



Supporting Families in Mental Illness



NEWSLETTER | AUGUST 2020

Kia ora

Welcome to the August SF Newsletter. It is hard to believe that Christmas is only 5 months away. It has been a very unsettling year for everyone. I hope that you are taking some time to look after yourselves and enjoying the beautiful sunny days that we are getting right now. This month SF provided two day programmes for children living in the presence of mental illness, they were well attended and from the feedback the kids really enjoyed themselves. I hope to provide the programme next school holidays if anyone is interested please don't hesitate to give me a ring. There has been a noticeable increase of people accessing SF services which is putting pressure on staff if we don't get back to you straight away please give us another call as your need for support is very important to us and we really want to hear from you. This month Te Manawa is holding an exhibition "Everyday People" it is about life experienced through the lens of mental health and wellbeing. It will run until mid-October. Members of the art group have been creating pieces of work to be in the exhibition please go



along and have a look. These are challenging times. Please look after yourselves and pick up the phone if you need to talk to someone.

Take care,

Regards Christine

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Kia ora Palmerston North & Feilding

This month has been a little more quiet than per usual due to the school holidays. This is usually what we see happen in the school holidays. Families are re-engaging now that the holidays are over. And many families are struggling with accessing support for their unwell person, monitoring of their wellness, and gaining access to services for their person before they become unwell and then feel they have limited options of where to gain the help they need when they notice the person is heading towards a crisis.

I was lucky to have the opportunity to attend an information session presented by the Privacy Commissioner on upcoming changes happening to the Privacy Act 2020, key changes include mandatory privacy breach notifications (the threshold is serious harm), compliance notices, new criminal offenses, binding decisions on access requests, extraterritoriality (doesn't have to be based here, restrict the flow of personal information off shore) and strengthening cross border protections. I found the presentation interesting particularly as the Act is changing due to the changes that are happening in society and how we communicate and the platforms we use now to communicate and share information via the internet etc.

I am unsure what the month of August will bring, but at the moment it appears that the weather will be good with brisk cold mornings and warm sunny days. It's very spring like 😊

**Kia kaha
Kim**

Levin Office

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



Kia ora mai anoo, tatou katoa – Greetings to us all.

Hello again, gosh the days are flying by. Referrals in my office have definitely increased as families care for their house hold, but amongst the storm we must remember to take care of ourselves.

When I'm unsettled, I would think what would my friend do, he would drink beautiful herbal tea. Here are two of my favourites, *Healtheries Uplift St John's Wort with Mixed Berries* and *Red bush tea chai rooibos by Red Seal*. I love these tea's with honey. Try a nature walk or find a seat in the quiet and be still. Being still is an amazing feeling.

I'm here if anyone needs to talk.
Happy August.

Luciana aka Lulu

Support Groups

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



Palmerston North
Saturday 22 August, 1pm
New venue: Café Soskys
116 Napier Road
All welcome



Levin
Contact family/whanau worker for more info.



Dannevirke Office
Contact Claudia for more info.



Dannevirke Office

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



Tena koutou katoa

The Tararua district is beautiful at the moment with frosty mornings and beautiful days. Spring might be earlier wouldn't that be lovely. A Connections with Hope Depression Group finished last week. This group had a long break due to the Covid Lockdown so it was spread over a six month period. I am always inspired by the resilience and determination of people I meet in each group.

Our monthly cafe mornings are starting up again on the 30th July at the Bakehouse please contact me for more information.

A new Anxiety group Connections with Hope will be starting at the beginning of August. I do apologise for the delay.

Also Willow Craft is starting up weekly arts and crafts for all families and interested people on the 12 August at Te Aonui Papakainga, 14 Robertshawe Crescent, Dannevirke. Christine is a gifted creative person who will be facilitating each weekly session. Bring a plate and a koha to help with costs. We will be doing Colouring beautiful peaces of Art and it is an opportunity to meet people.

Well it will be a new season soon, so lets enjoy hot soups and warm homes for a little while longer.

Claudia Nicholson

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.

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





Wellbeing Tips

Looking after our wellbeing is essential right now. We can't afford not to do it. Our tips below are based on the Five Ways to Wellbeing and Te Whare Tapa Whā. Pick what works for you, adapt it, and keep at it!

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.

Some ideas to connect include: going for a walk with a friend, joining your local craft, sports, choir, or book club, sharing kai, or even simply smiling at a stranger passing by!

Find ways to take notice

Notice the beauty in the world around you. Take time to feel the sun on your skin, breathe in fresh air, 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 move your tinana

Use the stairs instead of the lift, walk to colleagues to talk with them instead of phoning, get off the bus one stop earlier, join a local sports club, have a dance party with your tamariki, do some gardening – find whatever physical activity you enjoy, and try to do it as often as possible!

Find ways to give

Give compliments, think about a skill you have you could share with your whānau, 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. Ask your tamariki/kids to teach you something they learned at kura/school.

Connect with whenua

Sit in your backyard or local park and watch the world go by – see how the clouds move across the sky. Take your shoes off and feel the grass beneath your feet. See how many native plants you notice. Can you spot any harakeke/flax, pūriri, tōtara, rengarenga/native lily? Take time every day to feel the sun or the wind or the rain on your skin.

Stick to your routine (or start a new one)

Routines sound dull, but they're good for our mental health. Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, do your chores.

Explore different ways to relax

Many of us haven't stretched our 'relaxation muscles' in far too long. It might take a bit of trial and error to find what works for you. Maybe it's lighting a scented candle, switching off with a good book, playing a video game, having a silent disco, talking to a mate, watching ASMR videos online, reading a book, getting creative and making some art, try mindful colouring, journaling or watching movies. We all need to find things that help us switch off and reenergise our minds and bodies.

Limit the amount of news you follow

Pick one source you trust (like the official COVID-19 website) and check it once per day. If you want to keep checking in with news coverage, take notice of how it makes you feel and set time limits or restrict your news sources to just one or two if you need to.

Follow our new facebook page

Family Whānau Support
in Mental Illness Manawatu

or search for *ManawatuSF*



LIKE US ON

facebook





How to help kids manage worries

Our tamariki mightn't have to pay bills, cook dinners or organise carpools but just like us they face daily demands and worries, and what seems trivial to us can be important to them. So what can we do to help?

Be a first-rate listener

Firstly, think about yourself as a child or young adult. Did anyone make you feel truly listened to? If so, what did they do? Copy this! Be available and interested. Take casual opportunities to ask your tamariki how different things are going.

Also be assured our brains are malleable and flexible, so children can re-learn coping strategies that don't include lots of worrying. But as always, seek extra help, if you have ongoing concerns.

Show you care

If your child does share a worry, avoid intensely questioning or lecturing them. Just listen attentively, be interested and show you care. They may talk to you while you're doing the dishes or in the car and if so, great! They'll be more relaxed when the focus isn't completely on them.

Validate their feelings

Voice the feelings you pick up (E.g. "That sounds like it's worrying / bothering / bugging you.") And thank them for chatting with you. Remind them that worrying is normal and can even be helpful - motivating us to study, be alert, focus and run faster.

Event-based worries

If something worrying is coming up – i.e. a test or their first day at a new school – encourage them to think of a similar challenge they overcame i.e. their first day of school. Talk about the strengths they have and how these can help.

Teach perspective and humour

Without minimising their worry, remind them that problems are temporary and solvable, and that whatever happens things will be okay. Where appropriate, humour can lighten the mood and foster resilience, as can reminding them that there'll be better days and chances to try again.

Guide kids to solutions

When possible, support tamariki to deal with challenging situations. If your child tells you about a problem, offer to brainstorm solutions together, resisting the urge to jump in and fix the issue.

Then encourage them to pick the best solution. When children play an active role, you're teaching them how to problem-solve.

Offer Physical reassurance

If your child is frequently worried or anxious, look for ways to let them know their world is safe. This can mean going back to basics and providing physical reassurance through love, hugs, back-rubs, hand holding or keeping them close.

Show the way

The most powerful lessons we teach are the ones we demonstrate. Your response to your own worries, stress, and frustrations can go a long way toward teaching your tamariki how to deal with everyday challenges. If you're rattled or angry when dealing with a to-do list, your children will learn that this is how we respond to stress.

Instead, look on the bright side and voice optimistic thoughts as often as you talk about what bothers you. By showing your children you can bounce back, you'll help them learn to respond to small problems with optimism, confidence and perseverance.



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.





With the wintry weather outside, often we avoid the cold by staying indoors but try to make sure you are still incorporating some physical activity into your week as this is important for your wellbeing.

Social contact is also important, so make sure you keep in contact with friends and family and reach out to anyone you know who might be isolated or lonely.

Get your Influenza Vaccination

If you haven't already done so, don't forget to get your annual influenza (Flu) immunisation. A Flu vaccine protects not only you, but also the people around you. Around one in four New Zealanders are infected with influenza each year. Many people do not feel sick at all, but can still pass it on to others.

Annual influenza immunisation is free for:

- Pregnant women (any trimester)
- People aged 65 years or older
- People aged under 65 with certain medical conditions
- Children aged 4 or under who have been hospitalised with respiratory illness or have a history of significant respiratory illness.

To get your vaccination contact your general practice team.

Feilding Health Care Messages

Testing for COVID-19

Until recently everyone with respiratory symptoms had a COVID-19 test. From now on, only people with a higher risk of COVID-19 need to be tested.

You are at higher risk if, in the last 14 days, you have:

- Had contact with someone who has / had (or probable) COVID-19 OR
- Have travelled overseas OR
- Had contact with someone who travelled overseas
- Worked as a cleaner at an international airport or maritime port OR
- Worked on international aircraft or shipping vessel.

Please note:

- Children under 16 will not be swabbed unless they are at high risk.
- Māori, Pacific peoples, those with pre-existing conditions, healthcare and aged residential care workers, may be offered a swab as part of community surveillance.

Managing children's coughs and colds this winter – during COVID 19

Most children with coughs and colds can still be treated at home without needing to see a doctor or nurse, however, if you are worried about symptoms you may want your child to see a health professional.

If you are worried about your child's symptoms, please call the Health Centre and speak to a nurse or doctor, ph 06 323 9696. The Feilding Health Care Afternoon Children's Clinic will be running everyday from the 3rd August.



Mental Health Workshops

Two MH101 workshops are being held in the MidCentral District next month.

Blueprint for Learning are running workshops for frontline government agency staff, social services staff, and members of the community who are not trained in mental health or addiction. People are eligible to attend these free workshops if they are likely to come into regular contact with individuals experiencing mental distress in their day to day work.

The first workshop is being held in Palmerston North on Wednesday 19th August and the second in Levin on **Thursday 27th August**. For further information or to register please go to the webpage: <https://www.blueprint.co.nz/workshops/4-mh101/>.

Housing Forum for the Manawatū District to be held

The Manawatū Health and Wellbeing Group is hosting a half-day forum, supported by the Manawatū District Council, to share experiences and learn about the effects that housing challenges (such as accessibility, affordability, quality and supply) can have on the health and wellbeing of the community in the Manawatū District.

The forum is being held on 12 August in Feilding and is targeted towards representatives of groups and organisations who are seeing the effects that housing challenges are having on the health of the Manawatū District community.

Attendee numbers are limited (due to capacity constraints of the venue). If you would like to attend the forum, please contact Brittney Evans, Brittney.Evans@mdc.govt.nz to register your interest.

Improvements at Palmerston North Hospital

New Women's unit opened

Women now have their own dedicated space in Palmerston North Hospital for surgical recovery and assessments with the opening of the new Women's Assessment and Surgical Unit (WASU).

The unit is an eight-bed short-stay surgical unit for women. It will have a specialist focus on gynaecology, however, women recovering from other surgeries will also be able to utilise the facility.

MidCentral District Health Board Healthy Women Children and Youth Operations Executive Sarah Fenwick said the unit would provide a safe space for women to recover.

"We are excited to have the opportunity to open this unit to assist the women of our district in having a dedicated space of their own within the hospital," Ms Fenwick said.

"The unit is going to be especially helpful for women dealing with pregnancy loss. We hope this unit will provide them with a space where they can recover with privacy and dignity."

New cancer treatment machine means people will get quicker, more efficient treatment

A new linear accelerator (LINAC) has replaced an older machine Palmerston North Hospital's Regional Cancer Treatment Service (RCTS) and has significantly improved the capacity for treating cancer patients.

The state-of-the-art LINAC started operating clinically at the end of May and is the first of two replacements at Palmerston North Hospital.

MidCentral DHB Cancer Screening, Treatment and Support Clinical Executive Dr Claire Hardie said the new LINAC meant the service was now on par with anywhere else in the world using the most modern techniques possible.

"This new machine enables us to deliver more efficient radiation treatment to the people of the MidCentral district, as well as the regional patients we serve from Taranaki, Hawke's Bay, Whanganui and Wairarapa," she said."

Instead of treating 20 to 25 patients per day on a single LINAC, on this new machine we can now treat up to 35. We know our patients will now be getting quicker, more efficient treatment."



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.

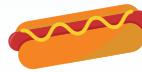


Art Group with Baxter Tuesdays 12:00 - 2:00pm

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 11 August, 12 Noon



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.





August Calendar 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Peer Support	4th Art 12.00pm – 2.00pm	5th Wellbeing Support Group 1.00pm – 2.30pm	6th Craft 1.30 – 3.00 pm	7th Peer Support
10th Peer Support	11th Art 12.00pm – 2.00pm Lunch 12 noon	12th Wellbeing Support Group 1.00pm – 2.30pm	13th Craft 1.30 – 3.00 pm	14th Peer Support
17th Peer Support	18th Art 12.00pm – 2.00pm	19th Wellbeing Support Group 1.00pm – 2.30pm	20th Craft 1.30 – 3.00 pm	21st Peer Support
24th Peer Support	25th Art 12.00pm – 2.00pm	26th Wellbeing Support Group 1.00pm – 2.30pm	27th Craft 1.30 – 3.00 pm	28th Peer Support
31st Peer Support				



Sender:



**PO Box 5010
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