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Pirate play a real treasure

CHILDREN'S theatre group People's Playhouse is presenting a musical version of *Treasure Island* during the school holidays.

Described as "an exciting tale of pirates, buried treasure and danger", *Treasure Island* tells the story of young Jim Hawkins and his adventures searching for buried treasure, with the evil Long John Silver and his band of pirates hot on his tail.

There are matinee and evening shows at Cranbourne Community Theatre, Brunt Street, Cranbourne, from Friday, July 4 to Saturday, July 12.

The People's Playhouse has members from throughout Frankston and the Mornington Peninsula.

Book tickets for *Treasure Island* by calling 0437 099 787.



Rum chums: Kate Kelleher, Tim Ryan and Alex Woods ham it up for the People's Playhouse production of *Treasure Island*.

Prone to depression?

A STUDY to prevent relapse into depression needs volunteers.

Based at Frankston Hospital, Monash University's DARE (Depression Awareness Recovery Effectiveness) project seeks people aged from 18-75 who have had at least three episodes of depression but are now well.

The project is looking at two ways to manage the risk of relapse.

The first approach is a psychological treatment that combines cognitive therapy and training in mindfulness meditation.

Those randomly assigned to this group will attend a two-hour weekly session in the evening

for eight weeks. The second approach involves learning about depression and supporting participants to monitor symptoms every month through a brief screening questionnaire administered via SMS, internet, email or phone.

Participants are asked to complete research assessments about every three months over 26 months via internet or mail. There are also two annual face-to-face interviews.

Project investigator Associate Professor Richard Newton, director of psychiatric services at Peninsula Health, said major depressive disorder was one of the most common forms of men-

tal illnesses. "It affects 5.1 per cent of the population in any one year — that's more than a million Australians.

"Unfortunately, major depressive disorder is a condition that tends to recur.

"Studies have shown that 50 per cent of people who have had a first episode of depression will have a relapse.

"This rises to 90 per cent for people who've had three episodes of depression."

Details: Debbie Lang on 9554 1585, email dare@med.monash.edu.au or visit www.dare.org.au

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