



# Supporting Families in Mental Illness

## NEWSLETTER | OCTOBER 2021



### Kia ora

Welcome to October's newsletter. I have some exciting news. The Supporting Families Board have been

reviewing our Strategic Plan to align with the ever-changing needs of the community we work in. As a result the Management and Board have decided to consolidate SF services to focus on our core business of Family/Whānau Support. This will mean that Supporting Families will be able to provide more support and programmes to Whānau across the region. We will be increasing the Family/Whānau support hours in Levin, a new Family/Whānau position in Dannevirke and a new full time Family/Whānau position in Palmerston North and Feilding area. We will be looking at increasing some of our children's programmes across the whole region. Unfortunately because of this consolidation of services Supporting Families will not be providing peer support from the 1st of October. Susan who has been in this role for a number of years has decided to leave SF and look for other opportunities elsewhere. Susan will

be sadly missed by a number of people and we all wish her well for the future.

If anyone would like to talk to me about these changes please don't hesitate to contact me on 06 355 8561.

As I am writing this I am aware that it is Mental Health Awareness week. This year it is about connecting with people:

Mā te whakarongo, ka mōhio  
*Through listening, comes knowledge*

Mā te mōhio, ka mārama,  
*Through knowledge, comes understanding*

Mā te mārama, ka matua,  
*Through understanding, comes wisdom*

Mā te matau, ka ora,  
*Through wisdom, comes wellbeing.*

Please take some time to connect with others and take care of yourselves.

Kind regards, Christine



**CALL 06 355 8561**

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

**Manager:** Christine Zander-Campbell

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



## Contents

Regional Updates	2-3
Mental Health Awareness Week	4-5
How to have a safe and supportive kōrero	6
Where to turn for support/health	8
Donations/Acknowledgments	9

## Follow us on facebook

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



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><b>Manager Family/Whānau:</b> Christine Zander-Campbell, <a href="mailto:christine@manawatusf.org.nz">christine@manawatusf.org.nz</a></p> <p><b>Family/Whānau Coordinator:</b> Kim Mckelvey, <a href="mailto:kim@manawatusf.org.nz">kim@manawatusf.org.nz</a></p>	<p><b>Family/Whānau Coordinator:</b> Lyn McNair <a href="mailto:lyn@manawatusf.org.nz">lyn@manawatusf.org.nz</a></p>	<p><b>Family/Whānau Coordinator:</b> Luciana Maru-Hill <a href="mailto:luciana@manawatusf.org.nz">luciana@manawatusf.org.nz</a></p>
<p><b>Administrator:</b> Sharon Gutry, <a href="mailto:admin@manawatusf.org.nz">admin@manawatusf.org.nz</a></p>	<p><b>Office hours:</b> Tuesday to Friday 8.30am – 4.30pm</p>	<p><b>Office hours:</b> Tuesday to Friday 9am – 3pm</p>
<p><b>Office hours:</b> Monday to Friday 8.30am – 4.30pm <b>Peer Support hours:</b> Monday to Friday 9am – 4pm</p>		

## Palmerston North Office

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



### Kia ora from Palmerston North & Feilding

Hope you are all well, this week marks mental health awareness week from the 27th September to the 1st October, the mental health foundation suggests one thing to do each day. Suggestions are, Monday- focus on re-connecting with someone you care about, Tuesday- get outside in nature with someone, Wednesday- explore your wellbeing through the Te Whare Tapa Wha model and have a chat with someone about what you have learned. On Thursday- connect through kindness and Friday- come together and reflect. These are great suggestions and can be put into place anytime, either in mental health awareness week or other times.

Its daylight savings which for me heralds in spring and summer, the long evenings and nights can be an enjoyable time.

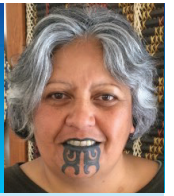
Have a good month and come and have a chat with me if you need support on 3558561.

Take Care and have a great month.

Kim 😊

## Levin Office

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



### Teena taatou te hapori o Horowhenua.

For my little office at 58 Bath St Levin it's all about getting back to the normality of things, but it will never be how it was.

We are getting ready to start our Connection group after the school holidays. If you know anyone who would like to do our programme with Donny Riki, please be in touch.

Changes are happening everywhere, our building in Levin is having a makeover, and I'm getting new carpet.

As of this month my hours will change to Monday to Friday 8.30am to 4.30pm.

All my contact details are on the front page. I will be looking at starting up some groups. We haven't had a coffee or educational group in some time, so watch this space.

I was very pleased to see how keen and the willingness of people learning Te Reo Maori, I really felt encouraged to keep learning. It's a bit like working in this role, learning every day how to encourage, build relationships and Support Families in Mental Illness.

Together we can come out of the shadows into the sun. Take care.

Noho ora mai – stay well  
Lulu

# FIVE WAYS TO WELLBEING

**Give**

Your time,  
your words,  
your presence

**BE  
ACTIVE**

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

**KEEP  
LEARNING**

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

**CONNECT**

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

**TAKE  
NOTICE**

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS

 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND



## Dannevirke Office

Whānau Coordinator: Lyn McNair  
Email: [lyn@manawatusf.org.nz](mailto:lyn@manawatusf.org.nz)



Greetings to you from Tararua and welcome to spring. Just when I started being pleased with my low use of the firewood pile – the cold weather came back! At present we are in the middle of a Connections with Hope Anxiety Programme being held in Dannevirke. The programme got held up due to the lock down, but we are up and running once again. The next programme we intend to hold is the Connections with Hope; Depression Programme. We don't have a start date for that just yet but if anyone in Tararua is interested please give me a call or text and we can talk about it. We are totally open to the needs of

the community therefore we are flexible as to which community we hold it in. The current group are reporting that they are enjoying the programme and finding it very useful in their day to day lives. The programmes are free, and the groups become great support rks for the group members and despite the topic, we manage to have some laughs together. If you or someone you know would benefit from Supporting Families Manawatu (Tararua) please feel free to call or give them my number and we can have a conversation.

Goodbye until next time.  
Lyn

THANK  
YOU

## Kia ora Everyone,

I hope you're all enjoying the brighter days like I am.



My time at SF has come to an end so I'd like to thank everyone who has made me laugh, given me kindness and learning opportunities. I've enjoyed everyone's company and learnt what support looks like in real life at SF.

I wish all the best to you all.  
Thank you!

Mio

## 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.

## 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



This year's Mental Health Awareness Week (MHAW) is all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing. Whether it's checking in with a mate, having a kōrero over some kai or saying hello to a stranger, a little chat can go a long way.



## Reconnect with someone you care about *He hononga tangata, he hononga aroha*

When life gets busy it's easy to forget to check in with the people in our lives, but we know connection is important for our wellbeing. Having a kōrero with others nurtures our relationships and helps us to feel happy, connected and secure. Over time, these chats help us to understand each other better and ensure we have people we can count on when times are tough. Today we encourage you to reconnect with someone you care about. Whether it's with whānau, friends, hoamahi/colleagues, iwi or community, a little chat can go a long way.

### A few ideas for reconnecting:

- Check in with whānau you haven't spoken to in a while. Have a chat on the phone, send them a text or catch up kanohi ki te kanohi/face to face if you can.
- Ask them how they're going and really listen.
- Write a letter or email to your whānau sharing what you appreciate about them.
- Look back through your photos and share a happy memory to reconnect with someone you've lost touch with.
- Get to know your hoamahi/colleagues a little better by using our kōrero card set.
- Have a think about whether there is someone in your life who may be going through a tough time. Take time to kōrero and ask them how they are, empathise and listen.

## Get outside in nature with someone *E puta ki te taiao*

It's often the little things that bring us joy. The singing birds, the grass beneath our feet, the wind on our faces. Kōrero doesn't have to happen indoors. Today we encourage you to get outside in nature with someone else. Take a moment to chat about the things that support your wellbeing and appreciate the beauty around you. You might be surprised by what you notice!

### A few ideas for connecting in nature:

- Have your lunch outside with a friend or hoamahi/colleague, take notice of the nature around you. Even if you work outdoors, it's great to take a break and spend some quality time together outside of your work space.
- Connect with the whenua; grab some mates and get into the great outdoors - go on a bush walk, walk up your local maunga, breathe in the salty fresh air of the moana. Take time to kōrero and get to know each other whilst you're there.
- Head down to your local beach with a friend or whānau member and pick up any rubbish you come across. It's a great way to spend quality time together outside and keep Aotearoa beautiful! Check out the Department of Conservation website for more ideas.
- Take tamariki on a nature walk and get them to point out the things they see, smell and hear. Ask them how being in nature makes them feel. Or, head to the school field, park or your backyard and have tamariki lie on the grass.
- Have a cuppa and a kōrero in the garden with your whānau, listen to the birds, be present and enjoy each other's company. You might like to take off your shoes and feel the grass beneath your feet.
- Go outdoors, snap a photo of some nature that catches your eye and send it to someone to brighten their day.





## Have a kōrero about Te Whare Tapa Whā Tōku Whare Tapa Whā

Why not use this day to explore your wellbeing through Te Whare Tapa Whā and have a kōrero with someone else about what you learn? Consider the four pou and think about the different ways you can boost your wellbeing.

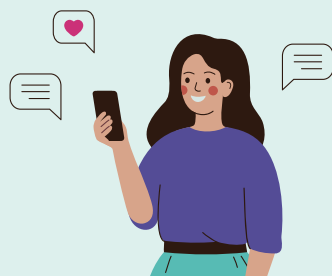
### A few ideas for exploring Te Whare Tapa Whā:

- Learn about Te Whare Tapa Whā and its four dimensions of wellbeing. Reflect on which areas you feel are going well for you right now and which ones you need to focus on for your hauora/wellbeing. Share your thoughts with someone else.
- If you're in an office or shared workspace, get hoamahi together and have each corner of the room represent one of the four dimensions of Te Whare Tapa Whā. Ask them to stand in the corner of the dimension they feel is strongest for them at the moment. They might like to then share why they chose this dimension with the group.
- Take a moment for your wairua by trying these Te Ao Māori mindful breathing exercises: [allright.org.nz/tools/hikitia-te-ha](http://allright.org.nz/tools/hikitia-te-ha).
- Add a song to our MHAWNZ playlist on Spotify. It might be a song you love to work out to for your tinana, that uplifts your wairua, soothes your hinengaro, or a whānau favourite that you sing along to in the car!

## Connect through kindness Takohatia ki tētahi

When we do something nice for someone else, be it a friend, colleague or stranger, not only does it make them feel good, it gives our wellbeing a boost in return.

Whether it's a big gesture or just a smile, everyone has a little act of kindness to offer. Think about someone



who might need some extra support right now, because today is all about giving: our time, our kindness, our aroha, our kōrero, to others.

### A few ideas for spreading kindness:

- Send a kind message to someone in your life and let them know you're thinking of them.
- Visit a friend, neighbour or family member who could do with some company or tautoko/support. If you're unable to visit, give them a call.
- Volunteer your time to others in need – join a community group, pick up someone's groceries or simply drop off a hot meal to someone who could do with a helping hand – not only will it create a moment to kōrero, it will give you and them a feel-good boost.
- Make a kaimahi a cup of tea or bring in some biscuits and create a moment to kōrero in the lunchroom – look for opportunities to put a smile on someone's face.
- Introduce yourself to a new parent at your child's school, new kaimahi at your workplace or a new neighbour in your community. Ask them if there's anything you can do to help them settle in.

## Come together and reflect Noho tahi, kōrero tahi



Come together with others at school, work or home, or find a moment on your own to reflect on the week just gone. Be present and take time to kōrero about the things you've learnt, and the wellbeing tools you're going to continue with. What little chats have you had this week? How does connecting with others and talking openly about wellbeing make you feel?

### A few ideas for reflecting together:

- 1 Try switching off the TV for a night and play a game with your partner or tamariki instead. You could even make music together, or just talk.
- Organise a virtual dinner date. Set a time to eat and jump on a video call with someone else. Share kai, reflect on your weeks and chat about how you're going to keep up the kōrero.
  - Plan a whānau activity day - create a moment to kōrero about what makes each person feel good and plan an activity that focuses on each of those things. It could be getting out in nature for a walk, cooking a favourite meal, or video calling a relative overseas.
  - Share kōrero and kai with your team at work. Everyone bring a plate and chat about the things that you do to look after your wellbeing. If you're working from home, have lunch and chat together over Zoom.



# HOW TO HAVE A SAFE AND SUPPORTIVE KŌRERO

Taking time to kōrero is important, especially if you've noticed someone you care about hasn't been themselves lately. You might have noticed a change in their behaviour, in the things they are doing (or not doing) or saying (or not saying). You may have noticed them withdraw from things they would normally enjoy. Here's some advice if you find yourself having a kōrero with someone who's going through a tough time.

## Setting the scene

- **Who is the person you're concerned about, and who are you in relation to them?** Are you a colleague, manager, friend, whānau member or romantic partner, for example? To open the kōrero at work, see our [Open Minds e-learning programme](#).
- **Are you the right person to open the kōrero with them,** or is there someone you know who is better placed? Who would that be? Could you talk to them about it?
- **If you are the right person, find somewhere relaxing, quiet and private to have the kōrero.** Have it kanohi ki te kanohi/in person if possible.
- **Timing is important – it's best not to open the kōrero when the person is busy doing something else.** It can be easier to start a kōrero when you're already doing something relaxing together, such as going for a hīkoi/walk. Avoid opening the kōrero at times when you're also feeling distressed, stressed or busy, so that you have the time and patience to give your best to it.

## Opening and having the kōrero

You can have a kōrero by:

- **Just opening it.** There's no right way to start, but an open-ended pātai/question such as "I've noticed you're not yourself lately, anything up?" can work a treat.
- **Giving someone space** and the opportunity to open up at their own pace.
- **Listening carefully to how they describe their experiences** and asking open-ended questions to keep the conversation going.
- **Giving and taking in the kōrero.** Ask them about how they're feeling and share how you're feeling too. This takes the pressure off the conversation and can help your loved one feel they're contributing and have advice of their own to share.



- **Validating their feelings.** Try to see things from their point of view and understand what might be causing their feelings. Accept your loved one's experiences as real and true for them.
- **Echoing back what you're hearing.** During your kōrero, it's important to echo or repeat key points your whānau member or loved one is saying. This will help to clarify what you're hearing and help you both to come up with constructive solutions.
- **Trying not to 'fix' their problems.** It's better to accept our loved ones instead of trying to rescue them. Remember that small, simple things can help, and that just being there for your whānau or hoa/friend is probably helping a lot.

Your kōrero may stop here, or it may lead to more kōrero. If it leads to more kōrero, it's important to consider whether the person would like your support, and whether you are the right person to offer that support. Make sure you don't take on the role of a professional counsellor or be someone's sole support person. See the following page for a list of services that you can turn to for help.

**Remember to look after yourself.** Being there for someone else can be tough, so make sure you take some time for yourself, and get the support you need too.



# WHERE TO TURN FOR SUPPORT/HELP

For some people, this week might have brought up some sadness or distress. If you've had a kōrero with someone and you think they need further tautoko/support, or if you're worried about yourself, it's okay, there is help available – no one should go through a tough time alone.

The best first point of contact is to visit your GP or tākuta or offer to go to a GP/tākuta with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

## In crisis

If you or someone you know is in immediate danger, call 111.

## National helplines

**Need to talk?** Free call or text 1737 any time for support from a trained counsellor

**Lifeline** – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO)

**Youthline** – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat

Remember it's okay to get support for yourself when you're supporting someone you care about. Yellow Brick Road provides support for the loved ones of people experiencing mental distress/illness throughout Aotearoa: [yellowbrickroad.org.nz](http://yellowbrickroad.org.nz).





## 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.



## 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](mailto:christine@manawatusf.org.nz) 06 3558561**



*Sender:*



**PO Box 5010  
Palmerston North 4441**