



# Supporting Families in Mental Illness



## NEWSLETTER | JANUARY 2022



### Kia ora

Welcome everyone to 2022. I hope you all got a chance to enjoy the beautiful sunshine and some time to relax.

Well, the year has not started as we would like going into the red traffic light restrictions and Omicron being in the community. **Supporting Families is still open and seeing people but we are asking everyone to wear a mask and sign in when coming to the office. Family/Whānau workers can see you face to face or if you would like we can arrange remote face to face calls. So please don't hesitate to call if you need support or a listening ear we are there for you.**

I am pleased to let you all know that we have a new Family/Whānau worker in Tararua working with Lyn. Julie Fromont brings a large amount of experience with her and I welcome her on to the team.

We are planning a depression programme to start mid-February, this is a programme for people who are affected by mild to moderate depression. If you know anyone that would be interested please give the Palmerston North office a call for

more details. Tararua is also providing a depression programme starting soon so please call the Dannevirke office. Levin will be running an anxiety programme starting soon, if anyone is interested please ring the Levin office.

SF is planning to run more CALM programmes starting this term and in the next school holidays will be running the Go Kids programme, this is for children living in the presence of mental illness and addiction.

This year the Palmerston North office would like to set up a family/whānau support group, if anyone is interested please let us know.

With the COVID-19 restriction SF will not be arranging the carers retreat at this time.

These times are very stressful so please look after yourselves and don't hesitate to call - support it only a phone call away.

**Take care and keep safe.**  
**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)**

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## 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> 163 Broadway Avenue PO Box 5010, Palmerston North</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>
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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](mailto:admin@manawatusf.org.nz)

## Palmerston North Office

Whānau Coordinator: Kim Mckelvey  
Email: [kim@manawatusf.org.nz](mailto:kim@manawatusf.org.nz)



### Kia ora from Palmerston North & Feilding

Happy New Year Everyone, it seems a bit late in the year to be saying it but I wish everyone the best in health and wellness.

We have settled into our new building and it is a lovely working environment. I have received great feedback from family/whānau who have come in for support about what a lovely place it is and how easy it is to find.

I thought we would have our usual slow start to the year in terms of referrals but we have been flat stick. I think the changes rolling out in the mental health sector may be a reflection of our busyness and it seems harder and harder for families to gain the support they need as it is often complex and sometimes the levels of acuity are high.

I had to take a few deep breaths regarding the recent outbreak of Omicron as I imagine many people in Palmerston North have had too. Please keep safe people and try to be kind to others and most importantly to yourselves.

Take Care.  
Kia kaha  
Kim 😊

## Palmerston North Office

Whānau Coordinator: Kate Philips  
Email: [kate@manawatusf.org.nz](mailto:kate@manawatusf.org.nz)



### Tena Koutou Katoa / Hello everyone

Happy new year to you all.

I hope everyone has been enjoying this lovely warm weather we have been experiencing and the holiday time. I hope that getting the children organised for the year ahead is not too stressful.

We are settling into our lovely new building at 163 Broadway Avenue and I am excited about my new role and the mahi I will be doing with families; I have already met some amazing people. Please contact me if you need support, a listening ear or advocacy and if I don't know the answer I will endeavour to find it out.

We will be starting a new Connections with Hope depression group in early February, so if you or someone you know might want to do this valuable course, then please make contact.

It is a very unsettling time again and I find myself drifting off into my worry brain. I have found these simple things most helpful: getting out into nature with my bestie, we chat, offload and sometimes we say nothing and just being together is enough. I'm trying really hard not to sweat the small stuff and just concentrate on the importing things.

The ministry of health website has some useful advice on what to put together in case we need to isolate. I have done this at home and that has made me feel better equipped if the time comes. Take care, be kind to yourselves and try like me to "not sweat the small stuff".

Kia kaha  
Kate

## Life at Red

 **Get a booster dose** if you're over 18 and it has been 4 months since your last dose

 **Wear a face covering** whenever you leave the house

 **Make sure you have your My Vaccine Pass** ready to be checked - most places will have restrictions in place

 **Workplaces and schools are open** – public health measures will be in place

 **Keep scanning QR codes** and record keeping everywhere you go

 **Keep physically distanced** where possible

 **If you have cold or flu symptoms** isolate immediately and call Healthline for advice about a test



## Levin Office

**Whānau Coordinator:** Luciana Manu-Hill  
**Email:** [luciana@manawatusf.org.nz](mailto:luciana@manawatusf.org.nz)



### Teena taatou te Haapori o Horowhenua, Greetings to the Horowhenua Community.

As you are aware the whole country NZ is in the Red Zone which is not a lockdown. Most things will continue as close to normal as possible and the main restrictions will be on numbers/gatherings. So what does this mean for us here in the Levin office? We must scan in using the Covid Tracer app when entering the office. During our time together in the office we must leave our mask on at all times. If you have a lemon tree start making lemon drinks with other goodies added in such as garlic and honey. Eat more oranges and vegetables hopefully from your garden, to help build up your immune system.

If you're needing to talk my contact details are on the front page. My hours of work are Monday to Friday 8.30am to 4.30pm

Stay blessed, safe and well.

**Luciana Maru-Hill**

## Dannevirke Office

**Whānau Coordinator:** Julie Fromont  
**Email:** [lyn@manawatusf.org.nz](mailto:lyn@manawatusf.org.nz)



Hi, my name is Julie Fromont. I am very excited to be a part of the Supporting Families Team as a family/whānau worker.

My background is; I worked for the DHB in Hawkes Bay for 20 years. In that time I worked with people with mental health, drug and alcohol abuse, eating disorders and self-harm. I qualified as a Diversional Therapist in 1999. In my last role at Rahiri Rest Home it was very clear to me the importance of family involvement in the wellbeing of the elder people.

Working for Supporting Families is a new role for me, I am looking forward to meeting and working alongside new families and doing my best to support them to make positive differences in their lives.

**Julie**

## Dannevirke Office

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



### A big hello from Tararua

Here we all are, ready to take on 2022. I am particularly positive about what this New Year will bring, simply because I think it is time some good things happened in the world, and we have earned it! I will certainly be doing my best in work and home life to strive for the positive things whenever I can. Kindness and thoughtfulness can go a long way in making the day a good one or not and that is a contagious (in a good way at last) thing to start spreading.

Life in Tararua has been extremely hot and sunny and now issues with our water reservoir in Dannevirke there is a total hosing ban. The catch phrase over this way is 'every drop counts'. The other settlements are slightly better off, water wise, but we are all being thoughtful about water usage. All those habits of growing up in the country with only rain water quickly come back into daily routines. I bought myself a little swimming pool before Christmas, procrastinated about where to put it, was too late, hosing ban..... and now it remains in its box in the spare bedroom. Maybe next year!

I propose that we combine 'every drop counts', exchange water for kindness and see where that might take us in 2022.

Speaking of the good things the New Year has already brought for Supporting Families is my colleague Julie Fromont and her presence in my world. I consider I am fortunate to have the most wonderful job however having someone else to talk with and share experiences with really is the icing on the cake. Julie has some great skills from her experiences and I am thrilled that she can share them with people in the Tararua.

We are planning to run a depression group in February. Anyone with depression can come, it is free and a very good programme. Contact us at the Dannevirke office, you or anyone else you may know is interested.

All the best to everyone, stay safe, stay well and try and give kindness and be ready to accept some too.

**Lyn McNair**



# Is your household ready if someone gets COVID-19?

**Tē tōia, tē haumatia** | Nothing can be achieved without a plan and a way of doing things

It's only a matter of time before a positive case of COVID-19 is in your community. The health care system will always be there for those who need help but most people who contract COVID-19 will not require hospitalisation and will be able to isolate safely at home. Everyone who tests positive for COVID-19 and their household needs to stay at home and avoid contact with others, including whānau.

Being ready is about people, conversations, connections and knowing what to do. Being ready will mean your whānau and community can help each other if needed.

Use the list below to have a kōrero and work out how ready you are to deal with COVID-19. Then, make a plan for your household.

## 1. Make a plan

*Work out what you'll do if someone gets māuiui/sick*

- Identify people outside of your home who could help if your family is isolating, for example by dropping off food or supplies or for social support.

Services like The Student Volunteer Army might be able to help with drop offs and Work and Income may be able to help with costs.

- Are there people in your household who might need additional care or support? Talk to any in-home carers you have to make sure you agree in advance about what will happen if you need to isolate. Make plans if you have shared custody of a child or dependent.
- Talk to your school, work, community groups and networks to find out what their plan is - do they need anything from you? Will they be able to support you?
- Work out how to let people know your household is isolating - this could be a sign for your front door or fence. Set up a spot outside your front door with sanitiser and a pen and paper or QR code for people to record their details if they are helping with contactless drop off.

If people are helping with contactless drop offs, do you want them to text or message before they arrive? Beep the car horn from the gate? Use an agreed entrance?

- Write down any household instructions someone else could easily follow if you get sick. Cover things like feeding pets, paying bills and watering plants.
- Think and talk about how you reduce the chances of COVID-19 spreading across your household. Can you reduce shared spaces, or increase cleaning?

## 2. Have what you need

*Work out what you'll need to help you and those around you*

- Make a list of whānau information - include everyone's names, ages, national health index numbers (NHI), any medical conditions and medication they normally take or medical supplies each person will need. Include emergency contact information like your Doctor's clinic, afterhours, and any support agencies.
- Gather things you enjoy. What might help stop boredom if you're isolating at home?

## 3. Know and share your plan

*Make sure the people who matter know what they'll need to do*

- Have a house meeting so everyone (including younger ones) knows what to do, how to support each other and who to contact if someone gets sick or has to go to hospital.
- Share your plan with wider whānau, neighbours and regular manuhiri/visitors and talk to them about what you'll need them to do and how you can help each other.

## 4. Reach out to friends and whānau

*We're all in this together and we'll get through together*

- Stay connected - arrange regular catch-ups with your whānau, friends and community. If you're isolating make sure these are online or by phone.
- Support your friends, whānau and workmates to make their own plans to get ready.
- Find out what your community is doing - is there a group making meals to freeze, sharing planning tips or just staying in the know?

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Unite  
against  
COVID-19**



# Plans and tools

Use a separate piece of paper to make household plans so everyone knows in advance what to do and how to help.

- Our emergency contacts
- People who can help make isolating easier (e.g. by dropping off food)
- Our care and support plans (e.g. for children, dependents)
- How we'll let people know we're isolating
- Household instructions (e.g. how to take care of pets and plants, household maintenance such as paying bills)

**Wellness kit** What everyone needs to look after their health and wellbeing will be different, but below are some general ideas.

## General hygiene checklist

- Masks
- Hand sanitiser
- Gloves
- Rubbish bags
- Tissues
- Cleaning products

Note down what else you might need:

## Dealing with COVID-19 symptoms

- Cough / Throat / Sinus**  
Soothers such as Kawakawa or other balms, ice blocks, vapour rubs or eucalyptus for steaming, treatments for your nose and throat like sprays or lozenges.
- Fever**  
Things to help soothe temperature, like ice packs, hot water bottles, warm clothes and pain relief like paracetamol.
- Aches**  
Things to help keep you comfortable – like pillows and blankets.

Note down what other medicines for family members you might need if isolating:

**Staying mentally well** It's normal to feel anxious or stressed in times of difficulty. Don't be afraid to reach out for help. For support with anxiety, distress or mental wellbeing, you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Some ideas to look after wellbeing include:

- Stay connected with friends and whānau
- Acknowledge your feelings – it's normal to feel anxious or stressed
- Stick to routines where possible
- Limit your time online

Note down what other things you think might help (e.g. things you enjoy and can do at home):

**Things to find out** What don't you know about COVID-19? What do you need to find out to help you feel more prepared? [Covid19.govt.nz](https://www.covid19.govt.nz) is a good place to start.

## COVID-19 Support Services

COVID-19 Healthline: **0800 358 5453**  
Healthline: **0800 611 116**  
Health advice about babies or children  
PlunketLine: **0800 933 922**

Family Services: **0800 211 211**  
Work and Income: **0800 559 009**  
Mental health support: call or text **1737**  
Alcohol Drug Helpline: **0800 787 797**

Rural Support Trust: **0800 787 254**  
Business support:  
North Island **0800 500 362**  
South Island **0800 505 096**



## Looking after your mental wellbeing

It's all right not to be all right. COVID-19 has had a significant impact on how we interact with others, our work, study and many other aspects of our daily lives. Everyone reacts differently to difficult events, and some may find this time more challenging than others.

It's understandable if you or your loved ones sometimes feel sad, distressed, worried or anxious. The ways people think, feel and behave are likely to change over time – we all have good days and bad days. So it's important to look after your mental wellbeing.

If you or those around you are concerned about your mental wellbeing, there are tools and information available to help.

If you're worried about how someone else is feeling, it's okay to talk about it. The best way to start is to ask them if they're all right. Just being there and staying connected can be a big help.

# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

**ALL RIGHT?**

 Mental Health Foundation  
mauiri tā, mauiri ora

# Sparklers

At Home



**Whakatau Mai**  
The Wellbeing Sessions

## Mental health and wellbeing resources

Getting Through Together is a mental wellbeing campaign focused on things we can all do to maintain our mental wellbeing during the COVID-19 pandemic, with practical tips for looking after yourself and your whānau.

[www.allright.org.nz/campaigns/getting-through-together](http://www.allright.org.nz/campaigns/getting-through-together)

Sparklers at Home is an online toolkit for parents, full of fun activities that support the wellbeing of primary and intermediate students.

[www.sparklers.org.nz/parenting](http://www.sparklers.org.nz/parenting)

Whakatau Mai: The Wellbeing Sessions are free, online, community events you can join in real-time. Visit the website to register for sessions to support your wellbeing and connect with other like-minded people.

[www.wellbeingsessions.nz](http://www.wellbeingsessions.nz)

The Ministry of Health's website has information, resources, tools and free apps to support your mental wellbeing, as well as information about organisations that can help if you need extra support.

[www.health.govt.nz/covid-19-mental-wellbeing](http://www.health.govt.nz/covid-19-mental-wellbeing)

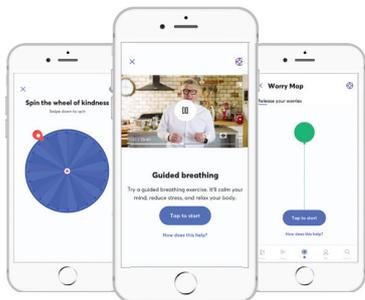
The following page provides more information about the apps the Ministry is funding for the next couple of months as part of the COVID-19 response. You can benefit from using these tools on their own, or alongside each other.

## Need to talk?

If you are feeling stressed, anxious, worried, depressed, or just need to talk to someone, free call or text the number 1737 to speak with a trained counsellor. The service is available 24 hours a day, 7 days a week.



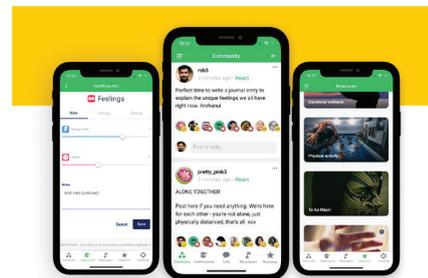
## Online mental wellbeing tools



**Helps with: Daily mental wellbeing | Coping with uncertainty | Stress | Worry | Sleep | Thriving**

The Mentemia app provides mental wellbeing coaching after getting to know you a little through a personality quiz and what focus areas you have, like sleeping better, stressing less, or helping support a loved one. The videos feature Sir John Kirwan and his ways of approaching life that help him on a day to day basis.

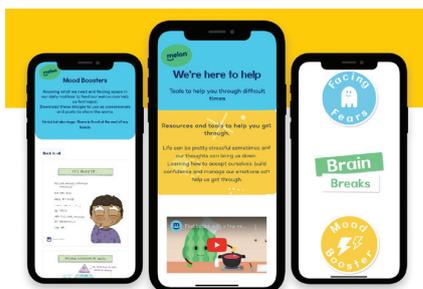
[www.mentemia.com/covid-19](http://www.mentemia.com/covid-19)



**Helps with: Loneliness and isolation | Understanding ourselves better | Behaviour change | Ways to manage mood | Strategies to manage anxiety**

Melon has an online community where you can anonymously interact with others on a similar journey and connect with a team of support workers. There's also a health journal, resources, wellbeing exercises and webinars. He waka eke noa (We're all in this together).

[www.melonhealth.com/covid-19](http://www.melonhealth.com/covid-19)



**Helps with: Facing fears | Mood boosters for our wairua | Brain breaks | Mini workouts for a kaha mind | Little reminders**

Melon Manual is a kete of resources specifically for teenagers' emotional wellbeing. The website provides videos, downloadable worksheets and shareable social media illustrations to support the young people of Aotearoa, as well as a 'First steps to managing anxiety' mini-course.

[www.melonhealth.com/manual](http://www.melonhealth.com/manual)



**Helps with: Anxiety and stress | Confidence | Self-awareness | Problem solving skills | Connecting to what matters | Sleep | Relaxation**

Staying on Track is a free online course that helps you learn how to cope with worry and stress when things get tough. Get access to easy-to-use, proven strategies and skills you would learn from a therapist, in the privacy of your own home, anytime that suits you.

[www.justathought.co.nz/covid19](http://www.justathought.co.nz/covid19)





**Supporting Families**  
in Mental Illness

**WE'VE  
MOVED**

**TO A NEW LOCATION**

**163 BROADWAY AVENUE  
PALMERSTON NORTH**



## 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**