

BLACKMAIL NEWSLETTER

APRIL 2019

Managers Message

By Wayne Cornish

Hello and welcome to this month's edition of our Blackmail, as Autumn continues its slow approach and we start to weed out our summer clothing and bring in the warmer clothes for the cooler months, my thoughts move to the elderly in our community. The elderly who may not have the capacity to be able to fend for themselves physically, mentally or socially in a way that many of us may take for granted. So this month I am going to focus on our elders. The topic of elder abuse is in an effort to help raise the awareness of some of the types of elder abuse, so that we as a community are informed, so that we as a community can prevent or at least try and minimise harm to our elders. What is elder abuse: Elder abuse (also called "elder mistreatment", "senior abuse", "abuse in later life", "abuse of older adults", "abuse of older women", and "abuse of older men") is "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person." This definition has been adopted by the [World](#)

[Health Organization](#) (WHO) from a definition put forward by Action on Elder Abuse in the UK. Laws protecting the elderly from abuse are similar to and related to, laws protecting [dependent adults](#) from abuse.

How can we as a community identify different types of elder abuse and the perpetrators of elder who are abusive? A perpetrator of elder abuse may include anyone in a [position of trust](#), control or authority over the individual. They may include family members, friends and members of an association or organisation to which elders are connected with.



Just like other perpetrators, Elder abuse perpetrators will groom and befriend them so that they can control the individual in some way for their own advantage. It has been identified that some of the main people at risk of elder

abuse are elders who have memory problems (such as dementia), a mental illness, either long-standing or recent, physical disabilities or feelings of being overwhelmed.

The tag elder abuse does not suggest at all, that all people responsible for elder abuse are bad people, it just might be that they lack awareness due to past common practices that have been instilled in the individuals or the community in which we live. Many of us may have to put our hand up from when we were kids, where we have might have taken advantage of, Grandma or grandpa's mental capacity for our own advantage, where we got grandma or grandpa to do our dirty work for us and getting them to ask mum or dad things that we didn't want to tackle ourselves. This is a practice that we need to change, perhaps not firstly with our younger kids but firstly, through our own practices as adults and as adults in positions of trust and authority over our vulnerable elders.

Now how can we prevent the perpetual motion of elder's abuse in our community?

Perhaps this can be achieved through education and training. For our community we could take on the responsibility and develop educational programs or source existing and proven programs that are in line with the prevention of elder abuse.

Through this initiative we can build a significant safety net around the elders and around our community to elevate anxiety or other adverse effects of elder abuse, left on the

elders and the community as a whole. (For example, several communities throughout the United States have created Financial Abuse Specialist Teams, which are multidisciplinary groups that consist of public and private professionals who volunteer their time to advise Adult Protective Services (APS), law enforcement, and private attorneys on matters of vulnerable adult financial abuse.

https://en.wikipedia.org/wiki/Elder_abuse)

<https://www.nia.nih.gov/health/elder-abuse>

<https://www.alrc.gov.au/publications/what-elder-abuse>

I look forward to hearing community's views so we can continually act in the best interest for the community in the coming future. Next month's topic will be Lateral violence.



Blue Mountains Aboriginal
Culture and Recourse Centre

Koori Playgroup

**Every Monday
Morning During
School Term**

Starting at 11am Dora Street,

Katoomba NSW 2780

At Greenwood Education Centre

NOTICES

CALL OUT FOR ELDERS TO JOIN OUR TEAM

We are seeking Elders to come and provide Mentoring for our Staff and Community by participating in our Youth and ACYFS/Playgroup programs. If this sounds like you, please contact our Manager Wayne Cornish on 4782 6569 or manager@acrc.org.au

FIRE UP THURSDAYS

4TH THURSDAY OF EVERY MONTH

Dates: 25 April, 23 May, 27 June

Time: 4pm to 7pm

Location: ACRC 14 Oak Street, Katoomba NSW 2780



BLACKMAIL NEWSLETTER

Our newsletter is distributed free of charge monthly. We also encourage our members to receive their newsletter electronically. This service provides a faster, more reliable & environmentally-friendly alternative to hard copies while keeping costs down.

Please email Jade Pyle at elders@acrc.org.au to subscribe to our online version.



ELDER OF THE MONTH

Uncle Ed Walker



Dharawal Elder – South Coast. Born in Kiama District Hospital in 1949. Proud father of 3 children and 4 grandchildren. He was sent to Marella Aboriginal Mission for Children in 1959 in Kellyville along with his younger brother and sister. Uncle Ed served 3 years in the Royal NSW Lancers, Parramatta. Uncle Ed has worked with the Post Master General, has trade qualifications in Carpentry/Joining and Drywall Plastering. Uncle Ed has been in the Blue Mountains for 7 years. He won the Naidoc Award in 2018.

If you would like to appear in the next edition of Elder of the Month, please contact ACRC on 4782 6569 or email admin@acrc.org.au

MENTAL HEALTH

Mental illnesses are also called mental disorders. They are extremely common in the Australian population. 1 in every 5 Australians — about 4 million people — suffers from a mental illness in a given year, and almost half the population has suffered a mental disorder at some time in their life. The most common mental disorders are depression, anxiety and substance use disorders. There are many different types of mental illness. They can range from mild disorders lasting only a few weeks through to severe illnesses that can be life-long and cause serious disability. Mental illnesses can affect people's thoughts, mood, behaviour or the way they perceive the world around them. A mental illness causes distress and affects the person's ability to function at work, in relationships or in everyday tasks. Mental illness can attract stigma and discrimination, which can be two of the biggest problems for a person with these disorders. Up to 1 in 10 people with mental illness die by suicide. Although mental illness is treatable, about two thirds of people with mental illnesses do not seek any treatment. Psychological therapy, medicine and lifestyle changes can be effective for mental illness. If you suspect that someone may have signs of a mental illness, the first step for them is to visit a doctor or health professional.



If you need help, talking to your doctor is a good place to start. If you'd like to find out more or talk to someone else, here are some organisations that can help:

SANE Australia (people living with a mental illness) — call 1800 187 263.

Beyond Blue (anyone feeling depressed or anxious) — call 1300 22 4636 or chat online.

Black Dog Institute (people affected by mood disorders) — online help.

Lifeline (anyone having a personal crisis) — call 13 11 14 or chat online.

Suicide Call Back Service (anyone thinking about suicide) — call 1300 659 467.

Thrive Services is a not for profit community organisation that supports children, families & others living in the Lithgow and Blue Mountains areas. All our programs are free and voluntary. We do this by providing parenting and family programs, along with practical assistance.

We aim to support children, families and our communities to thrive by:

- adapting to the changing needs of families and children
- providing a welcoming and accepting environment
- offering family and practical support
- building a strong sense of community.



Drop-in Service

Our Katoomba office is open for drop-in Monday to Friday 10am to 4pm (closed for lunch 12.30 pm to 1pm).

Address: 2 Station Street Katoomba 2730 Phone: 02 4782 1555

Address: 261 Main Street Lithgow 2790 Phone: 02 6351 4055

ADDITIONAL FAMILY/COMMUNITY SERVICES

Connect Child & Family Services
48-50 Oaklands Road
Hazelbrook NSW 2779
4758 9966

Enrich
14 Oak Street, Katoomba
4782 5326 or 4782 5397

MOCS
Bungarabee Centre
48-50 Oaklands Road Hazelbrook
4758 6811

Gateway Family Services
70 Old Bathurst Road Blaxland
4739 5963

IN THE SPOTLIGHT

Tobias Elliott-Orr



Tobias is 24 years old, and a high achiever at that. Tobias has just completed a Bachelor in Art and Bachelor in Law this month, is currently working at Scenic World, volunteering at the ALS in Parramatta offering legal advice, playing Futsal and also has just been chosen for the Australian Indigenous Soccer Championship which be held from 26th April to the 4th May, 2019 competing against Chief Ministers Eleveln and the Northern Territory Indigenous team before partaking in the Arafura Football Tournament. Tobias played for the Eora All Blacks in the National Indigenous Football Championships. Out of 18 teams, 22 players were selected.

If you would like to appear in the next in the Spotlight, please contact ACRC 4782 6569 or admin@acrc.org.au

NO ACRC Koori Playgroup ON MONDAY

15th 22nd and 29th April 2019

WORKER
RAYLEE WALL

PHONE NUMBER
02 4782 6569 OR
0439 028 652

DUE TO SCHOOL HOILDAY
AND PUPIL FREE DAY



Are you an Indigenous young person living in the Blue Mountains, Hawkesbury, Penrith or Lithgow region?

Do you want to learn more about your culture and meet other Indigenous young people in your area?

The Blue Mountains Aboriginal Culture and Resource Centre (ACRC) are running cultural workshops for Indigenous youth ages 13-28 in the Blue Mountains, Lithgow, Hawkesbury and Nepean regions.

The Young, Strong and Deadly program aims to provide a safe space to learn, connect with our culture, and support each other.

The program includes 2 x one day workshops in each area, and ongoing mentoring and support.

We are a Work Development Order sponsor and participating in Young Strong and Deadly could reduce your fines by up to \$1300

Cultural Learning Day

The Young, Strong and Deadly youth team will be holding a Cultural Learning day in each area (Blue Mountains, Hawkesbury, Penrith, Lithgow). The day will be filled with culture including a traditional smoking ceremony, traditional dance performances, cultural talks and stories.

Deadly Thinking

The Cultural Learning day will be followed up with a Deadly Thinking Workshop. The day provides a great opportunity to meet other people in the community, and to share stories and experiences in a safe space.

Contact Matthew at ACRC for further 0498 030 535 or assist@acrc.org.au

2019 Dates

Blue Mountains

Cultural Learning Day: 11 Apr

Deadly Thinking: 12 Apr

Lithgow

Cultural Learning Day: 1 May

Deadly Thinking: 2 May

Hawkesbury

Cultural Learning Day: 8 May

Deadly Thinking: 9 May

Nepean

Cultural Learning Day: 30 May

Deadly Thinking: 31 May



phn
NEPEAN
BLUE MOUNTAINS
A bushfire recovery initiative

**Wentworth
Healthcare**
Blue Mountains | Hawkesbury | Lithgow | Penrith

This service has been made possible through funding provided by the Australian Government under the PHN Program.