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National Community Newsletter

April 2019



Grow's Statement of Strategic Intent



The Grow Board of Directors has developed a Statement of Strategic Intent. The Statement is really important because it connects the past, the present and the future. It restates, in more current language, what Grow is and what it does and outlines the Organisation's beliefs and mission.

Grow has been around longer than almost any other organisation that's dedicated to supporting and assisting the recovery of people with a mental illness in Australia.

We are the only Organisation that can show a six decade history of success. That success is measured in individuals who have recovered from or gained control of their mental health.

It's an extraordinary achievement and it must continue for the sake of Australians in the future who will have to deal with a mental health issue. It's important to regularly revisit and then re-state what Grow does and how it goes about that work, what Grow believes in and what goals the Organisation sets. It's also very important to be clear about the Mission and how the organisation goes about that mission.

The Board concluded that Grow could best be defined as a national organisation that helps people help themselves overcome obstacles to live a full and meaningful life. Grow does this by facilitating peer group programs that are directly informed by the experience of those that have used them.

So the purpose and mission of Grow is to enable individuals and communities to recover from mental illness and retain good mental health.

Grow wants to be the best at providing peer group support for good mental health.

We plan to achieve this by:

- *Continuously developing the Grow Program of Recovery and Personal Growth*
- *Providing sustainable and vibrant peer group programs that attract and retain people*
- *Developing and delivering prevention and early intervention strategies and programs applying the Grow Philosophy*

Grow has always held dear the belief that we should live in a Country where everyone has value.

Grow does its work with the help of Federal, State and Local Governments, health providers, community mental health organisations, donors and sponsors and peak bodies in the mental health and community sectors.

Grow has set a high bar and will develop a sustainable business that employs technology and engages stakeholders.

The new Statement of Strategic Intent is clear and concise and provides the answers to anyone who wants to know Grow, it's goals and how it plans to achieve them.

It should help energise the Organisation, giving confidence to those Grow seeks to serve, making clear the reasons for its actions, guiding staff in decision making and making it clear to sponsors, donors and supporters why Grow deserves their ongoing and enthusiastic support.

[Click here to view our Statement of Strategic Intent](#)



GIVE TO RECEIVE

Research has finally confirmed what we've all always known was true. Caring for others is beneficial to our well-being.

According to recent studies by the University of Pittsburgh, being kind and caring towards others provides a direct reward to the caregiver, both immediately and into the longer term. Giving support to others out of choice leads to "reduced stress, increased happiness, and an increased sense of social connectedness".

'The act of giving increases your self-esteem, self-worth and feelings of social connection with the person receiving the gift.'

The benefits of goodwill even extend to animals. Caring for a pet can have a calming effect and provide meaning and purpose. And when we are less stressed, happier and better socially integrated, we make better decisions for the long-term.

Caring for nature is part of the same equation. Our own survival is linked to biodiversity. Evolutionary research shows that "our species survived, evolved and thrived precisely because of ongoing collective efforts to ensure that everyone got their share and was kept alive".

Of course, those that have been part of the Grow story know instinctively that all this is true. After all, Grow's program of care, concern and loving support, has seen many people recover their mental wellness to lead full lives and become significant contributors to their communities.

Peer support through Grow Groups sets up a care and reward cycle, or feedback loop. All participating members both give and receive support in the group learning environment; a powerful, restorative and energising dynamic.

The World Health Organization reports there are more than one billion people in the world living with a disability. Remarkably, this means that people with a disability constitute the largest minority in the world, and given that anyone can acquire a disability at any time, the numbers and the need are growing.

So, the next time you're weighing up giving your time or attention, showing love and concern to another person, remember that you will be as much a beneficiary of your actions as they will be. Remember that what you give to them will have its equal measure in what is returned to you and in the quality of your life.

"What you get out of the Program depends exactly on how much you put into it".
-Blue Book



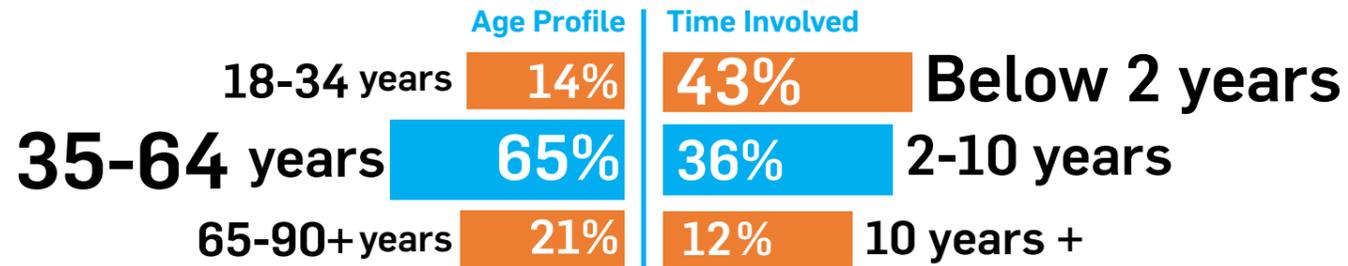
2018 Grow Annual Survey Summary

Introduction

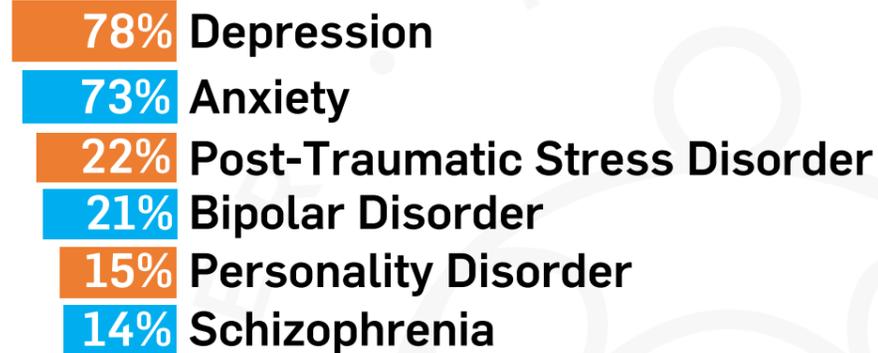
Grow undertakes an annual national survey to establish a clear picture of our membership and to understand the impact in the Grow program has in their lives.

Who comes to Grow?

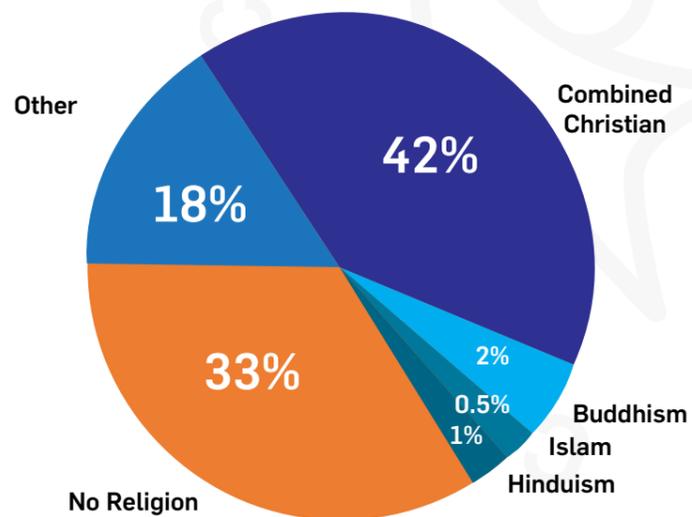
Demographics of members



Health Profile



Religion Profile

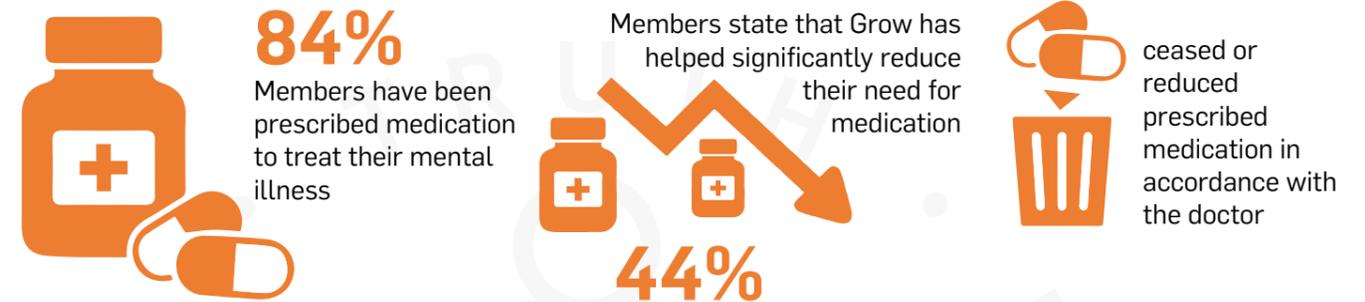


Impact of Grow

Hospitalisation



Medication



Employment



Professional Help



IAN SLOAN

Member of Grow's Board of Directors

Ian Sloan speaks like a man who is very pleased to be who he is and where he is in his life. There's a real joy that seems to underline his conversation. That's an unusual trait in someone who carries responsibility for the success or failure of a business, who has the welfare of employees, and his own family to worry about and who's marketing, internationally, a new product.

It's also unusual to find someone with so many of their own concerns, who has so much weighing on their time already, to be so genuinely committed to helping those in need in the community.

Grow is very fortunate to have Ian Sloan on it's Board of Directors.

Ian is the managing director of Perth based IT Company, DSBS. He's joint venture partner in a child safety and education tool called Arility, a Director of the Independent Living Centre in W.A. and CTO at Qodeo, an organisation that matches entrepreneurs with investors.

Ian's journey didn't start in Australia, you can tell that from the moment he begins to speak. He grew up in Scotland in the town of Troon, on the west coast of Ayrshire, not all that far from Glasgow, and still has that Scottish burr in his speech. If you like golf, you've probably heard of Troon. The village has one of the home courses for the British Open.

And Ian didn't start out as a high flyer. The giddy heights defined by the titles he holds today must have seemed like mountain peaks in the clouds, out of sight, when he started work stacking shelves at his local Safeway Supermarket.

Computers changed the course of his life. Computers and learning to play the piano.

A few years after starting with Safeway, the company installed a computer system to run almost every aspect of the store's operations, from ordering to pricing. The problem was no-one knew how to fix the computers on the many occasions they broke down. Ian proved the fixer. He says that learning the piano made him very quick at data entry and a willingness to try things and learn from his errors soon made him the store expert.



Once his reputation with the new technology was established his career took off. From store fixer he went on to install systems in other stores. From there Ian moved to Safeway's Head Office in London and joined the Retail Support Team, overseeing the installation of new software in the Company's many stores.

Ian Sloan's life took an unexpected turn at Safeway HQ. He met a young Australian woman, employed there on a casual basis and they fell in love and were married. Ian took his bride home to Scotland, working for Scottish Enterprises, an economic development agency. Children came along and after a few years, responding to his wife's need to be closer to her family and to live in better weather, they decided to move to Australia and his wife's hometown of Perth, for a couple of years.

That was sixteen years ago.

Ian founded Donaldson Sloan Business Services, an IT Consultancy, shortly after settling in Western Australia and the business has since gone from strength to strength. The Company provides IT advice and business strategies to companies and organisations around Australia. With the Company a success, Ian looked at ways of contributing to the broader W.A. community. DSBS became involved in preparing strategy reports, free of charge, to not-for-profit organisations.

And that's how Ian met Grow.

"As well as writing strategy reports, that helped organisations to plan, we also like to help organisations in the sector to get funding".

Ian became involved while helping our WA Branch get funding for the eGrow program.

"It's a groundbreaking area because to do community engagement, to do peer to peer support and to make it work is really exciting".

After a brief experience with Grow, Ian was offered and later accepted a role on the Board of Directors.

"If you look back on when Grow started, they were the groundbreakers on how to do mental health through peer support groups full stop. That's some kind of fantastic history to start from and doing the eGrow work I thought that this was a great organisation to help grow."

Ian is enthusiastic about the future for Grow, particularly as we come to understand more about mental health and its effects on the whole community and says he's looking forward to playing a positive part in the Organisation's future.



Are you struggling with
your mental health?

Toll Free: 1800 558 268



Grow | mental
wellness
programs
www.grow.org.au

Grow is a caring and supportive, community-based organisation that has developed a unique program for improving and maintaining mental wellbeing.

Grow Groups meet weekly the group engages in a series of group discussions, interactions, and readings that follow a structure and timetable to ensure everyone has an opportunity to participate,

There are also opportunities to develop new friends and interests and support each other in practical ways. There is no charge to participate in Grow programs, there are no assessments, no need for a diagnosis and no strict eligibility criteria.

Feedback and Donations

We hope you enjoyed this Community Newsletter and we are very grateful for all the contributions made by our members and staff.

If you have a suggestion for the Newsletters,
please visit <https://www.grow.org.au/feedback/>

If you would like to financially support Grow, you can donate on our website www.grow.org.au



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