

## NEWSLETTER | JULY 2021



### Kia ora

Welcome to the month of Matariki (Māori New Year) this is the time that you should be able to see the Pleiades Star

Cluster if we get some clear night sky's. This is the time of the year that many people feel down or depressed as the sky's become more grey and we get very little sun. On the days there is sun get out and about as this is a good way to lift your mood and get some vitamin D.

We are coming to the end of our first Project CALM programme, there has been some great feedback from the programme. I will be running another one next term in a school and hope to do one in the community. If you know any one that may be interested please contact me for more information.

We are looking at starting a depression programme in Dannevirke in the next month if anyone is interested please contact Lyn for more information or an assessment.

In Palmerston North we will be starting our anxiety programme around mid-August if you know of anyone that may need this programme please contact me.

We will be running the Go Kidz programme over the school holidays, this is for children between 7-11 years that live in the presence of mental illness and addiction. For more information please contact me.

Keep warm and if anyone need a chat give me a ring.

Take care  
**Christine**

## Contents

Regional Updates	2-3
Selfcare is how we take our power back	4-5
Consumer Activities	6
Acknowledgments	6
Calendar	7

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**Family Whānau Support  
in Mental Illness  
Manawatu**  
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**NEED  
HELP?**

**CALL 06 355 8561**

**[www.manawatusf.org.nz](http://www.manawatusf.org.nz)**

**Manager:** Christine Zander-Campbell **Email:** [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)

Palmerston North Office (Main Office)	Dannevirke Office	Levin Office
<p>📍 160 Cuba St (Entrance on Pitt St) PO Box 5010</p> <p>☎ (06) 355 8561 or (06) 355 8562</p>	<p>📍 40 Denmark Street (ground floor)</p> <p>☎ (06) 374 8797</p>	<p>📍 58 Bath Street, Levin (1st floor)</p> <p>☎ (06) 368 6116</p>
<p><b>Manager Family/Whānau:</b> Christine Zander-Campbell, <a href="mailto:christine@manawatusf.org.nz">christine@manawatusf.org.nz</a></p>	<p><b>Family/Whānau Coordinator:</b> Lyn McNair <a href="mailto:lyn@manawatusf.org.nz">lyn@manawatusf.org.nz</a></p>	<p><b>Family/Whānau Coordinator:</b> Luciana Maru-Hill <a href="mailto:luciana@manawatusf.org.nz">luciana@manawatusf.org.nz</a></p>
<p><b>Family/Whānau Coordinator:</b> Kim Mckelvey, <a href="mailto:kim@manawatusf.org.nz">kim@manawatusf.org.nz</a></p>		
<p><b>Consumer Support:</b> Susan Forbes, <a href="mailto:consumer@manawatusf.org.nz">consumer@manawatusf.org.nz</a></p>	<p><b>Office hours:</b> Tuesday to Friday 9am – 3pm</p>	<p><b>Office hours:</b> Tuesday to Friday 9am – 3pm</p>
<p><b>Administrator:</b> Sharon Gutry, <a href="mailto:admin@manawatusf.org.nz">admin@manawatusf.org.nz</a></p>		
<p><b>Office hours:</b> Monday to Friday 8.30am – 4.30pm <b>Peer Support hours:</b> Monday to Friday 9am – 4pm</p>		

## Palmerston North Office

Whānau Coordinator: Kim Mckelvey  
Email: [kim@manawatusf.org.nz](mailto:kim@manawatusf.org.nz)



### Kia ora from Palmerston North & Feilding

It is officially cold and wet, it's hard not to feel a bit down in the dumps in winter when it's raining, and this pushes us indoors. Protect yourself against the winter blues by revisiting the five ways to wellbeing:

**Connect, me whakawhanauga** – stay connected to important whānau/family and friends.

**Give, tukua** – give of your time, your words and kindness, it will increase your happiness.

**Keep learning, me ako tonu** – keep setting goals and notice when you achieve them.

**Be active, me kori tonu** – do what you can to remain physically active.

**Take notice, me aro tonu** – savour the moments that give you joy and happiness.

Keep safe and warm, ring me on 3558561 if you require family/whānau support.

Take care and have a great month.

Kim 😊

## Levin Office

Whānau Coordinator: Luciana Manu-Hill  
Email: [luciana@manawatusf.org.nz](mailto:luciana@manawatusf.org.nz)



### Teenaa tatou Katoa,

Happy Matariki. In the Lunar calendar the raising of Matariki, a cluster of stars will appear in the morning skies on the 2nd of July. You might want to wake up very early, 5am, in the morning, to see Matariki. It's a time to give thanks for all, that the environment has given us, a time to reflect, and a time to think of those who have passed during that year. It's also a time to think about what you would like to see in the coming new year. Then celebrations. What will you do to celebrate Matariki. Contact your local Iwi, District Council or Local Libraries on their website to find out where the celebrations are. Join Muauupoko Iwi with a karakia at Lake Punahau (Lake Horowhenua) to welcome in Matariki, starting 5am to 6am.

Connections with Hope is coming to an end. If you are interested in doing this 10 week programme in Levin ring my contact details on the front page.

With some banks no longer accepting cheques, a number of services in Levin are helping older people with internet banking.

The school holidays are coming up this month. Contact me if you need any support or a listening ear.

Keep warm,  
**Luciana Maru-Hill**  
**Aka Lulu**

## PROJECT CALM



### Skill based anxiety reduction programme for school aged children

- 8 week course. One hour per session. One session per week.
- Parents attend alongside child. Parents learn theory and reasoning behind the strategies children are learning.
- Practical strategies are taught by the child programme facilitator.
- Based on Acceptance Commitment Therapy, Cognitive Behavioural Therapy and Self Compassion models.
- Children learn skills in mindfulness, relaxation, self compassion and problem solving.
- Adults learn about identifying and managing sensory issues, thinking errors and social difficulties.

#### School Based Option

- School choose students to attend – up to 8 per group.
- Children and parents received Project CALM Programme on school site after school.
- Teaching staff offered a workshop and PD into anxiety reduction

**For registration of interest in hosting a Project CALM course contact**  
**Supporting Families [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz) 06 3558561**



## Dannevirke Office

Whānau Coordinator: Lyn McNair  
Email: [lyn@manawatusf.org.nz](mailto:lyn@manawatusf.org.nz)



Hi this is Lyn saying hello from Tararua. I have been in this role now for 2 months and I have been enjoying meeting new people and learning what my role entails. I have worked in the Tararua district previously, in several different roles so at least I know my way around reasonably well. In saying that I could still get myself lost fairly easily.

I am noticing as I get to meet people just how resilient they are. Many people I see live 'on the smell of an oily rag' as my father would have said. The stress of money can impact on people working just as much as those who are not. Having had times myself as a single parent/student I can empathise as to how very stressful this makes life - that's without the other things that life brings us. You folk are my hero's because you just keep keeping on.

I would like to say thanks to the Supporting Families team in Manawatu, Fielding and Horowhenua for taking me into the Supporting Families Whānau. Thanks to the guys at the Manawatu Supporting Families Centre who make me feel so welcome. You always make me smile!

Lyn

## Support Groups

These groups are open to anyone who is caring for someone with mental health issues and addiction. For more information contact a family/whānau co-ordinator in your area.

Palmerston North: Christine, 06 355 8561

Levin: Luciana, 06 368 6116

Dannevirke: Lyn, 06 374 8797

## New Art Tutor



Hi there, my name is Samantha Edwards. I'm a single Mum of two, and I have spent most of the last twenty years or so raising my beautiful boys, and working in music and art.

I'm so happy that I'm going to be spending Tuesday afternoons at Supporting Families teaching art!

Creative expression is well known to be beneficial in fostering mental well-being. It can be very useful in learning to explore our emotions, and develop self awareness. It can also be very rewarding when we see that our art appreciated by others, and can be quite self esteem lifting. It's also a great environment for social interaction. Something about creating art together often stimulates thoughtful conversations, and people generally seem to be calmer and happy when they leave, - which makes it two hours well spent.

We've had a couple of sessions already, and I'm amazed at the natural talent in this place! But if you feel that you don't have any artistic talent, I would love to have the opportunity to prove that you do, - because you do! We just need to draw it out! You don't have to be experienced or have any art ability at all. Some of the best art I've seen is quite simply just raw and honest. I will be teaching technique and skills, but you'll have to bring your own imagination and creativity. It's going to be an exciting collaboration... I can't wait to see what we create together!

I'd love to meet you, so please come along and join in sometime!

## 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

**Phone 0800 323 565**

**In an emergency call 111**



**St John**  
Here for Life



When we know what to look for, we can make wiser choices to help prevent burnout or recover from it. Getting your life into a good balance requires learning to take good care of yourself as a priority – not as an optional extra. Remember the airplane requirement to put on our own oxygen mask before assisting anyone else?

This increases the chance that you'll both be able to cope in a tough situation. In other words, the carer and the person they assist benefit from the carer's self-care. Carer self-care is always a positive choice. It is very practical. It's a burnout-buster!

One way to think about self-care is that it shows we have some self-respect. It builds up our resilience to cope with whatever life brings

along. It helps us keep a positive attitude, a sense of humour, good relationships with others and the ability to persevere and adapt as circumstances change.

Self-care can lift our spirits and improve our mood. It certainly isn't just about having treats on bad days. And it's not just for use in a crisis. Sometimes it will involve making choices to do things we might prefer to avoid such as seeing our GP, organising respite care, accepting help from others, or improving our diet.

All of us can sometimes feel stuck and locked into routines, habits and attitudes that get in our own way. It can help to look for circuit breakers and try something new to move forwards. Try the following strategies on page 5!

**"Caring for myself is not self-indulgence. It is self-preservation."**  
Audre Lorde



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# 10 self-care strategies to use for burnout prevention and recovery

**1 Check in with yourself regularly.** Ask yourself some honest questions, such as... How am I doing right now? How's my health? My mental health? What do I have some control over? What can I change? What are my limits? What are my early warning signs? What things stop me from prioritising self-care and why? This keeps you aware of what you're needing to be sustainable. (You might like to see Carers NZ's article *Wellbeing WOF: Check yourself out* - search for it at [carers.net.nz](https://carers.net.nz))

**2 Focus on getting the basics right each day.** Eat a healthy diet. Drink enough water. Exercise. Get enough sleep and rest. See a doctor if you're unwell or struggling – don't miss those appointments for yourself. Do something every day that lifts your spirit.

**3 Ask for help and share the load.** We all have limits.

- Talk with family, whānau, aiga, close friends and support professionals (GP, social workers, community workers etc) honestly about what care is needed and what support options they can offer. Say yes if someone offers assistance, even if it's not always done how you'd prefer it to be done.
- Carers NZ can help you to know your rights and entitlements and also offer support. See [carers.net.nz](https://carers.net.nz), phone 0800 777 797 or email [centre@carers.net.nz](mailto:centre@carers.net.nz) for advice.
- Make an appointment with a counsellor. Talking things through can help.
- In times of acute stress or crisis, call or text 1737, available 24/7, to speak to a counsellor for some immediate support.

**4 Take short breaks through your day.** Think of them as mini vacations! Maybe sit outside. Phone someone. Get out of the house for a while. Visit family or friends. Have a long shower. Spend time with a pet. Read a book. Listen to music. Walk round the block. Use a progressive relaxation technique. Do some slow, deep breathing.

**5 And use longer time out / respite care.** From a regular few hours to a few weeks, respite breaks can make a big difference for carers.

If you are experiencing burnout, it is absolutely essential. Studies show that using longer respite care at least once or twice a year improves a carer's wellbeing and resiliency. Put the dates in your diary. Stick to your plan. See Carers NZ's *Time Out Guide* at its website, and be sure to ask your doctor or NASC about your respite funding and planning options.

**6 Get out your strong thoughts and feelings.** It helps. You could talk to someone you trust about what you're going through. Write it down in a journal. Cry if you need to. Shout into a pillow. Walk, run, dance or exercise if out. Use art. Use music. Make something. Get away into nature. See what works for you.

**7 Talk to other carers.** You share your frustrations, encourage each other, laugh about the realities others don't understand, swap useful information, short cuts and tips, and celebrate the good times. Phone 0800 777 797 to find out what's in your area. Why not also join Carers NZ's large Facebook's community to stay informed and connect with other carers – [facebook.com/carersnz](https://facebook.com/carersnz)

**8 Don't let caregiving take over your life completely.** Give regular time and attention to other things you find meaningful, interesting and enjoyable. Keep up with friends. Treat yourself to something. Enjoy a hobby. Join a team or group. Try to talk to someone outside of your carer world every day. This kind of approach helps your life to keep balance.

**9 Keep a positive outlook.** Celebrate even small victories. Look for silver linings in situations. Notice things to be grateful for. Keep hopeful. Look for things that inspire and encourage you.

**10 Make room for laughter and fun.** Use your sense of humour. Laughter lowers stress! Share a joke. Call or visit people who make you laugh. Watch a comedy. Read something funny. Try to find the humour in everyday situations.



## 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 8561 to make an appointment, as this will ensure that you get the time and privacy that you need.

### Art

**Tuesdays 12:30pm - 2:30pm**

We would like to welcome Samantha who will be supporting the art group.

### Paper Craft

**Thursdays 1:00pm - 3:00pm**

### Chat 'n' Coffee with Mio

**Thursdays 10:30am - 12:00pm**

Hello my name is Mio. Sounds like "Me-oh". I am a UCOL Student, I will be in the centre 2 days a week, I look forward to getting to know you.

### Lunch – Monday 5 July

**12:00pm**

Join us to celebrate Matariki

## 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.





# July Calendar 2021

Phone: 06 355 8561  
Email: [consumer@manawatusf.org.nz](mailto:consumer@manawatusf.org.nz)

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> <b>CALL 06 355 8561</b>  <a href="http://www.manawatusf.org.nz">www.manawatusf.org.nz</a> </div> </div>				
<b>5th</b> Lunch 12.00pm Let's Celebrate Matariki Peer Support	<b>6th</b> Art 12.30pm – 2.30pm	<b>7th</b> Peer Support	<b>1st</b> Chat 'n' Coffee with Mio 10.30am – 12.00pm Craft 1pm – 3.00 pm	<b>2nd</b> Peer Support
<b>12th</b> Peer Support	<b>13th</b> Art 12.30pm – 2.30pm	<b>14th</b> Peer Support	<b>15th</b> Chat 'n' Coffee with Mio 10.30am – 12.00pm Craft 1pm – 3.00 pm	<b>16th</b> Peer Support
<b>19th</b> Peer Support	<b>20th</b> Art 12.30pm – 2.30pm	<b>21st</b> Peer Support	<b>22nd</b> Te Reo Class 11am Craft 1pm – 3.00 pm	<b>23rd</b> Peer Support
<b>26th</b> Peer Support	<b>27th</b> Art 12.30pm – 2.30pm	<b>28th</b> Peer Support	<b>29th</b> Chat 'n' Coffee with Mio 10.30am – 12.00pm Craft 1pm – 3.00 pm	<b>30th</b> Peer Support



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

*Sender:*



**PO Box 5010**  
**Palmerston North 4441**