



SUPPORTING FAMILIES in Mental Illness

Manawatu

Welcome everyone. I hope you all had a good break over the holiday session. All the staff are back at work for the new year ready to support those that need our help. The planning has started for the year and our next Connections with Hope Anxiety Programme is due to start mid-February. If anyone is interested in the programme please do not hesitate to call the office 06 3558561 for more information.

I am planning a Carer's Retreat in April, this is for families if anyone is interested please contact me.

Susan and Mat in the SF Centre will be starting the Anxiety and Depression Support Group again this term. This will be held every Wednesday at 1.30pm

Kim, our Palmerston North Family/Whānau worker visits the hospitals Ward 21 every Thursday afternoon at 1.30pm. If anyone would like to catch up with her please contact her on 06 3558562 or 0273558560

CONTENTS

Regional updates . 2

Support Groups 2

Hope Walk..... 3

Main Story..... 4

Upcoming Events.. 5

Consumer Page..... 6

Calendar 7



I hope that the weather improves soon.

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: **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

Happy New Year, Belated as it is to say at the beginning of February. This year is looking like another good one for referrals which are steadily coming in. I continue to meet with the family/whanau co-ordinator Joanne Henare at the DHB to discuss referrals and support for families in our community.

We had our first BBQ for the year at Ashhurst Domain and this was a great get together to share kai and be outside together. We have other events planned for the year also, so watch this space.

As the students return to school I'm expecting that referrals will increase for family support. We have our connection program for anxiety beginning in the next couple of weeks. If you have mild to moderate anxiety and would like practical support and knowledge in how to manage it then this is the program for you.

Looking for inspirational quotes I found this one from Vincent Van Gogh "Whoever loves much, performs much, and can accomplish much, and what is done in love is done well". Have a great month and if you are looking for support, a listening ear, support and advocacy as a family member with a family member with a mental illness then please phone on 355 8562

Until next month take care, Kim



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

Tēnā tātou e te whānau o Horowhenua

I am currently on leave and will return in February. Please pop in Tuesday to Friday for a visit or give me a call regarding our Support Group.

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



Support Groups

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

PALMERSTON NORTH

with Christine

Friday 17th February
1pm at a New Venue
Mitre 10

Coffee Shop

250/270 Featherston St



LEVIN

with Luciana

Contact me for date/time
Focal Point Café, Levin



understanding more
about depression will
help you find a way through...



+ finding the way through

JOIN THE MOVEMENT!
SUICIDE AWARENESS & PREVENTION
HOPEWALK
PALMERSTON NORTH
Victoria Esplanade Walk



**SUNDAY 19TH MARCH
9AM AT ONGLEY PARK**

CONNECT - COMMUNICATE - CARE

**SF Staff will be there,
come and join us!**

#StrongerTogether #HopeWalk

For more info: visit www.hopewalk.co.nz
or Follow our main facebookpage HopeWalkNZ
WWW.FACEBOOK.COM/HOPEWALKPALMY

**HOPE
WALK**



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



Small RNA identified that offers clues for quieting the 'voices' of schizophrenia

Source: <https://www.sciencedaily.com/releases/2016/11/161128131609.htm>

St. Jude Children's Research Hospital scientists have identified a small RNA (microRNA) that may be essential to restoring normal function in a brain circuit associated with the "voices" and other hallucinations of schizophrenia. The microRNA provides a possible focus for antipsychotic drug development. The findings appear in the journal *Nature Medicine*.

The work was done in a mouse model of a human disorder that is one of the genetic causes of schizophrenia. Building on previous St. Jude research, the results offer important new details about the molecular mechanism that disrupts the flow of information along a neural circuit connecting two brain regions involved in processing auditory information. The findings also provide clues about why psychotic symptoms of schizophrenia are often delayed until late adolescence or early adulthood.

"In 2014, we identified the specific circuit in the brain that is targeted by antipsychotic drugs. However, the existing antipsychotics also cause devastating side effects," said corresponding author Stanislav Zakharenko, M.D., Ph.D., a member of the St. Jude Department of Developmental Neurobiology. "In this study, we identified the microRNA that is a key player in disruption of that circuit and showed that depletion of the microRNA was necessary and sufficient to inhibit normal functioning of the circuit in the mouse models.

"We also found evidence suggesting that the microRNA, named miR-338-3p, could be targeted for development of a new class of antipsychotic drugs with fewer side effects."

There are more than 2,000 microRNAs whose function is to silence expression of particular genes and regulate the supply of the corresponding proteins. Working in a mouse model of 22q11 deletion syndrome, researchers identified miR-338-3p as the microRNA that regulates production of the protein D2 dopamine receptor (Drd2), which is the prime target of antipsychotics.

Individuals with the deletion syndrome are at risk for behavior problems as children. Between 23 and 43 percent develop schizophrenia, a severe chronic disorder that affects thinking, memory and behavior. Researchers at St. Jude are studying schizophrenia and other brain disorders to improve understanding of how normal brains develop, which provides insights into the origins of diseases like cancer.

The scientists reported that Drd2 increased in the brain's auditory thalamus when levels of the microRNA declined. Previous research from Zakharenko's laboratory linked elevated levels of Drd2 in the auditory thalamus to brain-circuit disruptions in the mutant mice. Investigators also reported that the protein was elevated in the same brain region of individuals with schizophrenia, but not healthy adults.

Individuals with the deletion syndrome are missing part of chromosome 22, which leaves them with one rather than the normal two copies of more than 25 genes. The missing genes included Dgcr8, which facilitates production of microRNAs.





Small RNA identified that offers clues for quieting the 'voices' of schizophrenia (continued from Page 4)

Working in mice, researchers have now linked the 22q11 deletion syndrome and deletion of a single Dgcr8 gene to age-related declines in miR-338-3p in the auditory thalamus. The decline was associated with an increase in Drd2 and reduced signaling in the circuit that links the thalamus and auditory cortex, a brain region implicated in auditory hallucination. Levels of miR-338-3p were lower in the thalamus of individuals with schizophrenia compared to individuals of the same age and sex without the diagnosis.

The miR-338-3p depletion did not disrupt other brain circuits in the mutant mice, and the findings offer a possible explanation. Researchers found that miR-338-3p levels were higher in the thalamus than in other brain regions. In addition, miR-338-3p was one of the most abundant microRNAs present in the thalamus.

Replenishing levels of the microRNA in the auditory thalamus of mutant mice reduced Drd2 protein and restored the circuit to normal functioning. That suggests that the microRNA could be the basis for a new class of antipsychotic drugs that act in a more targeted manner with fewer side effects. Antipsychotic drugs, which target Drd2, also restored circuit function.

The findings provide insight into the age-related delay in the onset of schizophrenia symptoms. Researchers noted that microRNA levels declined with age in all mice, but that mutant mice began with lower levels of miR-338-3p. "A minimum level of the microRNA may be necessary to prevent excessive production of the Drd2 that disrupts the circuit," Zakharenko said. "While miR-338-3p levels decline as normal mice age, levels may remain above the threshold necessary to prevent overexpression of the protein. In contrast, the deletion syndrome may leave mice at risk for dropping below that threshold."



Upcoming Events

Connections with Hope Anxiety Programme

Starting Mid-February

Main Office 160 Cuba St (Entrance off Pitt St)

Contact Christine for more details 06 355 8561

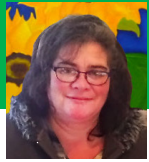


Manawatū SF Carer's Retreat

April 2017

Contact Christine for more details or to book your spot
06 355 8561





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.



Consumer Meeting followed by Lunch

Wednesday 15th February 11.30am-12.30pm



Anxiety / Depression Support Group

Wednesdays 1.30pm-3.00pm



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



MAINLAND FOUNDATION
Proud to Support Our Community



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

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Anxiety/Depression Support Group 1:30pm	2 Crafts 1:30 – 3pm	3 Peer Support
6 Waitangi Day Centre Closed	7 Art Lessons 12:30-2:30pm	8 Anxiety/Depression Support Group 1:30pm	9 Crafts 1:30 – 3pm	10 Peer Support
13 Peer Support	14 Art Lessons 12:30-2:30pm	15 Consumer Meeting followed by lunch 11:30am Anxiety/Depression Support Group 1:30pm	16 Crafts 1:30 – 3pm	17 Peer Support
20 Peer Support	21 Art Lessons 12:30-2:30pm	22 Anxiety/Depression Support Group 1:30pm	23 Crafts 1:30 – 3pm	24 Peer Support
27 Peer Support	28 Art Lessons 12:30-2:30pm			



Sender:



**PO Box 5010
Palmerston North 4441**