



## MEMBER OF THE MONTH

### KINAPSY

Kinisi Aderfon Atomon me provlimata Psychikis Ygias  
(Movement of Siblings of People with Mental Health Problems)

Founded in 2007, among other activities KINAPSY wants to present here the organization social and cultural activities in order to:

- Offer a possibility of socializing to siblings and their ill family members.
- Give opportunities for entertainment and learning experiences as a way of fighting stigma and discrimination.

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Since 2011 once per month, usually a Friday night, the association of siblings of people with mental health problems offers to its members the opportunity to have the experience of a cultural event. We encourage our members and their siblings, if possible, to join us in museum guided tours, in theatrical pieces, in dance events etc.

We have found in our association that there are several people both mentally ill and relatives who find the participation in therapy groups, or informative session not as easy to follow. Probably many people feel stressed to cope directly with their health issues.

We have also experienced that many siblings would like to experience the opportunity for a social event with their brother or sister.

The economic perspective of this initiative was also taken into consideration. We try to offer those events without cost. We communicate museums, theaters and other venues and we explain that we are a disabled person's charity. In most of the cases the entrance is without charge. In 2011 we visited the new Acropolis museum, two theaters and the planetarium (Eugenidio Foundation).

We hope that our members will find interesting those cultural events. Big cities like Athens have to offer many opportunities like this. Mental Health users and family members are glad to be able to enjoy a Friday night of culture and being able to socialize and feel socially included.

A member said about this activity *"I feel at ease just being together with other mentally ill members and just spend quality time together without having to say anything personal"*



***Do you wish your organisation to become the next "member of the month"?***

*Get your pens ready and send us your text and photographs as soon as possible!! Please send details to Rita Geerts at the EUFAMI office on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).*

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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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## EUFAMI members visit European Parliament

On the 25th May a group of 35 members from 20 different member associations made a visit to the European Parliament, where a presentation was made to them on the workings of the European institutions by a member of the Directorate General for Communications. They also visited the Plenary Chamber as part of their visit. The visit was part of a Member Training Day which was themed around the EU in order to update members on the European institutions, the work which is being undertaken at DG Health and Consumers (DG Sanco) on Mental Health and also information on funding opportunities. Jürgen Schefflein, from the European Commission DG Sanco Unit 'Health Determinants' provided an update on developments in Mental Health via a live link from Luxembourg. Delegates also received video messages from Nessa Childers, MEP and co chair of the EP Special Interest Group on Mental Health, Well being and the Brain, as well as a message from John Bowis, ex MEP, who was a champion for families, carers and persons affected by mental illness when he was a serving MEP.



## EUFAMI Delegates vote to change membership and governance rules

On Saturday, the 26<sup>th</sup> May, delegates from EUFAMI member associations gathered in Leuven to attend the 2012 EUFAMI General Meeting. Prior to the General Meeting, an Extraordinary General Meeting took place to approve a number of amendments to the EUFAMI statutes. These amendments resulted from approximately 18 months of review work on the current statutes. The main changes were to the number of membership categories, reducing the numbers down to two – full and affiliated. This change in membership categories should result in a wider representativeness in EUFAMI's membership. In line with current best practice to reduce levels of governance and to increase the effectiveness of Board operations, the second major change to the statutes has resulted in the reduction of the number of levels of governance to two – General Meeting and Board of Directors. The number of Directors has been set at nine, with the current Officer Board (ExCom) now moving over to take up seven positions on the Board. The other two new Directors who were elected at the General Meeting are Miia Männikkö from Finland and Per Torell from Sweden. A new method of membership fee structure was also approved based on the currently recognised economic classification of countries by the World Bank which classifies economies per their gross national income (GNI) per capita. It is also recognised that members may still experience difficulty in paying their membership fee and in order to ease this burden, a rebate system on fees is being introduced. After the approval of the annual accounts, report and budget, the delegates discussed the work which is ongoing in respect to EUFAMI's revised strategy for the coming years as well as the workplan for 2012. Bert Johnson, EUFAMI's President closed the meeting by wishing everyone a safe journey back to their respective countries.

## Development of EUFAMI Member Clusters

The idea of establishing clusters of geographic groupings of member associations was raised by the EUFAMI President recently. The thinking behind this idea comes from the question of how best to engage and network with our member associations in order for them to appreciate and value their membership of EUFAMI and to allow them to share and exchange best practice with their fellow member associations in neighbouring countries. To date, two meetings have taken place. The first one was a meeting of the '5 Nations Group' and was held at the Rethink Mental Illness office in London. This was attended by representatives of mental health associations from England (Rethink Mental Illness), Northern Ireland



(Mindwise), Scotland (Support in Mind Scotland), Republic of Ireland (Shine) and Wales (Hafal). EUFAMI was represented by Bert Johnson and John Saunders. The second meeting was a meeting of the Nordic Nations – comprising of representatives from Denmark (Bedre Psykiatri), Sweden (Schizofreniförbundet), Norway (LPP) and Finland (FINFAMI). There was very positive feedback from both meetings. It is hoped that a further two meetings with other groupings will take place in the second half of 2012.

## WHO/EURO website on Mental Health

The WHO/EURO website on Mental Health is regularly updated with new developments related to WHO in Europe. For example a new fact sheet on mental health and adolescents is available on the website now. This is derived from findings in the recently launched Health Behaviour in School Aged Children study (HBSC) covering 39 countries and regions across the European Region and North America. The survey collected data from 11-, 13- and 15-year-olds on 60 topics related to their health and well-being, social environments and behaviour. The WHO/EURO welcomes any organisation to share your websites and/or relevant news items with them. The website address is <http://www.euro.who.int/en/what-we-do/health-topics/noncommunicable-diseases/mental-health>

## 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).*



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