

NEWSLETTER | JUNE/JULY 2022



Kia ora

Welcome to the June/July newsletter. Hard to believe that we are halfway through the year. June marks the

start of Matariki. This year is the first time we will be celebrating it with a public holiday on Friday 24th June.

Matariki signals the Māori New Year. It is a time of renewal and celebration in New Zealand that begins with the rising of the Matariki star cluster.

Ka puta Matariki, ka rere Whānui. Ko te tohu tēnā o te tau e!

Matariki reappears, Whānui (Vega) starts its flight. The new year begins.

I believe that we all need a new start after the last 2 years of living with COVID and the ongoing challenges it brings. So please take some time to be with family/whānau. Find something that you enjoy. It is also a time to remember those that are not with us, a good time to reflect on life.

There is a big change in the way Mental Health Services will be providing treatment and support in the MidCentral region. The new model of care is called 'The Source of Wellbeing Te Mātāpuna O Te Ora'. Further information about the model can be found on page 6 of this newsletter. Please feel free to make contact if you would like more information.

The days are becoming shorter and colder so please keep warm, look after yourself and if you need to talk to someone please don't hesitate to call.

Take care,
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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Palmerston North Office

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Kia ora from Palmerston North & Feilding

It seems like a long time since I have written a piece for the newsletter and it has been a busy time, both locally and nationally. It was great to hear that more than 100 million is to be invested for mental health services in the latest budget. I hope we see this investment having some impact at the coalface as many New Zealanders are currently struggling with mental health and addiction issues and in accessing services.

Work with family/whānau has been busy, both Kate and I have been flat stick, the issues tend to be complicated and multi layered in terms of the family/whānau situation, including more and more social issues. There is also a tendency for whānau and their loved ones to be ping ponged between services many being labelled too hard and dismissed without help, which leaves the situation to become more acute for the unwell family member and for the other issues to escalate within the whānau/family situation adding to the distress.

I have really enjoyed attending the ACT training for beginners as part of my professional development. ACT stands for Acceptance, Commitment Therapy and looks at developing psychological flexibility, it is a form of behaviour therapy that combines mindfulness skills with self-acceptance.

I'm looking forward to celebrating Matariki, the Maori New year, and this will be the first year that it becomes a national holiday for Aotearoa. Enjoy.

Kia kaha
Kim 😊

Palmerston North Office

Whānau Coordinator: Kate Philips
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Tena Koutou Katoa / Hello everyone

Well, I can hardly believe we are in June. This half of the year has flown by so very quickly for me. It must be because I've been enjoying working with my families so much. We have finished our 10-week connections with hope (for depression) and are about to start our connections with hope (for anxiety) group shortly. These are proving very popular and the feedback from people who have attended these groups is so encouraging. These groups are for people experiencing mild to moderate depression or anxiety. We offer a safe venue for people to talk about their issues get information, learn new skills, and find new ways of thinking. So, if you, or you have anyone you know that would benefit from these groups then please do not hesitate to contact me to go on the waitlist.

The other wonderful group I've been involved in is the CALM project for school age children and their family/whānau to understand why some people become anxious and to gain some strategies for dealing with unhelpful anxiety. This has been so enjoyable for me working with young ones. The go kids programme in the school holidays was also great fun. This group is for children who have family/whānau with a mental illness. This programme helps children to understand mental illness.

Even though all this is going on there is still time to support our wonderful families. Please don't hesitate to contact us for support.

Take care,
Kate

Whenever you find yourself doubting
if you can go on, just remember how far
you've come.

Remember everything you have faced, all
the battles you have won and all the fears
you have overcome.

Raise your head high and forge ahead
Knowing You Got This

Unknown



CALL 06 355 8561

www.manawatusf.org.nz



Levin Office

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



Ngaa Mihi o te Tau Hou Maaori
Matariki: Maaori New Year
Greetings to our Horowhenua community

This year (2022) the first public holiday to celebrate Matariki, will be on Friday 24 June.

To really understand how the calendar system works, you need to be out watching the rising and setting of the moon, watching the position of the sun when the moon is raising and setting. We need to be aware and in tune with our surroundings. Happy Star gazing.

One way to celebrate Matariki is to listen to waiata Maaori. Enjoy this time with family and friends.

Here is a whakatauki.

Mehemea ka moemoeaa ahau, ko ahau anake,
mehemea ka moemoeaa taatou, ka taea e taatou.

If I dream, I dream alone.
If we all dream together,
Then we all will achieve

He is the value.
Moemoeaa
Having dreams a vision of the future

Take it easy and stay warm
Ngaa mihi raa
Luciana Maru-Hill

Dannevirke Office

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



Kia ora,

Here we are two more months have passed since I last found myself writing for this newsletter.

Our Connections with Hope: How to Deal with Depression programme begins on Monday June 27th in Pahiatua. This programme is designed for people who experience mild to moderate depression, and each of the ten sessions lasts two hours. There is no charge and all are welcome. We will require you to wear a mask in the group if you have not been vaccinated against Covid. If you are interested or have any questions, please contact me on 027 355 8563. This is an excellent opportunity to meet with others who “get depression” and openly discuss what it means in your world. I will confirm the location shortly.

The middle of the year looms closely. I consider what we in Aotearoa, New Zealand call Matariki, a significant time of the year. Many other cultures celebrate winter and summer solstice also, depending on if we are in the northern or southern hemisphere. “A solstice is an event that occurs when the sun appears to reach its most northerly or southerly excursion relative to the celestial equator on the celestial sphere. Two solstices occur annually, around June 21 and December 21”. Ancestors from all over the world have marked these events for centuries in many ways. Some of these have included planting of crops, feasting, and celebrating with friends, family and communities, making and checking calendars and carrying out religious and/or spiritual rituals. Proof that humans have been aware of winter and summer solstice can be seen in cultures such as Inca, Maya, Egyptian, British and many other countries and cultures. It is believed that pagans gathered at Stonehenge up to 4,000 years ago to celebrate solstice. We now celebrate with a public holiday so let’s make the most of the day by doing something that our ancestors would have been proud of. I think I will plant a tree.

Best regards, cum sabhailte (keep safe in Gaelic)

Lyn McNair (Taranua)

Dannevirke Office

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



Kia Ora,

Hard to believe we are into May and the weather has been amazing. Still having mid to high temperatures for this time of the year which is unheard of. May it continue. When the cold weather does set in, and we are unable to get out and about we can sometimes get the winter blues. Think of a project you would love to do. Whether it be sewing, knitting, puzzles, painting, or if you really want a challenge decorating a room. I’ve just started getting into house plants very soothing and good for the soul. Keep active, keep warm and stay safe.

Julie



MATARIKI

A time to reflect, celebrate
and look forward to

Celebrating Matariki

Source: <https://www.allright.org.nz/articles/celebrating-matariki-1>

Matariki is an awesome chance for us to māharatia (reflect), whakanuia (celebrate) and wawatatia (aspire) – bringing light and togetherness to the winter months.

What is Matariki?

Matariki is an ancient celebration that has been connecting people across Aotearoa for hundreds of years.

Matariki signals the arrival of the Māori New Year and begins in hōtoke/winter, with the rising of the Matariki star cluster. Those of us who live on the West Coast may know this star cluster as Puanga.

So, how can we māharatia (reflect), whakanuia (celebrate) and wawatatia (aspire) during Matariki?



Māharatia / Reflect

Hōtoke/winter is a great time to slow down, and reflect on the year we've just had – the good, the not so good, the people who have made a difference and those we miss. When you reflect, what memories, people and learnings come to mind?

Matariki is also about remembering the loved ones we have lost. In doing so, we can celebrate the special times we shared with them, and think about how we can honour their lives as we look to the future.



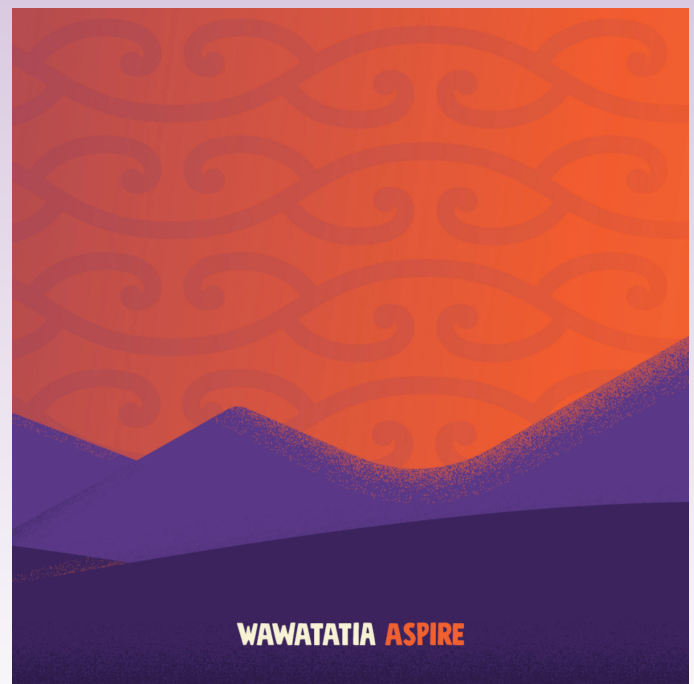
Whakanuia / Celebrate

Now is also a time for us to manaaki tangata, connect and celebrate new beginnings and new life.

For many of us, celebrating Matariki begins with being grateful for what we have, including the everyday things we sometimes take for granted like the beauty of nature, feeling cosy and warm under our duvets, or connecting with whānau and friends.

If we can, Matariki is the perfect time to get together (or reach out!) to loved ones – checking in, and sharing stories and kai. It's also a time for renewal, for enjoying nature and for recharging our wairua/spirit. This could be as simple as taking notice of the changing seasons or finding a way to support te taiao, our natural environment.

How are you celebrating Matariki this year?



Wawatia / Aspire

Matariki is also a great time to think about our hopes and dreams for the future, and the steps we could take to work towards them. Simply taking the time to think about something we'd like to do in the future can give us focus and open ourselves up to new experiences and opportunities.

Hiwa I te rangi is one of the nine stars of the Matariki cluster. Known as the wishing star, it is to Hiwa that you can send your wishes for the year ahead - similar to wishing upon a star, or making a new year resolution.

For many of us, the past year has been tough. It's timely that Matariki / Puanga allow us to reset, and think about our intentions for the year to come.

What plans and dreams do you have for the future?

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





Our locally based community mental health and addiction teams will be providing services through programmes of care. Below are the names of those programmes and what is on offer:

Unplanned care: New to service for people who don't have a care co-ordinator.

- This is a crisis service that is open from 8am to 4.30pm each day in your local area. People who use this service are experiencing an urgent mental health or addiction crisis and need assistance. Contact the unplanned care service by phone 0800 653 357.

Flexible Assertive Community Treatment (FACT): For people who have longer term needs.

- This is a mental health and addiction service that provides community-based interventions. We are increasing the types of care you can access including adding group programmes, peer support and helping you make a plan to get back to work.

Time limited therapies: For people who have short term needs

- Related to an acute mental health and addiction issue. This service works closely with your primary health care provider.

Specialist primary mental health and addiction services: This is a new service

- Supports primary health care when they need advice or support to help you, without you needing to come into secondary care.

What you will see improving as we establish things

- Better connection across teams
- Smooth co-ordination of your care needs, across all services
- Care that is focused on your wellbeing recovery
- Professional intervention-based engagement
- Strong connection to you, Whānau whaiora as you make choices about your care in partnership with the team supporting you

Change is always a time where we can worry about what next, teams are still there, working with you. Things may start to look and feel a bit different as we work to improve how we respond to yours and community need.

We will work through this change with you for a better future.

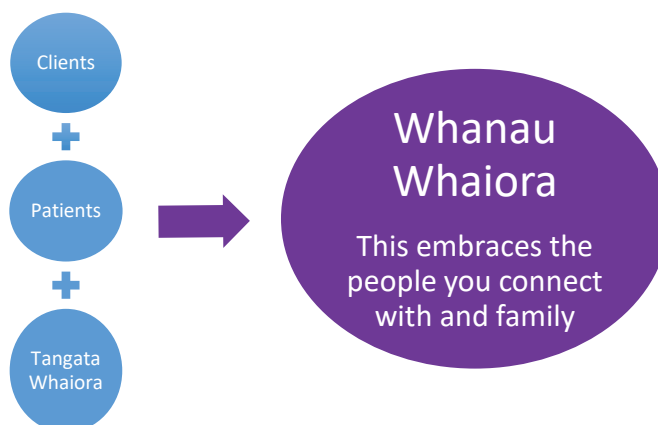




MidCentral Mental Health and Addictions Services are developing new ways of working in our community across our three districts of Manawatu, Tararua and Horowhenua.

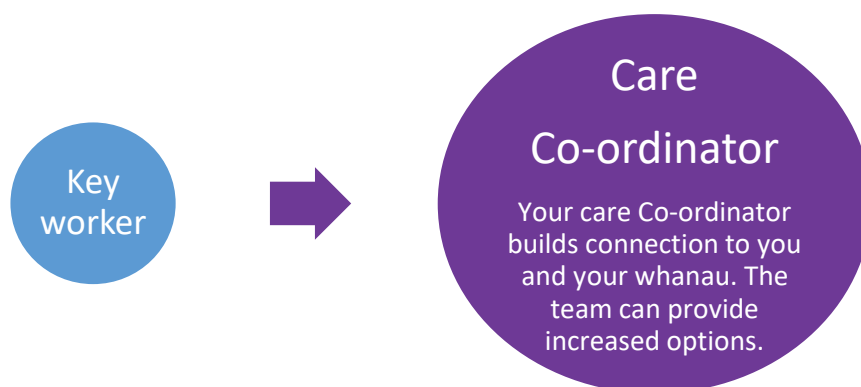
What's changing!!

Clients, patients, tangata whaiora shifts to whānau whaiora,



Keyworker shifts to Care co-ordinator,

(You are likely to have a new person to be your point of contact with services.)



ACUTE CARE Team (ACT) shifts to Crisis Resolution Service (same number 0800653357)



**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**