

Shine

FOUNDATION SHINE
INCORPORATED

in this issue

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Shine 

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INTRODUCTION

There has been a lengthy delay since our last newsletter and was not intended. Each of our issues have been about covering off on our work and promoting up coming events. But along came COVID 19 and changed life as we all know it. We sadly were forced to cancel planned events and as a result apart from sharing awareness it means the funds we have been able to raise in the past have been at a stand still.

We felt it was time to update all of our friends and supporters of notable past events and to communicate generally how some of the organisations are still delivering vital care and services through these extraordinary times.

We are really looking forward to being able to present high quality events soon, but in the meantime, hope you enjoy our read, reflect on events held and be inspired by the work going on.

Kind regards,
Robyn & Shaz xx

LIFETIME MEMBERSHIP

Co-founders of Foundation Shine, Sharon Middleton & Robyn May were extremely honoured to be awarded Lifetime Membership with Skylight Mental Health.

We have enjoyed a very close association with this wonderful organization which does so much to assist those suffering from mental ill health. We thank them for this special acknowledgement and look forward to continuing our journey with them.

We are proud to say we have donated \$120,880 over our 12 years of raising funds and awareness for mental health.



Gift Baskets

Our President Robyn May as a lot of you would know is a master of her craft in floristry. Robyn's artistic talents and heart go into these baskets that we create on a regular basis for clients of Helen Mayo – they are a special surprise, a special lift, part of the road to recovery to so many and bring smiles to those most in need. Sometimes they are the first gift ever received.



Helen Mayo House

HELEN MAYO HOUSE is a South Australian State-wide acute inpatient unit of the Women's & Children's Health Network.

It is for the treatment of women who have children aged 0-3 years and who have a significant mental health problem such as :- bipolar mood disorder, schizophrenia, major depression or multiple problems including mental illness.

Each month Foundation Shine donate and put together gift baskets, brimming with goodies for mother and baby which are then presented to the mothers when they are discharged. Therapeutically this is a very useful moment in the giving of the gift, to clearly mark the end of their stay in hospital.

Many of these women come from emotional and physical poverty and have never received anything nurturing for themselves and their babies.

We are proud to say we have donated over \$12,000 worth of these baskets plus cash donations of \$18,750 from functions we have held to raise funds for mental health.

Investiture Ceremony

Back in January on Australia Day, Shaz was appointed as a Member of the Order of Australia Medal and 11th of April, 2019 at Government House Adelaide the Governor, His Excellency the Honourable Hieu Van Le AC presented her with the medal collection. Seen here with Carl Hamilton, Vice Chair of SARTA, Steve Shearer CEO of SARTA, Bobby Middleton and long serving former President of SARTA, Loch McKinna. It was such an honour and full of pomp and ceremony – something I think we will always remember and treasure. Was so great having Robyn May with us to celebrate – apart from being friends for over three decades, we started Foundation Shine together in 2008.



Robyn May, Mrs Lan Le and Shaz-AM.



COVID-19 Response

Skylight has, like so many others, prioritised the safety and wellbeing of our community and established all the Business Continuity and safety measures expected. This resulted in quick work from the team to be prepared to work from home with suitable technology and appropriate policies and procedures to suit.

But the real story is in how relieved and proud we are that we have continued to provide essential mental health services throughout the COVID 19 pandemic.

Story 1

“Thank you for doing what you have been doing, helping people who have no support out there and giving them hope for life. The connection you have made to people has made life easier. I really appreciate all the check in calls and care and you guys are amazing.” Mr **** is doing really well at the moment, he has been through multiple surgeries in his life and his neurological disability has impacted his life significantly. There was a time that he was so struggling with his life, and suicidal ideation is just part of his daily routine. All the support from his doctor, families and workers from communities have helped him see the purpose of his life. “No one ever given up on me, so I am not giving up on myself.”

He has found his own recovery journey and believes that everyone can find their own. He has not had any suicidal thoughts for more than a year and currently is doing online course to try to get a driver's licence, he stated that because of his memory issue, he often forgets things very quickly and due to this reason he has failed the theory test several times, but he knows he will pass it eventually. I was so deeply touched by his story and found it very inspiring. – Support Coordinator

Story 2

“Just want to share something really positive at this funny time. I have just finished one call with a participant who we spoke to yesterday regarding to the modification of face to face support. The call was meant to grab some detailed information in order to provide urgent support for shopping. However, the participant shared her amazing experience with me about how she manage to do the shopping on her own this afternoon and just realised how capable she is. She mentioned that she was so frustrated when we informed her about the modification, but she finally decided to challenge herself and she made it! She is very proud of herself and sincerely believe it could happen to other participants. I am also very proud of her and just want to share this great news with everyone, and perhaps use this example as an inspiring story to other participants.” – Support Coordinator

Wellbeing packs sent out to participants

As a gesture to acknowledge the extra challenges we are all facing at this time, Skylight staff put together some care packages to send out to participants.

The packs contained items to assist our participants to get through the initial isolation stage and included notepads, pens, tea, and information regarding our Lived Experience Telephone Support Service.



Staff working from home/office

Skylight really wanted to know how this has felt for staff and what our new normal will look like. After surveying all staff we found that while many enjoyed the benefits of a WFH situation, others were finding it really difficult being isolated from colleagues and participants. This feedback has helped us design our return to work 'hybrid' model going forward.

Protocols for Support Workers

As per the health advice, Skylight made sure that all staff delivering services in the community were following all necessary protocols to minimise risk of contracting COVID19.

Our staff were informed to:

- Report all risks and concerns about our health or the health of others promptly.
- Not to attend a worksite or interact with other staff or participants if we are unwell or at risk of becoming unwell.
- Take all precautions to ensure safety and wellbeing of themselves and the Skylight participant by:
 - > Using the alcohol hand gel and disinfectant wipes provided by Skylight.
 - > Cleaning hands frequently, with soap and water for 20 seconds, or an alcohol-based hand rub.
 - > Avoiding close contact with anyone with cold or flu-like symptoms.
 - > Practicing cough etiquette (keep away from other people, cover coughs and sneezes with disposable tissues or clothing, and cleaning hands).
 - > Maintaining social distances of 1.5 meters distance.

Skylight staff members prepared Support Worker packs with all essential PPE for our community work – with a note of encouragement for our workers too!

Continuation in one to one face to face services

Skylight ensured that good quality communication and accurate information updates were provided to all Staff and Participants on a regular basis. Staff were also made aware of where and how they could access mental health and psychosocial support services.

Skylight oriented all internal and external staff on how to provide basic emotional and practical support to affected people, this included services such as (Lived Experience Telephone Support Service (LETSS) were provided by non-face to face supports, staff were trained accordingly and these supports were provided via phone and/or video based supports. At the height of the crisis non face to face supports were encouraged. However, as an essential services provider, Skylight was committed to continuing some face to face supports at increasing intervals in line with Participant needs. This was managed by appropriately trained and qualified staff being deployed to participant's residence to provide appropriate mental health and psychosocial support. Skylight supported their front line support workers by increasing the amount of Personal Protective Equipment during this period and ensuring they completed the COVID safe online program.

The social and economic impacts of physical distancing and isolation measures were having an impact on our participants and support workers mental health and well-being and Skylight responded proactively.

During this time participants who already live with mental health issues needed more support from not only loved one, but importantly from professional support services.

Development of videos for participants

As the pandemic emerged, it became clear how necessary it would be to find innovative approaches to connecting with our community. In March, Skylight developed a team to create online content, bringing services into people's homes in a new way. This approach was two-pronged: video content to bring familiarity and comfort back into people's lives, and our Online Activity Program, to assist people with re-engaging during such an unusual time.

The video content brought about a connection with our participants via social media and our website, showcasing our Music Group, Cooking Classes, Mindfulness Activities and more. Taking these videos a step further, Skylight created an Online Activity Program which allowed participants to engage and connect in new ways, with activities such as Community Connect and Meditation.

Participants enjoyed seeing familiar faces, as well as meeting others from across South Australia. As our face-to-face groups have returned, the Online Activities have continued, enabling people to continue reaching out and connecting with others in this new fashion.

Some of the online video feedback received:

- "I can't get services anywhere else, this has been really great – thank you Skylight"
- "I really enjoyed meeting people from the country"
- "There are lots of benefits to meeting online"
- "The Music Group was absolutely highly successful"

LETSS Wellness booklet

When the pandemic restrictions tightened, the LETSS team knew it had a huge impact on people's mental health. So they (as a team) decided to put together a booklet with some tips and ideas on how people can continue looking after their mental health during the pandemic.

This was more of a spontaneous project. LETSS initially thought we could create a one page newsletter but when everyone started contributing, with so much content to share, it quickly turned into a booklet.

The team tried to have a broad range of material in the booklet that anyone could benefit from. The booklet was offered and posted to LETSS callers. It was also included in Skylight care packages for participants and carers. A number of NGOs as well as Local Health Network (LHNs) teams have also requested the booklet and distributed it amongst their clients.

LETSS were overwhelmed by the positive feedback we received from the first issue of the booklet. This resulted in them deciding to continue creating these booklets on a quarterly basis. So far 2 issues have been published and the team is working on the 3rd issue at the moment.

Some of the feedback received:

- "I think the booklet is brilliant, it is one of the best ones I've ever seen. Thank you "
- "This resource is really valuable. I have passed this on to many people who have all found it very useful. Great content, easy to read and very engaging. Thank you"
- "I just wanted to pass on my congratulations on sending out such a well thought out and interesting booklet "A Peer Guide to Staying Well" – it really seems to have something for everybody"

Launch of COVID support line

The impact of COVID-19 caused significant distress to many in the community. In response to this, from Thursday 9th April, Skylight Mental Health opened the COVID-19 Mental Health Peer Support Line to provide mental health support during these times.

This service is available for all South Australians (Adelaide or regional South Australia) – from 5:00pm - 11:30pm, 7 days per week and is delivered by peers who have a mental health lived experience. The team is available to provide a listening ear, COVID-19 related information, as well as connect callers with other appropriate services as needed.

Positive Feedback from Participants during COVID-19

- We very happy that Skylight Mental Health has helped us up here to do more group online chat, yoga and art and music we are so spoilt, feel loved and cared for they are like family I cannot thank them enough.
- I figured out how to stream it to the TV! Love Solid Rock! Beautiful music Claire, Mark and Danja! X
- Love the weekly music group, hope everyone is tuning in- certainly would be a big gap in a lot of people's lives. Well done for connecting to everyone via their lounge rooms. Amazing group of people.
- Thank you Skylight Mental Health we are so grateful.
- Definitely {grateful} and to receive call from U to see if we're all ok
- His group do a wonderful job, have done for many years. Skylight is the relatively new name.
- Wow, you had me singing all the way through! So beautiful and a great way to reach out to each other during such challenging times. Gorgeous harmonies, my soul is lifted. I'm going to play it all again now.
- Online zoom music is absolutely fantastic and although there are minor tech issues he really enjoys it and the group facilitators are wonderful.



John Mannion, Executive director

Breakthrough Researching for the Answers

There is no doubt Breakthrough are conducting some amazing research into mental ill health and why it even exists.

Foundation Shine Inc. is very excited to be supporting Breakthrough, because if we kind find out why, then maybe we can really see change. Check out just a few of the projects underway.

Breakthrough Foundation as it has done in the past two years will be running in City to Bay on the 8th November (provided the event goes ahead).

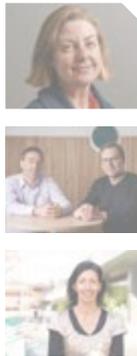
We will have room on the back of our tops for sponsorship opportunities to have your business logo visible.

If you are interested in having your business support Breakthrough in this years city to bay then please let me know. The cost of having your business logo on the back of the T-Shirts this year will be \$1,000.

If your business is not interested in sponsorship but would like to put a team in to run for Breakthrough then we'd love to hear from you as well! The more the merrier 😊

PROJECT 1

**INCLUSIVE SPORT FOR LGBT YOUTH
- IMPLICATIONS FOR MENTAL & PHYSICAL HEALTH**
LEAD RESEARCHER: Professor Murray Drummond



LGBT youth partake in less sport than their heterosexual counterparts.

They also have poorer mental and physical health outcomes - including depression, suicide, obesity and cardiovascular disease.

But with your help, we can make sport and physical activities more inclusive for LGBT youth, and provide greater opportunities for positive mental health.

Sport and physical activity feed not only the body, but also the mind and a sense of positive self-identity.

But the current sporting environment doesn't provide feelings of invitation and inclusiveness for diverse groups such as the LGBT community.

Professor Murray Drummond, Director of Flinders University's Sport, Health, Activity, Performance and Exercise (SHAPE) Research Centre, is set on changing that with an Australian-first study.

With your generous support he can investigate the barriers and enablers for LGBT youth into sport and physical activity.

By identifying areas of improvement and systematic changes needed, his work will immediately address the current lack of understanding around LGBT youth and sport, and directly inform recommendations around policy and practice in sporting organisations throughout Australia.

Professor Drummond is seeking a generous investment of \$20,000 from one or multiple contributors to help welcome LGBT youth into sporting clubs with open arms and promote positive mental health and better physical health for life.

PROJECT 2

EATING DISORDERS
LEAD RESEARCHER: Professor Tracey Wade



For some people, 10 therapy sessions could be all they need to recover from an eating disorder.

With your generous support, 60 South Australians can access a clinical trial of a new therapy program, which could not only rid them of their own eating disorder, but also go on to help those suffering with the disease right around the world.

Flinders University's Professor Tracey Wade needs your help to expand a clinical trial comparing two different forms of 10-session cognitive behaviour therapy to help discover which people respond best to which treatment.

Targeting predominately patients with bulimia nervosa, as well as some with anorexia nervosa or binge eating disorder, the cognitive behaviour therapy sessions will focus on regular eating, eliminating restriction and purging, and helping the person to develop a life without the eating disorder. One treatment program has an additional focus on improving body image, while the other has a focus on increasing motivation to change.

Right now, more than one million Australians are suffering from an eating disorder.

But for many sufferers who have struggled with years of no or ineffective treatments this new therapy could lead to recovery.

Thanks to you, more people struggling with eating disorders could soon access new and effective treatments so they have a greater chance of recovery. Thank you.

A generous investment of \$16,533 from one or multiple contributors will provide Professor Wade with the resources needed to complete this trial, so results can be shared around the world as quickly as possible, and impact on treatment practices internationally.

Managing Pain project, without drugs !

At the Adelaide Oval, Foundation Shine attended a Corporate Pitch event arranged by the Crows who are very much behind all things Breakthrough and the incredible work they do. The event was well attended by a large cross section of businesses across Adelaide. What was great about this event, Breakthrough, who were seeking support for research, pitched their projects, but also indicated what the costs would be to run the projects. I think in this day and age, we all like transparency and the knowledge of exactly how funds are directed – this allows you to select the project and donate knowing that's where the funding is going. On this occasion, Foundation Shine donated \$6000.00 to the Managing Pain project, without drugs. As we know managing pain and using drugs can be a huge contributor to ongoing or onset of depression. We wish the project leaders Nick Spencer and Rainer Haberberger and their team every success.



Handover of Foundation Shine cheque to the Chair.



PROJECT 3

CHRONIC PAIN, DEPRESSION AND DRUG ADDICTION

LEAD RESEARCHERS: Nick Spencer & Rainer Haberberger



1 in 5 Australians suffer from chronic pain. They are five times more likely to develop depression.

The majority of patients experiencing pain are diagnosed incorrectly, and then treated with ineffective and highly addictive drugs which are primarily responsible for the current opioid crisis.

But with your generous support, researchers at Flinders can develop better ways to measure pain, and alternative therapies to reduce pain without the need for highly addictive opiate drugs.

"How much pain do you have on a scale of 1-10?" At present that's the only diagnostic tool available to GPs when assessing pain and evaluating treatment effectiveness.

Professor Rainer Haberberger and Professor Nick Spencer from Flinders University's Centre for Neuroscience have come up with two solutions to help reduce chronic pain and reliance on conventional pain killers. But they need your help to grow these ideas.

Solution 1: Develop a pain measuring device

Using living pain-sensing nerve cells housed within portable devices, this novel pain diagnosis tool is currently being tested. Excitingly, it could have the ability to analyse patient samples to detect pain, and differentiate between pain severity and different subtypes of pain.

Solution 2: Using light – not drugs – to reduce pain

Latest technology, called 'wireless optogenetics', uses light instead of drugs to reduce the activity of the nerves that detect painful sensations. The researchers ultimate goal is to use this technique to reduce pain sensation from reaching the brain without the need for highly addictive conventional pain killers.

Professor Haberberger and Professor Spencer are seeking \$20,000 from one, or multiple contributors for the resources they need to test their devices and techniques to help reduce chronic pain, and the frequently associated depression and drug use.

PROJECT 4

NEW MENTAL HEALTH PROGRAMS FOR VULNERABLE AND AT-RISK YOUTH

LEAD RESEARCHER: Susan Num



Alarmingly, 20 per cent of young Australians engage in self-harming behaviours.

Thanks to philanthropic support, the Southern Adelaide Youth Mental Health Service will soon launch two new innovative group therapy programs to help young people who are at risk of self-harm and suicide.

Southern Adelaide Youth Mental Health Service Clinical Lead and Psychologist, Susan Num, said the new programs aimed to help more than 100 young people aged 16-24 to improve problem solving and coping mechanisms, and provide earlier intervention to young people experiencing thoughts of self-harm, suicidality, low mood and anxiety symptoms.

Importantly, these programs also include sessions for family members or carers to attend to increase awareness and support the application of new skills in the home environment.

But with your help, researchers can take big steps towards saving more lives by making these innovative programs available to more young people.

Your support can fund research which evaluates the success of these programs and measures their impact in a clinical setting. If found to be effective, these programs will be recommended to other treatment sites across South Australia.

A generous donation of \$20,000 from one or multiple contributors will help Susan and the Southern Adelaide Youth Mental Health Service team on their quest to assist more vulnerable and at-risk young people and their families.

Catherine House

Foundation Shine has enjoyed a long association with Catherine House which provides vital support for women experiencing homelessness, many of whom suffer from mental illness.

We look forward to continuing our support for such a wonderful and much needed organisation.

We are proud to say we have donated \$7,500 from our 10 year event and \$6,000 from our mothers day event. These two donations bring the amount we have donated to Catherine House to \$77,250.00.



2019: Your Impact

Catherine House

- 54 Women provided with safe and secure accommodation every night of the year
- 496 Unique clients supported
- Case worker provided for every woman entering Catherine House
- 55,936 meals and snacks provided
- Provided 480 essential personal product packs to clients
- South Australia's only homelessness and recovery service for women only



Emergency Program

- 2 Additional crisis beds opened
- 1,220 Hours of telephone support provided for women seeking emergency assistance

Women's Centre

- Over 3,000 visits to the Women's Centre
- Over 700 activities, courses, workshops and projects delivered
- 18 different activities/sessions available to clients



Education, Scholarships & Employment

- \$10,000 Kym Adey Catherine House UniSA Scholarship awarded
- 30 Women received TAFE Academic Transcripts
- 80 clients benefited from non-accredited Adult Community Education Foundation courses
- 57 Clients participated in accredited ACE work or ACE courses
- 47 Women were invested in an Education & Employment Pathway Plan
- 6 clients received grants from newly established Lyn Sarah Education Fund

Most Frequent Client Feedback

- "Catherine House saved my life"
- "I would not be here if it weren't for Catherine House"
- "I am thankful I became homeless, because it got me to Catherine House"
- "Catherine House has changed my life"



Thank you for supporting women experiencing homelessness

Keep in touch:
@catherinehouseadl



www.catherinehouse.org.au

Catherine House Inc.

Cruising with our VETS

April this year, we were forced to defer a great event planned for our treasured Veteran Community. The plan was for the Dirty Devil Car Club to pick up a VET in a hot rod or classic car and take them for a cruise, ending up at Dirty Devil Headquarters at Whiteline Transport where we had a meal planned amongst what was to be a fun day out.

This all started through meeting Loretta Byers, floating the idea and then Loretta discussing it through RSL connections. We very much look forward to getting out the other side of COVID so we can get on with exciting projects like this.

Sharon Middleton in Conversations with Cornesy

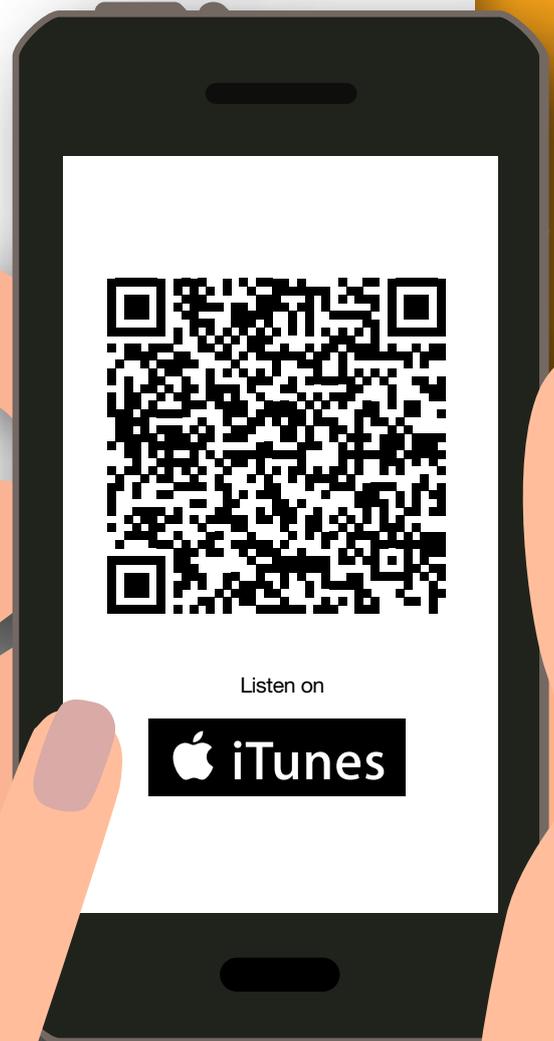
16/08/2018

44 min

Sporting and media identity Graham Cornes OAM was 'in conversation' with Shaz about life and all things Whiteline, transport, TCM racing, the work of Foundation Shine - was a fun hour.



Listen via the following QR Code links.
Open the camera on your phone to scan and follow the pop up link.





Shine
 FOUNDATION SHINE
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EVENTS

All Proceeds from this event raised went to:

The Road Home	\$10,000
Catherine House	\$7,500
Skylight	\$7,500
Trojans Trek	\$7,500
Breakthrough	\$7,500

Foundation Shine Inc. 10 Year Celebration

↑ This was exciting to see Foundation Shine's 10 year anniversary in lights.

July 2018 saw us celebrate our incredible 10 years, back where it all started at the Entertainment Centre. Our Governor, The Honourable Hieu Van Le and Mrs Lan Le were our special guests, with Graham Cornes OAM our guest speaker, and was interviewed by Graeme Goodings. Father and son duo, Will Goodings and Graeme Goodings emceed our evening which was brimming with music, fine food and wines, whilst raising awareness and funds for Mental Ill Health.

Tonight is about celebration. Ten years of shining! It's rewarding for everyone to see how far mental health has progressed over this time.

It was 10 years ago, a conversations with my close friend and co-founder, Sharon Middleton, about "my" personal involvement with mental health and the devastation it can bring to all involved. How it would be great to contribute in some way. In a heartbeat, Sharon took up the baton, and together, with no time wasted (if you Know Sharon) we had formed Foundation Shine,

We KNEW what we wanted to achieve but - were a little apprehensive if we' d receive a positive response. Very soon we learnt we would - and did! Everyone knows someone when it comes to mental health.

Words are not enough to describe the big hearts of our small and dedicated committee. Sharon & Bob Middleton, Margi Lenzi, Eve Goodings, & Liam Connole. We all have our roles to play, and together as a team, are extremely proud of our achievements. We continue to be humbled by the commitment of the amazing people who run the organisations which are the beneficiaries of Foundation Shine and are at the core of creating positive outcomes for mental health.

We are thrilled to announce that we have raised just on \$300,000.

We work with absolutely no operating costs, as our committee donates 100% of time, labour and resources to operate daily and manage our events, We have a goal tonight to raise \$40,000, and it would be absolutely fantastic if we could go EVEN higher. I am full of hope we will achieve this.

A heartfelt thanks to the following sponsors who have been loyally and generously supporting us for the whole 10 years. Margi & Frank Lenzi of Cleveland Freightlines, Bob & Sharon Middleton of Whiteline Transport, Foundation shine Ambassador Maria Kenda AM of Maria Kenda Jewellery, Joe and Suzi Cotroneo of Zink - The Element of Hair & Bec Minuzzo-Kent of BK Styling & Events.

Thanks to our new sponsors Howard Vineyards, FIVEaa, Coopers, & Phil Hoffman Travel.

Others who have helped make tonight shine are Nick Deegan and his guitar, Angie Matheson and her camera, always there, helping us hold dear our 10 years of memories.

Ten years of loyal support from Barb Reuter & Bec Minuzzo who both cooked up a storm of delicious shining star biscuits , Troy Tyndall, our auctioneer and our band of loyal helpers who made the room sparkle and shine. Thank you.

To everyone who donated wonderful items for the silent and major auction, and generously made cash donations, totalling \$9850 from amazing sponsors and along with every person who is here tonight, supporting Foundation shine - we thank you.

I would like to acknowledge and thank our ambassador, Graeme Goodings & Eve Goodings for their kind support over the 10 years. Both have given up their time on numerous occasions to mc our events, managing to combine fun and professionalism. Tonight we welcome and thank a third Goodings to our shining celebration - William Goodings of Five AA' s number 1 breakfast show. I think that leaves only one member of the family left to come on board!

Tonight, importantly, we celebrate the 5 very worthy organisations which provide research and assistance for suffering from Post Traumatic Stress Disorder and related mental illnesses. The Road Home, raises awareness and funds to support health and well being research and programs into conditions such as Post Traumatic Stress for the nations veterans, emergency service personnel and their families.

Brendan Hardman's life stopped when he was discharged from the Australian Army after 7 years of active service with a severe back and knee injury. This dramatic change in his life and his lack of mobility left him severely depressed and living day to day with anxiety.

Brendon found light at the end of the tunnel when he joined The Road Home's Wellbeing Program. He is now setting his sights on the Invictus games this year in wheelchair basketball. He is motivated each week, and excited about the goals he sets himself and which are creating a positive pathway for his mental wellbeing.

Thank you for joining us tonight - from the Board of Directors Andrew Mannix, Fiona Smithson, Karen May, Mark Reidy, programs manager for the Wellbeing Program, His Excellency The Honourable Hieu Van Le & Graham Cornes OAM in their roles as Patrons of The Road Home.

Skylight Mental Health delivers programs which support people living with mental illness to stay WELL in the community. These programs work with the person to develop ways to manage their own health and wellbeing.

Each year Skylight reaches around 3000 people who connect with counsellors, case managers, group workers and trainers. Money raised through the efforts of Foundation Shine will make a huge difference to participants who connected with skylight programs, and who will now be able to receive the support. Joining us tonight Board Member Penny Rice, Acting CEO Matthea Malcolm, outgoing CEO Natasha Miliotis, who, with her dedication and passion for mental health, was my very first contact when we began 10 years. Thank you for always encouraging and inspiring Natasha. We will miss you and wish you all the best.

Foundation recognizes it's Shining Stars

As anybody would know involved in any kind of charitable work, lots of work goes on behind the scenes and support from people is paramount.

Trojans Trek

Another relapse I'd been having those night time unwanted memories and sweats, and at the point I was exhausted - and my head was spinning. I knew something wasn't right in my head, I couldn't function! Fran fortunately connected with Trojans Trek. The experience for her and others was powerful both in terms of content and the circumstance created by extreme remoteness and being once more among non-judgemental mates. Fran wrote "Thank you Trojans Trek, you've ignited my soul to live" Trojans Trek plan, conduct and evaluate wilderness based peer support intervention to assist service and ex-serviced personnel, adversely affected by their service. A recent Christmas card received by a counsellor at TT had the words on it "Thanks for giving us back our dad", I believe that says everything. From TT we welcome Paul Keaty, Deputy chair and fellow board members and wives, His Excellency The Honourable Hieu Van Le in his role as Patron of TT.

Many women that come to **Catherine House** have PTSD, sometimes from multiple experiences of homelessness, sleeping rough, in their car, or in other unsafe places. They endure extended periods of feeling anxious and fearful. For others it's the result of violence and living with threats of harm to their children, pets, and family if they dared think of leaving. They speak of existing in a state of terror, constant hyper arousal, trying to watch out for, listen, predict and prevent the next wave of violence.

Catherine House offers women a sanctuary to recover, through engagement in arts, craft, music, health and well being activities.

Rosemary came to the Emergency Program 2 years ago and was diagnosed with PTSD after leaving a 20 year marriage where she was subjected to physical and emotional abuse. Over the last few years of her relationship she had been socially isolated, having given up her job, no longer able to cope - she had no personal finances or access to money. The police brought her to Catherine House after she escaped during a violent attack - she believed one day he would kill her.

In the case of Foundation Shine Inc. we have the most amazing support from Maria Kenda AM and Graeme Goodings, who are our Ambassadors, fully supporting all of our work. We are truly blessed to have them on board and are most grateful. It gave us enormous pleasure in front of our 10 year celebration audience to award them with Star trophies as a sign of much appreciated thanks.

She stayed in the Emergency program for 5 months, too fragile to leave. At Catherine House she participated in all the opportunities offered and found an outlet in art, realising she had a real talent. She often painted images depicting domestic violence, and while it triggered traumatic memories, she also found it a cathartic release and made her realise she made the right decision to leave even if it meant she was homeless as a result.

She recently moved to a beautiful unit in a leafy suburb, and has enrolled in a nursing course. She is excited, scared and anxious - some days are still hard for her -- but she feels the worst is behind her and is hopeful for her future.

Thank you to CEO Louise Miller Frost, and staff of Catherine House.

A couple of weeks ago I had the pleasure of chatting with John Mannion, Director of Major projects for Breakthrough Mental Health Research Foundation. He shared his experience, knowledge and passion for mental health AND WHY BREAKTHROUGH.

Mental Illness is going to be the biggest health challenge in our life time. It consumes lives, ruins lives and takes lives. Mind and brain research is the only way to know what action needs to be taken to create a life free from mental illness. Right now 1 in 5 Australians has a mental health and more people between 15 - 44 years are dying from suicide than any other cause.

Breakthrough says this is not acceptable! It is Australia's only dedicated mental health research Foundation existing to support ground breaking research that will help to transform the lives of those affected by mental illness. It is partnered with the Adelaide Crows, Flinders University & the Mental Health commission.

Their vision is to create a life free from mental illness. And with that wonderful vision I wish you all an evening of happiness and knowing you are here for a great cause.






**FOUNDATION
SHINE**
 10 YEAR
ANNIVERSARY GALA









All Proceeds from this event raised went to:

Breakthrough	\$6,000
Catherine House	\$6,000
Skylight	\$6,000

Mothers Day lunch

It's an absolute pleasure to welcome you to our mothers day lunch in our "room with a view" & filled with so many familiar faces. I can't begin to tell you how 'warm and fuzzy' this makes me feel. I'm sure we will raise a wonderful amount for the beneficiaries of today's function, Catherine House, Skylight Mental Health & Breakthrough Mental Health Research Foundation. As many of you would be aware, over the last 10 years we have raised well over \$300,000 for mental health. We look forward to taking that figure even higher today thanks to your generosity.

Before I go any further I would like to take a minute to acknowledge my co-founder - super woman, Sharon Middleton who is now Sharon Middleton AM. She works tirelessly in her industry and was awarded this medal for significant service to road transport, particularly to the trucking industry. I had the pleasure and honour of attending the awards ceremony at Government House and it really is a most humbling experience hearing stories of amazing people who give, and then give more. Sharon is a perfect example of this and I would love for her to stand so we can all join in giving her a congratulatory Foundation Shine applause for her well earned medal.

I know you may have heard my same thank you's for 10 years - but HOW fortunate are we to have such loyal sponsors.

All our administration, printing & IT equipment are donated by **Bob & Sharon Middleton of Whiteline Transport**. Words will never be enough to say thank you.

Margi & Frank Lenzi of Cleveland Freightlines.

Their generosity is a big part of what we have raised over the years. Margi Lenzi might be small in stature but she sure is big in heart.

Bec Minuzzo-Kent of BK Styling & Events has made and donated our exquisite gifts of chocolates. If you would like the best wedding planner, the best high tea function, or children's party - the list goes on. And her exquisite desert buffet tables are simply incredible! Besides all of this, Bec is a generous & lovely lady who is passionate about mental health.

Zink The Element of Hair Unley, whose staff begin their day extra early just to create stunning hair styles for our models. They have donated a \$100 gift voucher for every table which is part of our table centrepiece.

Maria Kenda AM of Maria Kenda Jewellery, ambassador and sponsor of our Foundation is a shining example in the gift of giving. Each time I visit her store at the Hilton I feel like a little girl just mesmerised by all the colourful jewels and stunning designs she creates.

I dare you to walk into **Showies Boutique** and not emerge without a purchase. Lore and Pat have kindly come on board once again and are providing us with a stunning fashion parade, a voucher for every table, along with donating our gift bags and a little gift for each guest.

Every year Angie Christopel of **RMT Model, Actor & Talent Management** provides us with our delightful models, who donate their time to support our fundraising every year. RMT has been one of the best agencies in Adelaide for the last 20 years and is now a leading force in both fashion and film.

Faces by Julie has worked hard today creating beautiful makeup for our models. It's a pleasure to have her artistic touch and we are grateful to Julie for donating her time and expertise today.

I am thrilled to have Dr Rodney Cooter AM as our guest speaker. I know just how extremely busy he is and I would personally like to offer him a huge thank you.

I would also like to thank the many individuals and business who have provided our very tempting auction items and those who have generously made cash donations.

To our dedicated committee - Bob & Sharon Middleton, Margi Lenzi, Liam Connolly and Eve Goodings. We all have our roles, and together as a team, we are extremely proud of our achievements. We continue to be committed to our vision of making a difference to the day to day lives of those suffering from mental illness and their carers.

It would be wonderful if I could deliver a light hearted speech about mental health, but sadly, this is not possible. Fortunately there ARE happy endings to some stories, thanks to the many organisations who offer encouragement, support, research, friendship and no judgement.

Let's take a minute, to spare a thought for those mothers who may not get to experience the joy of mothers day. Whose hearts might be breaking as they watch, sometimes helplessly, as their small child, teenager or even adult suffer from some form of mental illness.

For the mother whose precious child is being bullied in some way, either at school or through social media. She is fearful of the repercussions this may have to his or her mental wellbeing.

For the mother who watches her child wasting away, unable to break through the devastating barrier of an eating disorder.

For the mother who tries to protect her child from an abusive husband or father, living in fear, becoming extremely anxious and depressed.

For the mother who can't enjoy the miracle of her new born baby. Her mental illness prevents her from feeling worthy and she just cannot cope.

Sadly, I could continue with many more examples of different types of mental illness which people struggle with every day of their lives.

This is WHY we proudly support and raise funds for the organisation who do and achieve so much for mental health.

Skylight Mental Health were Foundation Shines first contact on our journey. They are inspired by the resilience of the human spirit and the potential in all of us to live well. They create environments of understanding, connection, optimism and courage through individual support, group activities, respite and community education. They firmly believe that mental health should not define someone. Their goals are to reduce discrimination and remove stigma around mental illness. Sharon & I were extremely honoured and humbled to be awarded a Lifetime Membership from Skylight late last year. Welcome to Board President Pat McLeod & Louise Ray HR & WHS Coordinator of Skylight Mental Health.



Thanks & welcome to Isoken & Sarah who are Social Work Students on field placement at Skylight Mental Health for kindly volunteering to help us today,

From Catherine House we welcome CEO Louise Miller-Frost, Deidre Flynn, Director of Client & Corporate Services & Marketing Manager, Jaylee Cooper. Catherine House offers accommodation and support services for women experiencing homelessness.. Every night of the year they accommodate 52 women who may have been sleeping in their car, or in other unsafe places. Their focus is not only to provide a safe place of accommodation but ensure each woman has a chance to recover from what has let her into homelessness. For many women this could be years of abuse, trauma or living with mental health issues. Whatever the reason, recovery is always possible!

I would like to welcome John Mannion, Director of Major projects for Breakthrough Mental Health Research Foundation - Tackling mental health Head On.

It is Australia's only dedicated mental health research foundation. They know mental illness is going to be the biggest health challenge in our life time. It consumes lives, ruins lives and takes lives. More people between 15-44 years are dying from suicide than any other cause.

Breakthrough believes Mind and Brain Research is the only way to know what action needs to be taken to create life free from mental illness.

I would like to close with these wise words:-

In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes BACK to us...

Robyn May









Healthy Heads Trucks & Sheds

LAUNCH INVITATION

Join us for the launch of
Healthy Heads in Trucks & Sheds
on Tuesday 18th of August
11AM - 11:45AM via the registration link.

TUESDAY 18 AUGUST 2020

ONLINE EVENT

11AM-11:45AM (AEST)

If you would like to register to view the launch event,
please follow the link below.

Registration form link

<https://forms.gle/gDuuPf7gWrPvyp2z7>

Or, scan the QR Code and follow the link.



About Healthy Heads In Trucks & Sheds HHTS

Healthy Heads in Trucks & Sheds is a major new industry-driven initiative that is focussed on delivering better mental health outcomes in the road transport and logistics industries.

The overall objective of our Foundation is to deliver a single national mental health plan for the sector.

Many of Australia's leading transport companies have come together to support HHTS, which is built around three key pillars:

1. An increase in the number of people trained in mental health at transport and logistics facilities
2. Standardisation of policies and regulation at these facilities
3. Helping the individual be healthier from a diet and mental health perspective

Official Launch of

Healthy Heads in Trucks and Sheds

HHTS will be officially launched on 18 August 2020 via a 30 minute live streamed Q&A style program where a panel of industry leaders, drivers, government representatives and leaders within the mental health space will all join in a candid conversation around mental health and wellness in the road transport and logistics industries.

We welcome you to distribute this within your organisation and network.

For further inquiries

please contact Communications Advisor, Sally Glover
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Thank you to our sponsors

