



# SUPPORTING FAMILIES in Mental Illness

## Manawatu

Hi everyone

Hope you are all keeping warm and dry winter is definitely here. It is hard to believe that we are almost half way through the year it will be Christmas before we know it.

I would like to thank everyone that volunteered to help with the Women's Lifestyle Expo, it was a good weekend with many people asking for information. Thanks to the people that gave up their weekend to support SF. It was greatly appreciated.

Please remember the Family/Whānau forum's are being held this month by the DHB. This is a chance for you to have your say and also hear what is happening in the Mental Health Services. The dates and times are in this newsletter.

This year the Board of SF would like to invite people using our services to a midwinter dinner on the **Thursday 3<sup>rd</sup> August** at the Manawatu Golf Club. There will be a small cost to everyone and by the end of June you can buy your tickets at the SF office. We are planning a fun evening I hope you can come so please save the date **3<sup>rd</sup> August**. More information will be in the next newsletter.

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This is often a hard time of the year for people if you feel you need some support please don't hesitate to contact me or any of the staff on 06 355 8561.

Take Care, Christine

## CONTACT US

[www.manawatusf.org.nz](http://www.manawatusf.org.nz)

Manager: Christine Zander-Campbell 06 355 8561 · [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)

### PALMERSTON NORTH (MAIN OFFICE)

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

Manager Family/Whānau:

**Christine Zander—Campbell**

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

Family/Whānau Coordinator: **Kim Mckelvey**

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

Consumer Support: **Susan Forbes**

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

Administrator: **Sharon Gutry**

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

**Office hours: Monday to Friday 8.30am – 4.30pm**

**Peer Support Hours: Monday to Friday 9am – 4pm**

### DANNEVIRKE OFFICE

40 Denmark Street (ground floor)

Phone: (06) 374 8797

Family/Whānau Coordinator: Carole Thomasen

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

**Office hours: Tuesday to Friday 9am – 3pm**

### LEVIN OFFICE

58 Bath Street, Levin (1st floor)

Phone: (06) 368 6116

Family/Whānau Coordinator: **Luciana Maru-Hill**

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

**Office hours: Tuesday to Friday 9am – 3pm**



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

## Kia ora Palmerston North & Feilding

Winter has arrived and I do enjoy a frosty morning when I know it's going to be a sunny day ahead. Family work has been steady which has meant that I have been able to keep up and in touch with families more regularly. I've also been getting ready for our next connections with hope program for depression coming up in June in completing assessments with family members to participate.

I have just read the strategy to prevent suicide in New Zealand which is a draft document for public consultation. Of interest to me is the statistical information already known about suicidal behaviour in New Zealand. The draft mentions that 150,000 people think about taking their own life, around 50,000 make a plan to take their own life and around 20,000 attempt suicide. The numbers are grim and devastating.

I am interested to see "how" the Ministry of Health's approach to preventing suicidal behaviour will happen in accordance to the document's pathways and framework. Once public consultation is considered, I hope it will inform the practices in preventing suicidal behaviour in New Zealand. It will require academics and those with a lived experience collaborating. It also requires resources and people to have any impact. I am hopeful that politicians consider this in the upcoming Budget and what it takes to prevent suicide in New Zealand.

On a different note we have new designed pamphlets of our service for Peer Support and Family/Whanau Support for Mental Health & Addictions. If your agency needs a pamphlet top up, then just give me a call and I can drop some in to you.

Please note the dates for the service user and family & whanau forum in mental health and addiction services. This is your opportunity to provide feedback about the service. I think there might even be biscuits at this forum too! The dates for Palmerston North and Feilding are: Tues 13<sup>th</sup> June, 10 am-12 pm, Community House, 231 Manchester Street, Feilding.  
Thurs 15<sup>th</sup> June, 10am- 12pm, Hancock House, 33-77 King Street, Palmerston North

I continue to visit Ward 21 each Thursday from 1pm to 3 pm. If you are visiting your loved one in the Ward and would like to meet me, or to know more about Supporting Families in Mental Illness or you just need a listening ear then please seek me out in the OT room. If you are in need of support as a family member then support is here for you. Call me on 355 8562 anytime.



**LEVIN OFFICE**  
Whānau Coordinator: **Luciana Maru-Hill**  
Email: luciana@manawatusf.org.nz

## Tēnā tātou e te whānau o Horowhenua

Family/Whanau work in the Horowhenua has been steady with referrals coming from Levin Mental Health Team and Halt, (Horowhenua Abuse Liaison Team) I want to encourage families, be gentle to yourself, you are not on your own and we are not here to judge. Contact anyone of us from the SF team, all our contact details are on the front page.

Winter has arrived, it's important to think about Home Fire Prevention & Safety Tips. <http://www.fire.org.nz/Fire-Safety/Pages/Fire-Safety.html>

A meeting is to be held at Raukawa Whanau Ora 3 Keepa St Levin Wednesday 14 June 2017 at 10am -12 noon for the Service User & Family/Whanau Forum. For more information you can contact myself or Joanne Henare on 06 350 8170

A workshop is to be held at Te Takere Community Centre, Levin on Thursday 1 June from 5.30pm to 6.30pm. Come listen, share your ideas, what are the challenges affecting the Health and Wellbeing in the Horowhenua District. Enquiries can be made to Horowhenua District Council or Helen Hayes on 06 3660999.

Also it's that time again the raising of Matariki, which is a Celebration of Maori Culture & the New Year. Our coffee support group will celebrate with a \$10 lunch at Kaffir Lime, Oxford St Friday 2 June at 12pm, I hope to see you there.

**Luciana Maru-Hill**

**58 Bath Street, Levin (1st floor)**

**Phone: (06) 368 6116**





**PALMERSTON NORTH OFFICE**  
Whānau Coordinator: **Carole Thomasen**  
Email: [carole@manawatusf.org.nz](mailto:carole@manawatusf.org.nz)

### Kia ora from Dannevirke

It has been a busy month organising the Connections to Hope Anxiety course. This begins on 7<sup>th</sup> June in Dannevirke. The June course is now full but we are running another Anxiety course later in the year and I hope we can get enough people(maximum8) to run it in Pahiatua. So please feel free to contact me to refer or self-refer, as there seems to be an interest and need for learning more about coping with Anxiety. It's been great to do a lot of networking and find out which services are available where and with whom, throughout Tararua. The recent MCH health & wellbeing forums in Dannevirke & Pahiatua highlighted for me some of the strengths working in this community has collaboration and networking and passion for helping families.

There is a Service User, Family & Whanau Forum ( about the Mental health & Addiction services in Mid Central Health) on Monday 12th June 10-12Noon at Rangitane O Tamaki Nui A Rua, 10 Gordon Street, Dannevirke.

I really encourage you, whether a "consumer" or family/whanau member who has experience of these services, to come along and have your say! This is an opportunity for you all to be heard, and have an input into how Mental Health and Addiction Services, including Child and Family Services (CAFS) work with your families.

I'm happy to do home visits throughout Tararua, to offer a listening ear and support. You're also welcome to come into my office at 40 Denmark Street, Dannevirke. I'd like to know if there is interest in having a support group in Dannevirke, Pahiatua or Eketahuna for Supporting Families &/ or a support group for families where there is a child/ren with ADHD/ Autism.

Feel free to ring or text me on 06 3748797 or 027 355 8563. Enjoy the sunny days we're still having sometimes and stay safe and well.

Carole



## Support Groups

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

### **PALMERSTON NORTH**

with Christine

**Friday 23rd June 1pm**

**Mitre 10**

**Coffee Shop**

250/270 Featherston St



### **LEVIN**

with Luciana

**Friday 2nd June**

**\$10 lunch at Kaffir Lime,  
Oxford St at 12 noon**



## Save this Date!

**Dinner on Thursday  
3rd of August for  
Supporting Families  
members at the  
Manawatu Golf  
Course.**

**There will  
be a small  
cost. More  
details in  
the July  
newsletter**





## New Good2Great App

Its purpose is to build resilience with a focus on dealing better with stress, listening and supporting friends, self-care having a voice, taking charge of thoughts, feelings, actions (CBT based). This is also web based, as well as app based, so check it out on your desktop.

<https://www.youthline.co.nz/services/good-2-great/>

You may have seen Stan Walker on the telly this week running leadership courses, with Youthline.

### There is one coming to Palmy on 10-11 June.

(I don't think there's a guarantee that Stan Walker will be doing them all, but who knows!)

<https://good2great.typeform.com/to/KjEbUK> Good2Great also comes in a weekend format. We are running leadership and personal development weekends in communities across New Zealand in 2017. **They are all about personal reflection, connecting with new friends, tools for social change, and taking action in your local community.** Spaces are limited, so register your interest early.



## Manawatu Supporting Families in Mental Illness FINANCIAL MEMBERSHIP JULY 2017 - JUNE 2018

### FINANCIAL MEMBERSHIP

**Annual  
subscriptions  
are now due**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email:** \_\_\_\_\_

#### Age Group (please tick)

- ☐ 20-29  
☐ 30-39  
☐ 40-49  
☐ 50-59  
☐ 60+

#### Ethnicity (please tick)

- ☐ New Zealander  
☐ Māori Iwi Affiliation:  
☐ Pacific Islander  
☐ Other Please specify:

Please circle: Unwaged \$7.50    Waged \$15.00    Family \$20.00    Corporate \$50.00

Please return with payment to:

**Manawatu SF, PO Box 5010, Palmerston North 4441**

Alternatively the above details can be emailed to us at:

**[admin@manawatusf.org.nz](mailto:admin@manawatusf.org.nz)** and if you prefer internet payment, this can be set up with the following details:

**Supporting Families in Mental Illness Incorporated    Westpac 03 1522 0020097 00**

Please place your **Name/s** under **Particulars** & **"Membership"** under **Reference**

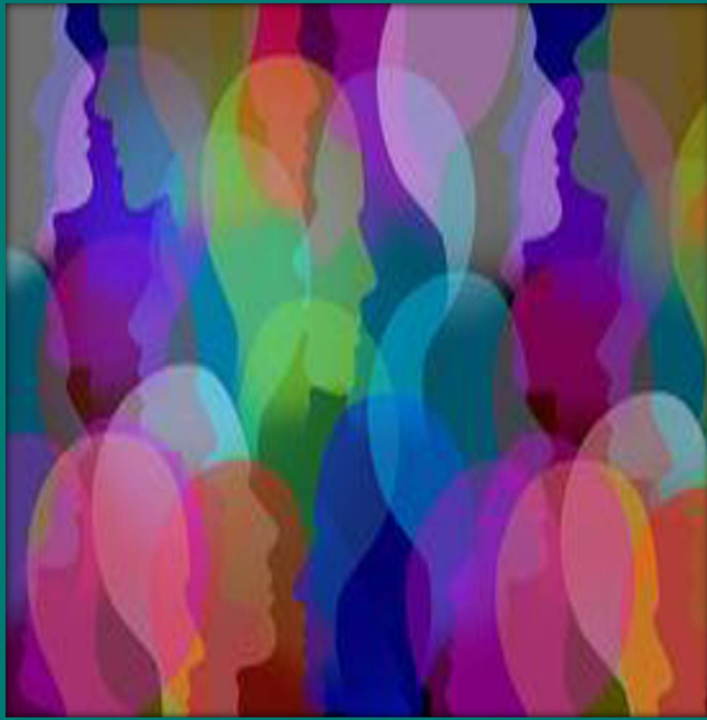


*The views offered in this newsletter are not necessarily the views of Supporting Families in Mental Illness Manawatu.*





## Service User, Family and Whanau Forum



# SERVICE USER, FAMILY & WHANAU FORUM

### MENTAL HEALTH & ADDICTION SERVICES

Come along and hear from the Consumer & Family/Whanau Advisors on "What is happening in Mental Health & Addiction Services." Following their presentation the Advisors would like to take the time to hear your ideas and suggestions to enhance and improve the service delivered to Service Users, Family, Whanau and their support people.

Morning Tea Provided



### FORUM DATES & VENUES

**MONDAY, 12 JUNE 17**  
**10.00AM – 12NOON**  
RANGITANE O TAMAKI NUI A RUA  
10 GORDON STREET  
DANNEVIRKE

**TUESDAY, 13 JUNE 17**  
**10.00AM – 12NOON**  
COMMUNITY HOUSE  
231 MANCHESTER ST  
FEILDING

**WEDNESDAY, 14 JUNE 17**  
**10.00AM-12NOON**  
RAUKAWA WHANAU ORA  
3 KEEPA STREET  
LEVIN

**THURSDAY, 15 JUNE 17**  
**10.00AM – 12NOON**  
HANCOCK COMMUNITY  
HOUSE  
33-77 KINGS STREET  
PALMERSTON NORTH

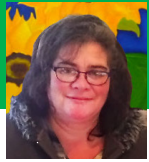
### CONTACT PERSON

JOANNE HENARE  
FAMILY & WHANAU  
ADVISOR

(06) 350 8170

Joanne.Henare@midcentraldhb.govt.nz





## 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.**



### **Board Games and Puzzle's Wednesdays and Fridays**

Break out the brain cells, come & join Mathew with jigsaw puzzles, magazine puzzles or board games.



### **Art Lessons**

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

Come and enjoy having a tutor to support your creativity.



### **SF Consumer Meeting 21st June 11am**

**Followed by lunch at 12 noon**



### **Crafts - Bring your idea's and we'll see what we can do**

**Thursdays 1.30pm-3.00pm**



### **Office Closed**

**Monday 5th June Queens Birthday & Friday 9th June from 12pm**



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



**MIDCENTRAL DISTRICT HEALTH BOARD**  
Te Pae Hauora o Ruahine o Tararua



**Lottery Grants Board**  
Te Puna Tahua  
LOTTO FUNDS FOR YOUR COMMUNITY



**THE LION FOUNDATION**



**PALMERSTON NORTH COMMUNITY SERVICES COUNCIL**  
Sharing strengths - empowering community

Phone: 06 355 8561

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

# June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crafts 1:30 – 3pm	2 Peer Support Board Games 11-1pm
5 QUEENS BIRTHDAY OFFICE CLOSED	6 Art Lessons 12:30-2:30pm	7 Board Games 11-1pm	8 Crafts 1:30 – 3pm	9 Centre Closed from 12 noon
12 Peer Support	13 Art Lessons 12:30-2:30pm	14 Board Games 11-1pm	15 Crafts 1:30 – 3pm	16 Peer Support Board Games 11-1pm
19 Peer Support	20 Art Lessons 12:30-2:30pm	21 Consumer Meeting 11am followed by lunch 12noon	22 Crafts 1:30 – 3pm	23 Peer Support Board Games 11-1pm
26 Peer Support	27 Art Lessons 12:30-2:30pm	28 Board Games 11-1pm	29 Crafts 1:30 – 3pm	30 Peer Support Board Games 11-1pm



***Sender:***



**PO Box 5010  
Palmerston North 4441**