

# DISCOVERY

## April 2017

HERE'S TO THE CRAZY ONES.  
THE MISFITS. THE REBELS. THE TROUBLEMAKERS.  
THE ROUND PEGS IN THE SQUARE HOLES. THE ONES WHO SEE THINGS DIFFERENTLY.  
THEY'RE NOT FOND OF RULES. AND THEY HAVE NO RESPECT FOR THE STATUS QUO.

**YOU CAN** PRAISE THEM, DISAGREE WITH THEM,  
QUOTE THEM, DISBELIEVE THEM,  
OR GLORIFY THEM.

ABOUT THE ONLY THING YOU CAN'T DO IS IGNORE THEM.  
**BECAUSE THEY CHANGE THINGS.**  
THEY INVENT. THEY IMAGINE. THEY HEAL.  
THEY EXPLORE. THEY CREATE. THEY INSPIRE.  
THEY PUSH THE HUMAN RACE FORWARD.

**MAYBE THEY HAVE TO BE CRAZY.**  
HOW ELSE CAN YOU STARE AT AN EMPTY CANVAS AND SEE A WORK OF ART?  
OR SIT IN SILENCE AND HEAR A SONG THAT'S NEVER BEEN WRITTEN?  
OR GAZE AT A RED PLANET AND SEE A LABORATORY ON WHEELS?

WHILE SOME MAY SEE THEM AS THE CRAZY ONES,  
**WE SEE GENIUS.** BECAUSE THE PEOPLE WHO ARE CRAZY  
ENOUGH TO THINK THEY CAN CHANGE THE WORLD  
ARE THE ONES WHO DO.

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### Community Focus

3/2 Ann-Maree Close  
Maroochydore 4558  
P:54793110

[info@communityfocus.org.au](mailto:info@communityfocus.org.au)  
[www.communityfocus.org.au](http://www.communityfocus.org.au)



Like

Community Focus-Discovery Program  
<https://www.facebook.com/Community-Focus-Discovery->

# Maroochydore

## Tuesday

**10:00am - 2:30pm**  
Coffee Lounge Open

**10:30am - 11:30am**  
Men's Group

**11.45am—12.45pm**  
Drumming Workshop

**1.00pm - 2:00pm**  
WRAP Support Group

**NO GROUPS WILL OPERATE  
ON TUESDAY 25TH APRIL.  
CLOSED FOR ANZAC DAY**

## Thursday

**10:00am-2:30pm**  
Coffee Lounge Open

**10:30am-11:45am**  
Tales of Discovery (WRAP)

**12:15pm- 1:15pm**  
Women's Group

**1:30pm-2:30pm**  
Creative Expressions  
This group does not operate  
when the end of month BBQ is  
on.

## Wednesday

**10.00-11.30am**  
**De-Clutter Support Group**  
**12.30pm—1.15pm**  
**Yoga**  
*Coffee Shop not open*

## Friday

**11:00am-12:30pm**  
Dual Diagnosis WRAP

**1:00pm-2:00pm**  
Double Trouble in Recovery

**NO GROUPS WILL OPERATE ON FRIDAY  
14TH APRIL.  
CLOSED FOR GOOD FRIDAY**



**Thursday 27th April**  
**1.00-2.30pm**



# Whats happening

## in APRIL 2017?

### Caloundra

#### Tuesday

**10:00am -11:30am**

Women's Group

**12:30pm -2:00pm**

Hearing Voices Group

**NO GROUPS WILL OPERATE  
ON TUESDAY 25TH APRIL.  
CLOSED FOR ANZAC DAY**

#### Wednesday

**10:30am -12:00pm**

Men's Group

**2.00-4.00pm**

Cooking Group at Steps

**THE FISHING GROUP is  
not operating for April due to  
staff changes.**

**Please call the office if you  
want this group to  
continue.**

### Nambour

#### Wednesday

**11:00am-12:30pm**

Hearing Voices Group  
Graceville

**12.30pm-2.00pm**

Dual Diagnosis Group  
Graceville

### Noosa

#### Friday

Noosa Group

**7th April 11:00am -12.30pm**

**Challenging Our Fears**

The J @ Noosaville 60 Noosa Dr  
The Deck Room

**21st April 11.00-12.30pm**

Ten pin Bowling

**ALL WELCOME**

## CREATIVE EXPRESSIONS

6TH	1.30 - 2.30PM	KARAOKE
13TH	1.30 - 2.30PM	KARAOKE
20TH	1.30 - 2.30PM	KARAOKE



### I named my anxiety Clive and it changed my life.

I've lived with anxiety most of my life, If we had met back then, you probably wouldn't have had any idea this was all going on inside my brain. I was (and still am) boringly normal on the outside, for the most part.

But anxiety used to affect me every single day. It stopped me going to parties and job interviews, and it stopped me from talking to anyone but my mother on the phone. Hell, some days it stopped me going to the corner shop to buy milk.

It's just a general feeling of worry about all manner of things, and it interferes with my everyday life - but not nearly as much as it used to.

A few years ago, I learned a trick that changed my relationship with my anxiety and created a buffer between my mind and what can sometimes be a debilitating condition. It was life changing.

I gave my anxiety a name.

Clive. 'Clive the Anxiety Monster'.

I wasn't even looking to achieve anything in particular, except trying to make light of my crippling inability to operate as a normal member of society so my friends wouldn't feel uncomfortable and stop coming around.



But a funny thing happened. I started feeling more comfortable as well. Giving him a name may seem silly, but I had accidentally stumbled onto a technique called [cognitive defusion](#). Instead of fearing your anxiety, why not embrace it?

So basically, rather than *being* anxious, Clive has allowed me to recognise that I *have* anxiety and that anxiety is separate from me. It has helped me divorce myself from a situation that was overwhelming and consuming, and allows me to see that there is a me with and without anxiety.

"Naming my anxiety Clive has allowed you to externalise the issue, rather than *be* the issue."

It's given me enough power to take a stand and show Clive who's boss.

So now Clive and I have an arrangement. He knows his place. I know he's there and I don't battle with him anymore, and he agrees to leave the everyday thinking to me. The stuff that means I am confident in myself, that I can buy milk from the corner shop, meet new people and take the occasional phone call – all without doubting who I am and what I am capable of.

I wear the pants, Clive, not you.

Reference ... We have adapted this article by Carolyn Tate for our newsletter, Thank You for this article you shared on Facebook





# Cooking Group

Learn to cook healthy meals.  
Learn basic cooking techniques.  
Make new friends in a supportive environment.  
Gain confidence with new life skills.

**Where:** STEPS CALOUNDRA  
9 George Street

**TIME:** Wednesday 2.00-4.00pm



For more information contact:  
Bridget 0427388030  
David 0400858407



## Mental Health Awareness Support Group



Third Tuesday  
of the month  
6:30pm to  
8:30pm

Our Mental Health Awareness Support Group meets on the third Tuesday of every month and provides people who require or are seeking support for mental health, with an open forum to talk and meet others. The group offers informal support and a positive and non-judgmental environment. All welcome.

### LOCATION

Maroochy Neighbourhood Centre,  
2 Fifth Avenue, Cotton Tree Qld 4558

### CONTACT

0402 477 600 | kylieannjones@hotmail.com

Supported by Mental Illness Fellowship Queensland (MIFQ) | [www.mifq.org.au](http://www.mifq.org.au)

# Hearing Voices Group

The Hearing Voices Group is open to anyone who hears voices, or has other sensory experiences that other people do not.

The group will:

- \* Provide a safe space to share experiences of what it is like to hear voices amongst people with similar experiences
- \* Look at different ways to make sense of hearing voices
- \* Discuss different ways of coping with voices and distress
- \* Encourage peer support & social connections

If you are interested in this group, talk to your SCHMHS case manager or phone:

Michael -Clinical Support Mountain Creek 5452 4430

Lisa -Clinical Support Mountain Creek 5452 4450

Robert or Ant -Graceville Centre Nambour 5441 4682

Sam -Community Focus 5479 3110

## Nambour Group

5 Sydney Street

Wednesdays 11am-12:30pm

## Caloundra Group

9 George Street

Tuesdays 12:30pm-2:00pm

## Decluttering Support Group

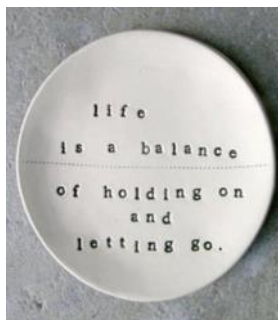
*Ongoing support group for people who have shared experiences within the “The Decluttering Workshops”*

*Every*

*Wednesday*

*10.00-11.30am*

*At Community Focus*



***For more information contact Community Focus on 5479 3110***



# What is University Skills for Community?



University Skills for Community (also known as US4C) is a free, five-week skills enhancement course run by experienced USC staff. It is open to adults of all ages who want to brush up on their academic skills and explore possible career development options.

#### US4C has been created to:

- introduce you to what higher education is, and how it works
- help you to write for higher education study
- give you guidance around career decision making
- increase your confidence to do more study in the future

#### Where and when is the course held?

US4C is held across a five-week period at USC campuses at Sippy Downs, Hervey Bay and Gympie. Classes are held once a week for two hours.

#### How much will it cost?

US4C is a free course. Everything is provided to you at no cost. There may be some parking costs depending on your location.

#### I'm interested in attending the course...

Fantastic! You can register your interest in a number of ways. You can visit us at our webpage, which also contains dates and times of courses in your area at [usc.edu.au/us4c](http://usc.edu.au/us4c) and fill in the online form.

Alternatively, you can email us at [pathways@usc.edu.au](mailto:pathways@usc.edu.au) or just call us on 07 5430 2893.

#### Looking for something more?

US4C is a skills enhancement course. If you are looking for a bridging or preparatory course, USC also runs the Tertiary Preparation Pathway (TPP).

For more information on TPP, visit [usc.edu.au/tpp](http://usc.edu.au/tpp) or email [information@usc.edu.au](mailto:information@usc.edu.au)



[usc.edu.au/us4c](http://usc.edu.au/us4c)

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Rise, and shine.

## Drumming Workshop

**Tuesdays**

Sessions  
dependent  
on availability



**11.45am—12.45pm**



# Mens Group-Making Connections



Making connections aims to bring together in the community so we can:

- Support and learn from each other's experiences
- Support and guide each other in future endeavours.
- Bridge the gap between older and younger generations.
- Look at what community resources are available to us in order to reach our goals.
- OR simply having a coffee

**Men's Group Maroochydore**  
**Community Focus-3/2 Ann-Maree Close**  
**April Tuesday 10.30-12.30**

DATE	Activity	Location
Tuesday 4th April	Walk at Chambers Island	Meet at Community Focus
Tuesday 11th April	Lawn Bowls at Cotton Tree	Meet at Community Focus
Tuesday 18th April	End of month BBQ at Picnic Point	Meet at Community Focus
Tuesday 25th April	ANZAC DAY CLOSED	

**Men's Group Caloundra**  
**STEPS-9 George Street**  
**April Wednesday 10.30-12.30**

DATE	Activity	Location
Wednesday 5th April	Discussion and check in	Steps 9 George St Caloundra
Wednesday 12th April	Discussion and check in	Steps 9 George St Caloundra
Wednesday 19th April	Coffee at Kings Beach	Kings Beach Caloundra (can pick up at Steps)
Wednesday 26th April	End of Month BBQ Golden Beach	Golden Beach (can pick up at Steps)



# Women's Group

Community Focus Association has a Women's Group in Caloundra and Maroochydore. All women are welcome to catch up and chat about different things that are important to us all.

## WHEN & WHERE

### **Caloundra: Tuesdays 10:00- 11:30am**

Steps  
9 George Street  
Caloundra

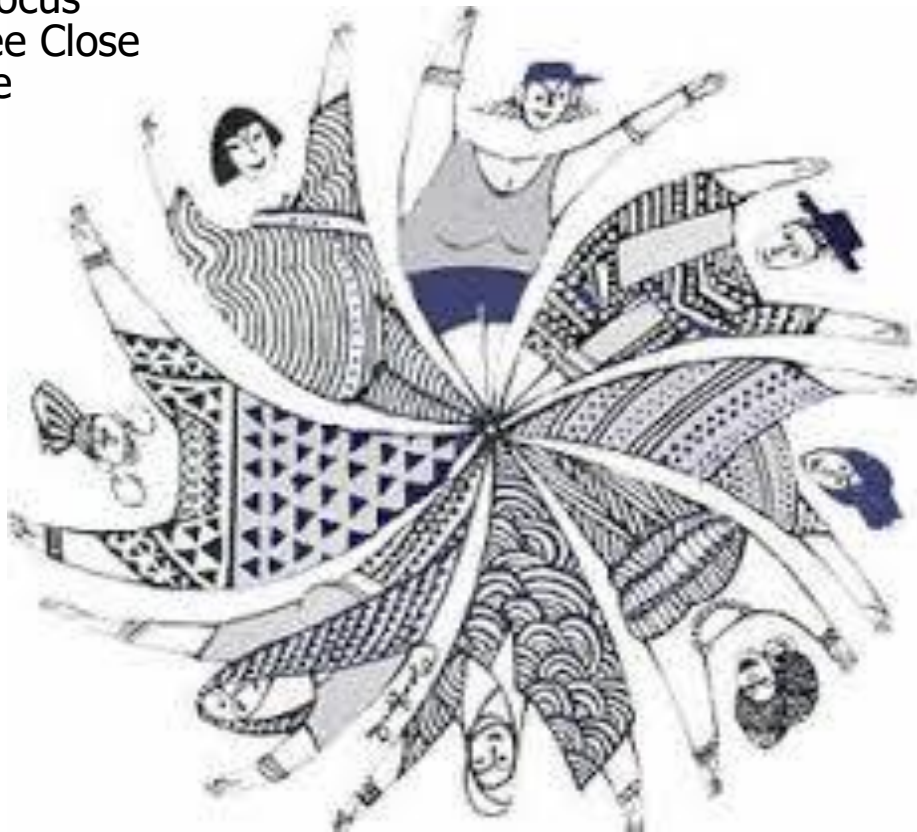
### **Last Tuesday of each month is Coffee Catch Up**

La Promenade Cafe  
4 Tay Ave, Caloundra QLD 4551

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### **Maroochydore: Thursdays 12:15 - 1:15pm**

Community Focus  
3/2 Ann-Maree Close  
Maroochydore



# ***Dual Diagnosis*** **WRAP**

## **Wellness Recovery Action Planning**

### **10 week workshop Nambour and Maroochydore**

This ten session WRAP workshop will explore ways to maintain our wellness when trying to overcome and cope with the challenges of addiction.

Due to the nature of this workshop the group will be closed to those who have registered for the 10 weeks that WRAP runs for.

Once WRAP finishes the group will be reopen to new members.

<b>Venue:</b>	<b>Graceville 5 Sydney St Nambour</b>
<b>When:</b>	<b>Every Wednesday</b>
<b>Beginning:</b>	<b>March 1st</b>
<b>Ending:</b>	<b>May 3rd</b>
<b>Time:</b>	<b>12.30pm—2.30pm</b>

<b>Venue:</b>	<b>Community Focus 2/3 Ann-Maree Cl Maroochydore</b>
<b>When:</b>	<b>Every Friday</b>
<b>Beginning:</b>	<b>March 3rd</b>
<b>Ending:</b>	<b>May 12th</b>
<b>Time:</b>	<b>11.00am—1.00pm</b>

## **WRAP** Wellness Recovery Action Plan



**For further information or to  
book your place  
please phone 5479 3110**



Lutheran Community Care



**Sunshine Coast**  
Hospital and Health Service





## Experience the joys of singing!

You are warmly invited to join a new community choir on the Sunshine Coast.

Singing can make us happier, healthier and more creative. Come along and connect with new friends in this relaxed and inclusive environment.

**Cost:** \$5 per week

**STARTS  
MONDAY  
27 Feb 2017  
7pm - 8:30pm**

***No auditions, no age limits, just a desire to sing.***

**LOCATION** Maroochydore Neighbourhood Centre, 5th Ave, Cotton Tree

**CONTACT** Phil on 0427 184 132 | [sunshinecoast@mifq.org.au](mailto:sunshinecoast@mifq.org.au)

An initiative of MIFQ (Mental Illness Fellowship Queensland) | [www.mifq.org.au](http://www.mifq.org.au)

## NOOSA GROUP

The Noosa group operates fortnightly.

**FRIDAY 7TH** -Challenging Our Fears @ The J –The Deck Room 60  
Noosa Drive NOOSAVILL

**FRIDAY 21st APRIL** Ten pin Bowling 11 Bartlett street Noosaville.

Please call the office 5479 3110 if you would more information about this group.



**Return to:**  
**Community Focus Association**  
**PO BOX 1330**  
**MAROOCHYDORE QLD 4558**