



Supporting Families in Mental Illness

NEWSLETTER | DECEMBER/JANUARY 2021

Kia ora

Welcome everyone to the last newsletter for the year. What a year it has been!! I think we would all like to see the back of this year and hope that next year brings some light for all.

A few notices...

1. End of year Centre Lunch on the Wednesday 16th December - all welcome, can you please let us know if you are coming on 06 3558561.
2. The service will be closed from the 24th December to the 5th January 2021. If anyone needs support over this time phone support will be available between 9am-4pm. just call 06 3558561.

Looking into the New Year I have booked the Carers Retreat for the 30th April to 2 May 2021. if anyone is interested please let the Family/Whānau know and put the dates in your diary.

It has been a challenging year for all and I would like to thank the SF team

for all their hard work over the year and their flexibility over the lockdown. One of the interesting skills we have all learnt through out this time is the use of Zoom meetings and the need to improve my technology skills.

The holiday period can be challenging for some. Please look after yourselves, try to take some time for your self and if you can enjoy getting together with family and friends. I keep reminding myself how lucky I am to have my family close by. I know that many others can not see their family over this unusual time, my thoughts go out to them.

If you need support or just would like a chat please don't hesitate to pick up the phone and call.

Take care and keep safe,
Christine

**Hurīhia to aroaro ki ra
tukuna to atarangi kia
taka mui i a koe**

*Turn your face to the sun
and the shadows fall
behind you.*



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Follow our new facebook page

**Family Whānau Support
in Mental Illness Manawatu**

or search for ManawatuSF



LIKE US ON

facebook



Contact us: www.manawatusf.org.nz

Manager: Christine Zander-Campell **P:** 06 355 8561 **E:** 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: Claudia Nicholson
Email: claudia@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



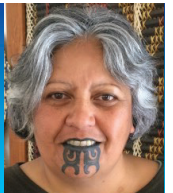
Kia ora from Palmerston North & Feilding

Xmas is only a few weeks away, and while it can be a great occasion, it does affect us all differently. For some it's a great time and for others not so much. For many people it can be a stressful and lonely time. This stress can come from the expectations we have about xmas, in terms of gifts, family time, what food we will have and the holidays. I find xmas difficult due to not having the opportunity to share it with my family members who have passed on and I seem to miss them more during xmas. I think if you are like me then it's important to acknowledge that xmas can be a struggle for you and stick to the things that help you in your wellness and within your budget. That said, I wish you all a merry xmas and a happy new year. I do hope that next year we are completely COVID 19 free and we have the vaccine.

Kia kaha
Kim 😊

Levin Office

Whānau Coordinator: Luciana Manu-Hill
Email: luciana@manawatusf.org.nz



Ngaa mihi o te Kirihiomete, me te Tau Hau – Christmas greetings and to the New Year.

Wow here we are, winding down from work. Getting ready for Christmas, and the holidays. What a year, I'm glad it's passing.

I've enjoyed working with Donny Riki doing the Connections with Hope programme and the people that were brave and willing to make a change in their lives for the betterment of themselves and their whānau. Ngaa manaakitanga ki a raatou – best wishes to the families. And for them to know we are always here to support whānau.

I have strengthened relationships and made new connections in Horowhenua, so I'm looking forward to next year. I've also enjoyed our Te Reo classes.

I'm not really sure what services are available over the holidays, but Life Changers Church does a free Community Christmas lunch on Christmas day, you'll see me there. To attend you must ring the church on 06 367 2489 with your name and numbers.

Women's Refuge Crisis Team will be open, Arcs Horowhenua will be closed during the stat days, as well as this office.

If there is an Emergency ring the Acute Care Team on 0800 653 357.

Please have a safe and wonderful Christmas holiday.

Hei konaa I raro I
ngaa manaakitanga.
Luciana aka Lulu



Good quality used clothes wanted



All clean clothing most welcome!
Drop in to MNSF and we will organise drop off to Crisis Respite.

ANY SIZES

Tops, shirts, shorts, woman's tights, jeans, trousers, track pants, socks, underwear, handbags, shoes, sneakers, caps, jersey's, sweatshirts, scarves etc. All donations welcome. Can organise collection if needed.



Thanks for helping a friend.



Clothes needed for people at crisis respite care. Male and female. Large or small quantities welcome.



Dannevirke Office

Whānau Coordinator: Claudia Nicholson
Email: claudia@manawatusf.org.nz



Tena koutou katoa

It has been a difficult year for many people, family and whānau. I sincerely hope that next year is a time of renewal and health for all people who make this service so essential. The last Connections with Hope Anxiety group is going to be completed in Dannevirke on the 7th December 2020. I hope to run another group focusing on Depression in March. Please contact me if you are interested.

I attended the opening of White Ribbon Week in Dannevirke. The Mayor gave a very personal speech of her family's experience with the stereotypes that men are confronted with and how this can also contribute to men not being listened to or understood. These stereotypes like 'toughen up', 'boys don't cry', 'real men can fix anything' and 'real men are in control' are not helpful.

The Holiday period can also add pressure on families and whānau so please be aware of the wonderful services available for people in Dannevirke that might be required. Of course Women's Refuge is there and so is Manline. After Christmas I will be back on board on the 5th January 2021.

I hope we all have a kind, happy and contented Christmas and New Year.

Ka kite

Claudia Nicholson

Support Groups

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



Palmerston North

Contact Christine for more info.



Levin

Contact family/whānau worker for more info.



Dannevirke Office

Contact Claudia for more info.

*Be happy
Do the best you can
Be good and kind*



St John Health Shuttle

Feilding, Palmerston North and surrounds

Booking essential at least 24 hours prior to appointment

Office hours weekdays 8:30am - 3.00pm



St John

Here for Life

Phone 0800 323 565

In an emergency call 111

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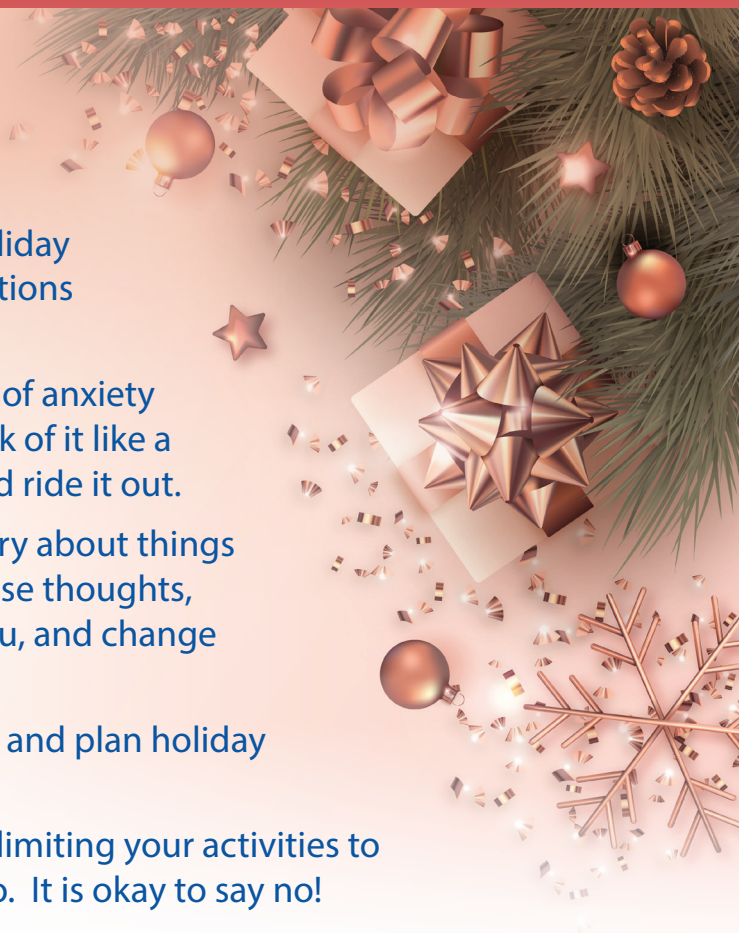




10 Tips To Beat Holiday Stress

Take note of a few tips to get through the holidays comfortably and contentedly:

1. **BE REALISTIC** – Neither you, nor your holiday has to be perfect. Consider your expectations and remain flexible.
2. **PRACTICE ACCEPTANCE** – Some degree of anxiety is “normal”, healthy, and motivating. Think of it like a wave of the ocean; allow it to come in and ride it out.
3. **CHANGE YOUR THOUGHTS** – We all worry about things we cannot completely control. Catch those thoughts, think about them and how they affect you, and change them to more helpful thoughts.
4. **PLAN AHEAD** – Set a budget for yourself and plan holiday activities and gift giving... in advance.
5. **DON'T TAKE ON TOO MUCH** – Consider limiting your activities to those you are interested in and able to do. It is okay to say no!
6. **TAKE CARE OF YOURSELF** – Attend to your own feelings and healthy self-care: good nutrition, sleep and exercise are important to well-being.
7. **STAY CONNECTED** – Maintain good connections to family and friends. Talking with others can do a world of good.
8. **BE IN THE “NOW”** – Too much focus on worrying about what may or may not come and you will not be able to enjoy the present. Take in all that is your present moment and enjoy the present.
9. **TAKE A DEEP BREATH** – Practicing breathing or other relaxation techniques - e.g., progressive muscle relaxation, guided imagery exercises, tai chi, yoga.
10. **BEHAVIOURAL ACTIVATION** – Engage in an activity you may enjoy, such as, taking a walk, listening to music, reading a book.



Starlight Bringing Joy, Giving Hope



Our Aim is to bring joy and hope to mental health patients. We want them to know their community cares about them. We drop off welcome packs to Ward 21 and Crisis Respite in Feilding. During the Year we drop in Easter and Christmas gifts.

Thanks for making someone's day a little better.

If you could help us with the following supplies throughout the year we would be most grateful.

* **Toothpaste** * **Shampoo** * **Body Wash**
* **Tooth brushes** * **Face cloths** * **Combs**
* **Purse pack tissues** * **Note books and pens**
Items can be dropped into Supporting Families anytime and we will collect and distribute.



How to get ready for Christmas will help make sure that the little things don't turn into big things. Knowing how to get ready for Christmas and most importantly, taking steps to insure you ARE ready will make your holiday season go smoother, look brighter and be merrier for everyone!

CHRISTMAS TREES: There is nothing more exciting than going to pick out a tree, or bringing down the Christmas tree from the loft. Gathering around with people you love to add all the lights and ornaments. It brightens up anyone's day.

LIGHTS: Take time in the evenings to walk around the streets and see all the pretty lights. Neighbours gardens and houses just glisten more during this season.

ORNAMENTS: The holiday decorations are everywhere, the shops and stalls are full of Christmas knick-knacks that adds to the cheer no matter where you are.

PRESENTS: The holidays shouldn't be about the presents, but we all secretly love getting them. How can anyone not look forward to unwrapping a gift and being surprised? Don't forget about your pets.

TREATS: This is one of the few seasons where the variety of treats are abundant, and there are no limits to how many candy canes, chocolate strawberries, pavlova's and many more treats to share.

MISTLETOE: Is there any better excuse to bump into that special someone under the mistletoe?

CAROLS AND MUSIC: Attend carols by candlelight or put that Christmas CD on and sing along to the favourite Christmas carols.

SANTA: Brought wonder and joy to us as children, and still is a secret favourite for adults.



Holiday Opening Hours

YOSS PALMY

Thursday 24 December: 9am-12pm
Closed Friday 25 – Monday 28 December
Tuesday 29 December: Normal hours
Wednesday 30 December: Normal hours
Thursday 31 December: 9am-12pm
Closed Friday 1 – Monday 4 January
Tuesday 5 January 2020 – 9am-6pm
Return to normal business hours
31 Princess St, PN – 06 355 5906

YOSS Levin

Last day: Wednesday 23 December 12pm
Opening: Tuesday 5 January

LUCK Venue

Open
Normal hours every day
Berryman's Lane, PN – 06 357 6798

Methodist Social Services

Last day: Friday 20 December
Opening: Monday 6 January
663 Main Street, PN – 06 350 0307

Just Zilch

Last day: Thursday 24 December
Opening: Tuesday 5 January.
11am – 6pm: 022 597 2569
MASH Trust collecting the Just Zilch food run while shut

MASH Trust

Normal opening hours
Closed public holidays
180 Cuba St, PN – 06 355 7200

Raukawa Whanau Ora

Last day: Wednesday 23 December
Opening: Monday 18 January
3 Keepa St, Levin – 06 368 8678

Manawatu Supporting Families

Last day: Thursday 24 December
Opening: Tuesday 5 January
160 Cuba St, PN – 06 355 8561

Whakapai Hauora

Last day: Wednesday 23 December
Opening: Tuesday 5 January
140 Maxwells Line, PN – 06 353 6385

ACROSS Social Services

Last day: Thursday 24 December
Opening: Tuesday 5 January
294A Church St, PN – 06 356 7486

Salvation Army

Last day: Wednesday 23 December
Opening: Tuesday 5 January
431 Church St, PN – 06 358 7455
Xmas BBQ 22 December 10am-3pm

Dalcam

Open
Crisis Respite available 24/7
35 Campbell Rd, Feilding – 06 323 7965

Whaioiro Trust

Last day: Friday 18 December
Opening: Monday 11 January
6 Linton St, PN – 06 354 0670

THINK Hauora

Last day: Thursday 24 December
Opening: Tuesday 5 January
200 Broadway Ave, PN – 06 354 9107

Mana o Te Tangata - PN

Last day: Friday 18 December
Opening: Tuesday 29 December
601 Featherston St – 06 358 5444

Mana o te Tangata – Levin

Last day: Friday 18 December
Opening: Tuesday 5 January
534 Queen St East – 06 357 3393

Rangitane o nui Tamaki

Last day: Thursday 24 December
Opening: Tuesday 5 January
10 Gordon St, Dannevirke – 06 374 6860



Consumer Activity Programme

160 Cuba Street – Entrance on Pitt Street (Beside Chinatown)



Hi everyone,

For one on one support, please phone Susan on 06 355 8562 to make an appointment, as this will ensure that you get the time and privacy that you need.



End of Year Lunch
Wednesday 16 December
11.00am



Paper Craft
Thursday
1:00pm - 3:00pm



Te Reo Class
Wednesday 2 December 11:30am
All welcome.



Art Group with Baxter
Tuesdays 12:00 - 2:00pm

Welcome back to the Art Group.
Come along on Tuesdays from 12 noon.
Please try to be on time as numbers are limited. Come along and share your creative ideas.



Centre Closed:

11 December
24 December – 4 January
25 January



Lunch
Wednesday 20 January 2021

Centre will reopen:
5 January 2021



Donations and Acknowledgements

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.



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



**THE LION
FOUNDATION**



PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL
Sharing Strengths - Empowering Community





December Calendar 2020

Phone: 06 355 85612
Email: consumer@manawatusf.org.nz

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Decorate the Tree 10am Art 12.00pm – 2.00pm	2nd Peer Support Te Reo Class 11.30am	3rd Craft 1.00 – 3.00 pm	4th Peer Support
7th Peer Support	8th Art 12.00pm – 2.00pm	9th Peer Support	10th Craft 1.00 – 3.00 pm	11th CENTRE CLOSED
14th Peer Support	15th Art 12.00pm – 2.00pm	16th End of Year Lunch 11.00am	17th Craft 1.00 – 3.00 pm	18th Peer Support
21st Peer Support	22nd Art 12.00pm – 2.00pm	23rd Peer Support	24th CENTRE CLOSED	25th CHRISTMAS DAY CENTRE CLOSED
28th BOXING DAY CENTRE CLOSED	29th CENTRE CLOSED	30th CENTRE CLOSED	31st CENTRE CLOSED	



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January Calendar 2021

Phone: 06 355 85612
Email: consumer@manawatusf.org.nz

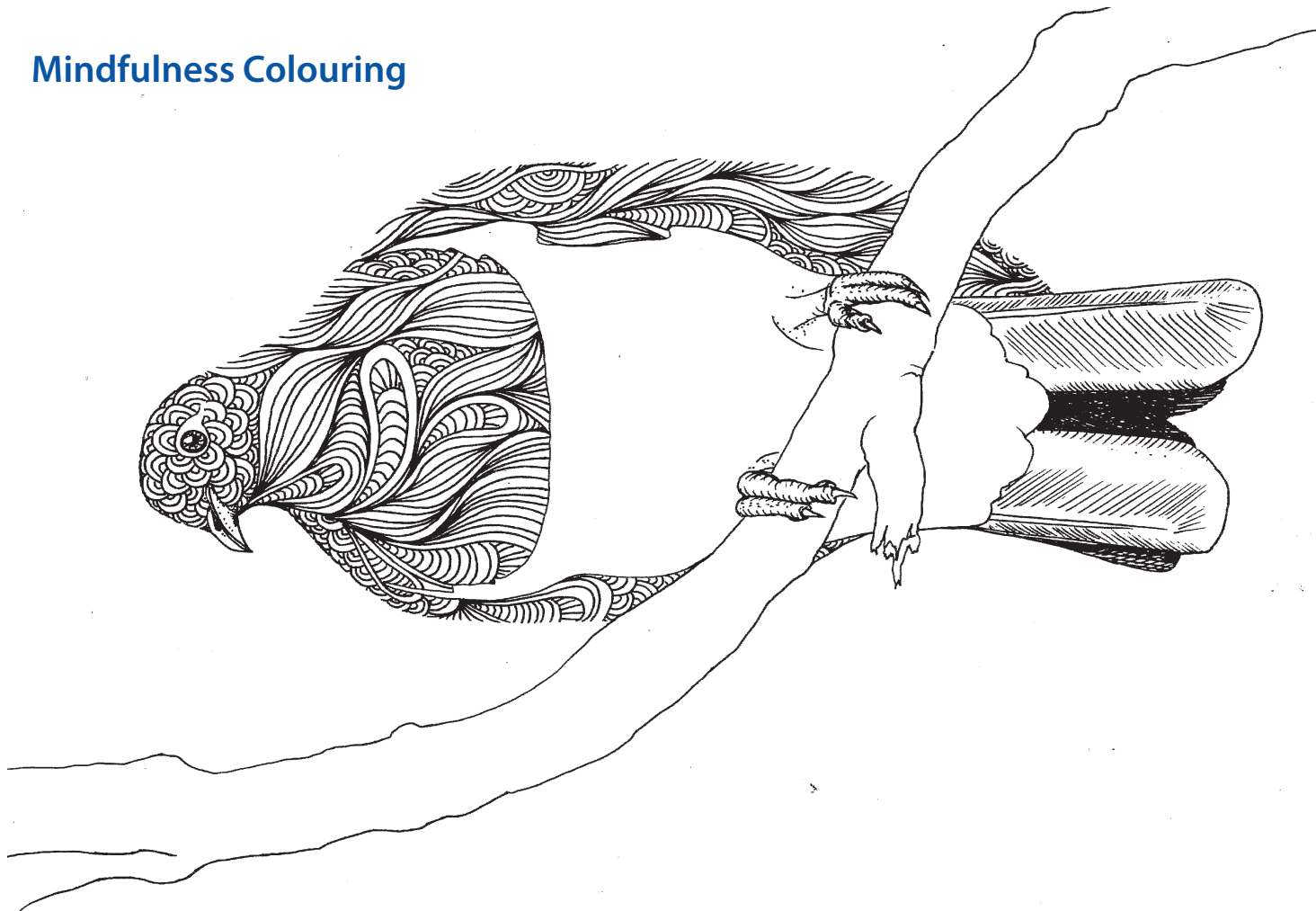
Happy New Year!

Monday	Tuesday	Wednesday	Thursday	Friday
				1st NEW YEARS DAY CENTRE CLOSED
4th CENTRE CLOSED	5th Art 12.00pm – 2.00pm	6th Peer Support	7th Craft 1.30 - 3.00pm	8th Peer Support
11th Peer Support	12th Art 12.00pm – 2.00pm	13th Peer Support	14th Craft 1.30 - 3.00pm	15th Peer Support
18th Peer Support	19th Art 12.00pm – 2.00pm	20th Peer Support Lunch	21st Craft 1.30 - 3.00pm	22nd Peer Support
25th WELLINGTON ANNIVERSARY DAY CENTRE CLOSED	26th Art 12.00pm – 2.00pm	27th Peer Support	28th Craft 1.30 - 3.00pm	29th Peer Support
30th Peer Support	31st Art 12.00pm – 2.00pm			



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Kererū

New Zealand Pigeon

630g / 50cm

The kererū is a large and beautifully coloured pigeon, with a white chest and blue-green feathers. It is found throughout New Zealand. The kererū is a quiet bird, but the beating of its wings, when flying, is noisy and distinctive. It loves berries and is the only bird that disperses the seeds of several native trees.

Population: not threatened



Sender:



**PO Box 5010
Palmerston North 4441**