



Supporting Families in Mental Illness



NEWSLETTER | JULY 2020

Kia ora

Welcome everyone and I hope you are all well. It is great that we are now in level 1 and life is almost back to this new normal. I am aware that this is still a very anxious time for people. If you feel that you need to talk to someone please don't hesitate to call, we are here to help and listen.

This month is Matariki which signals the start of the Māori New Year. It's a time to spend with whānau and friends over kai. SF is planning a lunch on Tuesday 7th July, come along and enjoy some time with the staff and people in the centre. If you could let us know that you are coming on 06 355 8561 for catering.

July is the month that SF is restarting our groups. We have the anxiety programmes starting across the region, there are still a few places left if you or anyone you know is interested. Over the school holidays SF will be providing a programme (Go Kidz) for children that live in the presence of Mental Illness and Addiction. This is for 7-9 years, if anyone is interested please contact Christine.



These are unsettling times, remember to look after yourselves and ask for help. SF staff are happy to listen.

Take care and keep safe,

Regards Christine

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Contact us: www.manawatusf.org.nz

Manager: Christine Zander-Campbell **P:** 06 355 8561 **E:** 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

Family/Whānau Coordinator: Kim Mckelvey

Email: kim@manawatusf.org.nz

Consumer Support: Susan Forbes

Email: consumer@manawatusf.org.nz

Administrator: Sharon Gutry

Email: 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: Claudia Nicholson

Email: claudia@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

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 set in, but we are still having many sun filled days, which is good to enjoy. Since returning to the office, referrals have increased and the level and range of issues that families are living with has also increased. It can be difficult to cope when issue upon issue stacks up and family members are doing the best they can to manage it all. There is support and a listening ear here for you.

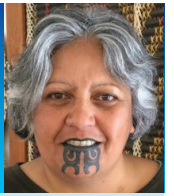
This month is Matariki, a time to celebrate the Maori New Year and winter solstice. It is a time to reflect and refresh, to acknowledge those who have passed away and to plan for the year ahead. There are many Matariki festivals happening around the country - keep an eye out for what is happening locally near you to celebrate.

Take care, be safe and please feel free to ring or text me on 027 355 8560.

Kia kaha
Kim

Levin Office

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



Ngaa mihi o te Tau Hou Maaori Happy Maori New Year. Matariki

In Levin we have been very blessed with warm sunny days, but it will pass like everything. So keep warm and take care of yourself. Remember the Five ways to Wellbeing. Give, Be Active, Keep Learning, Connect, Take Notice. You'll find these on the Mental Health Foundation website.

Lately I have had to take action when feeling some of these things H, hungry, A, angry, L, lonely and T, tired, which stands for HALT. I hope you remember to Halt when you're feeling any of these things.

Our Connections with Hope, how to deal with Anxiety will start on the 21 July. If you're interested or know of someone who might be give me a phone call.

My hours of work are Tuesday to Friday 9am to 3pm. If you haven't been to my office please come for a visit. 1st Floor 58 Bath St.

Check out our local library, Te Takeretanga o Kura Hau Po for their Matariki celebrations.

One more thing don't overload your power point this winter, it can cause a fire.

Stay well and take it easy.

Ngaa mihi
Luciana aka Lulu



Support Groups

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



Palmerston North
Friday 10 July, 1pm
Manawatu Golf Course



Dannevirke Office

Whānau Coordinator: Claudia Nicholson
Email: claudia@manawatusf.org.nz



Tena koutou katoa

Winter has definitely arrived in the Tararua. Families are feeling the strain of post lock down but I have a big shout out to all our families who have been part of the stopping of the Corona virus transmitting in this community. I have worked to contact as many families in the last month as possible.

In July I will be starting an Anxiety program please let me know if you are wanting more information or interested in being part of this group. Our Depression Group will restart in June as we have had a long break. I am excited to see this group again and to continue our work together.

There seems to be a lot of changes in Mental Health reported by Media. The service we offer in Dannevirke at this point remains the same. I am working more flexibly now and able to see you at times more convenient to your families needs. I do apologise for my absence over this week due to the old fashion flu. I am looking forward to starting back on the 29 June.

Claudia Nicholson

ANXIETY PROGRAMME

Connection with Hope Anxiety

A programme for people with mild to moderate anxiety

- ✓ 10 week programme for 2 hours per week
- ✓ This is a free and confidential programme

For more information or to make an appointment for an assessment please ring your SF office.

Palmerston North 06 355 8561

Levin 06 368 6116

Dannevirke 06 374 8797



Follow our new facebook page

Family Whānau Support
in Mental Illness Manawatu

or search for ManawatuSF



LIKE US ON

facebook®

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



St John
Here for Life

Phone 0800 323 565

In an emergency call 111

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



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 SF at anytime and we will collect and distribute.

Thanks for making someone's day a little better.

Increased assistance for people with rent arrears from 6 July

In November last year we let you know about a new option to help people keep their homes when overdue rent has put their tenancy at risk, the Rent Arrears Assistance Housing Support Product.

The impact of COVID-19 on the current economic climate means households in rented accommodation in particular are more vulnerable to losing their homes, with greater likelihood of getting into difficulty with rent arrears.

That's why the Government has allocated funding as part their response to COVID-19 to enable some temporary changes to be made to the existing Rent Arrears Assistance payment. This is to make it easier for more people to access it and to increase the amount people can get.

These temporary changes mean we can help more people to keep their homes if they get behind on their rent. The changes are available between 6 July to 31 December 2020 after which the previous Rent Arrears Assistance policy will apply.

If people need help before 6 July, they can still come to MSD for support for rent arrears assistance under the current payment process. The changes include:

- Increasing the maximum amount payable from \$2,000 to \$4,000
- Making the Rent Arrears Assistance payment a first option to provide support for rent arrears, for both qualifying beneficiaries and non-beneficiaries – previously it was only an option after all other recoverable payment options had been considered

Eligibility for the payment remains the same, and it's still a one-off, income-tested payment which needs to be paid back.

If overdue rent has put your tenancy at risk and you have no other way to pay it, contact the Ministry of Social Development on 0800 559 009 to see if we can help.



**MINISTRY OF SOCIAL
DEVELOPMENT**

TE MANATŪ WHAKAHIATO ORA

**CAN YOU
HELP OTHER
CLIENTS IN
NEED?**

**Good quality used
clothes wanted**



**All clean clothing
most welcome!
Drop in to MNSF and
we will organise drop off
to Crisis Respite.**



**ANY
SIZES**

*Thanks for
helping a friend.*

Tops, shirts, shorts, woman's tights, jeans, trousers, track pants, socks, underwear, handbags, shoes, sneakers, caps, jersey's, sweatshirts, scarves etc. All donations welcome. Can organise collection if needed.

**Clothes needed
for people at crisis
respite care.
Male and female.
Large or small
quantities welcome.**





Te Iwa o Matariki – The Nine Stars of Matariki

What is Matariki?

Matariki is the Māori name for a cluster of stars which is visible in our night sky at a specific time of the year. In June/July, Matariki will re-appear in the dawn sky – signalling the start of the Māori New Year.

It is a time to celebrate new life, to remember those who've passed and to plan for the future. And it's a time to spend with whānau and friends – to enjoy kai (food), waiata (song), tākarō (games) and haka.

Our tūpuna (ancestors) would look to Matariki for help with their harvesting. When Matariki disappeared in April/May, it was time to preserve crops for the winter season. When it re-appeared in June/July, tūpuna would read the stars to predict the upcoming season – clear and bright stars promised a warm and abundant winter while hazy stars warned of a bleak winter.

Because Māori follow the Māori lunar calendar, not the European calendar, the dates for Matariki change every year.

How many stars does Matariki have?

Matariki has nine visible stars, according to leading Māori astronomer, Dr Rangi Matamua, who's been researching Matariki for over 30 years. As part of his research, Dr Matamua found that some of his own tūpuna were able to see nine stars.

The nine visible stars include: Matariki, Tupuārangi, Waipuna-ā-Rangi, Waiti, Tupuānuku, Ururangi, Waitā, Pōhutukawa and Hiwa-i-te-Rangi.

Each star holds a certain significance over our wellbeing and environment, as seen from the Māori view of the world.

The nine Matariki stars

Matariki

Matariki tāpuapua. Matariki nāna i ao ake te kai ki runga. Matariki hunga nui. Matariki ahunga nui. Te ope o te rua Matariki. Ka rewa a Matariki, ka maoka te hinu. Ka rewa a Matariki ka rere te kanakana.



Matariki is the star that signifies reflection, hope, our connection to the environment and the gathering of people. Matariki is also connected to the health and wellbeing of people.

Pōhutukawa

Tērā a Pōhutukawa ka mōiri ki runga he pae whakamahara mō aku tau kahurangi kua ngaro.



Pīratarata mai rā koutou hei whetū i te pō, kōrekoreko mai rā hoki koutou i te rokiroki o ngā mahara mō ake tonu atu e.

Pōhutukawa is the star connected to those that have passed on.

Waiti

Waiti ki runga. Waiti ki raro, e rere nei ō wai hei manapou mō te whenua, hei oranga mō te tangata, hei kete kai mā te iwi. Kōriporipo tonu nei te ia o te awa, māreparepa ana ngā roto, kōrengarenga te puna a Tāne-te-waiora, he koirā!



Waiti is connected with all fresh water bodies and the food sources that are sustained by those waters.



Waitā

Tērā te marae nui a Kiwa te kānapanapa nei i raro i a koe Waitā. Hīia mai rā ki runga te tini a Ikatere, rukuhia ki tai, kohia ki tātahi hei kai mā te tini o uta. Ka hiki mata te tapuwae a Tangaroa! Koia au nui, koia au roa, koia moana tuarangeranga koia moana i āio.



Waitā is associated with the ocean, and food sources within it.

Waipuna-ā-Rangi

Haramai te kōnehunehu! Haramai te hāuaua, Haramai te tarahi! Haramai te patapataiāwha!



Takataka mai i te kōmanawa o te hei tapu, whāinumia e koe e Waipuna-ā-Rangi ka tupu te whenua, ka tupu te tangata.

Waipuna-ā-Rangi is connected with the rain.

Tupuānuku

Tupuānuku ka pihi nuku, ka pihi rangi, ka makuru haere ake nei. Kia haumako roa hoki te puke ki a Rongo, i āhua mai i tawhiti. Ngā hua o Nukutū ka aohia nuitia, arā rā ngakingaki, ara rā tinaku. Hauhaketia rā te tau, he tau humi e.



Tupuānuku is the star connected with everything that grows within the soil to be harvested or gathered for food.

Tupuārangi

Ngaruru te waokū, matomato te waokū, māpuapua te puhikaioreore e tau ai ngā tamariki a Tāne, tērā koia te pua nui. Tupuārangi māu e mōmona ngā manu, ka mōmona ngā hua, ka puta ka ora!



Tupuārangi is connected with everything that grows up in the trees: fruits, berries and birds.

Ururangi

E Ururangi whakamāiretia te atua matakerepō koi pūkerikeri mai koi haurokuroku mai, koi huripari mai. Engari kē kia hau kōanga, kia kōtengitengi kia purea ai au, kia whakahauoratia ai au.



Ururangi is the star connected with the winds.

Hiwa-i-te-Rangi

Hiwa nui, Hiwa roa, Hiwa pūkenga, Hiwa wānanga! Hiwaiterangi tēnei e korou o te manawa koronga, tēnei te āwhero o te manako nui. Horahia nuitia mai ngā hua tuawhiti mātinitini o te tau. Purutia e au kia mau te angitū, tāwhia te mooho kia ita! Ka puta ki te whai ao, ki te ao mārama.



Hiwaiterangi is the star connected with granting our wishes, and realising our aspirations for the coming year.

When to observe Matariki

The optimum time to observe the rising of Matariki is in the phase of the moon known as Tangaroa, the moon of plenty. The Tangaroa moon phase occurs in the three or four days leading to a new moon and will fall on different dates each year.

Matariki dates

Year	Setting	Rise	Period
2020	15 May	13-16 July	13-20 July
2021	2 June	2-5 July	2-10 July
2022	23 May	21-24 June	21-29 June
2023	13 May	10-13 July	11-17 July
2024	31 May	29 June-2 July	29 June-6 July
2025	21 May	19-22 June	19-25 June
2026	8 June	8-11 July	8-14 July
2027	29 May	27-30 June	27 June-4 July
2028	16 May	15-18 July	15-21 July

Matariki dates sourced from 'Matariki - The Star of the Year' by Dr Rangi Matamua.





Financial Membership	
NAME	
ADDRESS	
PHONE	EMAIL
AGE GROUP <input type="checkbox"/> 20-30 <input type="checkbox"/> 31-40 <input type="checkbox"/> 41-50 <input type="checkbox"/> 51-60 <input type="checkbox"/> 61+	
ETHNICITY <input type="checkbox"/> New Zealander <input type="checkbox"/> Maori (<i>Iwi affiliation</i> _____) <input type="checkbox"/> Pacific Islander <input type="checkbox"/> Other (<i>please specify</i> _____)	
TYPE <input type="checkbox"/> Unwaged (\$7.50) <input type="checkbox"/> Waged (\$15.00) <input type="checkbox"/> Family (\$20.00) <input type="checkbox"/> Corporate (\$50.00)	

No receipt will be issued unless requested.

Please return this form with your payment to:

Administrator
Manawatu SF
PO BOX 5010
PALMERSTON NORTH

Or pay directly into our bank account:

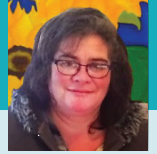
03-1522-0020097-000

Reference: *Your name, Fees*



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 8562 to make an appointment, as this will ensure that you get the time and privacy that you need.



Wellbeing Support Wednesdays 1:00 - 2:30pm

The aim of this program is to provide a peer support group with the theme of wellbeing.



Art Group with Baxter Tuesdays 12:00 - 2:00pm

Welcome back to the Art Group. Come along on Tuesdays from 12 noon. Please try to be on time as numbers are limited. Come along and share your creative ideas.



Paper Craft Thursday 1:30pm - 3:00pm



Lunch

Tuesday 7 July, 12 Noon
Matariki Celebrations – come along and enjoy a shared lunch. All welcome.



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 002097 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.





July Calendar 2020

Phone: 06 355 85612
Email: consumer@manawatusf.org.nz

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Wellbeing Support Group 1.00pm – 2.30pm	2nd Craft 1.30 – 3.00 pm	3rd Peer Support
6th Peer Support	7th Art 12.00pm – 2.00pm Lunch 12.00pm Matariki Celebrations	8th Wellbeing Support Group 1.00pm – 2.30pm	9th Craft 1.30 – 3.00 pm	10th Peer Support
13th Peer Support	14th Art 12.00pm – 2.00pm	15th Wellbeing Support Group 1.00pm – 2.30pm	16th Craft 1.30 – 3.00 pm	17th Peer Support
20th Peer Support	21st Art 12.00pm – 2.00pm	22nd Wellbeing Support Group 1.00pm – 2.30pm	23rd Craft 1.30 – 3.00 pm	24th Peer Support
27th Peer Support	28th Art 12.00pm – 2.00pm	29th Wellbeing Support Group 1.00pm – 2.30pm	30th Craft 1.30 – 3.00 pm	31st Peer Support

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Sender:



**PO Box 5010
Palmerston North 4441**