



Supporting Families in Mental Illness

NEWSLETTER | SEPTEMBER 2020

Kia ora

Welcome to September's newsletter and we are back in level two. All our services are running as usual, along with our group programmes using social distancing. These are very unsettling times for everyone, please remember if you feel that you need support don't hesitate to call one of our offices we are here to help.

With all the uncertainty it is very hard to plan moving forward. I hope to be able to set a date for the Carers Retreat in February 2021 if all goes well, (I don't think we can do it before Christmas). I am planning the Go Kidz group to run two days over the school holidays. This is for children 7-11 years who have lived in the presence of mental illness and/or addiction, if you need more information please call me. We hope to run another Depression and/or Anxiety programme before the end of the year across the regions, if anyone is interested please contact the office.

Look after yourselves. Remember that there are a number of online tools that can help with distress and anxiety. If you need more information about these give me a call. There is also the free call/text 1737 service available from the Mental Health Foundation of New Zealand for support from a trained counsellor.



Take care and keep safe,

Regards Christine

Contents

Regional Updates	2-3
Coping with Covid-19	4
Sensory Strategies	6
Chief Coroner Releases Annual Provisional Suicide Figures	9
Consumer Activity Programme	10
Acknowledgments	10
Calendar	11

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Palmerston North (Main Office)

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Family/Whānau Coordinator: Claudia Nicholson
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Levin Office

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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

Yay it's September the official start of spring, already there are noticeable differences in the environment and weather, I find it's comforting if you can take a moment to appreciate it, as the world can seem a topsy turvy unsafe place with COVID and the protests that seem to be happening globally. I have noticed that families engaging with the service at the moment tend to be those with teenagers with anxiety and depression, and it is this age group who can often feel weighed down by worldly concerns as they transition into adulthood.

Mental Health Awareness week is run between the 21st and 27th September each year by the Mental Health Foundation. I am unsure what the theme is this year but keep a look out for their information and promotional resources.

Also September 10th is World Suicide Prevention Day. It's a day to remember loved ones tragically lost to suicide and to comfort and support those who are bereaved. It's also about reaching out to those who are vulnerable as it can save lives. Have a great month

Kia kaha
Kim 😊

Levin Office

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



Hi families in Horowhenua,

Spring is in the air, new beginnings mean new growth.

I hope everyone is well. We haven't had a coffee group in a while let's start one. Also I'm really wanting to start a support group for parents, who are caring for teenage children with Mental Health, give me a call and let me know your thoughts.

We are into our 5th week of our Anxiety programme. I would love to start another one hopefully in Otaki, but if we get more interest in Levin we'll start in Levin. If you're interested in doing this programme or know of someone who might be please ring me.

I'm here if you want to talk and catch up.

Kia ora ra
Luciana aka Lulu

Working together/ collaboration.

Naau te rourou, naaku te rourou ka ora ai te Iwi.
This Whakatauki talks to community, to collaboration and a strengths-based approach. It acknowledges that everyone has something to offer, a piece of the puzzle, and by working together we can all flourish.

Maori Language week 14-20th September

Got symptoms of COVID-19?

If you have symptoms of cold or flu call Healthline (for free) on 0800 358 5453 or your doctor.

If you have:

- any COVID-19 symptoms
- been in close contact with a confirmed or probable case
- recently arrived from overseas
- been in contact with someone who has travelled overseas eg, Customs and Immigration staff, staff at quarantine/isolation facilities
- worked on an international aircraft or ship
- cleaned at an international airport or maritime port in areas visited by international arrivals

you should get assessed for COVID-19.

To discuss getting an assessment call Healthline on 0800 358 5453 or your doctor.

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/whanau worker
for more info.



Dannevirke Office
Contact Claudia
for more info.



Dannevirke Office

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



Tena koutou katoa

I would like to thank the many messages of support during the illness and passing of my son Jade. I appreciated every kind word and understanding of my absence.

In the last week I had the opportunity to go to the mask making at Rangitane Iwi office. Gloria Hauiti was an excellent tutor especially for a person who had not been on a sewing machine for "a number of years". These masks are so versatile and of course reusable.

Due to my absence the Anxiety Connection with Hope course did not start. I am currently organising a course starting Tuesday 27th October 2020 at Te Aonui Papakainga from 5pm to 7.30pm. If you are interested please contact me.

In the next school holidays the Go Kids program will be running in Palmerston North, this is for Children 7 to 11 who are affected by Mental Illness and/or Addiction. The program is very well planned and runs one day each week of the holiday. Again contact me if you are wanting more information.

With the increase to level 2 recently for our Covid 19 alert I know some whānau/families are finding it difficult to go about what was their normal at the beginning of this year. If there are questions or concerns please contact me and I will do my best to help navigate some of the regulations that are currently required. I hope you are all well and safe.

Claudia Nicholson

Introducing Anna

Hi, my name is Anna, and I have started at supporting families as a student for my placement which is required for my course. I am studying to become a support worker and then to hopefully moving on to become a counsellor. I am based at supporting families on Mondays and Thursdays till mid-December. On Mondays I have started a group called "Cooking with Anna" each week we will make different types of foods to sit down at lunch time and enjoy. I look forward to meeting you all.



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 & Christmas gifts.

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

- Toothpaste
- Shampoo
- Body Wash
- Tooth brushes
- Face clothes
- Combs
- Purse pack tissues
- Note books and pens

Items can be dropped into SF at anytime and we will collect and distributed.



Thanks for making someone's day a little better.

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





Coping with COVID-19

Feeling anxious and stressed about COVID-19 is normal.

Ref: <https://depression.org.nz/>

Worried about reports of new cases of COVID-19 in New Zealand?

After several weeks of having no new cases of COVID-19 we are now seeing some cases again. This might sound a bit scary and it's completely normal to feel stressed or anxious, but there is no need to panic.

It was always thought some cases might get picked up at our borders, which is why we have a 14-day managed isolation or quarantine. Since this quarantine was established, steps have been taken to tighten processes for greater safety. Everyone coming into New Zealand will be tested twice for COVID-19 before they're allowed to leave their isolation.

It's very important to remember that almost all of the new cases are from New Zealand citizens or residents returning home from overseas.

With the pandemic still occurring overseas people will want to come home and, of course, they have every right to do so. With compulsory isolation we have an excellent way to stop the virus spreading to the wider community.

Things you can do

Remember, there are a number of things you can do to take care of yourself and help us unite against COVID-19.

- Keep a record of where you've been and who you've seen. This will help with rapid contact tracing if it's required.

You can download the [NZ Covid Tracer app](#) or simply keep a note of where you've been.

- Seeing repeated negative information can be upsetting. While it's important to stay informed, you might find it useful to limit your media intake if it is upsetting you or your family.
- Stay informed by checking accurate, reliable and up-to-date information from trusted sources backed by experts. Two reliable sources are:
 - the New Zealand Government's [Unite against COVID-19 website](#)
 - [World Health Organization](#)

- Be wary of information you find on social media – it may not be true or reliable.
- Be kind. Remember that the vast majority of people coming to New Zealand are citizens or residents. They may have been through a very stressful time getting home. They may be rushing home to see a loved one that is unwell or dying and their life overseas may have changed for the worse. They need our support.
- Stay safe.
 - If you're sick, stay home.
 - Wash your hands regularly.
 - Cough or sneeze into your elbow or cover your mouth and nose with tissues. Put tissues in a bin immediately.
 - Avoid touching your face, including your eyes, nose or mouth.
 - Clean surfaces regularly. This includes items you touch often, like door handles or phones.
- Look after your mental wellbeing. Visit the [Unite against COVID-19 website](#) for some advice.

If you have symptoms of cold or flu call Healthline (for free) on [0800 358 5453](#) or your doctor.

If you have:

- any COVID-19 symptoms
- been in close contact with a confirmed or probable case
- recently arrived from overseas
- been in contact with someone who has travelled overseas eg, Customs and Immigration staff, staff at quarantine/isolation facilities
- worked on an international aircraft or ship
- cleaned at an international airport or maritime port in areas visited by international arrivals

you should get assessed for COVID-19. To discuss getting an assessment call Healthline on [0800 358 5453](#) or your doctor.

Visit the [Ministry of Health's website](#) for more information about COVID-19 assessment and testing.

If you are feeling overwhelmed or uncertain about COVID-19 remember that it's totally normal to feel stressed and anxious.

There are some things you can do to keep up your wellbeing and stay connected during these times. Remember we are all in this together, so here is some wellbeing advice to support you, your whānau, and your community.



Connect and share

Although advice and circumstances may change in the weeks and months ahead, the need for support will remain constant.

- Connecting with other people is important for keeping up your wellbeing. Connection provides others with support, allows us to feel better about ourselves, and gives reassurance and reduces anxiety.
- Check in with your friends, family, and neighbours regularly. If you can, assist people who may be more vulnerable than you (for example, who have no access to the internet, or cannot get to the shops).
- When talking to children or teens about COVID-19 be open, honest and calm. Help children with anxiety by providing accurate information. Read advice at the [Unite against COVID-19 website](#) for insights on talking to young people.

Be kind and don't discriminate

- Be kind and continue to check in on neighbours, older persons, or those who are unwell.
- There are many ways you can support people through this time whether it is keeping in touch, running errands, or collecting shopping for them. Being kind to others not only helps them but it can also enhance your own wellbeing.
- There are a lot of unknowns about COVID-19 but this is no reason to discriminate. Treat others with dignity and respect regardless of where they come from, their age, or whether they have the illness or not.
- Remember, language matters – the way we all speak about COVID-19 can make a difference to whether people feel empowered and willing to be tested and seek treatment, or to provide help to others in need.

It is normal to feel stressed or lonely, but there are things you can do to feel better

- Stick to a routine such as having regular meal times, bed times, and exercising.
- If you feel you are not coping, it is important to talk with someone close to you. You can also talk to a health professional. For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, seven days a week – to talk with a trained counsellor.
- For more advice visit the [Looking after your mental wellbeing section at Unite against COVID-19](#).

Physical wellbeing

- Try to engage in activities that you enjoy and find relaxing.
- Eat healthy food and drinks and keep alcohol intake to a minimum.
- Keep regular sleep routines for adults and children.
- Try to maintain physical activity in open spaces such as parks, beaches or bush walks.
- If you are well, do some jobs or fun things that you haven't had time to do.

People with existing distress with a focus on high levels of anxiety and OCD

For people who have previous or existing experiences of anxiety or OCD, COVID-19 may increase or heighten distress that we are already feeling. It is a stressful time for everyone and there are many unknowns.

Look after your social connections and mental wellbeing

Contact with others is vital and can help us keep things in perspective.

- Adapt to the new normal but remember that this situation is temporary. It may feel uncomfortable. But it doesn't mean you are going backwards in your recovery – we're all doing our best!
- Keep up your support networks. Visit the people who live nearby.
- Make a list of a person a day to call. There may be someone you've wanted to chat to for ages, but haven't had the time. Now's the time!
- If you are struggling, you're not alone. Reach out for support, there are many virtual and phone-based support options. Consider [The Journal](#) to help you get through.

Find a healthy balance in relation to media coverage

- Being exposed to repeated negative information can be upsetting. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.
- Try to stick to the facts and verified and government sources [Unite against COVID-19](#).
- [Reassure your child](#) or teen that it is OK to feel worried. Share with them how you deal with your own stress so that they can learn how to cope from you.
- When others share information with you, their facts may not always be accurate – keep this in mind when you hear something about COVID-19 that is not endorsed by trusted sources such as [Unite against COVID-19](#) or the [World Health Organization](#).

Tama Tū, Tama Ora. Tama Noho, Tama Mate.

You can do a lot of things to help you, and your whānau, start feeling better.





April 2020

What works for you?

Using sensory strategies to help people cope with challenging situations

This resource is for people who work in mental health, addiction and disability who want some general guidance on how to use sensory strategies to support people during tough times.


How do tough times lead to stress?

Some stressors are a normal and essential part of everyday life (eg meeting new people, or waking up early for school or work). It is natural for people to feel greater levels of stress during more challenging situations, such as the breakup of a relationship, a natural disaster and especially now during the COVID-19 global pandemic. These situations can be a serious threat to ourselves and the people or things we value in our lives, and we may become really stressed and anxious.

Experiencing too much stress can have a negative impact on our health and wellbeing. For example, we may experience headaches or sore muscles and find it difficult to concentrate or sleep, which in turn creates more stress and anxiety. This can be different for everyone. Some of us may feel agitated or restless and others may feel like they have little or no energy.

This [animated video](#) shows how stress can affect our health and wellbeing.





How can we use our senses to reduce stress and improve wellbeing?

The reality of life is there will always be stressful situations. What matters most is how we respond.

Every day we are constantly balancing ourselves using our senses (eg touch, sight, hearing, smell and taste). We may have a warm cup of herbal tea to help us settle down or listen to upbeat music to help us feel energised. This helps us to feel 'just right', 'in the zone', 'in balance' or 'grounded'.

Similarly, sensory strategies involve the mindful use of sensory activities to influence how we want to feel. These activities can help us manage stress, overwhelm and distress during challenging situations. Sensory approaches can be incredibly useful and can be used at any time throughout our whole lives.

General principles for using sensory activities

We all have different sensory responses and preferences. Supporting people to find what makes them feel calm, alert, relaxed, safe or happy is a journey you can do together. You can support people to find and use a variety of sensory activities to help improve their wellbeing.

Sensory activities can be calming or alerting.

Calming sensations are helpful when people are feeling restless, overwhelmed or agitated. These sensations tend to be slow, simple, soft, familiar and remind people of positive things.

Alerting sensations are helpful when people are feeling low energy, flat and tired. These sensations tend to be fast-paced, hard, complex, and unusual or not familiar.

Practical key steps to help people become familiar with using sensory activities

1. **Explore** – Encourage and support people to explore different sensory activities and ask people to describe the experience. For example, how did it feel? Did you like it? Was it calming or alerting?
2. **Practice** – Once people are familiar with their preferred sensory activities, encourage them to use these activities whenever they are feeling stressed.
3. **Reflect** – Remind people to self-reflect each time they use a sensory activity. For example, how did they feel before and after? Did it work in this situation?

People have different sensory preferences. A sensation or activity that is calming or alerting for one person may not work for another person. Exploration is key, as people may not know their preferences themselves.

Consider whether it will be helpful to ask the person if they are interested in exploring cultural activities and think about who could help support you with this.

Many people have experienced trauma, it is important to support the person to feel safe and confident to choose and try new things. Talk to your peers, manager, or supervisor if you feel unsure about anything.



Calming sensations

To improve relaxation and calmness

Alerting sensations

To improve attention and energy

Touch

Deep, strong, firm, pressured touch or warmth

(eg weighted blankets, massages, miri miri or warm baths)

Light, tickly, prickly, squishy touch or stroking

(eg fidget items, cold showers or splashing cold water on the face)

Sight

Soft colours, natural or dim lighting, and simple, peaceful and pleasant images or sceneries

(eg natural landscape [pictures](#) or [videos](#), or reading a book)

Bright colours, changing patterns of light, and complex visual images or sceneries

(eg visual puzzles, watching a sports game)

Sound

Soft, slow, simple, melodic and repetitive music or sounds

(eg [waiata](#), karakia, white noise, [birds singing](#), [ocean waves](#), or sounds of [taonga puoro](#)/Māori musical instruments)

Offbeat, loud, quick-paced music or sounds

(eg handheld instruments, loud and upbeat music)

Smell

Mild and pleasant smells and fragrances

(eg floral scented baths or candles such as lavender or rose)

Strong smells and unpleasant odours

(eg strong scents such as citrus, peppermint or cinnamon)

Taste

Mild, pleasant and sweet

(eg hot chocolate, herbal tea, soup, oatmeal, applesauce, lollipops or sweet chewing gum)

Strong, unpleasant, spicy, salty, sour, bitter

(eg black coffee, sour candies, hot chillies, pickles, cold popsicles or crunchy foods)

Balance/movement

Slow, regular, and predictable movement

(eg rocking chairs, knitting, [raranga harakeke](#), [making poi](#), walking or pacing barefoot in the dirt, backyard, forest or beach)

Fast, irregular, or unpredictable movement

(eg kapa haka, planting [kumara](#) or [gardening](#), cleaning around the house, stretching or jumping)





Media Release – 21 August 2020

CHIEF CORONER RELEASES ANNUAL PROVISIONAL SUICIDE FIGURES

Chief Coroner Judge Deborah Marshall today released the annual provisional suicide statistics, which show the provisional suicide rate is at its lowest in three years.

In the year to 30 June 2020, 654 people died by suicide, compared to 685 the year before – a decrease of 31 deaths, and a drop in the suicide rate from 13.93 deaths per 100,000 to 13.01.

“While it is encouraging to see the suspected suicide rate and number drop for the past year, it’s important to remember that there are still more than 650 families who have lost someone in tragic circumstances,” Chief Coroner Judge Deborah Marshall says.

“My sincere condolences to the families and friends of those who died by suspected suicide in the past year.”

There was a decrease in the number of young people dying by suspected suicide, particularly in the 15-19 age range (down from 73 to 59) and the 20-24 age range (down from 91 to 60). Both rates decreased from 23.14 to 18.69 and from 26.87 to 17.77 respectively.

However, there was an increase in suspected suicides in the 80-84 age range, with 12 more people dying by suicide in the past year (18) than the year before (6). The rate increased from 6.49 to 19.48.

The Māori and Pacific Island suspected suicide rates both decreased over the past year, from 21.78 to 20.24 and from 8.91 to 7.07 respectively. The European rate also dropped from 13.02 to 12.08.

However, the Asian rate went up from 5.09 to 7.91 – an increase of 20 deaths.

“Throughout this year there has been unhelpful and irresponsible public commentary on the effect COVID-19 would have on the suicide rate,” Judge Marshall says. “During the first lockdown period I said it was unhelpful to release figures for such a short time frame, as it is nearly impossible to draw sound conclusions, nor do I believe such public discourse is helpful to people in distress.

“I’m encouraged by the work the Suicide Prevention Office has started and for the reliable, strong and hope-filled voice that director Carla na Nagara has added to the wider public discourse.”

Ends

Please note:

The information provided relates to provisional suicide figures. It relates to deaths where suicide is suspected but has not yet been confirmed by a coroner; some cases recorded here may eventually be found not to be suicides. This data differs from the Ministry of Health data, which is based on the numbers of suicides confirmed by coroners, or where there is sufficient other evidence to conclude the death was a suicide. In addition, Ministry of Health figures are recorded by calendar year.

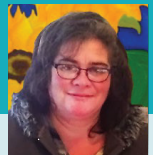
Chief Coroner media Contact: Jerram Watts – 027 291 3518 – jerram.watts@justice.govt.nz

Suicide Prevention Office media contact: Kate Clark – 021 197 4785 – kate.clark@health.govt.nz



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.



Wellbeing Support

Wednesdays 1:00 - 2:30pm

The aim of this program is to provide a peer support group with the theme of wellbeing.



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.



Paper Craft

Thursday

1:30pm - 3:00pm



Lunch Monday's 11:30am

Cooking with Anna



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 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.





September Calendar 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Art 12.00pm – 2.00pm	2nd Wellbeing Support Group 1.00pm – 2.30pm	3rd Craft 1.30 – 3.00 pm	4th Peer Support
7th Peer Support Cooking with Anna 11.30am	8th Art 12.00pm – 2.00pm	9th Wellbeing Support Group 1.00pm – 2.30pm	10th Craft 1.30 – 3.00 pm	11th Peer Support
14th Peer Support Cooking with Anna 11.30am	15th Art 12.00pm – 2.00pm	16th Wellbeing Support Group 1.00pm – 2.30pm	17th Craft 1.30 – 3.00 pm	18th Peer Support
21st Peer Support Cooking with Anna 11.30am	22nd Art 12.00pm – 2.00pm	23rd Wellbeing Support Group 1.00pm – 2.30pm	24th Craft 1.30 – 3.00 pm	25th Peer Support
28th Peer Support Cooking with Anna 11.30am	29th Art 12.00pm – 2.00pm	30th Wellbeing Support Group 1.00pm – 2.30pm		



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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**