



SUPPORTING FAMILIES in Mental Illness



Manawatu

It is hard to believe that this is the last newsletter for the year. It has been a busy year with many families accessing our service. The Peer Support Centre has been busy with some new groups that started this year. The Art Group has once again produced amazing piece of art work for a new Greeting Card for SF. This will be available early December

The Connections with Hope programmes have been in demand this year. These are run across the region. I would like to thank all the staff for their hard work and dedication over the year. I have an amazing team to work with, thank you.

We are all coming up to a stressful time of the year. Please look after yourselves, try and have some time out and enjoy the sun and your families. I am looking forward Christmas with the family, I have a new granddaughter who will be 10 months at Christmas. SF service will be closed the three days between Christmas and New Year



If you do need support please don't hesitate to call I will be checking the answer phone often. Please take care and I look forward to seeing you all in the New Year.

Christine

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PALMERSTON NORTH (MAIN OFFICE)

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PO Box 5010, Phone: (06) 355 8561 or (06) 355 8562

Manager Family/Whānau:

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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

Greetings from Palmerston North & Feilding

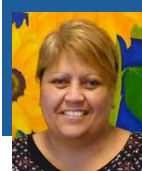
My thoughts this month go out to all those affected by the earthquakes and its aftershocks. I know this affects many people and their levels of anxiety and unsettles our sense of safety and security. Manawatu Supporting Families is here if you need to a listening ear or support.

For me it is business as usual with many referrals flowing in from the social workers and family/whanau team at MidCentral Health. It has been really beneficial in meeting with the team to build a relationship with them. This benefits families/whānau as we can collectively support family/ whānau who have a family member experiencing mental distress.

December is just around the corner and Christmas decorations are already up in the shops. Upon reflection it has been another busy year for SF and this pace looks set to continue for 2017. I wish you all a merry xmas and a happy new year. Be safe and have a happy holiday.

An inspirational quote to end the year" Keep your face to the sunshine and you can never see the shadow " Helen Keller.

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

If you have been affected by the Kaikoura earthquake and aftershocks and would like a list of resources to help guide you , then have a look at the Mental Health Foundation webpage www.mentalhealth.org.nz I hope this page is helpful.

Wow! Christmas is nearly here and our coffee group are going to have lunch at the Levin Cobb & Co, Tuesday 6th December 12.30pm, all are welcome. The cost for lunch is from \$12.50 If you would like to come to lunch please ring me or leave a message on 06 368 6116, for bookings and seating purposes and lets play Secrete Santa, bring a \$5 wrapped gift. I'll see you there.

Levin Life Changers Church does a free community lunch, on Christmas day, but you do need to register with them first.

If in the new year, if you would like to do our next Connections with Hope Depression programme please let me know. I don't know about you but I think year has gone really fast and I'm looking forward to the Christmas holidays.

Take care during the holidays and enjoy the festive season.

Ngā mihi o te wā me te Tau Hou

A Merry Christmas and Happy New Year

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

I have enjoyed my first eight months with Supporting Families and the team here. I have learnt a lot from all sectors, including families and other services who I have had the joy to get to know. A big thank you to the families, the team at SF and all the other people I have come to know.



May you all have a blessed Christmas and New Year.

Coffee Group – I am looking to start a coffee group in Dannevirke early next year.

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.

My contact numbers:

Office: 374 8797

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



Support Groups



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

PALMERSTON

NORTH with Christine

16th December at 1pm

Café Sosky's

116 Napier Road Palmerston North

LEVIN with Luciana

Call or text for a time

Focal Point Café

Levin

PAHIATUA with Angela

Call or text for a time



New Staff Member



Hi Manawatū SF Family/ Whānau and new friends. My name is Matthew Monk and I am a new staff member at Palmerston North SF as a Peer Support Worker.

I first learnt of the SF Organisation through their monthly newsletter my parents received and one day built up the courage to drop in to the SF rooms.

I made the step to take on some of the cool activities available for example indoor soccer, music at The Stomach and once a week dog walks to Campbell Reserve. Also starting a friendship with Susan Forbes as she was always the first SF staff member I was greeted by.

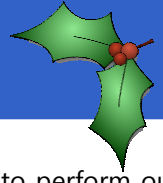
Fast forward several years as an associated consumer I now have been given this opportunity to share my experiences within SF to assist them with empathy and compassion.

So thank you for giving me the chance to work alongside a great team and continue to meet awesome people.





Stress



Stress is a common feeling we all experience at times. Some stress is good for us and helps us to perform our best. But when we are under too much stress for too long, our performance decreases and our overall health and wellbeing is affected.

Knowing how to manage stress, set limits, problem-solve, engage in self-care and take time out is necessary for everybody.

Top tips for dealing with stress:

1. Learn how to recognise stress and ways to cope with it.
2. Engage in techniques to help you relax.
3. Learn skills you can use daily such as effective problem solving, healthy communication & healthy thinking.
4. Develop a healthy work-life balance by staying physically active, eating a balanced diet, establishing good sleeping patterns, and making time for pleasurable activities and people who are important to you.
5. Spend time with people who can support you when you're feeling stressed.

What is stress?

Stress is our body's natural reaction to any kind of excess demand or threat. What causes stress for you may not be stressful for someone else. Stress can come from many sources such as health issues, relationship problems, workplace, paying the bills, deadlines, exams, or even unrealistic expectations we put on ourselves.

Sometimes stress is helpful as it can motivate you to meet a deadline or get things done. But long-term stress can increase the risk of conditions like: **high blood pressure, obesity and diabetes, depression or anxiety, heart disease, muscle tension, headaches' irritable bowel disorder, mental health disorders and even suicide.**

A stress-related illness called post-traumatic stress disorder (PTSD) can develop after an event like war, physical or sexual assault, or a natural disaster.

Symptoms of long-term stress

As mentioned, in small doses, stress can be useful – we work faster, are more motivated and focused or can achieve a challenging physical goal. On the other hand, long-term stress can be harmful. Common symptoms caused by long-term stress include: **headaches, muscle tension, neck or back pain, dry mouth, feeling anxious, or jittery, being more irritable or angry than normal, overeating or loss of appetite and not eating well, upset stomach, chest pains, rapid heartbeat, not sleeping, feeling tired, flat, down or 'worn out', finding it hard to concentrate or focus, needing coffee, energy drinks or sugar buzz to keep going, increased skin infections, mouth ulcers, colds, rashes or asthma.**

Managing stress

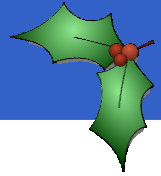
According to the Mayo Clinic in the US, when you learn to manage your stress, you will find peace of mind and have a longer, healthier life. The most recent thinking on stress management has found that you should tackle it before the symptoms appear, which means learning to recognise what sparks stress in your daily life.

Reference: <http://www.healthnavigator.org.nz/health-a-z/s/stress/>





Stress



In order to beat stress effectively you need to have a grab-bag of anti-stressing tools that you use often and proactively before your body's stress response fully kicks in. The more anti-stressing tools you can learn the better. Here are some to help you get started:

- **do something you find relaxing**
- **breath deeply, from your diaphragm**
- **eat well**
- **listen to music**
- **practice mindfulness meditation**
- **exercise regularly**
- **take frequent breaks**
- **talk with someone**
- **get as much sleep as you can.**

Self care when you're feeling stressed

Stress is a normal part of life and can be either positive or negative. If stress has got to the point where you feel overwhelmed and are finding it hard to relax, then you need to do something about it. You may find it helps to:

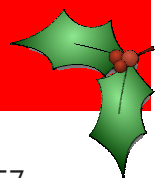
- **Talk with someone who will listen and provide good support and advice if you want it.**
- **Review all the sources of stress in your life – what can be reduced, stopped or changed to take some pressure off.**
- **Problem-solve and action plan to help break things down into doable steps.**
- **Look at your lifestyle and make sure you are eating healthy foods and getting enough sleep and exercise.**

Who can I talk to when I'm feeling stressed?

If you have tried the tips above & are still feeling stressed, the best person to go to for help initially is your doctor



Health and Crisis Phone Numbers



Alcohol Drug Helpline 0800 787 797

Citizen Advice Bureau: 0800 367 222

Palmerston North: 06 357 0647

Levin: 06 368 9521

Community Mental Health Services

- Palmerston North 06 350 8184
- Levin 06 366 0047
- Feilding 06 323 3631
- Dannevirke 06 374 7734

Depression Line 0800 111 757

Life Line 0800 543 354

Mental Health Crisis Team 0800 653 357

Phobic Trust/Anxiety 0800 142 694

Problem Gambling 0800 664 262

Quit Line Smoking 0800 778 778

Salvation Army Palmerston North

Phone 06 358 7455

Samaritans 0800 726 666

The Low Down (Youth) Free Text 5626

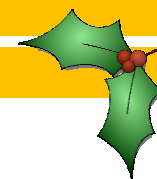
Youth Line 0800 376 633

Youth One Stop Shop Phone 06 355 5906





Services contacts, community meals, accommodation and activities



24 Hour Help

Datcam Healthcare Manawatu—St Dominic's

35 Campbell St, Feilding Phone 06 323 6420

Healthline

Phone 0800 611 116

MASH Trust

602-606 Main St, PN Phone 0800 627 4878

Mental Health Emergency Team

Phone 0800 653 357

Palmerston North Women's Refuge

10 Linton St, PN or 58 Bath St Levin Phone 06 356 5585

Samaritans Manawatu

Phone 0800 72 66 66 or 06 358 2442

Te Roopu Whakaruruhau - Māori Women's Refuge

Phone 06 356 7985 or 06 355 0626 (Crisis Line)

The Lowdown—24/7 Youth Support

www.lowdown.co.nz or free txt 5626

The Phobic Trust

Phone 0800 142 694

Meals & Food

Ezee Meals

109 College St, PN Ph 06 355 2254

Financial Freedom Trust

54 Pascal St, PN Ph 06 357 6122

Levin Uniting Parish—\$2 a plate (Adult)

87 Oxford St, Levin Ph 06 368 9392

Levin Salvation Army

Ph 06 368 8177

LUCK Venue Inc

Berryman Lane PN Phone 06 357 6798

Manchester House Social Service

68 Aorangi St, Feilding Ph 06 323 7191

Methodist Social Services

663 Main St, PN Ph 06 350 0307

Otaki Food Bank

Phone 06 364 0051

Palmerston North Street Van (Weekends Only)

82 King St, PN Ph 06 356 3337 or 021 615 245

Salvation Army

431 Church St, PN Phone 06 358 7455

Just Zilch

248 Featherston St, PN Ph 022 597 2569

Accommodation / Housing

Camellia House (for women only)

Phone 06 357 7056

Datcam Healthcare Manawatu—St Dominic's

35 Campbell St, Feilding Phone 06 323 6420

Disabled Person Assembly (DPA)

77 King St, Room 2 Phone 06 357 9877

Housing New Zealand

Phone 0800 801 601

Manawatu Community Housing Trust

Phone 355 4346

MASH Trust

602-606 Main St, PN Phone 0800 627 4878

North (Cedar) Lodge

115 North St, PN Phone 06 358 3080

Palmerston North Women's Health Collective

53 Waldegrave St PN Phone 06 357 0314

Palmerston North Women's Refuge

10 Linton St, PN or 58 Bath St Levin Ph 06 356 5585

Salvation Army Men's Hostel

431 Church St, PH Phone 06 353 3464

Shepherds Rest Trust

29 King St, PN Phone 06 356 3337

Day Activities / Drop In Centre's

AGAPE

264 Broadway, PH Phone 06 359 0729

Highbury Whānau Resource Centre

Monrad Park, Highbury Ave, PN, Phone 06 358 0504

LUCK Venue Inc

Berryman Lane PN Phone 06 357 6798

Mana o te Tangata—Healthy Living

601 Featherston St, PN Ph 06 358 5444

Manawatu Multicultural Centre

77-85 King St PN Ph 0800 228 343

Manawatu Supporting Families in Mental Illness

160 Cuba St PN Ph 06 355 8561

Rangitane O Tamaki Nui a Rua—Dannevirke

10 Gordon St, Dannevirke Ph 06 374 6860

Te Rununga of Raukawa Inc

139 South St, Feilding

3 Keepa St, Levin

51 Main St, Otaki

Ph 0800 742 666



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.

CHRISTMAS AND NEW YEAR IMPORTANT DATES AND ACTIVITIES



Thursday 1st December: Decorate Christmas Tree 11am



Thursday 8th December: Make Christmas Crackers 1pm

Friday 9th December: Centre Closed from 11:30am



Wednesday 14th December 2016 11am to 2pm
Christmas Lunch



21st and 22nd December: Make New Year Lanterns 9am to 2pm



CENTRE CLOSED 24th December to 4th January

Tuesday January 10th at 12:30pm: Art Commences



Wednesday 18th Jan 10:15am: BBQ at Ashhurst Domain meet at SF.



Donations and Acknowledgments

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.



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Taranaki



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

COGS
Community Organisation
Grants Scheme



**THE LION
FOUNDATION**

Infinity
Foundation Limited



**Eastern & Central
COMMUNITY
TRUST**



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

Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

December 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Decorate SF's Christmas Tree 11am	2 Peer Support	3	4
5 Peer Support	6 Art Lessons 12:30 to 2:30pm	7 Card Making 1 to 2:30pm	8 Making Christmas Crackers 1pm	9 Centre Closed from 11:30am to 4pm	10	11
12 Peer Support	13 Art Lessons 12:30 to 2:30pm	14 ManawatuSF Christmas Lunch 11am to 2pm	15 Christmas Craft 1pm	16 Peer Support	17	18
19 Peer Support	20 Peer Support	21 New Year Lanterns 9am to 2pm	22 Finish Lanterns 9am to 2pm. Clean Up	23 CENTRE CLOS 12 noon	24	25 Christmas Day
26 Boxing Day	27 CENTRE CLOSED	28 CENTRE CLOSED	29 CENTRE CLOSED	30 CENTRE CLOSED	31	



Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

January 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 Peer Support	31 Art Lessons 12:30-2:30pm					1
2 CENTRE CLOSED	3 CENTRE CLOSED	4 Centre Opens 9am	5 Crafts 1:30pm	6 Peer Support	7	8
9 Peer Support	10 Art Lessons 12:30-2:30pm	11 Peer Support	12 Crafts 1:30pm	13 Peer Support	14	15
16 Peer Support	17 Art Lessons 12:30-2:30pm	18 BBQ Ashhurst Domain meet at office at 10:15am	19 Crafts 1:30pm	20 Peer Support	21	22
23 WELLINGTON ANNIVERSARY	24 Art Lessons 12:30-2:30pm	25 Peer Support	26 Crafts 1:30pm	27 Peer Support	28	29



Sender:



**PO Box 5010
Palmerston North 4441**