

# KEEPING PACE

## **CHANGES FOR PACE GROUPS IN TERM 2, 2021**

There will be a few changes to our support groups in 2021. Last year we offered one Eating Disorders Recovery Support Group, but this year we will offer two, a fortnightly online group via Zoom, and a monthly group at Payneham. We will continue to offer four support groups for people with anxiety, at Morphett Vale, Seaton Salisbury and online, but they will have a new name: *STAR: Support Towards Anxiety Recovery*. We will continue to offer a support group for people with OCD at Payneham, but the group will now be called *HOPE: Help with OCD in a Peer-led Environment*. Our support group for people with binge eating issues will continue at Payneham, but the group will now be called *Breaking up with Bingeing*. For more information visit the Recovery Groups page on our website:

<https://programs.centacare.org.au/pace/>

Welcome to the latest edition of Keeping PACE. We are now in May and almost halfway through the year already! There have been a few major changes in PACE since the last newsletter.

Firstly, our team leader Shane has left PACE and nabbed an exciting new role in Centacare's ACCESS programs! Shane has been with PACE for over six years, overseeing all the support groups, community presentations, and management of the PACE team. It was a bittersweet moment when the team bid farewell to Shane, as he moved into this new role. He has been glue holding the PACE team together and was always available to talk when anyone needed to. While we are sad to see Shane leave PACE, we are certain he will be a great asset to the ACCESS programs and brings a wealth of knowledge and experience to his new role.

Our student Carolyn is also finishing up with PACE this week. We are grateful for her contributions to the service and wish her well on her next placement within Centacare, as well as all her future endeavors!

With the changes in staff at PACE, several changes have also been made to the groups we offer. Our STAR group at Gawler will no longer be going ahead. People attending the Gawler STAR group will now have the option to join the online STAR group or the North group.

The location of the North group has now also changed due to the renovations happening at the Centacare Salisbury site. Please feel free to email or call PACE if you have any concerns or questions about these changes.

Until next time, look after yourself.

Kym

Mental Health Worker, PACE

**PACE Service - Centacare Catholic Family Services**

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## OCEAN Study – Online programs to get help with your obsessions and compulsions



MONASH  
University

Monash University is currently conducting a study and seeking participants with mild obsessive-compulsive symptoms to take part in a clinical trial. The study is looking to assess the effectiveness of two evidence-based, online programs in their impact on wellbeing. Participants will get immediate free access to one of the programs which they will be able to complete in their own time, at their own pace.

You will be asked to complete 4x online modules (30 – 50 minutes each) over the period of 6 weeks. You will be asked to practice the skills learned in these modules, complete some online questionnaires and you will receive emails about the modules completed/ reminders to complete them.

If you wish to find out more about the OCEAN study, or register your interest to participate, the researchers can be contacted through email at: [ocean.study@monash.edu](mailto:ocean.study@monash.edu)

More info is also available on the international OCD foundation website:

[International OCD Foundation | Research Participants Sought \(iocdf.org\)](http://www.iocdf.org)

## Strive Bulimia – a new online support group for carers of those with Bulimia



**strive**

Support Teach Reassure Inform Validate Empower

The new STRIVE Bulimia group will be run by trained volunteer carer facilitators, on the fourth Thursday of every quarter. The first session commenced on Thursday the 22<sup>nd</sup> of April at 7:30 – 9:00 pm AEDT. The next session will be on the 22<sup>nd</sup> of July and then the 28<sup>th</sup> of October. More information about the groups can be found here: [strive Eating Disorder Support Groups | EDFA](#)

Strive Bulimia is offered by EDFA which was started in 2017 by a group of parents and carers who are passionate about helping other carers through the challenging journey of supporting a loved one with an eating disorder. These same parents created a support group in Melbourne in 2016 to provide a space for hope, information sharing and optimism.

In the years since, EDFA have grown these 'strive' (**support, teach, reassure, inform, validate and empower**) carer support groups and they are now offered monthly online in every state and territory in Australia. Strive support groups are available to all EDFA members. Membership is \$25 per family per year, and your membership pack can be purchased here: [Home - Support for families and carers of those with Eating Disorders - EDFA](#)

In addition to strive, EDFA offer their members a closed Facebook group for community support, national twice monthly education sessions, access to international speakers, and clinical and carer training in innovative treatments.

Additional information or questions can be directed to: [Christine Naismith](#) or [Helen Searle](#)

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