



Supporting Families in Mental Illness



NEWSLETTER | AUGUST 2021



Kia ora

Welcome to the August newsletter. Last month had some very cold and grey days hope you all kept warm. I have

started watching the Olympics this week really interesting all the different sports that are now in the competition, "Go New Zealand".

This school term SF is providing Project CALM at Taonui School and one programme in the community. We had very good feedback from the programme at Ashhurst school. It is great to be able to provide this programme for young people and their families.

We had two day programmes for the Go Kidz (children living in the presence of

Mental Illness and/or addiction) it was great to see the young minds absorbing the information also having fun too. SF in Palmerston North will be starting a new Anxiety programme for over 18 years soon if anyone is interested please call the office 06 355 8561 for more details.

It is a hard time for many so please don't hesitate to call for support we are there is help. Just pick up the phone 06 355 8561.

Please look after yourselves and keep warm.

"It is not the things we get, but the hearts we touch that will measure our success in life."

Take care
Christine

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**Family Whānau Support
in Mental Illness
Manawatu**
or search for *ManawatuSF*



**NEED
HELP?**

CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campell **Email:** christine@manawatusf.org.nz

Palmerston North Office (Main Office)	Dannevirke Office	Levin Office
<p>📍 160 Cuba St (Entrance on Pitt St) PO Box 5010</p> <p>☎ (06) 355 8561 or (06) 355 8562</p>	<p>📍 40 Denmark Street (ground floor)</p> <p>☎ (06) 374 8797</p>	<p>📍 58 Bath Street, Levin (1st floor)</p> <p>☎ (06) 368 6116</p>
<p>Manager Family/Whānau: Christine Zander-Campbell, christine@manawatusf.org.nz</p>	<p>Family/Whānau Coordinator: Lyn McNair lyn@manawatusf.org.nz</p>	<p>Family/Whānau Coordinator: Luciana Maru-Hill luciana@manawatusf.org.nz</p>
<p>Consumer Support: Susan Forbes, consumer@manawatusf.org.nz</p>	<p>Office hours: Tuesday to Friday 9am – 3pm</p>	<p>Office hours: Tuesday to Friday 9am – 3pm</p>
<p>Administrator: Sharon Gutry, admin@manawatusf.org.nz</p>		
<p>Office hours: Monday to Friday 8.30am – 4.30pm</p> <p>Peer Support hours: Monday to Friday 9am – 4pm</p>		

If you no longer wish to receive this newsletter, please let Sharon know and she will take you off the mailing list – admin@manawatusf.org.nz

Palmerston North Office

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



Kia ora from Palmerston North & Feilding

The months are flying by so quickly it's hard for me to believe that we are in August. Referrals have been slow due to the school holidays but this is usual as people are busy having family time. I hope that you have managed to enjoy the school holidays and that it was fairly stress free.

Near the end of August we celebrate the Cancer Society's Daffodil Day, it symbolizes hope for New Zealanders impacted by cancer. It is also a fundraising event for the cancer society.

Well not much to say this month, but please contact me if you need support, a listening ear or advocacy.

Take care and keep warm.

Kim 😊



The sun is a daily reminder
that we too can rise again from
the darkness, that we too can
shine our own light.

s. ajna

Levin Office

Whānau Coordinator: Luciana Manu-Hill
Email: luciana@manawatusf.org.nz



Teena taatou,

The days are flying by way too fast. I hear gardeners talk about the soil is warming up, so they're getting ready for planting. And its white bait season, yay. I love the outdoors it's so important for our Mental Health and Well Being.

I'm thinking I would like to start a support group for parents with teenagers. Let me know what you think, we could meet in my office.

We're about to start a new Connections group early this month. If you're interested or know of someone who might want to do our programme with Donny Riki let me know.

My hours of work are Monday 2pm -4pm, Tuesday to Friday 9am -4pm.

My contact details are on the front page but you can leave me a message and I'll do my best to clear my messages every day.

Take care and get it easy.

Noho ora mai – stay well
Lulu

PROJECT CALM



Skill based anxiety reduction programme for school aged children

- 8 week course. One hour per session. One session per week.
- Parents attend alongside child. Parents learn theory and reasoning behind the strategies children are learning.
- Practical strategies are taught by the child programme facilitator.
- Based on Acceptance Commitment Therapy, Cognitive Behavioural Therapy and Self Compassion models.
- Children learn skills in mindfulness, relaxation, self compassion and problem solving.
- Adults learn about identifying and managing sensory issues, thinking errors and social difficulties.

School Based Option

- School choose students to attend – up to 8 per group.
- Children and parents received Project CALM Programme on school site after school.
- Teaching staff offered a workshop and PD into anxiety reduction

For registration of interest in hosting a Project CALM course contact
Supporting Families christine@manawatusf.org.nz 06 3558561



Dannevirke Office

Whānau Coordinator: Lyn McNair
Email: lyn@manawatusf.org.nz



Kia Ora from Tararua - where the wind has blown, the puddles have frozen, the rain has washed us thoroughly and there has been snow on the Tararua and Ruahine Ranges and a little bit of sunshine just to keep us going through winter. Fortunately not all this weather in one day although it sometimes almost feels like it is!

My colleague Jacqui Thomas (Occupational Therapist at Tararua Community Mental Health) and I are getting together to run a Connections for Hope Anxiety Programme. This is the first time both Jacqui and I have run this programme and we are quite excited about getting started. Session one is on 2nd August 12.30pm until 2.30pm and will run for 10 weeks. We are holding it in the Supporting Families Office at 40 Denmark Street, Dannevirke. Please give me a call on 374 8797 or 027 355 8563 for any information about the group. It must be a good programme as two of our Whaiora have attended the programme in the past and want a refresher.

Warmest regards
Lyn at Tararua



Support Groups

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

For more information contact a family/whānau co-ordinator in your area.



Palmerston North:
Christine, 06 355 8561



Levin:
Luciana, 06 368 6116



Dannevirke:
Lyn, 06 374 8797

**CREATE. KEEP
LEARNING.
EMBRACE NEW
EXPERIENCES. SEE
OPPORTUNITIES.
SURPRISE
YOURSELF.**

GETTING
THROUGH
TOGETHER
Whānau i te Ora me te Ora

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

~ 3 ~

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



Self Regulation

Body Meter

The first step to self-regulations is to recognise how you are feeling. Have you ever noticed that you are snapping at people but when you stop and think about it you realised that you are worried about something else that that is making your tolerance low? If we are going to know how to manage our emotions we need to know what our emotions are. To simplify this we can make a visual meter for each person in the family. By doing this we are helping kids to recognise their own feelings but also understand that others have emotions that they struggle with too.

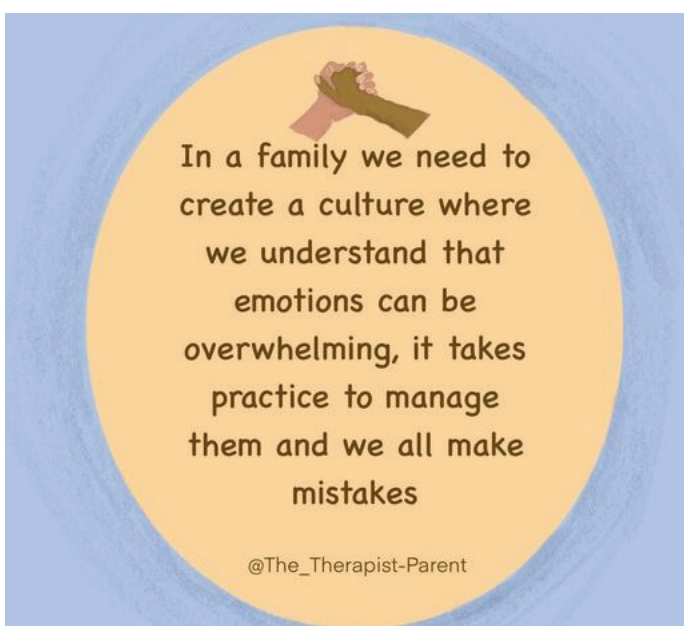
Emotion – Regulation



@The_Therapist_Parent

Feelings

As a family, feelings should be spoken about openly and how they impact you. You can say, "I'm really tired at the moment so I'm finding it harder to be calm". Talk about how your body feels and what you can do to help you remain calm. Ask your child what they would do. When your child is getting frustrated link their body with the emotion, such as "your muscles look really tight, are your feeling frustrated"? You can talk about what you do when you are frustrated and practice together, breathing exercises are a great way to do this.



When your child is anxious

@The_Therapist_Parent

Instead of saying	Try
It's not that bad	I'm here
Don't be silly	I know it is hard. You can do hard things
Just deal with it	How can I help?
Don't think about it	Let's make a plan

When your child is anxious

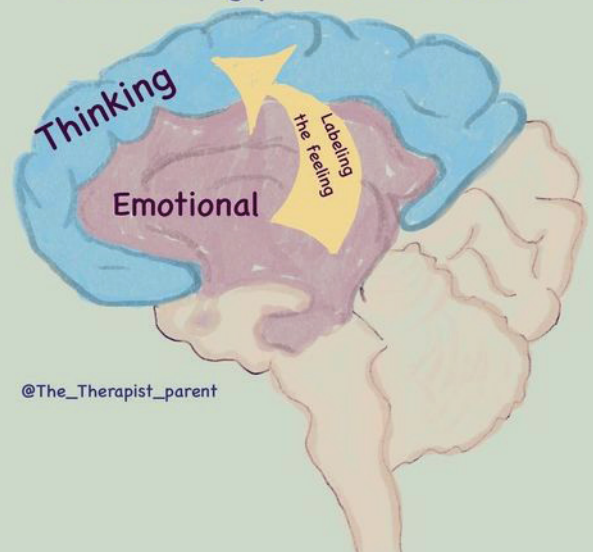
We don't have to agree with why they are anxious, but we do need to validate their feelings - OUR WORDS MATTER. Let your child know that you are a safe person to talk to by validating their feelings and listening — often this is all they need to feel better. Dismissing the feeling or offering feedback before listening to the problem can make a child feel isolated and even more anxious.



Labeling the feeling can help activate the thinking part of the brain

There is scientific research that explains why labeling feelings is helpful. When we are in a highly emotional state, your limbic or emotional brain takes over. We can no longer think clearly and logically. Our brain is in survival mode and will do what it needs to, either fight, flight or freeze and no amount of someone reasoning with us will work. However, research has found that if we can label the emotion, you will start to activate the prefrontal cortex or thinking part of the brain (Lieberman, 2007). So basically when you or your child is overwhelmed by an emotion, simply being able to say what that emotion is will slow the emotional roller coaster and start the process to help think clearer to find a solution. That is pretty amazing really.

Labeling the feeling can help activate the thinking part of the brain



For more from 'The Therapist Parent' visit:
<https://www.thetherapistparent.com>

Starlight Bringing Joy, Giving Hope



Our Aim is to bring joy and hope to mental health patients. We want them to know their community cares about them. We drop off welcome packs to Ward 21 and Crisis Respite in Feilding. During the Year we drop in Easter and Christmas gifts.

If you could help us with the following supplies throughout the year we would be most grateful.

* Toothpaste * Shampoo * Body Wash
* Tooth brushes * Face cloths * Combs
* Purse pack tissues * Note books and pens

Items can be dropped into Supporting Families anytime and we will collect and distribute.

Follow us on facebook

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Mental Illness Manawatu
or search for ManawatuSF



CALL 06 355 8561

www.manawatusf.org.nz



Consumer Activity Programme

📍 160 Cuba Street – Entrance on Pitt Street (Beside Chinatown)



Hi everyone,

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.

Art

Tuesdays 12:30pm - 2:30pm

We would like to welcome Samantha who will be supporting the art group.

Paper Craft

Thursdays 1:00pm - 3:00pm

Chat 'n' Coffee with Mio

Thursdays 10:30am - 12:00pm

Hello my name is Mio. Sounds like "Me-oh". I am a UCOL Student, I will be in the centre 2 days a week, I look forward to getting to know you.

Lunch – Monday 9 August

12:00pm

Join us for lunch.

Donations and Acknowledgements

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.





August Calendar 2021

Phone: 06 355 8561
Email: consumer@manawatusf.org.nz

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Peer Support	3rd Art 12.30pm – 2.30pm	4th Peer Support	5th Chat 'n' Coffee with Mio 10.30am - 12.00pm Craft 1pm – 3.00 pm	6th Peer Support
9th 12 Noon Lunch Peer Support	10th Art 12.30pm – 2.30pm	11th Peer Support	12th Te Reo Class 11am Craft 1pm – 3.00 pm	13th Peer Support
16th Peer Support	17th Art 12.30pm – 2.30pm	18th Peer Support	19th Chat 'n' Coffee with Mio 10.30am - 12.00pm Craft 1pm – 3.00 pm	20th Peer Support
23rd Peer Support	24th Art 12.30pm – 2.30pm	25th Peer Support	26th Te Reo Class 11am Craft 1pm – 3.00 pm	27th Peer Support
30th Peer Support	31st Art 12.30pm – 2.30pm	 		



Sender:



**PO Box 5010
Palmerston North 4441**