



# Supporting Families in Mental Illness

## NEWSLETTER | FEB/MAR 2023



### Kia ora

Welcome to 2023. I hope that you all could find some time to stop, breathe and enjoy the sunshine. This year is

going to be challenging with the cost of living and everything else going up makes daily living hard for a lot of people. Please remember to stop and enjoy the little things in life such as the sunshine, the smile on your kids or grandkids face. Take a walk in the park, breathe the fresh air and take some time for yourself so you can face the on going challenges. Looking after yourself is one thing that can make a difference in your mental wellbeing. There is an article in this newsletter that may help some people to cope with daily challenges, take some time to practice the strategies if you can.

It is with pleasure to welcome Sian Lean to the SF team. Sian will be working in the Horowhenua area based in Levin. Her contact number is 027 355 8562 please call her if you need support.

This year SF will be running the Carers Retreat which will be at the end of April.

This is for families/whānau who would like a break for a weekend to relax and enjoy the company of others that are living with similar challenges. If you are interested please contact your family/whānau worker for more information and to have your name added to the list.

SF will be running an Anxiety programme in Palmerston North / Dannevirke starting mid-February and Levin mid-March, if anyone is interested please call the office for more details.

We will be providing the Go Kidz Programme in the school holidays. This is for children 7-12 years old who live in the presence of Mental Illness and/or addiction. We will also be running the CALM programme this term, for more information please call 06 355 8561.

**“Just be in a world of doing, doing, doing. It’s important to take a moment to just breathe, to just be”.**

Take care,  
**Christine**

**Manager:** Christine Zander-Campbell

**Email:** christine@manawatusf.org.nz

## Contents

Regional Updates	2-3
How to practice gratitude	4
10 Ways to practice daily gratitude	5
Donations/Acknowledgments	7

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or search for ManawatuSF



Palmerston North Office (Main Office)	Dannevirke Office	Levin Office
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<p><b>Manager Family/Whānau:</b> Christine Zander-Campbell, christine@manawatusf.org.nz</p>	<p><b>Family/Whānau Workers:</b> Lyn McNair, lyn@manawatusf.org.nz Julie Fromont, julie@manawatusf.org.nz</p>	<p><b>Family/Whānau Worker:</b> Sian Lean sian@manawatusf.org.nz</p>
<p><b>Family/Whānau Workers:</b> Kim Mckelvey, kim@manawatusf.org.nz Kate Philips, kate@manawatusf.org.nz</p>	<p><b>Office hours:</b> Monday to Friday 8.30am – 4.30pm</p>	<p><b>Office hours:</b> Monday to Friday 8.30am – 4.30pm</p>
<p><b>Administrator:</b> Sharon Gutry, admin@manawatusf.org.nz</p>		
<p><b>Office hours:</b> Monday to Friday 8.30am – 4.30pm</p>		

## Palmerston North Office

Whānau Coordinator: Kim McKelvey  
Email: [kim@manawatusf.org.nz](mailto:kim@manawatusf.org.nz)



### Kia ora from Palmerston North and Feilding

Happy New Year everyone, hope you have had an opportunity to relax and rest over the Christmas /New Year period. The year has started in a busy way, with many family/whānau accessing the service for support, information, education and advocacy. There have been lots of families needing support in a variety of complex situations.

As we start to gear up for the year, I wanted to take the opportunity to remind people of our connections with hope for anxiety program that we are now taking tangata whaiora for. We are looking to begin this in mid to late February, so if you want to attend then please let us know on 06 355 8561.

We also have our family retreat coming up in April which is for family/whānau who are carers or the primary support for members of their family/whānau with a mental illness or addiction. For more information please contact us on 06 355 8561. This is a good chance for family/whānau to have some respite for a weekend with support people on hand if needed.

I would also like to welcome Sian , who is our new family/whānau co-ordinator for the Horowhenua region. I look forward to working with you in the future and to having many more great and interesting conversations and hopefully visits out. We recently visited Mana O te Tangata and Saint Dominic's, it was great to find out about the services they offer and to meet some of the people who work there.

Take care and enjoy the sunshine.

Kim



CALL 06 355 8561

[www.manawatusf.org.nz](http://www.manawatusf.org.nz)

## Palmerston North Office

Whānau Coordinator: Kate Philips  
Email: [kate@manawatusf.org.nz](mailto:kate@manawatusf.org.nz)



### Kia ora from Palmerston North and Feilding

I hope you are enjoying the summer and are able to get outside for some rest and relaxation. I am back into the swing of things now after having a couple of weeks off.

We have the upcoming carers retreat in April at El Rancho, Waikanae. This weekend is for families to have a break away, with accommodation and meals provided free of charge. This is an opportunity to meet with other family members, share experiences and gain support from each other. People can visit the Paraparaumu market and enjoy the surroundings of the beautiful Waikanae beach. Please make contact if this is something you may be interested in.

We are about to start our connections with hope for anxiety group shortly and there are still spaces available. This is a free and confidential group run at our offices comprising of a two hour weekly session over a period of ten weeks. It gives participants information about anxiety, new ways of thinking, new skills and helpful resources to take home. Please let us know if you would like to join this valuable programme.

Don't hesitate to make contact if you need support, advice, advocacy or information.

Here's an inspiring quote to leave with you:

***"Optimism is the faith that leads to achievement; nothing can be done without hope."*** Helen Keller

Be kind to yourselves,

Kate

## Notice of Supporting Families

# AGM

15th February 2023  
at 6.30pm  
163 Broadway Ave



## Dannevirke Office

Whānau Coordinator: Lyn McNair  
Email: lyn@manawatusf.org.nz



### Hello from Taranua,

Here I sit quietly wondering how quickly this year will pass and what it will bring. The resignation of our Prime Minister indicates that we could be in for yet another year of change and unexpected events. The last few years have been unlike any that I remember in the past with huge changes in extremes such as the weather and the shocking behaviour of people. It can be very difficult to know how to put it all into perspective.

I don't make New Year resolutions as I generally set myself up to fail and that is never a good way to start a new year. What I am going to do is to keep myself as centered, calm and focused on what I can have influence over. I know what is good for me and I know what is bad for me. I have the control over how I cope with what is thrown at me and make my life as good as I can and not become overwhelmed with what I cannot change. Naturally that brings to mind the Serenity Prayer which is so simple but so powerful:

*Grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.*

So that is how I plan to look ahead to this New Year. I wish you all good health, happiness and a safe year. I wish you all success in finding what grounds you, centers you and gives you joy.

Lyn McNair

## Dannevirke Office

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



### Happy new year to you all.

I hope you all had a lovely Christmas and happy times spent with your loved ones.

On the 16th of January was my 1st year anniversary working for supporting families. I have learned a lot in that year and have met some lovely families. Now onto how we can spend some quality time with family.

It has been great weather for the vegetable garden. I have been giving a lot of veggies away they are growing faster than we can eat them. I picked my first lot of blackberries and made some jam with them. My garden is my happy place. You can have a veggie garden on a tight budget, it does not have to be too big. A good place to destress and spend time teaching children or grandchildren how to grow food to put on the table. Old car tyres are good for growing veggies in or making a raised garden out of pallets. Give it a go and happy gardening.

Julie

### ANXIETY PROGRAMME

## Connections with Hope Anxiety

*A programme for people with mild to moderate anxiety*

- ✓ 10 week programme for 2 hours per week
- ✓ This is a free and confidential programme

**For more information or to make an appointment for an assessment please ring your SF office.**

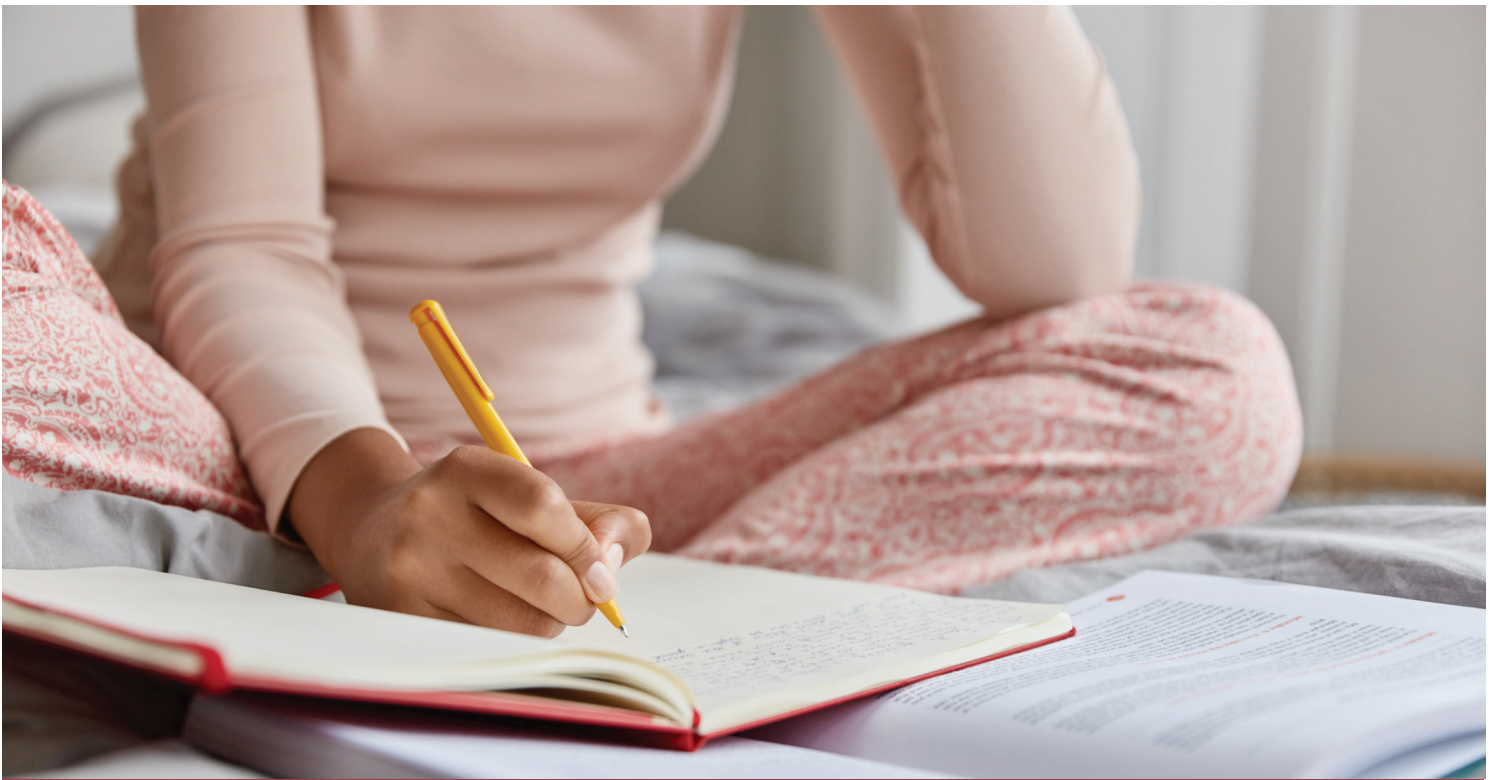
**Palmerston North** 06 355 8561

**Levin** 06 368 6116

**Dannevirke** 06 374 8797







## How to Practice Gratitude

Source: <https://www.mindful.org/an-introduction-to-mindful-gratitude/>

Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. Explore ways you can be more appreciative in our mindful guide to gratitude.

Practicing gratitude can be a game-changer: it has far reaching effects, from improving our mental health to boosting our relationships with others. Living your life with gratitude helps you notice the little wins—like the bus showing up right on time, a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a web of well-being that, over time, strengthens your ability to notice the good.

Building your capacity for gratitude isn't difficult. It just takes practice. The more you can bring your attention to that which you feel grateful for, the more you'll notice to feel grateful for!

**1. Start by observing.** Notice the *thank yous* you say. Just how much of a habitual response is it? Is it a hasty aside, an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded? Do a quick scan of your body—are you already physically moving on to your next interaction?

**2. Pick one interaction a day.** When your instinct to say “thanks” arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that's been extended? *Then* say thank you.

### How Do I Practice Gratitude?

Robert Emmons, psychology professor and gratitude researcher at the University of California, Davis, explains that there are two key components of practicing gratitude:

1. We affirm the good things we've received
2. We acknowledge the role other people play in providing our lives with goodness

Most of us know it's important to express thanks to the people who help us, or silently acknowledge the things we are grateful for in life. Research has linked gratitude with a wide range of benefits, including strengthening your immune system and improving sleep patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated.

Interested in reaping some of these benefits? Get started with a gratitude practice.



# 10 Ways to Practice Daily Gratitude

Source: <https://www.mindful.org/an-introduction-to-mindful-gratitude/>

As Jon Kabat-Zinn says, “The little things? The little moments? They aren’t little.” Saying thank you, holding the door for someone, these little moments can change the tone of your whole day.

One of the most powerful ways to rewire your brain for more joy and less stress is to focus on gratitude. Here are 10 simple ways to become more grateful:

- 1. Keep a Gratitude Journal.** Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Recalling moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable theme of gratefulness into your life.
- 2. Remember the Bad.** To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.
- 3. Ask Yourself Three Questions.** Meditate on your relationships with parents, friends, siblings, work associates, children, and partners using these three questions: “What have I received from \_\_\_?”, “What have I given to \_\_\_?”, and “What troubles and difficulty have I caused?”
- 4. Share Your Gratitude with Others.** Research has found that expressing gratitude can strengthen relationships. So the next time your partner, friend or family member does something you appreciate, be sure to let them know.
- 5. Come to Your Senses.** Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.
- 6. Use Visual Reminders.** Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people.
- 7. Make a Vow to Practice Gratitude.** Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as “I vow to count my blessings each day,” and post it somewhere where you will be reminded of it every day.
- 8. Watch Your Language.** Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.
- 9. Go Through the Motions.** Grateful motions include smiling, saying thank you, and writing letters of gratitude. By “going through grateful motions,” you’ll trigger the emotion of gratitude more often.
- 10. Think Outside the Box.** If you want to make the most out of opportunities to flex your gratitude muscles, you must look creatively for new situations and circumstances in which to feel grateful. Please share the creative ways you’ve found to help you practice gratitude.

## St John Health Shuttle

### Feilding, Palmerston North and surrounds

Booking essential at least 24 hours prior to appointment

Office hours weekdays 8:30am - 3.00pm

**Phone 0800 323 565**

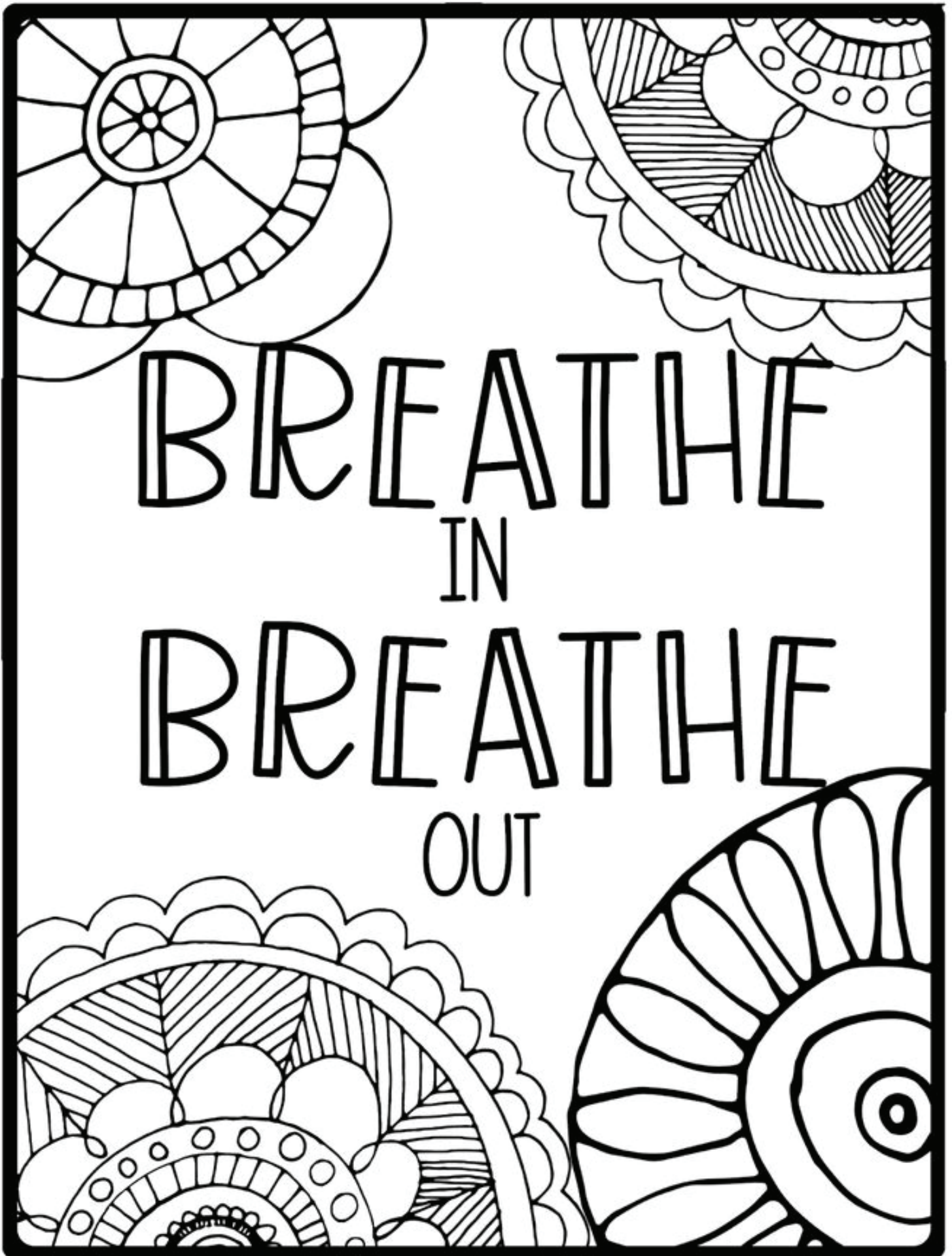
**In an emergency call 111**



**St John**  
Here for Life







## 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](mailto:christine@manawatusf.org.nz) 06 3558561



*Sender:*



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