

NEWSLETTER | OCT/NOV 2022



Kia ora

Welcome everyone to the October/ November newsletter, I hope you are all well and enjoying the sun.

As I am writing this, we are in the middle of Mental Health Awareness week, which is about Reconnecting. Over the last 2 + years there have been a lot of lost connection with people, and it is a good reminder to find a way to reconnect. Not only with people but places that you enjoy visiting and things that you like to do. So, it's a great time to get out there and reconnect.

It is with sadness to let you all know that Luciana has decided to move on to new opportunities. She has been a valuable member of the team and will be greatly missed. We all wish her well in her new position.

We have a new face in the Palmerston North office Paula is here to help us out for the next few months with family/whānau work, big welcome.

If you need support or to reconnect with Supporting Families, please don't hesitate to make connect. We are here to help.

Turn your face to the sun and the shadows fall behind you.

Hurihia to aroaro ki ra tukuna to atarangi kia taka muir I a koe

Take care,
Christine



CALL 06 355 8561

www.manawatusf.org.nz

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Contents

Regional Updates	2-3
Reconnect Mental Health Awareness Week	4-6
Donations/ Acknowledgments	7

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in Mental Illness
Manawatu**
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Palmerston North Office

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Kia-ora koutou.,

My name is Paula and I joined the Supporting Families whānau a month ago. I have returned to the Manawatu this year after some years in beautiful Tairāwhiti. I am grateful to be in this role and I have to say, it is a lovely supportive team to work with and has been a privilege to begin connecting with individuals and families.

With Mental Health Awareness Week this week it is good to be reminded of things we can all do for our well-being. I love the theme of reconnecting. Today (Tuesday) the theme is re-connecting with a friend or loved one. I am thinking who I will make contact with that I haven't for a while, when life has felt pretty full. I also made an effort to reconnect with nature over the weekend, enjoying the beauty of the Manawatu River at the same time as challenging myself and my son with Te Arapiki a Tane, the 400+ stairs, well worth the view at the top and great to give the lungs a workout.

I wonder what you could do to reconnect with yourself, others, a special place, your community and/or with nature this week? Anything that reminds us we are not alone.

Paula

Palmerston North Office

Whānau Coordinator: Kate Philips
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Kia ora koutou – Hi to you all

Yes! Spring has sprung!

We have had such a wet winter so it's wonderful to feel the warmer weather, see blooms popping up in the garden and the sunshine, oh the sunshine! We are now able to get outdoors more often which is so great for our mental wellbeing. I'm looking forward to getting out into my garden, like everyone's at this time of year it is looking a bit unloved.

We are in the middle of Mental Health Awareness Week and this year the focus is on connection. I was asked to do a talk on sensory modulation and making sensory kits at Ranfurly Manor in Feilding today. It was wonderful to connect with the lovely people over there. It reminded me how important it is to stay connected to people, places and activities that make us feel good. I felt very grateful to be given the opportunity to connect with my community. Connection is not just about connecting with others however, it's also about connecting with ourselves. Checking in asking ourselves how we are feeling today and figuring out what we need to gain peace in our busy lives. Sometimes it's just about sitting in stillness and listening to the sounds around us or going for a walk in nature. I've been practicing my deep breathing exercises lately when I'm feeling overwhelmed, and I find they really help.

We continue to be busy in the office with families making contact. Families are finding it particularly challenging now with the current changes taking place within the mental health services. It's frustrating for families but we know that the wonderful staff are struggling too and doing the best they can. Please don't hesitate to make contact if you need support or advocacy. Sometimes it's just about needing a listening ear.

I watched a great documentary starring one of my very favourite NZ actresses Robyn Malcolm called You, Me and Anxiety. She shares her personal experiences with Anxiety. Check it out if you get a chance on TVNZ+.

Noho ora mai – Stay well, look after yourself

Kate

**Who's your go-to
person for a chat?**

**Ko wai tōu/ōu pou
whirinaki?**

www.mhaw.nz

Te Whatu Ora
Health New Zealand

 **Mental Health Foundation**
mauri tā, mauri ora

ALL
SORTS



Dannevirke Office

Whānau Coordinator: Lyn McNair
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This is hello, kia ora and hei alle sammen from Tararua.

We recently completed the Connections with Hope programme for depression which went very well in Pahiatua. Up next is Connections with Hope for anxiety to be held in Dannevirke. We look forward to meeting some wonderful new people with whom we can create a sharing group bond and knowledge being a strong influence towards taming the anxiety beast. Come join us!

Seventy Mile Bush aka Tararua, Our home

It seems a good opportunity to talk about Tararua, or Seventy Mile Bush as it was originally named. On 24 September 2022 celebrations began for the 150th jubilee of the first Scandinavian settlers arriving at Norsewood (I acknowledge that local Iwi were established in the area already). The first assisted settlers mostly came from Norway on the ship Hovding. Settlers were to arrive in Wellington, Napier and Foxton walking the distance to their new 'homes'. The settlers came to blocks of land that had been allocated to them 'on paper' (looking flat and clear). They didn't know what to expect so it is hard to imagine how they felt to find themselves amongst gigantic trees that towered in ancient forests.

Scandinavian settlers continued to migrate to New Zealand from Sweden, Norway, Finland but most from Denmark throughout the 1870's with many coming to Norsewood and other parts of Seventy Mile Bush. They worked in a way that we cannot even begin to imagine - having to cut and mill the trees in order to build a house in the weekends, while working on road or railway building during the week for income. In my opinion these people were true and brave pioneers. Often the women remained in town with paid employment while the men worked and prepared their own land blocks for the families to live on. In 1873 a school was established in Norsewood and is proudly still flourishing with a strong 'Scandi' identity with children from Te Uri, Whetukura, Makotuku, Matamau and Norsewood attending. The Scandi heritage is very much alive and well in Tararua and clearly evident in the surnames people have – Pederson, Jensen, Olsen, Hansen, Christiansen..... etc. Whatever our ancestry may be, Scandi or not, in Tararua we are proud to experience the Scandi influence, history and culture in our wider Tararua whanau.

So next time you are around 20 km's north of Dannevirke and see the symbol of an axe and a Scandi wagon wheel on the side of the road (at Norsewood) we guarantee a small detour will be good for your soul, especially if you have some Viking in your heart!

Kindest regards,
Julie Fromont and Lyn McNair

Levin Office

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



Teenaa taatou, hello to the families of Horowhenua,

In June/July we celebrated Matariki, and all the gifts that Matariki is to bring throughout this year. I have always loved sharing my experience strength and hope with others, to help families on the journey of recovery. Often it hasn't been easy, but letting families know that they are not in the waka/boat on their own, so I love the word we. This has been one of my biggest messages and together we can work this out. My husband would often say "from understanding comes empowerment"

This will be my last newsletter for SF after nearly thirteen years. I am stretching my wings and flying off to join another organization. I won't be far away I'll still be around Mental Health and Addiction Services.

I want to thank everyone for their service and for allowing me to be of service to you, I have truly enjoyed the journey.

I'll end on this, may the star of Hiwaiterangi the medium of our dreams, know what you yearn for and make your dreams come true.

Stay blessed, safe and well.
Luciana Maru-Hill aka Lulu



RECONNECT

With the people and
places that lift you up.

Mental Health
Awareness Week

26 Sept – 2 Oct
www.mhaw.nz



This week is Mental Health awareness and it's all about reconnection. Feeling connected to the people and places that are important to us can make a big difference to our mental health.

Reconnect with yourself

Connecting with yourself is a skill. To start the week, begin by taking a moment to check in with yourself, acknowledge how you're feeling and how the last few years of turbulence affected you and your connection with others and the world around you. This is a good time to think about the people you have lost contact with who you might want to get in touch with, or the special places you haven't visited in a while, and set some whāinga/goals for the week ahead.

Some ideas for reconnecting with yourself today:

- Take a moment for yourself by trying these Māori mindful breathing exercises.
- Grab a pen and paper and write down three things you are grateful for. Taking time to notice and reflect on the things we are thankful for helps us to experience more positive emotions.
- Be present in the moment and let your creative juices flow with our mindful colouring activity. Tamariki can enter our colouring competition for a chance to win an awesome prize!
- Get out for a walk, do some yoga or another physical activity that you enjoy. Moving your body can help calm your mind.
- Listen to some feel good songs to give yourself a boost with our Spotify playlist.
- For more ideas on how to reconnect with yourself, download our MHAW Guide if you haven't already. It's packed full of handy links and activities related to each day of MHAW.



Reconnect with a friend or loved one

Feeling connected to the people that are important to us can make a big difference to our mental health. Connection brings purpose and belonging to our lives and makes us feel happier and more secure.

A few ideas for reconnecting with a loved one:

- Reach out to someone you would like to reconnect with. Call your whānau, send a message to a mate or catch up kanohi ki te kanohi/face to face if you can.
- Look back through your photo's and share a happy memory to reconnect with someone you've lost touch with.
- Get to know your hoamahi/colleagues a little better by using our kōrero card set.

Reconnect with a special place

The places and spaces we spend our time in have a huge impact on how we feel. Make time to go to a place that is special to you.

A few ideas for reconnecting with a special place:

- Take some time away from your work environment and have your lunch at a place that makes you feel calm and uplifted.
- Play a song, read a book or change your screensaver to a photo that reminds you of that special place.
- Is there a meal that reminds you of a place that is important to you? Try recreating is at home and soak in the familiar tastes and smells.

Source: <https://mentalhealth.org.nz>

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



COLOUR
ME IN!

Grab some pens,
pencils, crayons or
felts to add colour
to your scene and
bring it to life!

RECONNECT

With the people and
places that lift you up,
hei pikinga waiora.

mhaw.nz
#MHAWNZ

MINDFUL COLOURING

Mental Health
Awareness Week

 Mental Health Foundation
mauri tu, mauri ora

26 September
– 2 October 2022



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. Payments can be made by internet banking, 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.



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



Sender:



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