



Key Themes from Tuesdays with Nexus **8 December 2020 - 9.30am**

16 people attended this session – Thank you for your participation.

Presenter:

Melissa Rigter- Peer Support Worker- St Vincents Mental Health- Footbridge.

Considerations for the festive season - what you might need to think about in preparation for this time with consumers and families/loved ones

- Consider this time of year brings up a lot of anxiety and stress for people
- Ask the consumer or family member what is their experience of xmas?
- Unpack their fears and do some good planning
- Accept their experience, don't try to convince them otherwise
- Support their goal for Christmas however large or small
- Find good supports over the Christmas period

Presenter:

Christina Hotka- LGBTQIA+ Safety and Responsiveness Officer- St Vincents Hospital

No Gender December- Disrupting the Gender Binary for Children and Young People.

- See attached powerpoint in minutes

Resources Shared:

Please find attached the Tuesdays with Nexus 2020 Review pdf

'Tuesdays with Nexus' – STARTING IN THE NEW YEAR weekly interactive online session

Date: Tuesday's – 2/2/2021 – New link to be provided

Start time: 9.30 am – VIC

Focus of the 2021 sessions will focus on the MH Royal Commission recommendations as well as Inter-service/agency reports and reflections.