



Aboriginal Family Respite Service

SERVICE DESCRIPTION

This free service assists Aboriginal Carers and Families where members are experiencing and affected by emotional and mental distress. It is provided in partnership with the Mental Illness Fellowship of Western Australia, the Aboriginal Health Council of Western Australia and the Meerilinga Foundation for children and young people.

Operated from the Evangelical Church, Balga, it is designed to provide respite and some “time out” for participants once a month. There is a crèche facility available at the church and transport can be arranged if required. This program is funded by the Australian Government through the Department of Social Services.

REFERRAL CRITERIA

- ↳ Participants must be Aboriginal or Torres Strait Islander.
- ↳ Participants should reside in the Northern Suburbs (Wanneroo, Joondalup, Stirling).
- ↳ Is open to family members living with a person with a mental illness (mental illness is defined as any state, not necessarily diagnosed that causes anguish or is conducive to mental illness being an outcome. This acknowledges the impact this can have on other family members.
- ↳ Young people are welcome though the program is general and not necessarily targeted for youth.

ACTIVITIES

- ↳ Activities provided include art, bead and card making.
- ↳ Available on the day is a masseuse, hairdresser and counsellor.
- ↳ Trained person providing childcare and educational play.
- ↳ From time to time information sessions are held (usually following request, to date this has included housing, chronic health conditions, Centrelink, disabilities and diabetes).

RESPITE

Respite is held on the last Tuesday of each month. Transport is available on request, lunch is provided.

HOW TO CONTACT US

Contact the AFR Community Support Worker on 9206 6209 for further information and referral.

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www.unitingcarewest.org.au

UnitingCare West is committed to achieving justice, hope and opportunity for all, and works to support and empower in particular those most in need in the WA community. It is a not-for-profit community services organisation and part of the mission of the Uniting Church in Australia and UnitingCare national network.