



SUPPORTING FAMILIES in Mental Illness

Manawatu

Hi all

It's hard to believe at it is less than six months to Christmas. I hope everyone is keeping warm and are looking after yourselves. It is a hard time of the year for some, with cold and grey days which can contribute to a low mood. The good side is that it's okay to stay inside and read books and forget about the gardens. I would like to thank those who have paid their SF membership fee. This payment goes toward the cost of our newsletter each month. It also gives you an opportunity to have a say in how SF is governed at the AGM. Last month I enclosed a letter from Chris Nolan General Manager of DHB Mental Health services which gave feedback from a meeting at the end of April. I sit on some of the working parties and hope to keep you updated on the outcomes.

In the next few months the staff may ask you to fill out a survey about our service. We would like your feedback if there are things that we can do better or more of. This feedback will also be passed on to the SF Board for future planning.



Please take care of yourselves. If anyone would like to catch up for a coffee or needing support please don't hesitate to contact me.

Cheers
Christine

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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

Greetings from Palmerston North & Feilding

Kia ora, it's been a mild winter and while there has been the odd frosty morning here and there, I think it is shaping up to be one of the mildest winters. With winter comes the feeling to snuggle up under a cosy blanket and hibernate until the spring. I for one are wanting to do that a lot more!

This month has been quiet for new referrals for families and perhaps this is a reflection of the season. That said, I am busy with families and people in my advocacy role. Situations can quickly become complicated for families when an unwell family member's ability to make good decisions and problem solve isn't happening. If problems are ignored, left for long periods of time or not picked up on because they are too overwhelming or stressful for the unwell person, then they can appear bigger than what they actually were initially and even more complex later due to the issue of avoiding them. At some stage the practical problems of life still need to be dealt with and usually it is families picking this up as they are a natural form of resilience but at times even this can be testing for them too. At the moment I feel like I could write a very interesting book on this topic. I encourage you to come in and see me if you feel like this is you.

If you are interested in attending the support group for families, we hold this once a month. Details are in this newsletter, please just come along, as it is a great time to meet with others who are experiencing the same things as you are and who can offer support and wisdom.

I still visit Ward 21 most Friday's at 2pm to 3pm, if you are visiting a family member in the ward and think you could do with some support then look for me in the Occupational Therapy Room.

Take care and come in for a chat with me either in the office at 160 Cuba St or at Ward 21. Have a great month and snuggle in for the winter.

Just a short saying that I found, liked and wanted to share:

*"Hope is the thing with feathers that perches in the soul,
and sings the tunes without the words, and never stops
at all"*
Emily Dickinson (1830-1886)

Take care and stay warm
Kim



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

Tēnā tātou e te whānau

Thank you to all the families that came together for our luncheon at Kaffir Lime Café. That's whānaungatanga, sharing and building relationships, and that's what we need.

We need to hear how other people manage, what it was like, what happened and what it's like now. Our Support Group meet once a fortnight; these dates are 8th & 22nd of July at Focal Point Café "Nau mai, haere mai — Come & join us"

We are coming to the end of our Connections with Hope programme and are always keen to hear from anyone who would be interested in doing this program.

At the moment we are planning to start a Anxiety Group for Rangatahi/Taiohi – Youth, so watch this space.

July 4th to 10th is Māori Language Week, have fun trying to add some Māori words into your vocabulary

Hei kona I raro I nga manaakitanga

Luciana Maru-Hill
58 Bath Street, Levin (1st floor)
Phone: (06) 368 6116



NEW

Anxiety Support Group

Weekly from Wednesday 6th July 2016 1-2.30pm

Main Office 160 Cuba St (Entrance off Pitt St)

See Page 6 for more details





DANNEVIRKE OFFICE

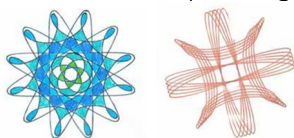
Whānau Coordinator: Angela Ellis
Email: angela@manawatusf.org.nz

Kia ora from Tararua

Aren't we enjoying a very mild winter so far, we have passed the shortest day of the year and we are on our way to spring (thinking positive here he,he). I myself don't mind the winter, I love being out and about with people but I also love being at home relaxing and the winter is the perfect time for just that.

In many small towns the local supermarket is a place where we often bump into people we know and stop for a quick (or not so quick) chat. What I have found really interesting since starting with Supporting Families is that I am meeting new families all the time who I didn't know lived in my community. So even in a small community where we may think everyone knows everyone, there are many different circles and lovely people we still have to meet.

It makes me think of the old game I think it was called Spirograph's. I believe every person in our community is an important part of our communities unique design or picture. This is where our circle overlaps and interconnects with each other.



Coffee group - On the afternoon of Thursday the 28th July at 2pm we will have our first coffee afternoon for any families that would like to come and join in. If we can meet inside the building (where the Information Centre is housed) in Main St Pahiatua at 2pm that will be great.

Eketahuna Health Centre - In the month of July I will be at the Eketahuna Health Centre every second Friday, 9:30am – 12pm, on Friday 7th and the 21st. If you would like to see me in Eketahuna and you can't make these days, please ring or text me as I am flexible to support the needs of families :)

My contact numbers:

Office: 374 8797 or Cellphone: 027 355 8563

Kind regards

Angela

CAR PARKING REMINDER

Please remember if you are visiting our Palmerston North office, make sure you park in the WHITE LINED car parks which are 20c / hour.

The yellow lined parks are leased and are monitored by the council



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Support Groups

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

PALMERSTON

NORTH with Christine

Friday 15 July 1:00pm

Café Sosky's

116 Napier Road Palmerston North



LEVIN

with Luciana

Friday 8th & 22nd 10:30am

Focal Point Café

Levin



PAHIATUA

with Angela

Thursday 28th 2pm

Information Building

Main St

Pahiatua



FIND US ON FACEBOOK



We are now on Facebook! In order to view, you will need to have an account. Our page will contain upcoming events and photo's of any past ones. We will also have a copy of our newsletter for people that have not yet subscribed.

For those with an email version of this newsletter, please copy and paste this link into your web browser or do a search:

<https://www.facebook.com/Manawatu-Supporting-Families-in-Mental-Illness-1268175913197966/>

Please like our page to receive updates



Like



Self Care - Managing Stress

What is Stress?

Caring for someone else can be stressful

In the 1930s Hans Selye began looking at the cause and impact of stress. His work, and the work of many others, indicates that stress:

- Has a variety of causes – psychological, situational, environmental, biological, organisational (e.g. "red tape") and social.
- Has a variety of effects – physical illness, exhaustion, confusion, depression and isolation.
- And that there are variables that increase or decrease the likelihood and impact of stress – such as individual make-up, culture, environment and lifestyle.

Some examples of clues we are stressed

Mind forgetting things, finding it hard to make decisions, confusion, and taking everything very seriously.

Body headache, muscle tension, exhaustion, altered sleep patterns, cramps, pains, nausea, flushing, racing heart and frequent illness.

Emotional/social getting irritated often, being impatient, constant frustration, anger, worry, fear, nervousness, depression or feeling isolated.

Behavioural increased eating/drinking, pacing, crying, fidgeting, blaming or yelling.

How we can manage stress

Prevent stress happening – being proactive

- Find out what is causing our stress and do things differently. We can change the way we respond to some things and this may eliminate the cause of the stress, e.g., instead of always saying "yes" to some people we can take a moment and decide whether we really do want to do something.
- Be aware of our own needs and do some things for ourselves. When we do some things for ourselves we can end up feeling clearer, stronger and supported (altering how we feel). It is not selfish to take time out to look after ourselves. When we look after ourselves we are then able to better look after others.

12 ways to manage stress

Mind

1. **Explore your belief system** - What we choose to believe about ourselves, others, and a situation will affect our stress levels and ability to reduce stress
2. **Have realistic expectations** - If what we expect is possible or likely, then we will find our world more predictable
3. **Set achievable goals** - If we take time to develop goals then we can plan our time, organise our resources and check our progress.
4. **Learn how to reframe situations** - How we frame situations can make the difference regarding the attitudes we carry and the amount of energy we have.

Body

5. **Eat well** - Having a balanced diet, decreasing caffeine, decreasing junk food and eating slowly will increase our ability to respond to stress.
6. **Exercise** - Exercise can release stress and strengthen the body's response to "next time"
7. **Sleep** - On average an adult requires 7-8 hours sleep
8. **Relax** - Sit by a fire, pat a cat, go for a walk, massage, long bath or listen to good music



Continued over page



Self Care - Managing Stress Continued

Emotional and/or Social

9. **Laugh regularly** - Having a good laugh can release energy and relieves tension. Spend some time with a friend who laughs or discover a TV programme you find funny
10. **Build a support system** - Discover or build a network of people who appreciate what we are involved in can provide us with a place where we are nurtured. Support systems can be formal or informal. The question needs to be asked "when I link with these people am I receiving something from the experience?"
11. **Enjoy leisure activities** - To effectively manage stress we need to allow ourselves to let go and do something that is enjoyable and refreshing
12. **Consider professional assistance at times** - From time to time it is healthy to request assistance from people who are "paid to support" - either for ourselves or the person we are caring for. This is not an admission of failure, but a positive step to providing good care.

Source: <http://www.carematters.org.nz/wp-content/uploads/2015/11/Website-looking-after-yourself-stress.pdf>



Manawatu Supporting Families in Mental Illness FINANCIAL MEMBERSHIP JULY 2016 - JUNE 2017

Annual subscriptions are now due

FINANCIAL MEMBERSHIP

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



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



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.



Board Games and Puzzle's Anytime

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



Art Lessons

Tuesdays 12:30-2:30pm

Come and enjoy having a tutor to support your creativity.



Kai Time

Wednesday 13th July 12pm



NEW Anxiety Support Group

Wednesdays 1pm-2.30pm

For all interested in sharing and learning from others who live with the experience of anxiety



Crafts and Card Making

Thursdays 1.30pm-3pm - Open to consumers and family



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



PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL
Sharing strengths - empowering community

Phone: 06 355 8561
Email: consumer@manawatusf.org.nz

July 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Peer Support	2	3
4 Peer Support	5 Art Lessons 12:30-2:30pm	6 Anxiety Support Group 1pm-2.30pm	7 Crafts & Card Making 1:30-3pm	8 Peer Support	9	10
11 Peer Support	12 Art Lessons 12:30-2:30pm	13 Lunch 12pm Anxiety Support Group 1pm-2.30pm	14 Crafts & Card Making 1:30-3pm	15 Peer Support	16	17
18 Peer Support	19 Art Lessons 12:30-2:30pm	20 Anxiety Support Group 1pm-2.30pm	21 Crafts & Card Making 1:30-3pm	22 Peer Support	23	24
25 Peer Support	26 Art Lessons 12:30-2:30pm	27 Anxiety Support Group 1pm-2.30pm	28 Crafts & Card Making 1:30-3pm	29 Peer Support	30	31

