



Supporting Families in Mental Illness



NEWSLETTER | JUNE 2020

Kia ora

Welcome everyone hope you are well and coping with the new normal. I am pleased to let you all know that as we are now in level 2 the SF office is open with limited access. There can only be five consumers in the peer support centre at one time and only for one hour. All family/whānau workers are back in the office and doing face to face appointments. I will be reviewing these rules as I get more information from the government. I am hoping that family/whānau staff can start home visits within the next week. Over the last few months SF staff have been supporting people by phone, emails or zoom calls, also our phones have been diverted to our cell phones so we have been working 7 days a week for those that need our support. I am working on a plan to see how SF can be more flexible in the way/time that we work. I hope to have this rolled out by the end of June so watch this space.

The art group is restarting in June and so is the craft group. I will be starting an Anxiety group mid-June, if anyone is interested or knows of anyone that may find this programme useful, please contact me for more information. These are challenging times so please look after yourselves and if you need any support please pick up the phone we are all here to help.



Take care, keep safe.

Regards Christine

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Contact us: www.manawatusf.org.nz

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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

We have returned to the office with the centre opening, while there are still protocols to be followed in level 2, it is good to be returning to some sort of normal. It is almost like the lockdown never happened in terms of referrals, and work with families. There is a great need for support for families who are supporting family members in mental illness and addiction. The struggles and challenges that families face are very stressful and distressing and it is good to be there for them.

There were some benefits to be had during the lock down and I think a few people enjoyed that the pace or business of life was more relaxed. People spent more time with their families and in most cases this was a positive in terms of being with each other, cooking together, taking walks and going for bike rides. Lots of people have talked about the reconnection they had with nature and that this was good for their wellbeing too. Many families appreciated the care boxes from whānau ora that were gifted to us for families that we work with. Thank you.

That said, while some had positive experiences, I did notice for families already distressed that family conflict increased during lock down with emotions running high and some felt stuck in situations that were unsafe. If you need to talk to someone please let me know, we can also refer to other agencies that can help.

I hope you are all rugged up warm for winter and that the much needed rain arrives for the drought stricken areas.

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



Kia ora Tatou

Congratulations for keeping your family and yourself safe. The country has now moved to Level 2, but we still need to keep social distancing. Horowhenua Health Centre have set up a testing station for Covid 19. It's been wonderful to see Services supporting our community. I still believe Levin is a wonderful place to live there is so much going on that is great for our youth and the community at large.

At the moment I am taking names to do our Anxiety group, if you're interested or know of anyone that might be ring the Levin office.

Next week if you would like a home visit or a meeting at a café, give me a call to make a time.

We are so blessed to have beautiful weather I hope you are taking advantage of the sun rays.

Matariki is nearly upon us, it's a time to reflect on the past year, and think of those that passed during that year and make plans. Happy Matariki Celebrations.

Ngaa mihi
Luciana aka Lulu



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Dannevirke Office

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



Kia ora koutou katoa,

May 2020 has been a difficult time for many families/whānau and I appreciate all the kind words sent to me over these last weeks, due to the passing of my father. Thank you all and I send my sincerest condolences to those who experienced a loss during this time of Covid 19 levels.

I hope that my phone calls were of support as they were our best option under the level 2, 3 and 4 Corona virus strategy. It is possible shortly for home visits to start in June. Please contact me if you need support with issues that have made or are making life difficult as increased costs in some important areas may be causing stress.

I will also be taking expressions of interest for the new Anxiety Program that will be starting in July. There is an initial assessment process that is required to ensure this is the correct group for you. So please contact me if you would like an initial assessment or wish to know more about this group.

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



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



Looking after mental health and wellbeing during COVID-19

COVID-19 is changing our daily lives. It's important to look after our wellbeing and the wellbeing of our whānau and community as we get through this – together.

It's a tense time for most of us. COVID-19 is scary, and it's rapidly changing the way we work, socialise, travel, access healthcare, exercise, shop and live. We know many people are feeling anxious, stressed, worried and scared. It's time to work out how we're going to look after our own wellbeing and the wellbeing of our whānau and community as we get through this – together.

You can free call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.

The number one message we want New Zealanders to hear is this: we will get through this if we work together. Connecting with people who make you feel safe and loved is the most important thing you can do to look after your mental health and the mental health of people around you. Self-isolation or staying at home makes this difficult, but not impossible. We're going to have to get creative.

We also know that things are really tough right now for some people who live with mental illness. Stress and anxiety can make things worse. While we don't have all the answers, know we're sending you love and strength and our wellbeing tips below are designed to work for you however you're feeling right now. Our FAQ on our website answers some of the questions we've been receiving.

We'll be updating our website as often as we can with new information, resources and material. We're also active on Facebook, Instagram and Twitter, where we'll be sharing ways to support wellbeing and asking you to share the things that are helping you get through. We hope you'll join us. He waka eke noa – we're all in this together.

Nga mihi nui,
The Mental Health Foundation of New Zealand

www.mentalhealth.org.nz/covid-19

Photo by Simon Williams, authenticas.org



Top tips to get through

Top tips for looking after mental health and wellbeing during COVID-19 and beyond.

Find ways to connect

Connecting with others is so important for our wellbeing and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this.

Some ideas to connect include: writing emails that share a favourite memory, playing video games with mates, playing online scrabble or other board games, joining or starting a virtual book club, sharing a favourite karakia or waiata with your friends on social media, having video catch-ups with workmates, calling friends and whānau who are in self-isolation and reaching out to neighbours to ensure everyone has what they need to get through.

Find ways to take notice

Notice the beauty in the world around your home. Take time to feel the sun on your skin, breathe in fresh air whenever you can, make a list of what you're grateful for, take the time to thank someone for how they make you feel, do a mindfulness exercise on YouTube, watch the plants in your home or outside your window growing and changing with each passing day.

Find ways to be active

We know this is a tricky one without gyms or sports but it can be done! Play 'the floor is lava' with the kids, do a yoga class online, try out a new workout on YouTube, go for walks or runs outside (just stay 2m away from others!), use the cans in the pantry as weights, stretch.

Find ways to give

Give compliments, think about a skill you have you could share with your whānau/flatmates/friends, share a favourite recipe, let people know you're there to help (and tell them what help you can offer – e.g. can you pick up food for a neighbour when you go shopping? Can you help your friends' kids with their English homework via Skype?). Check in on neighbours and members of your community who may need to hear a cheery voice or need a helping hand.

Find ways to keep learning

Staying curious and engaging with the world around you is a great way to uplift your wellbeing. Pick a question you've always wondered about and take some time to look it up. Call your parents or grandparents and ask them questions about life when they were growing up. Research your whakapapa or family tree. Look up stories, myths and legends from different cultures. Discover the name of the iwi, hapu, maunga and awa of the place you live. Download an app like Duolingo and start learning a new language. Ask your tamariki/kids to teach you something they learned at school.

Spend time with nature

While staying at home doesn't mean you have to stay indoors all the time, it might feel safer for you to do so! Think about how you can connect with nature from your home. Can you bring some nature indoors? Put up pictures of maunga (mountains), whenua (land), moana (oceans) or awa (rivers) that have meaning to you. Have a chat with your pot plants (this really helps them grow!). Listen to nature sounds – birdsong is a lovely background noise while you work. Open the windows as often as you can. Take time every day to feel the sun or the wind or the rain on your skin.

Keep taking your medication

Don't stop taking any of your regular medication without first talking with your doctor. Phone or email your GP to get any new prescriptions you may need. If you're staying at home and that's throwing off your routine, set reminders to take your medicine when you need to.

If you're currently getting help with your mental health, continue with this if possible

Talk to your GP, counsellor, case worker or mental health team about how they can continue supporting you. Can your appointments take place over the phone, via email, text or video chat? What tips do they have to help you get through? Who can you call if you need help urgently? Write this down so you have it handy when you need it.

www.mentalhealth.org.nz/covid-19

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



Consumer Activity Programme

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



Hi everyone,

welcome back, come in for a visit or phone Susan on 355 8562 for a chat. We want you to be comfortable with how you access our service.

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, this month's topics will look at; in touch with nature, 5 senses, mindfulness.



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

We will restart this 11 June. I will be looking forward to getting back into this.



Lunch

Sorry not until July.



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.





June Calendar 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
1st Peer Support	2nd Art 12.00pm – 2.00pm	3rd Wellbeing Support Group 1.00pm – 2.30pm Where to from here?	4th Peer Support	5th Peer Support
8th Peer Support	9th Art 12.00pm – 2.00pm	10th Wellbeing Support Group 1.00pm – 2.30pm In Touch With Nature	11th Craft 1.00 – 2.30 pm	12th Peer Support
15th Peer Support	16th Art 12.00pm – 2.00pm	17th Wellbeing Support Group 1.00pm – 2.30pm Making Use Of Our 5 Senses	18th Craft 1.00 – 2.30 pm	19th Peer Support
22nd Peer Support	23rd Art 12.00pm – 2.00pm	24th Wellbeing Support Group 1.00pm – 2.30pm Mindfulness	25th Craft 1.00 – 2.30 pm	26th Peer Support
29th Peer Support	30th Art 12.00pm – 2.00pm			

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Sender:



**PO Box 5010
Palmerston North 4441**