



- February 2012-



## Ten Point Plan for Carers



**Hafal** is EUFAMI's member association in Wales and following on from their 'Ten Point Plan for Carers', a DVD featuring mental health carers speaking on the issues raised in that publication is now available to view online. Issues raised in the DVD include: carers' allowance; respite and

their experiences of working with mental health professionals. To download a copy of the publication go to [www.hafal.org/hafal/pdf/Caring\\_for\\_someone.pdf.pdf](http://www.hafal.org/hafal/pdf/Caring_for_someone.pdf.pdf). Hafal provides a number of services for carers of people with a serious mental illness. Their groundbreaking All-Wales Mental Health Carers Forum provides a much needed voice for carers on a national level and is open to individuals and groups not affiliated to Hafal. For more information about the activities of the Forum email [Carers@hafal.org](mailto:Carers@hafal.org).

## Rita Makarész comes second in the EU Health Prize for Journalists competition with an article on depression

On 31 January 2012, in Brussels, four prizes were awarded to European journalists for the best articles on health issues. The Prize aims to showcase and reward the work of journalists from across the European Union that raise awareness on important health issues that affect the lives of all EU citizens. Hungarian journalist, Rita Makarész, was awarded the second prize for her article highlighting the benefits of exercise for people suffering from depression, which was published on the health portal Orvost Kersek. Rita Makarész is third from right in the accompanying photograph.



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## EUFAMI 'Member Association of the month'

From April 2012, the @Bulletin will contain two pages. The first page of the @Bulletin will feature a profile of a different EUFAMI member each month. It will contain some useful information about the member association such as current projects or activities of about half a page and some photographs on the other half submitted by the member. So to all EUFAMI member associations – get your pens ready and send us your details as soon as possible!! Please send details to Rita at the office on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).

The second page of the Bulletin will contain normal news as is currently being provided.



## EUFAMI General Meeting 2012

The 2012 General Meeting will take place on Saturday, 26<sup>th</sup> May in Leuven, Belgium. A large attendance is expected to attend the meeting. On Friday, 25<sup>th</sup> May, EUFAMI will be holding a training day for its members. This training will also take place in Leuven. Further details of both days will be sent by email to members.

## Siblings Connect

Rethink Mental Illness is organising a national siblings event on the 12<sup>th</sup> May 2012 for anyone who has a brother or sister affected by mental illness, with speakers, workshops, advice and information. If you live in England and know someone with a brother or sister affected by mental illness, tell them about this free information and support event - [www.rethink.org/siblingsconnect](http://www.rethink.org/siblingsconnect).

## Prospect – EUFAMI's Training Programme

*Prospect, EUFAMI's Training Initiative, is currently being used by people in over 14 European countries. Prospect is a very unique peer to peer programme and was developed by EUFAMI members from many countries. If you would like to get further information, contact Rita Geerts on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).*



For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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