

AWARD WINNING

panorama

People share their stories of mental health recovery in work and life

Monthly Issue March 2026 #100C

NSW Governor at
the Women and
Children's Program

David Hall OAM:
"Don't Dwell On
'Why me?' Go ALL IN!"

My safe space...
at the GYM?

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About us

Flourish Australia is committed to walking beside people with a lived experience of mental health issues as they progress along their recovery journeys. We passionately believe in mental health recovery, and are committed to providing the best possible support and encouragement to people so they can achieve their recovery goals. We offer this help across all 70+ of our services in New South Wales, Southern Queensland, Australian Capital Territory and Victoria.

Contact Flourish Australia!

1300 779 270 (option1) or flourishaustralia.org.au

Chair: Prof Elizabeth More AM
Chief Executive Officer: Mark Orr AM
Chief Development Officer: Peter Neilson

About Panorama

Founded in 1996 in one of Flourish Australia's predecessor organisations (PRA), Panorama has grown to become a lifestyle magazine dedicated to informing and encouraging the recovery journey of readers. Panorama is written, designed and produced almost entirely by people with a lived experience of mental health issues.

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And thanks to Flourish Australia staff Sifa and Lisa.

*Name and location suppressed for privacy reasons.

Contributions are welcome!

WE PROVIDE PRACTICAL

Care for Carers

Flourish Australia is committed to working closely with families and carers in their important role of supporting people close to them with a lived experience of a mental health issue.

Using a family inclusive approach, we work directly and in partnership with specialist organisations to provide support and education services for families and carers.

A list of helpful resources and Carer organisations for family and carers can be found on our website:
flourishaustralia.org.au/family-and-carers

SCAN QR TO FIND OUT MORE



In Panorama March 2026

The Women and Children's Program was honoured with another Vice-Regal visit when The Governor of NSW visited on the 2nd February 2026. The story of this visit is followed by two more articles from mothers who are participating in the program. We meet Victoria and daughter Demetria, (above) and we

discover how the generosity of a gym and a salon gave the mothers a chance to work on their self-care, wellbeing, and fitness.

Sadly, we farewell a former Governor and Patron, Dame Marie Bashir AD CVO; and a former Chairman, Dr Andy Campbell. Both played an important role in mental health, as you will read.

This online issue will also complete the cycle for our Autumn Quarterly, which is Panorama print issue number 100! Thank you to everyone who has supported Panorama over the past 30 years, particularly Peter Farrugia and the thousands of people who have appeared in our pages. Former Flourish Australia and PRA leaders Phil Nadin, Pam Rutledge AM, Janet Meagher AM and Fay Jackson have helped us keep the recovery dream alive.

Internationally, current CEO Mark

Orr AM reports back on his Social Citizenship presentation in Portugal before a global audience with Julie Millard AM.

Panorama was at the launch of "Superbeast," the autobiography of David Hall OAM, wheelchair tennis great and gold medalist at the Sydney 2000 paralympics. Having come back from a catastrophic accident, David has plenty of recovery tips to share with us all!

The mere thought of "Gym" can strike terror into some people's hearts. Isabella Martin was one of those people...until she gave it a go, overcame her anxiety, and became, in her own words, a Gym Sis!

Coming up in April's Panorama...

We speak to Army veteran Kim about mental health, and get a very different Gym story from Emily.

Spread

hope.
inspire others.

**Don't worry if
you're not a writer -
that's where
we jump in!**

Did you know that sharing your own mental health recovery story can spread hope and inspiration?

At Panorama, every story is valued.

We're constantly on the lookout for stories from those living with mental health issues, but family members and caregivers, your stories matter too!

Not sure where to begin? Send us a message, we would love to hear from you.

Email: panorama@flourishaustralia.org.au or Call: 1300 779 270



Women Children Choice and Change

NSW Governor visits the Women and Children's Program

By Michelle Elliott

Flourish Australia's Women and Children's Program was honoured to receive a visit from the New South Wales Governor, Her Excellency The Honourable Margaret Beazley AC KC, and her husband Mr Dennis Wilson, in February. Our guests toured the Charmian Clift residential cottages and spoke with the mothers and their children.

We were touched by the level of interest shown by the Governor and Mr Wilson, including the advice they shared from their experience.

Her Excellency was welcomed by the Chair of Flourish Australia, Professor Elizabeth More AM, Chief Operating Officer Susan McCarthy, Chief Development Officer Peter Neilson, Program Manager Nicole Charles, and members of the WCP team.

The key way the Women and Children's Program stands out from other homelessness and domestic violence services in NSW is that it provides a specialised and comprehensive program for

mothers and children facing mental health challenges. The dedicated WCP team provide support with the development of living skills and parenting skills, such as how to encourage their child's development, as well as sharing how to maintain good mental health.

And while women's refuges generally have a "stability focus," the WCP has a longer-term "recovery focus," which factors in good mental health. Above all, the WCP aims to provide a safe and nurturing environment where families can thrive.

"How are the mothers referred to your service?" the Governor asked.

"We have an open referral system," explained Nicole. "Mothers can self-refer, or be referred by other agencies. There is no age cut off, as we have mothers as young as 15, as well as some in their 40s. But for every seven mothers who seek help, six must be turned away. This is always heartbreaking."

"We currently have a waiting list in the order of 30 to 35 people. We also try to connect people with similar services in the community in

the meantime."

"The average stay at the WCP is five months, and there is a Transition Program where participants may live at one of ten ordinary houses in the local area for up to two years," said Nicole.

"And is there any follow-up after that time?" the Governor asked.

"Oh yes!" said Nicole. "The mothers always want to share their milestones and their children's milestones with us."

Nicole, Peter and Elizabeth took the opportunity to describe the many valuable partnerships Flourish Australia and the Women and Children's Program have fostered with community organisations, and their positive impact on the program and the mothers.

Making Financial Sense

While funding and resources always remain a challenge for any service, the Women and Children's Program is actually providing the state with some significant economic benefits. When we factor in the cost of Out

Of Home Care (OOHC) that the state doesn't need to spend thanks to the WCP, there is a cost-benefit ratio of 1:3-5. So while our recurrent costs are \$1.7 million a year, the WCP saves the taxpayers of NSW between five and seven and a half million dollars per year!

Her Excellency and Mr Wilson spoke at length with the Flourish Australia representatives about our plans to expand the WCP, as despite the program's many successes, the demand far exceeds our capacity. Peter described our efforts in exploring the possibilities for opening another WCP service in the south-western area of Sydney, possibly in Campbelltown.

Safety Is Paramount

Mr Wilson asked whether it would be better for the children if they had both their parents involved in the program. Nicole explained that while fathers are sometimes a part of the process, in most cases the focus is on the mother and child. Sadly, a high percentage of the WCP participants have experienced domestic violence, and so the safety of the family is always paramount.

"They say it takes a woman seven attempts before she leaves the man who is mistreating her," Nicole said. "Which is why we need to be consistent with reinforcing the messages we teach to children about how to treat other people."

"And you refer to COMPLEX mental health issues a lot," the Governor noted. "What exactly does that encompass?"

Elizabeth explained that the "complexity" comes from how mental health issues can affect so many aspects of a person's life, often profoundly. The Flourish Australia focus is on supporting the person to take control of their own recovery and - through our framework of Social Citizenship - to engage fully in the community as citizens.

ABOVE, L-R: Tilly (mother) and baby Cohdax, the Governor (holding Becca's baby, Jonathon), and Becca. **OPPOSITE front row:** Elizabeth (Peer Worker) holding Cohdax, Becca holding Jonathon, Kaila (mother) and Stefania (mother). **Back row:** Alexander (Stefania's child), Lily (Kaila's child), the Governor, and Tania (Team Coordinator). Outside the window is Esme (Child Wellbeing Worker). PHOTOS BY NEIL FENELON

Becca

When Becca spoke with the Governor and Mr Wilson she was holding her four month old baby, Jonathon, who was sleeping very soundly. A little unusually, Becca also has an older son who is 19.

Becca has a history of mental unwellness as well as a post-partum deterioration that required considerable support. She's also experienced domestic violence through her Grandfather, Father, and former partner, and she wants to break the cycle with her generation, as do we all.

Becca explained she came all the way from Tamworth to Sydney because there wasn't a service like the WCP anywhere else.

She expressed her gratitude and good fortune at being a part of the WCP.

"Tamworth doesn't have sufficient mental health services to cover my own issues, let alone with a baby involved."

Mr Wilson asked Becca about life in Tamworth. She explained the town has changed a lot, and there are some really bad areas now due to the Ice trade.

Becca mentioned her eldest son was at the Conservatorium in Sydney. The Governor, who is a musician herself, was delighted to hear it. Becca proudly shared that her son plays the Euphonium, holds an Australasian Championship, and wants to become a conductor one day.

"We did a six week course called 'Women Choice and Change' that taught us we do have choices in life," Becca said. "I would have liked some more material that's targeted towards men in the course, though."

"I went to a private school," Becca added, "and they never taught ANY of what I've learned here at the Women and Children's Program. I think all schools should teach classes on respect and healthy relationships and making good choices!"

Prof More asked Becca what she wanted to do further down the track.

"I'd like to study. I've done TAFE Certificates, and one day I hope to finish a Degree in Business Administration so i can work in a medical setting."



Our Vice-Regal Patrons

Flourish Australia is honoured to have Vice-Regal Patrons at both State and Federal levels. This reflects our organisation's origins within the State of NSW and our later expansion across several states of the Commonwealth. The Governor-General of Australia is Her Excellency The Honourable Ms Sam Mostyn AC, and The Governor of NSW is Her Excellency The Honourable Margaret Beazley AC KC.



REUNITING MY FAMILY

(With Some Help From Flourish Australia)

By Victoria

counsellor for my addiction issues, even though I hadn't touched anything for two years, long before Ezra was born.

When I became pregnant with Demetria, it counted against me in the eyes of the DCJ. She was another difficult pregnancy, and during this time I'd been living with my partner in a granny flat at my Mother's. She ended up throwing me out, and for a time I was homeless.

I needed much more support as a Mother, and nobody was offering me that. I don't have contact with my parents anymore, as I grew up in a difficult home, and I am one hundred percent motivated to ensure my children do not go through what I went through. This led to the DCJ's argument that because of my lack of family support, I was unfit to look after my son.

I didn't have an opportunity to care for my son, and I couldn't bear history repeating itself with Demetria. So I knew I needed to find support somewhere.

Women And Children's Program

Something I do as a person with autism is to research everything I'm interested in in great detail, so I decided to apply this part of my personality to find out what support was on offer for Mums in my situation. That's how I found out about the Women and Children's Program (WCP) at Flourish Australia.

I joined the WCP in March 2025, not long after my daughter was born. I have been working with the program to improve my parenting, which includes ongoing therapy for my mental health issues, passing drug tests, learning about relapse prevention, taking my medication, and checking in when I need to.

In exciting news, I've recently had contact visitations with my son, and I've been able to build and maintain my relationship with him.

My next step, after so many setbacks, is looking forward to living independently in the community again with my daughter...and eventually, with Ezra too, so our little family can be together again.

ABOVE: Victoria holding her daughter, Demetria. PHOTO BY NEIL FENELON

My partner and I have two children: a son Ezra (14 months) and a daughter Demetria (3 months). Our children's full names reflect our hopes for their future. Ezra's middle name is Tāne Mahuta, referring to a Māori god of the forest. Whenever we go for a walk, he always has to touch every single tree we pass! As for Demetria Christina Amaia, named after the Greek goddess of the harvest, she is only three months old, but she sure loves her food!

My son was taken into care by the NSW Department of Communities and Justice (DCJ) because of my mental health diagnosis and past substance abuse. When my son was removed, it broke my heart. It was like losing part of my soul. I'd had a tough pregnancy with Ezra, and I

was frequently sick in the hospital. There were also personal problems in the background.

My two diagnoses are Autism and Borderline Personality Disorder. I've encountered stigma due to my mental health issues, especially to BPD, as the DCJ claimed that this diagnosis can make a person more likely to harm their own children. I honestly think that this might be the other way round, that people with BPD have this condition as they'd been the ones to experience trauma as children. This was certainly true for me.

Along Comes Demetria

The DCJ gave me a lot of tasks I had to fulfil to be reunited with my son, starting with doing relationship counselling with the father of my children, receiving proper counselling for my mental health issues, and completing a parenting program. I was also asked to see a

Women and Children's Program

PARENTING, PAMPERING & PUMPING IRON!

By KC



The mothers at Flourish Australia's Women and Children's Program were recently able to work on their health and wellbeing as KC's story reveals, thanks to being provided with free access to their local gym and free haircuts and pamper sessions at a local salon.

My daughter Kaia and I connected with the Women and Children's Program three months ago. I've been living in one of the units provided by the WCP, and my next step in the process is to find housing in the community I can move to.

I've been taking part in a program every week called Women's Choice And Change. The mothers learn about having healthy relationships, and how to tell the difference between a healthy and unhealthy relationship.

The best thing about being a part of the WCP is the support, how empowering it's all been, and gaining an understanding of my own situation. So I've recently been able to do that.

Another goal was to learn more about parenting, such as knowing what to do as Kaia grows into different stages of life. I definitely feel like I've been able to greatly build on those important skills. My daughter and I have a much closer

attachment now since we started staying here.

Kaia had her first birthday at the end of last November, and she's actually the oldest baby at the WCP at the moment. She definitely likes hanging out with the other babies!

"Exercise has always helped my mental health"

In October, the mothers started a fitness and self-care group for the good of our health and wellbeing. The fitness side of it included visiting a local gym together, and we were welcome to use the machines for free. The owners even gave us a tour of the whole gym, showed us how everything worked, and told us we could always ask them for help if we needed it. It was really nice of them to do that for us.

I used the stairmaster, and the leg press. I also used the treadmill, the exercise bike and the weights. This was great for me, as exercise has always helped my mental health, right back to when I was a child. My Dad enrolled me in Little Athletics at the age of six, and I kept at that until I was 16. I also played Soccer from the age of 11 until COVID hit. So exercise is really good for me, but I haven't done much of it since COVID, and especially since having Kaia.

It was good for me that I knew I could still enjoy working out and pushing myself physically.

Pamper

In addition to going to the gym as a group, a hairdressing salon donated pamper packages to the WCP, so we could all get our hair done. It took a few hours to finish my hairstyle and treatment, and Flourish Australia provided child-minding while I was out enjoying that. It was so great to have a few hours of pamper time to myself. Lots of the Mums did this, but we had separate appointment times.

Gratitude

I've been more than happy with Flourish Australia's services, really satisfied with what's been on offer, very grateful I've been able to do this program. I'm looking forward to what comes next!

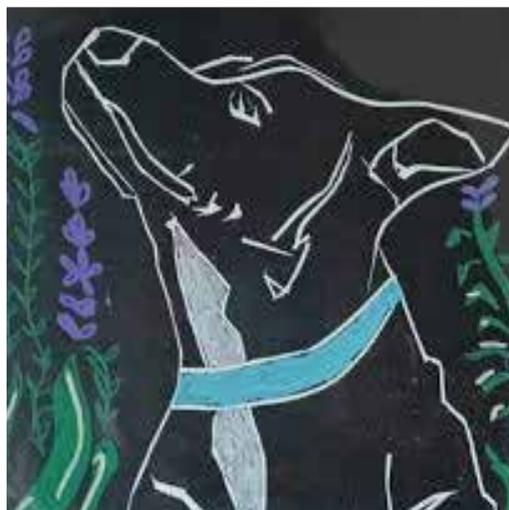
Thanks so much to The Cutting Room salon in Riverstone, and Anytime Fitness Glendenning.

ABOVE: KC, pushing some serious weights. PHOTO FROM SIFA and WCP

**Flourish Australia
Women & Children's
Program**

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Feathers & Fur

An art show by Helen Fenner

By Grant J Everett

Helen Fenner is an artist who accesses services at Flourish Australia's Newcastle site, and she has appeared in Panorama a number of times, most recently in our 2024 Autumn Quarterly.

Helen first appeared in our pages while at art school, then again just a couple of years later when she had her own exhibition space at the Maitland Regional Art Gallery for a show called "Where The Seeds Grow," where she displayed 30 separate works. Some of her pieces then ran in the Newcastle Show Art Competition & Exhibition in 2024.

Her latest show was at Raymond Terrace Art Space Gallery (part of the Raymond Terrace Library), starting on September 27th and carrying on for almost all of October, Mental Health Month. The name of the

exhibition was 'Feathers And Fur.' Lisa, her support worker from Flourish Australia, helped Helen with the logistics of getting her art to where it needed to go.

Helen uses mixed media techniques in her art.

"I use decoupage and layering to build meaning and interest," Helen says, "to relate to the layers and meaning in life. I see where they can work together, and I like to be trying new ways of doing things in my art. I relate stitching to 'mending the soul.'"

"I want to create art that people can relate to. I find animals loving, kind, beautiful and without judgement. I grew up on a farm with various animals, so they've been a big part of my life.

This show all started with exploring

images of my relatives, and my own beloved dogs. "Let Freedom" is one of my favourites. The birds in this image represent freedom: the gate is open, and they are free to live. It's different, because I see 'freedom' as the main theme rather than the animal subject itself."

Just the other day, Helen showed several of her pieces in the art show held by Flourish Australia in Newcastle, and is planning to sell some of her works at the local markets. "I'd be happy to sell one!"

Helen's dream is to have an exhibition in a Sydney gallery, and with each successful art show she's working her way closer towards this goal.

ABOVE: Helen's displayed works.
CLOCKWISE FROM LEFT: "Love Birds", "Smelling The Lavender" and "Freedom".
PHOTOS BY HELEN FENNER

Welcoming the Gym into my life **and finding my safe space**

By Isabella Martin*

Do you find the idea of working out in a public place like a gym kind of "ick?" You're not alone! People of the feminine persuasion, and those of us lads who are not built like Jason Momoa, often feel this. But fear not! Isabella is both a gym sis AND a peer worker. She gets it because she overcame her reluctance. And so can you! - Editor*

As a woman I was afraid of gyms at first. Specifically, the free weights area was scary as that's where the biggest guys were. I was afraid of looking dumb with my form and small weights, and I was afraid of being harassed.

The reality is I can confidently say that across all the commercial gyms I've used, I've never been harassed, ogled, or made to feel small. I realised pretty quickly that the other people were only focusing on themselves!

Secondly, once I got good enough at understanding weightlifting and form, I realised that lots of people don't use "proper form" anyway!

Now I show up in whatever outfits I want, hair messy, chatting and dancing to my music. It's a home away from home. It was showing up repeatedly and getting that exposure that eventually turned the gym from a scary space to my treasured safe place.

In fact, I would like to recommend the gyms that I have tried and tested through NSW/ACT.

Plus Fitness Bankstown NSW A very "salt of the earth" feel. You can strike up a conversation with anyone, and everyone is always trying something new. Every bro/ sis will be happy to "spot you" for a lift.

Plus Fitness Peakhurst NSW This was my gym for five years. It is really big compared to others, so for equipment you get bang for buck. Everyone is friendly, but beware the after work afternoon rush! Because Plus Fitness is 24 hours, when my mental health was bad, this was a safe place around other people.

Plus Fitness Miranda NSW Another "bang for buck" two floor gym. I can't speak to the culture much, but it feels fancy and if you want to take progress pics, this is the place to go.

Gold's Gym Fishwyck near Canberra ACT The biggest selection of weights, equipment and machines specifically for body building I've ever seen. The membership is also the cheapest in ACT, as far as I can tell. You can chat and make friends here or stay on your own, all are accepted. And for those who can't stand crowds, it's a very quiet gym. Most machines are free even during the 5-7pm rush.

Stretch yourself further!

By the time I tried out all the above, and becoming a bit of an expert, I felt at home enough to go in for the ADVANCED stuff -and so can YOU!

Fishwyck ACT has a big powerlifting/strongman scene. Give it a try, as I've had nothing but good impressions. It is definitely a place to make friends and be part of a community. There are lots of groups where you will push yourself harder than you thought you could while others support you, outside your comfort zone. Some other venues include:

- Limitless Strength and Fitness
- Burley Strength
- Ultra Strength and Fitness

Why not develop yourself? Stretch your boundaries! Meet new friends! Welcome Gym into your life.

*Name changed for privacy

ABOVE: Are you intimidated by the thought of visiting a gym? You are not alone. But you can do it! Plus Fitness Peakhurst was one of Isabella's "treasured safe spaces."
PHOTO BY WARREN HEGGARTY



SAVING GEN ALPHA FROM 'FAST, FUN, EASY FAILURE.'

By Warren Heggarty

It is said that Generation Alpha (born between 2010 and 2025) is under-performing and misbehaving in school at an unprecedented level. Teachers, parents, students, society and the government all blame each other for the situation. Some blame COVID-19, and some blame digital technology...not that assigning blame usually fixes a problem. So what do we do?

Elizabeth McPherson, who is known by her handle Ms Mac on Tiktok, told Newsweek, "There's been a noticeable shift in student engagement and accountability. Many students today appear apathetic and disconnected from their own learning, and it's not simply a matter of motivation — it's systemic." (McFall, 2025)

Kristen Seo is more brutal. She says the lack of real person to person socialising in this digital era is to blame. 'Members of Gen Alpha are teenagers and younger and this is already a time of life when everybody goes through crucial mental and social development. If Ms Mac is right and we have a system that encourages apathy and disconnection, this will hamper young people's development. "Children will struggle to..." keep up with more difficult learning concepts as years go on, and an entire generation risks falling behind the complex world that preceding generations built.'

"Gen Alpha's overuse of technology puts their fundamental educational development at stake... teacher job satisfaction rates are plummeting and more teachers are leaving the profession than ever before...

(children are) more susceptible to behavioral issues and symptoms of ADHD, depression and anxiety, which inevitably manifest in classrooms, disrupting the learning environment... From subpar educational performance to brutal behaviour... there is more than enough evidence that children cannot control themselves with technology on their own." (Seo, 2024)

What should you do, if you are a teacher? Olga Sayer, an expert in educational neuroscience, gives three tips for successfully teaching Gen Alpha Students. These come from her book *Generation Alpha in the Classroom* (Galea & Sayer, 2025). Firstly, she suggests bite sized content. Children crave novelty and like frequent rewards (or "dopamine hits," if you like) so they will respond better to little chunks. Secondly, using a multimedia approach works, presumably for the same reason that you are frequently introducing novel methods in response to the short attention span of the children. Thirdly, she suggests that the advent of AI means we might need to rethink the role of teacher. She suggests they should be more in the vein of "facilitators" while children do their own exploration using AI (Sayers, 2025).

All of these tips, however, are accepting the damage as done and merely adapting to what appears to be a "disabling" of students. Sayers is describing how to deal with children who have difficulty paying attention, need frequent restimulation, and require constant rewards. Perhaps there is no cosmic law that says short attention spans or impatience or constantly craving rewards are bad things. However, there seem to be admirable qualities once found in most children which are now often missing, such as patience, focus, and the ability to interact politely with other humans.

Relativism

This view that Gen Alpha is missing something is discussed by Trish, a primary school teacher who runs a YouTube Channel "Teacher Therapy." (Teacher Therapy Trish, 2025). She says that this generation has suffered from a profound change in society's values. The things that made for a successful life last century are now muted, absent

or contradicted. Shared morality has been replaced by moral relativism.

Parents, she says, tend to be “extremely permissive” so that children see no consequences for bad behaviour. Parents tend not to say “NO” or model discipline for children. The result is that students come to school expecting it to be “Fast, Fun and Easy!” Poor attention and poor focus are combined with extreme anti-authority beliefs. When they encounter difficulty, children have been taught to suppose that they “can’t” do such and such because of a condition. Hardship itself has not been abolished. Only the confidence and drive to face it and overcome it.

None of this bodes well for the future mental health of Gen Alpha! But notice also that Trish does not cite the Internet or devices as the culprit. Children have adapted to the undisciplined “fast fun and easy” world of “digital” dopamine hits because parents and society as a whole have allowed them, even expected them to. The answer may yet lay with the children themselves - who will one day be the parents, the teachers and the society which has the power.

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ABOVE: Back in the day... the causes of Gen Alpha’s educational challenges are complex. The solutions may well be difficult, but society’s mental wellness depends on Gen Alpha living down its reputation. Above: A public school. PHOTO BY WARREN HEGGARTY

Lead your own recovery WITH STANDARDS!

By Warren Heggarty

Personal standards are good things to have for the sake of our own integrity and the benefit of those around us. In a team situation, at work or in sport, standards need to be understood, agreed to and met by everyone.

Those of you who have done group projects will know all too well that a group of half a dozen people will usually have a couple of people who seem OK with letting others do all the work! It falls to the leader of the team to set the standard and ensure people live up to it.

In your own life and recovery journey, YOU are that leader. So you need to both set and live up to the standard you want to achieve. Leif Babin says: “When it comes to standards as a leader, it’s not what you preach, it’s what you tolerate...no matter what has been said or written, if substandard performance is accepted and no one is held accountable - if there are no consequences – that poor performance becomes the new standard.” (Babin, 2018, p. 54)

William McRaven says that a good place to start setting standards is with small things. “Sometimes the simple act of making your bed can give you the lift you need to start your day and provide you the satisfaction to end it right.” (McRaven, 2017, p. 9) Imagine this: if you have had a terrible day, one of those days where nothing seemed to go right, which would YOU rather come home to: a pile of mess, or a nice, neatly made bed?

By setting a small but high standard of neatness first thing in the morning, you will have a knock-on positive effect throughout the day.

But beware! “Standards” has an evil twin called “Perfectionism.” Perfectionism “generally refers to the relentless pursuit of flawlessness and a high performance standard

accompanied by a critical self-evaluation.” (ELD Psychologists, 2025)

Not all critical self-evaluation is bad; but sometimes our standards are unrealistic. You could say that there are two types of perfectionism. Firstly, there is the helpful (adaptive) kind. This is where you see mistakes as opportunities for learning and growth. If you want to learn a new craft, like drawing, you will need to critically evaluate your work to see how you could do it better. This leads to improvement.

However, some people take mistakes as negative personal judgments. This is unhelpful (maladaptive) perfectionism. In this case, your high standards may work AGAINST you by discouraging you into thinking, “I’m just not good enough.” Unrelenting standards can also be discouraging to the people around you. We need to find a balance where we can maintain good standards while remembering “self-compassion.”

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Dame Marie Bashir AD CVO

Former NSW Governor and Patron of Our Organisation

By Sasha Elisha, Team Coordinator

We were saddened by news of the passing of Dame Marie Bashir AD CVO, the 37th Governor of New South Wales. Flourish Australia was honoured to receive her patronage as our first Patron following the merger of PRA and The Richmond Fellowship of NSW in 2012, a gesture that strengthened and affirmed our work in community mental health during a defining moment in our organisation's history.

She is seen above in 2013 cutting the ribbon at the opening of Figtree Conference Centre, a successful community business operated by Flourish Australia until the pandemic of 2020. On the left is the late John Hall AM, our then Chair, and in the background is our then-CEO Pam Rutledge AM. To Dame Marie's left are Peer Worker Rebecca Tsang and Figtree employee, the late Keith Christensen.

Panorama of June 2013 noted: "Her Excellency was approachable, down-to-earth and utterly charming. She had the wonderful

gift of making anybody she spoke with feel important. (In her speech before the opening of Figtree) she recalled the time in 2001 when she had been offered the role of NSW Governor, by then-Premier Bob Carr. As a psychiatrist, she confessed to the audience, she wondered at the time whether she had been "imagining" it all.

That she should be so surprised to be offered the role of Governor speaks to her humility. She quipped to a University magazine in 2015 that, "I wondered what I had done to have drawn attention to me." In fact, Dame Marie made significant and enduring contributions to mental health through her leadership in mental health services and her advocacy for equitable and compassionate care. As Governor of NSW (2001–2014), she always highlighted the importance of promoting mental health, social inclusion, early intervention, and recovery-oriented care.

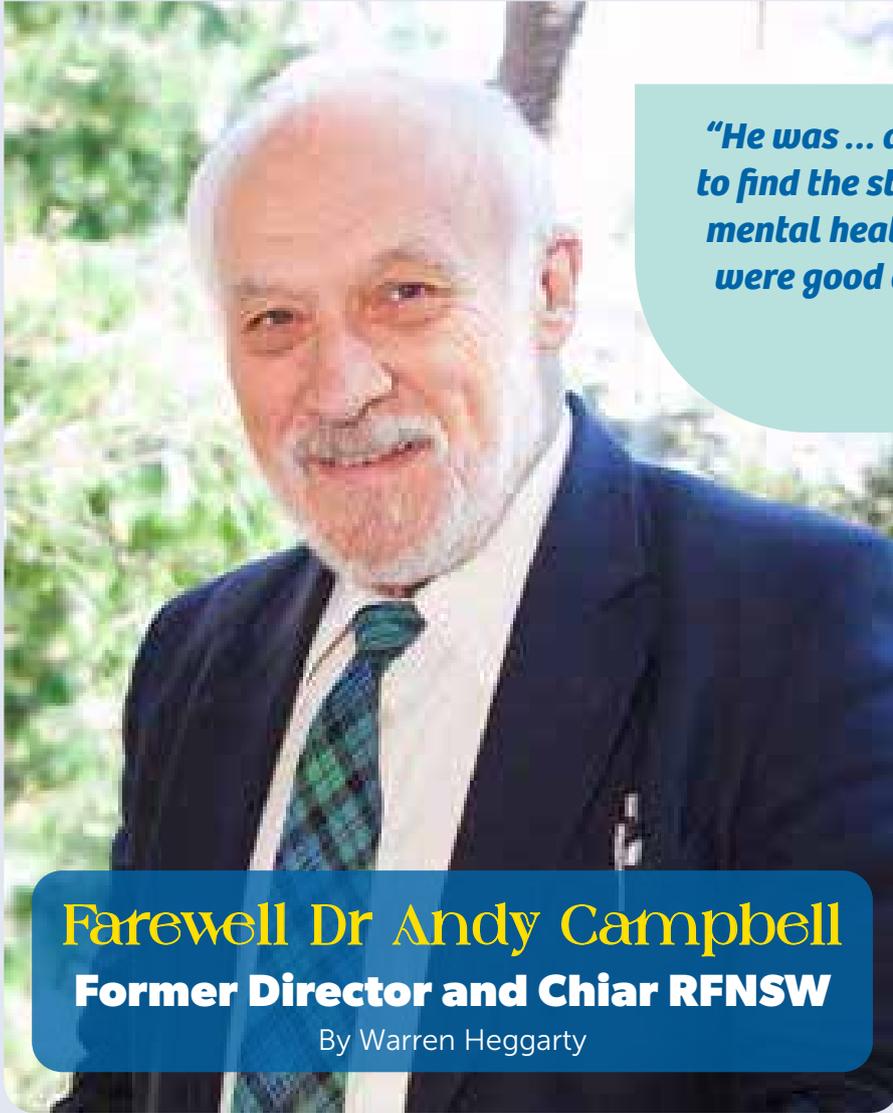
Born in Narrandera in the Murrumbidgee valley of NSW to Lebanese migrant parents, she was taught to work hard and to value education for its own sake, something she recommended we

ALL do. In 1956 she followed in her uncle's footsteps to become a Medical Doctor, later taking an interest in psychiatry. Not long after graduating, she married Australian Rugby Union legend Nicholas Shehadie, who later became Lord Mayor of Sydney. They had three children together during their 61 year marriage. Sir Nicholas passed away in 2018.

In June 2014, she was appointed a Dame of the Order of Australia in recognition of her public service and her advocacy for mental health and marginalised communities. She often visited remote communities in Central Australia, the Kimberley and Arnhem Land before becoming a senior consultant for the Aboriginal Medical Services of Redfern and Kempsey.

We honour her life and service to the people of New South Wales. Her tenure as Governor was marked by dignity, compassion, and a deep respect for public and community service, leaving a legacy of service above self. We extend our sincere condolences to her family, friends, and all who mourn her passing.

Sources include ABC News, Panorama #48, Grant J Everett. Photo by Neil Fenelon



Farewell Dr Andy Campbell

Former Director and Chair RFNSW

By Warren Heggarty

We were sorry to hear in November of the passing of Dr Andy Campbell. He was formerly Chairman of Richmond Fellowship of NSW (RFNSW), a predecessor organisation of Flourish Australia, serving on the Board for 30 years. He was also a founding member of TheMHS (The Mental Health Services) Learning Network in 1991.

Recalling the beginnings of RFNSW in his foreword to "The History of Richmond Fellowship of New South Wales and the People Who Made it Happen," Andy recalled the environment in 1970: "If you had a lived experience, chances were you struggled through alone. Unemployment and soul-destroying institutional care and homelessness were the outcomes for many."

The situation we have today is far better for people with lived

experience thanks to the leadership of Dr Andy Campbell and another former Flourish Australia Chair, John Hall AM, who passed away earlier in 2025.

Andy, a psychiatrist, worked as a clinical consultant to residents of RFNSW's Glebe House. He recognised that people with "severe mental health issues" could learn to adapt in a community setting that provided stable accommodation and social networks.

In those early days in the 1970s and 1980s, the struggle was mighty. "We were like a plane," Andy said. "We had to keep flying forward to stay in the air, and we nearly crashed many times. It was always about survival, fighting for funding and hoping for money to come through in a timely manner. We had to take a lot of risks." Those risks are still paying off!

Andy became the Medical Superintendent at Rozelle Hospital, and from here he sounded out some

"He was ... a big believer in taking time to find the strengths of individuals with mental health issues, to find what they were good at as part of a personalised recovery journey."

-The History of the RFNSW

influential figures who "could bring expertise and muscle to RFNSW's Board." Professor (later Dame) Marie Bashir, former Governor of NSW, was one strong advocate. Another was influential lawyer Greg James, later a King's Counsel and NSW Supreme Court Judge.

Crucially, around this time the RFNSW Board recognised that consumer representation was needed, and this led in 1986 to resident Simon Champ being employed.

In a way, the shortage of funding had an unforeseen benefit. It was necessary for residents to become involved in the maintenance and upkeep of the grounds at Glebe House, and this aligned with the ethos of Richmond Fellowship anyway!

Community care simply had to be better funded. As Andy said, "We totaled up the cost of savings of community care against hospital care, and then factored in the social advantages and reduction in admissions." The case for allocating funds to NGOs like RFNSW on this logic was hard to refute.

Earlier this year, at Flourish Australia's 70th Anniversary celebration at NSW Government House, our CEO Mark Orr AM recalled and honoured the work of those change-makers who helped pave the way for the mental health recovery approach that we provide today. Dr Andy Campbell was one of them, and we are grateful for his contribution. We will also continue his legacy.

Picture from TheMHS Instagram. Quotes are taken from "The History of Richmond Fellowship of New South Wales and the People Who Made it Happen" (2015)

LET THE SUPERBEAST REVEAL ITSELF!

By Warren Heggarty

“Despair can be lonely, but beyond it, the sweetest things are the ones you don’t even know of yet - but only if you are willing to find them,” - David Hall

To mark the International Day of People with a Disability, Royal Rehabilitation Centre at Ryde NSW welcomed wheelchair tennis great David Hall OAM PLY, the author of new autobiography “SUPERBEAST.”

It is more than just a sports saga, and more than just a recovery story. Much more! While David says that he wrote the book to entertain rather than carry any heavy message, the message will be found in the story for those who need it.

In conversation with Channel Seven’s Taylor Aiken, David shared stories about his recovery and his career. Let’s briefly recap a few of his achievements: Six Paralympic medals, including one gold before his home crowd in Sydney 2000. Nine Australian Open titles, Seven British Opens, Eight Japan Opens, Eight US Opens.

While world number one in wheelchair tennis, David was selected as the first torch-bearer for the Sydney Paralympics, an experience which he described as

“surreal.” He recalled receiving the torch from Prime Minister Howard, and then took it forward in the Canberra mist. “You almost don’t want it to end,” David recalled, wanting to go slower to make the moment last as long as possible before passing the torch over to marathon great Rob de Castella.

David had once been a runner too; and he had run with the torch for the 1982 Commonwealth Games. A few years after that, however, he lost both legs, and nearly his life, when hit by a car. David remembers vividly the lead up to the accident that changed his life. “It’s incredible, because a lot of people banish trauma to the back of their mind. They just don’t want to think about it.”

David doesn’t remember everything as he was not conscious the whole time, but with the help of research, he manages to go into detail of the accident and its aftermath in his book. As a 16-year-old being told that one leg had to be amputated before being told that the other one had to be removed too, he could not have imagined what big things lay ahead.

Get Over “Why Me?” And Let Other People In

Of course, all of that is revealed in the book, but we got a strong foretaste of it in David’s author talk at Royal Rehab Ryde. Responding to questions from the audience, he revealed two important lessons from his trauma. “Firstly, get through the WHY ME phase as quickly as you can. That was the hardest part. Angry at the world, angry at myself. That anger is just self-destructive.”

The second lesson was that even though in the aftermath of trauma, “you don’t want to let other people in.” With the benefit of hindsight he would have “let people in earlier!”

It was after David’s second amputation that he began rehabilitation in earnest. A few days after the operation, thoroughly worn out, he found himself doing what he called a very light workout. But it got the adrenaline going just enough for him to feel convinced that, “If I go all in, I’ll get there!” He wanted to go back home, get back to work, and get a car. “Rehab was going to help me achieve these things.”

And quite a bit more!

During his recovery, David read in a local newspaper about a local wheelchair tennis player named Terry Mason. Having met and watched him play, David was deeply impressed and decided he too needed to get into that sport. Again, he was all in, and it was a total commitment. A few of his early role models, such as Errol Hyde, were present at the book launch!

Very early in David's career, there was a chance encounter with another Australian sporting legend, Dawn Fraser. She was hosing the lawn in a holiday house right next door to where David was strengthening himself by going up and down the yard over and over and over in his wheelchair. Out of curiosity, she asked him what he was training for, and then encouraged him to keep going and aim for the 1992 Barcelona Olympics! It turns out Dawn was a good judge of potential!

Life Is Lived Now

In an earlier interview with Daniel Lane from the NSW Institute of Sport, David revealed a lesson in what we would call mindfulness. He recalled working with NSWIS Sports Psychologist Jocelyn Penna who helped him to realise that in many ways the past and the future can be burdens that distract us from what is happening right now. When we are "in the moment" we focus on what we must do NOW. In this way, without being conscious of it, we are adding our best effort to our legacy and paving the way to our best possible future.

Following the Sydney 2000 Paralympics, at the pinnacle of his career, there was one thing that David still wanted really badly: winning a second Paralympic Gold Medal in Athens. With a Bronze from Atlanta (1996) and a Gold from Sydney (2000), he had two medals. But two Gold medals was such a rare achievement that he confessed he might have given up 50 other titles to get them! Imagine his disappointment upon losing. Yet still, his career totals were 1,026 wins to only 200 losses!

Do Some Every Day!

Andre Agassi's tennis memoir "Open" was an inspiration, but after retirement, David wanted to write his autobiography himself - there was no shadow writer involved! After four years of pottering, he decided to get it done employing his tried and tested method: going all in, committing to writing something every single day until all 430 pages were finished!

Perhaps David is a little different from the rest of us and he does admit to having a "lot of chutzpah" which helped in his recovery. After all he used to listen to heavy metal band SLAYER on his Walkman to calm himself down before matches. When he was inducted into the International Tennis Hall of Fame, those tapes were put on display in the ITHOF Museum! No doubt it had an impact on Slayer sales!

Speaking of metal music greats, the name "SUPERBEAST" comes from Rob Zombie. David's one-time coach dubbed him "SUPERBEAST," and he returned the compliment by naming his coach "Zombie."

Humility With Chutzpah

Tony Stavely, Chair of the Rehab Hospitals Group, made some closing remarks thanking David for lending his support to the Rehab. Tony mentioned that after all his achievements David still displayed "humility in spades," and had "a real sense of community service." Let that be another life lesson that we can all glean from his talk!

BTW, David and his partner Lesly Page both attended a Buckingham House tennis day in Prince Alfred Park. Some Panorama readers may recall the story from 2010.

SUPERBEAST, "one of the great sport sagas," is available on Amazon. Watch for the review in our next issue!

*OAM= Order of Australia Medal.
PLY- 'Paralympian' awarded by International Paralympic Committee

Reference

"David Hall: From SUPERBEAST Server To Super Best Seller," Daniel Lane NSWIS Media, October 20th, 2025

www.nswis.com.au/Newsroom

ABOVE: Taylor Aiken speaks to David Hall before an enraptured audience at Ryde Rehab PHOTO BY WARREN HEGGARTY.

OPPOSITE: David spreads the word on FACEBOOK.





Global Mental Health Congress

BARCELOS, PORTUGAL

By Julie Millard AM and Mark Orr AM

Australia's presence at the Global Congress included Flourish Australia's CEO Mark Orr AM and our good friend Julie Millard AM. They spoke of Social Citizenship and Women in Leadership, while host city Barcelos was the first of a new Network of European Mental Health Cities.

The municipality and city of Barcelos in the North of Portugal lies on the Camino de Santiago, an early trek of Christians across Europe to the Cathedral of Santiago de Compostella (Santiago being the Spanish name of Saint James, a Catholic saint). Pilgrims walk the routes (there are several paths up to 800 kilometres long) for their spiritual growth, and for a chance to have their sins forgiven. Blue and gold signs of the scallop shell, signifying and providing direction on the pathway, are everywhere. Completion of the pilgrimage gives a great sense of accomplishment – and you even get a certificate!

Set beside the fast-flowing Cávado River, and crossed by the iconic Medieval bridge, Ponte de Barcelos, Barcelos is an old city, established in the ninth Century, and due to the Camino and the number of pilgrims passing through the area in the tenth century, grew significantly. At the last census, the city of

Barcelos has 26,042 inhabitants, while the municipality has 116,959 inhabitants across an area of 378.90 square kilometres.

Barcelos has the honour of being the first World Mental Health City. An initiative of the World Federation for Mental Health (WFMH), this title signifies a commitment of the local government and community to addressing mental health across the city, with a network of 70 organisations participating, led by the local municipal government. Barcelos is also famous for the Rooster of Barcelos (Galo de Barcelos). It is Portugal's beloved folk symbol representing justice, faith, and good luck.

So, it was no surprise that the local municipal government partnered with the WFMH to host the 2025 World Congress on Mental Health, titled, "Mental Health and Social Sustainability: A Whole Society and Community-Based Approach."

For more information, scan this QR code:



Oceania Region

We attended the congress, presented papers, and networked with people working in mental health from across the world, being joined by colleagues from Perth and Brisbane. Julie, as a Board member and former Regional Vice President Oceania of the WFMH, was a keynote speaker and presented on "World Federation for Mental Health and the Oceania Region - A Whole of Community Approach to Mental Health." She spoke about the history of the WFMH and the advocacy work being done since 2003 in the Pacific region by Regional Vice Presidents.

Julie's talk highlighted the previous challenges of distance, costs of travel, isolation, and slow communication options prior to technology. Today's challenges include economic instability, climate changes and extreme weather events, technology barriers, and food insecurity - all with an impact on the mental health of people living in Pacific island nations. The resilience, adaptability, interconnectedness of families and communities and the traditional cultures, however, continue to support people's

mental health. It is understood that a sustainable future requires every strategy to be rooted in the spiritual, familial, and cultural protocols of a community, based on its unique history, and led by its own people.

European Network of Mental Health Cities

A highlight of the conference was the launch of the European Network of Mental Health Cities, building on the success of Barcelos, and establishing a group of 12 cities across Europe similarly committed to addressing mental health in local communities. It made us wonder whether something like that might be possible in Australia.

Social Citizenship

Mark's presentation, "A Place For Everyone: Social Citizenship and the Importance of Communities," described the co-design of Flourish Australia's Social Citizenship Framework. This included how a Social Citizenship Think Tank was established, bringing together people accessing services as well as staff, and how the Think Tank engaged with specific groups such as First Nations and Culturally and Linguistically Diverse communities, LGBTIAQ+ communities, young people, and people who have experience of the criminal justice system.

The framework explored what it means for community resources such as sporting clubs, art classes, faith communities, schools and TAFEs, to be part of a person's mental health recovery toolkit, and the role they play in creating supportive, connected communities which facilitate recovery - and which also challenge mental health stigma and discrimination. As part of the process, guiding principles of Listening, Partnering and Engaging were developed, and the 5 Rs – Rights, Relationships, Roles, Responsibilities and Resources - were supplemented with a sixth R for Roots, recognising the importance of people's culture and where they come from.

Women Leaders

Julie's second talk, "Women Leaders of the World Federation for Mental Health," a focus on social sustainability, celebrated the

contribution of women leaders within the WFMH. Having been a Board member for eight years and the Chair of the Women's Mental Health Section, Julie took the opportunity to describe women's contributions to the Federation. The well-known cultural anthropologist Dr Margaret Mead was the President from 1957-1958, with the American activist and heiress Beverly B Long holding the position from 1995-1997. Julie challenged why there had only been 8 women Presidents of WFMH out of a potential 32 Presidents since its establishment in 1948. More recently, this has changed with more women elected as President: Dr Ingrid Daniels (2019-2021) from South Africa, Professor Sabine Bährer-Kohler (2026-2027) from Switzerland, and Silvia Raggi from Argentina, who is the next President (2028-2029). It is important to note that in addition to Julie's long contribution, Australia's own Janet Meagher AM, a well-known lived experience leader and advocate, was on the Board of the WFMH as a Board Member at Large and held the position of Secretary between 1996 and 2005.

Banda da Galo and Portuguese cakes

One of the surprises of the conference was the conference dinner, at a reception hall about a thirty minute drive from Barcelos. On arrival we were greeted by the Banda do Galo, a band of about 20 people playing instruments whilst dressed in red pants and yellow tunics, with a chicken head as a hat. It was quite fun. Later in the evening, members of the local community performed traditional folk dances for the audience.

Following the conference we headed to Lisbon, the capital of Portugal, for a few days' rest, sightseeing and to eat too many Portuguese cakes (especially Julie). Mark headed back to Australia, and Julie travelled 12,000 kilometres to South Africa to present at the 7th Global Mental Health Summit in Cape Town.

RIGHT, FROM TOP TO BOTTOM: Banda do Galo. Mark Orr AM, CEO of Flourish Australia, with Julie Millard AM in Barcelos. Too many of these Portuguese cakes kept Julie going all the way to South Africa! The Rooster is on our side! PHOTOS BY JULIE MILLARD



The Magic of Meditation & Nature

By Titania



When I am feeling down, out, anxious and depressed, I do what I love: connecting with nature, forest bathing, bushwalking, being by the sea, swimming, or just walking by the shore if it's cold. I also love doing one of my favourite guided meditations.

When you feel depressed or anxious, I would recommend something uplifting that you enjoy. Do you get jazzed up with cooking, sports, reading, art, listening to your favourite music, or watching movies? As laughter is the best medicine, perhaps watching something funny on a streaming platform or on DVD?

For example, on a very hot day a while back, I was so depressed that I was really struggling to write. Intuitively, I knew the best way to deal with writer's block was to go to the beach to de-stress and reset. But I didn't think I had time, as the round trip would take about 3 hours. My intuition was adamant, so I went, and I'm happy to say I came back invigorated and inspired, and wrote until 11pm.

Being Meditative

I find online guided meditations a wonderful way to let go, even with something as loud, crowded and chaotic as the coming of the New Year, which I find too stressful for my neurodivergent senses. I happily spent last New Year's Eve in meditation, and I rang in 2025 by watching The Year of

Pluto, a documentary on the New Horizon's Pluto flyby in 2015 that I found on YouTube. I still consider Pluto a planet, none of this dwarf planet business!

Meditation soothes me and calms me down on trying, harrowing days. Toxic thoughts and beliefs such as "I'm not good enough and never will be" or "I don't deserve anything good in my life" are like food poisoning for the mind, as well as being untrue. It's much better to treat ourselves with kindness by practicing positive self-care and self-talk. I like to have my favourite toys with me when meditating. I never grew up :-)

My go-to online guided meditations for balance and calmness is the Great Meditation YouTube channel, as the host has a soothing voice. My favourites of hers are Letting Go, Stepping Into The Next Chapter Of Your Life, Your Next Chapter Awaits, Inner Peace: A Higher State Of Being, You Have A Bright Future and A Year Full Of Miracles.

Another YouTube meditation channel I love is Sara Raymond's The Mindful Movement. My faves of hers include Create Your Reality, Letting Go, Ease Overwhelm, Peace & Calm, Pure Joy, and Heal Past Pain. A third YouTube channel I recommend is Nicky Sutton, and my favourite meditation of hers is Inner Peace. I also adore Vishen Lakhiani, and his 6 Phase Meditation. I'd further recommend Tony Robbins' The Priming Exercise.

All these meditations can be found

for free on YouTube.

The Benefits

My experience of meditation is that it reduces feelings of stress and anxiety, improves focus and attention, helps you manage gloomy, depressing feelings, increases your self-awareness, self-esteem, and self-worth, and increases positivity, compassion, patience and happiness. It helps you to relax, and enhances your quality of life and well-being. I've also read that meditation helps to lower blood-pressure, reduces physical pain, improves sleep, and supports heart health (UCDavis Health website).

Finally

I hope you discover peace as well, dear reader. Please know that you are special, and we each have a unique gift to bring to that proverbial Tuscan farmhouse table. Know that you are loved, and there is no judgement.

If you experience very intense depression, I would recommend calling crisis support like LifeLine on 13 11 14.

ABOVE: Is Titania having a nap? Nope! She's doing a guided meditation. PHOTO FROM TITANIA

Source: UCDavis Health website, "10 health benefits of meditation and how to focus on mindfulness." Scan QR code to learn more.



COMMUNITY ADVISORY COUNCIL COLUMN

By Tricia and Jen of the Council (Additional reporting from Warren)

Here is a rundown of our big meeting of the year 2025 which was held in person at Buckingham House in Surry Hills NSW on 20th November.



New Co-Chairs and new people

Paul (Seven Hills) and Rebecca (Youth Reference Group, Castle Hill/Parramatta headspace) were both elected as Co-Chairs of the Community Advisory Council.

Paul, of course, has already been with us as a member of the Council. He is "ecstatic" to be in the role, and is very much looking forward to it. Panorama readers first met Paul in the Summer 2024-25 Quarterly issue. In the story "Team Recovery: With Help From The Justice League," Paul revealed his background with the Air Force and said that accessing Flourish Australia was "the biggest positive change in my life."

Rebecca has only recently joined us. We thought she was awesome, and her active use of lived experience made her highly qualified for the role. She was part of a team from headspace that presented two items at last years' TheMHS Conference (see story in Summer 2025-26 Quarterly Panorama).

We hope to announce another new Council member in our next report.

We also welcomed Mat Tipping, Flourish Australia's new Lived

Experience Practice Lead, who was introduced to us by Lisa Gott (Executive Director, Lived Experience Leadership).

Housing & Accommodation

This is a great area of interest for Flourish Australia and the Council. Susan McCarthy (Chief Operating Officer) reported that 80 people are accessing services through Supported Independent Living and the Women and Young Children Youth Program in Queensland, as well as at Tamworth NSW. Under the Community Visitors Scheme, official independent visitors drop in to meet the residents to see how they are going. Pathway to Community Living is another great program in Newcastle and Sydney, serving 220 people.



Creative Arts Travelling Show

Inspired by the recent Buckingham House Art show (some works shown above), the Council came up with the idea of a creative arts travelling show which might include not just paintings, but music (top of third column) and poetry. This idea is still in its infancy, but we wonder: what do Panorama readers think? Send your feedback to: Panorama@flourishaustralia.org.au

Information

The Council wants to improve the way information is propagated and distributed throughout Flourish Australia. There are a lot of great ideas and events (such as the Art Show) and we want to make sure

that EVERYONE gets to hear about them all in a timely fashion.

NDIS feedback

The Ministry of Health, MMHA and the University of NSW were looking for advice and feedback on NDIS changes. Karen spoke to us on their behalf, and we gave her our ideas about preventing people from "falling through the cracks." One of the major features of some mental health diagnoses is that they are episodic. This means a person's ability to "function" (as per the rules of the NDIS) can change through cycles over time. A person might be well for a time and seem to not need support, but they will likely become unwell again and require support in the future. We think that the episodic nature of psychosocial disability needs to be managed more appropriately.

Policy & Values

We had such a packed meeting on November 20th that we had to postpone a full discussion on a number of things until later in December 2025. But don't worry, we will report them all in the next available issue of Panorama. This includes discussion on Family Carers and Kin, Ethical Decision Making, and the organisational values of Flourish Australia.

TOP LEFT: Kelly from the 2024 Annual Report with the Mosaic at Surry Hills. PHOTO BY NEIL FENELON. **MIDDLE COLUMN** and **BOTTOM RIGHT:** Two scenes from the Art Show. PHOTO BY MITCHELL SYKES.



NDIS

Support for you, your family,
and your carers.



We will walk alongside you on your recovery journey, as well as help you live in the community, learn new skills, and do the things that are *important to you*

AT FLOURISH AUSTRALIA we can assist you to:

Our NDIS services

Flourish Australia is a registered NDIS provider. We support people who have a complex mental health issue to live the life they want to live. We have been in business since 1955 and have assisted many people to:

- Find a job
- Undertake training or study
- Make friends
- Connect with their communities
- Sort out day-to-day issues
- Find a place to live
- Stay healthy
- And much more

The most important things to us at Flourish Australia are your health, wellbeing, and recovery journey.

We are here to help

We know that applying for the NDIS or seeking support can be a confusing and intimidating process. Contact us and we will help you during all stages of the process.

📞 1300 779 270 ✉️ hello@flourishaustralia.org.au

🌐 www.flourishaustralia.org.au

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Find out if you can access the NDIS



Think about your current needs, goals, and supports



Meet with your NDIS planner and get a plan



Decide which service providers you want support from



Put your plan into action



Where mental wellbeing thrives

NDIS