



Supporting Families in Mental Illness

NEWSLETTER | APRIL/MAY 2022



Kia ora

Welcome everyone to the April/May newsletter. Well it has been an interesting start to the year. With

COVID-19 all around we are finding that people are more anxious than ever. Supporting Families is open and still doing face to face support as needed. So please if you need someone to talk to, don't hesitate to make contact. The staff are regularly RAT testing so we know that we are safe to work with families/whānau. It is very hard right now and the one thing we do have control of, is how we look after ourselves and our families. Start by being kind to yourself, enjoy the small things and take time out before you need it. *"We must remember that none of us have it all together you're doing okay"*.

I am still planning to have the Go Kidz programme over the school holiday's which are coming up fast. If you

are interested this, it is for children between the ages of 7-11 who live in the presence of mental illness and/or addiction, it is a fun day. If you would like more information please don't hesitate to call me on 06 355 8561.

Supporting Families is still running the CALM programme and will be starting a new anxiety programme for adults at the beginning of June.

You can't Calm...

So stop trying

What you can do is calm yourself.

The storm will pass.

Take care, look after yourselves and keep safe.

Christine



CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campbell

Email: christine@manawatusf.org.nz

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



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Kia ora from Palmerston North & Feilding

This year has been tough so far for many family/whānau as we face a pandemic, war, rising costs in food and petrol, riots and climate change.

How do we keep our hope and spirits up in tough times? I entered this into goggle not expecting much but I found something great. I have made some edits but here is the following suggestions:

10 Ways to Stay Positive During Tough Times

Oct 23 2020 by Kim Fryling-Resare, Managing Editor, and Lisa Bonsall, MSN, RN, CRNP

Many of us are feeling overwhelmed and even helpless but shifting to a more positive outlook can help get us through these tough times. This, of course, is not always so easy to do; it takes a conscious effort, and sometimes amazing support people to bring positivity about.

1. **Find inspiration.** Set a goal and smaller steps to meeting the goal along the way. Celebrate them.
2. **Consider the source.** It's easy to get pulled into discussions on social media or spend a lot of time tuned into the news. Stay updated from reputable sources; go right to the source.
3. **Practice gratitude.** Consider starting each day, recognizing/writing 3 things you are thankful for.
4. **Avoid engaging.** While we can't control the actions of others, we can control our own reactions.
5. **Surround yourself with positive people.** When you are presented with negativity, take a deep breath and listen. Often, that is enough. If not, see #4!
6. **Escape.** Make time for the things that bring you joy, whether it's getting outside, reading a novel, or cooking something new. Self-care is more important than ever.
7. **Look for the silver lining.**
8. **Smile.** Even behind your mask 😊
9. **Say hello.** Reach out to others, whether greeting them during your walk, making a call or text, or sending a note in the mail. Stay connected.
10. **Try to take it moment by moment.** Focus on your current situation. You can't do anything about the past and you can only do your best in the moment for whatever may come.

Take Care.
Kia kaha
Kim 😊



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Levin Office

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Teenaa Taatou te Haapori o Horowhenua,

The month of March has been an usual month, the town streets and my office have been quiet. It's now raining which is great for the garden.

We still have spaces left for anyone who wants to do our Connections with Hope programme. We plan is to start before Easter, if you know anyone who might be interested please ring me or our main office. Our facilitator for the programme is Donny Riki a gentle, non-threatening waahine Maaori with a great wealth of knowledge and wisdom. We are blessed to have Donny deliver our group.

If someone in your family is struggling with Alcoholism or addictions there are daily meetings on zoom all around the world. Go to Online meetings – Alcoholics Anonymous Aotearoa/New Zealand. There is also Al-Alnon for families of Alcoholics. I can really recommend these meetings online. You're welcome just to listen if you wish.

If you need a listening hear I'm here.

Stay blessed, safe and well.

Luciana Maru-Hill

Dannevirke Office

Whānau Coordinator: Julie Fromont
Email: lyn@manawatusf.org.nz



Greetings to all.

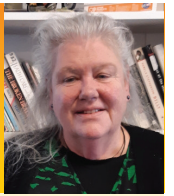
It has been almost three months working for SF. In this time, I have been privileged to meet and work with some lovely families. Keeping up with the constantly covid environment is difficult for us all. With patience and understanding, we will get through this. Hopefully, before we know it things will return to normality and the last crazy two years will be a faint memory.

Stay safe.

Julie

Dannevirke Office

Whānau Coordinator: Lyn McNair
Email: lyn@manawatusf.org.nz



Kia ora to everyone

As I write this I can hear the sound of rain outside. As we have been in drought conditions for so very long it is like music to my ears. I am sure the trees and plants will be very happy to have a much waited for drink.

Julie and I continue to support people in the Tararua region which covers from Norsewood to south of Eketahuna. Due to this large area we cover, we are not best pleased with the rise in petrol prices! It seems that despite my optimism at the beginning of the year things have got more difficult with the inclusion of the horrific situation in Ukraine. I feel sure you will all agree how fortunate we are to live in Aotearoa in safety and security, as far as invasion goes. Luckily we can vaccinate for the Covid 'invasion' if we choose to do so. Many of the people I visit are either isolating, have Covid or have recovered from the virus. The staff at Supporting Families have been provided with the RAT test kits. When I self-test I have only myself to blame for the tears that consequently run down my face following the nose swab. It is a relief to see just the one red line show on the testing plate.

Kind regards to everyone as we move into autumn (ngahuru) and the lovely changes that brings to the land.

Lyn McNair



CALL 06 355 8561

www.manawatusf.org.nz





7 Ways to Stay Positive During Difficult Times

Life can be very unpredictable. We run into obstacles in life that make it difficult to stay afloat. Whether it is the loss of a loved one or financial problems, everyone has gone through hardships. It may be difficult to stay positive when there is a never-ending depressing news cycle in today's society. In addition to that, the stress of daily tasks and work may make it challenging for one to stay hopeful.

Benefits of Being Happy

Being happy is good for you and your brain. Happiness comes with many benefits that often go unrecognized. A few of the many benefits include better relationships with people, more focus and concentration, more confidence, ability to combat stress more effectively, stronger immune system, overall healthier lifestyle, can help reduce pain, and increased life longevity.

The Importance of Remaining Positive

Being happy is easier said than done. At times, we are expected to juggle 100 things at once, remaining positive is the least of our worries. Even though this can be difficult, it doesn't make being positive any less important.

7 Tips for Staying Positive

Below are some suggestions on how to remain positive during trying times...

1. Learn more about yourself

Having an understanding of your emotions and how you react to certain stressors is very important when trying to remain positive. The ability to predict when you are becoming overwhelmed or anxious is the first step. By being aware of your emotions, you will be better able to prevent certain emotions from heavily impacting your life and essentially, remaining positive.

For example, you can incorporate coping mechanisms or self-care activities that specifically work for you. For example, listening to music or going on a walk could help calm you down and help you think rationally and optimistically.

2. Keep a Strengths Perspective

When you are feeling down, do you ever feel like nothing is going well in your life? Being able to identify strengths in your life is very important for one's mental health and overall outlook on life. No matter how big or small the strength is, it is important to acknowledge them when you are feeling down.



For example, having a supportive family or a healthy relationship is a strength. Other strengths can range from time management skills, social aspects of life, academics, and much more. Having gratitude is good for your health.

3. Get enough sleep

Getting enough sleep to increase positivity may seem too good to be true. Getting the right amount of sleep comes with many benefits. Sleep is a time to process emotions and recharge physically and mentally for the next day. Without doing so, one will not have the emotional resilience to bounce back from the troubles they face.

Sleep comes with many other benefits that can indirectly impact your happiness and positivity such as: improvement in relationships, better work performance, increased ability to control pain, and much more.

4. Add positivity to someone else's life

The amount of happiness you give out to people tends to be returned back to you. You know how people say, "treat others how you want to be treated?" Well, how you treat and think about others also has an influence on how you treat and think about yourself.

For example, doing an act of kindness will not only make another person feel better but you as well. Some ways that you can help spread positivity include helping others, listening to others, and be uplifting and encouraging.

5. Take a breather then challenge your negative thinking

During difficult situations, it is sometimes difficult to remain calm. Giving yourself a minute to regroup and look at the bigger picture, whether your strategy is deep breathing or going on a walk, can be beneficial. Once you are in a calm state, ask yourself, "what could I do to be more positive about this?" Challenge yourself. Try to think of different options or optimistic outcomes, rather than only the negatives.



6. Learn how to take criticism in a healthy way

Many people fear being criticized which can prevent them from living how they want to. Listening to someone critique you or speak negatively about you may hurt your feelings and be upsetting.

Taking in criticism in a healthy way can reduce feelings of pessimism and negativity. When listening to criticism, assume that the person criticizing has good intentions. Try not to get defensive or make up excuses for what you did, it's important to see criticism as a learning experience and to be open to change. Lastly, remember to never be too hard on yourself and that everyone makes mistakes.

7. Determine what is out of your control

Worrying about things that are out of your control can be very damaging to one's mental health. You may get overwhelmed or anxious spending so much time on something that you can not change.

It is important to come to terms with what you can and can not control, then stop putting so much effort into what is out of your control. This will only exhaust you and make you feel hopeless. Instead, try to make positive changes in the aspects of your life that are within your reach and go from there.

Article sourced from: [claritychi.com](https://www.claritychi.com/7-ways-to-stay-positive-during-difficult-times/), June 18 2021

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



Never regret a day in
your life. Good days give you
happiness, bad days give you
experience, worst days give
you lessons, and the ***best
days*** give you memories.

Lessons
LEARNED
Life



Go Kids Programme

Children Understanding Mental Illness & Addiction



We are running our Go Kids Programme in the next school holidays for children living in the presence of mental illness and addiction.

This programme is designed to help support children who live in the presence of Mental Illness and Addiction. The programme will help address the needs of children (7-11 years old) by providing education and understanding of mental health and addiction issues through activity based sessions which will use appropriate ways to deal with their feelings about their situation.

Our programme covers:

- Getting to know each other and why we are here.
- Talking about mental health & addiction.
- Learning about feelings.
- Looking at anger.
- Managing worries, stress and grief.
- Mindfulness and coping strategies.
- Safety plan and celebration preparation
- Celebration and evaluation.

 **If you have anyone interested in this programme please contact Christine on 06 355 8561 for more information.**

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.

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.



**WE'VE
MOVED**

TO A NEW LOCATION

**163 BROADWAY AVENUE
PALMERSTON NORTH**



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.



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**



Sender:



**PO Box 5010
Palmerston North 4441**