



November 2015



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**First Family Organisation Established in Bulgaria**

Following EUFAMI's recent successful Family Congress held in Sofia, Bulgaria in September, we now received news that the very first family organisation, representing carers of people suffering from mental illness has been created. It is named "Association of Family for Partnership in Psychiatry" and its acronym is BGFAMI.

The establishment is a direct outcome of Bulgarian carers attending EUFAMI's congress who felt empowered and decided to establish this association to contribute to the developments of psychiatric care for users and family carers in Bulgaria.

Needless to say that we are delighted with this initiative and hope to remain in close contact with BGFAMI so we can support them in their efforts to advocate for family carers in Bulgaria.



**AWARH – Awareness Week on Alcohol Related Harm**

The AWARH was held this year from the 16th to the 20<sup>th</sup> November. This year's theme was: "Alcohol – Less is Better!" The week was initiated in 2013 by a group of like-minded organisations following three Roundtable meetings on an integrated approach to alcohol-related harm. During the roundtable meetings, the organisations agreed that an EU-level awareness raising campaign should be established to provide information on the detrimental effects associated with alcohol consumption. Many policymakers and healthcare organisations joined with the AWARH to highlight the negative effects of alcohol and call for greater policy action to address the problems it can cause, through improvements in Prevention, Education, Screening, Treatment and adequate services. The ultimate aim is to highlight the need to tackle the significant barriers to a comprehensive and cost-effective policy intervention. Find out more about this initiative on [www.awarh.eu](http://www.awarh.eu).



**New Book Helps Carers to Cope**

Following a first book about her personal experience of living with a daughter who suffers from schizophrenia ("Schizophrenie ist Scheisse, Mama"), Janine Berg-Peer, from our German association, BAPk, now informs us that her second book has been published. It is titled "Aufopfern ist keine Lösung" (Sacrifice is not a Solution) and it is about the many challenges which carers are confronted with. She writes that despite the great strains it is possible to deal with the illness if parents gain a different attitude to the illness and early set the course in order to avoid sacrifice.



**Group of Governmental Experts on Mental Health and Well being meet in Luxembourg**

The Joint Action Mental Health and Well-Being (JAMHWB) launched in January 2013 is due to complete its work at a final conference in Brussels on 21-22 January 2016. It will then and there present the outcomes of the collaboration between the EU Member States, plus Iceland and Norway. This Luxembourg meeting, which took place on 16 and 17 November, was organised by the European Commission's DG for Health and Consumer Affairs (DG Sante) and was designed to firm up policy recommendations for a European Action Framework in preparation for the Brussels Conference. EUFAMI President Bert Johnson was invited to present the findings of EUFAMI's recently published Survey on the Burden of Carers of People with Severe Mental Illness.



**Hafal Wins Big Lottery Funding**

EUFAMI's Welsh member association, Hafal, has won Big Lottery Funding for the next three years to implement their innovative new project, due to launch in 2016, which will promote and raise awareness about evidence-based psychological therapies and interventions for people in Wales with a serious mental illness. Activities and services will include the development of user-friendly guides about therapies, the creation of dedicated web pages, a training programme for staff and interested groups, and the provision of feedback to LHBs about the therapies they provide. The initiative will also scope and map service availability across Wales, as well as collating, processing and analysing data to improve regional and Wales-wide understanding of talking therapies. For the latest updates on this project and more Hafal news please visit [www.hafal.org](http://www.hafal.org) or follow them on [Facebook](https://www.facebook.com/hafal) or [Twitter](https://twitter.com/hafal).



**KINAPSI Holds AGM**

One of EUFAMI's Greek Member associations, The Mental Health Organization for the Siblings of People with Mental Illness, KINAPSI ([www.kinapsi.gr](http://www.kinapsi.gr)) held its Annual General Assembly on 15/11/2015. The Assembly was attended by 83 members and took place in the PEPSAEE Day Centre in Athens. There were several speakers invited who all spoke highly of the activities arranged by KINAPSI during 2015, and encouraged KINAPSI to aim ever higher. At this occasion the Annual Report, including the activities of KINAPSI over the last year, was presented and a new Board of Directors was elected.



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**EUFAMI**  
Diestsevest 100  
B-3000 Leuven  
Belgium

Tel +32 16 74 50 40  
Fax +32 16 74 50 49