



SUPPORTING FAMILIES in Mental Illness

Manawatu

Hi everyone

Hope you are all well. I would like to welcome a new member of our team Carole Thomasen who will be working in the Dannevirke office. Carole has more about herself on page 3.

There are still some places on the Carers Retreat. Please contact me if you are interested 7-9 of April on 06 3558561. Once again SF will be having a stand at the Women's Lifestyle Expo 29-30 of April. I am looking for volunteers to help out over the weekend. If anyone is interested and can give some hours over the weekend please give me a ring. It is a great opportunity to get SF's name and services out in the public eye.

Over the last few months SF has been working with the social workers on Ward 21 to improve the contact with families that have a family member on the Ward. This is working really well and I would like to thank Mathew, Brian and Joanne (Family Adviser) for making this happen.



Please don't hesitate to contact us if you need any support. We are only a phone call away.
Take Care, Christine

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CONTACT US

www.manawatusf.org.nz

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PALMERSTON NORTH (MAIN OFFICE)

160 Cuba St (Entrance on Pitt St)
PO Box 5010, Phone: (06) 355 8561 or (06) 355 8562

Manager Family/Whānau:

Christine Zander—Campbell

Email: christine@manawatusf.org.nz

Family/Whānau Coordinator: **Kim Mckelvey**

Email: kim@manawatusf.org.nz

Consumer Support: **Susan Forbes**

Email: consumer@manawatusf.org.nz

Administrator: **Sharon Gutry**

Email: admin@manawatusf.org.nz

Office hours: Monday to Friday 8.30am – 4.30pm

Peer Support Hours: Monday to Friday 9am – 4pm

DANNEVIRKE OFFICE

40 Denmark Street (ground floor)
Phone: (06) 374 8797

Family/Whānau Coordinator: Carole Thomasen

Email: carole@manawatusf.org.nz

Office hours: Tuesday to Friday 9am – 3pm

LEVIN OFFICE

58 Bath Street, Levin (1st floor)
Phone: (06) 368 6116

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 Palmerston North & Feilding

It has been a busy month, referrals have increased and family's uptake of our support has also noticeably increased. I am finding that more and more families are struggling with addiction issues with members of their family. And some of the drugs been used can cause psychotic symptoms. There are some who are addicted to prescription medication and self-medicate to deal with their mental anguish. This can lead to difficulties later down the track when medication has been overused. As the person still needs the medication but they lose trust with the agencies and support services who are there to help them. It's a challenge and usually leads to medications been dispensed weekly or daily but this still doesn't deal with the mental anguish which is why they overtook the medication in the first place. This can be very challenging for families and their unwell person.

My meetings at Ward 21 with Joanne Henare the family /whanau advisor are going well and I really enjoy our meetings .There are many positive conversations and I also get the opportunity to be filled in on what is happening in the sector from Joanne. Thank you.

The Hopewalk for suicide awareness and prevention movement on the 19th March was a great success with about 200 people turning up on the day. There were lots of families who had gone to great efforts in dressing up in yellow. It was great to see the families and public response to the event. We had a stand at the event, with fliers, pamphlets and information to give for extra support. It gave many families an opportunity to talk and share about their loved ones loss if they felt up to it and/or to participate at the level that they were willing to and capable of.

If you are in need of support as a family member then support is here for you. Please give me a ring on 3558562.

Until next month take care, Kim



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



LEVIN OFFICE
 Whānau Coordinator: **Luciana Maru-Hill**
 Email: luciana@manawatusf.org.nz

Tēnā tātou e te whānau o Horowhenua

Its business as usual. I was thinking we haven't had an education group for a while. If there is a service you would like to know more about, I will try and organise someone to come and talk to us. In the past we have had Maxine Millar from Levin Mental Health share with us "What is Mental Health". We have had someone from the pharmacy, talk about medications and side effects. If there is an organisation you would like to know more about let me know.

Our coffee group will be meeting at Salt & Pepper Café 4 Buller Rd Ohau, which is part of The Garden Depot. While the weather is great we can enjoy a walk through the garden centre. That's the first Friday of the month, 7th April at 11.30am in time for lunch. All are welcome anyone who are carers for someone with mental health issues. Come share your experience, strength and hope with others, or just come and hang out.

Please let me know if you are interested in doing the Connections with Hope programme, how to deal with depression.

Take care & enjoy the month of April

Luciana Maru-Hill
58 Bath Street, Levin (1st floor)
Phone: (06) 368 6116





PALMERSTON NORTH OFFICE
 Whānau Coordinator: **Carole Thomasen**
 Email: carole@manawatusf.org.nz

Kia ora from Dannevirke

My name is Carole Thomasen, the new Supporting Families family/whānau worker in Tararua. I have two adult children and two grandsons. My background is as an educator for the Parents as First Teachers programme in Tararua and Manawatu.

I'm also a facilitator for SPACE (you & your baby). I enjoy listening to people's stories and supporting them with education and advocacy.

I'm looking forward to my new role and meeting you in the community. My days of work are Tues-Friday 9am-3pm at the Supporting Families office in Dannevirke.

Regards
Carole
Phone
06 374 8797



Support Groups

These groups are open to anyone who is caring for someone with mental health issues and addiction.

PALMERSTON NORTH

with Christine

Thursday 27th April 1pm

Mitre 10

Coffee Shop

250/270 Featherston St



LEVIN

with Luciana

Friday 7th April 11:30am

Salt & Pepper Café

4 Buller Rd, Ohau




Women's Lifestyle expo

April 29th-30th
Central Trust Energy Centre
Pascal Street

If anyone is wanting to help us for 2 hours over the weekend please call Christine on 06 355 8561



understanding more about depression will help you find a way through...

3

+ finding the way through



What's the relationship between vitamin B-12 and depression?

Source: <http://www.mayoclinic.org/diseases-conditions/depression/expert-answers/vitamin-b12-and-depression/faq-20058077>

Vitamin B-12 and other B vitamins play a role in producing brain chemicals that affect mood and other brain functions. Low levels of B-12 and other B vitamins such as vitamin B-6 and folate may be linked to depression.

Low levels of a vitamin can result from eating a poor diet or not being able to absorb the vitamins you consume. Older adults, vegetarians and people with digestive disorders such as celiac disease or Crohn's disease may have trouble getting enough B-12.

Sometimes a vitamin B-12 deficiency occurs for unknown reasons. Your doctor may order a blood test to check levels of B-12 or other vitamins if a deficiency is suspected.

The best way to make sure you're getting enough B-12 and other vitamins is to eat a healthy diet that includes sources of essential nutrients. Vitamin B-12 is plentiful in animal products such as fish, lean meat, poultry, eggs, and low-fat and fat-free milk. Fortified breakfast cereals also are a good source of B-12 and other B vitamins.



Taking a daily supplement that includes vitamin B-12 may help your body get the nutrients it needs, especially if you're older than 50 or you're a vegetarian.

However, B-12 and other vitamin supplements can interact with some medications, especially in high doses. Talk to your doctor before you take a vitamin supplement.

Keep in mind, the role of B vitamins in depression isn't clear. If you have a vitamin deficiency, taking a supplement may help. But no supplement can replace proven depression treatments such as antidepressants and psychological counseling.



WE NEED



CLINICIANS AND CONSUMERS FOR OUR CLINICAL COUNCIL, AND OUR CONSUMER COUNCIL

Have you ever wanted to make a meaningful contribution to the health of people in our community?

Well, there are openings for clinicians, and consumers to play a big part in improving the health of people in MidCentral District Health Board's district. MidCentral District Health Board is looking for help with clinical advice, and consumer advice in making important decisions.

So, now it's on the lookout for people with 'a big heart, big ears and a strong voice' to fill clinical, and consumer positions for at least three years on it's two newly established Clinical, and Consumer Councils.

Applications for membership on the Clinical Council, and the Consumer Council close on Wednesday, 17 May 2017.

Application forms and more information is available at www.midcentraldhb.govt.nz/engage or by telephoning (06) 350 8303

CLINICAL COUNCIL

We are looking for clinicians from various areas of health and experience, who are passionate, and enthusiastic about lifting the health of our district to another level.

Detailed information and application forms are available in a Clinical Council Information Booklet, March 2017.

If this sounds like you, applications can be sent to:

Clinicalcouncil@midcentraldhb.govt.nz or
Clinical Council
MidCentral DHB
P O Box 2056
Palmerston North 4440

CONSUMER COUNCIL

We are looking for people who reflect the richness in diversity of our community. Most of all we are looking for passionate, enthusiastic, and community-minded people who have good communication skills, and are focused on health.

Detailed information and application forms are available in a Consumer Council Information Booklet, March 2017.

If this sounds like you, applications can be sent to:

ConsumerCouncil@midcentraldhb.govt.nz or
Consumer Council
MidCentral DHB
P O Box 2056
Palmerston North 4440



Consumer Activity Programme

160 Cuba Street - Entrance on Pitt Street (Beside Chinatown)

Our centre & planned group activities are structured around the value of supporting each other.

For one on one support, please phone Susan on 06 355 8561 to make an appointment, as this will ensure that you get the time and privacy that you need.



Board Games and Puzzle's Wednesdays and Fridays

Break out the brain cells, come & join Mathew with jigsaw puzzles, magazine puzzles or board games.



Art Lessons

Tuesdays 12:30-2:30pm

Come and enjoy having a tutor to support your creativity.



SF Lunch

Join us for lunch on Tuesday 11th April 11:30am



Office Closed on the following dates:

Friday 14th and Monday 17th (Easter) Tuesday 25th (Anzac Day)



Crafts - Bring your idea's and we'll see what we can do

Thursdays 1.30pm-3.00pm



Donations and Acknowledgments

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.



**PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL**
Sharing strengths - empowering community

Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Peer Support	4 Art Lessons 12:30-2:30pm	5 Board Games 11-1pm	6 Crafts 1:30 – 3pm	7 Peer Support Board Games 11-1pm
10 Peer Support	11 LUNCH 11:30AM Art Lessons 12:30-2:30pm	12 Board Games 11-1pm	13 Crafts 1:30 – 3pm	14 GOOD FRIDAY OFFICE CLOSED
17 EASTER MONDAY OFFICE CLOSED	18 Art Lessons 12:30-2:30pm	19 Board Games 11-1pm	20 Crafts 1:30 – 3pm	21 Peer Support Board Games 11-1pm
24 Peer Support	25 ANZAC DAY OFFICE CLOSED	26 Board Games 11-1pm	27 Crafts 1:30 – 3pm	28 Peer Support Board Games 11-1pm



Sender:



**PO Box 5010
Palmerston North 4441**