



# SUPPORTING FAMILIES in Mental Illness

## Manawatu

Hi all

Another month is over and the weather is getting colder. I hope you are all keeping warm. Early in August SF is starting another Depression Programme if anyone would like more information please contact me. Also later in the year SF will be running a programme for children between the ages of 7-11 years who live in the presence of Mental Illness and/or Addictions. I will be working in partnership with the Highbury Whanau Centre. If any families are interested please let me know. These programmes are free to all that attend.

In September SF is planning a bus trip to Napier for the day on the 10th of September. It is open to all family/whanau and people living with mental illness. If you would like to come please ring the office to register. First in will get the seats. There is no cost for the trip.



I am always available for a chat and coffee please just ring for a time. Take care and keep warm.

Cheers, Christine

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### CONTACT US

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#### 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:

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Email: [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)

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Administrator: **Frank Manu**

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: **Angela Ellis**

Email: [angela@manawatusf.org.nz](mailto:angela@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

## Greetings from Palmerston North & Feilding

Kia ora, this month has been fantastic. I was really inspired by Māori language week and have been trying to increase my Māori vocabulary, with my use of te reo in speaking and writing and my pronunciation. I feel very fortunate to have Frank in the office to practise on. He is very tolerant and patient and I haven't felt ashamed in trying to speak and practise the words with him. Thanks Frank. On that note it has been really beneficial putting our Māori Health Strategy into place which means the theory is becoming action, one of those actions has been to increase our use of te reo.

New referrals are still a bit slow in coming in, but there is still lots of work going on with my current and ongoing case load. There appears to be the usual frustrations for families regarding the problems they encounter which is mainly navigating the mental health system with the focus been on funding rather than the person/family in need. On a positive note, we are fortunate to have Fiona here, she is a 4<sup>th</sup> year Massey student on placement. She is very knowledgeable, capable and just a pleasure to have here. She's a dab hand at card playing and rumo as well.

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 in Ward 21. Have a great month.

**Take care and stay warm**  
**Kim**



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

## Tēnā tātou e te whānau o Horowhenua

My days & hours of work are Tuesday to Friday 9am to 3pm, come and visit me I love to have visitors – manuhiri. My new office is on the first floor at 58 Bath Street, Levin.

We have finished our Connections with Hope programme and are wanting to start our Connections with Anxiety programme, If you know of anyone this programme could be of benefit to please connect me or Christine.

This month has been quiet with referrals, in saying that there are always things going on, but remember I am always here for coffee and a chat.

Don't forget our coffee group at Focal Point with this months meetings on Friday the 5<sup>th</sup> & 19<sup>th</sup> of August 10.30am. All are welcome.

Go well families and keep warm,  
I think winter is here now!

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



## New face at SF!

Tēnā koutou katoa  
Ko Manawatu te awa  
Ko Taranaki te maunga  
Nō Pahiatua ahau  
Ko Massey University  
tōku kura  
Ko Stokes tōku whānau  
Ko Fiona tōku ingoa  
Tēnā koutou, tēnā koutou,  
tēnā koutou katoa



My name is Fiona Stokes. I am 21 years old and I am a student at Massey University. I am currently working towards my Social Work degree and am on my final placement here with Manawatu Supporting Families

I look forward to meeting many of you and having the chance to learn from you all over the next 3 to 4 months.





#### DANNEVIRKE OFFICE

Whānau Coordinator: Angela Ellis  
Email: [angela@manawatusf.org.nz](mailto:angela@manawatusf.org.nz)

Kia ora from the Tararua

While I am writing this August is almost here. I have to say thank you to all of you who have stepped out to make the call, text or visit to my office to ask for support, it takes courage. We all need to be heard, titiro, whakarongo, korero - to look, and listen first and then maybe speaking. Don't get me wrong, I am a friendly talkative person, but with a huge passion to see people supported in their journey, the key word is their journey, it is your journey I am privileged to share a part of it with you.

In late August or early September we will be running a 10 week (2hours per week) course in the Tararua region, for people affected by mild to moderate depression. It is called Connections with Hope – how to deal with depression. This course is available for people who are not currently under Mental Health Services but may want to learn new ways of dealing with their depression in a supportive and friendly environment. If you are interested give me a call to discuss.

On September the 10<sup>th</sup> there is a day bus trip to Napier organised for people connected to Manawatu Supporting Families, including the Horowhenua and Tararua regions, who wish to come. All you need to bring is yourself, family and your lunch. If you are interested please let me know.

#### Eketahuna Health Centre

In the month of August I will be at Eketahuna Health Centre on a Friday as well as visiting families in the area. If you would like to meet give me a text or call me to arrange a time.

#### Coffee break

For anyone who would like to join me and others for a coffee and chat you are welcome to join us for our monthly coffee meet. It will be on the last Thursday of the month at the Bush Community Centre (which houses the information centre). The date is the 25<sup>th</sup> August, time 2pm. If you are interested please contact me.

#### **My contact numbers:**

Office: 374 8797

Cellphone: 027 355 8563

Kind regards

Angela



## Behind The Screen

### Young People's Experiences of Cyberbullying in Palmerston North

With the rapid advancements of technology over the past decade, young people are now more connected than ever. Research shows around one third of NZ youth have experienced a distressing challenge online or on mobile phones, with the most issue reported being cyberbullying. In order to gather data about experiences and perceptions about cyberbullying in Palmerston North, a survey was distributed to young people in the Palmy Youth Network. The quantitative and qualitative data gathered from 236 respondents show that cyberbullying has negative impacts on many young people's health and wellbeing.

Almost one in two young people reported negative impacts on their physical and mental wellbeing due to cyberbullying, with the most common consequences reported as feeling bad about yourself, feeling sad and lonely, not wanting to go to school and feeling angry.

The young people that participated in the survey recommended what young people, parents, schools, workplaces and communities can do to prevent or reduce cyberbullying.

The participants—Of the 236 young people that participated, 60% were female and fewer than 40% as males with 2% as gender diverse. The age range was 11 to 24 years with the biggest age group of 15—16 year olds. Ethnicity 61% identified themselves as European, 12% as Māori, 6% as European Māori, 6.5% as Asian, 1% European Asian, 4% as Pacific Islanders, 2% Māori Pacific Islander and 7.5% as other.

#### WHAT IS CYBERBULLYING?

Online bullying, using technology, social media, the internet, devices or phones as means. Anything that contains hurtful messages or comments aimed specifically at someone, even laughing at photos or videos of someone can be offensive.

Information sourced from Palmy Youth Network (2016) Behind the Screen:  
Young People's Experience of Cyberbullying in Palmerston North

## Behind The Screen (continued from previous page)

### Young People's Experiences of Cyberbullying in Palmerston North

#### SURVEY QUESTIONS

Have you been a victim of cyberbullying?

63% replied No, 35% replied Yes, 2% Unknown

Have you been a cyberbully?

78% replied No, 16% replied Yes, 6% Unknown

If you were bullied did you tell anyone?

37% replied No, 63% replied Yes

If yes, who did you tell?

A friend: 45%, someone at school: 14%,  
parent/caregiver: 34%, trusted adult: 23%

If you have experienced cyberbullying  
and you told someone about it, did you  
feel supported?

24% replied No, 46% replied Yes,  
30% replied Kind Of

#### CONSEQUENCES OF CYBERBULLYING

The respondents' answers on how cyberbullying affects young people demonstrate the negative consequences cyberbullying can have. Many young people answered that cyberbullying had a negative impact on their physical and/or mental health. The respondents were able to tick more than one option. The most common negative consequences that were reported were feeling bad about yourself (64% ticked this alternative), sad or lonely (64%), not wanting to go to school (57%) and angry (60%). Also, the respondents expressed that they felt no one cares or understands. Other consequences that were ticked by many were feeling depressed, anxious and sick. Moreover, it was reported that due to cyberbullying many have not been able to sleep, lost friends, felt hopeless and worried about their personality.

#### REDUCING AND PREVENTING CYBERBULLYING

**Be kind and caring to one another:** Promote kindness and what being kind can do for you and others. Another point that was brought up was thinking before you act or type.

**Limit the use of technology:** Parents need to regulate, monitor and limit use of online technology. Parents need to be more aware of what their children are doing online.

**Raise awareness:** Promote more positive internet usage and providing ways to deal with cyberbullying.

**Be more careful with privacy:** People should not give personal information away; instead they should keep their privacy, have a low profile, choose friends wisely and stay out of trouble.

**Tell someone and deal with the bullying:** By telling an adult, friend or someone you trust. You shouldn't stay quiet, stick your head in the sand or believe whatever the bully is saying.

**Create a trusting parent-child relationship:** Parents need to have an open and honest relationship with their children so they feel they can tell their parents what is going on.

**Look after those who are being bullied:** Ways of supporting could be getting them to talk to someone who has been a victim, support groups and encouraging people to look out others.

#### CONCLUSION

The data shows that cyberbullying has negative impacts on many young people's health and wellbeing. Over one third of the young people that participated in the study had been victims and many told no one. Almost one in two reported negative impacts on their physical and mental wellbeing due to cyberbullying. The young people recommended that initiatives are put in place increased awareness, responsiveness & grow resilience among the young people.





## 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



## Support Groups



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

### **PALMERSTON**

**NORTH** with Christine

19th August at 1pm

Café Sosky's

116 Napier Road Palmerston North

**LEVIN** with Luciana

5th and 19th August 10:30am

Focal Point Café

Levin

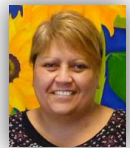
**PAHIATUA** with Angela

25th August 2pm

Bush Community Centre

Main St

Pahiatua



## Upcoming Events



Manawatu Supporting Families invite you to join us at the following events:

### Connections - Depression Programme

Commencing early August at the Palmerston North office. Please contact Christine for more information and an assessment.

### Go Kidz Programme

For children between the ages of 7-11 years who live in the presence of Mental Illness and/or Addictions. Date to be advised.

This will be held in partnership with The Highbury Family/Whānau Centre.

Please contact Christine for more information or to register.

### Napier Bus Trip to the National Aquarium of New Zealand

Open to all family/whanau and people living with mental illness. If you would like to come please ring the office to register. First in will get the seats. There is no cost for the trip.

Date: Saturday September 10<sup>th</sup> 2016

Departure Time: 8am

From: 160 Cuba St (Pitt St carpark)

(stopping at Dannevirke and Woodville for possible pickups)

Departure from Napier: 2:30pm

Arrive back by 5pm



# FEELING DOWN OR STRESSED?

## FEEL BETTER WITH SPARX

**When you're feeling a bit low, you're not always in the mood to talk.**

That's ok, there's another way to combat those thoughts and feelings that are keeping you down.

**SPARX** transports you to a virtual world where it's your mission to restore the balance and defeat the gloom.

**SPARX** can help you cope when you feel down, worried or stressed

**SPARX** is free to use – all you need is a computer with a good internet connection.

### **Need help now?**

If you want to talk to someone now:

Free phone: **0508 4 SPARX**  
(0508 477 279)

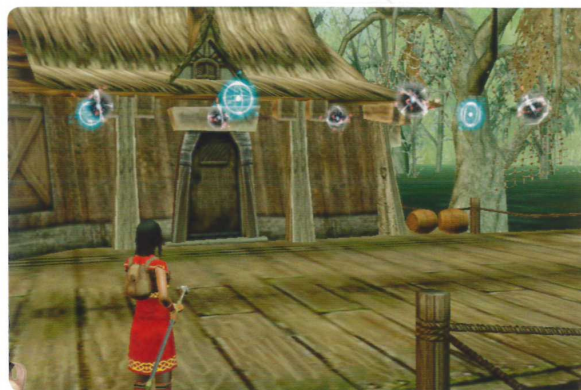
Free text: **SPARX to 234**

Call **111** if you or someone else might be unsafe right now



# PLAY SPARX TODAY

# WWW.SPARX.ORG.NZ



SPARX IS FUNDED BY THE MINISTRY OF HEALTH



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



# Mental Wellbeing Workshops

## Date and Time

Every Thursday in  
September and October  
1pm till 2-30pm

## Venue

Supporting Families  
160 Cuba Street  
(Entrance on Pitt Street)

PH: 06 3558561



## Facilitators

Susan Forbes

&

Esther Mclean

(Contact Susan  
if you want to  
attend the  
workshops)

## Topics Covered

Personal development and planning - Finding balance in your  
everyday life

Dealing with distressful emotions

Make a sensory modulation kit - Try new relaxation techniques

Learn about the principles of recovery

And

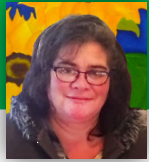
Te whare tapa wha

All workshops are created using

Principles of Recovery

Hope—Personal Responsibility—Education—Self Determination—  
Support

Te Whare Tapa Wha Model



## 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 17th August 12pm**



### 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, Mainland Foundation, 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](mailto:consumer@manawatusf.org.nz)

# August 2016

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

