

media monitoring

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NEWS

Made from heart to help the mind

ALONG the Coast people are piecing together patches ahead of Mental Health Week.

For nine weeks, groups have been meeting to create craft that speaks from their heart.

Mission Australia team leader personal helpers and mentors program Joyce Langmaid said friends, carers and people who had experienced mental health issues were encouraged to come along and work on a quilt.

"The theme of Mental Health Week this year is keeping the mind and body healthy," Mrs Langmaid said.

"There are lots of activities to help with your health and wellbeing.

Quilting helps people in a number of ways.

"It keeps your hands busy and your mind's focused on what you are doing."

Mrs Langmaid said some people could discover a sense of achievement from quilting and others found it relaxing.

"Each person is making a patch that represents health or wellbeing for them."

Several organisations are involved including —

- Mission Australia;
- Anglicare;



THERAPEUTIC CRAFT: Showing off some of their quilting creations are (from left) Roslyn Stevenson, Carol Stover and Leonie Riley. Picture: Kelly Slater.

- Aspire;
- The Richmond Fellowship; and
- Sage Hill Carers Service.

"We're not about expert quilting," Mrs Langmaid said.

"Some people have painted, some people have drawn and some people have embroidered their patches."

While people work on their patches, they have a chance to talk about mental health with each other.

"We've got trained mental health workers on hand if anyone wants to chat."

All the quilts will be displayed at the Devonport Recreation Centre in Mental Health Week in October.

"Some are quite small quilts. Some are single patches that will be hung up like prayer flags."

- To find out about upcoming quilting sessions call Joyce Langmaid on 6420 6800.