



SUPPORTING FAMILIES in Mental Illness

Manawatu

February
2015

Welcome

I hope you all had time to put your feet up and enjoy the beautiful weather we have been having.

The start of a new year is always a time for planning and looking at how Manawatu SF can meet the needs of the people that access our services. So all the staff are planning new activities and education sessions for the year. If there is anything you would like SF to provide, such as speakers or education sessions, please give me a ring.

A reminder to family members that there are some places left on the Carers Retreat. If you are interested, please ring me. This is a very relaxing weekend.

Support groups are up and running for the year.. Please look on page 3 for one close to you.

Please take care of yourselves, and I am only a phone call away if you would like to have a chat, or need support with anything.

Cheers

Christine

Consumers - look what's new, two new groups starting in February,

- Wellbeing Support Group
- Sewing with Gwen See page 6 for more information

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WWW.MANAWATUSF.ORG.NZ

DANNEVIRKE OFFICE

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- Phone: 06 374 8797
- Email: cherie@manawatusf.org.nz

- Family/Whanau Coordinator: **Cherie Rissetto**
- Office hours: Tuesday– Friday 9.00 am–3.30 pm

LEVIN OFFICE

- 534 Queen Street, Levin
- Phone: 06 368 6116
- Email: luciana@manawatusf.org.nz
- Family/Whanau Coordinator: **Luciana Maru-Hill**
- Office Hours Tuesday— Friday 9-3pm

From our Family/Whanau Co-ordinators

Happy New Year from the Palmerston North and Feilding Co-ordinator

I hope your Xmas and New Year was relaxing and rejuvenating. This is a great time of year to reflect and plan for the year ahead. I am looking forward to providing ongoing support, advocacy and information to family/whanau. The year has started positively and lots of families are engaging with us particularly in the Feilding area, which has been, and continues to be, a highlight for me. I look forward to the team planning of our education sessions for the year, and I am but a phone call away if you have any ideas on relevant topics for this.

Family/whanau, please contact me if you need support; I am available to listen, provide information, and advocate for you with other agencies.

Take care

Kim McKelvey



Hi to all the Families in Levin. Happy New Year.

I hope you had an awesome Christmas.

This year we have the exciting opportunity to work in partnership with the Levin Early Years, to offer support for parents affected by depression and anxiety. We are going to run the Connections with Hope from the Early Years Hub. Initially, we will target mums, and we need a minimum of 6 people to start our programme. If you are interested, or know of anyone who would like to do our programme, contact me on my details below.

The coffee group meets once a fortnight at our Community Library. Our next meeting will be 10.30am Friday, 13 February.

Don't forget families, Horowhenua has some really lovely reserves and parks, so if you want to know where they are, the Horowhenua District Council has a free booklet containing information about the areas. It's really worth a read.

OK families, be well, and don't hesitate to ring me.

Luciana Maru-Hill



Kia ora from Dannevirke

Hope you have all enjoyed the holidays and been able to unwind with your tamariki, whanau and friends. The weather has been very hot over the holiday; I do hope you have been protecting yourselves with wearing hats and using sunblock. It's that time again for New Year's resolutions which are many—good health, happiness, losing weight, employment, giving up smoking, more time with the family, and the list goes on. It is always good to write your goals down in a journal, and go over your list from time to time. A goal is a future achievement with a timely deadline you can work towards. Choose your 3 highest goals and start bringing them into reality.

Whanau, it's back to reality and sometimes the holidays can be quite draining on our own health and wellbeing. Remember to reach out to someone to talk with if you are feeling overwhelmed by what's going on in your life. A friend or loved one's voice can make all the difference to getting through the day or weeks.

Connections with Hope (how to deal with depression). We hope to start the programme as soon as possible. A date and venue will be confirmed once we have the numbers. If interested, or you need further information, you can contact me on 06 374 8797, or email cherie@manawatusf.org.nz.

Support Group

Wooden Spoon Café, Pahiatua, Thursday, 26 Feb, 12.00pm.

Eketahuna Health Clinic

I will be at the clinic on Tues 10 Feb & 24 Feb, 9.30-12pm. Please make an appointment with the Eketahuna Health Centre or contact me on 06 374 8797.

Quote of the month by J B Priestly—

I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning.

Please feel free to contact me on 06 374 8797 for any assistance and support. Take care, keep safe—blessings to you all.

Nga mihi

Cherie Risetto

Family/Whanau Support Groups

Palmerston North Support Group

Friday 13 February, 1.00 pm for coffee & chat at Café Brie 218 Broadway Ave PN

Levin Support Group

Friday, 13 February, 10.30 am - noon at Te Takere Library/Community Centre.

Tararua Support Group

Thursday, 26 February, 12.00 pm
Wooden Spoon Café, Pahiatua -



Carers Retreat 20—22 February 2015 At El Rancho Waikanae

This is a weekend for Carers to have some time out. If you are interested, please contact Christine or your Whanau worker as there are some places left.



WELLNESS TO WORK GP NEWSLETTER

The following information is from the December 2014 Issue 3 from Work and Income.

WELFARE REFORM

Changes to the Welfare System were introduced July 2013. These changes were implemented to assist clients into work, in line with an investment approach and looked to incentive work. Since Welfare reforms were introduced the lifetime liability of current beneficiaries is estimated to have reduced by \$134 million.

There are currently 3 benefit types available to clients:

Job Seeker Support:

Clients in receipt of this benefit have either part or full time work obligations.

A medical certificate must be provided for an exemption from these work obligations. Clients with a medical exemption will be in receipt of Job Seeker (HCID). This replaces the Sickness Benefit. Review periods continue to be every 3 months.

NB: ticking the client has a work capacity between **15 & 30 hrs a week (Capacity to Work** section of medical certificate) = proactive engagement with a work focused Case Manager, to discuss training options, barriers to employment, and suitable vocations.

Clients with part-time work obligations may be called in weekly, fortnightly, or monthly, based on the level of support they require.

Sole Parent Support:

For clients with children < 14 years of age.

Clients with children under 5 years old will be expected to take steps to prepare for work ie. Upskilling through appropriate training

Clients with children aged between 5 & 13 years will have part-time work obligations to fulfil.

Supported Living payment:

Replaced Invalids Benefit

These clients will have no work obligations, however, clients who want to work, train, and prepare for a return to work can opt in to these activities.

More information on these benefit types can be found at www.workandincome.govt.nz

ONLINE SERVICES

Clients can now set up their own accounts online.

Clients need: access to a computer, a user name, their client number and a password to set up an account.

Through My account, clients can:

- ◆ Declare income
- ◆ Book and Change appointments
- ◆ Apply for financial assistance
- ◆ View debt and any repayments made to date
- ◆ Check what you might get using an eligibility calculator and more.....

For further info:

<http://www.workandincome.govt.nz/online-services/myaccount/index.html>.

FLEXIBLE CHILD CARE

This is a payment to clients in receipt of Job Seeker and Sole Parent Support for child care costs if their hours of work fall outside OSCAR (out of School Care and Recreation) and Early Child Care Education Programmes. This assistance can continue for up to 13 weeks post cancellation of benefit.

Amount payable is dependant on number of children 17 & under in care. Client is responsible for paying the person providing care.

The amount provided is a contribution towards care and is not intended to cover the full cost of care.

12 WAYS TO A CALM 2015 - by Dr Ruth Jillings, Psychologist

1 TAKE CARE OF YOURSELF “sleep, eat well, exercise. It sounds so obvious, but when everything’s going beautifully people can take care of themselves, yet when they’re stressed they’re sleeping poorly, not eating well, not exercising, and that’s when it starts compounding.” And the beauty of regular exercise is that it will help you sleep better, and give you clarity of mind.

2 FIND YOUR FUN Everyone enjoys different activities, but whether it’s knitting or sport, DIY or films, identify what activities help you to feel relaxed and happy.

3 SPEND TIME WITH FRIENDS When you’re feeling tired and stressed, the last thing you want to do is go out and see your friends, but that’s when you most need to make the effort, says Dr Jillings: “Book it in and make it happen.”

4 PLAN THINGS TO LOOK FORWARD TO Think ahead to weekends away with other families, a mid-winter Christmas party, concerts, festivals, get-togethers.

5 TAKE IT OUTSIDE According to the biophilia hypothesis, all of humankind feels an innate love for and bond with the natural world. Think about how revitalised you feel when you visit the beach or take a camping holiday.

6 LEARN TO SAY NO, AND MEAN NO The school can and will find another parent to organise this year’s Christmas Carols evening. Trust us.

7 BE ORGANISED Keep a family calendar in a common area in the house and keep it up-to-date. While you’re adding in all of those after-school activities take a step back and assess. Does each child really need to be doing three after-school activities this year?

8 DON’T INTERFERE Stay out of office politics. Leave your friends and family to sort out their own spats. Remember that the child who made your daughter cry today will probably be her best friend again tomorrow. All she probably needs is a shoulder to cry on.

9 WATCH YOUR CAFFEINE INTAKE That morning coffee is bliss, we know, but too many will only make you wired and wakeful at night.

10 HELP ANOTHER HUMAN BEING It might seem as though adding to your list of things to do would cause more stress, but volunteering and helping other people in difficult situations can put your problems into perspective, says Dr Jillings.

11 IDENTIFY WHAT YOU CAN CHANGE Like the serenity prayer, you need to be able to tell the difference between the things you can change, like your job, and the things you can’t, like a terminal illness. “Stress interferes with your cognition, and you don’t think as sharply as you usually do. It’s important to dial into the thought process of ‘What can’t I change? What can I change? What options do I have here?’ Talk to someone, particularly someone who doesn’t have an agenda of their own and really wants the best for you.” Dr Jillings says she sees some clients getting upset over and over again about unchangeable situations, and this keeps pulling them into a cycle of unhappiness that prevents them from seeing where positive changes can be made in other parts of their lives.

14 FINALLY, TAKE A DEEP BREATH “The stress response is a physical one. Breathing slowly is useful, and I do it in the car at the red lights,” Dr Jillings says. She also recommends the CALM podcasts and guided meditations from the University of Auckland (calm.auckland.ac.nz).

This article is reprinted from Livingwell Issue 01, Summer 2015.

Consumer Programme: TENA KOUTOU KATO A

Welcome to our February Newsletter

Puzzle Time Anytime

Break out the brain cells, come and join us with the jigsaw puzzle or magazine puzzles

Paper craft

Thursday 1.30-3pm, come and join us, we've made book marks, notebook covers, sweet boxes among other things.

Art Lessons Tuesday 12:30-2:30pm, come and enjoy the opportunity of having a tutor

Sausage Sizzle Tuesday 24 Feb @ 12:00

Sewing Friday 11am-12:30pm

Wellbeing Support Group Wednesday @ 1:30-3pm

CONSUMER MEETING Tuesday 17th Feb @ 2:30pm. Light afternoon tea provided

Peer Support our centre and our planned group activities are structured around the value of supporting each other. For one on one support, please phone Susan on 3558561 to make an appointment, as this will ensure that you get the time and privacy that you need.

NEW: Sewing BRING YOUR MENDING, HEMMING, etc. or start a project here. Gwen will support you with hand sewing: Starts Friday 20th February 11:00-12:30.

NEW: Wellbeing Support Group Come and share what works for your wellbeing and let's look into what else will contribute to us living well. Wednesday @ 1:30-3pm.

Art I know that there are many of you out there who enjoy art. If you do your own thing then come and show us what you do. If you are stuck for ideas join the group. If art is new to you or you just want to give it a go without the cost of setting yourself up, then come to the group and give it a go.

Helpful tutor and basic resources supplied.

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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 easily afford and direct credit takes care of the rest.

Please call Ruth 355 8562 for details, or email: admin@manawatusf.org.nz

We happily accept cheques or cash donations.

Phone: 06 3558562

Email: consumer@manawatu.sf.org.nz

FEBRUARY 2015

November
2012

Peer Support available every day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 <i>Peer Support</i>	3 <i>Art Lessons</i> 12:30-2:30	4 <i>Wellbeing Support</i> Group 1.30pm-3pm	5 <i>Paper Craft</i> 1.30pm-3pm	6 <u>CENTRE CLOSED</u> <u><i>Waitangi Day</i></u>	7	8
9 <i>Peer Support</i>	10 <i>Art Lessons</i> 12:30-2:30	11 <i>Beach Trip</i> 9:30-3pm	12 <i>Paper Craft</i> 1.30pm-3pm	13 <i>Peer Support</i>	14	15
16 <i>Peer Support</i>	17 <i>Art Lessons</i> 12:30-2:30pm <u>Consumer</u> <u>Meeting 2:30pm</u>	18 <i>Wellbeing Support</i> Group 1.30pm-3pm	19 <i>Paper Craft</i> 1.30pm-3pm	20 <i>Peer Support</i> Sewing 11-12:30	21	22
23 <i>Peer Support</i>	24 <u>Sausage Sizzle 12:00</u> <i>Art Lessons</i> 12:30-2:30pm	25 <i>Wellbeing Support</i> Group 1.30pm-3pm	26 <i>Paper Craft</i> 1.30pm-3pm	27 <i>Peer Support</i> Sewing 11-12:30	28	1 MARCH
2 March <i>Peer Support</i>	3 <i>Art Lessons</i> 12:30-2:30pm	4 <i>Wellbeing Support</i> Group 1.30pm-3pm	5 <i>Paper Craft</i> 1.30pm-3pm	6 <i>Peer Support</i> Sewing 11-12:30	7	8

The views expressed in this publication are not necessarily those of Manawatu SF.

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Name _____

Address _____

Phone _____ Email _____

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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