



Supporting Families in Mental Illness



NEWSLETTER | JUNE 2021



Kia ora

Welcome to the June newsletter. The weather is starting to get colder, I hope you are all keeping warm.

Lyn McNair our new Family/Whānau worker in Dannevirke has started, its great to have her on board.

The last few months have been busy with starting the new Project CALM programme, the Carers retreat and the GO Kidz programme. The Carers Retreat was well attended and the families that attended really enjoyed the time out from cooking and caring for others.

It's the time of the year where New Zealand celebrates Matariki (Māori New Year). Matariki is named after the bright stars of the Pleiades star cluster, which rise in the winter night sky each year. Matariki is the Māori name for the Pleiades star cluster. It rises during Pipiri (June/ July) and marks the beginning of the Māori new year. I look forward to celebrating Matariki over the next month or so.

If anyone needs support or just a listening ear please don't hesitate to call 06 355 8561.

Take care look after yourselves.
Christine

Contents

Regional Updates	2-3
Our Health and Disability System	4-5
Consumer Activities	6
Acknowledgments	6
Calendar	7

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**Family Whānau Support
in Mental Illness
Manawatu**
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**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 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

Winter is here and this month we celebrate Matariki which is named after the bright stars of the Pleiades star cluster, which rise in the winter night sky each year. Matariki celebrates the Māori New Year and is a time of growth and change. It's all happening in our skies at the moment with the recent super blood moon, which is a fun name for a full lunar eclipse, so magnificent to see.

I enjoyed the family retreat and found this to be a good time to just be, I particularly liked meeting new people from Palmy and Wellington and having chats with them, the nature walk I went on with another family member and of course the meals. Not having to think about groceries, meal preparation, cooking and dishes was a real treat for me. Thank you Christine for letting me attend.

Family work has been intense lately with many families noticing and living with many social issues which can be difficult to address all at once. The complexity of the social issues can be layered and is often spread out to other areas within the family environment. From carers, I am hearing about family harm quite a lot, particularly when someone is in crisis, psychotic or using methamphetamine.

Take care whānau and be safe.

Kim 😊

Levin Office

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



Teena tatou Katoa,

Greetings and welcome to the celebration of Matariki, the star that is connected to wellbeing and healing.

The 9 stars of Matariki (not 7 stars) rise between 19 June to 11 July 2021. To find out more Dr Rangi Matamua gives a number of presentations on YouTube.

My daughter's school WRM in Otaki designed a shirt for pink shirt day in Te Reo Māori. I knew I had to have one of those to wear on the day.

Work has been busy supporting families in the Community and on Ward 21 in Palmerston North hospital. Our Connections with Hope group is always a privilege to be a part of.

Happy Matariki and make a wish on the wishing star Hiwa-i-te-rangi, one of the 9 stars in the Matariki star cluster.

Take care
Luciana Maru-Hill
Aka 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 358561



Dannevirke Office

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



My name is Lyn McNair and I grew up in the Dannevirke area on a sheep and beef farm where my father was a shepherd. I attended a very small local primary school which had a role of around 23-26 pupils.

When I left school I did all kinds of work including in a bank, shearing shed, pharmacy and then a scallop boat out of Whitianga. I married a fisherman and we had 3 children. We ended up moving to Te Anau and my husband cray fished out of Milford Sound. The children and I came to Dannevirke to live when my marriage ended. I have remained here ever since although I did go and work on Pitcairn Island as a social worker for 3 years and then had a little shop at Akitio Beach.

I am back living in the cottage I have had for around 30 years and whilst the children have left home I seem to have replaced them with cats, dogs and hens.

I am quite new in this role supporting families in the Tararua and I can say that I am really enjoying the work and the proximity work is to my home. I am really happy to be a part of the Supporting Families Manawatu and am loving meeting and getting to know people.

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

Hello everyone



My name is Mio, and I am a UCOL student. My study is about mental health and addiction. I have been coming to ManawatuSF on Mondays and Thursdays for the last couple of months.

It's been lovely to see and know people in ManawatuSF, and I'm enjoying everyone's company. It's also grateful I participate in extra activities such as holiday kids sessions and the Women's Expo as an assistant.

Please let me know if you have any requests from me. I'm looking forward to having a good relationship with you all."

Thank you and have a good rest of your day.
Best regards, Mio

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





Our health and disability system

Implementation roadmap

We are starting out on a programme of change to improve how our health and disability system works and to improve outcomes and equity for all New Zealanders. This won't happen overnight – it will require substantial work to make the reforms a reality.

The detailed changes necessary will be developed and implemented with those who make quality care possible – from frontline staff to leaders in our District Health Boards (DHBs) and supporting agencies.

As we progress towards our future health system, we will:

- communicate when change is coming, and when further decisions are made
- involve the health and disability sector and the public more widely to ensure the new system reflects our shared aspirations and draws on relevant expertise
- ensure the transition does not compromise the quality of care offered today or the workers who provide it.

Our implementation roadmap

The first 18 months of the implementation roadmap is the preparation and transition phase.

This is about laying the foundations for the future system and will include engagement with the health sector and with consumers, whānau, and communities on further design and the implementation of the reforms.

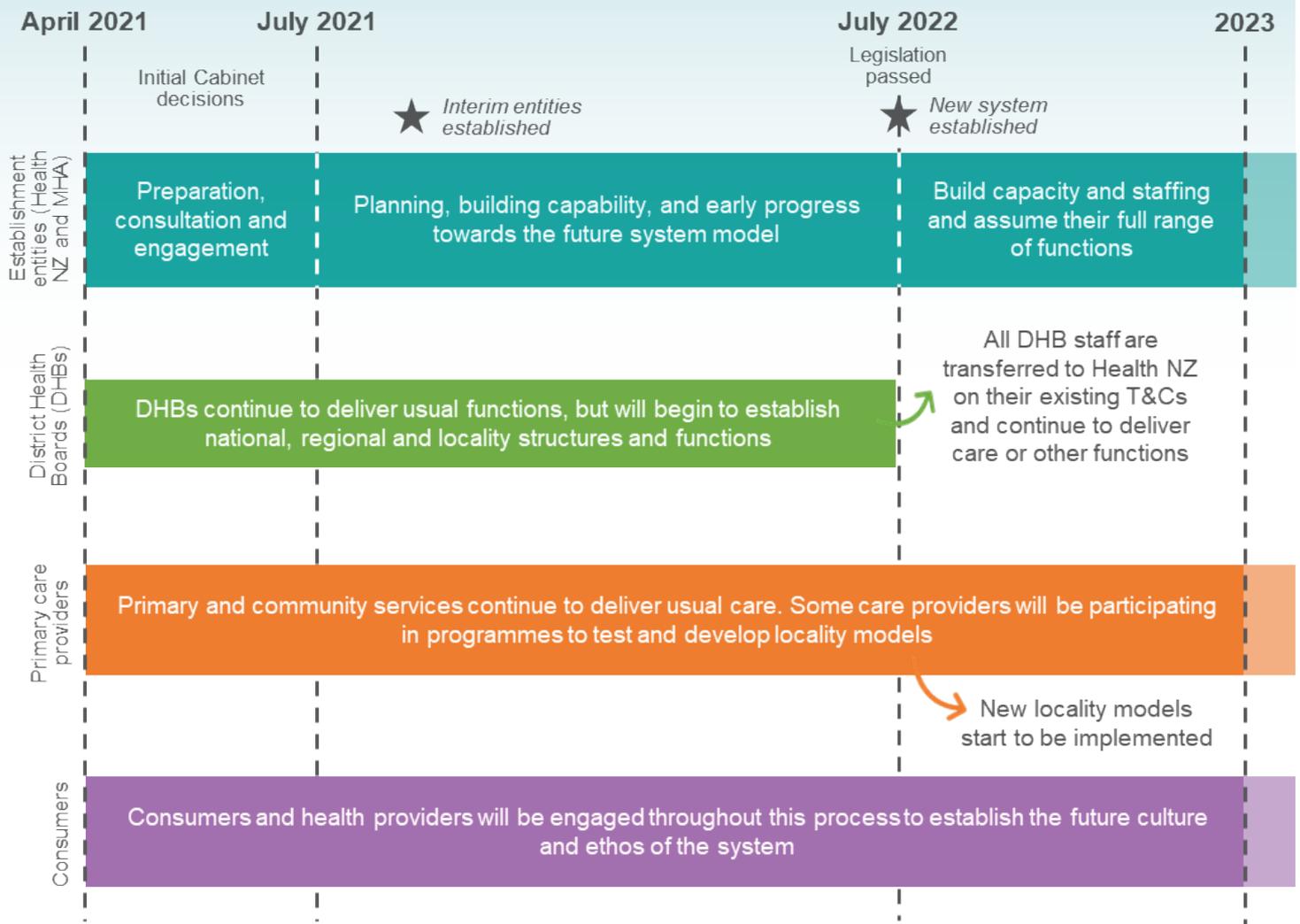
We expect that necessary legislation will be passed during this period around mid-2022.

The second phase from late 2022 onwards will be the expansion and development phase over the next two to three years which will see the new system become more established and embed and refine new ways of working.

Cont pg 5



Timeline



Want to know more?

Further information about the work and progress of the health reforms is available on the DPMC website under the work of the Transition Unit: www.dPMC.govt.nz/our-business-units/transition-unit.

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.



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 - 2:00pm

Starts Tuesday 15 June. We would like to welcome Samantha who will be supporting the art group.

Paper Craft

Thursdays 1:00pm - 3:00pm

No Craft 8th April.

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 14 June

12:00pm

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.





June Calendar 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Chat 'n' Coffee with Susan 12.30pm – 2.00pm	2nd Peer Support	3rd Chat 'n' Coffee with Mio 10.30am - 12.00pm Craft 1pm – 3.00 pm	4th Peer Support
7th Closed Queens Birthday	8th Chat 'n' Coffee with Susan 12.30pm – 2.00pm	9th Peer Support	10th Te Reo Class 11am Craft 1pm – 3.00 pm	11th Peer Support
14th Peer Support Lunch 12pm	15th Art 12.30pm – 2.00pm	16th Peer Support	17th Chat 'n' Coffee with Mio 10.30am - 12.00pm Craft 1pm – 3.00 pm	18th Peer Support
21st Peer Support	22nd Art 12.30pm – 2.00pm	23rd Peer Support	24th Te Reo Class 11am Craft 1pm – 3.00 pm	25th Peer Support
28th Peer Support	29th Art 12.30pm – 2.00pm	30th Peer Support	 	

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Sender:



**PO Box 5010
Palmerston North 4441**