

Supporting Families in Mental Illness

Kia ora. It is hard to believe that this is the last newsletter for 2018. It has been a busy and challenging year. A big thank you to all SF staff for their hard work and energy. From the feedback I get from families and people that access the service it is very much appreciated. The art group this year is producing another calendar which will be available just before Christmas. The cost will be \$10.

The SF Centre end of the year lunch will be held on Wednesday 12 December starting at 11.30 all are welcome please let us know if you are coming. I am looking forward to the Mental Health Inquiry report that is due out very soon and what action the Government take. I hope to have more information about the report early in the new year.

It was sad about the passing of Michael Newman, he has been coming to SF for well over twenty years I will miss his conversations poems and smile. Rest in peace Mike you will be missed. Christmas is often a very stressful time of the year. Please remember to look after yourself and find time to enjoy the people that are important to you. Sometimes the most things that are remembered are not the presents that we get but the time we spend with the people that mean the most to us. Take care and enjoy the holiday season.
Christine



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CONTACT US

www.manawatusf.org.nz

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PALMERSTON NORTH (MAIN OFFICE)

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PO Box 5010, Phone: (06) 355 8561 or (06) 355 8562

Manager Family/Whānau:

Christine Zander—Campbell

Email: christine@manawatusf.org.nz

Family/Whānau Coordinator: **Kim Mckelvey**

Email: kim@manawatusf.org.nz

Consumer Support: **Susan Forbes**

Email: consumer@manawatusf.org.nz

Administrator: **Sharon Gutry**

Email: admin@manawatusf.org.nz

Office hours: Monday to Friday 8.30am – 4.30pm

Peer Support Hours: Monday to Friday 9am – 4pm

DANNEVIRKE OFFICE

40 Denmark Street (ground floor)
Phone: (06) 374 8797

Family/Whānau Coordinator: **Carole Thomasen**

Email: carole@manawatusf.org.nz

Office hours: Tuesday to Friday 9am – 3pm

LEVIN OFFICE

58 Bath Street, Levin (1st floor)
Phone: (06) 368 6116

Family/Whānau Coordinator: **Luciana Maru-Hill**

Email: luciana@manawatusf.org.nz

Office hours: Tuesday to Friday 9am – 3pm



PALMERSTON NORTH OFFICE

Whānau Coordinator: **Kim Mckelvey**

Email: kim@manawatusf.org.nz



Kia ora Palmerston North & Feilding

The build up to Christmas is very busy this year in comparison to previous years for family work at SF. Families situations are often quite complex when it comes to supporting a family member with a mental illness and addiction. There are usually other dilemmas at work with other family member's needs, changes perhaps in finances, ability to work and to attend appointments and many other considerations with gaining supports from government agencies which can be stressful due to paperwork, criteria for service & thresholds, meetings, unnecessary or long processes which all mount up for families and unwell people. All of this can weigh a heavy toll on families and there may be other family members who also require day to day care. I am therefore thankful for any support I can provide to families which reduces their stress and strain and increases their ability to cope.

In the month leading up to xmas please take special care of yourselves and your loved ones. Find some time to just be and try not to get caught up in the pressure and commercialisation of Christmas which is everywhere. I wish you a very Merry Christmas and a Happy & Safe New Year.

I am available to support families up to the 21st December and I will return in the New Year of 2019.

Nga mihi, Kim

“Self-care means giving yourself permission to pause.”

— Cecilia Tran

GIRLS' NIGHT IN



LEVIN OFFICE

Whānau Coordinator: **Luciana Maru-Hill**

Email: luciana@manawatusf.org.nz



Tēnā tātou e te whānau o Horowhenua

Kia ora. Christmas is here and its busy, there's lots going on and it can be a bit hectic, especially if you have teenagers who have other ideas different from your own. Look after your self during the holidays, make some time for you, doing or being with people who make you feel good.

During the holidays I'm going to Te Kaukau-a-Tara (The bathing place of Tara) in Tiraumea, an Organic farm. I'm so looking forward to the peace and quiet. I'm also going to be at Kimberly Reserve so if you're in the area come and say hello.

I've booked a lunch at Cobb & Co 12pm Thursday December 20th. If you are thinking of coming please let me know phone 06 368 6116 and bring a \$5.00 gift for secret Santa.

There's a Free Christmas Lunch, 12pm December 25 at Life Changers Church 87 Cambridge St Levin. Ring the church on 06 367 2489 and leave a message, there's also transport if needed.

My last day of work is Friday 21 December and I return Tuesday 8th January 2019.

Don't forget Five Ways To Wellbeing, Connect, Give, Take Notice, Keep Learning, and Be Active, from the Mental Health Foundation.

Many blessings to you all, take care & be safe on the road. Mere Kirihimete

Luciana aka Lulu
58 Bath Street,
Levin (1st floor)

Phone: (06) 368 6116





DANNEVIRKE OFFICE

Whānau Coordinator: **Carole Thomasen**
Email: carole@manawatusf.org.nz

Kia ora, well the weeks are now flying by un... Christmas time when most agencies close for a well earned rest. Please try to look after yourselves over this busy time and remember to use strategies like Mindfulness- **Breathe & Stop-Think- Assess-React (STAR)** to help those anxious and stressful feelings you may have. The Tararua SF office will be closed from Sat 22nd December til the 7th January. **I will be back to work on 3rd January , but based over in the Palmerston North SF centre. You are welcome to contact me there** on 06 3558561 or my Work mobile 027 355 8563. You're always welcome to drop in over there too as members of Manawatu Supporting Families in mental illness. The Tararua health shuttles are able to drop you off at the SF centre for Art or craft afternoons or the Anxiety/ Depression Support group, as it is a health service which we provide.

The current Anxiety course ends next week and people have found it very helpful. The next **FREE** Depression course will start in February 2019. Referrals and enquiries are welcome now. Transport will be available if needed.

The December pre-Christmas Support group meeting will be LUNCH ON TUESDAY 18TH DECEMBER AT 12PM, AT THE LONG BLACK CAFÉ, MAIN STREET, WOODVILLE. THERE IS CABINET AND MENU FOOD AVAILABLE FOR YOU TO BUY AND WE CAN SIT IN OR OUTSIDE. I'M ABLE TO TRANSPORT 3 PEOPLE.

Meanwhile, feel free to contact me for support and a listening ear on 06 3748797/027 355 8563
Regards,

Carole



The views offered in this newsletter are not necessarily the views of Supporting Families in Mental Illness Manawatu.

Support Groups

These groups are open to anyone who is caring for someone with mental health issues and addiction.

PALMERSTON NORTH

Friday December 7th 1pm

Manawatu Golf Club
Centennial Drive



LEVIN with Luciana

Friday December 20th 12pm

Cobb n Co, Levin **RSVP please**



DANNEVIRKE with Carole

Tuesday 18th December 12pm

Long Black Café, Woodville



Michael Roy Newman

25th August 1950 - 5th November 2018



The Awakening

Doubt had vexed my heart
Even your beauty was loss
And I could not sense the earth
Rounded in the days of plenty
And then the wind did change
And the sun rose to the zenith
Evening began a new son
I arose to dance and laugh
In the company of light
To wear a coat broadly weaved
In threads of vital colour



Free or Cheap Things to do this Season in Palmy! 2018-2019

Community Celebrations

CHRISTMAS IN FARNHAM PARK

Saturday 8th December 2018, 5:00pm-8:00pm at Farnham Park, Brentwood Ave, Palmerston North
Come and join us for a fun whānau friendly event to celebrate Christmas! There will be bouncy castles, sausage sizzle, a whole heap of our local talented Highbury performers to entertain us throughout the evening andSanta is coming too! We're really excited to kick the Christmas Season off with a big bang, so come on down and join in the fun. Need more information? Contact Marion at Te Aroha Noa - 3582255

CHRISTMAS IN THE CITY

Friday 14 December 2018, 4pm-9pm at All Saints' Palmerston North, 338 Church Street, Palmerston North
All Saints Church and Square Edge presents Christmas in the City. Come along and celebrate the Christmas spirit and the beginning of the school holidays with the Square Edge Makers Market, Food Trucks, Live Entertainment, Games, and other activities. Free entry, everyone welcome!

FREE COMMUNITY CHRISTMAS PARTY

Sunday 16 Dec 2018, 10:00am-1:00pm at Christian Community Church, 54 Pascal St, Palmerston North
There will be face painting, games, bouncy castles, zorb balls, sausage sizzles, popcorn, live entertainment and so much fun to be had. Everything is free so bring the kids and let them have as much fun as they like.

Food

METHODIST SOCIAL SERVICES

- Christmas food parcels. Methodist Social Service referrals by agency are needed by 7th December and parcels to be picked up on 19th December. Referral should include name and gender of children for Christmas gifts.
- Regular foodbank services open as normal up to 21st December then closed for 2 weeks over Christmas & New Year.

SALVATION ARMY

- Christmas food parcels. Must be referred by agency by around end of November. Referral should include name and gender of children for Christmas gifts. Cannot duplicate with any referral made to MSS or vice versa.
- Christmas Day lunch tickets on sale from 3rd Dec. \$5 per person. Tickets sell fast.

JUST ZILCH

- Palmerston North's Free store at 248 Featherston St. Shop hours are Mon-Fri from 1.30-2.30pm and 4.30-6pm
- Anyone can use their services if they are in need
- Last open day of the year will be 24 December and will re-open on 7 January

Last Updated: 13 November 2018



In The Square

CHRISTMAS PARADE

Sunday 2 December 2018 12:00pm – 4:00pm, The Square

Come to The Square for activities at 12pm, then check out the Christmas Parade at 2pm. With around 60 floats and lots of lollies, there is something for everyone. The route begins at the Railway Land, up Church Street, around The Square before going down Main Street South back to the Railway Land.

CHRISTMAS IN THE SQUARE 2018 - THE STORY OF CHRISTMAS

Saturday 15 December 2018, 4:30pm -9:15pm, The Square

Christmas in the Square is a free event for the community to celebrate Christmas as one, promote sharing and giving, peace and joy, and uniting people with a festive community spirit. There'll be loads for children to do with free activities, prizes & giveaways, a massively cool Christmas Night Market and Food-Truck Fiesta.

CHRISTMAS DAY LUNCH IN THE SQUARE

25 December 2018, 12 noon – Near the big Christmas Tree by the info centre in The Square

Bring something to share if you can, don't worry if you can't, there's always plenty! Enjoy good conversation or play some cricket. Relax under a pōhutukawa, share in a Christmas Feast. Contact Darren or Cheri for more info: 353 8935, 022 024374

Santa's Workshop

MAKE YOUR OWN GIFTS THIS YEAR AT THE CENTRAL LIBRARY

All materials provided, all workshops free. Suitable for all ages. Ground floor at 4 The Square, Central Library

Monday 17 December – Make your own Christmas Crackers – complete with snaps, jokes and favours (11am-3pm)

Tuesday 18 December – Make one-of-a-kind Christmas decorations (11am-3pm)

Wednesday 19 December – Learn the art of jewellery making and make beautiful gifts (11am-3pm)

Thursday 20 December – Decorate a special Christmas cupcake (11am-3pm)

Friday 21 December – Make cards and Christmas gift tags (9.30am-12noon)

Free Children's Entertainment

LITTLE DOG BARKING PRESENTS - TWINKLE

A new original puppet play from the international award winning theatre company Little Dog Barking. A simple and beautiful story about Twinkle, a small girl who wants to fly, to fly to the moon, to fly to other worlds. Written by Peter Wilson and performed by Kenny King and Amy Atkins. Most suitable for children aged 2-8 years

PERFORMANCE TIMES

Awapuni Community Library

Little Dog Barking - Tuesday 15 January, 3pm

Zappo – Thursday 10 January, 1pm

Palmerston North Central Library

Little Dog Barking – Tuesday 8 January, 10.30am

Zappo – Monday 14 January, 1pm

Ashhurst Community Library

Little Dog Barking – Tuesday 8 January, 3.15pm

Zappo – Tuesday 15 January, 10am (Ashhurst Village Valley Centre)

ZAPPO

Zappo the Magician has enjoyed performing as a fulltime children's entertainer for the last 19 years. In October 2015, he won New Zealand's Top Children's Entertainer Award. At the 2010 New Zealand International Magicians Convention he was awarded "Best Children's Entertainer." In 2012 he won Best Stage act at the 31st International Magicians Convention.

Roslyn Community Library

Little Dog Barking – Tuesday 8 January, 1pm

Zappo – Monday 14 January, 3pm

Te Pātikitiki Community Library

Little Dog Barking – Wednesday 16 January, 10:30am

Zappo – Thursday 10 January, 10:30am

Other Activities

YOUTH SPACE Corner Of Coleman Mall And George Street

As of 17 December open 10am-6pm during the week and 10am-4pm on Saturdays. Closed Sundays & Holidays.





Handover of Inquiry Report into Mental Health and Addiction

Tēnā koutou katoa, Talofa lava and warm Pacific greetings

The Inquiry panel today formally handed over to the Minister of Health the Honourable Dr David Clark, *He Ara Oranga: Report of the Government Mental Health and Addiction Inquiry*.

Today's handover marks 10 months since establishment of the Inquiry and appointment of panel members. Each phase of the Inquiry – planning, consultation, deliberations and report writing – has been intense and challenging.

Our consultation was launched in April in Palmerston North and led to over 5,200 submissions. For several months, the panel travelled around New Zealand meeting with and listening to people at 26 public forums and at hundreds of meetings with people with lived experience, whānau, service providers and community groups. We heard from all the population groups identified in our terms of reference, tangata whenua and Pacific peoples.

People took the time to phone, write, email, complete online submissions, send videos and post on Facebook. Several thousand people turned up at our meetings from Kaitaia to Invercargill. The voices of the people gave us a clear sense of what's working and what's not working in mental health and addiction in Aotearoa, and how to improve wellbeing in our communities.

We are grateful to all the people and organisations who shared stories, ideas and insights with us during the Inquiry. We have been inspired, encouraged and uplifted by your thoughts, prayers and messages.

It has been a privilege to lead this Inquiry. I thank my fellow panel members – Sir Mason Durie, Dr Barbara Disley, Dean Rangihuna, Dr Jemaima Tiatia-Seath and Josiah Tualamali'i – for their dedication and aroha. We brought different backgrounds and perspectives to the Inquiry, but have been united by a sense of responsibility, commitment and hope. We have been supported by an able Secretariat. All of us have worked together closely and shared a determination to fulfil the expectations of so many people – to realise this 'once in a generation' opportunity.



We are confident our report reflects the voices we've heard and sets a clear direction for the future – pathways to wellness – that government, the sector and communities can pick up and implement.

He Ara Oranga is now in the hands of the Government, which will release it publicly after a period of deliberation. We look forward to the report being made available on our website

<https://www.mentalhealth.inquiry.govt.nz/> and to the Government's response to our recommendations.





Services contacts, community meals, accommodation and activities



24 Hour Help

Healthline

Phone 0800 611 116

Mental Health Emergency Team

Phone 0800 653 357

Palmerston North Women's Refuge

10 Linton St, PN or 58 Bath St Levin Phone 06 356 5585

Samaritans Manawatu

Phone 0800 72 66 66 or 06 358 2442

Te Roopu Whakaruruhau - Māori Women's Refuge

Phone 06 356 7985 or 06 355 0626 (Crisis Line)

The Lowdown—24/7 Youth Support

www.lowdown.co.nz or free txt 5626

Meals & Food

Ezee Meals

109 College St, PN Ph 06 355 2254

Levin Uniting Parish Community meal every Sunday

6pm—Gold coin donation

87 Oxford St, Levin Ph 06 368 9392

Levin Salvation Army

Ph 06 368 8177

LUCK Venue Inc

Closed Public Holidays

Berryman Lane PN Phone 06 357 6798

Manchester House Social Service

68 Aorangi St, Feilding Ph 06 323 7191

Methodist Social Services

663 Main St, PN Ph 06 350 0307

Otaki Food Bank

Phone 06 364 0051

Palmerston North Street Van (Weekends Only)

82 King St, PN Ph 06 356 3337 or 021 615 245 cell phone open

Salvation Army

431 Church St, PN Phone 06 358 7455

Just Zilch

248 Featherston St, PN Ph 022 597 2569

Accommodation / Housing

Housing Advice Centre

Phone 06 358 4875

Camellia House (for women only)

Phone 06 357 7056

Housing New Zealand

Closed Public Holidays

Phone 0800 801 601

Manawatu Community Housing Trust

Closed Public Holidays

Phone 355 4346

North (Cedar) Lodge

115 North St, PN Phone 06 358 3080

Palmerston North Women's Refuge

Closed Public Holidays

10 Linton St, PN or 58 Bath St Levin Ph 06 356 5585

Shepherds Rest Trust

29 King St, PN Phone 06 356 3337 or

021 615 245 cell phone open

Day Activities / Drop In Centre's

AGAPE

264 Broadway, PH Phone 06 359 0729

Highbury Whānau Resource Centre

Monrad Park, Highbury Ave, PN, Phone 06 358 0504

Mana o te Tangata

Closed 24th Dec—Jan 3rd

601 Featherston St, PN Ph 06 358 5444

Manawatu Multicultural Centre

77-85 King St PN Ph 06 358 1572

Manawatu Supporting Families in Mental Illness

Closed Dec 21st—Jan 3rd

160 Cuba St PN Ph 06 355 8561

Rangitane O Tamaki Nui a Rua—Dannevirke

10 Gordon St, Dannevirke Ph 06 374 6860

Te Rununga of Raukawa Inc

139 South St, Feilding 3 Keepa St, Levin

51 Main St, Otaki Ph 0800 742 666

YOSS Closed on Public Holidays

Ph 06 355 5906





Health and Crisis Phone Numbers



Alcohol Drug Helpline 0800 787 797

Citizen Advice Bureau: 0800 367 222

Palmerston North: 06 357 0647

Levin: 06 368 9521

Community Mental Health Services

- Palmerston North 06 350 8184
- Levin 06 366 0047
- Feilding 06 323 3631
- Dannevirke 06 374 7734

Depression Line 0800 111 757

Life Line 0800 543 354

Mental Health Crisis Team 0800 653 357

Phobic Trust/Anxiety 0800 142 694

Problem Gambling 0800 664 262

Quit Line Smoking 0800 778 778

Salvation Army Palmerston North

Phone 06 358 7455

Samaritans 0800 726 666

The Low Down (Youth) Free Text 5626

Youth Line 0800 376 633

Youth One Stop Shop Phone 06 355 5906



Non-Government Organisation Holiday Hours



Raukawa Whanau Ora:

Closed from 21 December. Reopen 11 January

Best Care Whakapai:

Closed from 24 December. Reopen 3 January

Central PHO:

Closed from 21 December. Reopen 3 January

MASH Trust AOD:

Open as per normal hours

MASH Trust MH:

Open as per normal

Mana o te Tangata:

Closed from 24 December. Reopen 3 January

Whaioro Trust:

Closed from 21 December. Reopen 7 January

Highbury Whanau Centre:

Closed from 21 December. Reopen 14 January

Manawatū SF:

Closed from 21 December. Reopen 3 January

ACROSS:

Closed on Public Holidays

Big Brothers Big Sisters:

Closed from 21 December. Reopen 7 January

Youth One Stop Shop :

Open Monday 24 December – 9am- 3pm

Tuesday 25 December – Closed public holiday

Wed 26 December – Closed public holiday

Open Thursday 27 December - 10am-3pm

Open Friday 28 December - 10am-3pm

Open Monday 31 December - 10am-3pm

Tuesday 1 January 2019 – Closed public holiday

Wed 2 January 2019 – Closed public holiday

Thursday 3 January – Normal hours 10am-6pm

understanding more
about depression will
help you find a way through...

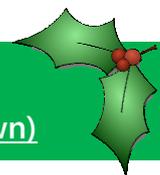


+ finding the way through



Consumer Activity Programme

160 Cuba Street - Entrance on Pitt Street (Beside Chinatown)



Our centre & planned group activities are structured around the value of supporting each other.

For one on one support, please phone Susan on 06 355 8561 to make an appointment, as this will ensure that you get the time and privacy that you need.



Art Lessons

Tuesdays 12 noon -2:00pm

Come and enjoy having a tutor to support your creativity.



Crafts

Thursdays 1:30-3pm



Anxiety/Depression Support Group

Wednesdays 1:00-2:30pm



SF end of year lunch Wednesday 12th December from 11am.

You are all invited and you are welcome to bring a plate (with food) if you would like.



Centre is closed on:

Friday 14th December from 11am to 4pm

Friday 21st December and reopens Thursday 3rd January

Monday 21st January Wellington Anniversary Day



Beach Trip

Wednesday 30th January. Please contact Susan in the new year

To all a Merry Christmas and Happy New Year

Susan



Acknowledgments



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, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Mainland Foundation and donations from the general public and of course our members.



Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

DECEMBER 2018



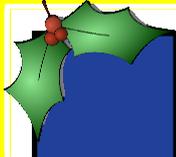
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Christmas Tree Up	4 Art 12 to 2pm	5 Support Group 1 to 2:30pm	6 Christmas Paper Craft 1pm to 3pm	7 Peer Support
10 Peer Support	11 Art 12 to 2pm	12 SF End of Year Lunch 11am to 2pm	13 Christmas Paper Craft 1pm to 3pm	14 11:30am Centre Closed
17 Peer Support	18 Art 12 to 2pm	19 Group 1 to 2:30pm	20 Christmas Paper Craft 1pm to 3pm	21 CENTRE CLOSED
24 CENTRE CLOSED	25 CHRISTMAS DAY CENTRE CLOSED	26 BOXING DAY CENTRE CLOSED	27 CENTRE CLOSED	28 CENTRE CLOSED
31 CENTRE CLOSED				



Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NEW YEARS DAY CENTRE CLOSED	2 DAY AFTER NEW YEARS CENTRE CLOSED	3 Peer Support	4 Peer Support
7 Peer Support	8 Art Lessons 12:00-2:00pm	9 Peer Support	10 Crafts 1:30 – 3pm	11 Peer Support
14 Peer Support	15 Art Lessons 12:00-2:00pm	16 Peer Support	17 Crafts 1:30 – 3pm	18 Peer Support
21 WELLINGTON ANNIVERSARY DAY CENTRE CLOSED	22 Art Lessons 12:00-2:00pm	23 Peer Support	24 Crafts 1:30 – 3pm	25 Peer Support
28 Peer Support	29 Art Lessons 12:00-2:00pm	30 Van Trip to Beach Contact Susan	31 Crafts 1:30 – 3pm	



Sender:



**PO Box 5010
Palmerston North 4441**