



SUPPORTING FAMILIES in Mental Illness

Manawatu

July
2014

Learn How to weave beautiful flax flowers

On 2 July Luciana will be at SF Centre in Palmerston North

To show how to make flax flowers

Come along and have a go. All are welcome.

Between 12.30—2.30pm

Looking forward to seeing you there



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| Contents: | |
| Regions Update... | P.2 |
| Support Groups.... | P.3 |
| Latest research - schizophrenia and bipolar | PP.4-5 |
| Consumer Page.... | P.6 |
| Calendar..... | P.7 |

CHRISTINE ZANDER-CAMPBELL—MANAGER

PALMERSTON NORTH (MAIN OFFICE)

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

Manager/Family Whanau: Christine Zander—Campbell
Email: christine@manawatusf.org.nz

Family/Whanau Coordinator: **Kim Mckelvey**
Email: kim@manawatu sf.org.nz

Consumer Support: **Susan Forbes**
Email: consumer@manawatusf.org.nz

Administrator: **Ruth Mortimer**
Email: admin@manawatusf.org.nz

WWW.MANAWATUSF.ORG.NZ

DANNEVIRKE OFFICE

- The old Elders Building, 40 Denmark Street (ground floor)
- Phone: 06 374 8797
- Email: cherie@manawatusf.org.nz

- Family/Whanau Coordinator: **Cherie Risetto**
- Office hours: Tuesday– Friday 9.00 am–3.30 pm

LEVIN OFFICE

- 534 Queen Street, Levin
- Phone: 06 368 6116
- Email: luciana@manawatusf.org.nz
- Family/Whanau Coordinator: **Luciana Maru-Hill**
- Office Hours Tuesday— Friday 9-3pm

Kia ora Koutou from Dannevirke

Hope you are all keeping warm and watching out for each other's wellbeing. Here we are, half-way through the year already. Where do the days go? School holidays will be upon us once again, so please watch out for tamariki (children) and mokopuna (grandchildren). Find out what holiday programmes are available in your area for your tamariki/children to join, and keep them happy over the holiday period.

Programmes—2014

Connections with Hope—Depression

How to deal with depression treatment group, comprising ten weekly, 2 hour sessions.

Connections with Hope—Anxiety

How to deal with anxiety—ten weekly, 2 hour sessions.

The Connections with Hope (depression) will be the first programme to be delivered in Dannevirke.

If you are interested in the programme, please contact me on 06 374 8797.



Support Group—Coffee Morning - no support group this month—school holidays.

Quote: *Your ancestors sit on your shoulders to keep your feet on the ground.*

Rights and Responsibilities

- ◆ You have no rights until you fulfil your responsibilities
- You are responsible to your ancestors
- ◆ Ancestors leave responsibilities and tasks for each generation to complete. Have you checked to see what they left for you to do?
- All things you need to know have already been done for you
- ◆ Share stories about your elders and about your history with your children.

Whanau, take care. Please contact myself or a trusted friend when life becomes a little too much to manage. Talking to someone does help to manage your health and wellbeing.

Kia kaha (be strong)
Nga mihi, **CHERIE**

Hi Families in the Horowhenua District

Our little coffee group at Te Takere Library has decided to come together more often for lunch; once every 2 months. In the past, we went out for lunch twice a year; midwinter lunch and Christmas lunch. In May we went to the Masonic Café; it was Friday fish 'n chip day—delicious! A nice clean café and lots of light.



So on Friday, 1 August, lunch is at the Come and join us.



Masonic Café, 12.00.

The coffee group will stay as it is once a fortnight at the Library. Our next meeting is Friday, 4 July, 10.30am. When the days and evenings get warmer, our coffee group would like to meet in the evenings, hoping families who work will be able to join us. We talked about having finger food (more supper like food) instead of cooking a pot luck meal, as such. Something to look forward to during the warmer months.

At the beginning of the year, we had Maxine Millar from Levin Mental Health talk to us about What is and isn't a Mental Disorder. She also spoke about psychosis and mood disorders. We would love to have her back, so I am wanting to get a list of names of those interested. Maxine always says bring your questions and if she doesn't know the answer, she'll find out.

Mental Health Awareness Week is 5—10 October, and the Levin Office is having a mini expo at Te Takere.

Keep warm, and take care.

Luciana Maru-Hill

BIPOLAR/DEPRESSION SUPPORT GROUP

We meet each Wednesday at 1.00. Depending on numbers, we finish between 2.30-3.00.

Once a month, we focus on a particular topic. On **9 July**, we are going to talk about *recognising early signs of being unwell*. What are the triggers and how do we manage them? It is always helpful to hear people's contributions.

We are planning to have a *coffee and chat* at a local café once a month. On **16 July**, we will go to Café Cuba at 1.30. You are welcome to come to the Centre first, then walk down together.

The other weeks, we have informal meetings where we provide peer support.

We welcome new members to our friendly group.

If you have any queries, please ring me on 355 8562.

Ruth



Family/Whanau Support Groups

Palmerston North Support Group: There will be a support group in Palmerston North this month. Can you please ring Christine 06 3558561 for details.

Levin Support Group: Friday 4 July at 10.30 at the Library Levin
Friday 18 July at 10.30 at the Library Levin
Friday 1 August lunch 12 noon at Masonic Café Levin

Tararua Support Group: No Supports groups this month in Tararua school holidays



For your information—

Latest Research on Schizophrenia & Bipolar Disorder

Published on *Brain & Behavior Research Foundation (Formerly NARSAD)* (<http://bbrfoundation.org>)

Note: the following articles have been copied from <http://bbrfoundation.org>.

Gene Linked to Bipolar Disorder, Schizophrenia Plays Key Role in Brain Development 19 June, 2014

During brain development, the brain is a frenzy of activity: new brain cells (neurons) are born, migrate to where they need to go, and eventually form connections with other neurons. Subtle problems with any of these steps can change the brain's wiring diagram, and contribute to risk for schizophrenia and other psychiatric diseases.

A study published online May 13th in *Molecular Psychiatry* links an abnormality in the birth of neurons to schizophrenia and bipolar disorder. Led by Li-Huei Tsai of the Massachusetts Institute of Technology, the study focused on the workings of ANK3, a gene implicated in both bipolar disorder and schizophrenia. Loss of ANK3, the researchers report, elevated the number of newborn neurons in the embryonic mouse brain.

This abnormal production of cells could be traced to a signaling pathway involved in brain development (and, interestingly, cancer—a disease of abnormal cell production). The researchers, including three NARSAD Grantees, Tracey L. Petryshen, PhD (2014 NARSAD Independent Investigator Grantee), Karun K Singh, PhD (2013 NARSAD Young Investigator Grantee) and Pamela B Sklar, MD, PhD (1995, 1998, 2006 NARSAD Grantee) could restore normal levels of neuron birth by boosting levels of another member of this pathway, called glycogen synthase kinase 3 (GSK3 β).

The findings uncover a new role for ANK3, which encodes a protein better known for getting the channels essential for electrical signaling in the right places along the axon, which carries information between neurons. The news results suggest that ANK3 can fine-tune the number of new neurons born, and that perhaps producing too many or too few brain cells can contribute to risk for schizophrenia or bipolar disorder.

New Insight into Root Cause of Auditory Hallucinations in Schizophrenia 5 June 2014

A study by former NARSAD Young Investigator Grantee Stanislav S Zakharenko, and his colleagues at St Jude children's Research Hospital in Memphis, Tennessee, proposes that signaling errors in neurons originating in an area of the brain (the thalamus) that sends signals on to the auditory cortex for processing of sound might underlie auditory hallucinations in schizophrenia. The researchers used a mouse model of a developmental disorder closely linked to schizophrenia to try to identify the molecules and brain circuits that might underlie hallucinations.

The absence, or deletion, of a small piece of chromosome 22 is known to cause a developmental disorder—22q11.2 deletion syndrome—that is characterised by heart and palate abnormalities, intellectual disability, and a wide range of other abnormalities. This deletion syndrome also carries a high risk for developing schizophrenia; for this reason researchers often study the deletion syndrome as a genetic model of the illness.

This new study, published online June 6th in *Science*, reports that a mouse model of 22q11.2 deletion syndrome contained signaling deficits in neurons that connect the thalamus—the “relay station” of the brain that sends information from sensory systems to the parts of the cortex that interprets the signals—to the auditory cortex, where sounds are decoded. These decreased signals were specific to cells originating from the thalamus, they were not found in other neurons in the auditory cortex.

The researchers observed these signaling problems while measuring the electrical activity of neurons in brain slices obtained from the 22q11.2 deletion mouse model. Bathing the slices in antipsychotic medications reversed the deficits. The researchers report that this may offer new insight into how anti-psychotic medications effectively treat auditory hallucinations—by correcting the malfunction of these neurons originating in the thalamus—and may offer a new target of neuronal malfunction underlying schizophrenia-associated psychosis.

The research is “a significant advance” in studying 22q11 deletion syndrome, said Columbia University researcher and two-time NARSAD Grantee Christoph Kellendonk, PhD, who was not involved in the study. But he cautioned against drawing conclusions about schizophrenia from the data. No direct cause-and-effect link between the signaling abnormalities and auditory hallucinations has yet been made. Further studies will be required to learn more.

New Service in MidCentral

PIKI TE ORA - Crisis Respite Service

Piki Te Ora is a service provided for people experiencing a crisis that is affecting their mental health status. The service can be accessed through the MidCentral DHB mental health services, or a primary care provider, eg GP, iwi provider. Piki Te Ora is located at St Dominics Centre, just outside of Feilding. All people that use the service will have single rooms; many of them with their own ensuites and some with cooking facilities. Support people are able to stay with the person where it is appropriate, and mothers with babies are able to be accommodated. People are encouraged to retain their independence and skills, although support is provided where assistance is needed.

St Dominics is staffed with 24/7 registered nurses, programme coordinators, support workers, and cleaners. People staying at St Dominics are welcome, and encouraged to participate in the recovery programme offered. All food is cooked on the premises by qualified staff. Toiletries and medications are up to the person to provide. St Dominics Centre is a smoke free facility inside all buildings and vehicles, and has a designated external smoking area.



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

Consumer Activity Programme: TENA KOUTOU KATO

Welcome to our July Newsletter



Puzzle Time Anytime

Break out the brain cells, come and join us with the jigsaw puzzle or magazine puzzles

Bipolar/Depression Group

Every **Wednesday** 1pm-3pm
Popular support group at the Centre.

Paper craft

Thursday 1.30-3pm, come and join us, we've made book marks, notebook covers, sweet boxes

Art Lessons

Tuesday 12:30-2:30 **Friday** 10:00-12:00, come and enjoy the opportunity of having a tutor to support your creativity.

Card Making

Wednesday 1:30pm

Bipolar/Depression Group Every **Wednesday** 1pm-3pm. Come along get yourself some support, give others support and make some new friends.

Note there will be no support group on Wednesday 2nd July, please join us for flax weaving.

Card Making Greeting cards for all occasions; for family, friends, neighbours, someone who did something nice for you, someone who is sad, is unwell, and many more. **Come along and give it a go.**

Art I know that there are many of you out there who enjoy art. If you do your own thing then come and show us what you do. If you are stuck for ideas join the group. If art is new to you or you just want to give it a go without the cost of setting yourself up, then come to the group and give it a go.

Helpful Tutor and basic resources supplied.

Everyone is nice, friendly and understanding of mental illness

I look forward to seeing you at the centre.

Flax Weaving Wednesday 2nd July. Luciana is coming over from Levin to teach and support us to make flax woven flowers. This is a great deal of fun and the flowers are very awesome.



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Donations

One in five New Zealander's lives are affected by a mental illness: either directly or indirectly. Finding a way to manage the effects of a mental illness takes time, practice, and support. 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.

There are a number of ways that you can assist us to provide our service. There has never been a better time to set up a regular direct donation or to donate using the new payroll giving scheme. 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.

The direct donor programme enables you to set an amount you can easily afford and direct credit takes care of the rest.

Please call Ruth 355 8562 for details, or email: admin@manawatusf.org.nz

We happily accept cheques or cash donations.

Phone: 06 3558562

Email: consumer@manawatu.sf.org.nz

JULY 2014

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------------|-----------------------------------|---|---|--|-----|-----|
| | 1 Art Lessons 12:30-2:30 | 2 <u>Flax Weaving</u> With Lulu from 12:30—2:30 | 3 Paper Craft 1.30pm-3pm | 4 Art Lessons 10am-12noon | 5 | 6 |
| 7 Peer Support | 8 Art Lessons 12:30-2:30 | 9 Bipolar/Depression Support Group 1-3pm Card making 1:30pm | 10 Paper Craft 1.30pm-3pm | 11 Art Lessons 10am-12noon | 12 | 13 |
| 14 Peer Support | 15 Art Lessons 12:30-2:30pm | 16 Bipolar/Depression Support Group 1-3pm Card making 1:30pm | 17 EzyCook Lunch 11am | 18 Art Lessons 10am-12noon | 19 | 20 |
| 21 Peer Support | 22 Art Lessons 12:30-2:30pm | 23 Bipolar/Depression Support Group 1-3pm Card making 1:30pm | 24 Paper Craft 1.30pm-3pm | 25 Art Lessons 10am-12noon | 26 | 27 |
| 28 Peer Support | 29 Art Lessons 12:30-2:30pm | 30 Bipolar/Depression Support Group 1-3pm Card making 1:30pm | 31 Paper Craft 1.30pm-3pm | 1 August Art Lessons 10am-12noon | 2 | 3 |

The views expressed in this publication are not necessarily those of Manawatu SF.



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Name _____

Address _____

Phone _____ Email _____

Would you like to make a donation?



sender:

Manawatu Supporting Families
PO Box 5010
Palmerston North