



Supporting Families in Mental Illness

NEWSLETTER | MARCH 2021



Kia ora

Well here we are back at level 2 again. I hope everyone is feeling okay as the on going changes to the alert levels can feel very unsettling. Supporting Families at level 2 is still taking face-to-face appointments and we have all the requirements for level 2 in place. Please remember to sign in when accessing SF services either by the QR code or the sign in register. If you are feeling sick please let the SF staff know and they will re-book you for when you are feeling better or we can support you by phone.

I am planning the Carers Retreat 30th April to 2 May. If you are interested please contact your Family/Whānau

worker or myself and we can book you in. This is a great way of meeting others that have a family member with a mental illness and/or addiction as well as getting a break.

Please look after yourselves, these are challenging times but we are here to support you and your whānau. Please don't hesitate to give us a call, we are only a phone call away.

Take care,
Christine

Or ehara taku toa I te toa tokitatahi he toa tokimano - my strengths is not that of an individual but that of the collective.

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NEED HELP?

CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campbell **Email:** christine@manawatusf.org.nz

Follow us on facebook

**Family Whānau Support
in Mental Illness
Manawatu**
or search for ManawatuSF



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>Manager Family/Whānau: Christine Zander-Campbell, christine@manawatusf.org.nz</p>	<p>Family/Whānau Coordinator: Claudia Nicholson claudia@manawatusf.org.nz</p>	<p>Family/Whānau Coordinator: Luciana Maru-Hill luciana@manawatusf.org.nz</p>
<p>Family/Whānau Coordinator: Kim Mckelvey, kim@manawatusf.org.nz</p>	<p>Office hours: Tuesday to Friday 9am – 3pm</p>	<p>Office hours: Tuesday to Friday 9am – 3pm</p>
<p>Consumer Support: Susan Forbes, consumer@manawatusf.org.nz</p>		
<p>Administrator: Sharon Gutry, admin@manawatusf.org.nz</p>		
<p>Office hours: Monday to Friday 8.30am – 4.30pm Peer Support hours: Monday to Friday 9am – 4pm</p>		

If you no longer wish to receive this newsletter, please let Sharon know and she will take you off the mailing list – admin@manawatusf.org.nz

Palmerston North Office

Whānau Coordinator: Kim Mckelvey
Email: kim@manawatusf.org.nz



Kia ora from Palmerston North & Feilding

It has been a busy month with many new referrals coming in, there are lots of whānau struggling at the moment with a variety of issues and caring for a loved one with a mental illness and addiction is usually only one part of what is going on for them. Please remember our carer's retreat coming up in April, as this is a fantastic opportunity for whānau to have some respite, catch up on sleep, have a nature walk and connect with other whānau going through similar situations. If you would like to know more please ring me on 06 3558561. I am taking names now for this wonderful weekend.

I can see that many whānau are living with the outcomes of the COVID lockdowns and this is an uneasy time for many who may have had their jobs and financial security shaken, many have worries about their future, their whānau and the vaccines too. Take care out there.

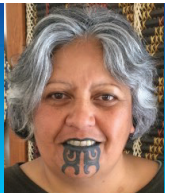
I have had some families show an interest in attending a family/whānau support group in Palmerston North. This would be an informal gathering of family /whānau who have shared experiences as carers for someone with a mental illness and /or addiction. The benefits of this group would be to give and receive another level of connection for whānau, if this sounds like a group you would find helpful then please let me know on 06 355 8561.

Whānau Day is being celebrated on the 7th March 2021 from 12 pm – 3 pm in Victoria Park, Feilding. Pop along if you have a chance as there are many fun activities happening there.

Kim 😊

Levin Office

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



Teenaa taatou,

Hi Families in Horowhenua

Welcome to our March newsletter. It is a month I really enjoy. I enjoy the sun, abundance of food from the garden, and I enjoy eating outside under the trees. If you're feeling bogged down with the stresses of life don't forget to take some space and time to reflect.

We are about to start our Anxiety programme in April, Wednesday the 7th at 10am. If you're interested, or know of someone who might be, my contact details are on the front page.

I would like to start up our coffee group again, if you're interested give me a call. It's lovely to meet other family members so you don't feel like you're on your own or the only one experiencing these issues.

If your needing me to contact you please don't hesitate, I'm a great listener.

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 06 3558561



Dannevirke Office

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



Kia ora

January and February were busy months for our families/whānau in the Tararua. It has been essential to reconnect with agencies and their kaimahi/worker in this district. It has been noticeable that the hot summer weather was not as consistent as in other years but the end of February has been hot.

Our Connection with hope Depression group has been delayed due to a recent passing in my whānau. We will now start in Woodville on the 9th March 2021 at the Tararua Family Service Building in Ormond St. This used to be the Plunket Rooms. If you would like to be part of this group please contact me.

The Carers retreat is also at the end of April please contact me to let me know if you want to attend. I have always enjoyed this time of relaxation and regeneration for our Carers. I will be attending and can help with transport if needed.

Children's Day in Dannevirke Whānau Ora Day will be on the 6th of March at the Sports Grounds. It is a fun time for our tamariki/children and I will have a small stall to be part of this special time that we all come together to celebrate.

Well I am sure that you are all getting busy during this change of season as we welcome Autumn into our lives.

Claudia Nicholson
Whanau/Family Coordinator.

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:
Claudia, 06 374 8797



Photo created by freepik - www.freepik.com

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



Caring for someone with a mental illness

Are you a carer?

Are you helping someone with a mental health condition or illness? If so, you might be called this person's carer.

You might spend time with the person and listen to their concerns. Perhaps you look after them full time at home. Maybe you're there when they have to go into hospital.

If you support someone with mental illness, you are playing an important role in their recovery.

You know how they normally act and which treatments work for them. You can answer questions if they become unwell.

Every caring relationship is unique. But there are some common issues that carers of someone with a mental illness will go through.

Help them take the first step

If you're close to someone who has symptoms of mental illness, encourage them to seek help.

If you think they're avoiding treatment, try talking to them about getting help for a physical symptom (e.g. not sleeping well, not having much energy).

➤ Mental illness: first steps to get help
yourhealthinmind.org/first

➤ Helping a suicidal person
yourhealthinmind.org/helping

Dealing with diagnosis

A diagnosis is made after a thorough assessment of a person's physical and mental health.

A diagnosis is just an agreed name for a certain set of symptoms. A diagnosis allows doctors to plan treatment and let you know what you should expect.

A diagnosis can change over time. It does not define the person.

If the person you're caring for has been diagnosed with a mental illness, you might need to discuss with the person:

- the meaning of the diagnosis
- how much care and ongoing support they think they need
- what is realistic for both of you.

A diagnosis might make you feel relieved. Or you might feel worried or stressed about what this means for the person you are supporting and yourself.

➤ Recommended mental health support services
yourhealthinmind.org/support

Partner with doctors

Psychiatrists, GPs and other doctors value carers as an essential part of mental health care.

If the person you care for agrees, you can:

- go to appointments with them
- talk about treatment and medications with the doctor
- find out general information about their illness from the doctor
- find out how you can support them at home.

“Stay with the same clinicians if you are happy with them. This will avoid having to tell the same story over and over.”

Sharon, South Australia

The doctor should:

- provide you with information on your role and rights as a carer
- explain what they can (and can't) talk about with you
- answer any questions you have
- refer you to carer support services if you need them.

You might have questions like:

- What should I look out for?
- When is it an emergency – and is there a number I can call?
- Who is the treating doctor?
- If the person needs to go to hospital, how long will they be there for?
- What plans are there for discharge?
- Why have you chosen this treatment? Are there any other options?
- What medications have been prescribed, and when should they be taken?
- What side effects should I be aware of?
- What help and supports can the hospital or health service provide?

In some states of Australia you can ask the person you support to fill in a 'Nominated Carer Form'. This tells doctors who to speak to if the person is very unwell. Ask your doctor where you can get the form.

Keep track of medications

Mental illness is often treated with medication.

These medications can help reduce a person's symptoms. Medication usually has to be taken every day at the same time to work best.

Read the printed information sheet that comes with the medication. This has details about how to take the medication and what the side effects might be.

The person may be given their medications in a pre-packed set (for example, a Webster-pak). In this case, the information sheet might be removed.

If so, you can find out full details of all medications on the Australian Government NPS Medicinewise or Medsafe New Zealand websites.

🔗 NPS Medicinewise
nps.org.au

🔗 Medsafe New Zealand
medsafe.govt.nz

How you can help with medication:

- Keep track of the medications the person is taking, for both their physical and mental health.
- Take side effects seriously.
- If the person's medication is changed, keep a close eye on their mood and behaviour.
- Know that it can be dangerous to combine medications, use alcohol or other drugs, or drive a car while on particular medications.

Know what's happening

- Find out about the person's illness and what to expect.
- Attend appointments (if the person you are looking after agrees).
- When in the appointment, take notes so you can discuss it later. Also remember that you are there mainly to watch and listen – it's their appointment.
- You might be too stressed to take much in during an appointment. Before you leave, ask if there is a telephone number you can call if you have questions.
- Ask lots of questions. Even questions you feel silly asking. These are often the most important.

Make a list of important information

Write down important information in one place, and keep it somewhere easy to get to.

This might include:

- telephone numbers to call in an emergency
- a safety plan if the person is at risk of suicide
- any medications the person is taking
- any side effects to watch out for
- legal paperwork (such as power of attorney and guardianship information)
- the early warning signs of the person becoming unwell, and what to do when this happens
- what has worked in the past
- any other information you think is relevant.

Then, if you are away or unable to care for the person, someone else can quickly access all the details.

Share this information with the person you are supporting.



“A mental illness in a loved one can feel like a loss. The person you knew seems to be gone. They are there, and not there at the same time. Knowing that there are others out there going through the same thing is so important.”

Jim, New Zealand

Look after yourself

Being a carer can be hard work and it may sometimes feel that you are getting nowhere.

It can be helpful to:

- look after your own needs first
- take a break whenever you can
- join a carer support group so you can talk about your experiences with others who understand
- look out for psychological symptoms of your own, particularly depression.

Employment rights

You may be entitled to take paid or unpaid leave from your job to care for someone in your immediate family or household. Contact the Fair Work Ombudsman (Australia) or Employment New Zealand to find out more about carer's leave.

Financial support

Contact Centrelink (Australia) or Health NZ to find out about the carer payments available.

Respite care

Respite care is where a paid carer looks after the person for a few hours or overnight, to give you a break. They can come to the person's home, or the person can go to the respite carer.

Commonwealth Respite and Carelink Centre
1800 052 222 (Australia)

Ministry of Health Disability Support Services
0800 373 664 (New Zealand)

Someone to talk to

There are many services available to help carers. But it can be bit of a maze finding out what's relevant and useful to your situation.



CALL 06 355 8561

www.manawatusf.org.nz

Remember

- ✓ Support from family and friends is important for people with mental illness and for you as the carer.
- ✓ Financial, emotional and respite help is available for carers.
- ✓ Taking a break from caring is important for your own, and your loved one's, wellbeing.

This fact sheet is also available online at yourhealthinmind.org

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About us

Psychiatrists are doctors who specialise in mental health.
The Royal Australian and New Zealand College of Psychiatrists:

- trains and supports psychiatrists
- advocates for better mental health for our communities
- sets standards in psychiatry.



The Royal
Australian &
New Zealand
College of
Psychiatrists





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths

5 Get active. Even if you're stuck indoors, move & stretch

12 Immerse yourself in a new book, TV show or podcast

19 Do three acts of kindness to help others, however small

26 Take a small step towards an important goal

6 Contact a neighbour or friend and offer to help them

13 Respond positively to everyone you interact with

20 Make time for self-care. Do something kind for yourself

27 Thank three people you're grateful to and tell them why

7 Share what you are feeling to and be willing to ask for help

14 Play a game that you enjoyed when you were younger

21 Send a letter or message to someone you can't be with

28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org



Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



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.

Chat 'n' Coffee with Susan
Thursdays 10:30am - 12:00pm

Let's see where this takes us.

Paper Craft
Thursdays 1:30pm - 3:00pm

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.

Lunch – Wednesday 10 March
12:00pm

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.





March Calendar 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
1st Peer Support	2nd Art 12.00pm – 2.00pm	3rd Peer Support	4th Chat'n'Coffee with Susan 10.30am – 12.00pm Craft 1.30 – 3.00 pm	5th Peer Support
8th Peer Support	9th Art 12.00pm – 2.00pm	10th Lunch 12 Noon	11th Te Reo Class 11am Craft 1.30 – 3.00 pm	12th Peer Support
15th Peer Support	16th Art 12.00pm – 2.00pm	17th Peer Support	18th Chat'n'Coffee with Susan 10.30am – 12.00pm Craft 1.30 – 3.00 pm	19th Peer Support
22nd Peer Support	23rd Art 12.00pm – 2.00pm	24th Peer Support	25th Te Reo Class 11am Craft 1.30 – 3.00 pm	26th Peer Support
29th Peer Support	30th Art 12.00pm – 2.00pm	31st Peer Support	 <div> CALL 06 355 8561 www.manawatusf.org.nz </div>	

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Sender:



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