



A Path To Follow Newsletter-April 2020

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With Community.
For Community.

A Path to Follow is dedicated to supporting people in developing their career skills and/or in sharing their stories.

We are committed to the volunteer experience and welcome members to contribute to our role in supporting positive mental well-being in our community.

We are very proud to already have some awesome young people volunteering with us and you can learn more about those people in each edition. In this edition I am proud to introduce two of our sons; Kyle and Ben, along with Lachie, a new Youth Mentor.

You can learn more about Kyle, our Social Media Volunteer, via clicking the below photo and just read on to hear about Ben and Lachie.



Welcome to our first Newsletter

Kirstie Edwards - A Path To Follow Founder.

I am incredibly excited and proud to be sharing our first ever Newsletter with you. Each month we will feature a guest blogger from our volunteer, client or community group, share important updates from each of our program areas, resources we think you might benefit from and moments we think might help you to smile.

We invite contributions from our community, so if you have any ideas, please share them with us. Kirstie

Meet This Month's Guest Blogger



Every month we will feature a guest blogger from the APTF Community. This month we introduce Ben, co-founder of Pressing Buttons, who contributed \$1000 to support the APTF family.

A message from Ben

"Pressing Buttons is a Melbourne based group who aim to help young music and dance enthusiasts to escape their mental health difficulties by attending electronic music events, whilst simultaneously encouraging them to face them in a positive manner."

[Read More](#)



Family

Over the past month our Family Peer Support Program has continued to support families where at least one family member is experiencing complex mental health challenges. It is with enormous pride that I report this support was made available due to the generous sponsorship of our Sponsor of the month, Blokes Psychology and a local family who donated who donated to our program.

Testimonial

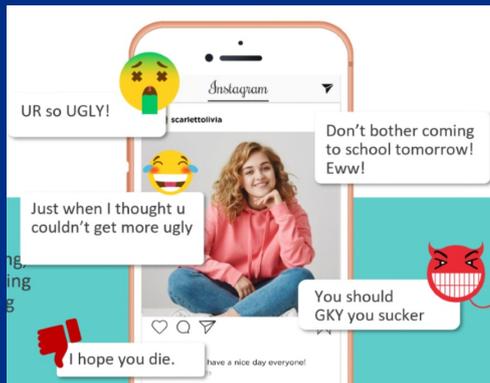
"I have been working with Kirstie some time now...This in turn has empowered me as a parent so much in terms of my personal growth. I can't thank you enough Kirstie for all your support to date, look forward to continuing ahead knowing you are there to support and nurture my son and my own mental health."

Resources

Each month we will bring you resources to support family.

Managing Stress and Supporting Resilience

A video summary of Go Zen's Online Webinar on helping our children manage their stress and supporting the development of their resilience. One of the best trainings I have attended with a focus on changing underlying belief systems that trigger and permeate anxiety. Pause as you watch to read all the information.



Supporting our Kids Online-E Safety

Read our summary of E-Safety Commission's online tutorial of what our kids (and others) are up to online at the moment.

Youth



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. I am so excited that Lachie and another 5 young adults have just completed their training journey and are ready to begin their support of young people in our community. Welcome and thank you to our Mentors.



If you are or know of a young person who would benefit from a like aged peer to support them in the community, please email kirstie@apathtofollow.com.au for a confidential discussion.

If you would like to opt into our next cycle of training as a Youth Mentor, please click [here](#)



Lachie, our Mentor of the Month.

"Hi, I'm Lachie. I'm a 24 year old living in Ashburton. I recently started working with Defence Force Recruiting, where I help prospective recruits navigate their way through the application and recruitment process for the Australian Defence Force. I am part of a family of five and we are all pretty close. I am lucky to be with a fantastic partner, Georgia. We've been together just over 4 years. I also spend a lot of time with my mates. I think good friendships are very important and I always put time into my friends..."



Group



Charlotte, our International Women's Exhibition Star

"Our community's future" photographic entrant, Charlotte at the opening of the Glen Eira International Women's Day Exhibition. I stood with pride seeing Charlotte's contributions to Ormond Junior Football Club, APTF Group Mentoring Program and to her local community celebrated amongst many worthy local Glen Eira Women. Well done and thank you Charlotte.

Wow; we were so excited to get AFL Season 2020 underway; with the Group Program to resume again at Ormond JFC and a new Launch of the Program planned at Cheltenham Junior Football Club.

Then COVID-19 came along and thwarted all the plans... Well, most of them. As you can see below, we had a pre-season celebration at Glen Eira's International Women's Day Photographic Exhibition, recognising Charlotte's important contributions to her football club community and we will soon be launching our Introduction to the Group Program at the Auskick Level via a video presentation; great "pivoting"...

A small introduction to what our Group Mentor Program is all about.



Business

COVID-19 RESOURCES

I was most proud to be a part of creating a Care Center with our local Junior Football Club, Ormond JFC.

This included my creation of this **Resource Sheet** detailing local services, resources and strategies to assist families during this uncertain time.



As a professional with years of management experience in family services, allied & mental health, I understand what a tough gig maintaining workforce mental well-being can be.

Our Business Well-being Support Program makes no assumptions. We look at where you are at in your business, make some recommendations for enhancements to maintaining mental well-being. You can make these enhancements yourself or we can support you to do that.

We also offer customised well-being education sessions and mentoring of individual staff. You can also support yourself (if you have the time...). See below for a great resource. I will also be adding more to our website.

Heads Up is a Beyond Blue initiative for workforce management, employers and employees.



Blog post of the month

I was thrilled when **Beyond Business Groups** asked me to contribute to their newsletter this month. There has been a maze of information shared on maintaining mental well-being and below you can read my take on incorporating some simple strategies into your everyday.

[Read The Blog Post Here](#)

Things We Loved This Month

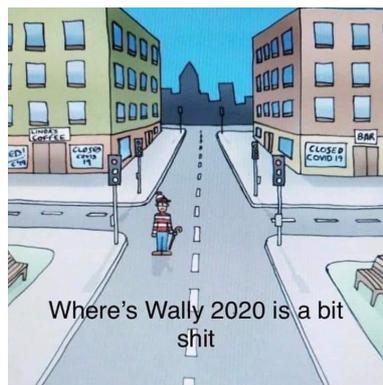
A Supporter Who Warmed Our Heart

We are so grateful for our Sponsors and Donors of APTF so far; both known and anonymous... **Blokes Psychology** Director Carl, has been one of our believers since we launched. With his donation we have been able to support 2 families who would not have been able to afford the service without it. We sincerely thank Carl and the other sponsors for their financial assistance and belief in our vision.

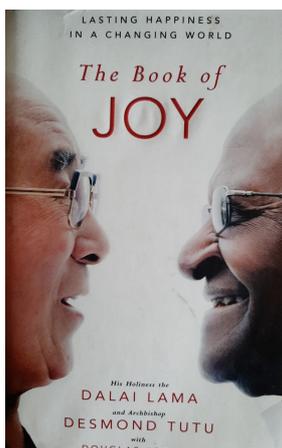


Carl, Director Of Blokes Psychology

An Image That Made Us Smile



A Book Recommendation



A book I am now reading for the second time. Well worth a look.

A Mindful Moment



I have been trying to leave my phone at home and walk mindfully. I have noticed some joyful things.

Some Useful Resources

FB Resources of The Month

Tandem Carers

Support for Carers of people living with Mental Health Challenges

Purple Pyjamas

Small business helping workplaces transition positively through periods of change

Emerging Minds

Awesome resources on mental well-being of young people and their families

Love Me Love You

Organisation that facilitates interactive programs that challenges mental health stigma

Other News In brief

Having trouble sleeping?

[See our tip sheet here.](#)

Need some extra help in continuing to navigate Corona with your kids?

[See our previous blog post.](#)

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