



Kia ora. Welcome to the June newsletter. This month is Matariki which begins on the 25th of June. This symbolises the coming of the Māori New Year. Matariki is made up of 7 stars which are traditionally known as the 7 sisters. Those that celebrate Matariki, I hope you enjoy your celebration.

In May we had our carers retreat which was enjoyed by all that attended along with families from Atareira. One of the families members that came on the retreat has written up her thoughts on the weekend, This is included in the newsletter along with some photos. There was a lot of talking and laughing over the weekend. All believed that we should do it again next year so those that could not come this year please keep an eye out for the date next year.



We have another Go Kidz group in June if anyone is interested for their young people please don't hesitate to contact me. Also we are starting another depression group in June. There are still some places left if interested, please call the office. Please keep warm as winter is here and look after yourselves. Remember "laughter lightens our load". Take care, Christine

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LEVIN OFFICE

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PALMERSTON NORTH OFFICE
Whānau Coordinator: **Kim Mckelvey**
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Kia ora Palmerston North & Feilding

Winter is here and for some of us it can be depressing – it's cold, wet and many of us can get the flu or get other bugs that make us sick and miserable. I don't think it's too unusual to feel a bit down at this time of year and want to hibernate in a warm space. But if you think it's a bit more than the weather getting you down or feeling sad over the end of Game of Thrones then consider coming to our connections with hope for depression – we are taking new referrals.

It's been another busy month and referrals are not slowing down in the family/whānau area. It's good to hear from families regarding positive outcomes, as we often hear about the presenting issues of concern at the time but don't usually hear about the rest of the journey. Thank you

I am looking forward to the government's budget in terms of whether a new mental health & wellbeing commission is likely to be announced. I think there is a lot of expectation regarding the government's response to New Zealand's mental health crisis. I am looking forward to positive change and hope it includes extra resourcing in mental health and addiction in the community.

June is the month of Matariki, which is the Māori name for a cluster of stars which is visible in our night sky at a specific time of the year. In 2019, from 25 to 28 June, Matariki will re-appear in the dawn sky – signalling the start of the Māori New Year. Why is it important? It is a time to celebrate new life, to remember those who've passed and to plan for the future. And it's a time to spend with whānau and friends – to enjoy kai (food), waiata (song), tākaro (games) and haka. I hope that many of you have the time to celebrate Matariki with your whānau and friends.

I continue to visit Ward 21 most Thursday's from 1pm to 3 pm. 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. **Nga mihi, Kim**



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

Tēnā tātou e te whānau o Horowhenua

Matariki: Te Tau Hou Māori. Matariki The Māori New Year. Twinkling in Pipiri (June-July) the coldest time of the year, in the Winter sky, just before dawn Matariki (the Pleiades) signals the Māori New Year.

Matariki is a time to come together and celebrate with family and friends. To reflect on the past, celebrate the present and plan for the future. Matariki means celebrating the unique place in which we live and giving respect to the land we live on. There are a few ways you might want to celebrate Matariki. Enjoy a mid-winter feast. Light a candle to remember loved ones who have passed away or to farewell unwanted memories. Write down your hopes, dreams and aspirations for the year ahead. Go outside, look up at the stars. Get to know the streams, rivers and trees in your neighbourhood. Listen to the birds. Pipiri means to draw close.

Saturday June 1st 11am at the Jack Allen Community Hub, 32 Bristol St Levin is launching a women's only Jazz-a-size programme for beginners. Have fun listening to old school music.

It's busy as usual working with families and agencies. Remember I'm always taking names for our Connection with Hope programmes.

This month lets have lunch at Kaffir Lime Café and Thai Cuisine, 12.30pm on Oxford St.

Happy Matariki

Luciana aka Lulu

58 Bath Street, Levin

(1st floor)

Phone: (06) 368 6116





Thoughts & Pictures from Carers Retreat

Fiday Night Out (written by Lynn)

Dining
Delectable
Dinner
Soprano Italiano 2004
Alternative Drop Menu
A platter to share
For starters
Mains a choice of two
Pollo chicken
Bolognese – Beef and Pork
Lemon and lemon
Marscapone posset
And curd
With Limoncello jelly
Shortcrust pastry
Dessert
Coming together
Mingling
Cackling
Sharing
S.F. Manawatu and Atareira
Surprise
Goody bags holding
Stress relievers
What a treat
What a time
What a gift



Support Groups

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

PALMERSTON NORTH

Friday 28th June 1pm

Manawatu Golf Course



LEVIN with Luciana

Friday 28th June 12:30pm

Kaffir Lime Café, Oxford St, Levin



DANNEVIRKE with Carole

Contact Carole for details



Wandering through Waikanae Market (Poem by Mary-Lynn)

Hand-painted stones, decorative tiles, driftwood
In all shapes and sizes, creative crystal crafts.
Patchwork cushions designed to be cuddled
Scented candles – memory of mum.....
Exquisite Royal Doulton tea cup – saucer missing.
Honey in the comb, aged cheeses in their rounds,
The tempting smell of local artisan breads
Free tastings galore of low carb
Fat free, gluten free, sugarfree, plastic free
Snacks all fastidiously labelled
Friendly stallholders hollering out
To regular customers on first name terms
A reminder to us we are on their turf
One of us stands long in a produce queue
For just one lemon 60 cents worth of zing to flavour the
common room teapot
With the natural zest of life ...
Revitalised, relaxed, cares unwound
We savour this breathing space, this hour, this day
New friends soon made, old friendships renewed
We're like minds, baked in the same batch!
We're right as rain: and when the rains come down a kind man
insists we take cover
Huddled in his bright blue gazebo stall crammed with large
breadboards;
no pressure to buy
We're on a Carers' Retreat
What a gift to us from a gifted trio of advocates:
Pristine Christine, Caring Carol and Angel Anne





Thoughts & Pictures from Carers Retreat

Afternoon Delights

Siesta time in slippers
Beach walk dawdling in sensible shoes
Spotlight retail therapy
Colouring in posters over coffee in the common room
Ladies knitting circle keeping threads together
Catching up on technical reading – followed by a reward – a long snooze
Hearing the history of the connection of El Rancho With the St Lukes Chapel that was moved onsite
Making new friends
Zombie out if and how want

Attractions of the Venue Chosen

All meals provided and really yummy – dietary needs catered for
Comfortable warm clean rooms, hot showers
Dress code – come as you are – animal slippers are fine
Freedom – you don't have to do anything
A safe environment without pressure
A break from our upsidedown lives and the war zone earthquake it sometimes feels like
Sharing our stories if we choose to
Borrowing each others reading glasses and finding the \$2 ones work better than the \$1-94 variety
Having an adventure
Next year please schedule a onesy/pj parade
(collated by Lyn & Mary-Lynn from what we saw & overheard)



What Did the Weekend Retreat Mean to You??

Freedom – no responsibility (Sandra)
Overwhelmed
Peaceful, relaxing, great bonding
Food Coma
Good people, very relaxing, much needed rest (Christine)
Very thankful
Very peaceful setting, been here before and will be back
Well done staff, why more people don't come begs me. Lovely place, lovely meals, lovely people. Many, Many thanks
Restful, relaxing, restorative relationships. Time out to chill with like minded lovely people
'A Blessing' – all weekend
Peaceful, thanks
A welcome rest
Everybody looked after everybody else
What are the chances of having it on a long weekend
I enjoyed relaxing (Keith)
Night out at Sopranos, relaxing, and nice people! Best Mothers Day I have ever had, its like gold
A lovely tranquil space to unwind, relax with friendly people. Thank you. It's Amazing
A wonderful weekend enhanced by all the family attending time out from the cares & responsibilities of life. So grateful for the opportunity to be nurtured by everyone & the beautiful nourishing food. Thank you to everyone who made this happen for us all.
I didn't have to be brave or strong for a change





Thoughts & Pictures from Carers Retreat

Weekend Retreat at El Rancho Waikanae

My journey started on a Friday early afternoon as I flopped into Anne from Ataireira's car after a stressful morning at work. I was so wound up I was like a time bomb ready to explode. Anxiety levels were at an all time high. That feeling soon dissipated as I was welcomed with a car full of happy chatty ladies. It didn't take long to feel rested and excited about the weekend ahead. The support group culture soon kicked in and information was exchanged and experiences were shared. By the time we reached our destination we had solved the problems of the world.

The road trip to El Rancho went smooth and the chatter was still aplenty as we arrived at our accommodation. Anne parked the car and we were greeted by Christine from Supporting Families Manawatu literally at her bedroom door. She allowed us to take a shortcut through her room as we unloaded the car. We were all like young kids on a school camp choosing which bedroom we were going to have. Excitement grew as we found out that we all had a room to ou all affected by someone close to them with mental health challenges. After all, we were all there for the same purpose 'to enjoy a weekend retreat' and as I watched I witnessed a group of individuals become 'one happy family'.

Before I realised it we were off to dinner at Anne's friend's restaurant in Paraparaumu. Anne-Marie at the Saprano Italian Restaurant welcomed us with open arms as we filed one by one to a private room where others were waiting to join the group. We met Carol from Family Whanau Manawatu, Wendy a Wellington Family Whanau worker, Alison a Kapiti Family Whanau worker, Dan the Manager from Atareira and other members. Our group now covered a geographical area of Wellington to Dannevirke and everyone mixed and mingled well and conversation was easy. The 'Alternative Drop' menu was a huge success as a few exchanged plates to accommodate their personal tastes. The lemon desert was delicious and everyone thoroughly enjoyed their meals. I only saw one doggy bag handed out as the rest of us 'scoffed the lot', yum. Christine from Supporting Families gifted us all with a care bag full of yummy treats and flashing fluoro squishy toys.

Then it was back to El Rancho to settle in the last members of the group. It was great to see most congregating in the common room for a cuppa and a quiet chat. It was apparent that sleep was on the agenda as the room thinned out and everyone retired to their rooms.

Morning came soon enough and we made our way to the main dining room. Breakfast to me is the most important meal of the day so I was very grateful for the gluten free cereal and toast offered to accommodate my dietary needs. The menu included porridge, brown sugar, cream, cereals, toast, fruit, tea and coffee. Chatter soon filled the air as morning breakfast was slowly consumed.

Troy from El Rancho visited us at breakfast to explain the rules of the camp and to welcome us all. Then Anne gave us some suggestions for things to do after breakfast. Basically a free for all day, go do as much or as little as you wish, attend the Saturday Market, pat the horses, stay in, read a book, take a nanny/gramps nap, retail therapy or take a walk on the beach. No pressure, no agenda, you could just be you.





Thoughts & Pictures from Carers Retreat

Weekend Retreat at El Rancho Waikanae—continued

I chose the Saturday Market along with many others. We arranged a car pool and I went with Yvonne and Peter from Wellington Atareira. I had to climb over the seat and felt like a contortionist as I left one leg behind and Yvonne kindly helped put me back together. Their car had been in an accident and the front passenger door had been crushed in the side only a few days before and so the door was held together with sticky tape. Such dedication, even a pranged car didn't stop Yvonne and Peter from driving to their much needed 'Weekend Retreat'.

We convoyed to the market following Christine in her bright orange car. We were last and got stopped at the red light, but soon caught up to the orange car with the rego BRMBRM only to find out that it wasn't Christine, what were the chances of two orange cars the same in Waikanae. Peter came to our rescue and out came the GPS on his cell phone, well done to our Great Granddad learning about modern technology, you saved the day and we arrived at the market in good time. The weather was unpredictable, thank you Christine for your spare raincoat, it came in handy and kept me dry. The market was interesting and plenty variety to keep your attention. From the Dutch cheeses to the French bread, the wooden breadboards, hand-made jewellery, crafts, flower arrangements and the fruit and veges galore.

It's not always about what you do that counts, it's about who you do it with. Thank you to Yvonne for making my day at the market so enjoyable.

The activities over the weekend were very relaxing and easy to achieve. Christine came complete with a satchel of adult colouring pictures, Anne & Christine led the knitting circle & a trip to Spotlight, the boys did lots of walking, reading of books by the mile and a lot of zzzzz's were achieved. There was always lots of chatting going on in the common room as everyone seemed to be enjoying their time together. 'Therapy without the session', just what the doctor ordered.

Dinner time came quick enough and the food that El Rancho supplied was all very satisfying and delicious. I don't think I have eaten so much good food at a camp before. I certainly enjoyed every meal that was prepared and presented.

Our last day came round very quickly and we were surprised with a neck and shoulder massage. Bharti from 'Massage for Good Health' worked her magic fingers and gave us all a massage. We had our last supper together and slowly our group made their way home. I could not have felt so rested, renewed, rejuvenated and ready to face the world as I did after the 'Weekend Retreat'.

Thank you to Supporting Families and Atareira for an awesome weekend. Look forward to next year. Aroha Jacqui.





FINANCIAL MEMBERSHIP

**Annual
subscriptions
are now due**

Name: _____

Address: _____

Phone Number: _____ **Mobile:** _____

Email: _____

Age Group (please tick)

- ☐ 20-29
☐ 30-39
☐ 40-49
☐ 50-59
☐ 60+

Ethnicity (please tick)

- ☐ New Zealander
☐ Māori Iwi Affiliation:
☐ Pacific Islander
☐ Other Please specify:

Please circle: Unwaged \$7.50 Waged \$15.00 Family \$20.00 Corporate \$50.00

Please return with payment to:

Manawatu SF, PO Box 5010, Palmerston North 4441

Alternatively the above details can be emailed to us at:

admin@manawatusf.org.nz and if you prefer internet payment, this can be set up with the following details:

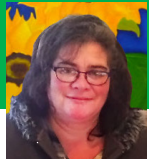
Supporting Families in Mental Illness Incorporated
Westpac 03 1522 0020097 00

Please place your **Name/s** under **Particulars** & **"Membership"** under **Reference**

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

+ finding the way through





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.



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 26th June 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 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.



Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Queens Birthday Office Closed	4 Art Lessons 12:00-2:00pm	5 Peer Support	6 Crafts 1:30 – 3pm	7 Peer Support
10 Support Group 1 - 2.30pm	11 Art Lessons 12:00-2:00pm	12 Peer Support	13 Crafts 1:30 – 3pm	14 Peer Support
17 Support Group 1 - 2.30pm	18 Art Lessons 12:00-2:00pm	19 Peer Support	20 Crafts 1:30 – 3pm	21 Peer Support
24 Support Group 1 - 2.30pm	25 Art Lessons 12:00-2:00pm	26 Lunch 12 noon Peer Support	27 Crafts 1:30 – 3pm	28 Peer Support



Sender:



**PO Box 5010
Palmerston North 4441**