



# SUPPORTING FAMILIES in Mental Illness

## Manawatu

November  
2011

Ehara taku toa, he taki tahi, he toa taki tini

My success should not be bestowed onto me alone, as it was not individual success but success  
of a collective

## NOTICE

### Manawatu Supporting Families in Mental Illness

Invite You to the

**A.G.M.**

**WHEN: Tuesday 1 November 2011 7.00PM**

**WHERE: SF Manawatu BOARDROOM**

**The AGM will be preceded by a brief presentation by Christine Zander-Campbell (Manager).**

**Upon completion of the AGM, supper will be served.**

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

#### **PALMERSTON NORTH (MAIN OFFICE)**

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

Phone: 06 355 8561 or 06 355 8562

Family/Whanau Co-ordinators:

Christine Zander · christine@manawatusf.org.nz

Jo Schlup · jo@manawatusf.org.nz Ph: 063558562

Consumer Support:

Susan Forbes · consumer@manawatusf.org.nz

Administrator:

Paul Cooper · paul@manawatusf.org.nz

Office hours Mon–Fri 8.30 am–4.30 pm

#### ● **DANNEVIRKE OFFICE**

● The old Elders Building, 40 Denmark Street (ground floor)

● Phone: 06 374 8797

● Email: claudia@manawatusf.org.nz

● Family/Whanau Co-ordinator: Claudia Nicholson

● Office hours: Tuesday–Thursday 9.00 am–2.00 pm

#### ● **LEVIN OFFICE**

● 534 Queen Street, Levin

● Phone: 06 368 6116

● Email: lloma@manawatusf.org.nz

● Family/Whanau Co-ordinators:

● Lloma Harnett and Luciana Maru-Hill

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

## Hello from Levin



### Greetings from Levin

To all our friends in Horowhenua

Hi all

Nice weather is here along with all the grass growing and trees flowering. We really are fortunate to have such a lovely country.

We do have a Mental Health And Addiction District Group Forum here in Levin on the 9<sup>th</sup> November at the St John's Hall almost opposite us, 6pm – 8pm. This is run by Midcentral Health and they are looking for ways to improve their services. This is an opportunity to come along and have your say.

We will also hold a support Group on the 17<sup>th</sup> November – for more details please contact us.

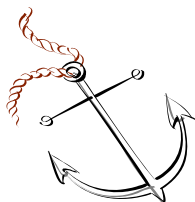
Keep smiling

Regards  
Lloma and Luciana

## Palmerston North & Feilding Being an anchor

Over the last month I have been fortunate to meet many families who are carefully navigating themselves through life whilst trying to understand how best to plan the future. This is no easy task as they try to maintain the normal routines of a daily life. It is at these times that taking time out for ourselves is important. Even the smallest amount of rest can help to sustain us.

Jo -Whanau/ Family Coordinator– Palmerston North and Feilding.  
Ph: 06 355 8562  
Email: jo@manawatusf.org.nz



## Hello from Dannevirke

Tena Koutou katoa,

Ka kite ano.

October was a busy month, however I took time off over the school holidays to work with children.

This was a great way to remind myself of the Go Kidz program starting now in February. The program has been well supported by the Tararua Community Mental Health Team and I send my thanks to them all with a special mention to Vyra Harman. Our last Connection with Hope Group finished in October for this year. If you wish to start in a program in 2012 please contact me.

I also went to Levin in October and presented the LEAP program to a small but vocal group. I will be presenting again in Palmerston North on the 27<sup>th</sup> October 2011. Currently I am planning a LEAP presentation in Dannevirke for November. I will keep people informed. LEAP is a new approach designed for families and people who live and work with people with a mental illness. professional and people working with people in the community. It is a busy but interesting presentation. If you would like to know more please contact me.

Well I think that is a lot for now.

Ka kite ano.



I know many of you took on our challenge last month to:

‘set aside time to specifically do something that makes you happy’

While this was our challenge for Mental Health week specifically, we think that everyone should aim to do this every week for the rest of their lives in good and bad times.

Our nomination was accepted for the Emerging Health Service of the Year Award in the MidCentral Health Awards. Our staff enjoyed the Awards evening.



# DATES FOR FAMILIES



## PALMERSTON NORTH/FEILDING

**After hours Palmerston North Family Support Group:** 3 November—7pm at our office: Level 3 Westside Chambers, 151 The Square, Palmerston North.

**Jo our Family/ Whanau support worker is in attendance at Ward 21 every Friday from 2-3 pm** if you need to talk or have support whilst visiting a family member.

**Palmerston North: Coffee & chat:** Friday 25th November 1pm at Sosky's Café 116 Napier Road, Palmerston North

**Feilding Family/ whanau support group:** Thursday 10 November at The Drover's 6:30pm.

---

## LEVIN

**Family/ Whanau support group – 17th November**—For more information please contact us.

---

## Dannevirke

### Scrapbooking Group – Christmas Card making

Monday 14th November 12.30-2.30pm. Susan from our Palmerston North office will be joining us. Please contact Claudia for details.

**LEAP Programme:** Tuesday 29th November 9.30am at The REAP Office.



### Needed:

A Pedestal fan for our centre to assist us to keep up our very important work.



### Raffle

\$2.00 per ticket  
Tickets available at SF Centre  
To be drawn at the Xmas Party.

Sculpture by Darren

---

## Donations

One in five New Zealander's lives are affected by a mental illness: either directly or indirectly. Finding a way to manage the effects of a mental illness takes time, practice, and support. 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.

There are a number of ways that you can assist us to provide our service. There has never been a better time to set up a regular direct donation or to donate using the new payroll giving scheme. 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.

The direct donor programme enables you to set an amount you can happily afford and direct credit takes care of the rest.

Please call Paul Cooper Ph: 3558561 for details or Email: paul@manawatusf.org.nz.

We happily accept cheques or cash donations.

# From The San Francisco Leadership Conference:

## Understanding Self Harm

### How can friends and family help?

If someone you love and care about is self-harming, it can be very difficult to cope with your own feelings of shock, anger, guilt, grief and helplessness. You may be very afraid of what might happen. Try to enlist the help of family, friends and professionals to support you.

Although you may feel helpless, what you do or don't do can make a lot of difference. If you pay due attention to their injuries, you affirm that they and their body are worth caring about. But don't just focus on the injuries. It's important that you appreciate how difficult your friend or relative is finding life. Showing them you want to understand will matter a great deal.

You can begin by gently encouraging them to examine their feelings and to talk to someone about why they self-harm. You may find what they have to say difficult to hear. If it feels too much for you, help them to find someone else to talk to. It's possible to be honest with them about your own feelings and not to panic, blame them, treat them as if they are mad, or make them feel guilty. Being uncritical will help them feel accepted and cared for, instead of even more self-hating. Keep emphasising all the non-harming aspects of the person's life to help develop and support their sense of self-worth.

Don't expect change to happen quickly; and don't hold on to any expectation that your friend or relative can stop self-harming just because you want them to. People who self-harm are trying to resist feeling the full weight of their emotions. This defence mechanism can't be dismantled easily. It takes time for people to learn that their feelings won't destroy them. It's important you resist the temptation to step in, constantly, to try to solve the problem. In the end, each individual has to draw on their own strengths and find their own healing inner resources.



Derived from: [http://www.mind.org.uk/help/diagnoses\\_and\\_conditions/self-harm#friends](http://www.mind.org.uk/help/diagnoses_and_conditions/self-harm#friends)

### Volunteer Resource Centre Manawatu & Districts

The Volunteer Resource Centre Manawatu & Districts can help you match your individual skills and interests with a large number of groups who need volunteers. If you are interested in becoming a volunteer, simply contact us:

Call us on 0800 865 2687 Website:  
[www.vrcmanawatu.org.nz](http://www.vrcmanawatu.org.nz)

Or visit us: Community Centre  
Ground floor, King Street,  
Palmerston North.



**Just Zilch:** 14 Fitzherbert Ave (Gull Station) Monday-Friday 4:30-6pm.  
Just Zilch is Palmerston North's free store. Their purpose is to provide surplus food to those who are in need. Every week more people hear about us and it is great knowing we can care for families who need a helping hand. Their shop is stocked with donated goods. This includes food items, like fresh fruit and veggies, frozen goods and household products.  
**ALL DONATIONS COUNT!** Donations can be dropped off to our shop from 2pm onwards or contact us to pick up goods. Alternatively you can drop goods at The Discount Tyre Shop or the Cutting Bar(35 Fitzherbert Ave). If you would like to know more contact them on  
Ph: 022 597 2569 email: [justzilch.pn@gmail.com](mailto:justzilch.pn@gmail.com).

# From The San Francisco Leadership Conference

## Common Myths and facts about suicide and self harm

### **Myth:**

People who talk about suicide never attempt or complete suicide.

### **Fact:**

Talking about suicide can be a plea for help and a late sign that the person is moving towards an attempt. Those most at risk will often show other signs apart from talking about suicide. If you have concerns about a person who talks about suicide:

- Encourage the person to talk further and help them find support
- Ask if they are thinking about making a suicide attempt.
- Ask them if they have a plan
- Think about the completeness of the plan and how dangerous it is
- Do not trivialise plans that seem less complete or less dangerous—all suicidal intentions are serious and must be acknowledged as such
- Encourage the person to develop a personal safety plan—this can include time spent with others, check in points with significant others and plans for the future

### **Myth:**

A promise to keep a letter unopened and unread should always be kept.

### **Fact:**

Where there is potential for harm, or actual harm, do not keep secrets. A sealed note with the request for it not to be opened is a very strong indicator that something is seriously wrong. Do not make such a promise

### **Myth:**

If a person attempts suicide and survives they will never make further attempt.

### **Fact:**

One suicide attempt is regarded as an indicator of further attempts. Be aware that the level of risk may increase with each further attempt.

### **Myth:**

Once a person is thinking about suicide, there is no way of stopping them

### **Fact:**

Suicides can be prevented. People can be helped. Suicidal crises can be relatively short-term. Suicide is a permanent solution to what is usually a temporary problem. Immediate practical help, such as staying with the person and encouraging them to talk, can avert the intention to attempt suicide. Such immediate help is important at the time of crisis, and further counselling will then be required.

### **Myth:**

People who threaten suicide are just seeking attention.

### **Fact:**

All suicide attempts must be treated as though the person has the intent to die. Do not dismiss a suicide threat or attempt as simply being attention seeking. It is likely that the person has tried to seek attention and, therefore, this attention is needed and may well save their lives.

### **Myth:**

Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts.

### **Fact:**

Talking about suicide provides the opportunity for communication. Fears that are shared are more likely to diminish. The first step in encouraging a suicidal person to live comes from talking about their feelings and reducing their isolation. That first step can be a simple inquiry about whether or not the person is intending to end their life. However, talking about suicide should be carefully managed.

### **Myth:**

People who self-harm are intending to kill themselves.

### **Fact:**

Self harm is about trying to stay alive despite the pain people are in. Self-harm can be a mechanism to allow a physical pain to heal, representing the emotional pain they are dealing with. Although there is a relationship between self harm and suicide, many more people self harm than kill themselves, and most people don't hurt themselves so badly as to risk their lives. Of those who do, suicide may not have been their intention; it's the feelings they want to change and/ or 'wipe out'. Self harm can lead to unintentional suicide.

# Consumer Activity Programme

## TENA KOUTOU KATOA

Welcome to our November Newsletter



### Board Games

Tuesdays from 2.00–3.00 pm.  
Bring your own game or join us with ours.

### Bipolar/Depression Group

Every Wednesday 1.30–3.30pm  
Popular support group at the Centre.

### Scrapbooking/ Xmas Card Making

*PLEASE NOTE THE CHANGE*

Every Thursday 10 am–12 noon with Susan  
Work on a scrapbook or make a greetings card.

**Knitting Corner:** Friday @ 1pm. Bring your own knitting project or knit Peggy squares using wool and needles that we have here. Enjoy a good laugh and good company.

### Ezi Cooking

Tuesday 22th November 10.30-12.30

### Wood working with Brendan

Tuesday 10.00-12.00pm.

### Art Lessons

Fridays from 10 am  
Friendly group of artists with a great tutor.

### Xmas Card making in Dannevirke

Claudia has invited me to share my scrapbooking hobby with you. I will bring what we need to get started. If you have your own projects already started then bring them with you. Don't be shy its fun. I am looking forward to meeting you. Monday 14th November 12.30-2.30pm. Please contact Claudia for details.

**Garden Nursery:** Monday @ 11 and Friday @ 2pm. Bring a packet of vegetable seeds and we will swap and grow them so that we all get a variety of different plants.



## Woodworking

With  
Brendon



Come and join us

Tuesday 10.00-12.00pm @ Manawatu supporting families—Westside chambers



**Please don't forget to check the whiteboard for any changes to the programme – sometimes things happen that we cannot foresee.**



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.

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

.....  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

*Would you like to make a donation?*

.....  
**sender:**  
.....  
MANAWATU SUPPORTING FAMILIES  
PO BOX 5010  
PALMERSTON NORTH  
.....