



Kia ora. I hope you are well and keeping warm. It is good news that the Mental Health Inquiry Panel is coming back to Palmerston North for a public meeting. This will be held on **Wednesday August 8<sup>th</sup>** at the **Distinction Hotel starting at 12noon**. I know that many have made a submission to the inquiry, but this is an opportunity for you to meet the panel members in person and **have your say**. Please go along if you can.

This month Susan is starting a **Support Group for people affected by Depression and Anxiety**. It will be on every Wednesday at 1pm. Please come along if you are interested.

SF has a new look. A few months ago Bruce McGarvey (Co-Chair) informed you all about the changes with SF Manawatu and SFNZ. Because of this, the Board have decided to change our logo. We have chosen a new one I hope you like it. Over the past few weeks we have displayed some different options in the centre and the one we have chosen was the most popular. A big thanks to Pip who created the Logo.



It has been another busy month with people accessing all parts of our service. It is great to see so many people seeking support. Stay warm, Christine

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### **Kia ora Palmerston North & Feilding**

This month has been a great rewarding month with the families engaged in the five step method speaking quite highly of the model. Many have gained valuable insights, and speak positively of the work having an impact on their self-care. This model is a good opportunity to sit down and be reflective, analyse and work on self-development.

Many of the families I have been working with in this model are about to finish their final step. I am taking new referrals so if you are a family member who has a whanau member with AOD and are interested in support then please come in and see me and I can talk through the model with you.

I was glad to hear the news that the Mental Health & Addictions Inquiry Panel are coming back to Palmy to hold a public forum. I see this as an important opportunity for our community to have their say as this panel and inquiry will shape our approach to mental health services in the years to come. The inquiry meeting will be held at Distinction Hotel from noon until 1.30pm on Wednesday, August 8, followed by an opportunity for informal discussions over refreshments.

**Nga mihi,  
 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**

Wow, one of my favourite months of the year is here already, August its White Bait season. I reckon the outdoors, is so good for our wellbeing, so have a go and catch some white bait.

Last month I did a work shop called Mahi Atua, we looked at who I am, whakawhanaungatanga relationships, being an active learner and creating a space. I was really encouraged, it was great. My work with Supporting Families is moving along but I think I'm going to be really busy.

If anyone interested in doing the Connections with Hope how to deal with Anxiety please contact me for an assessment. Our coffee group meet on the last Friday of each month 10.30am at Te Takere Café. All are welcome.

The first Wednesday of the month I'm at Te Waiora Health Centre in Foxton, 10am to 12pm, Ring first to make a time, but don't let that stop you from coming to see me, Te Waiora is such a lovely space.

Our Māori words for this month is from Five ways to Wellbeing. Me Aro Tonu. Me aro tonu ki ngā mea māmā noa, I ngākau harikoa ai koe. *Take Notice. Remember the simple things that give you joy.* From the Mental Health Foundation

Noho ora mai

**Luciana aka Lulu**  
**58 Bath Street, Levin (1st floor)**  
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### DANNEVIRKE OFFICE

Whānau Coordinator: **Carole Thomasen**  
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### Kia ora from Tararua

It has been a busy month with new families and some people re-engaging for support. Remember our journey with mental health/addiction issues within families can be up and down, so at times you may need more support than usual. I'm always happy to see you at my office in Dannevirke, or I can travel throughout Tararua if need be.

Our next **Coffee group is on Friday 10th August at 10am at the RED SKY café, Dannevirke.** I have the meeting room there booked so hope to see you there! Chris Hocken who is the Consumer Advisor for Mid Central DHB (Mental Health) will pop along to our Coffee group to listen to any concerns you may have regarding Mental Health/Addiction services in Tararua.

This is an opportunity to voice your experiences, in the hope of making improvements to the system. One such issue here is access to Psychologists for people who need talk therapy as part of their treatment.

The next Connections with Hope Anxiety Course will start in Dannevirke **in early October.** I'm currently taking referrals so feel free to contact me. This 10 week course **is FREE** and suitable for people with mild to moderate anxiety.

I'm looking forward to doing some extra study around Mental Health and to sharing that knowledge.

Regards, Carole

# Support Groups

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

## PALMERSTON NORTH

**Friday 17th August 1pm**

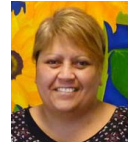
Manawatu Golf Club  
Centennial Drive



**LEVIN** with Luciana

**Friday 31st August 10:30am**

Te Takere, Levin



**DANNEVIRKE** with Carole

**Friday 10th August 10am**

Red Sky Café, Dannevirke



# REMINDER!!

**Parking outside of the Palmerston North SF office is free for 2 hours!**



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



+ finding the way through



## Update from the Inquiry into Mental Health and Addiction Panel

Tēnā koutou katoa, Talofa lava and warm Pacific greetings

A busy few months on the road are coming to a close as the Inquiry moves into its next phase.

After more than 250 meetings with groups and individuals since March, meeting over 2,000 people in 24 centres from Kaitaia to Invercargill at our *Meet the Inquiry Panel* community forums, and receiving nearly 5,500 submissions, we're now winding up our meetings, analysing all the information we've gathered and starting to write our report – which is due with Government in October.

As a panel we're immensely grateful for the time people have taken to share their stories, document their experiences and put forward their ideas on how to make things better for people living with mental health and addiction challenges, their families and our communities. We're humbled by the courage of those who have shared personal and difficult truths with us.

Many common themes have emerged. We've heard clearly that for many people, the current approach to mental health challenges and addictions is not working. People have made suggestions for creating a better mental health system and supporting wellbeing in our communities.

Some meetings will continue into August, especially with those who are harder to reach or who we want to hear more from. For instance, later this week panel members will be in Te Awamutu, meeting farmers and people from the rural community. We've had numerous requests for one-on-one and further group meetings and *Meet the Inquiry Panel* forums in towns we've not visited. We regret we have not been able to accommodate all these requests, given our very tight timeline.

Our main task now is to read and analyse all the submissions and meeting notes, reflect on them and form our recommendations. We're also completing a stocktake of programmes and services, and looking at the evidence of what's working in New Zealand and internationally, so we can identify what's currently in place and where the gaps and opportunities are.

We look forward to drawing on the wealth of information we've been given, forming our own views as a panel and shaping a set of recommendations that will set a clear direction – solutions that Government, the mental health and addiction sectors and the whole community can pick up and make happen.

It's an enormous challenge. But it's a challenge that many people around the country have risen to. We're determined to honour their voices and make the most of this once-in-a-generation opportunity for meaningful change.



Ngā mihi  
**Ron Paterson**  
*Inquiry Chair*





## Dealing with Anxiety — Mental Health Foundation

Source: <https://www.mentalhealth.org.nz/get-help/a-z/resource/5/anxiety>

Also known as generalised anxiety disorder (GAD) or fear. In stressful situations we all get anxious, and that's completely normal. If we have money worries or a sick loved one we feel stressed and worried.

If we see an item on TV that is disturbing, such as a terror attack, we feel horror, temporary distress and dismay, yet we continue with our activities and can put it out of our minds.

However, some people may see the same item on TV and suffer considerably more distress and worry. They may be up all night worrying about what to do if such an attack came to their town, and this worry can go on for days. This type of ongoing, all-over anxiety is called generalised anxiety disorder (GAD).

### What causes anxiety?

It is unknown exactly what causes GAD. What is known is that the wiring of some areas of the brain are affected in those with GAD and other anxiety disorders, and scientists continue to try to understand what that means and how it could lead to a better understanding of the condition and how to provide better treatment for those who experience it.

There is also a family, or genetic link. A person with a family history of anxiety disorder or obsessive compulsive disorder is more prone to develop this type of problem.

### Signs to look for (symptoms)

The symptoms of GAD can vary between individuals and, over time, within an individual. You may notice better and worse times of the day. And while stress doesn't cause generalised anxiety disorder, it can make the symptoms worse.

People with GAD will usually:

- expect the worst
- worry excessively about money, health, family or work, when there are no signs of trouble
- be unable to relax, enjoy quiet time, or be by themselves
- avoid situations that make them anxious
- be irritable
- have constant worries running through their head
- have difficulty concentrating or focusing on things
- feel edgy, restless or jumpy
- suffer from stomach problems, nausea, diarrhea
- suffer from poor sleep
- need to know what's going to happen in the future

### Treatment options

Treatment of GAD can involve a number of aspects, each of which is tailored to your individual need. For most, a combination of medication and talking therapies, such as counselling, can be effective.

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## Dealing with Anxiety — Mental Health Foundation (continued)

### Medication

Your doctor may prescribe antidepressants. Finding the right medication can be a matter of trial and error – there is no way to predict which medication will be effective and tolerated (have fewer troublesome side effects) by any one person.

### Therapy, such as talking therapies

Talking therapies are very useful for anxiety, especially with children and young people. Your doctor should be able to explain what is available locally and which type of talking treatment such as Cognitive Behaviour Therapy (CBT) is most suitable for you. CBT looks at two things: how your negative thoughts contribute to your anxiety and what might help you feel better.

### Psychoeducation (providing education)

Education about GAD can be extremely important to help you, your family/whānau and supporters. Your doctor should give you information about your condition, suggest different ways to handle it, and discuss any complications which could occur. Also, talking things over with people you feel comfortable with can be useful and may help to define a problem and ways to begin to tackle it.

### Complementary therapies

The term complementary therapy is generally used to indicate therapies and treatments that differ from conventional western medicine and that may be used to complement and support it.

Certain complementary therapies may enhance your life and help you to maintain wellbeing. In general, mindfulness, hypnotherapy, yoga, exercise, relaxation, massage, mirimiri and aromatherapy have all been shown to have some effect in alleviating mental distress.

### Physical exercise

It's also really important to look after your physical wellbeing. Make sure you get an annual check up with your doctor. Being in good physical health will also help your mental health.

*For more information visit: <https://www.mentalhealth.org.nz/get-help/a-z/resource/5/anxiety>*



## 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.**



### Art Lessons

**Tuesdays 12:30-2:30pm**

Come and enjoy having a tutor to support your creativity.



### New Anxiety/Depression Support Group

**Wednesdays 1:00-2:30pm**



### Crafts

**Thursdays 1:30-3pm**



Phone: 06 355 8561

Email: [consumer@manawatusf.org.nz](mailto:consumer@manawatusf.org.nz)

# AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Peer Support Anxiety/Depression Support Group 1-230pm	2 Crafts 1:30 – 3pm	3 Office Closed
6 Peer Support	7 Art Lessons 12:30-2:30pm	1 Peer Support Anxiety/Depression Support Group 1-230pm	9 Crafts 1:30 – 3pm	10 Peer Support
13 Peer Support	14 Art Lessons 12:30-2:30pm	15 Peer Support Anxiety/Depression Support Group 1-230pm	16 Crafts 1:30 – 3pm	17 Peer Support
20 Peer Support	21 Art Lessons 12:30-2:30pm	1 Peer Support Anxiety/Depression Support Group 1-230pm	23 Crafts 1:30 – 3pm	24 Peer Support
27 Peer Support	28 Art Lessons 12:30-2:30pm	1 Peer Support Anxiety/Depression Support Group 1-230pm	30 Crafts 1:30 – 3pm	31 Peer Support

**Sender:**



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