

# The Mosman Daily

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## Health

**INSPIRING OTHERS  
TO BUILD A  
DECK OF DREAMS**

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Jenny Lee, of Cammeray, is creating a deck of dreams to raise awareness of mental illness.

Picture: PAUL MELVILLE

## Dealing with bipolar disorder

BOEL ERIKSSON

CAMMERAY'S Jenny Lee dreams of a world where people focus on a person's dreams and purpose, not their mental illness.

Ms Lee was diagnosed with bipolar 1 disorder when she was 20 and says it was a blessing in disguise.

It encouraged her to dream big and make those dreams into reality.

"I didn't really have any dreams before, apart from the common ones such as having a family, kids, and travel!" she said.

"I'm not going to see (bipolar) as an excuse, I'm not going to fit into the mould of how people think I should be. I'm going to use it as a tool. Now I'm on a mission to raise awareness about mental health."

### Dream workshop:

■ A workshop for people to create their dream paintings will be held at Kirribilli Neighbourhood Centre on May 27 from 2pm to 4pm.

■ Visit [mindgarden.me](http://mindgarden.me) or email [jen@mindgarden.me](mailto:jen@mindgarden.me)

During a trip to Sri Lanka earlier this year, Ms Lee got talking to a man about dreams.

"We were descending from Adam's Peak and, after reaching flat ground, I said to him 'this is a great thing that we've just done'," she said. "It was the sort of goal you would put on a bucket list."

They talked about what they would write if they made a bucket list - a list of things you intend to do before you die - and shared a

few dreams. She decided to create a Deck of Dreams, where each person writes down one dream, and paints a picture to describe it.

She has already held two workshops and collected 15 paintings.

The cards will have a copy of the painting on one side and a short description of the dream on the other. It will also feature an "uplifting" and quirky message about mental illness.

Ms Lee is hoping to collect 52 unique paintings for the first deck but expand it in the future to make more.

She is also looking for a mental illness initiative to benefit from sales of the decks.



**Are you undertaking a  
community project?**

[mosmandaily.com.au](http://mosmandaily.com.au)

## Mental health funding boost a welcome step

IT has taken a long time but mental health is no longer a taboo topic.

Thanks to the work of advocates, such as the 2010 Australian of the Year Prof Patrick McGorry, those who suffer from a range of mental conditions have been given a voice.

They now have a strong voice, with all levels of government being lobbied for greater funding for research and treatment.

At a national level, Australians now have a greater understanding of mental health but, at

a grassroots level, those affected may still be missing out on support.

It is the efforts of people such as Cammeray's Jenny Lee, who is dealing with her bipolar disorder in a positive way, which are bringing people together.

Her Deck of Dreams project is inspiring and the *Daily* congratulates her for undertaking the initiative.

Those who take part will be able to meet others and form connections.

It is projects such as this which will further break down barriers not only between those who have mental health issues but also between them and the wider community.

But as Prof McGorry would say, more still needs to be done.

The Federal Government's expected announcement of \$430 million for mental health as part of the budget is a huge stride forward but this level of funding needs to be maintained in the long term.

Nicole Bauche, editor