



Supporting Families in Mental Illness



NEWSLETTER | SEPTEMBER 2021



Kia ora

Welcome to September's newsletter. So we are back here again (level 4), hopefully for a shorter period this time round.

Supporting Families is still available for support by phone or zoom calls. If you need someone to talk to please don't hesitate to call. All the phone numbers have been diverted to staff cell phones. Susan is available on 06 355 8562 for peer support Monday, Wednesday, and Friday. I am available on 06 3558561 at anytime.

Supporting Families will be back in the office at level 2. We will be following the government guidelines for that level: social distancing of 2 metres, limited numbers of people in the office at a time, people will need to scan in as well as signing in. The use of masks is unknown at this stage. SF group programmes will be able to restart as well as home visits.

This is a very unsettling time, not knowing what is happening does increase anxiety please remember to take some time to do something nice for yourself, pick up the phone and talk to someone. You are not alone we are there to support you.

I think this is relevant for what is happening right now:

"We have to keep going. Even when it's scary, even when all of our strength seems gone, we have to keep picking ourselves back up and moving forward. Because whatever we're battling in the moment, it will pass, and we will make it through. We've made it this far. We can make it through whatever comes next."

I all so like this saying it was on facebook :

"When life throws you a raining day play in the puddles" Pooh Bear

Look after yourselves, take care and keep safe.

Christine

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Be kind

Unite
against
COVID-19
New Zealand Government

NEED
HELP?

CALL 06 355 8561

www.manawatusf.org.nz

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

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160 Cuba St (Entrance on Pitt St) PO Box 5010	40 Denmark Street (ground floor)	58 Bath Street, Levin (1st floor)
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Family/Whānau Coordinator: Kim Mckelvey, kim@manawatusf.org.nz	Office hours: Tuesday to Friday 9am – 3pm	Office hours: Tuesday to Friday 9am – 3pm
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Office hours: Monday to Friday 8.30am – 4.30pm Peer Support hours: Monday to Friday 9am – 4pm		

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

I think we have all received a bit of a jolt by the quick decision to go into level 4 lock down. I think this has created some uncertainty and distress for many people. If you are feeling like you need a chat then please ring us on 06 3558561. There is also great information on the Ministry of Health's website on COVID 19: mental health and wellbeing resources.

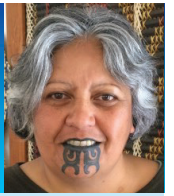
On that note, the things I find helpful for wellbeing are taking note of spring at the moment with the trees tipping out green, some have started to bloom. It's in the small things I find comfort, music is soothing, been outside feeling the sunshine, cuddling my cat and hearing her purr, feeling grateful and appreciative of the people and resources I have also helps. If you can engage the senses to seek connection, find comfort and conversation from those in your bubble then these will help in troubled times.

Take care and I hope wellness for you all.

Kia kaha
Kim 😊

Levin Office

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



Teena taatou,

Hi to the families in Horowhenua,

Welcome to our September newsletter. We may not be able to meet face to face but we can still have phone conversations. All phone calls to the Levin office have been diverted to my cell phone.

There are a number of places in Levin that are doing vaccinations. You could book by ringing the COVID Vaccination Healthline on 0800 28 29 26. Donnelly Park in Levin had a day where you could just turn up, no appointments needed and you could stay in your car. I saw this on Face Book, so I took my 14 year old there.

This is a time to look after ourselves and each other. If you're feeling annoyed with someone in your house check in with yourself, what do you need to look after you. I like weaving with flax or eating yummy food.

If you need someone to talk to, I'm here.
Take care and take it easy.

Noho ora mai – stay well
Lulu



PNCC Emergency Operations Welfare Support:

1. The community should contact MSD in the first instance for financial and food support.
2. Then to food banks if they are unsuccessful with MSD. PNCC EOC have a small capacity to support with the distribution of food parcels through the food banks if required for people who are unable to access food banks by any other means (i.e. family support).
3. As a 3rd option (although we have not restarted the previous 0800 number through PNCC for welfare support) clients can call our regular contact centre 06 356 8199 to complete a needs assessment that will then come through to us in the Emergency Operations Centre for actioning. This option is designed for if the first two above options are unable to be used, please.

If you like to contact us directly for Covid-19 related questions or concerns please email us on: eoc.welfare@pncc.govt.nz

Daily Wellness Checklist

Daily Activities For Lockdown



Get enough sleep



Drink water



Do something to lift your heart rate



Clean one space



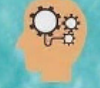
Do something that makes you laugh



Have a shower / bath



Do one thing you'd be glad you did later



Do something that stimulates your mind



Make contact with someone outside your bubble



Eat well



Go outside / enjoy nature



Do something for someone else



Dannevirke Office

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



Hello to you all from Tararua. This is a 'first' for me in that I am writing this from the comfort of my couch at home and surrounded by several 'heat seeking' small animals (cats and dogs). Here we are in lock down once again however at least this time we have a bit more of an idea of how it works.

As I write this I am thinking of those who are alone and unhappy during this imposed quiet time. Please remember that another person is only as far away as the telephone and they might be feeling the same way as you.

Be safe and be kind to yourselves and others.

Kindest regards to everyone
Lyn

Boredom Busters

Sudoku

			4	8		2		9
				7			5	1
	8	3		2				
		4						
7	6							2
	5		7		9			
		7			5	9		4
						5		
4			8			6	7	

'Treat Yourself' Microwave Puddings



- Grease two coffee cups with butter or canola. Drop into each cup two tablespoons of golden syrup or jam.
- Melt 50 grams of butter (or margarine) and mix in a bowl with 1/4 cup of sugar.
- Add one egg and beat well.
- Add 1/2 cup of flour and one big teaspoon of baking powder (leave out baking powder if you use self raising flour).
- Add 1/2 cup of milk then another 1/2 cup of flour and beat until smooth.
- Divide the mixture equally between the two coffee cups. Microwave on high for 4 minutes.
- Remove carefully from microwave (cup may be hot), let stand for 4 minutes.
- Run a knife around the edge of the coffee cup to 'free' the pudding. Zap a little longer if it doesn't come out easily.
- Hold upside down over pudding bowl. You know what to do next.....

Spring Word Search

B	O	B	U	L	B	S	S	S
U	L	S	P	R	I	N	G	E
T	O	B	C	B	Z	H	B	P
T	R	E	E	I	L	R	O	T
E	B	E	N	R	A	A	W	E
R	R	S	W	D	M	I	K	M
F	G	R	O	W	I	N	G	B
L	A	S	U	N	S	R	J	E
Y	P	O	F	L	O	W	E	R

Spring
September
lambs
sun
butterfly
growing
bulbs
flower
bees
bird
rain
tree

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

~ 3 ~

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



17 August 2021

MidCentral DHB facilities under Alert Level 4

MidCentral DHB will continue to provide essential health services to the community following the Government's announcement of a nationwide move to Alert Level 4 in response to COVID-19 outbreak.

Below is a snapshot of what this means for MidCentral DHB facilities, including Palmerston North Hospital:

- Acute services will be provided, such as the Emergency Department.
- All non-urgent care will be postponed during lockdown. This includes elective surgeries and appointments. Efforts to contact the patients affected by this are underway.
- Cancer services will continue under strict health and safety measures and patients should fulfil their scheduled appointments.
- We will be adopting a no visitor policy for Level 4. More details will be released about this on our Facebook shortly.
- COVID-19 testing will continue to be available at 575 Main St, Palmerston North. The site is open Monday to Friday, between 9am to 4pm, and Saturday and Sunday, between 10am to 2pm.
- St John's Health Shuttles will continue for life sustaining treatment, such as renal patients requiring dialysis.
- Please remember to get tested if you're feeling unwell, maintain good personal hygiene and wash your hands often, wear masks in public and maintain physical distancing of at least two metres.

Contact: Communications Unit (06) 350-8945

Not everything is cancelled

Sun is not cancelled
Spring is not cancelled
Relationships are not cancelled
Love is not cancelled
Reading is not cancelled
Music is not cancelled
Imagination is not cancelled
Kindness is not cancelled
Conversations are not cancelled
Hope is not cancelled



Scanning in helps
to keep us open

Unite
against
COVID-19

New Zealand Government



Moods come and go. It's normal for moods to change depending on what else is going on in your life.

Sometimes we all need a 'quick fix' to help transition from a low mood to a good mood. Here are some easy mood boosters to have up your sleeve. These activate your 'happy hormones' – such as oxytocin, serotonin or dopamine – providing a chemical boost to improve your day.

- 1. Read or watch stories about characters you like.** Caring for fictional characters boosts your oxytocin levels.
- 2. Spin the Wheel of Kindness** (found in the *Mentemia app*). Commit to a random act of kindness today. Helping others makes you feel good, too.
- 3. Learn something new.** Even something as simple as learning a new word can release endorphins.
- 4. Reflect on happy memories.** According to Denmark's Happiness Research Institute, thinking about happy memories can help to counteract feelings of loneliness or anxiety.
- 5. Watch a comedy show on YouTube.** Laughter really is the best medicine.
- 6. Breathe.** Deep belly breathing helps to stop your body's stress response. Try the guided breathing exercises found in the *Mentemia app*.
- 7. Smile at a stranger.** Hello, oxytocin!
- 8. Write down 5 things you're grateful for.** Practising gratitude is another powerful way to boost your dopamine and serotonin levels (and, therefore, your mood).
- 9. Look for the helpers.** Pay attention to the problem solvers. Read good news headlines. Seek out inspiring stories.
- 10. Stretch.** Pause to stretch your body in a way that feels good.
- 11. Dance like nobody's watching.** Put your favourite music on and dance around your living room. Bonus points for singing, too!
- 12. Fill your 'Goody Bag'.** Sir John Kirwan fills his 'Goody Bag' every day with things to look forward to, such as cooking, playing guitar, or reading. What could you put in yours?
- 13. Call a friend that makes you smile.** Just to say hello.
- 14. Listen to a guided visualisation.** Be guided to somewhere else for a moment (or ten). Search 'Spring Escape' in the *Mentemia app*.
- 15. Go for a walk.** Even a five-minute walk around the block can boost your mood.
- 16. Treat yourself.** Run a bath, cook your favourite meal, put your feet up. Treat yourself as you would a loved one.
- 17. Do something just for fun.** Having fun for fun's sake releases dopamine. Win!
- 18. Spend time in nature.** Watch the sunset, listen for birds, look for flowers. Nature is a powerful mood booster.
- 19. Listen to a podcast, audiobook, or radio show.** Listening to people you like (even strangers) can boost your oxytocin levels.
- 20. Make someone laugh.** You'll almost always end up laughing, too.
- 21. Support a local business.** Buy a voucher or leave a positive review online.
- 22. Give someone a sincere compliment.** Share anything that will make them beam with happiness – and you'll feel good, too.
- 23. Set aside time for reflection.** Whether through meditation or a quiet moment by yourself, make time to gather your thoughts. This can be surprisingly calming.
- 24. Get lost in a good book.** Escapism is a great way to distract yourself and let your imagination run wild.

Mentemia is an app that coaches mental wellbeing. Their digital platform gives you daily content like this, plus evidence-based tools and techniques you need to feel happier, stress less and build resilience. Download *Mentemia* for free today in your favourite app store.

Acknowledgement

Article provided by *Mentemia*, a mental wellbeing platform for workplaces that released a free app to support the public during COVID-19, with support from the Ministry of Health, Kiwibank and Westpac.

Ref: <https://www.healthnavigator.org.nz/healthy-living/e/easy-mood-busters/>



THE HAPPY MOON'S GUIDE TO LOCKDOWN (AND BEYOND!)

6 C's That Help a Home

These C's help to create a sense of security for children especially at uncertain times. These can help strengthen your children's hauora or wellbeing, as well as their resilience. Consider which ones you are already strong in, and which ones you can dial up.



CONSISTENCY

Have a consistent, purposeful routine in the home. Have regular times for getting up, going to bed, and meals. Have age-appropriate chores for each to do, and creative activities that can be scattered through the day.



CONTROL

Let them know you are in control for them. Talk about things in a matter-of-fact way. Limit media coverage. The events occurring are too big for a child to take control of, so when adults seem in control the child can just be a child.



CALM

Keeping calm keeps a child calm. This isn't about keeping everything quiet - the home may still be raucous. Keep calm and make your home a no-yell zone.



CONNECT

Have times of connecting as a family. Play games together. Eat meals together. Go for walks together. Listen to your child, finding out about what they are thinking and feeling.



CONTACT

Keep up nurturing affection through hugs, cuddle times reading books, holding hands when out walking...



CREATIVITY

A child needs the stimulation of creativity through activities or ongoing projects. Brainstorm together what would be creative to do: drawing, building forts, playing music, baking, sewing, Lego...



Listen Carefully

Listen to your child's concerns in a calm and caring way.
This framework may be helpful:



Empathy

Listen to their concerns and validate
and affirm their feelings



Reassurance

Where you can, provide reassurance



Action

Find something constructive for them
to do that will help them with their
feelings



What would the Happy Moon say?

This is just for now, this is not forever.

This is different but you can still find fun things to do.

Try and focus on what you can do, not what you can't.

This time will just make seeing your friends in person more special.

It is nice to know that our Prime Minister and the Police are doing all they can to look after us through all of this.

Be kind to yourself. It is more tiring being out of routine.

It helps to know we are all going through this together as a country.

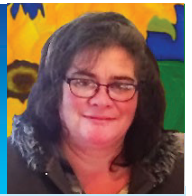
It can take time for new things to feel normal.



Consumer Support

Susan Forbes

Email: consumer@manawatusf.org.nz



Hi to everyone,

I hope you are keeping well. My first challenge to you is to;

Make a list of everything you want to do during this time (include the small things) and then aim to tick something of that list each day, make it a mix of fun stuff and tasks.

My second challenge to you is each day; Think about today, what was the best thing I

- Saw?
- Ate?
- Touched?
- Smelled?
- Did for me?
- Did for someone else

Just Zilch is open from 1pm – 4pm.

Reduced to clear is open normal hours.

Chilly Bin on Railway Rd is open normal hours.

I am available to either call direct on 06 355 8562 Monday, Wednesday, or Friday from 10am – 2pm, or email me at consumer@manawatusf.org.nz and I will get back to you.

Keep safe, wash your hands, and wear your mask. Look forward to seeing you at level 2.

Susan

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 Taranaki, Mainland Foundation, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Heartland Lion Foundation, donations from the general public and of course our members.



Sender:



**PO Box 5010
Palmerston North 4441**