



SUPPORTING FAMILIES in Mental Illness

Manawatu

June
2014

Welcome

I hope everyone is keeping warm.

I would like to thank everyone for the kind messages and thoughts after my mum passed away. It was a difficult time for the family as my daughter got married the same week. At times like this you are reminded of the importance of family and friends. It is sad that often the only time that everyone gets together is weddings and funerals, so we had both in one week.

It is hard to believe that we are almost half way through the year and it is time for Manawatu SF annual membership fee. The Executive Board of SF has not put the fees up for a number of years and this year they stay the same. The membership enables you to have your say/vote at the Manawatu SF AGM and other strategic planning days that the Board have throughout the year. It is important for Manawatu SF to have a strong membership, so please fill in the enclosed membership form and return to us.

Please remember to look after yourself. If the person that is doing the caring does not look after themselves, how can they look after others. Be kind to yourself, keep warm, find something that makes you laugh and share it with others.

If anyone would like a coffee and a chat please don't hesitate to contact me.

Take care
Christine Zander-Campbell
Manager/Family/Whanau

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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

From our Family/Whanau Co-ordinators

Kia ora Koutou from Dannevirke

Hope you are all keeping well. Here we are half-way through the year already. Time is racing by so fast. Winter is really and truly upon us at this time with wind, rain and snow sweeping vigorously through the country. This time of year can be stressful for families trying to keep their families warm.

Manawatu Supporting Families provide the following programmes 2014

Connections with Hope Anxiety Programme and Depression Programme

Both these programmes are delivered by an experienced clinical psychologist, at a safe venue. You will learn new ways of thinking, and given helpful resources to take home. You will learn the skills to manage anxiety and depression. Please contact me on 06 374 8797 for further information.

If you are struggling through **financial difficulties**, there are free budget services you can contact. They are experienced people who help you work out a plan and advocate on your behalf. You are welcome to take along a support person.

Pahiatua Free Budget Service—142 Main St—06 376 6759; Mon-Fri, 9.00-5.00pm. After hours by appointment only.
Dannevirke Free Budget Service—40 Denmark St—06 374 5211; Tuesday, Wednesday, Thursday 10.00-2.00pm.

A positive quote for the month—just remember to succeed, a positive attitude is all you need.

*Don't let life pass you by
It's up to you to give it a try.*

Support Group Coffee Morning—all welcome. Come and enjoy good company at a beautiful Country café. Relax and enjoy the lovely country scenery. (*Next page for details*)

Nga mihi, **CHERIE**



Greetings from Palmerston North & Feilding

Brrrrr...Frosty and cold mornings are upon us and the work with family/whanau has been very busy. I have to say that I admire families, their courage, resilience and great strength when supporting their family/whanau member with a mental illness. This is not easy and, at times, the constancy of it can wear us down. Be kind to yourself whanau, and make time for you and the people and activities you enjoy. It is important to be mindful about how we manage our family/whanau member's mental illness, but ensuring this doesn't come at the expense of our own wellbeing and then find we are too worn out or fatigued to be of support to our family/whanau member. So remember you in this too.

Drop in to see me, or make an appointment with me at our warm and friendly centre. I have lots of information on coping strategies for family members who have someone in their whanau with a mental illness—information on the questions you can ask if your family member is involved in mental health services. I have a great listening ear and I am available to speak to or for support every week day between 8.30am to 4.30pm. I am also on Ward 21 every Friday between 2.00-3.30pm. I can be found in the Occupational Therapy Room or ask for me personally at reception.

Take care and come in for a chat with me if you need to.

I love uplifting quotes, so here is one small one from me to you ...

'Courage is the ability to face our fears with inner strength'.

It takes courage to endure our pain, to keep faith and push on through when the going gets tough.

It takes courage to forgive and let go.

It takes courage to be bold.

It takes courage to trust the process...

Know that, whatever happens, it will bring you closer to understanding yourself and the journey.

Have courage... As the best is yet to come.

Kim Mckelvey
Family/Whanau Co-ordinator

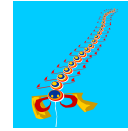


Hi Families from Levin

Well, a thank you for the families that came to lunch. A warm welcome to our new family member and we celebrate a birthday.

All are welcome to our coffee morning at the new library/community centre (see below for details).

It is Matariki....



Matariki is the Maori name for the cluster of stars also known as the Pleiades. It rises once a year, in mid-winter, signalling the start of the new year for many Maori. Traditionally, it is a time to remember those who have died during the past year. For Maori, it was also a time of celebration after the crops were harvested and seafood and birds were gathered. Matariki—a time of singing, dancing and feasting. Today, many honour the occasion as a New Zealand Thanksgiving.

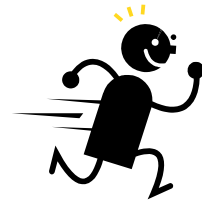
Flying kites is a special feature of Matariki as, according to ancient custom, they flutter close to the stars.

Blessings

Luciana



*There is no telling how many miles
You will have to run while
Chasing a dream*





Family/Whanau Support Groups

Palmerston North Support Group

19 June 1pm for coffee & chat
at Café Brie 218 Broadway Ave PN

Levin Support Group

13 & 27 June, 10.30. Coffee at
Te Takere Library/Community Centre.

Tararua Support Group

Thursday, 19 June, 11.30—1.00
Lavender Café, Short St, Pahiatua



ADULTS LIVING WITH SCHIZOPHRENIA RECEIVE FUNDED ACCESS TO NEW TREATMENT OPTION

Media Release—13 May 2014

From 1 May 2014, adults living with schizophrenia will have fully funded access to INVEGA SUSTENNA (paliperidone palmitate), a once monthly, long-acting therapy for schizophrenia. Invega Sustenna is an antipsychotic administered by injection that is registered for the acute and maintenance treatment of schizophrenia in adults.

People with schizophrenia can experience hallucinations, delusions, disordered thinking and unusual speech or behaviour. Such symptoms can make it difficult to interact with others and people may withdraw from everyday activities and the outside world. However, some people find it difficult to take their medication continuously, and even short interruptions can lead to a relapse.

One percent of people experience symptoms of schizophrenia and its effects impact people across all social classes and cultures. Onset of schizophrenia is usually between the ages of 15 and 30, occurring at a slightly earlier age in males than in females. In New Zealand, the incidence of schizophrenia is nearly four times higher in the Maori populations as compared to Pakeha. It is estimated that over 70% of individuals with schizophrenia do not work, almost all experience social isolation and over 40% attempt suicide.

According to Egan Bidois, a specialist mental health worker, with personal experience of schizophrenia 'People living with schizophrenia, and their whanau/family, so often go through a great deal of stress and anxiety on the road to finding appropriate treatments to achieve recovery.relapse can be common and can increase in severity with each successive episode. With every relapse, the long term positive outcomes and sustained recovery can become compromised'.

He also notes 'Adherence to any treatment can be a challenge for those of us living with schizophrenia. Frequent doctor visits, regular blood tests and the need for other medications can certainly add a significant burden upon how a person lives their day to day life'. According to Dr Mark Lawrence, Consulting Psychiatrist from the Bay of Plenty 'non-adherence with oral antipsychotics ranges from 40-60%. When individuals feel better they often feel no need for medication and stop.' Medication is Important for effective treatment of schizophrenia and works best when combined with clinical care, and psychological and social support.

Invega Sustenna is an intramuscular injection, given once a month. Based on data from clinical trials, those treated with Invega Sustenna may benefit from an early onset of effective symptom control in the treatment of schizophrenia, reduction of relapse and can aid long-term adherence to treatment. New Zealanders with schizophrenia now have subsidised access to an additional treatment option,' adds Dr Lawrence. Post-injection monitoring is not required following Invega Sustenna injection treatment. For those living with schizophrenia who have never taken oral paliperidone or oral or injectable risperidone, it is recommended to establish tolerability with oral risperidone prior to initiating treatment with Invega Sustenna. Invega Sustenna was approved by Medsafe in 2010 and has been used to treat people living with schizophrenia in 84 countries since it was first approved in the United States in 2009.

This information has been sourced from Janssen's media release.

For more information please contact:

Andrea Brady

Catalyst Communication Consulting Limited

021 977 688

andrea@catalystcommunication.co.nz

Getting Help: Psychoactive Substances

When to get immediate help

Go to the nearest hospital emergency department (call 111 if you can't get someone to hospital) if a person shows any of the following symptoms after using a psychoactive substance:

difficulty breathing	lowered consciousness	fainting or loss of speech
feeling cut off from the world	shaking and twitching	and eyesight
chest pain	rapid eyeball movement	paranoia
racing heart rate	nonstop vomiting	loss of contact with reality
difficult to rouse or wake	extreme anxiety and panic	seizures

What you can expect if you stop using

If you have been using psychoactive substances regularly and you stop, you are likely to experience withdrawal (also known as detox). Withdrawal can cause symptoms that could last for several weeks or even months. Most people can cope with mild withdrawal by knowing what to expect, taking extra care of themselves (such as resting and drinking water) and possibly using natural remedies to help with sleep and agitation. Most people will complete withdrawal with mild to moderate symptoms.

Common symptoms

Restlessness	Poor concentration
Irritability	Mood swings
Agitation	Vomiting
Sleep problems	Diarrhoea
Low mood	Aches and pains
Heavy sweating	Nausea
Anxiety	Low appetite
Headaches	Craving drugs

More extreme symptoms

Extreme panic and anxiety
Depression
Hallucinations
Paranoia
Racing heart
Anger
Suicidal thoughts
Ongoing diarrhoea and vomiting
Aggression and violence
Confusion and memory problems

Concerns about withdrawal symptoms

If you have concerns about withdrawal symptoms contact your doctor local hospital.

If you think a person experiencing withdrawal is having suicidal thoughts or they have a history of feeling suicidal or low mood, ring the mental health crisis service at your local hospital.

Healthline 0800 611 116

If you are experiencing withdrawal and feel worried, unsafe or vulnerable, or you have concerns about someone else experiencing withdrawal, call the free, 24-hour Healthline to speak to a registered nurse. The Healthline nurse will recommend the best care and tell you where you can go to seek help.

Managing your own withdrawal— www.matuaraki.org.nz/library/matuaraki/managing-your-own-withdrawal-a-guide-for-people-trying-to-stop-using-drugs-and-or-alcohol

Getting help to stop using— contact the Alcohol and Drug Helpline: **0800 787 797**

If you would like any further information, please contact SF at 355 8561

Consumer Activity Programme: TENA KOUTOU KATO

Welcome to our June 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.

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.

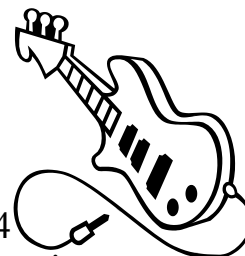
Memorial

In Memory Of

John Charles Maurice Hone. 02/081963 to 02/012014

We at S.F. will miss you, your sense of humour and your music.

To Chrissy, our thoughts are with you, kia kaha.



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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

JUNE 2014

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

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

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We gratefully thank the following for the funding we receive: Midcentral District Health Board, Lotteries Grants Board, T G McCarthy Trust, Vavasour Trust, Eastern & Central Trust, COGS Manawatu, COGS Tararua, Community Services Council, Frozen Funds, Milverton Trust, and donations from the general public and of course our members.

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Name _____

Address _____

Phone _____ Email _____

Would you like to make a donation?

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sender:
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Manawatu Supporting Families
PO Box 5010
Palmerston North
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