



SUPPORTING FAMILIES in Mental Illness

Manawatu

Hi everyone

Hope you are all enjoying the sunshine and dry days. About two weeks ago a group of 15 family members went away on a weekend retreat. The sun was shining and the conversations were flowing and they felt that they had a well deserved rest. Families have said that they came away feeling nurtured, well supported and rested so that they can face the challenges that may be waiting at home. For those that could not come this year I hope to have another retreat this time next year.

It is hard to believe that it is now May, the time we send out our membership forms which is included in this newsletter. If you can please fill them out and send it back, as you would all know that every little bit helps SF to provide the range of services to those who access our organisation. Full membership gives you a voice and vote at SF's AGM as well. This year the Governing Board of SF have been working on some major changes to our governing document so that we can keep in line with the changes to the Charities Act. The Chair and Board members will have more information for you later in the year.

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If anyone would like to chat or needs support please don't hesitate to contact me or other members of the staff. We all look forward to hearing from you.

Please take care, Christine

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: 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

We seem to be busier and busier each month but I expect that is the nature of the community work we do in mental health. The types of situations that families face in supporting their unwell family member continues to be complex and it can seem overwhelming for many of them. It is amazing what a listening ear and a kind word can achieve. Never underestimate the gift of staying hopeful for families when they come to you for support, it can and does make a difference to them.

I have been welcomed into the A & D network meeting which is a mix of community and Mid Central health people and I look forward to been a part of this group. This will help me to know what supports are out there in the community and who does what and when, allow me to form relationships with people within the sector and provide me with an opportunity to contribute to the issues of addiction for families and their loved ones. That said I am attending a 101 addiction training to refresh my knowledge.

I am keen to read the People's Mental Health Report and there appears to be a focus at the moment on mental health in Aotearoa which is good to see from my point of view.

I continue to visit Ward 21 each Thursday 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 the service or you just need a listening ear then please seek me out in the OT room.

I would like to personally thank the staff in Ward 21 as they always make me feel welcome, safe and are willing to chat when they have a moment. Thanks J

If you are in need of support as a family member then support is here for you. Please give me a ring on 355 8562.

Until next month take care, Kim



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



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

Tēnā tātou e te whānau o Horowhenua

We have had some warm weather during April but all good things must come to an end and the colder days will soon be upon us. So it's Flu injections, collecting pine cones and stacking wood in the shed, a job my children and I did during the school holidays.

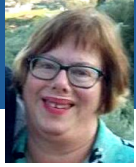
Our coffee group meet on the first Friday of every month 10.30am, this month we will be at Te Takere.

I've been attending Otaki network meetings and would like to run a Connections with Hope programme there. If you are interested or know someone that may be please contact us for an assessment.

If you need support or a listening ear don't hesitate to contact me.

Take care & take it easy
Luciana Maru-Hill
58 Bath Street,
Levin (1st floor)
Phone: (06) 368 6116



**DANNEVIRKE OFFICE**

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

Kia ora from Dannevirke

Hi, I'm settling into my role as a Family/Whanau coordinator and enjoying making contact with families throughout Tararua. A Free "Connections to Hope" Anxiety course starts in early June and there has been a lot of interest in this. It is a 10 week course run in the evening (6-8pm) by Donna Quaife. If we have over 8 people wishing to do the course, we will have a waiting list and then run another Anxiety course later in the year.

I'm available Tuesday-Friday 9am-3pm in the Supporting Families office; 40 Denmark Street, Dannevirke and/or I can do home visits, offering a listening ear, support and advocacy. Look forward to supporting you further and please feel free to register for the upcoming Anxiety course.

Regards, Carole - Phone 06 374 8797

**Support Groups**

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

PALMERSTON NORTH

with Christine

Friday 26th May 1pm

Mitre 10

Coffee Shop

250/270 Featherston St

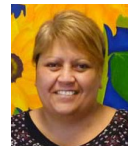
**LEVIN**

with Luciana

Friday May 5th 10:30am

Te Takere

Levin

**Public Consultation Meeting - An Invitation**

As you may be aware, the Ministry of Health is publicly consulting on a draft suicide prevention strategy on behalf of government agencies. We are emailing you to encourage you to attend one of the public consultation workshops (there is one being held in Palmerston North on Friday 5 May). We would also very much appreciate any help you might be able to provide to help raise awareness of the public consultation meeting that we are holding in Palmerston North on the draft suicide prevention strategy. Some information about this can be found below.

About the public consultation meeting in Palmerston North

The public consultation meeting in Palmerston North is on Friday 5 May 2017 from 10 am – 1 pm, at Hotel Coachman, 140 Fitzherbert Avenue.

People can register to attend the consultation meeting here: <https://www.surveymonkey.com/r/WZRFV39>

The session will introduce the draft Strategy and collect specific feedback on the Vision and Pathways, prioritising proposed actions and a short session at the end to give people the opportunity to provide feedback on areas not covered in the previous sessions.

About the draft strategy

The draft strategy is the result of contributions from many people and organisations. It sets out the proposed direction to prevent suicidal behaviour in New Zealand. It also identifies a set of priority areas for action.

The draft strategy and information about how to make a submission can be viewed on the Ministry of Health website at www.health.govt.nz/publication/strategy-prevent-suicide-new-zealand-draft-public-consultation.

Providing feedback

People are also encouraged to provide written feedback, either through email, posted hard copies or through our online submission form <https://www.surveymonkey.com/r/SPSDRAFT17>

Spreading the word

Please feel free to let other people who you think might be interested in providing feedback on the draft strategy or suicide prevention know that there is an opportunity to provide feedback.

If you have any questions please contact suicideprevention@moh.govt.nz.

Ngā mihi, Eve Kloppenburg - Senior Policy Analyst

**On behalf of the Cross-government
Suicide Prevention Working Group**



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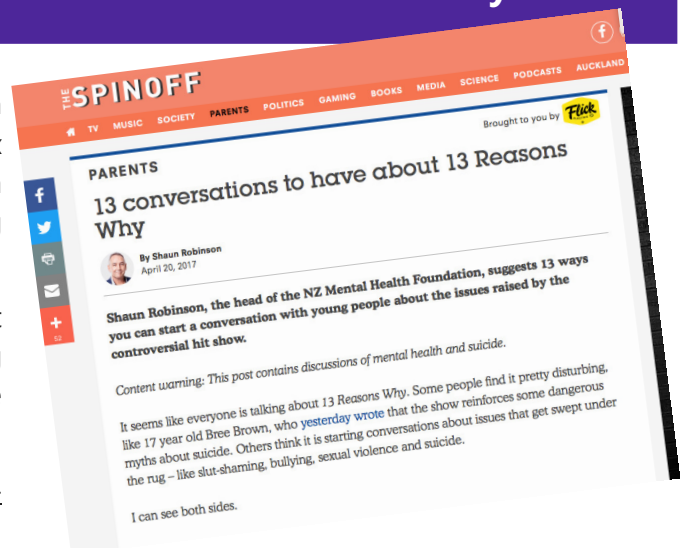


13 Conversations to have about 13 Reasons Why

As you may have seen, there is much discussion occurring at the moment about the new Netflix show "13 Reasons Why". The show revolves around a student who died by suicide, and the time leading up to it.

The Mental Health Foundation has just created a list of 13 conversations that can be had with young people about the show. Here is the link to the article written by their head, Shaun Robinson:

<http://thespinoff.co.nz/parenting/20-04-2017/13-conversations-to-have-about-13-reasons-why/>



Manawatu Supporting Families in Mental Illness FINANCIAL MEMBERSHIP JULY 2017 - JUNE 2018

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

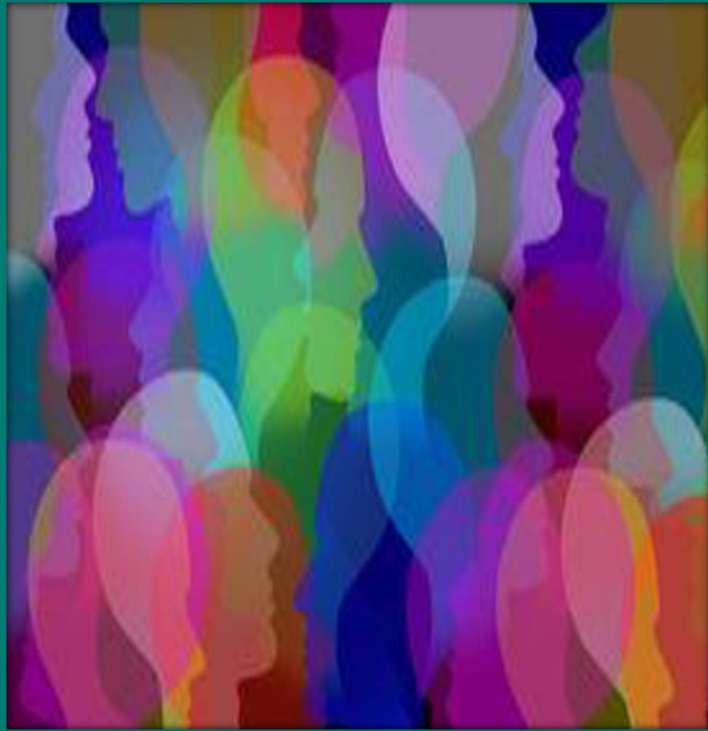
Please place your **Name/s** under **Particulars** & **"Membership"** under **Reference**



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Service User, Family and Whanau Forum



SERVICE USER, FAMILY & WHANAU FORUM

MENTAL HEALTH & ADDICTION SERVICES

Come along and hear from the Consumer & Family/Whanau Advisors on "What is happening in Mental Health & Addiction Services." Following their presentation the Advisors would like to take the time to hear your ideas and suggestions to enhance and improve the service delivered to Service Users, Family, Whanau and their support people.

Morning Tea Provided



FORUM DATES & VENUES

MONDAY, 12 JUNE 17
10.00AM – 12NOON
RANGITANE O TAMAKI NUI A RUA
10 GORDON STREET
DANNEVIRKE

TUESDAY, 13 JUNE 17
10.00AM – 12NOON
COMMUNITY HOUSE
231 MANCHESTER ST
FEILDING

WEDNESDAY, 14 JUNE 17
10.00AM-12NOON
RAUKAWA WHANAU ORA
3 KEEPA STREET
LEVIN

THURSDAY, 15 JUNE 17
10.00AM – 12NOON
HANCOCK COMMUNITY
HOUSE
33-77 KINGS STREET
PALMERSTON NORTH

CONTACT PERSON

JOANNE HENARE
FAMILY & WHANAU
ADVISOR

(06) 350 8170

Joanne.Henare@midcentraldhb.govt.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 appointment, as this will ensure that you get the time and privacy that you need.



Board Games and Puzzle's Wednesdays and Fridays

Break out the brain cells, come & join Mathew with jigsaw puzzles, magazine puzzles or board games.



Art Lessons

Tuesdays 12:30-2:30pm

Come and enjoy having a tutor to support your creativity.



SF Lunch

Join us for lunch on Wednesday 10th of May 11:30am



Crafts - Bring your idea's and we'll see what we can do

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



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tararua



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

COGS
Community Organisation
Grants Scheme



**THE LION
FOUNDATION**



**Eastern & Central
COMMUNITY
TRUST**



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

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

May 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|-----------------------------------|--|-------------------------|--|
| 1 Peer Support | 2 Art Lessons 12:30-2:30pm | 3 Board Games 11-1pm | 4 Crafts 1:30 – 3pm | 5 Peer Support Board Games 11-1pm |
| 8 Peer Support | 9 Art Lessons 12:30-2:30pm | 10 LUNCH AT SF 11:30am Board Games 11-1pm | 11 Crafts 1:30 – 3pm | 12 Peer Support Board Games 11-1pm |
| 15 Peer Support | 16 Art Lessons 12:30-2:30pm | 17 Board Games 11-1pm | 18 Crafts 1:30 – 3pm | 19 Peer Support Board Games 11-1pm |
| 22 Peer Support | 23 Art Lessons 12:30-2:30pm | 24 Board Games 11-1pm | 25 Crafts 1:30 – 3pm | 26 Peer Support Board Games 11-1pm |
| 29 Peer Support | 30 Art Lessons 12:30-2:30pm | 31 Board Games 11-1pm | | |
| | | | | |



Sender:



**PO Box 5010
Palmerston North 4441**