

Inner City Cadre Project Information Sheet

Are you a person who:

- Looks out for people in trouble to get them help?
- Sorts out problems and helps neighbours?
- Cares for someone who has a mental illness?
- Is a community leader or spokesperson?
- Has experienced a mental illness and wants to help others?
- Provides services or support for people with a mental illness?

Then maybe the Inner City Cadre Project is for you!

The Cadre Project has been described as ***Mental Health Neighbourhood Watch***. To achieve this we have three days of interactive discussion where people from the Inner City come together to learn how to interact with people with mental health issues.

The workshop will help you discover where to go for help and information about things that will assist; whether it's for personal reasons, family members, friends, neighbours or just somebody who drops in to your community unannounced.

The Inner City Cadre Project aims to:

- Help educate community members and reduce stigma linked with mental illness
- Assist people with a mental illness
- Benefit consumers, carers, neighbours and service providers in the inner city
- Develop coping and support strategies for mental health consumers and their supporters, carers and neighbours
- Establish an inner city Cadre network

Who is involved in the Cadre Project?

The Cadre Project model was developed by Mind Australia.

The Inner City Cadre Project is funded by the Lord Mayor Clover Moore MP Salary Trust is run by St Vincent's Hospital and the Inner City Mental Health Recovery Working Group.

Three days of training will be followed up with a further mentoring day designed to help potential Cadres.

The Inner City Mental Health Recovery Working Group meets monthly – on the last Tuesday of each month from 2pm – 4pm at the Northcott Community Centre, Belvoir Street Surry Hills next to Ward Park.

Suburb	Date	Venue
Woolloomooloo	Monday 13, 20 & 27 May	Oznam Learning Centre 99 Forbes St Woolloomooloo
Redfern	Tuesday 14, 21 & 28 May	Redfern Town Hall, 73 Pitt St Redfern
Glebe	Wednesday 15, 22 & 29 May	Uniting Church, 37 St Johns Road, Glebe

For more information please contact

Douglas Holmes, Consumer Participation Officer, St Vincent's Inner City Health Program on 041 346 4469 or at djholmes@stvincents.com.au