



Kia ora

It is that time again SF Annual General Meeting is on the Thursday 21 November 2019 at 7pm all are welcome. It is a good opportunity for people to meet the SF Board and hear what has been happening over the year for SF. Look forward to seeing you there.

As staff we are still coming to terms with Carole's passing. We all miss her smiling face at staff meetings. I am pleased to inform you all that Claudia Nicholson has decided to stay on and work for SF in the Tararua Region which is great news. A big welcome back for Claudia, and I know she has been getting in touch with a number of families over that way.

We are coming to the end of the year and will let people know the date of the SF Christmas lunch in the next newsletter so watch this space.



Please take care of yourself and if anyone would like to catch up please don't hesitate to call 06 3558561

Christine

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LEVIN OFFICE

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Kia ora Palmerston North & Feilding

In the past month I attended the Te Rau Ora training in He Puna Whakaata, this was packed with many beneficial tools and learnings that looked at applying values work, goal setting and activity scheduling to Te Whare Tapa Wha.

I learnt so much and thanks to the two awesome facilitators Andre McLachlan and Sarah Kinred and the other participants. Other interesting events happening in November are a free workshop hosted by Atareira in celebrating 40 years of service. The workshop will cover such topics as Gaming or Gambling? The Emergence of Gambling-like Features in Video Games, Suicide Prevention is Everyone's Business and Fitness to stand trial.

A community Whānau – Well- Being Day is been held on the 9th November from 11am to 2pm, there will be music, displays, entertainment, food and competitions. It's been held at Rangitane Park on the corner of Maxwell's line and Racecourse Road, Awapuni, Palmerston North

Christmas is nearly upon us, and while for some families it is a time to celebrate and be together. For others, it is a time when people and families are more stressed, worried and anxious. I hope that for the families who find Christmas stressful that you can be kind to yourself and keep things simple, I find having a plan and making lists help

My times at Ward 21 on Thursday's this month are 31st October, 14th November, and 28th November from 9.30am outside the family/ Whānau Room of Ward 21.

Nga mihi, Kim

Kia ora from Horowhenua

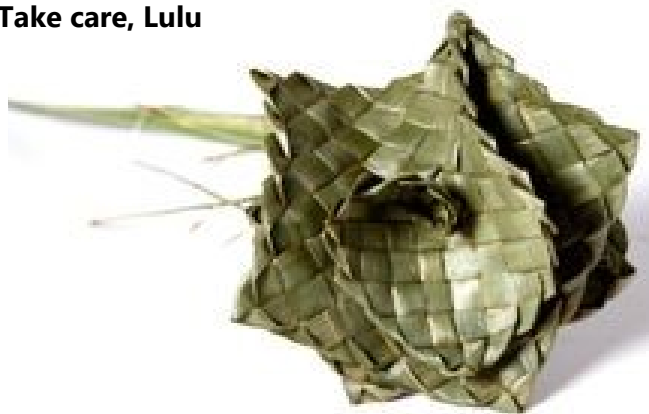
Firstly I want to apologies for missing the deadline getting my piece in for the October newsletter. Our weaving group that replaced our coffee group hasn't really taken off. Let's think about our Christmas lunch gathering, if anyone has any ideas please let me know. Yes its nearly that time Christmas, but it's not here yet so we'll stay in November.

A couple of weeks ago we started another Anxiety group also we have a new facilitator Donny Riki, it's a privilege to work alongside of her.

Last month I attended a couple of workshops, with Mash Trust, Up to speed on meth and He Puna Whakaata: Therapeutic Activities to Guide Change. Both very stimulating workshops. A whakatauki, or metaphor, Naū te rourou, nāku te rourou, ka ora ai te Iwi. With your food basket and my food basket, the people with be well.

Referring to Manaakitanga, To care for and be cared for. Please phone or leave a message and I will get back to you, if you need a listening ear or someone to talk too, I'm here.

Take care, Lulu



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

Kia ora koutou

October was an exciting and varied month. The Whānau Fun Day was excellent and also I attended training with Te Rau Ora learning the He Puna Whakaata with Dr Andre McLaughlin. It has been an honour to meet up with our whānau in the Tararua district and they have been gracious with their support of me coming in after Carole Thomasen.

November 2019 is already looking like a busy month with three events planned for our whānau/families:

7th November 2019 Training in Wellington

15 November 2019 Trip to Pukaha (it might just be a look around the visitors area), Te Ara Toi (Masterton) and The Paua Shop (Carterton) please bring a picnic lunch. I have only seven seats please contact me if you would like to come.

20 November 2019 Craft with Susan is back. From 10.30-2.30. Please bring a plate for a shared lunch. The venue is to be confirmed. Phone me if transport is an issue and I will try to sort out a lift.

If anyone has any suggestions for the New Year please let me know so I can plan ahead.

Ka Kite, Claudia Nicholson



Support Groups

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

PALMERSTON NORTH

Friday 15th November 1pm

Manawatu Golf Course



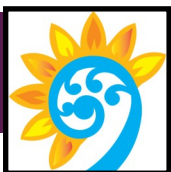
LEVIN

Contact Luciana for more info



DANNEVIRKE

Contact Claudia for more info



Anxiety

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

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).

If you experience this level of anxiety, you feel worried about many things. You worry about your finances, your family, your car, your pets, literally anything can cause concern. Sometimes even thinking about how to get through your day makes you feel anxious. This is mentally and physically exhausting.

It's common for people with GAD to have other conditions such as depression, or other anxiety disorders. These anxiety-related disorders can include:

- **Panic attacks** – where you have a sudden and severe surge of anxiety and fear that happens in response to something in particular that affects you (a trigger).
- **Obsessive-compulsive disorder (OCD)** – where you have obsessive, uncontrollable thoughts and perform deliberate repetitive actions (compulsions).

GAD comes on gradually and can begin at any time in your life, though the risk is highest between childhood and middle age. Anxiety levels in most people with GAD fluctuate – when their anxiety level is mild, people with GAD can function socially and be gainfully employed. When their anxiety is severe, some people may have difficulty carrying out the simplest daily activities.





Anxiety (continued)

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

Children and young people

If a child has GAD, their worries focus on their family, school and what could happen in the future, especially with their parents. Children and teens with GAD often don't realize that their anxiety is out of proportion to the situation, so adults need to recognise their symptoms.

As well as many of the symptoms that appear in adults, children with GAD may have:

- a fear of making mistakes
- "what if" fears about situations far in the future
- a feeling that they're to blame for any disaster, and their worry will keep tragedy from occurring a need for frequent reassurance and approval.

How the doctor or mental health professional determines if you have GAD (diagnosis)

There is no test to diagnose GAD, and it can be somewhat hard to determine because it does not have some of the more noticeable symptoms of other anxiety disorders.

A diagnosis is made by your health professional, ie, doctor, psychiatrist or clinical psychologist, based on whether you (or your child) have some or all of the typical symptoms, and the length of time you have had them. Your health professional is likely to say you have GAD if you've felt anxious most days for over six months. For this reason it's important that he or she spends time with you to get a full understanding of what has been going on.





Anxiety Story (continued)

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.

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.

If you are prescribed medication you are entitled to know:

- the names of the medicines
- what symptoms they are supposed to treat
- how long it will be before they take effect
- how long you will have to take them for and what their side effects are (short and long term)

If you're breastfeeding no medication is entirely safe. Before making any decisions about taking medication at this time you should talk with your doctor about the potential benefits and problems.

An assessment by a psychiatrist specializing in child and adolescent mental health problems should be undertaken before medication is prescribed for children and adolescents. Your doctor will help you find an appropriate psychiatrist.

Talk to your doctor if you are considering stopping treatment, and work with them to find some compromise that will ensure continuing wellness but address your concerns about the treatment. It is very important that any decision to stop medication is made with the input of your doctor.

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.

Thanks to Janet Peters, registered psychologist, and Lisa Ducat, Like Minds, Like Mine mental health promoter, for reviewing this content. Last reviewed: September, 2014.





Kia ora

Now that the days are longer and the weather is a bit warmer, it is the perfect time to make sure you and your whānau are being active and getting the recommended amounts of physical activity.

Ministry of Health Guidelines say:



Sit less, move more! Break up long periods of sitting.



Do at least 2 ½ hours of moderate or 1 ¼ hours of vigorous physical activity spread throughout the week.



For extra health benefits, aim for 5 hours of moderate or 2 ½ hours of vigorous physical activity spread throughout the week.



Do muscle strengthening activities on at least 2 days each week.



Doing some physical activity is better than doing none.

Moderate intensity activity causes a slight, but noticeable, increase in breath and heart rate. You can still carry on a conversation.

Vigorous intensity activity makes you out of breath – you can't do these activities and chat at the same time.

Gender and Sexual Diversity Training in Feilding

A FREE 'Gender and Sexual Diversity at Work' training is being held at Feilding Intermediate School from 3.30 – 6.30pm on Thursday 31 October.

This FREE workshop will help you to understand the basics of gender and sexuality, as well as the challenges faced by the rainbow community. Learn how to challenge discrimination and how you can create inclusive environments and have a positive impact in the lives of rainbow people both personally and professionally.

To register for the training, please contact Sigrid Lindbom at Public Health. Email:

sigrid.lindbom@midcentraldhb.govt.nz



Upcoming Super Senior Expo

Manchester House Senior Centre are organising a “Super Senior Expo” to be held at the Feilding Civic Centre on Friday 1st November from 10am – 2pm. There will be lots of stalls from a variety of services and organisations providing face to face help, support and information that will be useful for seniors in the Feilding community.

Eczema Care Service keeping children out of hospital

An integrated children’s eczema care service has helped halve the number of children being admitted to Palmerston North Hospital because of eczema.

The service involves nurses and social workers providing hospital-level care at general practice team surgeries, in the community, in schools and at home. The nurses and social workers can spend time with families, at home or at school if necessary, to educate, support and help them to overcome problems.

Many families are benefitting from the approach and have learnt how to manage the condition to improve the quality of life for the child with eczema.

For further information or advice on the Children’s Eczema Service or eczema management please contact: Clinical Nurse Specialist, Nicola Lean, Nicola.lean@midcentraldhb.govt.nz ph (06) 350 4548.

New ‘Thriving after Early Breast Cancer’ Programme

A new service is being introduced by MidCentral DHB and the Breast Cancer Foundation to better support women whose cancer has been picked up early and successfully treated through surgery and possibly radiotherapy.

The service involves after-care support through regular phone contact from a specialist nurse employed by the Breast Cancer Foundation. It will enable patients who opt in to make fewer trips to hospital and get more holistic support closer to home after treatment. The nurse will keep in touch with the patients for five years, looking after their psychological and emotional wellbeing as well.

Overall the service should save patients time and the inconvenience of travelling to hospital for follow-up appointments, although women using the service will still get rapid access to specialist services if the nurse is concerned about any reported symptoms.

‘Need to Talk’ Mental Health Line

If you or somebody you know is feeling out-of-sorts, anxious, down or a bit overwhelmed and needs to talk to somebody, then let them know they can **call or text 1737 anytime** and speak to a trained counsellor for free.



'1737, need to talk?' is New Zealand's national mental health & addictions helpline number. 1737 is staffed by a team of paid counsellors who are available 24 hours a day 7 days a week. Anyone needing advice on mental health or addictions issues can call or text the free helpline.

My Health Myself – Self Management Course for people with Long Term Conditions

My Health myself is a free self-management course for adults who have a Long-Term Condition or who live with, care for, or support a person with a Long-Term Condition. Led by two trained facilitators and set in a friendly, group environment, the course consists of one 2½ hour session each week for six weeks. The interactive classes focus on developing effective self-management skills, including: problem solving, action planning, managing symptoms, healthy sleep, emotions, relationships, exercise and healthy food choices.

Previous participants have said:

"Would highly recommend for anyone with a long-term condition"

"The ability to share feelings and have support from other people. All the content was relevant but having people to discuss things was the best."

If you would like to know more about this course contact THINK Hauora on (06) 354 9107 and choose 0 for general enquiries or email: mhm@thinkhauora.nz

The National Bowel Screening Programme (NBSP) is going live in MidCentral District from 12 November 2019

Over the past 12 months or so preparations have been made for the roll out of the National Bowel Screening Programme in the MidCentral DHB region over the next two years. The programme is aimed at detecting early signs of bowel cancer – a disease that kills over 1,200 people every year.

Early detection and treatment of bowel cancer can see a 90% chance of long term survival.

"The National Bowel Screening Programme is being progressively rolled out throughout New Zealand with MidCentral DHB the 10th DHB to 'go-live' with the free national screening programme," said Denise Mallon, Project Manager, MidCentral DHB NBSP Implementation Project. "The screening programme is for eligible men and women aged 60-74 years who are entitled to receive public healthcare, and who are not currently receiving treatment or surveillance for bowel cancer.

"Those eligible will receive an invitation letter, home testing kit and consent form through the mail. The test is quick, simple and clean to do by yourself at home and is returned by post. The test detects minute traces of blood in a sample of faeces (poo). This can be an early warning sign for bowel cancer, alerting that further investigation is required, typically through a colonoscopy procedure."

People who are eligible do not need to register to participate in the screening programme as they will automatically receive an invitation in the mail around the time of their birthdays.



If their birthday date is an even number in the month they will receive an invitation to participate in Year 1 (between mid-November 2019 and November 2020) of the roll out and if their birthday date is an odd number they will receive an invitation in Year 2 (between November 2020 and November 2021) of the roll out. Those that are ageing into the programme, i.e. people having their 60th birthday, will receive an invitation around the time of their birthday, regardless of their birthdate. After a person has been invited for the first time, future correspondence will be based on their previous screening dates.

People aged 60-74 years of age are encouraged to check that their address details are up to date with their GP.

For more information on the National Bowel Cancer Screening Programme, go to www.timetoscreen.nz or talk to someone about the bowel screening programme on **Freephone 0800 924 432**.

Please note: If you have unusual bowel symptoms, don't wait to be screened. Screening is for people who have no symptoms of bowel cancer. People of any age with unusual bowel symptoms should contact their doctor immediately.



Five Ways to Wellbeing

"Please help us support the mental health & wellbeing of all New Zealanders"

Give
Your time,
your words,
your presence

BE ACTIVE
DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

KEEP LEARNING
EMBRACE NEW EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

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

9 + finding the way through



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.



Anxiety / Depression Support Group

Mondays 1:00-2:30pm

This year we are going to put focus and energy into
"what keeps us well"



Art Lessons

Tuesdays 12:00-2:00pm

Come and enjoy having a tutor to support your creativity.



Lunch Wednesday 13th November 12 Noon



Christmas Crafts 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 Taranui, Mainland Foundation, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Heartland Lion Foundation, donations from the general public and of course our members.



Phone: 06 355 8561

Email: consumer@manawatusf.org.nz

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Peer Support
4 Support Group 1 - 2.30pm	5 Art Lessons 12:00-2:00pm	6 Peer Support	7 Crafts 1:30 – 3pm	18 Peer Support
11 Support Group 1 - 2.30pm	12 Art Lessons 12:00-2:00pm	13 LUNCH 12 NOON Peer Support	14 Crafts 1:30 – 3pm	15 Peer Support
18 Support Group 1 - 2.30pm	19 Art Lessons 12:00-2:00pm	20 Peer Support	21 Crafts 1:30 – 3pm	22 Peer Support
25 Support Group 1 - 2.30pm	26 Art Lessons 12:00-2:00pm	27 Peer Support	28 Crafts 1:30 – 3pm	29 Peer Support



Sender:



**PO Box 5010
Palmerston North 4441**