



Supporting Families in Mental Illness



NEWSLETTER | DEC 2023 / JAN 2024



Kia ora

Welcome to the last newsletter for the year. It feels like the year has just disappeared so fast, very hard to believe

that Christmas is only three weeks away. This year marked a big milestone for Supporting Families as we celebrated 45 years of service in the Midcentral region. We celebrated with a lunch for all who have supported SF over the years, including past board members, staff and volunteers, as well as a number of agencies who have worked with us. I would like to thank everyone who has supported SF and the vision of those family members who believed all those years ago that family/whānau have a right for support. They were amazing in how they set up the organisation under a very trying environment. It's great to see where we came from, and that we're still here growing the service.

I would like to welcome Julie Gibson to our team. Julie is the new Family/Whānau co-ordinator in Levin, she brings a lot of skills and experience to the role. Welcome.

This newsletter will be the last newsletter to be posted out. It has become too expensive and sadly we have made the call to stop posting out the newsletter. But we are still providing a newsletter through email. So if you would like to still get the SF newsletter please call or email Sharon at admin@manawatu.org.nz to be put on the email list.

We are coming up to a stressful time of the year and we are all experiencing challenges. Please remember it is not about what is under the tree it is about who is around it. Enjoy the family/whānau and the smiles they bring.

If you need support or someone to talk to please don't hesitate to call.

Happy Holidays!

Take care,
Christine



CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campell

Email: christine@manawatusf.org.nz

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Family Whānau Support
in Mental Illness
Manawatu
or search for ManawatuSF



Palmerston North Office (Main Office)	Dannevirke Office	Levin Office
<p> 163 Broadway Avenue PO Box 5010, Palmerston North</p> <p> (06) 355 8561 or (06) 355 8562</p>	<p> 40 Denmark Street (ground floor)</p> <p> 027 355 8568</p>	<p> 58 Bath Street, Levin (1st floor)</p> <p> (06) 368 6116 027 355 8562</p>
<p>Manager Family/Whānau: Christine Zander-Campbell, christine@manawatusf.org.nz</p>	<p>Family/Whānau Workers: Lyn McNair, lyn@manawatusf.org.nz Julie Fromont, julie@manawatusf.org.nz</p>	<p>Family/Whānau Worker:</p>
<p>Family/Whānau Worker: Kate Philips, kate@manawatusf.org.nz Aaron Oliver, aaron@manawatusf.org.nz Cell: 027 355 8560</p>	<p>Office hours: Monday to Friday 8.30am – 4.30pm</p>	<p>Office hours: Monday to Friday 8.30am – 4.30pm</p>
<p>Administrator: Sharon Gutry, admin@manawatusf.org.nz</p>		
<p>Office hours: Monday to Friday 8.30am – 4.30pm</p>		

If you no longer wish to receive this newsletter, please let Sharon know and she will take you off the mailing list – admin@manawatusf.org.nz



BRINGING JOY, GIVING HOPE

Our Aim is to bring joy and hope to mental health patients. We want them to know their community cares about them. We drop off welcome packs to Ward 21 and Crisis Respite in Feilding. During the Year we drop in Easter and Christmas gifts.

If you could help us with the following supplies throughout the year we would be most grateful.

- ★ Caps, beanies, t-shirts
- ★ Underwear for men and women
- ★ Toiletries - deodorant, toothbrushes, toothpaste, combs, face cloths, soap, hand cream, sunblock, lip balm, shampoo, feminine hygiene products
- ★ Toilet bags, cosmetic bags, tote bags, gift bags
- ★ drink bottles
- ★ sweets, chips, soft drinks (not energy drinks)
- ★ puzzle books and pens
- ★ books, current magazines, stationery
- ★ colouring books, coloured pencils
- ★ pet food, pet treats and toys

ALL DONATED ITEMS MUST BE NEW
- this gift may be the only gift the patient receives at Christmas.

We want them to feel cherished.

Items can be dropped into Supporting Families anytime and we will collect and distribute.

Palmerston North Office

Whānau Coordinator: Aaron Oliver

Email: aaron@manawatusf.org.nz



September marked 45 years since this service for families was started by families. Coming into this mahi, I'd been reflecting on the whakapapa of our organisations and ideas; where they've come from and who has been part of their development. Having been a support worker in Manawātū and Horowhenua, I knew some of the people who'd previously helped power this organisation and it is my immense privilege to recognise their aroha and continue their kaupapa, supporting the wellbeing of families.

Their stories are as remarkable as your own, all of which are a testament to the incredible resilience of families, the inspiring ability to ease pain with love and the successes we can achieve in our communities when we work together. I'd like to also acknowledge the hard choices families sometimes make, for their own wellbeing, in very challenging circumstances, and the losses that have occurred despite all their efforts. I'm continually inspired by the families I meet and what myself and others can learn from their strengths. One outstanding example for me this past month has been the work of [Starlightjoy](#), a local charity that, over 15 years, has developed an extensive network of supporters that now provide joy and comfort with the provision of seasonal gifts and amenity packs to fifteen different mental health related services; all from the aroha of our community.

I'd like to join my colleagues in welcoming Julie Gibson to our team, with her skills, experience and energy, joining us and the many other groups and individuals in our communities offering their aroha and talents for the wellbeing of families.

If you or a loved one find yourself struggling emotionally, wanting some ideas, guidance or a listening ear over the holidays, when we are closed, perhaps one of the many helplines and online services would be of use to you. The Mental Health Foundation produces a booklet of helplines, websites and local mental health service, which you can view or download here - [Helplines and local mental health services | Mental Health Foundation](#).

This is my wish for the season ahead; for sunshine and bbqs, aroha and whakawhanaunga; for connection and joy. Kia ora mai, I wish everyone good health these holidays.

Aaron Oliver



Dannevirke Office

Whānau Coordinator: Julie Fromont
Email: julie@manawatusf.org.nz



Greetings to all,

Where has 2023 gone. I've already put my Christmas tree up. Well it's been up for almost a month to be honest, can't help myself. Just a reminder Christmas is about who is around the table on the day not what's on it. Try to keep things simple and within your budget. Hopefully the weather has settled down and we get a lovely sunny warm day.

Our Connections with Hope program held in Woodville has gone really well and our last day is on Monday. It's really rewarding to see the group interacting and sharing with each other and some friendships forming. Looking at starting our anxiety program in January 2024 so keep that in mind.

As this is the last newsletter for 2023 I would like to wish you all a very Merry Christmas and happy holidays for those who have some time off. Be kind to yourselves and stay safe. See you all again next year.

"Gifts of time and love are surely the basic ingredients of a truly Merry Christmas."

Cheers, Julie Fromont

Levin Office

Whānau Coordinator: Julie Gibson
Email: JulieG@manawatusf.org.nz

Greetings from Levin,

Kia Ora, I'm Julie G and I've taken over from Crystal at our Levin/Horowhenua office. I'm looking forward to working here in Levin with Supporting Families in Mental Illness and Addictions. My background is in aged care and community support roles in the lower North Island. I am pleased to be back in the role of a support person, networking and liaising in the communities, as I believe there is a great need for family support and knowledge around the many complex issues facing families/caregivers and their loved ones going through challenging times.

With Christmas fast approaching there is a lot of extra stress placed on families to try and juggle celebrations, finances and families. This can be even more challenging when faced with a loved one's illness, so having information and someone to listen and offer different services or groups can be a great help in times of need, which is the role I have taken on in Horowhenua.

I'm looking forward to growing my knowledge of community services and helping agencies in the region to assist people and families going through hard times.

I wish you all a safe and happy Christmas. Strive to be someone who faces their strongest fears, braves their toughest battles, and invests their deepest self to live their best life.

Kia Kaha

Julie Gibson

Spot The Fifteen Differences



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Wellbeing tips for Christmas and summer

Source: <https://www.southernhealth.nz/node/150571>

Looking out for others at Christmas

December is a busy time, but not everyone has someone to enjoy Christmas with. Here are some ideas of things you could do to help others that may be alone this Christmas.

1. Arrange a visit

Do you have family members or neighbours who will be alone? Can you offer them a seat at your Christmas table? Or can you pop in and visit at some point during the day or around the Christmas period? Even a cup of tea with a mince pie and a chat can have a positive impact.

2. Take the time to call

If you can't physically be with a family member or friend, then call them instead. A simple phone call can make all the difference.

3. Help with their shopping

Pop around to your elderly neighbour and ask if you can take them out to the shops so that they

can buy food or to get out of the house. Being alone can be a long day, with little to do.

4. Help with Christmas decorations

Many people living alone don't bother to decorate the house but it can make a big difference and help lift their mood. Buy your neighbour a small tree or share decorations with them.

5. Attend a Christmas event at a local community centre or church

Some agencies need the help of volunteers to organise events and tea parties.

6. Offer to drive an older neighbour to an event

Encourage someone you know to get out and about to events over the festive season. By offering to drive them, it might be the nudge they need to overcome any anxiety, especially on Christmas Day when transport is limited.



Top tips to lower pre-Christmas stress

It's the downhill to Christmas! While it's the season to be jolly, it can also be a fa-la-la-la of stress, pressure, and conflict. Lack of time and money, workload/deadlines, shopping, travel, family stresses, feeling lonely can all send our anxiety levels skyrocketing. Here are 5 ways you can look after yourself...

- 1. What's causing you the most stress?** Make a list.
- 2. Ask yourself - will the world really end if it's not done by Christmas?!**
 - Focus on what's most important. Does it need to be done now, later, or not at all?
 - Can the priority jobs be simplified? Remember, it doesn't have to be perfect, just good enough.
 - Ask for help!
- 3. What matters most? Talk to whānau, friends and colleagues about what's stressing you out.**
 - Re-evaluate Christmas traditions and focus on spending time with your loved ones and doing the things you love.
 - Is money an issue? Set a budget and stick to it. Manage your kids' gift expectations up front.

- What things are free/low cost? E.g. Homemade vouchers, propagate plants as gifts, use reusable bags/boxes as wrapping paper.
 - Change it up completely! Try the great Xmas present steal or do something fun together instead of swapping gifts. If you're in Fiordland, check out the Community Toy Swap (see details below).
 - Simplify the food you make, turn a meal into a pot-luck or eat out.
- 4. Why's giving such a great feeling?** Giving your time is a great way to make a difference, meet people, learn new skills, get work experience, and feel good about yourself. There are lots of ways to give back to your community and help those in need like donating gifts, volunteering, or inviting someone who's on their own to your festivities.
 - 5. What makes you feel good?** Make time to look after yourself and others. Go for a walk, sit on the beach, have some fun.... Do keep an eye out for people who might need some extra support. If you're feeling lonely, please reach out - help is always available.

In September, we celebrated
45 years of service at the
Manawatu Golf Club.



Manawatu Supporting
Families wish you
a happy and safe
Christmas and
New Year.

We will be closed
from December 22nd
and re-open on
Wednesday 3rd
January 2024.



Holiday Opening Hours

YOSS Palmy

31 Princess Street, PN – 06 355 5906

Closed from 12pm 22 December 2023

Open Wed 27 Dec 8.30-12pm,

Thur 28 Dec 8.30-12pm, Fri 29 Dec 12-4pm

Re-Open: Friday 5th January 2024

Closed Stat days

YOSS LEVIN

Closed: 20th December 2023

Re-open: 9th January 2024

LUCK VENUE

Berryman's Lane, PN – 06 357 6798

Closed: Public Holidays

Open: Normal hours every day

METHODIST SOCIAL SERVICES

663 Main Street, PN – 06 350 0307

Closed: 20th December 2023

Re-Open: 15th January 2024

JUST ZILCH

248 Featherston Street, PN – 022 597 2569

Closed: from 6pm Friday 22nd December 2023

Re-Open: 8th January 2024

SALVATION ARMY

431 Church St, PN – 06 358 7455

Closed: 20th December 2023

Re-Open: 8th January 2024

MANA O TE TANGATA – PN AND LEVIN

601 Featherston St, PN – 06 358 5444

534 Queen St, Levin – 06 357 3393

Closed: 22nd December 2023

Re-Open: 8th January 2024

DALCAM

35 Campbell Rd, Feilding – 06 323 7965

Open

Crisis respite available 24/7

MASH TRUST

180 Cuba St, PN – 06 355 7200

Closed: Public Holidays

Re-Open: Normal hours every day

WHAIORO TRUST

6 Linton St, PN - 06 354 0670

Closed: from 5.30pm 20th December 2023

Re-Open: 10th January 2024

THINK HAUORA

200 Broadway Ave, PN – 06 354 0670

Closed: End of day 22nd December

Re-Open: 8th January 2024

BEST CARE (WHAKAPAI HAUORA)

140 Maxwells Line, PN – 06 353 6385

Closed: 22nd December 2023

Re-Open: 8th January 2024

ACROSS

294 A Church St, PN – 06 356 7486

Closed: 22nd December 2023

Re-Open: 8th January 2024

RAUKAWA WHANAU ORA

3 Keepa St, Levin – 06 368 8678

Closed: 21st December 2023

Re-Open: 8th January 2024

MANAWATU SUPPORTING FAMILIES

163 Broadway Avenue, PN – 06 355 8561

Closed: 22nd December 2023

Re-Open: 3rd January 2024

TE AROHA NOA

12-26 Brentwood Ave, PN – 06 358 2255

Closed: from 21st December 2023

Re-Open: 8th January 2024

BIG BROTHERS BIG SISTERS OF MANAWATU

Level 3, 22-30 Broadway Avenue, PN – 06 358 1204

Office Closed: 22nd December 2023

Re-Open: 15th January 2024

MIDCENTRAL HEALTH

Mental Health and Addiction service Crisis Resolution (CRRS) team will be open through out the Christmas New Year break 24/7.



Donations and Acknowledgements

We are grateful to be in a position to provide support. However in order to continue to improve and develop our service we require the ongoing support of donors. The ongoing support of your small gift each month is the most effective way to assist our valuable work. All donations are tax deductible, and there are no longer any restrictions on the amount you can claim back. Payments can be made by internet banking, this can be set up with the following details:

Manawatu Supporting Families in Mental Illness
Westpac 03 1522 0020097 00

*Please place your Name/s under Particulars and "Donation" under Reference.
A receipt can be issued upon request for tax credit purposes.*

We gratefully thank the following for the funding we receive:

MidCentral District Health Board, Lottery Grants Board, The Lion Foundation, Infinity Foundation Ltd, T G McCarthy Trust, Vavasour Trust, Eastern & Central Trust, COGS Manawatu, COGS Tararua, Mainland Foundation, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Heartland Lion Foundation, donations from the general public and of course our members.



PROJECT CALM



Skill based anxiety reduction programme for school aged children

- 8 week course. One hour per session. One session per week.
- Parents attend alongside child. Parents learn theory and reasoning behind the strategies children are learning.
- Practical strategies are taught by the child programme facilitator.
- Based on Acceptance Commitment Therapy, Cognitive Behavioural Therapy and Self Compassion models.
- Children learn skills in mindfulness, relaxation, self compassion and problem solving.
- Adults learn about identifying and managing sensory issues, thinking errors and social difficulties.

School Based Option

- School choose students to attend – up to 8 per group.
- Children and parents received Project CALM Programme on school site after school.
- Teaching staff offered a workshop and PD into anxiety reduction

For registration of interest in hosting a Project CALM course contact
Supporting Families christine@manawatusf.org.nz 06 3558561



Sender:



**PO Box 5010
Palmerston North 4441**