



Kia ora

I would like to thank the people that attended the consultation about Ward 21 last month. It is great to hear the views of the people and their family, whānau that use the Ward. Also those that turned up for the SGM to ratification SF new Trust Deed which was voted on and passed.

Mental Health Awareness Week is on the 23-29 September this year. Theme - **Explore Your Way to Wellbeing**. There are a number of resources on the Mental Health Foundation Website that could help you and your family, whānau to explore how this could be done, SF will have resources in the office as well. With the weather on the improve it is great to get outside and just going for a walk can help lift your mood.

I am liking the sunny days.

MidCentral Health are providing new information packs for people and their family, whānau who use Ward 21. SF have some in the office if anyone would like one.



On Wednesday 25th September between 10am-11am Chris Hocken from MidCentral DHB will be bringing morning tea and will be available to talk to us about How the DHB services are doing. They would like to know what is working, what is not working and how things can be Improved.

If anyone would like to catch up for a chat and a coffee please don't hesitate to contact me 06 3558561 Take care, Christine

CONTENTS

Regional updates and Support Groups..... 2-3

Mental Health Awareness Week Poster.....3

13 Reasons Why Parental Warning..... 4-5

Consumer Page & Acknowledgements6

Calendar7

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

It's hard to believe, but we are now in September which marks the beginning of spring. The work in supporting families and whānau continues, and it is often complex in terms of what is going on for many families, it's usually a variety of issues that can include housing, mental health episodes, addiction, parenting, navigating through mental health processes and personnel, confusing diagnosis, stress and trauma. In terms of helpful information the DHB consumer project team have put together, a Ward 21 comprehensive guideline from admission to discharge. This is important information for patients', family/whānau and support people. If you would like a copy please let one of us know.

September also marks World Suicide Prevention Day on the 10th of September. The theme this year is "working together" to Prevent Suicide, this was chosen internationally as it highlights the most essential ingredient for effective global suicide prevention. While globally preventing suicide is challenging, here in Aotearoa the number of suicides has reached its highest-ever, with 685 people dying by suicide. While this is a gloomy subject and statistic, I think its important information to be aware of in the work we do in mental health and addiction because of those 685 people there are family members and friends who loved them, and others who worked with them, they were a part of communities in all sort of meaningful ways. If you are interested in suicide awareness and prevention please check out what is happening locally in Hopewalk Manawatu and PNCC.

As mentioned in the last newsletter, my times at Ward 21 on Thursday's have changed. I am available fortnightly 5th September and 19th September from 9.30 am outside the family/whānau room of Ward 21.

Nga mihi, Kim



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

Kia ora koutou

Ngā mihi nui ki a koutou katoa – Greetings to you all.

Whakanuia te wiki o te reo Māori – Celebrate Māori Language Week September 9 -15, the theme for 2019 is Kia Kaha te Reo Māori, be courageous to speak Māori.

August was business as usual, but I signed up to do some study with Careers force. I went to a workshop where the guest speaker was Michael Hempseed, Understanding & Preventing Mental Illness & Suicide, check out his website www.beingatruehero.com I really enjoyed his presentation.

Friday the 20th September 10am in my office is an opportunity for families to do some weaving. For now it's replacing our coffee group at Levin Focal Point. It's a wonderful time to come together and weave. Give me a call or leave a message if you're interested in coming along so I can prepare some harakeke.

We have a new facilitator for our Connections with Hope program, dealing with Anxiety. We're wanting to start in the middle of September so if you're interested or know of someone who might be, contact me for an assessment.

Take care and enjoy the sun.

Luciana Maru-Hill
Family/Whanau Coordinator
1st Floor 58 Bath St, Levin | MANZASW

T 06 368 6116

Email: luciana@manawatusf.org.nz
www.manawatusf.org.nz





DANNEVIRKE OFFICE

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

Kia ora koutou

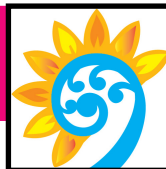
Spring is here and so we have an SF trip to the CHB Spring fling "Taniwha Daffodils gardens" planned! The gardens are FREE to enter but you can PYO Daffodils for a few dollars or buy a bunch. Apparently there are thousands of different daffodils planted and you can wander around or sit and look from nearby if mobility is an issue. There's a coffee cart onsite and you will need to bring waterproof jacket and gumboots or sturdy shoes. I'm really looking forward to this trip as I've been told that Taniwha gardens (Near Waipukurau) is a beautiful and peaceful place. So I have "booked in" as follows:

SF CAR TRIP TO TANIWHA DAFFODIL GARDENS FRIDAY 13TH SEPTEMBER –MEET THERE @ 10am COFFEE CART ON-SITE

BRING WATERPROOF JACKET/GUMBOOTS/Shoes
Please register with me so I can advise the Gardens owners of probable numbers. I have 2 seats available in my car at present if you need a ride. Contact Carole 027 355 8563

IF WEATHER IS WET, WE WILL POSTPONE DATE FOR TRIP AND I WILL CONTACT YOU BY PHONE OR TEXT TO CONFIRM.

For MSF, September is a time to mark Mental Health Awareness week (23-30th Sept). The theme this year is "Explore your way to Wellness"



Support Groups

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

PALMERSTON NORTH

Friday 20th September 1pm

Manawatu Golf Course



LEVIN with Luciana

Contact Lulu for more info on harakeke (flax) weaving classes



DANNEVIRKE with Carole

Friday 13th September

Contact Carole for trip to Taniwha Daffodil Gardens



Our trip to explore the Daffodil gardens will be honouring this. There will be other events on in your communities, so look out for them.

Our next **FREE 10 week ANXIETY COURSE** will begin on Monday 9th September (excluding Labour Day) til Monday 25th November 2019.

It is on at REAP (Gordon St Dvke) in the Meeting room from 6-8pm. Places are filling quickly so if you'd like an Assessment &/or to register, Please contact me on 06 3748797 or 0273558563. In early 2020, we will be running our Free 10 week Depression course, so you're welcome to refer for that as well.

Stay well and warm, Carole



MENTAL HEALTH AWARENESS WEEK

Sept 23rd to 29th

See
www.mhaw.nz
for more information





New 13 Reasons Why—Prompts MHF to warn NZ parents

This article discusses teen suicide and may be distressing for some readers.

The Mental Health Foundation has launched a new tool to encourage parents to talk with their kids about suicide as season three of *13 Reasons Why* is made available in New Zealand.

Netflix's controversial teen drama, which features shocking rape scenes and is based around a central character's suicide, has caused concerns about the potentially negative impact on young viewers since it's debut in 2017.

Earlier this year, producers edited out the infamous graphic suicide scene featured in season one that prompted copycat fears and was linked to multiple deaths.

The streaming service cited advice from mental health professionals as the motivation for its eventual action.



Closer to home, Mental Health Foundation chief executive Shaun Robinson said he hopes their new Connecting Through kōrero resource will equip parents to guide their children through the sensitive subject matter.

"We knew young people were talking to each other about suicide, but those conversations weren't necessarily as safe and supportive as they could be," Robinson said in a statement.

"We wanted to encourage adults to join the kōrero and talk with their young people about suicide and, critically, suicide prevention."



Netflix's controversial teen drama, which features shocking rape scenes



New 13 Reasons Why—Prompts MHF to warn NZ parents

The statement from the MHF said overseas research had found links between the first two series and subsequent increases in youth suicide numbers.

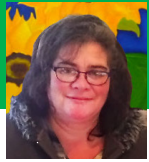
"We know portrayals of suicide, violence and bullying focusing on youth can have a negative impact on vulnerable young people. It's vital caregivers are as well prepared as they can be to step in and offer support and a listening ear."

While some criticised the show for its handling of teen suicide, others hailed *13 Reasons Why* as being a crucial component of bringing the taboo subject into the mainstream.



Netflix has made its own resources available to viewers on a website called 13ReasonsWhy.info, in an attempt to educate and help anyone struggling with the themes raised in the show. The New Zealand Classification Office has given *13 Reasons Why* an RP18 rating, meaning viewers under 18 must have a parent or guardian present while watching





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.



Anxiety / Depression Support Group

Mondays 1:00-2:30pm

This year we are going to put focus and energy into
"what keeps us well"



Art Lessons

Tuesdays 12:00-2:00pm

Come and enjoy having a tutor to support your creativity.



Lunch Wednesday 18th September 12pm



Crafts 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.



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

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Support Group 1 - 2.30pm	3 Art Lessons 12:00-2:00pm	4 Peer Support	5 Crafts 1:30 – 3pm	6 Peer Support
9 Support Group 1 - 2.30pm	10 Art Lessons 12:00-2:00pm	11 Peer Support	12 Crafts 1:30 – 3pm	13 Peer Support
16 Support Group 1 - 2.30pm	17 Art Lessons 12:00-2:00pm	18 Lunch 12pm Peer Support	19 Crafts 1:30 – 3pm	20 Peer Support
23 Support Group 1 - 2.30pm	24 Art Lessons 12:00-2:00pm	25 Peer Support	26 Crafts 1:30 – 3pm	27 Peer Support
30 Support Group 1 - 2.30pm				



Sender:



**PO Box 5010
Palmerston North 4441**