

MI Fellowship
is changing...

Same great services...
just a different name

wellways

mental health | disability | rehabilitation

Mansfield Mates

Addressing social isolation through
community engagement and
participation

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wellways

Identified Need

Evidence from Camberwell Assessment of Need (CANSAS) identified the two most unmet needs were:

➤ **Daytime activities**

➤ **Company**

Why?

- Reduced capacity for services provision
- Limited existing service provision

How?

- Thinking outside the box
- Utilising the community

Collaborative partners

- MI Fellowship
- The Centre
- Albury Wodonga Health
- Mansfield Shire Council
- Consumer/Carer Representatives

What next?

- Pilot project in Mansfield region
- Recruit Project Officer
- Committed Steering Committee support

Recruiting the project officer

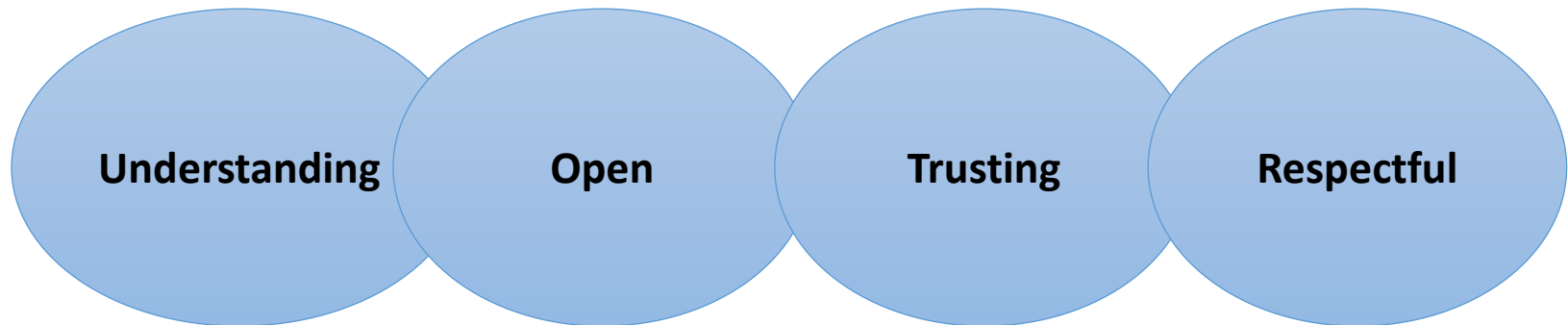
- Be a part of the Mansfield Community
- Have an understanding of Mental Health
- A good communicator
- Experience in project roles and working autonomously

Matching Volunteers and Participants

- Common Interest
- Compatible or complementary personalities
- Close geographical proximity (i.e. share local community)

Volunteers and their role

- Social support
- Promoting inclusion
- Building community connections



Empowering Individuals

- Sense of belonging
- Building self-esteem and confidence
- Utilising skills to make a difference

Empowering Communities

- Tapping into and growing community capability

Tapping into and utilising existing community assets...

- Recognising and utilising skills
- Educating local communities
- Reducing stigma
- Creating meaningful networks and pathways
- Enabling a sense of purpose and a sense of giving back

Ensuring Sustainability

- Maintain strong relationships with volunteers
- Providing Participants and Volunteers with opportunities for active feedback
- Drawing from existing resources
- Educating the community on getting involved in mental health awareness and support

Creating strong, resilient and inclusive communities



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