



Kia ora. It has been a very cold month and I don't think it is going to warm up any time soon, please keep warm, but it is nice to have some sunny days.

Over the past 18 months the SF Board have been working on a new Trust Deed. This is a requirement from the Charities Commission. The Trust Deed has been completed and the Board will be presenting it to be ratified at the next AGM, which will be later in the year. So please come along and have your say.

Most of you will be aware of the Wellbeing Budget and that Mental Health and Addictions got a large increase in funding. As a service SF will be very interested in how and where the money will go. So watch this space. There is a lot of work happening already around service improvement and better access to services. It will be interesting how this improves the wellbeing of people and their family/whānau affected by mental health and addiction challenges. I would be happy to take feedback at any time from people using the services across MidCentral. Anyone who would like to catch up for a coffee and a chat please don't hesitate to contact me. Please keep warm and safe.



Take care, Christine

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CONTACT US

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PALMERSTON NORTH (MAIN OFFICE)

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Email: kim@manawatusf.org.nz

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Office hours: Monday to Friday 8.30am – 4.30pm

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

DANNEVIRKE OFFICE

40 Denmark Street (ground floor)
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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

Its winter, and I am enjoying the cold mornings and warm sunshiny days. Hope you all are as well. The month of June has been one in which I have been flat stick busy with new referrals and at times sick with the flu. The themes in terms of referrals this month tend to be around personality disorder and/ or features of personality disorder, AOD issues and drug induced psychosis. Many families are struggling to find housing for their loved ones, but housing is an issue everywhere.

As I have little to say this month I thought I would share an uplifting quote:

*You can still help people while you're healing.
You are still strengthening even when you're hurting.
You are still rising even if it might feel like you're falling.
There's so much beauty in the fire you've been called to walk through.
Don't doubt the power in your becoming.*

I continue to visit Ward 21 most Thursday's from 1pm to 3 pm. If you are visiting your loved one in the Ward and would like to meet me, or to know more about Supporting Families in Mental Illness or you just need a listening ear then please seek me out in the OT room.

Until next month, take care whanau and watch out for those nasty bugs

Nga mihi, Kim



LEVIN OFFICE
Whānau Coordinator: **Luciana Maru-Hill**
Email: luciana@manawatusf.org.nz

Tēnā tātou e te whānau o Horowhenua

Happy Māori New Year. With the placing of Matariki shinning in the sky, it's a sign how the seasons will play out during the year. Check out the website for Professor Rangi Matamua, whose whāngai grandmother my relation is from Levin.

I feel blessed to be part of a community that supports and cares for each other. Wonderful things are and have been happening in our Community. There is a free community lunch at the Restoration Centre on Queen St, Thursday 12pm. The Christians Against Poverty (CAP) are starting a free programme, at the Restoration centre this week. If you're interested it is not too late, please call free 0508 227 888.

A number of families have said they would like to do some weaving, they didn't want to do a certificated course, so instead of our coffee group we will meet once a month 10.30am to 12 noon in my office our first meeting starting 19 July

If you need a listening ear or a hand give me a call.

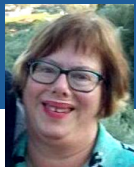
Be kind and gentle to yourself.

Nga mihi
Luciana aka Lulu
58 Bath Street, Levin
(1st floor)
Phone: (06) 368 6116

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



+ finding the way through



DANNEVIRKE OFFICE

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

Kia ora koutou

I hope you're all keeping warm on these chilly days. Enjoy the sunshine when it comes out & get a boost of Vitamin D and warmth- 2 things vital to our well-being.

It's excellent to see Mental Health made a priority after the Mental Health Enquiry. Thankyou to all who gave feedback as it has contributed to hopefully more user-friendly and accessible services for all.

Our next Connections to hope **(FREE) ANXIETY Course** will start in October 2019. Transport can be provided. I'm taking referrals (self & agencies) from now on so contact me if you'd like some information and an Assessment...027 355 8563.

Our monthly Coffee/support group continues to grow, with a few new faces. Remember if you have contact with MSF through our courses or with me as your Family/Whānau Coordinator, you're welcome to come along.

Our next **Coffee Group will be FRIDAY 19TH JULY @10AM at SAMMY'S CAFÉ in Dannevirke.**

At time of writing, Te Iwa O Matariki is here. I hope you can enjoy celebrating with food, fun and reflection with whānau and friends. Traditionally, the 9 Stars visible to Māori during Matariki helped to guide the planting for the new season. Let's use this time to reflect and "plant" some new ideas and habits around our wellbeing. Try and take some time to be mindful, to connect with others and seek support if we need it.

I'm available Tuesday-Friday 9am-3pm (throughout Tararua) and my office is at 40 Denmark street, Dannevirke.

Noho ora mai rā, nā Carole



Support Groups

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

PALMERSTON NORTH

Friday 19th July 1pm

Manawatu Golf Course



LEVIN with Luciana

Contact me if you would like to do weaving on Friday 19th July



DANNEVIRKE with Carole

Friday 19th July 10am

Sammy's Café, Dannevirke



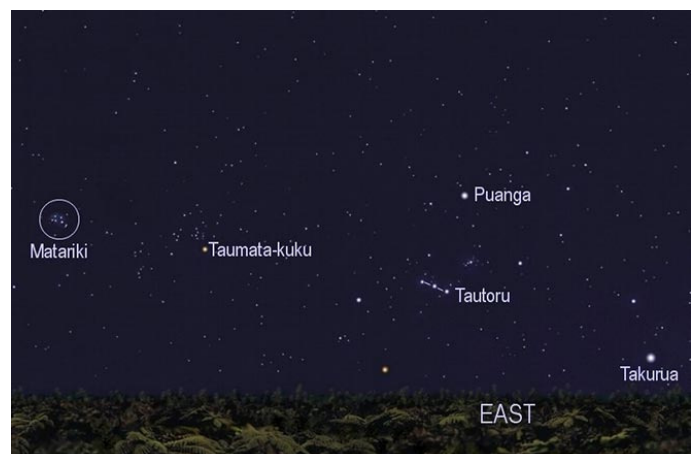
How to find Matariki

Matariki is found low on the horizon in the north east of the sky. Try looking here between 5.30am & 6.30am.

First find the pot (the bottom three stars of the pot are also called **Tauru**, or Orion's Belt). To find Puanga (Rigel) look above the pot until you see the bright star. To find Matariki, keep going.

To the left of the pot, find the bright orange star, **Taumata-kuku** (Alderbaran).

Follow an imaginary line from Tauru (the bottom three stars of the pot), across to Taumata-kuku and keep going until you hit a cluster of stars. That cluster is **Matariki**.





Budget 2019: Mental Health, Wellbeing and Addiction Initiatives

<https://www.health.govt.nz/our-work/mental-health-and-addictions/budget-2019-mental-health-wellbeing-and-addiction-initiatives>

Budget 2019 takes a transformative approach to mental health, wellbeing and addiction systems and services in New Zealand.

The Ministry of Health has a stewardship role to transform New Zealand's mental health and addiction system. We are leading the work on many of the 13 new Budget 2019 mental health, wellbeing and addiction initiatives outlined on this page.

For information on the Vote Health announcements outside of mental health and addiction, visit our Budget 2019 page.

Detailed information on the funding provided in Budget 2019 can be found on the Government's Budget website, including other wellbeing initiatives led by other government agencies.

Many of the Budget 2019 initiatives strongly align with the Government's response to He Ara Oranga, the report of the independent inquiry into Mental Health and Addiction.

Over the coming weeks we will add information to our website about these new initiatives:

- Establishing a Mental Health and Wellbeing Commission
- Preventing suicide and supporting people bereaved by suicide
- Improving support for people experiencing a mental health crisis
- Expanding access to and choice of primary mental health and addiction support
- Expanding telehealth and digital supports for mental wellbeing
- Expanding and enhancing school-based health services
- Promoting wellbeing for primary and intermediate children
- Forensic mental health services for adults and young people
- Enhancing primary addiction responses
- Mental wellbeing support for parents and whanau
- Intensive parenting support
- Enhancing specialist alcohol and other drug services
- Te Ara Oranga – continuing the methamphetamine harm reduction programme in Northland.

For more information please see the following link:

<https://www.health.govt.nz/our-work/mental-health-and-addictions/budget-2019-mental-health-wellbeing-and-addiction-initiatives>



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



FINANCIAL MEMBERSHIP

**Annual
subscriptions
are now due**

Name: _____

Address: _____

Phone Number: _____ **Mobile:** _____

Email: _____

Age Group (please tick)

- ☐ 20-29
☐ 30-39
☐ 40-49
☐ 50-59
☐ 60+

Ethnicity (please tick)

- ☐ New Zealander
☐ Māori Iwi Affiliation:
☐ Pacific Islander
☐ Other Please specify:

Please circle: Unwaged \$7.50 Waged \$15.00 Family \$20.00 Corporate \$50.00

Please return with payment to:

Manawatu SF, PO Box 5010, Palmerston North 4441

Alternatively the above details can be emailed to us at:

admin@manawatusf.org.nz and if you prefer internet payment, this can be set up with the following details:

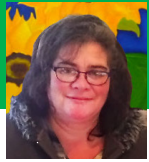
Supporting Families in Mental Illness Incorporated
Westpac 03 1522 0020097 00

Please place your **Name/s** under **Particulars** & **"Membership"** under **Reference**

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.



Support Group

Mondays 1:00-2:30pm

This year we are going to put focus and energy into
"what keeps us well"



Art Lessons

Tuesdays 12:00-2:00pm

Come and enjoy having a tutor to support your creativity.



Lunch Wednesday 24th July 12 noon



Crafts Thursdays 1.30pm-3.00pm



Donations and Acknowledgments

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.



Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Support Group 1 - 2.30pm	2 Art Lessons 12:00-2:00pm	3 Peer Support	4 Crafts 1:30 – 3pm	5 Peer Support
8 Support Group 1 - 2.30pm	9 Art Lessons 12:00-2:00pm	10 Peer Support	11 Crafts 1:30 – 3pm	12 Peer Support
15 Support Group 1 - 2.30pm	16 Art Lessons 12:00-2:00pm	17 Peer Support	18 Crafts 1:30 – 3pm	19 Peer Support
22 Support Group 1 - 2.30pm	23 Art Lessons 12:00-2:00pm	24 LUNCH 12 Noon Peer Support	25 Crafts 1:30 – 3pm	26 Peer Support
29 Support Group 1 - 2.30pm	30 Art Lessons 12:00-2:00pm	31 Peer Support		

Sender:



**PO Box 5010
Palmerston North 4441**