

*H*ello and welcome to our second edition of our newsletter.

There's lots happening over the next couple of months and the end of the year is fast approaching. I am always fascinated by the phenomena that surrounds the ending and beginning of our calendar years. Stay tuned for more of my views on this in our next newsletter.

Thanks to Nigel Bailey for submitting this edition's article to coincide with the month of 'Movember'. Nigel is a psychotherapist and counsellor who works at the centre on Sundays and at other times by appointment. He has a particular interest in working with men and we are grateful for the many skills he brings to the practice. Perhaps there is a male in your life be it partner, relative, friend or other who might be interested in reading Nigel's article.

There have been quite a few dates to remember over the past couple of months, National Bandana Bay, Pink Ribbon Day, World Mental Health Day/ Week, R U OK? Day and Movember to name a few. It's been said that it's hard to keep up with each day and its significance is a difficult endeavour and trying to support each a costly exercise. Bear in mind that at a grass roots level these days and weeks of significance are not just about raising money but also equally about raising awareness around particular causes. So in the month of Movember if just a few more men start to take their physical and mental health more seriously then, well, that has to be a good thing.

Many of you will now be aware of the recent Federal budgetary cutbacks to the Better Access to Mental Health Care scheme which took effect on the 1st November. Previously under this scheme and with a GP referral, clients were able to claim up to 12 sessions (18 in exceptional circumstances) per calendar year. Sadly, these sessions are now capped at 10. Talkingminds Practitioners have continued to advocate for this decision to be overturned and are very aware of the difficulties these cutbacks create for clients who would have needed more than 10 sessions. We will keep you informed of any news in this area.

Be well in this warmer weather!



Trudy Wilson
Director-Talkingminds
Mental Health Social Worker, Counsellor,
NLP Trainer/Master Practitioner & Coach

Take some time out to laugh ...



THE ONLY REASON ROBERT WAS INVITED TO BOARD MEETINGS WAS BECAUSE HE DID AN AWESOME ROBOT DANCE.

Our Practitioners:

- Trudy Wilson - Counsellor & Mental Health Social Worker (Mon, Tue, Wed, Fri & Sat)
- Kathy Horne - Counsellor & Mental Health Social Worker (Mon & Fri)
- Merryn Tendys - Clinical Psychologist (Mon, Tue, Thurs & Fri)

- Karina Alouisa - Psychologist (Thur)
- Tania Alexander - Clinical Psychologist (Tue)
- Nigel Bailey - Counsellor & Psychotherapist (Sun)
- Tiffany Sharp McDonald - Naturopath (Tues & Wed)

Words of wisdom ...

“
In the middle of difficulty lies opportunity
” - Albert Einstein

Tapping Into The Inner Bloke

Melbourne Cup apparently stops the nation, albeit for an hour or two. Yet the start of November signals the start of a slower yet no less significant race, and one which effectively divides us rather than stop us in our tracks. With November comes of course Movember, when Australian men have the opportunity to reveal their inner male; where Seventies Disco Whiskers and Mark Twain Soup-Strainers become briefly credible and Tom Selleck once again briefly cool. Yet this harmless undertaking divides us into an number of camps. Most females of my acquaintance hate Movember with a passion; primarily I suspect because they fear that come December we might have grown to like our new selves; that the carefully-pruned and lovingly-nurtured Metrosexual they have patiently cultivated will have reverted to bush; that David Beckham actually prefers to be Merv Hughes and that the slash and burn must begin from scratch.

Competition does not end there; indeed it runs a whole lot deeper. Those fuelled with 100% pure testosterone will have completed the task by November 3rd. For the remainder of the month they will cement their Alpha credentials in shameless preening of their plumage whilst those lower in the evolutionary hierarchy study their peach-like fluff with increasing frustration. Choice of plumage is critical too. Ali G or Joe Stalin; Johnny Depp or Hercule Poirot? So much can be said with so little, and critically, it can be said with complete abandonment of the social norms. Introverts briefly become extroverts as we celebrate our eccentricity, as we tap into our inner bloke.

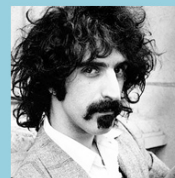
Movember is perhaps the perfect initiative in this respect. In raising awareness of prostate cancer and depression in men, both areas that generate deafening and awkward silence in most male communities, we take ownership of our issues in a unique demonstration that must be exclusively ours. In encouraging men to understand that in this awareness there is strength, and that with action there are strong and supportive pathways to recovery, we should have all the incentive that we need to speak out, to keep talking and to keep growing.

As a therapist who focuses upon men's issues I am a proud supporter of such a worthy idea, though as a bearded, Movember is sadly a spectator sport for me. But please take part. Throw caution to the wind, discover your inner Zapatta and if yours is a Mo by association only, then give your appreciative moral support during those sensitive early days. By the end of the month though your partner might have all but disappeared beneath his luxuriant new look, he will still be under there somewhere and we will all be better for the experience.



Nigel Bailey
Counsellor, Psychotherapist
and Santa Claus Impersonator

“ A mind is like a parachute.
It doesn't work if it's not open ”



Frank Zappa
Late great musician and Mythical Mo

Natural Dr Tiff's Tip of the day ...

Prostate Cancer Risk Reduction: In light of Movember, a study from the National Cancer Institute found that eating 10g (approx. 2 teaspoons) or more of garlic, onions or scallions a day was associated with a statistically significantly lower risk of prostate cancer for the participants in the study.

For more information, visit: <http://pilladvised.com/2011/09/what-makes-onions-and-garlic-special>

