

Keeping In Touch

Inside this issue:

- 1 Launching the Newsletter
- 2 From the Executive Officer
- 2 Meet the board
(continued P3, inside back cover)
- 4 What's Been Happening
- 4 Coming Up
- 4 City to Bay Fundraiser

How the Aceda Newsletter works.

This newsletter is available with separate inserts for Panic Anxiety Disorder, Obsessive Compulsive Disorder and Eating Disorders news. If you would like to receive one or all portions of this newsletter, please indicate.

Editor Wayne Horwood

Contributors

Colin Slocombe, Kate Henderson, Lina Iyoyo,
Lorraine House

Newsletter design Emma Kate Creative

589 South Road,
Everard Park 5035
P (08) 8297 4088
F (08) 8297 7587

aceda@aceda.org.au
www.aceda.org.au

Office Hours

Monday - Friday 9.30am - 2.00pm

If you wish to visit ACEDA please contact the office to make an appointment. For urgent assistance outside of office hours, please contact:

Lifeline 13 11 14

Adult MH Service 13 14 35

Hot off the Press!

Welcome to the first combined quarterly Aceda Newsletter ...

It has been a long time in the making. Since the amalgamation in July 2009 of Panic and Anxiety Disorders, Obsessive Compulsive Disorders, and Eating Disorders Associations, we have been working tirelessly to get the right mix to enable us to gain a leading edge publication.

At our amalgamation official launch in November 2009, we announced our new website, **aceda.org.au**, with the aim of having the newsletter being available through the site as well as in hard copy through download, or upon request from our office. This goal became a much larger task than first imagined. The technical and staff resource requirements far exceeded our expertise or capacity and required a great deal of cooperation and support from a number of areas, both internally and externally to Aceda. One principal that continued through to this final product was the goal of creating a publication that would be professional, enduring and inclusive across all three disciplines. The challenge of enabling hard copy posting, email delivery, and web page download has now been achieved.

Now we can offer a Newsletter that will always incorporate the Aceda News as a cover for all publications and allow for people to choose either or all of the specific discipline Newsletter inserts from Panic and Anxiety Sector, Obsessive Compulsive Sector, or Eating Disorder Sector. It is now possible for anyone to access our Newsletter by being on the mailing list, email, phone or download direct from our web page. As well, the ability to select from either of the three disciplines to gain the information you have been used to, or take a look at the other areas of support we offer across the other services.

The choice is now yours.

As with all of our services, the newsletter is one that we want people to give us feedback on what works and what you would like to see changed. So, please read on and let us know your thoughts.

From the Executive Officer

Aceda is growing in capacity and identity within the community as a leader in support services and referral guidance. With the continuing unswerving commitment by all the staff, we are able to be the support and referral agency we have strived to achieve. Being a non-clinical, therapeutic, free service that provides personal interaction through people predominantly with lived experience in their specific discipline, Aceda stand out as an organisation that consumers, carers and professionals feel comfortable in gaining the information and support they need. All of this is done in a confidential, private, professional, and often anonymous manner.

Overarching the moves forward for this relatively new organisation is a Board of Directors that are both personal and professional, whilst being passionate about social justice and ensuring the needs of the community are being met. In a relatively short time Aceda has been able to secure the valuable ongoing commitment and involvement of a number of very talented people as today's Board members. Some of them are names you all know, others are new to us. At the onset I would like to formally recognise and thank those who have been associated with the foundation bodies of PADA, EDAsa and OCDSS over the last 25 years to get us where we are today, Aceda will forever be in their debt.

Today we move forward as a single entity and with a Board that has strength, experience and a clear focus toward service delivery for consumers and carers across all three disciplines that made up the foundation member associations. I look forward to continuing the strong working relationships that exist within our Board and welcome our new members. For everyone to obtain a broader picture of our members, they have all provided us with a personal snapshot of their background and interests, enabling us to be introduced to those driving Aceda's future direction.

Wayne Horwood

Meet the Board

Cate Hilliard – Chairperson

Cate is currently the Manager of Information and Communications Technology (ICT), Strategy and Planning in the Information Strategy and Technology Services (ISTS) unit at the University of South Australia. She has expertise in governance and controls and has extensive experience in dealings with audit reporting (including to the Auditor General's Office). Having held a number of roles in the Education, Finance, Media, Information Technology and Government sectors, across Australia and overseas, working in strategy development, governance and risk control. She has senior management experience with ASX200 and FTSE100 companies and has been involved in mergers and acquisitions, strategic international expansion projects, integration and transition management.

Being responsible for producing unit and company strategic and operational plans, Cate is comfortable in leading discussion relating to strategic growth and analysis. Cate has written strategic paper's on international expansion and operational gaps within the business. Through these extensive areas of expertise, Cate has a demonstrated capacity to exercise sound judgement as well as a formidable reputation for developing sound practices and procedures to ensure superior governance.

Peter Warner – Deputy Chairperson

Peter is a Social Worker with many years experience as a Mental Health Clinician within the New South Wales Department of Health. He returned to Adelaide in 2003 to take up the position of Manager of the various psychosocial rehabilitation programs within the UnitingCare Wesley Port Adelaide organization. As a board member of the Mental Health Coalition of South Australia since 2003 and having been involved as part of a dynamic team that has built that organisation to what it is today, recognized and respected as the Peak Body for the Non-Government Sector providing Non Clinical Mental Health Recovery Services in South Australia.

Joining the board of Aceda upon its inception, being the amalgamation of the Panic Anxiety Disorders, Obsessive Compulsive Disorders and the Eating Disorders Association of SA, Peter has a compelling drive to ensure that any organisation providing services to people with a mental health disability are able to provide the services needed to ensure that these people are treated equally and have a quality of life of their choosing.

Peter brings to the organisation a wealth of knowledge and experience in the development and management of programs, Corporate Governance knowledge and a wealth of networking within the Government both State and Federal.

Continued inside back cover

Inside this Issue:

- 1 Hello, Newsletter!
- 1 'Sex and the City 2' Fundraiser
- 2 Workshop Calendar
- 2 Anxiety Support Group: Modbury
- 3 What's been happening?
- 3 Rainy Day Fun
- 4 Sleeping... or not!
- 5 Talking to Health Professionals
- 6 Where to Find Us
- 6 Membership and Donations

Panic Anxiety Service

Provides non-clinical face to face and telephone counselling; information and referral; recovery oriented support groups and workshops; community education and advocacy.

Editor Wayne Horwood

Contributors

Kate Henderson, Lina Iyoyo, Trudy Barker,
Susan Ross-Taylor, Tegan Belmont,
Scott Murphy

Newsletter design Emma Kate Creative

589 South Road,
Everard Park 5035
P (08) 8297 4088
F (08) 8297 7587

aceda@aceda.org.au
www.aceda.org.au

Office Hours

Monday - Friday 9.30am - 3.30pm

If you wish to visit ACEDA please contact the office to make an appointment. For urgent assistance outside of office hours, please contact:

Lifeline 13 11 14

Adult MH Service 13 14 35

Hello, Newsletter!

Hi all. Well, it certainly has been busy since our launch in October. We are very excited to finally deliver our new look newsletter thanks to the tireless efforts of graphic designer, Emma Kate Codrington and all those involved in folding and filling so many envelopes! We would like to extend a warm welcome to our new administration officer, Trudy who has recently joined us on a part time basis. A big thank you, also, to UniSA students, Tegan and Scott who have been assisting us over the past few months.

If you have been in touch recently you may be aware that services have expanded somewhat to include more workshops, groups and opportunities for support. Please refer to page 2 to view our latest schedule. Most recently, we have been working on establishing a support group in the Northern/North Eastern suburbs. If you are interested in attending this group see page 2 for details.

As an added bonus we now have the support of Beyond Blue who will soon be launching a national anxiety awareness campaign aimed at helping people to find assistance in their home state. Calls made to the national helpline will be re-directed to services such as Aceda to enable those who may otherwise remain isolated by anxiety to find appropriate help.

It is very pleasing to know that awareness is growing in the community and people are discovering Aceda as a valuable source of assistance. We have spent quite some time promoting our support services at community and fundraising events of late and it's great to see that the word is starting to spread! The past 6 months has seen a marked increase in those seeking support both over the phone and in person. We consider it a real privilege to see so many move towards recovery and encourage you to utilise our support services, which are largely free.

We hope you enjoy our winter newsletter and welcome your feedback!

Aceda Anxiety Support Services Team

'Sex and the City 2' Foundation Shine Movie Fundraiser

A big thank you to those who attended the Foundation Shine movie event evening 'Sex and the City 2' held recently. This has raised much needed funds for Aceda to support those dealing with panic and anxiety in the north eastern suburbs to establish a fortnightly support group.

Workshop Calendar

What?	When?		Cost?
Understanding & Managing Anxiety	Saturday 5th & Sunday 6th June	9.30am - 1.30pm	\$50 (\$40 conc.)
	Wednesday 14th & Thursday 15th July		
	Saturday 21st & Sunday 22nd August		
	Saturday 18th & Sunday 19th September		
	Wednesday 13th & Thursday 14th October		
	Saturday 6th & Sunday 7th November		
	Wednesday 1st & Thursday 2nd December		
Recovery: what next?	Sunday 8th August	10.00am - 2.00pm	\$40 (\$30 conc.)
	Wednesday 6th October	6.00pm - 9.00pm	
Self Esteem Workshop	Wednesday 8th September	6.00pm - 9.00pm	\$40 (\$30 conc.)
	Sunday 14th November	10.00am - 2.00pm	
Evening Support Group	2nd and 4th Tuesday of every month	6.00pm - 7.30pm	Gold coin
Day time Support Group	1st and 3rd Thursday of every month	10.00am - 11.30am	Gold coin
Modbury Support Group	Please call 8297 7108 for dates	10.30am - 12pm	Gold coin
All groups and workshops (except new Modbury support group) held at 589 South Road, Everard Park SA			

Anxiety Support Group: Modbury

As of August 2010, ACEDA will be facilitating a Northern Anxiety Support Group at the City of Tea Tree Gully's Learning Centre.

The group will run on a regular basis from 10.30am to 12pm, with the exception of an 11am start on the 3rd of August. For a full schedule of dates please contact us as outlined below.

AcEDA support groups provide participants with the opportunity to discuss valuable anxiety management strategies, build support networks and reinforce cognitive skills.

Groups are facilitated by ACEDA team members with lived experience. There is no fee for this group, however you may give a gold coin donation if you wish.

RSVP appreciated on 8297 7108 or via email anxiety@aceda.org.au.

Please note: Support groups are designed to provide peer support and encouragement during recovery and should not be viewed as a replacement for professional assistance or psychological therapy.

Understanding & Managing Anxiety

Covers such topics as: symptoms, panic attacks, major fears, negative thought patterns, learning to use cognitive skills, how to meditate and what to expect during the recovery process. Participants are encouraged to bring along a support person at no extra cost.

Recovery: what next?

'Recovery: what next?' is designed to help us better identify what drives us and what keeps us stuck. It provides us with the skills we need to challenge the beliefs that hold us back and encourages us to 'think outside the square'. If you have completed 'Understanding & Managing Anxiety', you may be ready to look at tackling the underlayers of anxiety in this enlightening workshop.

Self Esteem

Poor self esteem or a lack of self worth can be a significant factor in the development and progression of anxiety disorders. This workshop provides participants with the opportunity to better understand how low self-esteem impacts recovery from anxiety, whilst offering practical suggestions on how to strengthen ones self esteem and sense of self.

What's been happening?

Wayne Horwood (Executive Officer) attended the National Anxiety and Depression Conference in Melbourne during May. With representatives from support services across professional, academic and non-government supports services, it was an annual opportunity for everyone to gain a national perspective to what is often worked on at a local level.

This has reinforced the desire to have all of the sector moving toward a national anxiety and depression network bringing together all ngo's and government departments responsible for the delivery of services, including the research and community awareness capacity of Beyond Blue. Being chaired by Reconnexion (Victoria), the ability for the national network is clearly taking shape and will grow to become a better connected network that will enable the cross-over of best practice to flow to all states and territories, while gaining the coordinated supports through Beyond Blue in national community awareness and research programs. This will continue to be an exciting area to watch in coming months.

At a more local level, the result of the conference has generated a South Australian approach to the network structure to ensure that the voice of those across our state services are represented through the National Network. Aceda is proud to be involved in the driving of this initiative. Our own staff has continued to work toward provision of service that meets the needs of more consumers across our community.

The development of afternoon and evening support groups tailored to the needs of participants has been warmly accepted. It has allowed for a more flexible involvement in the support group environment. As with all our support groups, this is a free service facilitated by Aceda team members with lived experience and as always, bookings are appreciated.

Rainy Day Fun



1. Learn how to do crossword or suduko puzzles - you can get a newspaper or magazine with the results the following day or week and work the answers back from there.
2. Go to the museum – its interesting, fun and best of all FREE!
3. Have your own mini film festival. Pick a theme and then rent movies around your theme, say.... action, sci-fi, or romance. You can even have the theme of the same actor in each movie. Invite friends or family to your festival!
4. Learn how to say hello and goodbye in a foreign language.
5. Go to the library, borrow a book or magazine, or check out the activities they have on offer. They are usually free or quite inexpensive.
6. You can also get books on tape/CD from the library.
7. Make and send a card to someone who needs encouragement. There's ALWAYS someone that needs cheering up.
8. Get a pencil and paper and practice drawing.
9. Sort out your family photos.
10. Write a funny story with someone, everyone writing one sentence until you get to "The End".

**... And don't wait for a rainy day to get involved...
You know how little it rains in Adelaide!**

Sleeping...or not!

Unfortunately anxiety-producing thoughts may sometimes be hardest to deal with at the time when you most need some rest from them—when you are trying to sleep. On settling down in bed at night (or at some stage during the night) you may be hit with a very high level of anxiety. It is as though it has simply been lying in wait all day for the time when you are at your lowest point in terms of trying to work with those thoughts. Relaxation techniques, such as meditation, are often useful at this time, since they are based around releasing the thoughts. But not everyone is able to put this into practice.

The least benefit is obtained, obviously, from simply lying in bed and turning the thoughts over and over in your head, which will only be added to the anxiety over not being able to sleep. Therefore, one method of taking some action, and hopefully relaxing enough to be able to sleep, is to take the “bull by the horns” and deal with whatever is playing on your mind. It is best done by getting up out of bed, sitting yourself in another room and attacking the problem with pen and paper in hand. If this is not possible or desirable, complete the exercise in the same way while lying in bed, making mental lists.

The first step is to define each situation which is causing anxiety, and then look at what can be done about it and when. If there is absolutely nothing you can do about it at the moment, consider briefly what action will be possible to resolve the situation, then add the action and the desired time-frame to your list.

As an example, let's suppose you are having worrying thoughts about your health. If you consider that the symptoms are serious enough to need immediate attention, then call a doctor or take yourself to a hospital. If, on the other hand, you do not feel the situation is that serious, then mark the action necessary (making an appointment with your GP) and when you need to do it (as soon as possible the next day) on your list. Once you have taken either of these options, resolve that you will now be able to return to bed without continuing to worry about the situation as you have either taken immediate action, or have a plan as to what action you will take and when. A hint here is to try and confine the list to those particular situations which are causing most concern—it will not be helpful to stay up all night trying to deal with every issue you can bring to mind!

The final step is to return to bed and relax, reassuring yourself that you have either done what you can at the moment, or have prepared yourself for further action, in regard to those earlier worries. In this way you are making another move towards taking back the power over your disorder, since you are no longer lying in bed at the mercy of your thoughts, but have done something positive. Hopefully, with a little practice, you will find it a useful option when trying to sleep.

Sandy

Recovery | Understanding | Acceptance | Inclusion

Tips & Tricks

These are some suggestions from members and other people with anxiety about overcoming difficulties sleeping.

- Turn the clock so you can not see the time when you are lying in bed. It can make you more anxious to keep checking what time it is or to wake up in the night and know the hour.
- Use a relaxation technique. I use the one where you start at the toes and progressively relax each muscle. Don't forget the face muscles.
- Have a warm drink. Chamomile tea is a good relaxant. Or have a warm bath.
- Avoid taking naps during the day because it can make it harder to go to sleep at night. I try to go for a 20-30 minute walk during the day.
- Read in bed for a little while, it helps to turn off the mind chatter. Some say that bed should be only be as associated with sleeping, and that reading or watching TV can over stimulate making sleep difficult.
- I used to go to bed and endlessly churn things over in my head, tossing and turning. I then developed a routine that has become automatic now and I rarely have trouble sleeping. I go to bed and lie on one side—my “thinking side”. I process my day, running through what I have done etc and I am not allowed to beat myself up about anything. I can resolve to do something better but that is all. I then briefly run through what I am doing the next day. When I have done that I roll over to my “sleeping side” and I am asleep in minutes. If I can't resolve something I get up and write it down.
- I always keep pen and paper beside the bed so I can write down thoughts or worries, and then if I think them again I tell myself that I have written them down and will deal with them in the morning. It is also good for recording dreams.
- I deal with my thinking about an hour before bed, and then I decide that I will sleep because the thoughts are taken care of.

How to Talk to Health Professionals about your Anxiety Disorder

Good doctor-patient communication is essential for people with an anxiety disorder, whether it's with your therapist, doctor or psychiatrist. It's not always easy to ask questions, but it's possible to learn how.

Preparation is Essential

Before your appointment, write a list of all questions and concerns you have. Between appointments, keep a sheet of paper to write down questions as they come to you.

It doesn't have to be a question

If you can't put a concern into question form, don't be afraid to discuss it. Just start with, "I don't understand why..." or something along those lines.

Keep a record

Keep an ongoing journal, list or a simple page of notes on how you're doing - the good and the bad. This may include side effects, new symptoms, progress, setbacks, or thoughts you have from day to day.

Keep everyone informed

Make sure all of your health providers are aware of your total treatment: including medications, the other health providers, and self-help methods.

Bring someone with you

If it helps you feel less anxious to have a friend or loved one with you, then do it. You may decide how much access you want the person to have (such as coming in for the whole appointment or waiting in the waiting room).

Your doctor will lead the way

At the appointment, allow your doctor to direct the conversation. The doctor has in mind what needs to be accomplished and will talk to you accordingly.

Take notes during the appointment

Don't be embarrassed about doing this - it's your health! If it helps, tape record the meeting (you must ask to do this first).

Be honest with your doctor

Your doctor needs to know everything about your treatment. It may be difficult, for example, to report embarrassing medication side effects, but you need to do it.

Try to be as clear as possible

If anxiety makes you wander a bit when talking, let your doctor know. Work together on sharing the information each of you needs.

There should be time for you to talk

Although you will allow the doctor to direct the conversation, there should be time for you to ask questions and address concerns, if you haven't already. If your doctor does not have time for these, then it may be time to find another one.

Summarise and clarify

At the end of your appointment, be sure you are clear about what happens next. Is your medication being changed? Do you have a plan for therapy (or homework)? When is your next appointment?

Final Tips

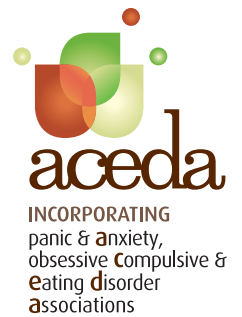
If you feel like you cannot communicate with your doctor, it may be time to seek another. Be sure, first, that your doctor understands your concerns. It may be possible to fix the problem.

Your doctor does not have answers for everything. If the doctor can't answer a question, he or she might consult someone or give you a referral.

Stay informed about your own condition and available treatments. Do not hesitate to discuss new discoveries with your doctor.

By the Agoraphobic Support Group (Canterbury) NZ

Panic Anxiety Sector



Where to find us

The Aceda office is situated at 589 South Road, Everard Park SA

Bus Bus stop 6 from city on Routes 719 & 720 (Saturday Routes are 720, 721 & 722)

Tram South Road Stop, Anzac Highway (a few minutes walk)

Car Parking available at rear of premises

Memberships & Donations

ABN 84 021 221 084 | Please send to Aceda Incorporated, 589 South Road, Everard Park SA 5035

Today's Date _____ / _____ / _____

Name _____

Contact Number _____

Address _____

Membership type

Already a Member (updating details)

New Member All sectors Panic Anxiety Eating Disorder Obsessive Compulsive

Corporate Membership (\$52 annual membership)

Donation Amount \$ _____ (all donations over \$2 are tax deductible)

Cardholder Name _____

VISA Mastercard

Number

Expiry _____ / _____

Meet the Board - Continued

David Jackson - Secretary

David has been very grateful for and impressed by the services and support extended to both a friend of his and two of his clients accessing services within Aceda (previously OCDSS). As a government employee, David believes it is always important for the NGO sector to receive the acknowledgement and respect it deserves. He works in child protection with Families SA and has done for 14 yrs. Having been raised in care and being one of very few practitioners in this arena who has a client background as such.

David is the South Australian representative for the national "Alliance for Forgotten Australians" which is the alliance of people who had care experiences and experienced abuse through this. The alliance meets on a national level quarterly and brings together individuals and organisations from the human services sector who have some experiences with this. His personal values brought to Aceda highlight the perspective of people who have been disenfranchised through lack of family, culture and community.

Matt Gordge - Treasurer

Having been the treasurer of EDASA for the two years prior to the amalgamation, Matt has continued to support the organisation in this role. After witnessing persons suffering from eating disorders and the challenge faced by the sufferer and the family involved, Matt saw it a good fit for him to support the principles of EDASA, and now, Aceda. As a chartered accountant working in the business services area of practice, Matt deals everyday with financial management, compliance and taxation issues and also regularly deals with business structuring and management.

As a board member Matt continues to believe that his role is to provide strong governance and support to staff. Over time, it has been his experience at EDASA and now Aceda, that staff has continued to provide a high level of service to sufferers and clients.

Paul Davis

He is proud to be a member of the Aceda Board. A person who has lived with two intractable diagnosed mental illnesses since 1983, and undiagnosed for a good deal longer, if less virulently. Soon after migration to Australia in late 1990, he became aware of the (as then) Obsessive-Compulsive Neurosis Support Group. Within six months he was on the committee and stayed there until nominated for the interim Aceda board on its inception. As a volunteer, he has served in telephone befriending and encouragement, given many talks on OCD and the support group, assisted with the newsletter, and assisted staff in countless policy areas by oral and occasionally legal advice.

He has never worked in what he calls "The Health Industry", but regards outside expertise as crucial to support those with health expertise. His background is in Commerce, in Parliament and in the Federal Public Service, principally in welfare-providing departments. Though much troubled by some of the teething problems of Aceda, and impatient for more integration of the services, he considers it important to serve on the Board so that there is sufficient emphasis on OCD and because he has served on many committees down the years and knows the vital importance of compromise and mediation.

David Gaffney

Newly appointed to the Aceda Board in May 2010. David is 33, married father of three children, holds bachelor degrees in both Law and Science and was admitted to the Supreme Court of Victoria in 2003. He has worked with the Housing Industry Association for the past 7 years having commenced as an in house lawyer and progressed through to a Senior Management role. David has always been a community focused person and has long awaited an appropriate opportunity to utilize his legal skills in a benevolent fashion and for the benefit of the community.

Samantha Giorgatzis

Newly appointed to the ACEDA Board in May 2010. Due to her experience and knowledge in the field of marketing, public relations, communications and fundraising, her capacity to involve her skills in crafting the future directions of Aceda in a way that positively places the organisation in the eyes of the community at large. Samantha is currently employed as the Marketing Manager at Helping Hand Aged Care. Previous to this she worked in a number of senior roles within Adelaide City Council, across its commercial business operations, human resource and marketing and events.

Samantha is looking forward to working with the Board to build community understanding and awareness around the services and support offered by Aceda and the importance of these services within the South Australian community.

Lisa Hodge

Lisa Hodge is a qualified social worker and a PhD candidate in the School of Psychology, Social Work and Social Policy at the University of South Australia. Lisa teaches in Mental Health and Mental Wellbeing, Planning and Evaluation in the Human Services, Group Work and Communication for Human Service. Her research interests are in the area of gender and mental health. Lisa's honours thesis explored the discourses of women with eating disorders who participated in an open support group. Her doctoral thesis is an exploration of childhood sexual abuse and its perceived role in the aetiology and maintenance of eating disorders in women. As a feminist social science researcher who is passionate about contributing to debate that will challenge the boundaries of present knowledge and ideas about mental health care, Lisa actively supports the growth and development of Aceda through being a member of its Board.

Noticeboard

What's Been Happening?

Aceda continues to support the research programs through the participation of OCD consumers and carers. The work that has been done and continues to be gained through this participation is only possible through the volunteer involvement of those involved. A sincere thank you continues to go out to all of those willing to give up their time and support. Through the work being driven by the research program of the University of Sydney, Aceda continue to be actively involved in areas that will benefit all in the sector.

A milestone reached within this area is the continuing dedication to supporting the community by Colin Slocombe, who those within the OCD Sector would know, recently celebrated his 25th anniversary of working with OCD Support Services and now with Aceda. As humble as we all know Colin is, this is a time where recognition needs to be acknowledged and we all congratulate him on this very special milestone. More of his sector's work in the OCD Sector newsletter.

Our staff were fortunate to have Priscilla from the national Alliance for Forgotten Australians, attend our office and speak to us about the 500,000 people across Australia that were affected by the practice of institutional care for children. As the Proxy to David Jackson (Deputy Chair), Priscilla was a valuable source of information relating the stories of those who had been institutionalised and those who were abused through this process of being separated from their families.

The direct impact for Aceda is the capacity for staff to have another level of understanding when dealing with consumers with OCD, panic, anxiety or eating disorders, knowing that many of those who lived through this trauma are now consumers accessing our services. In honour of children who suffered abuse in institutional and out of home care, the memorial for the Forgotten Australians will be unveiled at Peace Park (Karrawirra) on Thursday 17th June, where Aceda representatives will attend. For further information, go to: www.forgottenaustralians.org.au

Coming Up...

Aceda has formed a strong relationship with Foundation Shine since our amalgamation. The driving force behind Foundation Shine are Sharon Middleton and Robyn May. Between them they work with a number of other people who are equally devoted to raising money through functions and events that benefit organisations supporting people in the community just like Aceda. There will be a number of events coming up throughout the year that people can attend to assist in the fun and fundraising. By visiting the Foundation Shine website at www.foundationshine.org.au you too can be a part of the excitement and opportunities coming up this year.

City to Bay: be a part of the Aceda team!

Be a part of the Aceda City To Bay team! Aceda have signed up for the Adelaide Sunday Mail City-Bay Fun Run on Sunday 19th September 2010. We are seeking the support of individuals and companies for the event. Support can be made either through the sponsoring of a participant or you can join our team for the 12km walk or 6km run. If you wish to sponsor a participant please follow the link to Every Day Hero from the Aceda website. If you are joining our staff and volunteers please complete the attached application by the close of business, Friday 3rd September 2010. You can do the 6km walk or the 12 km walk/run. Aceda have booked a 'recovery' tent on 'Wigley Reserve' for our participants. You will be provided refreshments and a free leg massage! **START TRAINING TODAY!**