



Kia ora. Welcome to September's newsletter. It's hard to believe that there is only four months until Christmas??

I hope you are well and keeping dry. Last month Susan started a new **Support Group for people affected by depression and/or anxiety**. It was great to see people attending. If you are interested please come along. It is every **Wednesday at 1pm** or give us a call to find out more about the group.

Last week I attended the TheMHS conference in Adelaide "**Hear the Whisper Not the Roar**". I hope to get a better understanding about what is happening in Australia's mental health and addiction services and how they compare to New Zealand as well as bring back some new resources. I will let you all know how it went in the next newsletter.



Please remember that if you need someone to talk too, please don't hesitate to give us a call, all the staff at SF will always make time to talk.
Cheers, Christine

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Family/Whānau Coordinator: **Luciana Maru-Hill**

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Office hours: Tuesday to Friday 9am – 3pm



PALMERSTON NORTH OFFICE
Whānau Coordinator: **Kim Mckelvey**
Email: kim@manawatusf.org.nz

Kia ora Palmerston North & Feilding

It has been a busy month with family work, a highlight for me was attending the Mental Health and Addiction Inquiry Panel forum in Palmerston North. Many brave families shared their story with the panel and it was clear that what families had to say was well thought out and presented when they spoke to the panel and audience. I feel honoured to have attended and heard the stories, even though many were heart-breaking.

September is a busy month in the Palmerston North Office with two major audits happening. World Suicide Prevention Day is happening which is an awareness day observed on the 10th September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities held around the world. The International Association for Suicide Prevention (IASP), collaborates with the World Health Organisation (WHO) and the World Federation for Mental Health (WFMH), to host World Suicide Prevention Day. I am unsure if anything is happening in New Zealand or locally in raising awareness on this day around suicide prevention.

I am still available and wanting to take on new referrals for the 5 step model which is for family/whānau members affected by the alcohol or drug use of a relative. Referrals have come to a screaming halt but I'm sure that there must be whānau out there who would benefit, so please call me on 3558561.

I still visit the ward most Thursdays between 1 pm and 3pm and I am available for family/whānau who have a loved one or friend in the ward. Just come to the OT room if you would like a chat with me.

Stay warm

**Nga mihi,
Kim**



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

Tēnā tātou e te whānau o Horowhenua

We are so blessed to live in an amazing community. Bare Essentials launched a new community initiative to help combat period poverty. A call has gone out for sanitary items. There is an awareness that girls & teenagers miss school when they have their period. Check out their Facebook page Bare Essentials for where the drop offs are.

Horowhenua District Council are hosting a Suffrage 125 Women's Breakfast in the Council Chambers. Mana wahine – strong women fought to get us the vote and have a voice in the democratic environment, there will be waffles coffee and fabulous local woman speakers. Tickets are \$20.00 from Horowhenua District Council and our library Te Takeretanga o kura-hau-po. All proceeds will go to Bare Essentials.

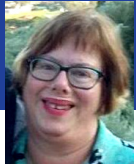
Fill a shoebox with Christmas cheer for kids. The project calls for local business, organisations and residents to support families facing difficulty affording Christmas presents. For more information visit www.facebook.com/christmasforeveryone.

We have started our Connections well Hope programme Anxiety. Names are welcome to go on our waiting list for the next group. Coffee at Te Takeretanga o kura-hau-po Friday 28 September 10.30am. I'm at Te Waiora Health centre in Foxton from 10am Wednesday September 5, call in for a visit, it will be lovely to see you.

Noho ora mai

Luciana aka Lulu
58 Bath Street,
Levin (1st floor)
Phone: (06) 368 6116





DANNEVIRKE OFFICE

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

Kia ora from Tararua

I hope you're enjoying the first signs of Spring-longer days and lots of daffodils around now.

Our Free "Connections to hope" Anxiety course is now full and starts in October. I now have a waiting list for our February 2019 Depression course. Please refer/self-refer as we are noticing that more people are experiencing Depression and looking for coping strategies to manage this. Our Course groups are small (8 maximum) confidential and supportive.

Our next SF Coffee group will be on **Friday 28th September at 10am @ the RED SKY Café, Dannevirke**. This is open to anyone who has contact with SF through our Courses or as a family/whanau member. I'll invite Chris Hocken (MCH Family/Whānau rep) to come along and listen to any thoughts you may have around Mental Health/addiction services.

I will be on leave during September, so if you have any concerns, please ring our SF Manager Christine Zander-Campbell on 06 355 8561.

In the meantime, embrace the warmer days we are sometimes having as we look forward to Summer!

Regards, Carole

Support Groups

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

PALMERSTON NORTH

Friday 21st September 1pm

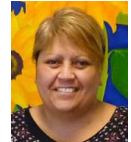
Manawatu Golf Club
Centennial Drive



LEVIN with Luciana

Friday 28th Sept 10:30am

Te Takere, Levin



DANNEVIRKE with Carole

Friday 28th Sept 10:00am

Red Sky Café, Dannevirke



REMINDER!!

**Parking outside of
the Palmerston
North SF office is
free for 2 hours!**



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



+ finding the way through

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



Mental Health Foundation urges human contact for vulnerable following Greg Boyed's death

https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12111588

WARNING: This article deals with depression and mental health and may be upsetting.



The death of television journalist Greg Boyed has sent shockwaves through the country as those closest to him and even those who didn't know him grapple with the devastating news.

Mental Health Foundation chief executive Shaun Robinson warned that Boyed's death would impact others who suffer depression and said it was a stark reminder to check in with friends and family who were vulnerable to mental health issues.

"Greg's death really puts a very human face on what is a big issue that our whole community is addressing.

"I look at Greg and he's a face that I knew, and just talking about it now I get tight in the chest and feel a bit upset because it also makes me remember the times when I've been in those really difficult places."

As someone who lives with bipolar disorder and who previously tried to commit suicide, Robinson said he has periods of depression himself but has learnt to manage it.

Others may be triggered by Boyed's death, he said.

"Anybody who is a public figure or a celebrity who is suspected to take their own life, it tends to get a lot of specific media attention so that in itself raises a lot of issues for people."

Robinson said as a community we need to recognise that Boyed's death was a loss and people were entitled to feel sadness, and be supported in that. "Greg Boyed was a very likeable personality in the media and often with any sort of public figure, people who see them in some way as a role model or somebody they felt connected to, even if they'd never met them personally it can feel like a real grief or a real loss."

He said it would also put a spotlight on mental health and again raise questions around what was helpful for sufferers. That included paying close attention to vulnerable friends and family by being there or keeping in contact, and listening without judging or trying to provide a solution. "Keeping up that human contact, letting them know that you care. Really just letting people know they're not alone."



Mental Health Foundation chief executive Shaun Robinson





Mental Health Foundation urges human contact for vulnerable following Greg Boyed's death

https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12111588

Though Boyed's death was a tragedy, Robinson said it might encourage people worried about someone to have the courage to ask them if they're okay, or prompt others to seek help. "It really raises the issue of the community is the first line of support. It's usually our friends and our family who are the people we reach out to when we're struggling."

He said there was no simple way to make sense of such a sudden death other than that times of mental distress are part of life and should be destigmatised. "We are in the midst of a mental health inquiry and I think the public's very aware that there's some real challenges in building an adequate response to mental health problems and building up the resilience and positive mental health of our community."

"It's really important to be hopeful. Just as this is a tragedy there are many stories of hope and recovery."

Where to get help:

Lifeline: 0800 543 354 (available 24/7)

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) (available 24/7)

Youthline: 0800 376 633

Kidslines: 0800 543 754 (available 24/7)

Whatsup: 0800 942 8787 (1pm to 11pm)

Depression helpline: 0800 111 757 (available 24/7)

If it is an emergency and you feel like you or someone else is at risk, call 111.

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 28th October 2018

3pm-5pm

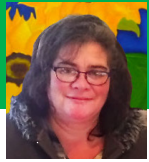
Caccia Birch House

130 Te Awe Awe Street

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



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



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.



Art Lessons

Tuesdays 12:30-2:30pm

Come and enjoy having a tutor to support your creativity.



New Anxiety/Depression Support Group

Wednesdays 1:00-2:30pm



Crafts

Thursdays 1:30-3pm



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



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Taranaki



COGS
Community Organisation
Grants Scheme



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



**Eastern & Central
COMMUNITY
TRUST**



**PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL**
Sharing strength - supporting community

Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Peer Support	4 Art Lessons 12:30-2:30pm	5 Peer Support Anxiety/Depression Support Group 1-230pm	6 Crafts 1:30 – 3pm	7 Peer Support
10 Peer Support	11 Art Lessons 12:30-2:30pm	12 Peer Support Anxiety/Depression Support Group 1-230pm	13 Crafts 1:30 – 3pm	14 Peer Support
17 Peer Support	18 Art Lessons 12:30-2:30pm	19 Peer Support Anxiety/Depression Support Group 1-230pm	20 Crafts 1:30 – 3pm	21 Peer Support
24 Peer Support	25 Art Lessons 12:30-2:30pm	26 Peer Support Anxiety/Depression Support Group 1-230pm	27 Crafts 1:30 – 3pm	28 Peer Support

Sender:



**PO Box 5010
Palmerston North 4441**