Health Day campaign '**Mental Health in an Unequal World**' will enable us to focus on the issues that perpetuate mental health inequality locally and globally. We want to support civil societies to play an active role in tackling inequality in their local areas. We want to encourage researchers to share what they know about mental health inequality including practical ideas about how to tackle this. When WFMH was formed in 1948 the world had emerged from war and was in major crisis and much of this was tackled by collaboration between WFMH, WHO, UN, UNESCO and other global stakeholders and citizens with an interest in mental health wellbeing. We are again in the midst of another global crisis that is resulting in widening health, economic and social inequalities. The 2021 World Mental Health Day campaign provides an opportunity for us to come together and act together to highlight how inequality can be addressed to ensure people are able to enjoy good mental health. Be a partner, be an advocate.

Professor Gabriel Ivbijaro MBE JP - WFMH Secretary General

<https://wfmh.global/2021-world-mental-health-global-awareness-campaign-world-mental-health-day-theme/>



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We also offer our Services via Phone, Skype, and Zoom.

Our schedule of fees is on our website, or available at our Services.

Private Health Fund Rebates Available. Counselling is by appointment.

11th November 2021 – Remembrance Day

On 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War. From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin and Péronne, and the breaching of German defences at the Hindenburg Line in September. By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost 48,000 casualties during 1918, including more than 12,000 dead.

In the four years of the war more than 330,000 Australians had served overseas, and more than 60,000 of them had died. The social effects of these losses cast a long shadow over the postwar decades. Each year on this day Australians observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts.

The eleventh day of November has been known as Remembrance Day in Australia since the end of World War II, but was originally called Armistice Day in 1919. At first, it was meant to specifically honour the heroes and fallen of World War I, but today, it is aimed at honouring all soldiers who fought and died for their country in years gone by. Remembrance Day is not a public holiday but it is nevertheless on the minds of people across the country every 11 November. The main event is a minute of silence. Everyone across the country stops whatever they are doing exactly at 11am to observe a moment of silence to remember past wars and those who have fought and died. This is done, then, at the eleventh hour of the eleventh day of the eleventh month of the year.

Also, it is traditional to wear poppies on Remembrance Day. Today, most wear plastic ones instead of real ones. Special memorial services are held at war memorials all over Australia on this day, and bugles play The Last Post at these memorials.

<https://www.awm.gov.au/commemoration/remembrance-day>

<https://publicholidays.com.au/remembrance-day/>



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19th November 2021 – International Men's Day

International Men's Day is celebrated on 19 November every year and is marked in around 80 countries worldwide. International Men's Day in Australia is a great opportunity for you to:

- Highlight some of the social issues than men and boys face
- Make a difference for the men and boys in your community
- Celebrate men and boys in all their diversity
- Have some serious fun

This year, International Men's Day will be held on **Friday 19 November 2021**, though many people will hold their activities and celebrations before or after the main event. While there are huge variety of ways you can mark International Men's Day, most celebrations share one or more of the following objectives:

- Valuing male role models
- Acknowledging the contribution of men and boys
- Improving male health
- Tackling discrimination and disadvantage
- Fostering positive gender relations
- Making the world a safer place for everyone

<https://www.internationalmensday.info/about>

25th November 2021 – International Day for the Elimination of Violence Against Women

Did you know?

- 1 in 3 women and girls experience physical or sexual violence in their lifetime, most frequently by an intimate partner.
- Emerging data shows an increase in calls to domestic violence helplines in many countries since the outbreak of COVID-19.
- Only 52% of women married or in a union freely make their own decisions about sexual relations, contraceptive use and health care.
- 71% of all human trafficking victims worldwide are women and girls, and 3 out of 4 of these women and girls are sexually exploited.

The Shadow Pandemic

Since the outbreak of COVID-19, emerging data and reports from those on the front lines, have shown that all types of violence against women and girls, particularly domestic violence, has intensified.

This is the Shadow Pandemic growing amidst the COVID-19 crisis and we need a global collective effort to stop it. As COVID-19 cases continue to strain health services, essential services, such as domestic violence shelters and helplines, have reached capacity. More needs to be done to prioritize addressing violence against women in COVID-19 response and recovery efforts.

UN Women provides up-to-date information and support to vital programmes to fight the Shadow Pandemic of violence against women during COVID-19.

<https://www.un.org/en/observances/ending-violence-against-women-day>



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Culture & Cultural Considerations

Mossman Port Douglas Counselling Services acknowledges the Traditional Owners of the land where we live and work. We pay our respects to Elders past, present, and emerging. Our Services recognises their connection to Country and their role in caring for and maintaining Country over thousands of years.

May their strength and wisdom be with us today.



15th October 2021 - World Rural Women's Day

The United Nations' (UN) International Day of Rural Women celebrates and honors the role of rural women on October 15 each year. It recognizes rural women's importance in enhancing agricultural and rural development worldwide.

The first International Day of Rural Women was observed on October 15, 2008. This day recognizes the role of rural women, including indigenous women, in enhancing agricultural and rural development, improving food security and eradicating rural poverty.

The idea of honouring rural women with a special day was put forward at the Fourth World Conference on Women in Beijing, China, in 1995. It was suggested that October 15 be celebrated as "World Rural Women's Day," which is the eve of World Food Day, to highlight rural women's role in food production and food security. "World Rural Women's Day" was previously celebrated across the world for more than a decade before it was officially a UN observance.

<https://www.timeanddate.com/holidays/un/rural-women-day>

20th to 28th November 2021 – Social Inclusion Week

CONNECT, COLLABORATE & CELEBRATE!

Social Inclusion Week aims to help all Australians feel included and valued, giving everyone the opportunity to participate fully in society.

Social Inclusion Week (SIW) Australia is about encouraging communities to reconnect and be inclusive of all cultures, age groups, nationalities and abilities. Founded by Jonathon Welch AM, and now delivered and managed by Play It Forward, SIW was launched in 2009 as a way for communities to share knowledge and experience, and raise awareness. It is an annual initiative that takes place the last week in November. **Our theme this year is:**

CONNECT, COLLABORATE and CELEBRATE!

Key communities who can often feel excluded are young people 12–25 years of age, jobless families with children, people with a disability or mental illness, those who are homeless, the elderly and Indigenous Australians. We encourage people of all ages to join together and engage with the objectives of the week by hosting or attending a social inclusion focused event.

<https://www.socialinclusionweek.com.au/>



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Keeping our Brains Healthy...

Sudoku



			1			6		
					8	5		
	7							4
	4		5			3		9
		1	6		4			
				9			8	
			8					
		7		6			3	
				4	9	7		

https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_873.html



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SOLUTION TO SUDOKU

5	9	4	1	2	3	8	6	7
1	6	2	4	7	8	5	9	3
8	7	3	9	5	6	1	2	4
7	4	6	5	8	2	3	1	9
9	8	1	6	3	4	2	7	5
2	3	5	7	9	1	4	8	6
3	5	9	8	1	7	6	4	2
4	1	7	2	6	5	9	3	8
6	2	8	3	4	9	7	5	1

https://www.puzzles.ca/sudoku_puzzles/sudoku_hard_873_solution.html

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

- Barack Obama-

Therapy - Mandalas

Drawing and/or colouring Mandalas as a form of art therapy can reduce anxiety, tension, depression, PTSD trauma symptoms, and overall stress. Mandala Art is considered both therapeutic and symbolic. While the circle in the centre of Mandala is believed to ground oneself - the shapes, design, colours and symbols reflect the inner realms of the person who is making and/or colouring it. Mandalas are great tools for meditation and increasing self-awareness.

For the purpose of offering **affordable, professional therapy and supports** within our Shire - from a multi disciplinary framework - we will often publish a **FREE** Mandala colouring page in future editions of **CONNECT**. We hope that individuals of our Shire community will enjoy the benefits of colouring Mandalas - in your own home or workplace - all you need are some colouring pencils, crayons, paint, or markers.

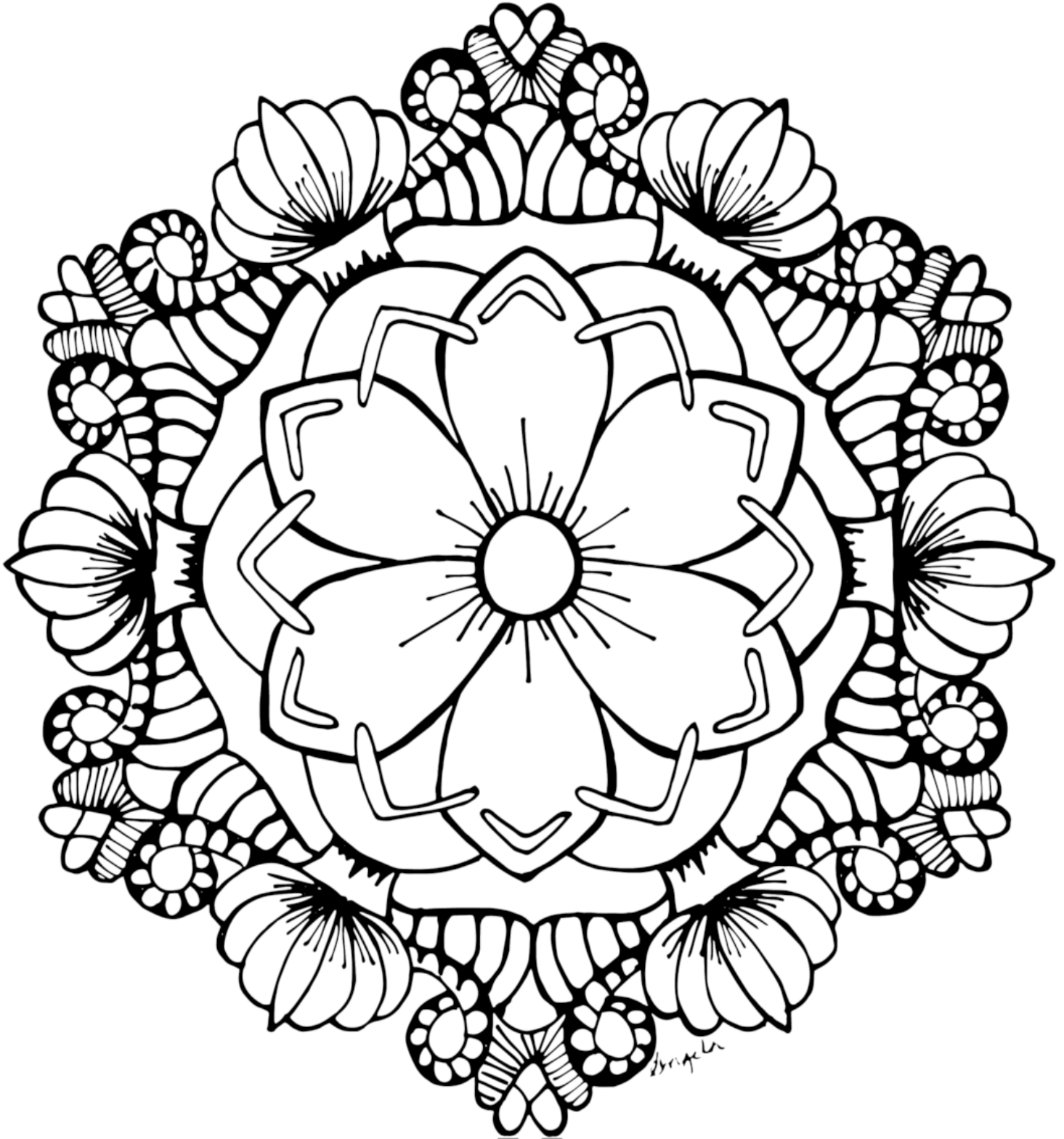


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Mandala – Art Therapy



<https://mondaymandala.com/m/august-flower-garden>



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We are not a crisis service
In an emergency, please call 000

Suggested Supports, available 24/7

1800RESPECT – 1800 737 732

Alcohol & Other Drugs, On-line FREE Counselling - 1800 177 833

beyondblue - 1300 22 46 36

Brother to Brother (for Aboriginal men) – 1800 435 799

DV Connect (Qld) Statewide Domestic Violence Hotline - 1800 811 811

Gambling Helpline - 1800 858 858

Homeless Hotline – 1800 474 753

Kids Helpline (aged between 5 and 25) - 1800 551 800

Lifeline - 13 11 14

MensLine Australia - 1300 78 99 78

Poisons Information - 13 11 26

Policelink (non-urgent matters) - 13 14 44

Suicide Call Back Service - 1300 659 467

STANDBY (support after suicide) 0459 299 147 (Cairns & surrounds)

Veterans and Veterans Families Counselling Service - 1800 011 046

Additional support and information services

Alcohol and Drug Information Service - 1800 177 833

ATSILS - (07) 4046 6400 (Cairns) or 1800 012 255

Butterfly Foundation (eating disorders) - 1800 334673

Centrelink:

- Youth/Students - Ph: 13 24 90
- Families - Ph: 13 61 50
- Seniors - Ph: 13 23 00
- Disabilities - Ph: 13 27 17
- Multilingual - Ph: 13 12 02
- Employment Services - Ph: 13 28 50

Counselling online (drug and alcohol) - 1800 888 236

Crimestoppers – 1800 333 000

Elder Abuse Helpline - 1300 651 192

Griefline -1300 845 745

Grow Australia (support through peer groups) - 1800 558 268

headspace - 1800 650 890

Legal Aid - 1300 651 188

PANDA (perinatal anxiety and depression) - 1300 726 306

Parent line (8am to 10pm, 7 days) - 1300 301 300

Poisons Information - 13 11 26

Queensland Health 13 HEALTH - 13 43 25 84

QLife (LGBTI) - 1800 184 527

Quitline - 13 78 48

RAILS – Ph: (07) 3846 9300 (legal support for refugees and migrants)

SANE Australia - 1800 18 7263

Statewide Sexual Assault Helpline (7.30am to 11.30pm 7 days) - 1800 010 120

Women's Info link (Mon-Fri, 8am to 6pm) -1800 177 577

Women's Legal Service (9am to 3pm, Mon-Fri) - 1800 677 278

youthbeyondblue - 1300 22 46 36



*Thank you for reading
the 6th edition of our
newsletter, CONNECT.*

Feedback is welcome!

*Connections are very
important for our
overall well-being. Keep
connecting with family,
friends and community.*

*The 7th edition of
CONNECT will be
published in December
2021. Stay safe!*

