



SUPPORTING FAMILIES in Mental Illness

Manawatu

Hi everyone, we have had some sad news over the last month with two of our SF members passing away.

Brendon Mills 1971 - 2016 Brendon passed away on the 3rd October 2016.

Brendon was an active member of SF for almost 20 years. Brendon was an amazing artist/photographer and cabinet maker. Brendon made a number of shelves and frames for SF and was a woodwork tutor for SF at one time. He will be remembered for his cheeky smile and willingness to help at any time. He will be sadly missed. Rest in peace Brendon

Hazel Hendawi passed away on the 17 October 2016. Hazel accessed SF services over the last few years. She will always be remembered for her kind heart, her love of fashion and anything sparkly. Hazel's personality will be missed by many. Our last memory of Hazel was at the BBQ at the Ashhurst Domain earlier in the month. She had a big smile and was enjoying the day. Rest in peace Hazel.

Come to our Annual General Meeting

This Thursday 3rd November 2016 7pm

Come and have your say

160 Cuba Street—entrance off Pitt St Supper Provided

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CONTACT US

www.manawatusf.org.nz

Manager: Christine Zander-Campbell 06 355 8561 · 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

Family/Whānau Coordinator: **Kim Mckelvey**

Email: kim@manawatusf.org.nz

Consumer Support: **Susan Forbes**

Email: consumer@manawatusf.org.nz

Administrator: **Sharon Gutry**

Email: 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

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

Wow Christmas is fast approaching and the end of the year is nearly here. I had a great opportunity to provide support to a workplace with someone they employ who has a mental illness. They were such a great workplace and really proactive about wanting to be helpful and supportive to their person in the workplace. They also wanted to look at changing attitudes in the workplace with some education about discrimination and stigma which was also great to see.

I have been super busy with the new way of working with referrals from Ward 21 and I am forming closer relationships with the family/whanau advisor and social worker as a result. Mental Health Awareness week in October was a great month for us, we had a no technology day lunch and a lovely barbeque at Ashhurst Domain.

We have had some sad news this month with the passing of Hazel who was a regular to the centre. I will remember Hazel as kind hearted with a great eye for fashion. She was always ready to have a chat with me about the latest fashions and provided me with numerous compliments on what I was wearing most days. I will miss our little chats and the wonderful panache and flair Hazel brought to SF.

Some other sad news this month is that our dynamic student Fiona is finishing her placement with us. I will miss her optimism, knowledge and sense of humour around the place. It has been a pleasure having Fiona here and getting to know her. Go well and good luck in your new old job.

I attended a training workshop on countering stigma and discrimination, this looked at how it can impact on people who experience mental distress and addictions and ways to counteract it. Training topics covered what are stigma, discrimination and self stigma, upholding our human rights, how to respond to people who discriminate and how to minimise the impact of stigma and discrimination.

An important event is happening in November which is coming together to remember those we have lost to suicide. The event is being held on the 27th November from 3pm to 5pm at Caccia Birch House. People are invited to bring an item or item of significance, light a candle in memory of your loved one and will have an opportunity to share some thoughts about the person they have lost to suicide.

Until next month take care
Kim



LEVIN OFFICE
Whānau Coordinator: **Luciana Maru-Hill**

Tēnā tātou e te whānau o Horowhenua

Where has this year gone? it's November already and time isn't slowing down. My lawns are growing fast, but its lovely to see the long lush green grass. I love the Mental Health theme this year Connect with Nature. It's so good for our wellbeing, so get with Nature and enjoy the great outdoors.

I have had a number of referrals to support families caring for loved ones in ward 21. It's a privilege, to be a part of people's lives. My husband use to say "From understanding comes empowerment."

Next year I would like to run a Connections with Hope programme in Otaki, which will be either be a Depression or an Anxiety group. If you live in the Te Horo or Otaki area and would like to do one of these programmes or know someone who would like to do the programme, I'm more than happy to have a conversation. You'll find my contact details on the front of this newsletter.

Our coffee group dates are Friday the 11 & 25 of November, our group is open to anyone who cares for someone with mental health & addictions. We meet 10.30am at The Focal Point café Levin. Nau mai haere mai.

Do take care.

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



**DANNEVIRKE OFFICE**

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

Tena koutou katoa from the Tararua

The question, "Which is the happiest season of life?" was asked of an aged man. and he replied: "When spring comes, and in the soft air the buds are breaking on the trees, and they are covered with blossoms, I think, 'How beautiful is spring'; and when summer comes and covers the trees with its heavy foliage, and singing birds are among the branches, I think, 'How beautiful is summer.' When autumn loads them with golden fruit, and their leaves bear the gorgeous tint of frost, I think, 'How beautiful is autumn.' And when it is severe winter, and there is neither foliage nor fruit, then I look up through the leafless branches as I never could until now, and see the stars shine in God's home - unattributed.

A real life fact about the resilience of Manzanita: Whenever most people see a forest fire, they automatically think about all of the trees and bushes that are being destroyed. After the fire is over, the landscape looks like a blackened scene of desolation.

But did you know that some plants and trees actually need fires in order to survive? A number of plants rely on fire to release their seeds, eliminate competition or supply a rich layer of nutrient filled ash. One of the prettiest shrubs of the desert chaparrals of the American southwest is manzanita. Its bark is often a shiny reddish brown that looks like it's been highly polished. Their hard seeds can lay dormant for several years, waiting for a fire to come its way. The intense heat of the fire causes the tough coating around the seed to split open, allowing the seed to germinate and grow. If you would like to see me to chat I am happy to make time for you and too listen.

Coffee group – Let me know if you would like to join a coffee group and we will organise one for November.

Eketahuna Health Centre - If you would like to meet with me at the Eketahuna Health Centre, text or ring me and we can make a time.

Kind regards **Angela**

Office: 374 8797 Cellphone: 027 355 8563

**Support Groups**

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

PALMERSTON

NORTH with Christine

18th November at 1pm

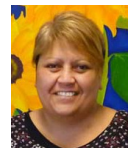
Café Sosky's

116 Napier Road Palmerston North

**LEVIN** with Luciana

Nov 11th & 25th at 10:30am

Focal Point Café, Levin

**PAHIATUA** with Angela

Call or text for a time

Bush Community Centre, 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/>



An Invitation To Come Along & Feedback On Our Services



SERVICE USER, FAMILY & WHANAU FEEDBACK FORUMS

MENTAL HEALTH & ADDICTION SERVICES

Morning Tea Provided.
Scones, Jam & Cream.



Contact Persons

Joanne Henare
Family & Whanau Advisor
(06) 350 9169 (Ext 8170)

Chris Hocken
Consumer Advisor
(06) 356 9169 (Ext 7941)

Come and hear from the Consumer & Family/Whanau Advisors.

A 15 minute presentation on progress from the feedback forums held in April. Contribute your thoughts and ideas as to what you would like to see from our services in 2017.

FORUM DATES:

Tuesday, 01 November, 2016 (10.00am-12noon)

Rangitane Tamaki Nui a Rua, 91 High Street,

DANNEVIRKE

Wednesday, 02 November, 2016 (10.00am-12noon)

Hancock Community House, 77-85 King Street,

PALMERSTON NORTH

Thursday, 03 November, 2016 (10.00am-12noon)

Te Takere Horowhenua Library, 10 Bath Street, LEVIN



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



"Haere Ra Manawatu SF!"



Kia Ora,

As most of you probably know by now my placement has drawn to an end. I have loved getting to know you and spending time with you all. I want to thank you for all you have taught me and how extremely warm, welcoming, encouraging and supportive you have all been of me. Thank you for the opportunities you have created, the stories you have shared and the knowledge you have imparted.

Completing this placement also marks the completion of my degree and I am glad you were able to be a part of that with me. As we continue on I'm sure our paths will cross again and I look forward to catching up with you when they do.

Thank you and bye for now, Fiona

Coming together to remember those we have lost to suicide

We invite you to join us for an afternoon of remembrance. You are welcome to bring a photo or an item of significance, light a candle in memory of your loved one, and have an opportunity to share some thoughts about them. This will be followed by an afternoon tea.

Sunday 27th November 2016
3pm-5pm
Caccia Birch House
130 Te Awe Awe Street

RSVPs are optional (for catering) by phone: 06 356 7486 or email: admin@across.org.nz





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**



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 November 11.30am-12.30pm



Make Christmas Cards

Wednesdays 1pm-2.30pm



Thursday 24th November - Round Up for Wellbeing Workshops



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.



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



**PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL**
Sharing strengths - empowering community

Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

November 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3 Anxiety Support Group 1.00pm-2:30pm	4 Peer Support	5	6
7 Peer Support	8 Art Lessons 12:30-2:30pm	9 Making Christmas Cards 1.00pm-2:30pm	10 Anxiety Support Group 1.00pm-2:30pm	11 Peer Support	12	13
14 Peer Support	15 Art Lessons 12:30-2:30pm	16 Making Christmas Cards 1.00pm-2:30pm	17 Kai 11:30am to 12:30pm	18 Peer Support	19	20
21 Peer Support	22 Art Lessons 12:30-2:30pm	23 Making Christmas Cards 1.00pm-2:30pm	24 Round Up For Wellbeing Workshops 1pm	25 Peer Support	26	27
28 Peer Support	29 Art Lessons 12:30-2:30pm	30 Making Christmas Cards 1.00pm-2:30pm				



Sender:



**PO Box 5010
Palmerston North 4441**