



Meeting Minute –The MARTINIS

Location: Zoom

Date: June 10th 2020

Welcome to the Martinis Zoom meeting due to COVID-19

Around the Table: 1 minute update by each PD member.

Our guest speaker this month was Andrew Webster BA, BSc(Hons Psych), MPsych(Clin), MACPA. He is the senior Clinical Psychiatrist/Team Leader with Disaster, Trauma and Recovery Mental Health, Central Coast LHD.

Andrew kindly talked about PD and mental health in general terms. He says a good mood motivates good actions.

Depression is commonly a problem for people with PD. It can cause a paralysis of mood or behaviour and a lack of motivation. There is no single response. Meditation can be helpful. Absorption in activities like fishing, sport or formal/informal learning can stop your mind mulling over all the negative things.

Reactive depression is just one type of depression and is usually linked to an event. It is considered a grief response and can be caused by loss or an adverse diagnosis for example.

In PD, there is a biological component that can directly impact on mood. Sometimes there is a lack of good feeling, a feeling of flatness. It can also be a feeling of anxiety. Often there is a diagnosis of depression before clinical diagnosis of PD.

Medications can be helpful and antidepressants can be a part of PD management.

Andrew has said he will forward some links for online resources that will help to keep your mind active. I will forward them to you all.

General Business:

- Glen has booked the Merwether Bowlo for 6pm July 15th for our next meeting. They serve Chinese, Schnitzel, crumbed cutlets and beer battered flathead. It will be a more informal meeting over dinner as we are unable to use the HVCCC boardroom for meetings. We will get

- numbers for RSVP closer to the date.
- I have attached a flyer for a creative writing competition.
This looks like a fabulous opportunity to put into words your experiences in these strange isolation times. Please have a read and contact Sandra Elms for further information.
 - Our meeting dates for 2020 are as follows:
Wed 15th July
Wed 19th August
Wed 23rd Sept
Wed 28th Oct
Wed 2nd Dec
 - We have some great ideas for guest speakers in 2020 but we are always looking for good ideas. If you have a good idea, please let Glenn Parsons know.
 - A suggestion has been put forward to have a weekend away, probably later in the year, as a social gathering to get to know each other and enjoy a relaxing weekend. It will probably be at Swansea caravan park where those with caravans can bring them, or those without can stay in a cabin. Also, we will probably have a Saturday BBQ and those that can't make the full weekend can come too. It is a very child friendly spot right on Lake Macquarie so extended families can come and enjoy too. Details to come later as they develop. Obviously we have COVID-19 in mind but we still keep this on the agenda.