



# Supporting Families in Mental Illness

NEWSLETTER | FEBRUARY 2020

## Kia ora

Hope you all got a chance to have some time out over the last two months. It can be a challenging time for some.

Well Supporting Families is back and looking at how best we can support people this year. The staff and I have started some planning and will let you know soon what we have in mind.

What I can tell you is that SF will be starting new Connection's programme across the region for Depression. This is a two hour programme over 10 weeks, it is free to anyone interested please ring the office.

I have booked the Carers Retreat for the 3-5th April. This is for family/whānau a chance to have some time out and meet others living with the challenges of caring for a person with mental health and/or addiction issues.

Susan is planning a series of wellbeing sessions on Wednesday's more information is in this newsletter. This is a good opportunity to look at ways you can look after yourself with the challenges that you live with.



For people living in the Horowhenua region Luciana fell and broke her leg over the holidays and will be off work for most of February. If you ring the office it will be answered in Palmerston North, myself and Claudia will be looking after the families until Luciana get back to work.

**Take care, Christine**

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

**Manager:** Christine Zander-Campbell **P:** 06 355 8561 **E:** [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)

### Palmerston North (Main Office)

160 Cuba St (Entrance on Pitt St)  
PO Box 5010, Phone: (06) 355 8561 or (06) 355 8562

**Manager Family/Whānau:** Christine Zander-Campbell  
Email: [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)

**Family/Whānau Coordinator:** Kim Mckelvey  
Email: [kim@manawatusf.org.nz](mailto:kim@manawatusf.org.nz)

**Consumer Support:** Susan Forbes  
Email: [consumer@manawatusf.org.nz](mailto:consumer@manawatusf.org.nz)

**Administrator:** Sharon Gutry  
Email: [admin@manawatusf.org.nz](mailto: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:** Claudia Nicholson  
Email: [claudia@manawatusf.org.nz](mailto:claudia@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](mailto:luciana@manawatusf.org.nz)

Office hours: Tuesday to Friday 9am – 3pm

## Palmerston North Office

Whānau Coordinator: Kim Mckelvey  
Email: [kim@manawatusf.org.nz](mailto:kim@manawatusf.org.nz)



### Kia ora Palmerston North & Feilding

Happy New Year. It feels a bit funny saying Happy New Year as already we are in February! At the moment the caseload is just ticking along and we are looking at the organisations plans for the year.

The information I have is limited on what's happening in February. A couple of things I do know about are the UCOL Orientation Day happening on the 19th February which is a community connections event for students and the community. We will have a stall there, so please come along say Hi ,or check out our stall.

The carers retreat is planned for the 3rd to the 5th April- this is held near Waikanae and it is a good chance for families to have some respite and time out for themselves. If you wish to register please ring the office on 355 8561.

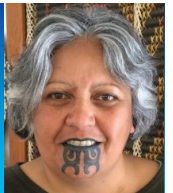
Also we are taking names for our connections for hope-depression programme, this is for people who have mild to moderate depression. If you want to register or find out more please phone the office.

Nga Mihi, Kim



## Levin Office

Whānau Coordinator: Luciana Manu-Hill  
Email: [luciana@manawatusf.org.nz](mailto:luciana@manawatusf.org.nz)



### Kia ora

Over the holidays I fell and broke my leg in two places so I will be off work for most of February.

If you need support please don't hesitate to call the office as the phones have been diverted to the Palmerston North office.

Christine and Claudia will be looking after the Horowhenua region for me until I get back to work.

Nga mihi  
Luciana

## Are you Depressed?

Depression is one of the most common mental health problems facing people today. It is okay to ask for help. Most people recover from Depression. The most important thing to do is get help and support. Connections with Hope is a free and confidential depression treatment group run by Manawatu Supporting Families comprising ten weekly two hour sessions. You do not have to cope with this problem alone. The starting date will be mid February 2020 in Palmerston North. Contact **Christine on 06 3558561** for more information and an assessment.



## St John Health Shuttle

### Feilding, Palmerston North and surrounds

Booking essential at least 24 hours prior to appointment

Office hours weekdays 8:30am - 3.00pm

**Phone 0800 323 565**

**In an emergency call 111**



**St John**  
Here for Life



## Dannevirke Office

Whānau Coordinator: Claudia Nicholson  
Email: [claudia@manawatusf.org.nz](mailto:claudia@manawatusf.org.nz)



### Kia ora koutou katoa,

Welcome back to a wonderful new year.

I started this year with a trip with my husband and mokopuna to Japan and Fiji. The trip was exciting being in a country that has a different language and culture from New Zealand.

It is a busy start this year with our beautiful Luciana off work and it may mean I help out in the Horowhenua for a little while, this will not reduce my availability in Tararua.

On the Tuesday 18th February I will be running a Connections with Hope Group. This is for 10 weeks for 2 hours on a Tuesday evening 6pm to 8pm. Please contact me if you want to be part of this program. It is a fun and insightful program that is always better in a group.

In February I will be having another Café morning, I am not sure which day at this point but I will let you know as soon as I can. I am hoping to have a regular monthly Café support time for all our family/carers/whānau.

I am also supporting our Carers Retreat at El Rancho in April. I will be able to help if transport is an issue. This is a time for rest, reflection and restoration. Please contact me if you are interested in this Retreat.

During this month I will be asking for your NHI numbers. This is an important number to all New Zealanders it is for Administrative reasons and does not give our organisation any ability to look at people's health records.

I think that is enough for February 2020, but please contact me if you require my support.

## Support Groups

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



### Palmerston North

Friday 14 February, 1pm  
Manawatu Golf Course



### Levin

Contact family/whanau worker for more info.



### Dannevirke

Contact Claudia for more info.

## The Art Group from Supporting Families donated this amazing artwork to MidCentral DHB

### Message

#### from Vanessa

Caldwell  
Clinical Executive  
Mental Health and  
Addiction

A Huge Thank You for the beautiful artwork gifted to us yesterday. It is a really striking piece and will definitely take pride of place in our new inpatient facility. In the mean time we will find the best space to showcase such a beautiful work.







## Supporting Families – Out And About



*End of Year Lunch at the Supporting Families Centre*



*Feilding Promotion Day*

*Board and Staff End of Year Lunch*



*Whānau Day*







## How to tell if you or your family member needs help

Even if you are close to someone, it can sometimes be hard to tell how much emotional pain they are in and whether they need help; and it can be equally as hard recognising in it yourself. Often, it's something small that can make you think something isn't quite right – and more often than not, that hunch will be right. You might see it in yourself or in someone else, or someone could see it in you.

### You might want to get extra support if they or you:

- Don't want to see their friends or no longer enjoy spending time with their friends and family
- Stop doing things they used to love or don't seem to be enjoying themselves
- Can't remember things, concentrate, or pay attention
- Feel bad about themselves – guilty, worthless or ashamed
- Have a big change in eating patterns or appetite
- Have extreme mood swings
- Feel hopeless or really sad, or cry a lot
- Feel anxious, stressed, nervous or scared a lot and can't seem to relax
- Are not happy unless they're using drugs or alcohol
- Don't take care of their appearance or personal hygiene
- Have physical signs of injury or that they are hurting themselves
- Have panic attacks – rapid heartbeat, unable to breathe, feeling dizzy and extremely scared or anxious all at once.

### Educate yourself about their illness

If you are more generally worried about the mental health of a family member or friend, but don't know where to turn for help, the Mental Health Foundation is a great place to start to find the answers you need.

Educating yourself about the condition, mental wellbeing, self-care and discrimination is valuable, and you will find lots of information on this website to assist. Start with our **A to Z of mental health conditions**.

While we are not a counselling or clinical service, our **Resource & Information Service** can help point you in the right direction to find information on what mental illnesses and their symptoms are and how to help someone who is experiencing those symptoms. There is no charge for the services and materials we provide. **See what the service offers**, including live chat, email, phone assistance and more.

Also remember that good physical health helps promote good mental health – so it's important that your loved one gets a checkup with their GP.



# Consumer Activity Programme

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



## Happy new year everyone,

This year we are starting a new group on Wednesdays @ 1pm-2.30pm, starting Wednesday 12th February. We will be focusing on wellbeing. All welcome, if you would like more information please contact Susan @ SF on 355 8561.



### Wellbeing Support

**Wednesdays 1:00 - 2:30pm**

The aim of this program is to provide a peer support group with the theme of wellbeing, this month's topics will look at; **What does wellbeing mean to us?**, share what works for you and pick up some tips and tricks of others; **Who am I?**, let us not be defined by our distress, we are individuals with hopes, dreams and personalities; **Goal setting**, how do we set meaningful achievable goals?



### Art Lessons

**Tuesdays 12:00 - 2:00pm**

Come and enjoy having a tutor to support your creativity.



### Lunch

**Tuesday 18th February  
12:00pm**



## Donations and Acknowledgements

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. 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. We are still happy to receive donations by cheque made out to **Manawatu Supporting Families in Mental Illness**. Alternatively if you prefer internet payment, this can be set up with the following details:

**Manawatu Supporting Families in Mental Illness**  
Westpac 03 1522 0020097 00

*Please place your **Name/s** under **Particulars** and "**Donation**" under **Reference**.  
A receipt can be issued upon request for tax credit purposes.*

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





## February Calendar 2020

Phone: 06 355 85612  
Email: [consumer@manawatusf.org.nz](mailto:consumer@manawatusf.org.nz)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3rd</b> Peer Support	<b>4th</b> Art 12.00pm – 2.00pm	<b>5th</b> Wellbeing Support Group 1.00pm – 2.30pm	<b>6th</b> Centre Closed <i>Waitangi Day</i>	<b>7th</b> Peer Support
<b>10th</b> Peer Support	<b>11th</b> Art 12.00pm – 2.00pm	<b>12th</b> Wellbeing Support Group 1.00pm – 2.30pm 1. What does Wellbeing mean to us?	<b>13th</b> Craft 1.00 – 2.30 pm	<b>14th</b> Peer Support
<b>17th</b> Peer Support	<b>18th</b> Art 12.00pm – 2.00pm Lunch 12.00 Noon	<b>19th</b> Wellbeing Support Group 1.00pm – 2.30pm 2. Who am I?	<b>20th</b> Craft 1.00 – 2.30 pm	<b>21st</b> Peer Support
<b>24th</b> Peer Support	<b>25th</b> Art 12.00pm – 2.00pm	<b>26th</b> Wellbeing Support Group 1.00pm – 2.30pm 3. Goal Setting. How do we set achievable goals?	<b>27th</b> Craft 1.00 – 2.30 pm	<b>28th</b> Peer Support



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

*Sender:*



**PO Box 5010**  
**Palmerston North 4441**