



SUPPORTING FAMILIES in Mental Illness



Manawatu

extend

Season's Greetings and invite you to join us for a Christmas Lunch

to be served on Thursday 16 December at 12 noon in our rooms in Westside Chambers, Level 3, 151 The Square, Palmerston North. Please bring a plate of food to share. We look forward to seeing you all there.

Correction: **NEW MENTAL HEALTH PHONE LINE**

0800 653 357

Please note: the number above is your first point of contact when calling mental health crisis services in the MidCentral region NOT the number on the front page of our November newsletter. We apologise for this error.

MANAWATU SF CENTRE AND OFFICE WILL BE CLOSED FROM FRIDAY, 24 DECEMBER AND WILL REOPEN AT 9.00 AM ON MONDAY 5 JANUARY

www.manawatusf.org.nz

Manager: Christine Zander 06 355 8561 • 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
Linda Guinness • linda@manawatusf.org.nz

Consumer Support:
Susan Forbes • consumer@manawatusf.org.nz

Administrator:
Elizabeth Green • 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
The old Elders Building, 40 Denmark Street (upstairs)
Phone: 06 374 8797
Email: 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

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 DATES FOR FAMILIES



Greetings Everyone

December has arrived and the commercial hype of Christmas has come with it. Remember though that homemade gifts can be more enjoyable for the giver and the receiver – simple things touch the heart like receiving homemade biscuits or a homemade Christmas decoration.

If you are travelling over the summer, be safe.

Dannevirke office is closed from Friday 24 December through until Tuesday 4 January 2011. Feel free to leave a message while office is closed and I will catch up as soon as possible on my return to work.

Merry Christmas and a Happy New Year
Arohanui, Sarah



Tena tatou e te whanau



Kia Ora e te whanau,

With Christmas nearly here I have written some phrases using our Maori Language.

On Thursday, 2 of December at 1pm, let's make flax flowers and eat chocolates and anything else whanau would like to bring to nibble on.

Ngaa mihi o te waa me te aroha nui, naa (ingoa)
Happy Christmas lots of love, from (name)

Ngaa mihi o te waa me te Tau Hou
A Merry Christmas and Happy New Year.

Ngaa mihi o te Kirihimete.
Christmas Greetings

Nga mihi o te Tau Hou ki a koutou katoa
Wishing you all a very Happy New Year.

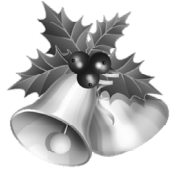
Maa te Atua koutou e manaaki.
God is watching over you.

Haere pai atu, hoki pai mai.
Travel safely

Naa Luciana

PALMERSTON NORTH

Christmas Lunch for everyone



THURSDAY 16 DECEMBER at noon at
the SF Centre rooms, L3 Westside
Chambers, 151 The Square.

FEILDING

Christmas Wind-Down at Lees Family Restaurant

WEDNESDAY, 8 DECEMBER meet at Lees
(BYO), Kimbolton Road at 7pm for
our final get together for 2010.



New Year Dog Walk



WEDNESDAY, 19 JANUARY AT 6.30 pm
meet at the Campbell Street entrance
to Timona Park (with or without the
family dog) and join Linda for a walk
in the park followed by pizza on the
deck at the dog club.

LEVIN

Flax Flowers & Chocolate

THURSDAY, 2 DECEMBER at 1.00pm

Meet at Footsteps. Bring chocolate or
nibbles.



Don't forget the important things
this Christmas

Season's Greetings from our Manager



Hi everyone

It is hard to believe that it is almost the end of the year and Christmas is only five weeks away. I hope people are not stressing too much about Christmas shopping.

I have just started mine!! It's great that shops are open 7 days a week.

It has been a busy year for SF and there seems to be a growing need for our services. I am pleased that I have a great team who go that extra mile for families and people with mental illness; so I would like to personally thank all of them for their hard work and support over the year.

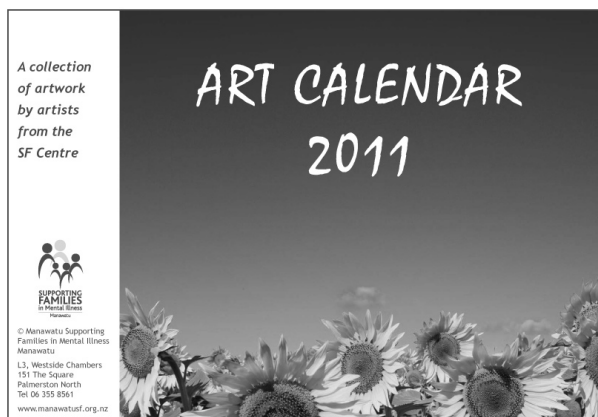
It is with great excitement that we showcase our first ever calendar. The amazing artwork is by artists from the SF Centre, mainly from the art group that is held on Fridays. I would like to thank Kieran for his support of the artists and his idea for the calendar, which I hope will be the first of many.

I hope everyone can take some time off over the busy season to relax and recharge your energy levels. Also, remember to take some time to have fun, see family and look after yourselves. Remember that we are only a phone call away, so don't hesitate to pick up the phone and call.

Merry Christmas to you all and I look forward to seeing you all in the New Year. Take care.

Christine

Order your SF Art Calendar now — supplies are strictly limited



Each month colourfully illustrated with a selection of artwork by artists from the SF Centre.

Price \$15 each

Order from the office 06 355 8561

DECEMBER 2011

SUNDAY	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

On the 12 days of Christmas

mentally prepare for Christmas and stave off stress ...

With all the hype and expectations that inevitably arise during the run up to Christmas, the season of goodwill can easily turn into the season of great stress. Judi Clements, chief executive of the Mental Health Foundation says, "At this time of the year the pressure really goes on at work and at home, so it's really important for people to look after their mental health and reduce the rise in physical and emotional demands." The Mental Health Foundation offers the following 12 tips to help you survive Christmas stress:

On the first day of Christmas



Decide how you would like to celebrate Christmas this year. If an elaborate meal, and a house full of relatives and guests aren't your idea of a perfect day, maybe this is the year to make some changes.



On the second day of Christmas

Plan and agree with family members and friends where you will go, what presents you will buy, and what sort of food you will have.



On the third day of Christmas

Keep spending in proportion. It's not good for your mental health to start the New Year worrying about how to get back into the black.



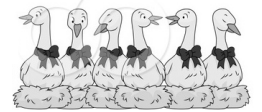
On the fourth day of Christmas

Avoid the Christmas crowds. Unless you thrive on crowded shops and queues, try to shop at quieter times. It may be worth taking a day's annual leave before Christmas to use the time to cross things off your Christmas list.



On the fifth day of Christmas

Take time out each day for some relaxation – Get a massage, pamper yourself or read a bit of your favourite book to unwind.



On the sixth day of Christmas

Get moving - physical activity lifts your mood and can reduce stress. Walk outdoors, dance at Christmas parties, or go for a swim. Make the most of our beaches, parks and gardens and get out into the natural environment.



On the seventh day of Christmas

Remember others. With 47% of New Zealanders experiencing a mental illness at some point in their life, there is bound to be someone on your Christmas card list who is not feeling festive. Give them a call. The support of friends can be really helpful, so stay in touch.



On the eighth day of Christmas

Monitor your drinking. This is the time of year when the booze begins to flow. Too much alcohol can make you irritable, tired, affect relationships and add to depression.



On the 11th day of Christmas

Don't be lonely. If you will be alone this Christmas why not find out about community activities and get-togethers in your local area? There may be volunteering opportunities in hospitals or rest homes where Christmas is a shared event. This can be a way of being with others at Christmas and helping at the same time.



On the ninth day of Christmas

Don't drive when you're tired, stressed or have been drinking. Know where the 'dial-a-driver' services are or make sure you have a designated driver.



On the 12th day of Christmas

Have fun! Remember it doesn't have to be perfect. If you're having a family gathering and you know that some people don't see eye to eye, be realistic and minimise conflict. Try not to put pressure on yourself to keep everyone happy. Christmas is for everyone and that includes you!



On the 10th day of Christmas

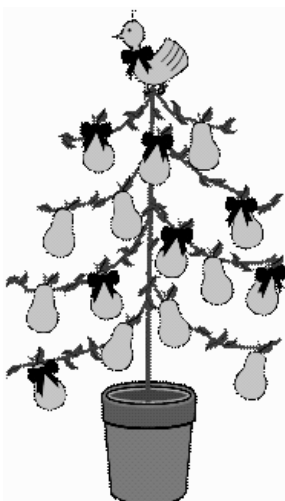
Stress can contribute to mental health problems such as depression and sometimes grief for loved ones who are not with us at Christmas can emerge. If you are vulnerable to stress or are close to someone who is, make sure you have someone you trust to talk to and phone numbers for support such as Lifeline, Youthline or the depression support line - 0800 111 757.

If you or someone you know is experiencing stress or depression you may like to call:

The depression support line on 0800 111 757

Lifeline on 0800 543 354

Youthline on 0800 376 633



On the twelfth day of Christmas my true love sent to me

Twelve lords leaping

Six geese laying

Eleven ladies dancing

Five gold rings

Ten pipers piping

Four colly birds

Nine drummers drumming

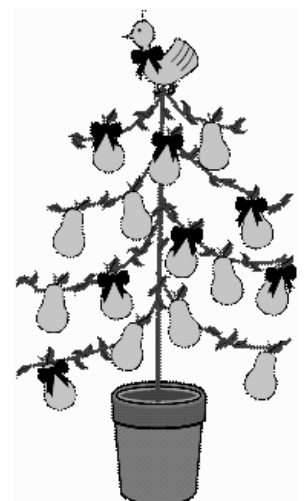
Three french hens

Eight maids milking

Two turtle doves and

Seven swans swimming

A partridge in a pear tree.





TENA KOUTO KATOA ...

Merry Christmas to you, your families and friends. However you choose to celebrate or not at this time of the year, may you keep well and be safe in the coming New Year.

It's that time of year again; my advice is; get plenty of regular exercise (according to your ability) and drink water, avoid too much sugar and alcohol, however enjoy everything else in moderation. (I'll try to take my own advice!)

I'll spend the special day eating too much and rushing about trying to fit visits in to all the family, then I'll wake boxing day relieved it's all over but looking forward to doing it all again next year.

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 14 December 10am–noon
With Brendan's help, make something useful out of wood.

Walking Club

Tuesdays, Wednesdays and Thursdays @ 1pm
Okay; no more excuses! The weather is good so let's get some light exercise at least three times a week. We can do this!

Board Games

Tuesdays from 2.00pm–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.

SF CHRISTMAS PARTY

Thursday 16 December @ 12 noon
Bring a plate of food to share.

Dog Walks to the Park

Thursday 9 & 23 December @ 1.00pm
Join Linda and her dogs for a walk to the park. There will be no dog walks in January and February as it is too hot.

Christmas Cards & Craft

Thursday 2 December @ 1.30pm
An extra craft session to help you get your Christmas cards, etc. done in time for the big day.

Christmas Treats

Thursday 9 & Tuesday 14 December @ 1pm
Learn how to make some simple treats for Christmas.

BEACH TRIP

Thursday 27 January
We will again hire a van and head down to Foxton Beach for some fun. We will be leaving S.F. at 9.30am, returning around 3pm. If you are interested in this trip let Susan know in January.

Art Lessons

Fridays from 10 am to 12 noon
Kieran will be taking his popular art classes.

Video Avo

Friday 10 & 17 from 1.30pm
Come and watch a movie at SF.

Indoor Soccer

Fridays from 10.30 am in December
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 cannot foresee.

DECEMBER 2010

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

SUNDAY	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BIPOLAR/DEPRESSION SUPPORT 1.30 PM	2 XMAS CRAFT 1.30 PM	3 ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM TREE DECORATING 1.30 PM	4
5	6 SCRAPBOOKING 10.00 AM STOMACH 1.30 PM	7 BOARD GAMES 2.00 PM	8 BIPOLAR/DEPRESSION SUPPORT 1.30 PM	9 DOG WALK 12.00 PM XMAS TREAT MAKING 1.30 PM	10 ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM VIDEO AVO 1.30 PM	11
12	13 SCRAPBOOKING 10.00 AM STOMACH 1.30 PM	14 WOODWORK 10.00 AM XMAS TREAT MAKING 1.30 PM	15 BIPOLAR/DEPRESSION SUPPORT 1.30 PM	16	17 ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM VIDEO AVO 1.30 PM	18
19	20 SCRAPBOOKING 10.00 AM STOMACH 1.30 PM	21 BOARD GAMES 2.00 PM	22 BIPOLAR/DEPRESSION SUPPORT 1.30 PM	23 DOG WALK 12.00 PM	24	25 CHRISTMAS DAY
26 BOXING DAY	27	28	29 LUCK VENUE OPEN	30 LUCK VENUE OPEN	31 LUCK VENUE OPEN	

CLOSED

SF CENTRE CLOSED

JANUARY 2011

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

SUNDAY	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
2	3	4	5	6	7	8
			WALK CLUB 1.00 PM	WALK CLUB 1.00 PM	INDOOR SOCCER 10.30 AM	
	CLOSED					
9	10	11	12	13	14	15
SCRAPBOOKING 10.00 AM STOMACH 1.30 PM	WALK CLUB 1.00 PM BOARD GAMES 2.00 PM	WALK CLUB 1.00 PM BIPOLAR/DEPRESSION SUPPORT 1.30 PM	WALK CLUB 1.00 PM BIPOLAR/DEPRESSION SUPPORT 1.30 PM	WALK CLUB 1.00 PM	INDOOR SOCCER 10.30 AM	
16	17	18	19	20	21	22
SCRAPBOOKING 10.00 AM STOMACH 1.30 PM	WALK CLUB 1.00 PM BOARD GAMES 2.00 PM	WALK CLUB 1.00 PM BIPOLAR/DEPRESSION SUPPORT 1.30 PM	WALK CLUB 1.00 PM BIPOLAR/DEPRESSION SUPPORT 1.30 PM	WALK CLUB 1.00 PM	ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM	
23	24	25	26	27	28	29
		WALK CLUB 1.00 PM BOARD GAMES 2.00 PM	WALK CLUB 1.00 PM BIPOLAR/DEPRESSION SUPPORT 1.30 PM	BEACH TRIP 9.00 AM	ART LESSONS 10.00 AM INDOOR SOCCER 10.30 AM	
	CLOSED					



SERVICES CONTACTS, OPENING TIMES AND COMMUNITY MEALS AVAILABLE OVER CHRISTMAS/NEW YEAR



FOOTSTEPS, LEVIN

Phone 06 3673393

Closed 23th December– 5th January.

KOPIA MONASTERY GUEST HOUSE, TAKAPAU

Phone 06 855 8249

www.kopuamonastery.org.nz

Bookings are essential. There is no charge for staying in the guest house but donations are appreciated. The Guest House will be closed 22–27 December.

LUCK VENUE P.N.

Phone 3576798

Closed public holidays 25, 26, 27 and 28 December and 1, 2, 3 and 4 January. Xmas Party Wednesday 15 December, please book by Monday 13 December. The Luck Venue will be open 29, 30 and 31 December.

LIKE MINDS P.N.

Phone 353 1996

Closed 22th December–5th January.

MANAWATU S.F.

Phone 355 8561

Closed 24th December–5th January
Normal opening hours from 5th January.

MANCHESTER HOUSE, FEILDING

Phone 3237191

Full range of social services.

Closed 23 December–5 January.

MENTAL HEALTH CRISIS TEAM

Phone 0800 653 357

COMMUNITY MENTAL HEALTH SERVICES

- Palmerston North 350 8184
- Levin 366 0047
- Feilding 323 3631

JOURNEYS TO WELLBEING P.N.

Phone 355 3387

Closed 22 December–5 January.

SALVATION ARMY, P.N.

Phone 358 7455

Lunch: 30 November, 12 noon, \$3

Tea: 2 December 5.30 pm \$3

These are the last community meals for the year, meals will recommence early February.

In regard to Christmas dinner, for more information please phone 3587455.

YOUTH ONE STOP SHOP, P.N.

Phone 3555906

Closed 24 December–5 January.

NEED TO TALK:

Depression Line 0800 111 757

Life Line 0800 543 354

Samaritans 0800 726 666

Phobic Trust/Anxiety 0800 142 694

Relationship Services 0800 RELATE

Problem Gambling 0800 664 262

Alcohol Drug Helpline 0800787797

Youthline 0800376633

The Low Down (youth) Free Text 5626

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 Trust, Rehabilitation Welfare 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?

.....

sender:

.....

MANAWATU SUPPORTING FAMILIES

PO BOX 5010

PALMERSTON NORTH

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