



Supporting Families in Mental Illness

Kia ora.

It is with sadness, to have to inform our readers that we lost a very valued member of our staff on the 9th September. Carole passed away suddenly that morning, she was with her family at the time. Carole was a highly thought of staff member both by her work colleagues and the people that she supported. This has been a big shock for both SF and her family, Carole will be greatly missed and our thoughts go out to her family at this very sad time.

This is a good time to reflect on what is important in life. That family and friends cannot be replaced but can be remembered for the time that we had spent with them, their smiles, laughter and joy we get from just being together. It is a good time to take a moment and remember those that are no longer with us and what we value from their memory.



I would like to introduce Claudia Nicholson who has worked for SF before. Claudia is helping SF out at this sad time and will be working in the Tararua region until Christmas. If anyone would like to contact me for a catch up please don't hesitate on 06 355 8561

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**Rest in Peace
Carole Thomasen**

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PALMERSTON NORTH (MAIN OFFICE)

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DANNEVIRKE OFFICE

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Phone: (06) 374 8797

Family/Whānau Coordinator: **Claudia Nicholson**

Office hours: Tuesday to Friday 9am – 3pm

LEVIN OFFICE

58 Bath Street, Levin (1st floor)
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Family/Whānau Coordinator: **Luciana Maru-Hill**
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PALMERSTON NORTH OFFICE

Whānau Coordinator: **Kim Mckelvey** Email: kim@manawatusf.org.nz

Kia ora Palmerston North & Feilding

It's been a sad month with our family/whānau co-ordinator Carole from Dannevirke passing away on the 9th September 2019. It took us all by surprise and I send my thoughts and condolences to Carole's family/whānau and friends. I have fond memories of working with Carole which I will cherish and hope you will treasure your memories of her as well. Take care and please call if you need support around Carole's loss. As I'm writing this Mental Health Awareness Week (MHAW) has begun, it's run each year by the Mental Health Foundation from 23–29 September 2019. The theme this year is to explore your way to wellbeing- Whāia te ara hauora, Whitiara.

The week is an opportunity for you to explore the experiences, actions, relationships and surroundings that make you feel good and uplift your wellbeing. As part of Mental Health Awareness Week, MASH are holding a whanau day at the esplanade on the 4th October at 11 am. If raining then the event will be postponed until the next week.

Take care family and whanau during the school holidays and check out events & programs happening at the Palmerston North City Library & Te Manawa.

As mentioned in the last newsletter, my times at Ward 21 on Thursday's have changed. I am available fortnightly 3rd October, 17th October and 31st October from 9.30 am outside the family/whānau room of Ward 21.

The work in supporting families and whānau can be challenging as many people live with difficult situations this combined with other concerns can seem overwhelming and stressful.

For many families the concerns and stressors from those situations are co-occurring and there seems to be added stress due to the number and complexity of issues going on at any one time. By the time that you read this Mental Health Awareness Week will be finished, however I think it is important to implement The Five Ways to Wellbeing any time of the year.

The Five Ways to Wellbeing are a great set of evidence based actions which help to improve wellbeing in everyday life. These practical steps provide simple ways for everyone to look after their mental health and wellbeing

Nga mihi, Kim

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

Mental Health Foundation
mauri tū, mauri ora
www.mentalhealth.org.nz



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



DANNEVIRKE OFFICE
Whānau Coordinator: **Claudia Nicholson**

Kia ora koutou

If I seem familiar I have worked in the Tararua area for Supporting Families previously and resided in Dannevirke for almost 20 years.

I am filling in at our Tararua Office in Dannevirke for a short time to support Families/Whānau and individuals who require assistance until a new worker is bought on board. I am going to be catching up with the fine work Carole Thomasen was completing in the Tararua District.

Please contact me if I have not been in contact. It is not deliberate on my part. Carole's work is a lot to grasp and I am having to hit the ground running. I will be heading down to Pahiatua and Eketahuna in the first two weeks of October.



Grief and Loss

Source: <https://www.mentalhealth.org.nz/get-help/a-z/resource/41/grief-and-loss>

Grief can be an extremely painful process. It's something all of us have experienced, or will experience, in our lives. Losing someone or something you love is difficult.

You may experience all kinds of emotions and physical reactions to the stress you are under. You may feel you will never recover from the loss, and even feel you don't know how you are going to carry on.

We feel grief if we lose people we love, or things or places we are attached to, including:

- people – through death or a relationship break-up or because a relationship changes
- health – through illness or accident
- things we own – by accident or theft
- places – through moving countries, schools, house or city
- our place in the world – through losing a place on a team or a job, or because we have changed ourselves
- pets.

Grieving is a very individual process and how you grieve will be different from how others grieve. Many factors influence this such as your personality, your life experience, how you cope under stress, your faith and, of course, the nature of the loss. The more significant the loss, the more intense the grief.

The time it takes for you to grieve is unique to you.

There is no set time or process - grieving and healing takes as long as it takes. For some that could be weeks, for some months and others longer still. However, it's important to know that over time the emotions of sadness, numbness or anger do fade and become more manageable as you start to rebuild your life.



Support Groups

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

PALMERSTON NORTH

Friday 18th October 1pm

Manawatu Golf Course



LEVIN

Contact Luciana for more info



DANNEVIRKE

Contact Claudia for more info





Grief and Loss (continued)

It's important to remember that almost every feeling you have when you first suffer a loss is normal. However, if you do not eventually start to feel better, or you don't feel as though you can handle things on your own, you should consider speaking to your doctor. They will be able to help by suggesting support options, as well as making sure you are not experiencing clinical depression, in which case specific treatment options will be explored.

Signs to look for (symptoms)

While loss affects people in different ways, there are patterns of emotions and responses that occur, such as:

Shock and disbelief – Straight after a loss, like when someone passes away, it can be hard to accept what happened. You may not believe what you are hearing and expect the person to turn up at any moment.

Sadness – Complete sadness, emptiness or loneliness are what most people describe when they talk about their experience of grief. You may also cry a lot or feel emotionally unstable, alternately you may not cry at all and feel numb.

Guilt – You may feel terribly guilty about things you did or didn't say or do, or about how you are feeling.

Anger – Even if the loss was nobody's fault, you may feel angry and have a desire to 'blame someone' for what has happened – yourself, God, the doctors, or even the person who died.

Fear – After a significant loss you may feel anxious, helpless, or insecure. If you have lost a loved one you may worry about how you can manage on your own without them.

Physical symptoms – We often think of grief as an emotional process, but grief often involves physical problems, including fatigue, nausea, weight loss or weight gain, aches and pains, and not being able to sleep or sleeping too much.

It's especially important that you talk to your doctor if you:

- feel like life isn't worth living
- wish you had died with your loved one
- feel sad and disconnected from others for more than a few weeks
- are having difficulty trusting others since your loss
- are unable to perform your normal daily activities.

How the doctor can help

Generally, resolving grief will not require any medication, just time, before you begin to feel more able to cope. However, to rule out complicated issues such as depression, it's important that your doctor spends time with you to get a full understanding of how you are feeling and coping.

Your doctor can help by recommending grief counsellors and therapists to help you work through how to come to terms with your loss.

Treatment options

Treatment for grief and loss can involve a number of aspects, each of which can be tailored to your individual need. For most, talking therapies such as counselling can be effective.

Therapy, such as talking therapies

Supportive counselling is a treatment for milder forms of depression, where it is as effective as antidepressant medication. Your doctor will explain what is available locally and which type of talking treatment is most suitable for you.





Grief and Loss (continued)

Medication

Your doctor may prescribe antidepressants for a short time. 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 (short and long-term) are.

If you are breast feeding 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.

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 health

It is 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.

Important strategies to support recovery

If you're supporting someone through grief, take things at their pace. Grief can't be 'fixed'. It has to take all the time it needs to heal a person after a loss. Those who have experienced grief and helped other cope suggest the following useful tips:

- Let the person grieve in their own way. They may want to look like they're coping, but inside be hurting. Or they may be putting their emotions away to deal with later. They may find it easy to express what's inside – or impossibly difficult.
- Check in regularly – help them feel connected and cared about.
- Recognise when they need their own space – don't make them feel guilty for this.
- Help them to keep normal routines going as much as possible.
- Encourage them to keep connected with others. Include them and keep offering invitations, even if they're declined.
- When a whole family, whānau or group is grieving the same loss, a young person can get overlooked. Give them time and attention, and involve them in making plans and choices
- A long time after a loss, even years afterwards, a young person can experience new waves of grief. At different ages and stages, or as new milestones are reached, it's normal for them to sometimes think about the loss and feel grief. Expect this. They may have new questions. Look out for when some extra support might be needed.
- Comfort them in the toughest times with hugs, making time for tears, encouragement or just being there. Or offer practical help, like driving them somewhere, fixing something broken or sorting something out for them.
- Help them take a break from grief. You could watch a movie, watch a comedy on TV, listen to music, hang out with friends or play sport together.





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.

Espanade Fun Day Friday 4th October 11am to 3pm



Lunch Wednesday 9th October 12 Noon



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



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October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Art Lessons 12:00-2:00pm	2 Peer Support	3 Crafts 1:30 – 3pm	4 ESPLANADE FUN DAY 11AM TO 3PM CENTRE CLOSED
7 Support Group 1 - 2.30pm	8 Art Lessons 12:00-2:00pm	9 Peer Support LUNCH 12 NOON	10 Crafts 1:30 – 3pm	11 Peer Support
14 Support Group 1 - 2.30pm	15 Art Lessons 12:00-2:00pm	16 Peer Support	17 Crafts 1:30 – 3pm	18 Peer Support
21 Support Group 1 - 2.30pm	22 Art Lessons 12:00-2:00pm	23 Peer Support	24 Crafts 1:30 – 3pm	25 Peer Support
28 LABOUR DAY CENTRE CLOSED	29 Art Lessons 12:00-2:00pm	30 Peer Support	31 Crafts 1:30 – 3pm	



Sender:

