

# KALOMA CHRONICLE

## MAY 2021 EDITION

Locked Bag 3006

GOONDIWINDI QLD 4390

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# Director of Nursing / Facility Manager

## Tenneille Aguilar

***“Work hard, stay positive, make it happen”***

Hello Family and Friends of Kaloma,

The month of May brings with it one of the dearest times of the year, the time to pay respect to Mothers for the wonderful gift of life they give to their children.

Even for Women who have not had the opportunity to have children, Mother's Day is still a celebration for all women and their contribution to society.

Over the years when caring for others as a Nurse I have had many conversations with residents who reminisce about the special memories they have of their mothers. Even as you become older yourself, you always remember the special bond with your Mum and the appreciation for what she has been through in life really comes to the forefront when you are a Mother yourself. Thank you to all the mums and women out there for all that you do!

Last month saw the introduction of the "Serious Incident Response Scheme" for Aged Care and Kaloma has been actively educating and training staff regarding how to identify these incidents. The scheme was developed in order to address incidents of abuse and neglect in Aged Care as evidenced by the recent Royal Commission seen in the news as of late. Essentially for those who are unaware it has made it mandatory for incidents such as physical and verbal abuse, stealing and coercion, neglect, unexplained absences, inappropriate physical and chemical restraint, unexpected deaths and a range of other criterion. If any family member or resident wishes to discuss in further depth what this may mean for them then please call me or pop into my office, otherwise I will discuss it in detail at the next residents meeting.

Since winter is fast approaching the annual Influenza vaccination will now be mandatory for all staff, visitors and contractors entering Kaloma unless they have a medical exemption or any other exemption. This will come into effect as of the 30<sup>th</sup> May. It is important to remember that it is not mandatory for residents so those who wish to make an informed decision and decline the vaccine this is perfectly acceptable.

Speaking of vaccines, for those residents who have chosen to have the Covid vaccine the Vaccination Rollout Team is visiting Kaloma on the 21st May. This is an exciting time for those who have been eagerly awaiting it. Kaloma staff have been attending the Doctors Surgery to have theirs done as appointments become available.

If anyone has any questions or concerns please call or email me, or alternatively if you have your flu vaccine then pop into my office in person,

Until next time,



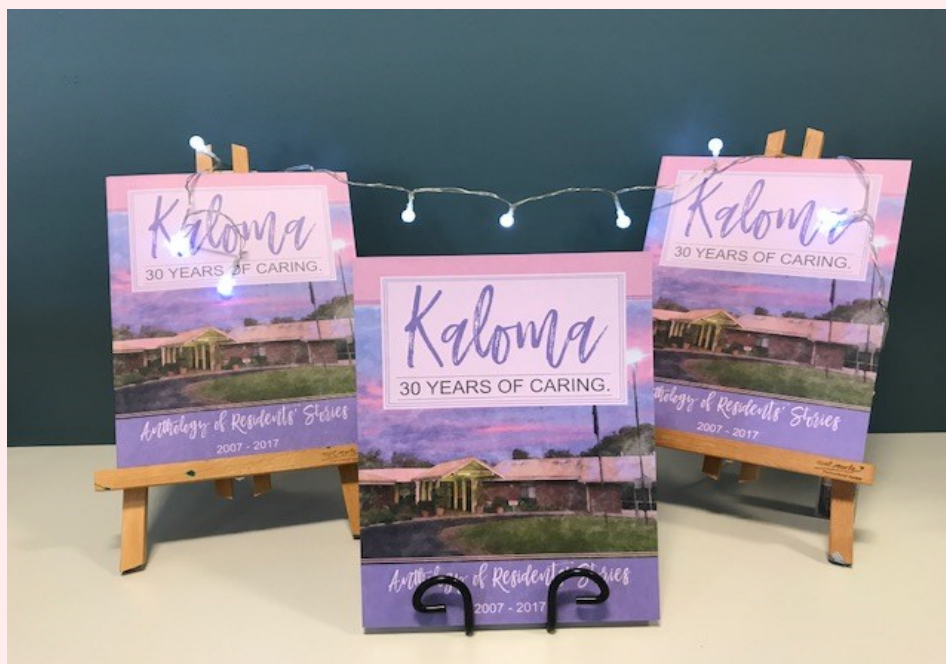
# Medicare and Pension Cards

In order to maintain correct and up to date Resident information, if your family members Medicare or pension card renewals come in the mail could you please drop a copy or email a copy to [admin3@kaloma.org.au](mailto:admin3@kaloma.org.au).

Thank you for your assistance with this.



*Kaloma 30 Years of Caring*  
*\$30 each*  
*available for purchase at Reception*





# Who is Who at Kaloma



Clinical Staff



Safety, Maintenance  
and Groundsmen



Personal Carers



Housekeeping and Catering



Community Carers



Lifestyle





## **New Staff**

Hayley Armstrong—PCA

Angelina Moroney—PCA

Charna Parkes—PCA

Makenzie Gerry—PCA

Nicola Marchant—PCA

Amanda Orchard—Kitchen

Mary-Ann Toledo—Housekeeping

Debbie Roger—Lifestyle

## **BORN IN MAY?**

### **YOU'RE...**

- 1.) SELF-MOTIVATED
- 2.) BIG DREAMER
- 3.) STUBBORN
- 4.) LUCKY
- 5.) BIG SPENDER
- 6.) CREATIVE
- 7.) ADVENTUROUS
- 8.) INTELLIGENT
- 9.) POSSESSIVE
- 10.) SENSITIVE
- 11.) STRONG
- 12.) COMMITTED

# Community News

*"Sometimes you will never know the value of a moment, until it becomes a memory."*

Dr Szuss

Hello and welcome to our May edition of the Kaloma chronicle, hasn't the weather gotten a tad chillier already, I have been debating if I pick the knitting needles up again and try an attempt to knit a scarf, I may need some prompting.

**Infection Control**-I know I am going to sound like a broken record but cannot stress this enough- It is vitally important that if you are feeling unwell or have felt unwell over night that you phone coordinator Jo 0411031136 to notify before staff enter your home, it is too late once staff have entered your home to stop the spread of infections this is to protect our staff, other clients and the community- if after hours please leave a message.

Kaloma home care staff always follow our infection control policy and in addition to our current infection control Kaloma has implemented that all staff have their temp taken before entering the building at the start of shifts, In addition to Home care staff using hand sanitizer before and after entering your home. We are also spraying disinfectant in our cars after each use as there are a few people getting around with flu like symptoms and bad coughs.

All our staff have had their yearly flu vaccination and are awaiting the notification that we are able to have our covid-19 vaccination as well, some staff in Kaloma have been able to have this already. All visitors to Kaloma must also have had a flu vaccination by the 30<sup>th</sup> last month this includes clients coming to Kaloma for day respite. If you have not yet had your flu vaccination, please speak to your doctor.

With our current clients' needs Our operating hours are as follows week- 8am until 14.00pm, (please note only one carer is working on weekends) however these can change to reflect our client's changing needs or new clients. Due to the increasing amount on non-emergency after hours' phone calls coordinator Jo is receiving if you are requiring assistance after hours please phone Kaloma 46711422 and they will pass along the message, otherwise Jo will return your call on the next working day please note coordinator and 2ic are available Monday to Friday (except public holidays) during the same hours. If it is an emergency contact 000.

If you are requiring assistance to appointments, we ask that you give us a minimum 2 weeks' notice otherwise we may not be able to accommodate and assist you to these appointments as we currently have very full days and need time to jumble around to accommodate. If you are able to attend appointments independently we suggest using Care Goondiwindi's fantastic medico service for a gold coin donation, this is a great service offered to our community for medical appointments that we do not want to lose this service, it is also a great way to save on your budget.





Changes to packages: The first change for home care package made by the government came into effect in February 2021 with the second to take place in September. The focus been on how client's budgets can be spent, any excess in your budget will still be carried over each month however from September this amount will be held by the government.

Your package budget will continue to only be able to be used for your CARE needs for services we can provide to assist clients to remain in their own homes for example: Personal hygiene, medication management, meal prep and delivery, housekeeping, laundry, mowing lawns, minor home modification, assistance with shopping & social outings, in home respite etc

It is NO longer able to purchase kitchen appliances, washing machines, irons, linens etc Larger items like mobility scooters will need to be on a hired basis. If you have any questions, please speak to coordinator Jo & DON. Tennille who are happy to help you and also check with LASA regarding what you are wishing to purchase. Please understand that Kaloma does not make the rules we have to follow them.

If you need to cancel a service or a call for a day to avoid been charged normal service time you must give us a minimum of 24hrs notice as per client handbook. We do require 48hrs notice if you are wishing to add more assistance (needing more help), whilst we are always accommodating sometimes there may be a short wait as all our staff also work in Kaloma as well as home care and rostering is done 2 to 3 weeks in advance. Thank you for your understanding.

All clients are welcome to attend activities at Kaloma during the week if you would like to know what is on please have a look at the activity calendar in this chronicle.

Until next time

Coordiantor Jo, 2IC Peta-Sue, Ben, Laura, Hannah & Bernadette



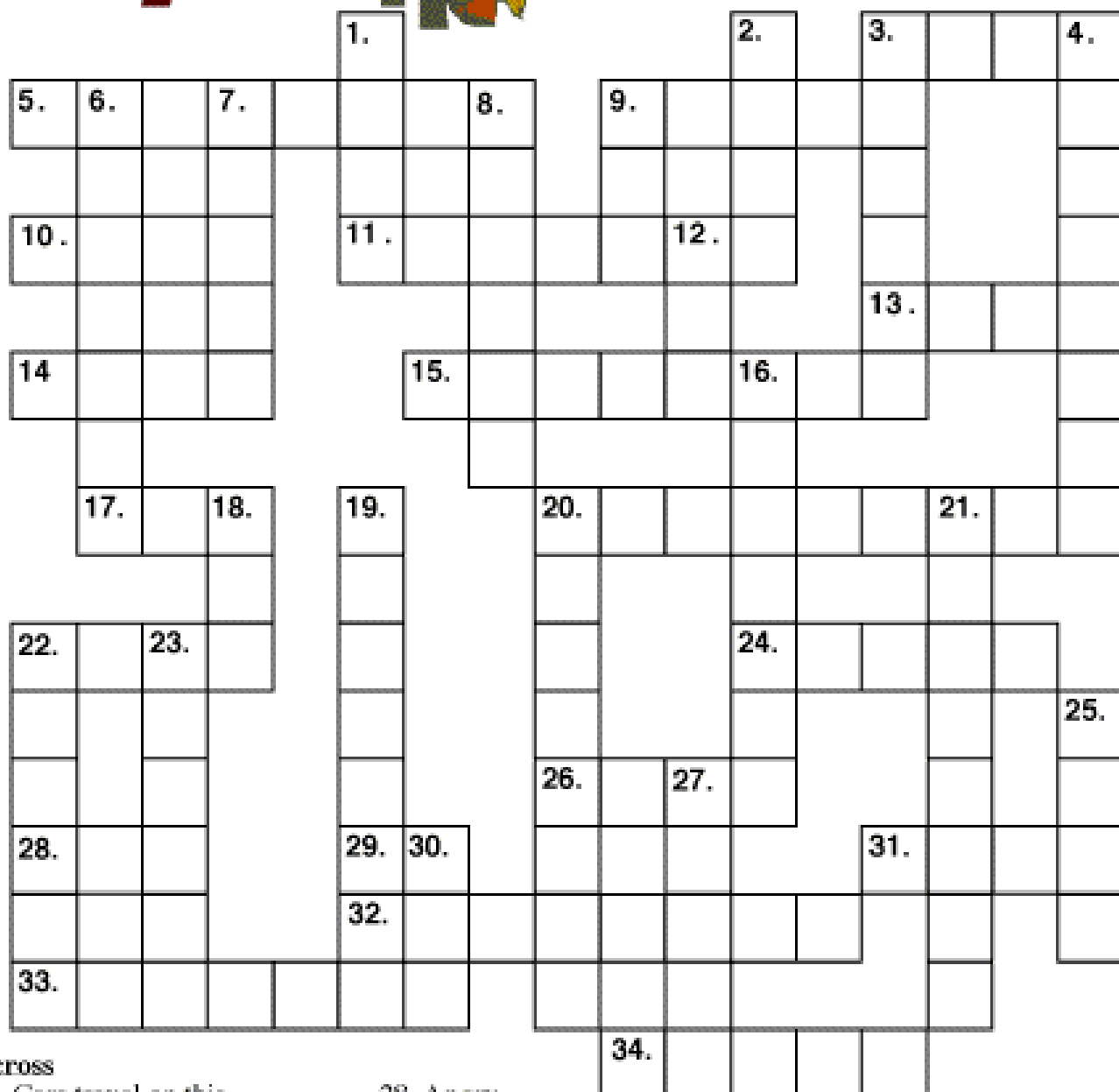




*Hello*  
**AUTUMN**



# Autumn CROSSWORD



## Across

3. Cars travel on this  
5. Woollen garments  
9. Plural of goose  
10. An angel has this  
11. To make smooth  
13. Things aren't always as they

14. Who, what, where, \_\_\_\_?  
15. Vegetables with many eyes?  
17. Maple leaves often turn this colour  
20. The first month of Autumn  
22. Cautious  
24. A tree with white, papery bark  
26. To raise children

28. Angry  
29. Opposite of out  
31. Another name for Autumn  
32. Autumn month  
33. Gather a crop  
34. Ripe fruit or vegetables

## Down

1. Grows on a tree  
2. \_\_\_\_ager  
3. Playtime in school  
4. Last month of Autumn  
6. Sunny, cold, rain, eg.  
7. The nut from an Oak tree  
8. Spring, summer, fall, winter eg.

9. Fetch  
12. " \_\_\_\_ your supper."  
16. Autumn month  
18. Opposite of night  
19. Large orange fruits which grow on a vine  
20. Nut hoarding animal  
21. Used to carry school books  
22. What you get from a fireplace  
23. One who reads  
25. Opposite of hot  
27. Brownish yellow colour  
30. " He is \_\_\_\_ here right now."



## Brolga and Warrigal Lifestyle News

*Behind all your stories is always your Mothers story, because hers is where yours begin.*

Welcome to May everyone!

Wow! What an amazing month in April we have had, super busy but that's the way we like to be.

We started off the month a bit slow but gee did we make up for it in the end of the month.

This month we were lucky enough to head to The Goondiwindi Cinema, for their lovely Golden Agers morning tea. The residents loved to be able to have a hot cuppa while watching a fantastic movie. We watched 'Wild Mountain Thyme' and it was a resounding success, we are looking forward to the next one in May.

The following weekend was Anzac Day, so we held an Anzac Day service on the Thursday beforehand. The RSL did plan to come but due to unforeseen circumstances we improvised at the last minute with the help of Lifestyle Officer Astrid. A big Thank you to the Goondiwindi RSL for setting up chairs for our residents who attended the Anzac Day on the 25th at the Town Park. Thank you for all that you do for the Goondiwindi community.



Friday the 30th saw a big bunch of us go to the Goondiwindi Show! We had such a fabulous morning. We were absolutely stuffed from food. Freshly made German Pancakes with jam and whipped cream for morning tea with proper coffee, that went down an absolute treat! If that wasn't enough, of course we had to get Dagwood dogs and hot chips for lunch. I'm surprised we were able to get back on the bus! We enjoyed going to the pavilions, looking at the rides and side show alley. Of course we had to leave with some fairy floss and show bags. It was such a great day and a big thank you to all of the Lifestyle team and volunteers who made this happen.

I would also like to welcome our newest member of the lifestyle Team, Debbie! She is such an asset and has so many good stories to tell. WELCOME DEBBIE!













We hope all our readers, residents and staff have a fabulous mothers Day!

Well that's all from us for this month! We are excited to see what next month holds!

*The lifestyle team -*

*Tia, Shelly, Lindy, Annie, Astrid, Ben and Debbie!*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 		WARRIGAL/BROLGA ACTIVITIES CALENDER MAY			1 Various activities in Coolabah lounge	2 
3 	4 Pikelet morning Quizzes with Debbie!	5 Art group in Warrigal <u>LETS PLAY</u> <u>THE PRICE IS</u> <u>RIGHT</u> IN COOLABAH	6 <b>Mothers  Day</b> Morning tea in the garden	7 <b>LET'S GET  COOKING!</b> What should we cook?	8 Various activities in Coolabah lounge	9 
10 	11 Library book returns History reading group with Ilona and Lisa Meals on wheels 1115am	12 Art Group in warrigal Red Circle ladies 11am Anglican church with Rev Kay	13 	14 930am- Exercises 1030am – Residents meeting with Tenneille	15 Various activities in Coolabah lounge	16 
17 	18 Pikelet morning White board games 11am catholic church	19 Art Group in warrigal  <u>Arts and Crafts in</u> <u>Coolabah</u>	20 <u>Alan</u> <u>Fairbanks</u> Starting 0930 In Coolabah	21 Covid Vaccination Day! Let's have some activities in Coolabah	22 Various activities in Coolabah lounge	23 
24 	25 <u>Horse races in</u> <u>Coolabah</u>  Lets see who wins!!	26 Art Group in Warrigal Red Circle ladies 11am Anglican church with Rev Kay	27 	28 <u>0930 -Arm chair</u> <u>travel to Greece!</u>  Lets cap the month off with happy hour at 2pm	29 Various activities in Coolabah lounge	30 

# Brigalow Newsletter

And welcome to May, this year is just galloping along.

Last month of Autumn.

April has been a very busy month with Easter at the beginning, Anzac Day near the middle and The Wonderful Goondiwindi Show to finish off.

Easter as always was a great family time with lots of visits and chocolates and hot cross buns.

We were able to attend the Anzac Day service in Town Park to pay our respects to our brave service men and women. Leon Teitsel laid a wreath on behalf of the Brigalow Family. The weather was glorious and it was gladdening to the heart to see so many children marching and keeping the ANZAC observances alive.

And then it was Showtime! More glorious weather and watching the horse events, eating fun food and being out enjoying what our community has to offer. The art pavilion was popular as well as the flower show. And we got a surprise when Ros from the Show brought a huge bucket of roses for us to arrange on Sunday. So the we pooled together our knowledge of rose growing, (me little to none, Dawn and Merle much much more), and under their instructions we harvested some likely looking cuttings. So we are crossing our fingers that we will get some strikes. There was lots of conversations of gardens past and present.

We have replanted the herb garden for the kitchen and it is growing nicely. Our kitchen staff come over to clip fresh herbs for the Kaloma menu.

So Mothers Day will see us baking some delicious cakes and pastries for Morning Tea to celebrate our Mums. We found some fun recipes like Matchsticks, (pastry, jam and cream).

We are having a few regular visitors to Brigalow for Lunches and activities. Iris, Brian and Eric join us a few times a week. And as the weather has been so good, we have been having lunches outside.

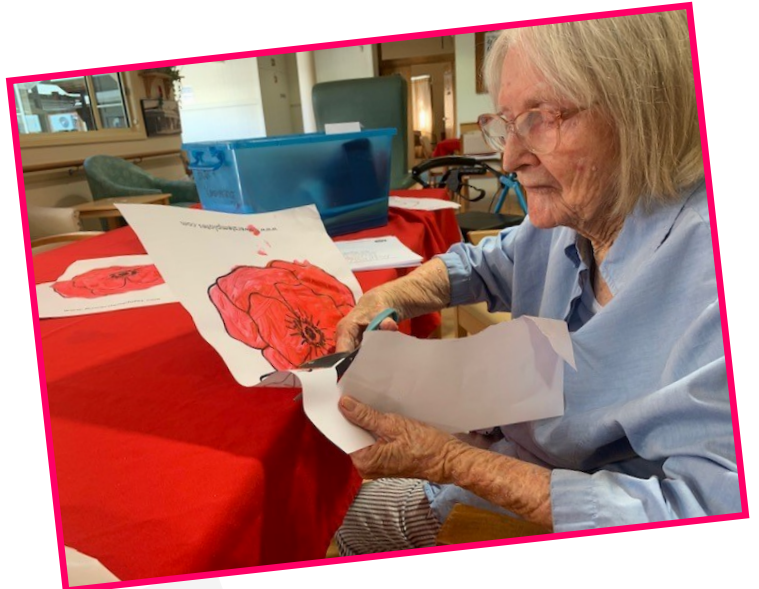
Some of our favourite things to do are go for walks, art and craft, cooking (and eating), gardening, So we are keeping very busy.

As always, warm regards from the Brigalow Lifestyle Team,  
Annie, Astrid, Ben, Tia, Pud and Tilly.





 happy





# Mother's Day



**53%**

Percentage of 15- to 44-year-old women who were mothers in 2010.

**\$671 million**

Total amount of money spent on Mother's Day Cards annually



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**69%**

Total percent of all gifts bought on mothers day that are flowers

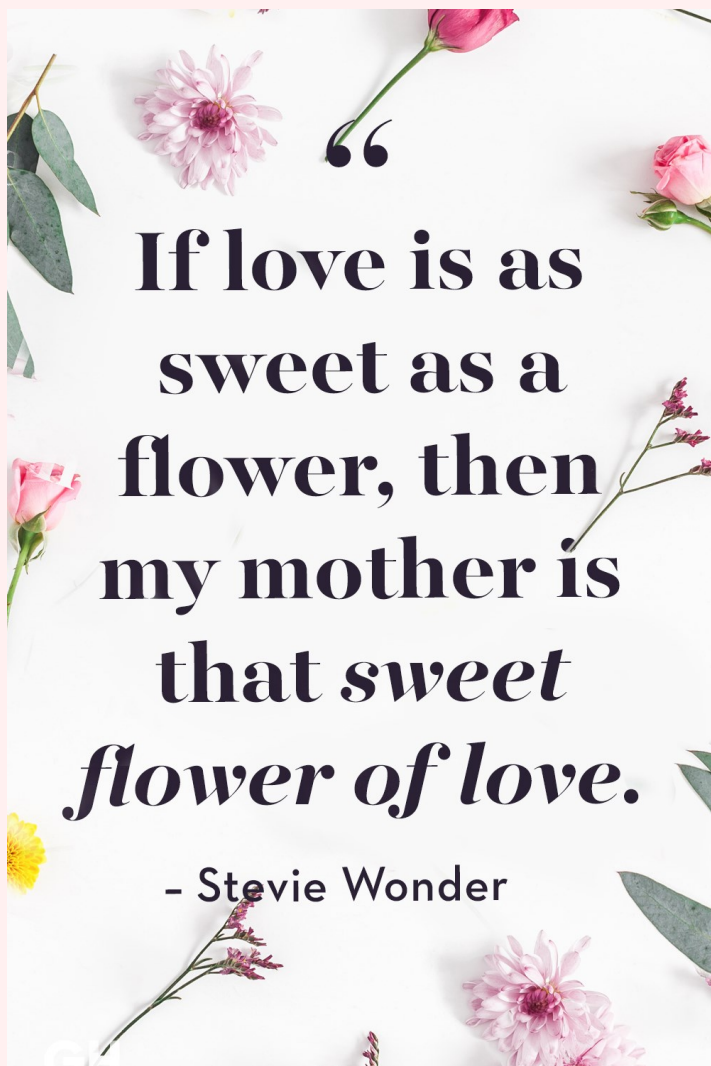
**16,182**

Number of florist establishments nationwide in 2010



**\$1.9 billion**

Total amount of money spent on flowers for their mothers on mother's day







# Mother's Day

Second Sunday of May



APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE





Thank you for your service to  
our country









# Kaloma's April Quality Activity Report



The new Quality Standards were introduced across all aged care programs on 1<sup>st</sup> July 2019. The new Quality Standards are eight in number with a significant focus on the consumer receiving individualised person-centered services and support of their choosing. Our practices do not have to change significantly – as you would be aware, Kaloma has provided person-centered care for a very long time. The key points that staff always remember is that care is to be based around what the consumer and/or their representative chooses after they make an informed decision.

Quality is evidenced in many ways and includes feedback from complaints, consumer feedback, resident's meetings, satisfaction surveys, staff meetings, incidents and accidents and improvements that come from these; and the outcome of the annual schedule of surveys and audits. At Kaloma we are genuine in our approach to strive toward providing the best services by competent qualified staff, to residents and home care clients. We have underway an annual schedule of surveys and audits with the results benchmarked against 35 other services.

A suggestion Box is located at the Sign-In desk at the main reception. Please take the opportunity to record your comments on one of the suggestion forms and place in the box provided. Home care clients are able to ask for a Suggestion Form and one will be provided to you. Kaloma's policy is for staff to log a complaint or comment on the system which then automatically goes via e-mail to the Director of Nursing/Facility Manager. We pledge prompt action without fear of retribution. By raising your concerns, it helps us to improve what we do in the future for others as well.

## **Plan for Continuous Improvement**

### **Quality activities completed 2021**

- Site visit by the Service Assistance Development Panel funded by the Department of Health to undergo a gap analysis in preparation for Accreditation
- Dedicated on site Nurse Educator 1 day per fortnight to organize face to face training, one on one and extra support for nursing and care staff.
- NPS MedicineWise Pharmacist delivery of face to face education for our Clinical Nurse and Clinical Nurse Assist regarding minimizing use of psychotropic medications in residential aged care.
- Introduction of 3 monthly skills days for care staff to refresh their basic care and observation skills.
- TAFE QLD site visit to deliver face to face infection control training which is a nationally accredited unit of competency in many Australian Health related Qualifications.

Further structure to orientation and induction processes for new staff as well as improvement to follow up and feedback processes from new employees.

## **Results of Audits**

An audit was conducted on the reporting of incidents. One of the requirements for incident reporting including reporting "near misses" as well. A near miss is an event that could have resulted in an incident. For example, a nurse may dispense incorrect medication and prior to giving it to the consumer they may realize and discard it instead. This is a near miss as it didn't result in an incident but could have. It is important that these be reported so the event leading up to them can be analyzed and assist with avoiding any future incidents that have progressed beyond a near miss. Kaloma staff have difficulty identifying what a near miss is so further training is being provided in order to address this knowledge gap.

## **Staff Quality Logs**

With a number of new staff at Kaloma we have implemented extra training and support to assist their transition into caring for others. Our skills assist officer Peta-Sue Raymond has been working alongside these staff one on one Monday to Friday in order to "fine tune" their care skills. This will ensure Kaloma maintains a high standard of care for all the consumers who live here.

*Regards from Mary, Jo, and Tenneille*





Rex Hoole 3rd  
Joan Talbot 8th  
Hugh Hamilton 15th  
Diane Batterham 16th  
Alma Clarke 16th  
John Hickman 27th  
Reg Owens 28th  
Gwen Graham 28th

*Happy Birthday to all*

Mary Hilton 4th  
Molly Cox 6th  
May Casillano 11th  
Reacheal Sheridan 12th  
Sheeba Telson 16th  
Jesfer Anquilo 20th  
Tyson Raymond 24th  
Bec Heitzmann 28th  
Tamzika Stewart 29th



# DON'T TAKE THE RISK THIS SEASON

GET THE FLU VACCINE.



The **INFLUENZA** vaccine is recommended for people aged 6 months and over and provided **FREE** to those most at risk from influenza and its complications.

Ask about the influenza vaccine today.

[health.gov.au/immunisation](https://health.gov.au/immunisation)





The influenza vaccine will be **MANDATORY** for all visitors and staff entering Kaloma Home for the Aged as of the **30th May 2021**. From this date staff and visitors will need to provide Kaloma with Flu vaccine Evidence before you will be allowed to enter Kaloma.

*Note: the vaccination is not available to a person only if:*

- *the person has a medical contraindication to the influenza vaccine; or*
- *the person is observing the recommended waiting period between receiving the COVID-19 vaccine and the influenza vaccine.*

## RESIDENTIAL, HOME CARE & VOLUNTEER DEVELOPMENT PLAN

May 2021	Learning Outcomes	Standard	When	Who
First Aid and CPR	Staff will gain an understanding of what first aid steps to take in a medical emergency and current up to date best practice for basic life support.	3, 7, 8	Ongoing throughout the year	Staff due to attend will be rostered
Serious Incident Response Scheme	In April 2021, a new federal government initiative known as the Serious Incident Response Scheme (SIRS) will commence, aiming to reduce the risk and occurrence of abuse and neglect in Commonwealth-funded residential aged care facilities. Face to face training for staff regarding the SIRS will assist in the identification and reporting of these.	1,2,3,7,	27 <sup>th</sup> May	All Staff
Leadership	This face to face training delivered by engage and create consulting will be to equip all management and leadership staff with the skills and qualities of a good and influential leader.	7	6 x Sessions commencing 13 <sup>th</sup> May	Senior Staff
Online Mandatory Training	Online training for various topics throughout the year.	1,2,3,4,5,7,8,	Due by the end December 2021	All Staff
Dementia Essentials	This nationally recognised unit of competency delivered over 3 days by Dementia Services Australia gives all people working in Aged Care the skills needed to care for those with Dementia.	1,2,3,7	10-12 <sup>th</sup> May	All clinical and non-



# Meeting Schedule

MAY 2021	Frequency	Date	Time	Who Attends
Supervisors Meeting	4 weekly (Thursday)	19 <sup>th</sup> May	2pm – 3 pm	DON/FM, Clinical Nurses and Care Supervisors
Management Meeting	Monthly Monday	26 <sup>th</sup> April	1230pm	All Area Managers
Quality / Work Health & Safety/ Infection Control Meeting	Monthly Monday	6 <sup>th</sup> May	1 pm	All welcome. Quality Coordinator, Area Coordinators. Safety Advisor, Staff Safety Rep, Clinical Nurse, DON/FM
Personal Carers Meeting	4 Weekly	18 <sup>th</sup> May	2pm	All Care Staff including Clinical Nurse, DON/FM,
Kitchen Staff	Quarterly	TBA - JUNE	1.30pm	Catering staff.
Housekeeping Meeting	Quarterly	TBA - JUNE	1.00pm	Cleaning and laundry staff
Home Care Staff/Care Plan/ Quality Meeting	Monthly	16 <sup>th</sup> May	1.15pm	DON/FM, Home Care Coordinator and all Home Care staff.
Residents Meeting - Warrigal/Brolga	Monthly		1030am	Residents, Lifestyle Officer and DON/FM
Board Meeting	Monthly	27 <sup>th</sup> May	2.30 Finance 3pm General	Kaloma Board of Directors, DON/FM, Finance Officer.
Lifestyle Meeting	Monthly	TBA	2 pm to 3.30pm	All Lifestyle Staff



*Smaller than pancakes, and fluffier than crepes, pikelets make a great breakfast, brunch or after-school snack!*

- 1 cup self-raising flour
- 1/4 teaspoon bicarbonate of soda
- 1/4 cup caster sugar
- 1 lightly beaten egg
- 3/4 cup milk
- 30 gram butter, melted
- jam, whipped cream, to serve



Sift flour and soda together into a medium bowl. Stir in sugar. Make a well in centre. Gradually stir in egg and enough milk for a smooth, pouring consistency. Rest 15 minutes.

Heat a large, non-stick frying pan on medium. Brush with butter. Working in 3 batches of 6, drop tablespoons of batter into pan, allowing room for spreading. Cook 1-2 minutes, until bubbles appear on surface. Turn and cook 1 minute further, until golden. Brush pan with butter between batches.

Transfer cooked pikelets to a wire rack. Serve warm with jam and cream.



# NOTICE BOARD

**ALL visitors must enter Kaloma via the front door**

## BASIC DAILY CARE FEE

We remind everyone that the Basic Daily Care Fee is set by the Department of Health and Ageing and is payable by all Resident's (respite or permanent). This fee is not claimable through Medicare.

## VISITOR MEALS

If you would like to have lunch with your loved one while visiting Kaloma, please order prior to 10am with Administration Staff. The cost is \$9 payable to Admin Staff.

Unfortunately, we cannot cater for large groups.

## CHANGE OF DETAILS

If you have changed your address, or contact details, please advise our admin staff to ensure all records are kept up to date.

## UNCLAIMED CLOTHING / NON MARKED CLOTHING

If your loved one is missing items of clothing please speak to the Supervisor or Administration Staff.

Clothing Labels can be ordered with Administration at a cost of

50 label's—\$ 65

100 label's—\$ 130

This includes the application of labels by Laundry Staff

Our Laundry staff will label clothing items for you.

## RESIDENTS PETTY CASH

Please ensure that this onsite account is topped up regularly . This account is used for haircuts, outings and other miscellaneous items your loved one may want.

## HAIRDRESSER PRICE LIST

Cut—\$25

Shampoo and Set—\$25

Colour—\$50

Perm—\$ 50

This is deducted from Residents Petty Cash

## EMAIL CORRESPONDANCE

If you have an email address and would like to receive information by email, please email us at

Don.fm@kaloma.org.au or admin3@kaloma.org.au to be added to the mailing list. This is for information only and not for account statements.



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

$$\text{Watermelon} + \text{Watermelon} + \text{Watermelon} = 36$$

$$\text{Watermelon} + \text{Orange} + \text{Orange} = 28$$

$$\text{Orange} - \text{Banana} = 3$$

$$\text{Orange} = ? \quad \text{Watermelon} = ? \quad \text{Banana} = ?$$

# SUPPORT FOR PEOPLE LIVING IN RESIDENTIAL AGED CARE FACILITIES



Is your loved one  
feeling down or  
overwhelmed?

Are they  
struggling with  
the transition  
to their new  
home?

There is help available.

We offer a free support service tailored to assisting people  
with the transition to their new home.



CALL 0451 149 031 TO FIND OUT MORE



Richmond  
Fellowship  
Queensland



support • awareness • growth • empowerment  
Older Persons Psychological Therapies



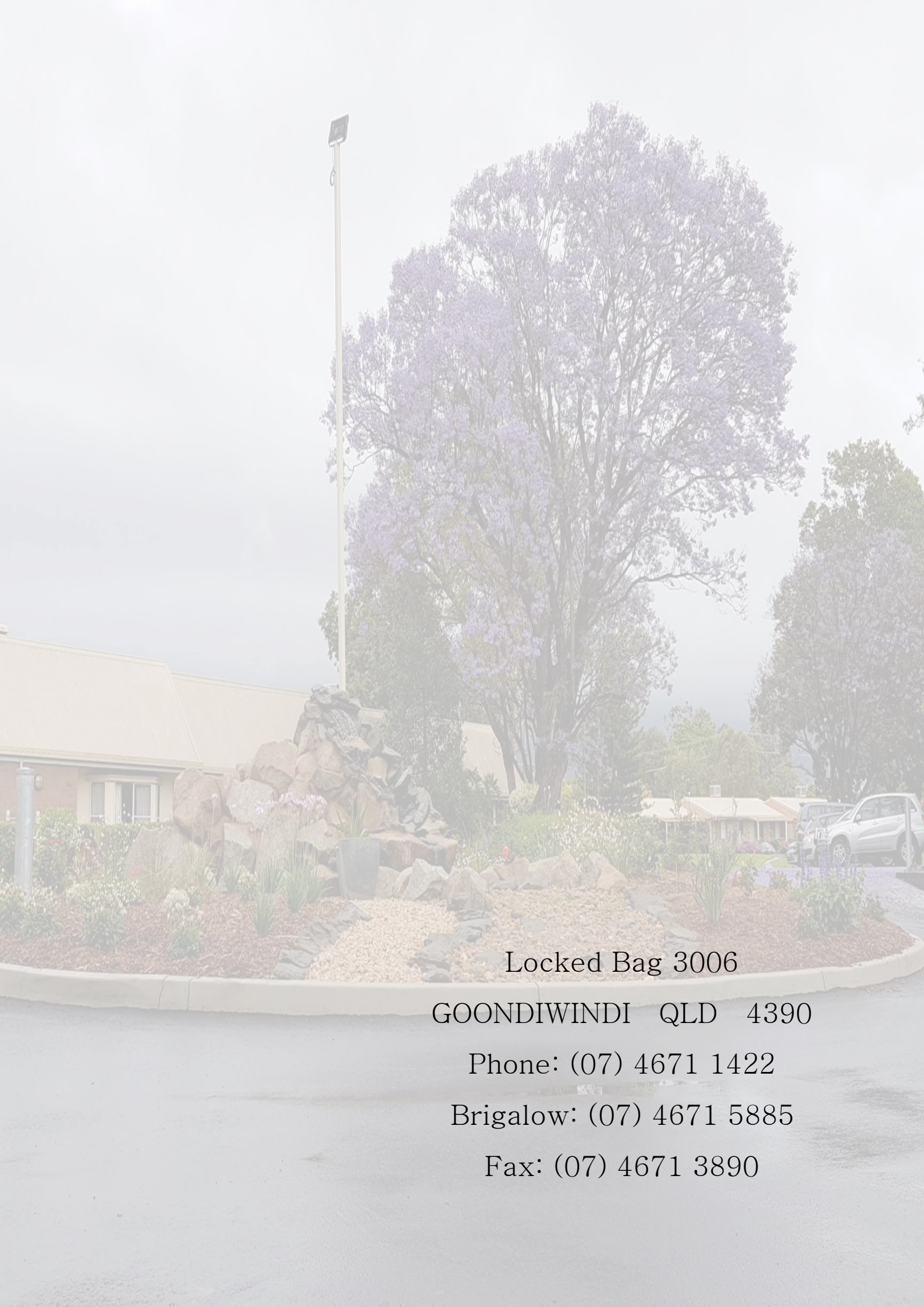
Developed by Beyond Blue

This service has been made possible by funding from Darling Downs and West Moreton PHN.

Recovered Futures – Mental Health Recovery and Wellbeing  
[www.rfq.com.au](http://www.rfq.com.au)







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