



A Path To Follow Newsletter-May 2020



Welcome to our May Newsletter

Kirstie Edwards - A Path To Follow Founder.

What a busy month it has been.

I strongly believe in collaboration. Without it, those of us working hard to support a connected community of mentally resilient members are just treading water. Big player or small, it doesn't matter. Each has a role to play.

This month I completed a video for Positive T Shirts about staying positive, participated in an Insta Live Convo with Discovery College, recorded my first podcast with Lana Weal and continued to support our important clients.

We announce a very special launch of our **Youth Mentoring Partnerships**. We have 5 young adults ready to support young people in our community. These spots won't last long... We invite contributions from our community, so if you have anything you would like to share, give me a yell.

Kirstie

Meet This Month's Guest Blogger-Anon

This month we share a poem from a APTFer with lived experience in mental health challenges.

Through the Fog

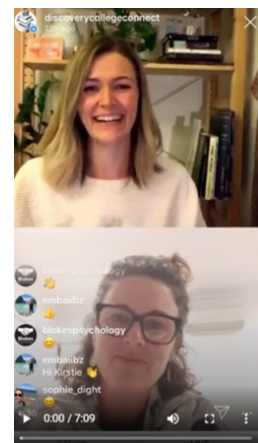
I am tired, I am exhausted.
The effort; mental and physical.
I am fatigued, absolutely fucked.
My path intruded by those not welcome

[Read More](#)

Staying Positive with Positive T Shirts



Insta Discovery College Live Convo



[Watch Here](#)



Family

Testimonial

Our Family Support Program walks beside families where there is a young person experiencing complex challenges. It aims to

ensure that all family member's journeys are recognised, validated and supported.

This month I want to highlight my partnership with our local headspace organisations in **Elsternwick**. I am so grateful for their willingness to work collaboratively with me.

Together we have been able to ensure the following:

- A Young Person having to transition to the adult mental health system from headspace has been supported to transition, with both teams working together to ensure consistency of service
- A parent and son's journey into start of secondary school and juggling multiple tricky situations has been supported to transition from headspace into our Youth Mentor Program in the coming months.

For me, what is important is this: headspace and A Path To Follow have tried to ensure that these families will not fall through the gaps, as so many do when they exiting a service.

Thank You headspace and thank you to those professionals I have worked in partnership with so far.

Kirstie is very easy to talk to. Her experience and knowledge is very reassuring when trying to navigate our convoluted and overwhelming mental health system. Highly recommend A Path to Follow when you need assistance in getting to the appropriate person to help with mental well-being.

Resources

Reframing Strategies

Re-wiring our brains. One moment at a time.

Some easy and useful tips to change the way your feel, think and behave that will support your self-esteem greatly.

[Learn the strategies here](#)

Youth



Nush, our Mentor of the Month.



Nush's Journey

Nush lives in the Brunswick area and is ready to start supporting a young person now.

*We are so thankful for Nush's courage in sharing her real journey. We are so fortunate to have her lived experience in our program. Her candid sharing of her journey will not only open doors for those experiencing like challenges, it will help to open the minds of those in community who **believe** such challenges are rare and held by a certain stereotype. Resources are below and/or contact Kirstie for support.*

" I was attracted to being a youth mentor because I sure as hell could have used one especially in my early/ mid 20s and know others who really could benefit or could have benefited from a service like this growing up. I was a pretty happy and creative person growing up. I loved hanging out with mates, partying and travelling.

Sometimes you get introduced to things and you don't know how damaging it is or how strong the hold it has on you until you've pretty much reached rock bottom and you see how far you've fallen. For me this happened when I first tried ice."

[Read More](#)

Our Youth Mentoring Program is designed to support Young People in the early stages of experiencing life's challenges. It is support provided by like aged peers who all have lived experience in dealing with significant challenges.



Group

Through the Eyes of A Junior Coach



"I'm lucky that I'm able to help coach a really good, energetic and positive group, and after every session I always walk away with a bit more energy and positivity than I had before, and I can't wait to be back out there watching, and hopefully helping, their development."

[Read Aedan's Journey Here](#)

Wowzers. We were stopped with the onset of COVID. We had to get used to no football and the connection it afforded us to community.

We were waiting, waiting for AFL in the community to get started again, getting ourselves used to the prospect that it may not return at all this season.

Then, like everything with COVID, it changed. It's here.

Right now, full steam ahead !

This season will see a modified season of the Mentor Program at Ormond, with our Junior Coaches all raring to get back to their community and help out.

I do not yet know if we will launch at Cheltenham JFC, with Auskick announcements yet to be made.

In the start up to our shortened season I wanted to share some thoughts from one of our very special Junior Coaches from Ormond JFC.

Aedan is one of our original Junior Coaches who has been with our Group Program from its inception. Last year Aedan was awarded an SMJFL Leadership Award

Read more about Aedan, his role at Ormond JFC and how he has been coping with the COVID restrictions by clicking the button to your left.

Business



What is "lived experience" anyway?



I am a consumer, carer and professional; experiences informing our mental well-being services.

Lived Experience refers to my personal experiences as a Consumer and Carer.

Professional Experience refers to my extensive experience in managing teams working in family and health services.

I have found it very enlightening since beginning my business the different reactions and feedback on what we do and both my professional and lived experience to do it.

In this article I explain a little more about my experiences, enabling the best fit for this business and the support of our community.

[Read Post Here](#)

Things We Loved This Month

A Supporter Who Warmed Our Heart

We are so grateful for our Sponsors and Donors of APTF so far; both known and anonymous...

This is Zeth of Gauge Espresso & Bistro strutting his stuff (yep talking is his thing...) he also makes a mean coffee. Zeth and Greer have been sponsors and supporters of A Path To Follow since its very beginning. We thank them for their ongoing support and belief that they have showed in our ability to make a difference.



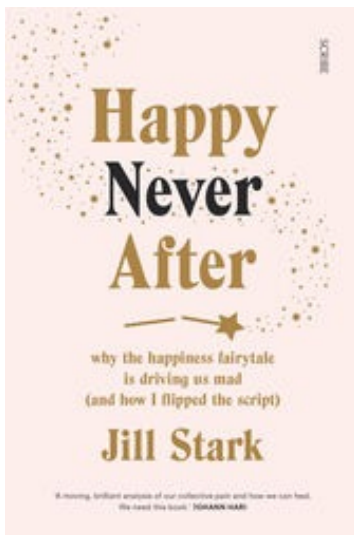
Zeth of Gauge Espresso & Bistro

An Image That Made Us Smile



At a path to follow, we walk with you.

A Book Recommendation



Happy Never After. A book for those who have travelled the journey and those of you who want plain insight into what this journey feels like. Highly recommend. My fav op shop pressie from a friend who knows me.

A Mindful Moment



Not everyone will reach out when they need help.

Sometimes we need to lean in.



Some Useful Resources

FB Resources of The Month

Krongold

Psychological support for all ages at Monash University

Jem Children's Yoga

Specialised Yoga for Children and Teenagers

Positive T Shirts

Selling positive mental health merchandise to support Youth Suicide Prevention

Other Resources

—ChildSafe-Australia

Run some really informative online education about the different ways we can support and protect our children

Caroline Ellen - Safer Stronger Kids

In following Caroline's Social Media Profile, I have found her to be an excellent communicator, promoting both acceptance of parenting challenges balanced with practical tips to strengthen relationships and internal resourcing.

Drug Support

Self Help Addiction Resource Centre (SHARC)

Please note, the above links are all to our FB page where we

share a resource each week. Each post has the contact details of each resource

Cracks in The Ice

Information for the community on ICE use

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