

# Supporting families in mental illness

## MANAWATU

NOVEMBER  
2010

### FAMILY/WHANAU SUPPORT GROUPS

*by attending your local support group you may well  
be helping others as well as yourselves*

#### PALMERSTON NORTH

##### Chokalato – Chocolate & Gelato Café

Wednesday 10 November @ 7.00 pm

Just inside Main Street entrance of Downtown.

Catch up with Christine and other family members at this little café with a difference.



#### FEILDING

##### Empire Hotel

Wednesday 17 November @ 7.00 pm

Join Linda for a coffee and/or maybe a meal at The Empire Hotel, 8 Stafford Street, Feilding.

#### LEVIN

##### Waterfront Café, Raumati

Tuesday 2 November @ 7.00 pm

Whanau from Atareira have invited families from Horowhenua to an evening dinner.

Cost will be \$28 or \$33 for a set menu.



#### NEW MENTAL HEALTH PHONE LINE

**Please note:** the number below is still your first point of contact when calling the mental health crisis services in the MidCentral region.

**0800 653 357**

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

**Manager:** Christine Zander 06 355 8561 • [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)

#### PALMERSTON NORTH (MAIN OFFICE)

3rd Floor, Westside Chambers, 151 The Square  
PO Box 5010

**Phone:** 06 355 8561 **Fax:** 06 355 8562

#### Family/Whanau Co-ordinators:

Christine Zander • [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)  
Linda Guinness • [linda@manawatusf.org.nz](mailto:linda@manawatusf.org.nz)

#### Consumer Support:

Susan Forbes • [consumer@manawatusf.org.nz](mailto:consumer@manawatusf.org.nz)

#### Administrator:

Elizabeth Green • [elizabeth@manawatusf.org.nz](mailto:elizabeth@manawatusf.org.nz)

**Office hours** Mon–Fri 8.30 am–4.30 pm

**Drop-in hours** Mon–Fri 9.00–4.00 pm

#### DANNEVIRKE OFFICE

Dannevirke Family Services Building, 8A Ward Street

**Phone:** 06 374 8797

**Email:** [sarah@manawatusf.org.nz](mailto:sarah@manawatusf.org.nz)

**Family/Whanau Co-ordinator:** Sarah Brown

**Office hours:** Tuesday–Friday 9.00 am–2.00 pm

#### LEVIN OFFICE

534 Queen Street, Levin

**Phone:** 06 368 6116

**Email:** [loma@manawatusf.org.nz](mailto:loma@manawatusf.org.nz)

**Family/Whanau Co-ordinator:** Luciana Maru-Hill

**Hours:** Tues 9.00 am–4.00 pm, Wed–Fri 9.00 am–3.00 pm

If you no longer wish to receive this newsletter, please let Elizabeth know and she will take you off the mailing list.

## Greetings from Tararua



Greetings Everyone

It has been a great month and lovely to see the sun for Labour Weekend. It has also been good to catch up with everyone and find everyone busy with spring activities (including myself).

The Tararua area is spread out but if you are interested in a Support Group or an Education Evening please let me know your thoughts on this.

I have just made my Christmas cake and have popped it in the freezer ready for the festive season, quite a good feeling to be organised ahead this year.

Regards, *Sarah*

## Tena tatou e te whanau



Tena koutou e te whanau,

At last summer is here, it has been a very busy month with passing away of my brothers baby, and my mothers sister.

The Levin office of Manawatu SF, Muaupoko Tribal Authority, Footsteps and Central Primary Health Organisation Horowhenua pooled resources to highlight Mental Health Awareness Week. Goodie bags were handed out with pamphlets regarding mental health, ending up at the local park with a barbecue. An awesome day.

SF Manawatu are supplying morning tea for Debbie Hager who is a guest speaker for the White Ribbon family violence campaign

The whanau from Atareira have invited the families from Horowhenua to an evening dinner at The Waterfront Café, Raumati, November 2 @ 7pm costing \$28 or \$33 set menu.

Best Wishes, *Luciana*

## SF ART DISPLAYED ON BROADWAY



# ANNUAL GENERAL MEETING

*Last month we held our 2010 Annual General Meeting and are pleased to announce that our board has been re-elected unopposed. Our Chairman's report follows ...*



Much has happened within the last year; at an operational level, a local governance level and at the national level. In fact too much to adequately describe in this brief paper, and hence this report will aim to summarise those key areas that have impacted and continue to impact on the real work of this branch.

## **Operational Matters**

With all the extra administration required we have had an extremely busy year, and as such the Governance Board extend their thanks and gratitude to Christine and the SF staff for maintaining and advancing the effectiveness of our core business; that of supporting families whose lives are affected by mental illness. In addition to the Supporting Families focus, the consumer support activities and programmes focusing on education and support of people experiencing depression, we have helped to fill gaps in the provision of mental health care to the communities that SF serves.

Financially our branch is in a sound position, as shown in our audited accounts, but with the recession we will require continuing sound governance and management to ensure SF Manawatu remains in a secure position, to enable it to continue its work towards fulfilling its strategic and operational goals.

## **Nationally**

In March a special general meeting was held to gauge what the SF branches wanted the role of a national body to be. The unanimous decision by the branches, at this meeting, was that a national body was absolutely essential for our organisation to have

an effective voice, but, with some changes needed in the way that the national council consulted and communicated with the branches. To this end a group of regional advisors will work alongside the council to achieve this improved process. This was deemed to be a success, so far, and at the AGM, held in Auckland in August, a remit was passed to ensure this process is an enduring procedure. Financially there may in the near future be a need for the branches to support the national body to some degree but, it was made clear at the Chairpersons meeting, before the AGM, that the national body needed to become self funding as soon as possible. All those present at the AGM came away with a positive attitude as to how the SF National Council will endeavour to improve on its recent performance.

## **Branch Governance**

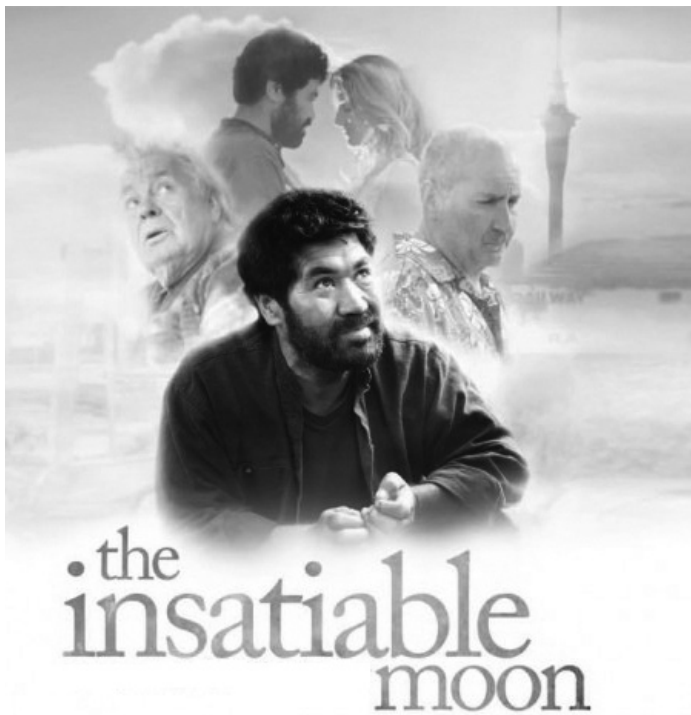
It is very pleasing to report that several of the objectives, set in the *Manawatu Supporting Families Strategic Direction Document 2007–2015*, are well under way with significant progress being made on several of the 17 Objectives. We as an organisation will be reviewing this strategic direction document over the next few months, to ascertain its relevance, along with our ability to measure our success in achieving these objectives.

It is with regret that the Governance Board accepted Chairperson Michael O'Connell's and Donna Broughton's resignation from the board, and also Catherine Whitehouse's resignation from the acting Chairperson's role. Two additional members have been co-opted onto the Board in the interim until this AGM. Our thanks and warm welcome to Bronwyn Campbell and Denise Kingi.

Sincerely

Bruce McGarvey

Acting Chairperson



STIGMA AND DISCRIMINATION and inclusive communities are themes running throughout *The Insatiable Moon*, the newly-released film adaptation of New Zealand writer/screenwriter Mike Riddell's popular 1997 novel of the same name. Mike spent several years working with people with mental health problems and the underprivileged and he draws on that experience both in penning the novel and writing the screenplay.

The movie tells the story of Arthur, the self-proclaimed second son of God, as he sets out to save the world he loves. He brings wonder and hope to his enchanted urban life in Auckland's Ponsonby, shadowed by his devoted band of boarding house friends – including foul-

mouthed but lovable house manager, Bob, and fragile community worker, Margaret.

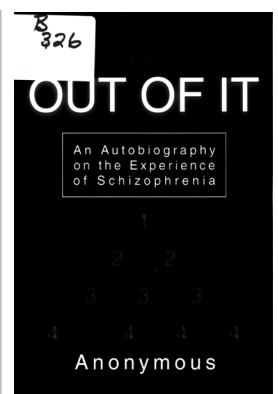
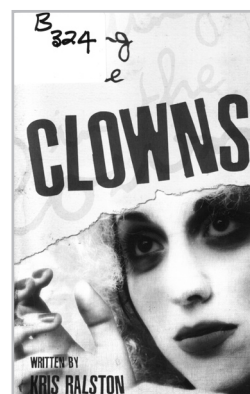
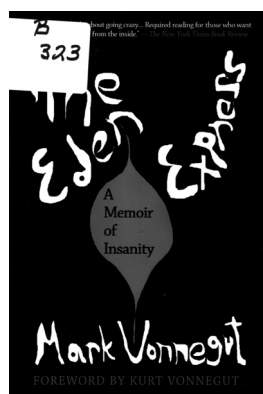
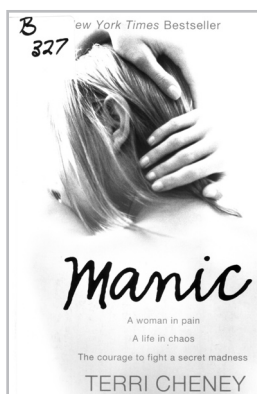
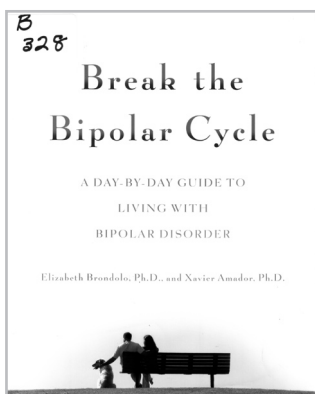
*The Insatiable Moon* stars Rawiri Paratene as Arthur, alongside other well-known New Zealand actors including Ian Mune, Sara Wiseman and Greg Johnson.

The film soundtrack includes music by Johnny Matteson and samRB, who have both worked as mental health promoters for the Mental Health Foundation on the Like Minds, Like Mine programme. The Mental Health Foundation has supported the film by sponsoring the premiere at New Zealand's International Film Festival in July and is encouraging New Zealanders to go and see it. "The Mental Health Foundation is delighted to support *The Insatiable Moon*," Chief Executive, Judi Clements, says. Director Rosemary Riddell and the actors involved have done a wonderful job producing an entertaining movie that is thought-provoking and can't help but stimulate discussion. It's the kind of movie that stays with you long after you've seen it." Mike Riddell says the film offers an insight into a world that's different from the one you might inhabit, and he hopes *The Insatiable Moon* will help reduce the stigma of mental illness.

The film is screening in Palmerston North in Cinema Gold. We intend to view the movie this month and will be happy to share information about it with you if you call the office.

# NEW BOOKS

Five new titles have been added to the Manawatu SF library this month thanks to the kind donation of a member.



# Exposing the Myths of Schizophrenia

“Schizophrenia is one of the most misunderstood diagnoses, and one of the most stigmatised,” says Judi Clements, Chief Executive of the Mental Health Foundation, which partnered with Supporting Families in Mental Illness (SFMI) Auckland to promote the Schizophrenia Awareness Week earlier this year. “The focus of the national campaign is on reducing stigma and increasing the awareness of the role family/whanau play in recovery.”

Susie Crooks was diagnosed with schizophrenia in 1994, when she was 33-years-old and agrees there is still a lot of misunderstanding around it. “Hollywood has painted a rather frightening picture of my condition,” she says. “I have never been a danger to myself or others. At those times I get disconnected with reality, all I need is time out.

## **Family was huge support**

Susie says her family’s support has been a huge help. “My family has always believed in me and supported me; they have held on to hope for me,” she says. “I am a richer person today and see myself as a fully participating member of society. I would say to anybody who has just been diagnosed [with schizophrenia] to talk to someone with lived experience of recovery. Life is great; you may have a special gift that’s worth tapping into.”

## **THREE MYTHS ABOUT SCHIZOPHRENIA**

### **NOT TRUE: Schizophrenia means the person has a split personality**

There is more media misinformation about schizophrenia than any other diagnosis. It’s not true that schizophrenia means ‘split personality’ or that someone with this diagnosis will swing wildly from being calm to being out of control.

### **NOT TRUE: People with schizophrenia are aggressive, violent people.**

The number of homicides committed by people with any mental illness diagnosis is very low. Most people diagnosed with schizophrenia don’t commit violent crimes. People under the influence of drugs or alcohol are twice as likely to commit a violent crime as someone diagnosed with schizophrenia.

### **NOT TRUE: People with schizophrenia cannot recover and lead full lives.**

About one in every 100 people is diagnosed with schizophrenia. With early and good treatment, recovery from schizophrenia is the rule, not the exception. In fact, a third of people diagnosed only ever have one experience of it.

*Abridged from Mental Health Commission media release, 26 February*

## **FAMILY RECOVERY PROGRAMME**

*Postponed until early next year ...*

This ten-week programme for family/carers will help you to understand your emotional response to your family member with a mental illness. If we receive sufficient expressions of interest we will commence this programme early in 2011.

Contact Christine for more information  
on 0-6-355 8561.



## TENA KOUTO KATOA ...

Hi, how is everyone? I'm feeling more active now that we have more daylight.

We have had a busy month – Mental Health Awareness Week activities went well, and those who attended benefited from taking part. It was good to see so many consumers out and about getting involved.

If you're walking down (or up) Broadway, have a look in the former Farmers' windows, a number of our artists are showcasing some of their work, Show your support and view this high quality presentation.

We're pleased to tell you that Brendon is back with the woodwork classes, check the calendar for dates and come join him.

*Susan*



# Consumer Activity Programme

### **Scrapbooking**

*Every Monday 10am–12 noon*

We also make greetings cards.

### **Stomach**

*Mondays @ 1.30pm*

Come to the Stomach for a jam session. Meet at the Centre at 1.00pm or we'll see you there.

### **Woodwork**

*Tuesday 2, 16 & 30 November*

*10am–noon*

With Brendan's help, make something useful out of wood.

### **EziCook Lunch**

*Tuesdays 9 November @ 10.30am*

Help make lunch, then stay and enjoy the fruits of your labour at 12.00 noon.

### **Board Games**

*Tuesdays from 2.00pm until 3.00pm*

Come and join us playing board games – play our games or bring your favourite game to share.

### **BiPolar/Depression Group**

*Every Wednesday 1.30–3.30pm*

Deborah facilitates this popular support group at SF rooms.

### **Dog Walk to the Park**

*Thursday 11 & 25 November*

*@ 1.00pm*

Join Linda and her dogs for a walk to the park.

### **Art Lessons**

*Fridays from 10 am to 12 noon*

Kieran will be taking his popular art classes.

### **Indoor Soccer**

*Fridays from 10.30 am*

Meet at the Centre. Wear comfortable clothing and shoes.

**Please don't forget to check the whiteboard for any changes to the programme – sometimes things happen that we haven't been able to plan for in advance.**

# NOVEMBER 2010

CONSUMER ACTIVITY PROGRAMME  
MANAWATU S.F.  
151 THE SQUARE, PALMERSTON NORTH

SUNDAY	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> SCRAPBOOKING 10.00 AM MUSIC 1.30 PM	<b>2</b> WOODWORK 10.00 AM BOARD GAMES 2.00 PM	<b>3</b> BIPOLAR/DEPRESSION SUPPORT 1.30 PM	<b>4</b>	<b>5</b> ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM	<b>6</b>
<b>7</b>	<b>8</b> SCRAPBOOKING 10.00 AM MUSIC 1.30 PM	<b>9</b> BOARD GAMES 2.00 PM EZI COOK 10.30 AM	<b>10</b> BIPOLAR/DEPRESSION SUPPORT 1.30 PM	<b>11</b> DOG WALK 1.00 PM	<b>12</b> ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM	<b>13</b>
<b>14</b>	<b>15</b> SCRAPBOOKING 10.00 AM MUSIC 1.30 PM	<b>16</b> WOODWORK 10.00 AM BOARD GAMES 2.00 PM	<b>17</b> BIPOLAR/DEPRESSION SUPPORT 1.30 PM	<b>18</b>	<b>19</b> ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM	<b>20</b>
<b>21</b>	<b>22</b> SCRAPBOOKING 10.00 AM MUSIC 1.30 PM	<b>23</b> BOARD GAMES 2.00 PM	<b>24</b> BIPOLAR/DEPRESSION SUPPORT 1.30 PM	<b>25</b> DOG WALK 1.00 PM	<b>26</b> ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM	<b>27</b>
<b>28</b>	<b>29</b> SCRAPBOOKING 10.00 AM MUSIC 1.30 PM	<b>30</b> WALK CLUB 1.00 PM BOARD GAMES 2.00 PM	BIPOLAR/DEPRESSION SUPPORT 1.30 PM			

The views expressed in this publication are not necessarily those of Manawatu SF. Comments, letters and contributions on all aspects of mental illness are welcome.

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our members.  
Community Grants Foundation, Telecom NZ and donations from the general public and of course  
NZ Community Welfare Trust, Rehabilitation Trust, Eastern & Central Community Trust, Box Trust,  
Ministry of Health, Lotteries, COGS Manawatu, Community Services Council, T.G. McCarthy Trust,  
*We gratefully thank the following for the funding we receive:*

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Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Name \_\_\_\_\_

*Would you like to make a donation?*

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*sender:*

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MANAWATU SUPPORTING FAMILIES

PO BOX 5010

PALMERSTON NORTH

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