

Mental health is essential for a satisfying life. To think for oneself, to express feelings freely and to relate well with others all require a healthy mind.

## CRISIS TIMES

One in five people in every part of our society are affected by mental illness. Often there are great personal, social and financial costs. Ongoing support and care of the person recovering from mental illness may be shared by clinicians, family, partners, friends and organizations such as **hope springs** - people who believe in, and stand by their loved one.

**hope springs** is a support program devoted to the care of the whole person. It provides community-based pastoral care.

We promote mental health, spiritual care, healing, social belonging, mutual support and self-help, creativity and enjoyment through hospitality and acceptance of people as they are; that is, on their road to recovery.

**hope springs'** volunteers have experience and training in supporting people affected by mental illness.

The **hope springs'** office is based at the West Heidelberg Uniting Church and operates mainly within the Cities of Banyule and Nillumbik.

## One-to-one Support

- Listening without taking sides - helping to clarify the understanding of what is happening.
- Helping to affirm strengths, support systems and self-care strategies.
- Providing information on mental health issues, clinical services and community support services.
- Helping people on their path of healing and hope by supporting their spirituality
- Providing training opportunities for carers in coping with mental illness
- Advocacy, so that people can be heard; overcoming social barriers
- Referral to other services

## Other support Services

Where appropriate, we recommend contact with other organizations such as:

- Mental Illness Fellowship (MIF)
- ARAFEMI
- Neami
- MIND
- An understanding church community.



Michael Leunig/The Age

## Support groups

### Open Canvas

*Artistic expression: good for the spirit*

Meets **Mondays** 10am - Noon.

21 Arden Crescent - Uniting Church Rosanna

Contact: Jon 9459 8859

### Marimba Music Group

*Having fun playing music in a group.*

*No music background necessary*

Meets **Monday** afternoons at 1.30pm.

105 Edwin Street, Heidelberg Heights

Contact: Jon 9459 8859

### Women's Group (what women want)

*\*please note new day and time in 2015\**

*Women-only space and activities*

Meets **Wednesdays** 10.30am – 12.30pm

Contact: Krysta or Jon 9459 8859

105 Edwin Street, Heidelberg Heights

### DROP-IN at West Heidelberg

*For a game of pool or cards, a chat,*

*have a coffee or two*

Every **Wednesday** 1.30 - 4.00pm.

105 Edwin Street Heidelberg Heights

Contact: Jon 9459 8859

### Worship on Thursdays

*A Christian way of sharing in the recovery from illness*

Meets at 3.30 pm every **Thursday**.

105 Edwin Street, Heidelberg Heights

Contact: Jon 9459 8859

### Eltham Carer Support Group

*Support, information, new skills, friendship*

Meets at 7.30 pm, 2nd **Thursday** of month.

Contact: Jan Gill 9434 7642

### Springboard (Outings)

*Activity and support program*

Meets **Fridays** fortnightly 10am – approx 1pm

The Sycamore Tree coffee shop

185 Burgundy St Heidelberg

Contact: Jon 9459 8859

### Men's Shed (program of BCHS)

*Activities include woodworking, gardening*

Contact: Rob at BCHS 9450 2000

*hope springs*

105 Edwin St Heidelberg West 3081

Melway Reference: Map 31 G2

For more information about  
*hope springs* please contact

Jon Rumble

Phone (03) 9459 8859

Email : [rumble.jon@gmail.com](mailto:rumble.jon@gmail.com)

Or check out our website at:

[Banyulenetwork.unitingchurch.org.au/services-gatherings/hope-springs/](http://Banyulenetwork.unitingchurch.org.au/services-gatherings/hope-springs/)

And



at

“*hope springs* Heidelberg”

*hope springs*

*For Health  
in Mind & Spirit*

A Program of the  
The Cross Generation Congregation  
and the Banyule Network  
of the Uniting Church in Australia



THE  
RE ROSS  
TRUST

*with thanks to the RE Ross Trust  
for funding hope springs*



Michael Leunig/*The Age*