

News from the Managers desk

Thank you Nikki

On the 16th May 2014 Nikki Hartmann left the position of Manager of Elm Place and the Royal Commission Support Service to take up the position of Manager of Post Adoption Services at Relationships Australia, South Australia.

Nikki had been the Manager of Elm Place since its commencement as a service at Relationships Australia SA and has been instrumental in setting up the Elm Place services at RASA. She has supported the transition for people from Families SA to RASA, managed the support services for the Royal Commission into Institutional Responses to Child Sexual Abuse and been part of the team of practitioners creating a welcoming space at Elm Place for those who have experienced out of home care. Most of all, Nikki brought a strong commitment to providing a skilled and caring service for all.

We wish Nikki well in her new position at Relationships Australia.

Manager and Team Leader for Elm Place and Royal Commission Support Services.

Relationships Australia SA is now advertising for a Manager and team leader for these services.

Sue Mann is currently acting as Manager until these positions are filled. Sue brings experience as a counsellor with the Mullighan Inquiry and holds the position of Practice Manager of Counselling at RASA.

Important Dates

June	Gay Pride Month	July 3 – 16	NAIDOC Week
August 4	National Aboriginal & Torres Strait Islander Children's Day	July 26	National System Administration Appreciation Day
August 9	International Day of the World's Indigenous People	August 15	National Relaxation Day

Royal Commission Support Service

The Relationships Australia (SA) Royal Commission Support Team has been very busy since the last Newsletter. The number of people coming to talk with us is increasing and the feedback we are receiving has been very positive. We welcome Christine to our team, she is our new Aboriginal Counsellor. Some of her work will include South Australian regional area and prisons.



We still have vacancies for counselling and support for individuals and their families affected by the Royal Commission into Institutional Responses to Child Sexual Abuse. Yes that means we can see a wide range of people for short term or long term counselling, information, help with preparing for going along to a Royal Commission session or writing their story or a submission. We also see people who may not be interested in attending the Royal Commission but still want help with managing the impact of seeing and reading about the Commission in the media, or who are directly affected by institutional child sexual abuse. We also offer support to families and carers. We encourage people to give us a call and talk to one of our experienced counsellors and just check things out.

We are offering a small short term men's group starting 11 June 2014. This is a joint project between the Post Care and The Royal Commission Support Services team; Liz and Patricia will be the facilitators. We are looking forward to the group which we plan will be fun as well as productive.

Our team has been visiting many different organisations to talk about the Royal Commission, how our service can provide short term and longer term counselling and support to those affected by sexual abuse and the Royal Commission and how services can be more responsive and supportive. This has included providing training for Police, Mental Health, Disability, Government, Non-Government agencies or services.

Reminder: 6th Anniversary of the State Apology to Forgotten Australians and those who were in State Care

Many of you would have already received your invitation in the post last week, inviting you to the 6th Anniversary of the State Apology.

WHEN: 17 June 2014 @ 12pm

WHERE: The Memorial (Peace Park)

Cnr Sir Edwin Dr & Brougham Pl, Nth Adelaide

Coffee and Cake at the Queen's Head 117 Kermode St from 1pm

RSVP ASAP: Heather, Elm Place, 1800 188 118

WORD SEARCH

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J	V	J	Z	S	A	R	A	H	Q	I	R	L	R	C
C	O	N	N	E	C	T	D	L	C	N	F	S	E	H
B	E	U	N	I	P	O	R	D	P	D	X	E	U	I
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AUSTRALIAN
COMPUTER

DROPIN

FORGOTTEN

KELLY

MAYANTHI

SARAH

CASEWORKER
CONNECT

ELMPLACE

FRIENDS

LESLEY

NIKKI

SEARCHING

COFFEE
COUNSELLING

FIND

HEATHER

LIZ

POSTCARE

SUPPORT

RECONCILIATION WEEK BREAKFAST 2014



BOOK LAUNCH

People Voice Publishing held a book launch at Relationships Australia (SA) on Saturday 31 May 2014. Three new books were launched along with their new website. If you are interested in finding out more about People's Voice Publishing please head to their website:

peoplesvoicepublishing.com.au



Please Join us for the Launch of three new works as well as the launch of our new web address:
Beyond the Orphanage Years
A Humbler Mankind
Ways of the Wicked Witch
Saturday, 31st May 2014
at 2:00 pm

The Book Launch will be held at
Relationships Australia
161 Frome St
Adelaide 5000

Please RSVP to
sales@peoplesvoicepublishing.com.au or phone
0414 883 153

People's Voice Publishing
PO Box 241 Elizabeth South Australia 5112



RECIPE CORNER

BAKED SPUD

4 LARGE POTATOES, WASHED

½ CUP GRATED CHEESE

4 RASHERS CHOPPED BACON (OR OTHER MEAT YOU LIKE)

SMALL ONION CHOPPED

½ CUP FROZEN PEAS/CORN

METHOD:

- 1. PUT POTATOES ON AN OVEN PROOF DISH AND BAKE IN HOT OVEN FOR 45 MINUTES OR UNTIL THEY ARE COOKED THROUGH**
- 2. WHEN POTATOES ARE COOKED TAKE THEM OUT OF THE OVEN AND LET THEM COOL A BIT**
- 3. SLICE THE TOP OFF THE POTATO AND SCOOP OUT SOME OF THE FLESH**
- 4. IN A PAN FRY THE ONION AND BACON UNTIL SOFT**
- 5. ADD PEAS/CORN AND POTATO**
- 6. MIX THROUGH AND REMOVE FROM PAN. ADD CHEESE AND MIX THROUGH**
- 7. PUT SPOONFUL OF MIXTURE INTO EACH POTATO (UNTIL MIXTURE IS USED)**
- 8. UNDER GRILL UNTIL BROWN AND CRUNCHY**

Panic Attacks and Panic Disorder



Symptoms, Causes, and Treatment

A panic attack is a sudden surge of overwhelming anxiety and fear. Your heart pounds and you can't breathe. You may even feel like you're dying or going crazy. Left untreated, panic attacks can lead to panic disorder and other problems. They may even cause you to withdraw from normal activities. With assistance, you can reduce or eliminate the symptoms of panic and regain control of your life.

Understanding panic attacks

In many cases, panic attacks strike out of the blue, without any warning. Often, there is no clear reason for the attack. They may even occur when you're relaxed or asleep. A panic attack may be a one-time occurrence, but many people experience repeat episodes. Recurrent panic attacks are often triggered by a specific situation, such as crossing a bridge or speaking in public—especially if that situation has caused a panic attack before. Usually, the panic-inducing situation is one in which you feel endangered and unable to escape. You may experience one or more panic attacks, yet be otherwise perfectly happy and healthy. Or your panic attacks may occur in response to histories of trauma or abuse. Regardless of the cause, you can do something about panic attacks. There are many strategies that you can develop to manage panic attacks.

Signs and symptoms of a panic attack

Panic attacks often strike when you're away from home, but they can happen anywhere and at any time. You may have one while you're in a store shopping, walking down the street, driving in your car, or sitting on the couch at home. The signs and symptoms of a panic attack develop abruptly and usually reach their peak within 10 minutes. Most panic attacks end within 20 to 30 minutes, and they rarely last more than an hour. A full-blown panic attack includes a combination of the following signs and symptoms:

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|---|---|
| Shortness of breath or hyperventilation | Sweating |
| Heart palpitations or a racing heart | Nausea or upset stomach |
| Chest pain or discomfort | Feeling dizzy, light-headed, or faint |
| Trembling or shaking | Numbness or tingling sensations |
| Choking feeling | Hot or cold flashes |
| Feeling unreal or detached from your surroundings | Fear of dying, losing control, or going crazy |

Most of the symptoms of a panic attack are physical, and many times these symptoms are so severe that people think they're having a heart attack. In fact, many people suffering from panic attacks make repeated trips to the doctor or the emergency room in an attempt to get treatment for what they believe is a life-threatening medical problem. While it's important to rule out possible medical causes of symptoms such as chest pain, heart palpitations, or difficulty breathing, it's often panic that is overlooked as a potential cause—not the other way around.

Please let your doctor or counsellor know if you think you are being affected by panic attacks so that you can start to consider ways of managing these distressing effects.