



SUPPORTING FAMILIES in Mental Illness

Manawatu

Kia ora. Welcome to 2019. I hope everyone is enjoying the summer and keeping cool. I am looking forward to the year and have already started planning. I have booked the Carers Retreat for May and we will be joined by Wellington SF family members for the weekend. If anyone is interested in the retreat please give me a call. The Connections with Hope programmes will be starting in February for people that are affected by anxiety. If anyone is interested please call the SF office. The Mental Health Inquiry report was released just before Christmas. There is about 40 recommendations, we have printed some of the executive summary this month and the more will be printed in March's newsletter. If anyone would like to read the full report (216 pages) it can be downloaded from the Ministry of Health website. (see pages 4 & 5)

This time of the year can be very stressful, with getting kids back to school and going back to work after a break. Please remember to look after yourselves and it



is okay to take some timeout even if it is only 10 minutes for a coffee. If anyone who would like to catch-up for a chat and coffee please don't hesitate to give me a call.

"If you can imagine it you can create it. If you can dream it you can become it." William A Ward

Take care, Christine

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LEVIN OFFICE

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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 Everyone. It seems late in the year to be saying it and I hope your Christmas and New Year was a time to relax and be with family.

Family/whānau work is steady and there are many new referrals for the year already. There isn't much for me to say or share with you at this time of year. We had our first staff meeting for the year, which was largely a discussion about planning for the year. We will have our usual carers retreat later in the year, planned for May. The Women's Expo will also be held in early May which is a good opportunity to have a chat with people and raise the profile of the organisation.

We are also looking into the idea of providing self-care and mindfulness type of education sessions for families. Please let me know if this holds interest for you.

I continue to visit Ward 21 most Thursday's from 1pm to 3pm. If you are visiting your loved one in the Ward and would like to meet me, or to know more about Supporting Families in Mental Illness or you just need a listening ear then please seek me out in the OT room.

Until next month, take care whānau

**Nga mihi,
Kim**



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

Tēnā tātou e te whānau o Horowhenua

Kia ora mai anō tātou katoa – Greetings to us all. "Goodbye 2018 Hello 2019" are the words written on the Horowhenua Council newsletter **Locally Sourced**.

What do you want from 2019?

Be guided by your values, they will help you make decisions that are aligned with the life you are living.

What's important to you?

Where are you spending the majority of your time, effort and money?

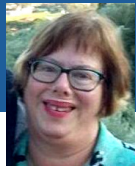
Write down your goals. New habits are not born overnight, you have to work at them. What is your purpose for 2019?

For our first coffee group meeting, let's go to Salt & Pepper on the main road heading south on Friday the 22nd of February we can also after a walk around at their garden nursery. If anyone needs a ride ring me on 368 6116 and leave a message.

Happy 2019

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





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

Kia ora from Tararua

I hope you're enjoying the Summer and are able to go outside for some rest and relaxation. This week I am moving my SF office from downstairs to **upstairs; still at 40 Denmark Street, Dannevirke**. You will now find me when you come into the building by going up the stairs and turning left. **My new office and waiting area is at the end of the corridor**. I'm looking forward to an elevated view, more space and an Aircon/Heatpump! I can also continue to visit people at home throughout Tararua and can arrange a space to meet downstairs if you have mobility issues.

We've had a planning meeting at SF and there are some exciting things coming up in 2019. The women's expo is on 4/5th May in Palmerston north. This is a great event to find out what services are available for women in the Tararua/Manawatu/Horowhenua areas. The carer's retreat is on 11/12th May at El Rancho, Waikanae. This weekend is for SF family members to have a break away, with accommodation and meals provided. It's an opportunity to talk with other SF family members, share experiences and gain support from each other. It is also a fun weekend with a Friday night meal at a local restaurant, a trip to the Paraparaumu market and free time to enjoy the surroundings and Waikanae beach. If you'd like to know more please contact Christine, our SF Manager or talk to me to get your name on the waiting list.

There will be other events e.g. Craft days, Coffee Group, an SF bus trip coming up too, so I'll keep you informed. Our next SF Coffee group will be on Friday 15th February at 10am at Sammy's café, High street, Dannevirke. All welcome.

On Tuesday 12th February, our next Connections to Hope- Depression course begins. **This is a FREE 10 week course at 6-8pm on Tuesdays, held at the REAP room in Gordon Street**. Referrals for/by people with mild-moderate Depression are welcome though it's filling up quickly. Later in 2019 there will be an Anxiety course running so I have a waiting list for those referrals too.

Lots to look forward to and if you need my support, a listening ear or advocacy, please contact me Tuesday-Friday 9am-3pm on 027 355 8563 or 06 3748797.

Regards, Carole



Support Groups

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

PALMERSTON NORTH

Friday 22nd February 1pm

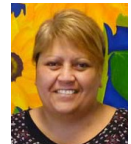
Manawatu Golf Club
 Centennial Drive



LEVIN with Luciana

Friday 22nd February

Salt and Pepper, Levin



DANNEVIRKE with Carole

Friday 15th February 10am

Sammy's Café, High St



Wellbeing Support Group

Mondays 1pm – 2.30pm

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

We will learn some breathing techniques, mindfulness, sleep, food and the topics that you would like to bring to the group.

Come and join us Mondays
 1pm at SF Centre

For more information
 phone Susan 355 8561.





Mental Health Enquiry - Excerpts from the Executive Summary

For the full report see link: <https://mentalhealth.inquiry.govt.nz/inquiry-report/he-ara-oranga/>

Background The Government Inquiry into Mental Health and Addiction was announced early in 2018. The catalyst for the inquiry was widespread concern about mental health services, within the mental health sector and the broader community, and calls for a wide-ranging inquiry from service users, their families and whānau, people affected by suicide, people working in health, media, Iwi and advocacy groups.

Voices of the people Early on in the Inquiry, we consulted Judge Ken Mason. “Listen to the people”, he said. “They will tell you what to do.” We did, and the voices of the people were powerful and compelling. We have reported them faithfully and they have guided our approach.

Strong themes emerged from the people we met and submitters. People shared deeply personal experiences, motivated by a desire to tell their stories and bring about change. We heard a lot of heartache and sorrow, but also stories of hope and recovery.

This report records the main themes from the voices of the people: a call for wellbeing and community solutions – for help through the storms of life, to be seen as a whole person, not a diagnosis, and to be encouraged and supported to heal and restore one’s sense of self.

For Māori health and wellbeing, recognition of the impact of cultural alienation and generational deprivation, affirmation of indigeneity, and the importance of cultural as well as clinical approaches, emphasising ties to whānau, hapū and Iwi.

For Pacific peoples, the adoption of ‘Pacific ways’ to enable Pacific health and wellbeing – a holistic approach incorporating Pacific languages, identity, connectedness, spirituality, nutrition, physical activity and healthy relationships.

People said that unless New Zealand tackles the social and economic determinants of health, we will never stem the tide of mental health and addiction problems. There are clear links between poverty and poor mental health. People need safe and affordable houses, good education, jobs and income for mental wellbeing.

Addictions are recognised as a serious public health issue in New Zealand. Alcohol and other drugs are tearing families and communities apart. People and communities called for decisive action to limit the sale and promotion of alcohol, particularly around children and young people. As well as more treatment and rehabilitation services, people argued for a mature drug policy, with addiction treated as a health, not a criminal justice issue.

Families and whānau described patient privacy as a barrier used to exclude them from treatment and discharge planning, even though they are the ones there for the long haul. They asked for help for their family members, and more support for their own needs as carers. Families bereaved by suicide described a lack of support, and the delays and trauma of current suicide review processes.





Mental Health Enquiry - Excerpts from the Executive Summary

For the full report see link: <https://mentalhealth.inquiry.govt.nz/inquiry-report/he-ara-oranga/>

Children and young people are exhibiting high levels of behavioural distress leading to deliberate self-harm, risk-taking, anxiety and other troubling behaviours. Parents are concerned about the harms of bullying and misuse of the internet and social media. School counsellors and teachers are overwhelmed by the number of students in distress. New Zealand's high rates of youth suicide are a national shame. Students and teachers highlighted the importance of learning about mental health as part of the health curriculum and helping young children develop resilience and learn how to regulate their emotions.

People wanted **support in the community**, so they can stay connected and receive help for a variety of needs – crisis support and acute care, addiction recovery, long-term support, respite care, drop-in centres, social support, whānau wrap-around services and employment support. They sought access to an expanded range of therapies, and resources to shift from district health boards (DHBs) to non-governmental organisation (NGO) providers, which are closer to the community.

Problems of **access, wait times and quality** were reported all over the country – having to fight and beg for services, not meeting the threshold for treatment, and the cruelty of being encouraged to seek help from unavailable or severely rationed services. Gaps in services, limited therapies, a system that is hard to navigate, variable quality and shabby facilities added up to a gloomy picture of a system failing to meet the needs of many people.

Members of the **workforce** told us of their love of their jobs, but reported stress, burnout and exhaustion from overwork and an increasing risk of assaults. One manager warned, "All the dreams of the Inquiry will come to naught if we don't have a workforce". There were loud and clear calls for more peer-support workers; more staff trained in Māori culture and Pacific cultures; and more training in mental health and addiction within primary health care and other sectors (education, corrections, police and social work).

We heard that New Zealand needs a **human rights and mental health** approach to be recognised in law to honour our international treaty obligations. People called for repeal and replacement of the Mental Health (Compulsory Assessment and Treatment) Act 1992 (Mental Health Act) and an end to seclusion and restraint. Even in 2018, shame and stigma shape attitudes and act as barriers to seeking help. The Mental Health Act embeds archaic and risk-averse attitudes that cause clinicians to opt too readily for coercion and control.

Submissions described a lack of clear **leadership and oversight** at a national level. People talked about what can be achieved when mental health and addiction is a priority area for government and there is clear leadership and direction from a mental health commission with a powerful statutory mandate. They asked for local leadership and innovation to be supported. We saw and heard about many examples of grass-roots leadership by people with lived experience.



More next month



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.



Wellbeing 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 Thursday 21st February 12 noon



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

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Peer Support
4 Wellbeing Support Group 1 - 2.30pm	5 Art Lessons 12:00-2:00pm	6 WAITANGI DAY OFFICE CLOSED	7 Crafts 1:30 – 3pm	8 Peer Support
11 Wellbeing Support Group 1 - 2.30pm	12 Art Lessons 12:00-2:00pm	13 Peer Support	14 Crafts 1:30 – 3pm	15 Peer Support
18 Wellbeing Support Group 1 - 2.30pm	19 Art Lessons 12:00-2:00pm	20 Peer Support	21 BBQ Lunch 12pm Crafts 1:30 – 3pm	22 Peer Support
25 Wellbeing Support Group 1 - 2.30pm	26 Art Lessons 12:00-2:00pm	27 Peer Support	28 Crafts 1:30 – 3pm	



Sender:



**SUPPORTING
FAMILIES**
in Mental Illness

Manawatu

**PO Box 5010
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