

CARERS/FAMILY FORUM

21 August 2012



Stepping Stones: Towards Recovery

The Carer Forum will explore many stepping stones across the river towards recovery. "I am more than my loved one's illness" is the stepping off point for carers recovering "self". With a special focus on caring and natural disasters, carers will explore the stepping stones towards recovery through 4 interactive and inspiring sessions: Creativity and Social Inclusion, a performance by Carers from the Far North who will present short theatrical pieces about their experiences of caring and natural disasters; Self-Advocacy, special guest speaker, Jan Kealton, goes beyond advocating for your loved one to explore the need to advocate for yourself; Sharing the Journey, "World Café", guided conversations, exchanging your stories and fellowship. Carer Education, Q&A panel session about the importance of learning about and understanding trauma, coping and resilience

PROGRAM

Cairns Convention Centre, Mezzanine level, Rooms 3&4

- 9.00am **Welcome to Country**
By Elder Henrietta Marrie; smoking ceremony Greg Fourmile; Tamara Pearson & Cultural Dancers
- 9.30am MC: Bernie Triggs
"Stepping Stones to Recovery" performance
Carers/Family Members as Performers
- 10.00am **"What About Me"** - Carer Self-Advocacy. Guest Speaker: Jan Kealton
- 10.30am Morning tea in Hall 2
- 11.00am **"Sharing the Journey"** World Café - networking, connecting, reflecting
Facilitators: Bernie Triggs, Richard Dinnen
- 12.30pm Lunch in Hall 2
- 1.30pm **"Carer Education"** Q & A Style Panel Forum
Panellists: David Meldrum; Dr Tim Dewhurst
Adrienne Hicks; Bruce Rampton; Joshua Hart
Facilitator: Richard Dinnen
- 3.00pm Finish

PTO for film

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Insatiable Moon

Film commences immediately after the Forum at 5pm in Room 1 on mezzanine level, close to the room for this forum.

The Insatiable Moon is a delightful journey through the urban environment of Arthur, self-proclaimed second son of God. Classified as mad, Arthur is undaunted and keen to get on with his mission in the world - accompanied by a wonderful group of misfits and outcasts. A remarkable film going to the heart of what constitutes madness. Winner of Best Actor (Rawiri Paratene) and Best Supporting Actor in the NZ Film Awards 2011. The Director of the film, Mike Riddell, has made this film available at no cost to TheMHS Conference delegates.