



Supporting Families in Mental Illness



NEWSLETTER | AUG/SEPT 2022



Kia ora

Welcome to the August/September newsletter. It has been a cold winter this year. With all the flu and COVID around it is

becoming challenging for a lot of people. It is a timely reminder about how we look after ourselves. With so much happening and more pressure on your time, you often forget about yourself. In this newsletter there are some tips about things you can do. It is not always about spending money. Take some time to just sit and enjoy the quiet. It can help to face the next thing on the list.

Always remember that if you don't look after you, you can't look after others, you are important.

Like all other services, Supporting Families has been affected by COVID but we are still available for you and if you need support please don't hesitate to call, there will be someone for you to talk to.

This term Supporting Families will be providing a CALM programme at Milson school. We have just finished a Go Kidz

programme (supporting children who live in the presence of Mental Illness and Addiction) that we run in the school holidays. Our depression and anxiety groups are run across the region. We will be running a new programme late September in Palmerston North and Levin will be starting a programme around the same time. Dannevirke will be a little later in the year.

Please keep warm and take time to breathe.

"I Learn that calm is much powerful than anger, a smile is much more disarming than a frowning face. I learned that silence in the face of an offense is a shout that makes the earth tremble". Confucius

Kind regards,
Christine



CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campell

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in Mental Illness
Manawatu**

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Palmerston North Office

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Kia ora from Palmerston North & Feilding

We are in the depths of winter at the moment and I hope you are all keeping warm. We have had a few sunny days pop out now and again which has been good to see.

Work with family/whānau continues to be busy and our programmes are well subscribed. I had an opportunity recently to meet with the Here Toitū which is a dedicated support team service delivered in partnership with THINK Hauora and MSD. Their aim is to support people living with a health condition or disability to improve their wellbeing and help determine their goals to either retain or return to employment. Whānau determine their own goals and aspirations, and where appropriate, engage in sustainable earning, learning, caring or volunteering that is meaningful to them. The programme they offer is free and whānau participation is voluntary. Eligibility criteria does apply and those on a health related benefit and responding early for those in work and wanting to remain in work can be referred.

I came across a quote that I would like to share as the world at the moment can seem a hard place:

“Where there’s hope, there’s life. It fills us with fresh courage and makes us strong again” (Anne Frank).

Kia kaha
Kim 😊

Palmerston North Office

Whānau Coordinator: Kate Philips
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Tena Koutou Katoa / Hello everyone

As I’m writing this the sun is shining in through the window. I feel so encouraged by this – knowing that spring is just around the corner.

We are nearly at the end of our connections group for anxiety and I’m kinda sad about that as I really enjoyed the fellowship – such wonderful kind and caring humans (you know who you are). We have only a couple of weeks left. Anyone interested in this group (the next one will be connections - depression) please phone our office.

The next CALM project group is due to start up again and I cant wait 😊

I strongly recommend checking out the mentemia app. Mentemia means my mind in Italian. What I like about it is it’s free (funded by the Mental Health Foundation) and doesn’t have ads popping up.

That’s me for now. Stay safe and remember “It’s cool to be kind”.

Kia Kaha/Stay Strong

Kate



“Kindness
is like snow-
It beautifies
everything
it covers.”

-KAHLIL GIBRAN



CALL 06 355 8561

www.manawatusf.org.nz



Levin Office

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



Teena taatou, hi to the families in Horowhenua,

We have had a tough time with the weather, tornadoes, flooding and the crazy wind.

For some families it's been a whirlwind. August is the last season of Winter then we move into September, Spring, a time for planting, creating, growth, new beginnings and Hope for the future.

Our Connections with Hope has started a waiting list with the lovely Donny Riki. If you know someone who might be interested in doing our programme in Horowhenua, please let me know.

There is a lot of hurting people out there, if you need someone to talk to my contact details are below and if you want to talk about addiction, I can talk about the 12 step programme. But mostly self-care.

I'm always here to help with education, advocate, information and support.

Easy does it

Ngaa mihi raa
Aka Lulu

Dannevirke Office

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



Hello and Kia Ora from Tararua,

As I sit writing this I am thinking of the things I am grateful for. Outside it is wet, windy, gloomy and cold. The heat pump in the office I am grateful for. I am grateful that I have a house to live in where I feel safe and secure. It is a place my animals are also warm and safe (cats and dogs). My hens have their own house to shelter in as well. One of the hens has learned how to get in and out of the cat door so she would gladly take up residence in the house if I would let her. That might be her plan but not mine. I am grateful for family, friends and colleagues in my life. Being in a service like Supporting Families Manawatu I have found a whole lot more people that I am grateful for. Often the people we support thank us for the time we spend with them and the conversations we have. I am sure I speak for my colleagues also when I say these situations are a two way thing. We get so much back from the people we support. From you we find learning, compassion and care that enriches our lives. I am grateful that I have this occupation and special opportunity to know the people we get to meet in our workplace. The other thing I often hear is "sorry to be a bother". That is absolutely never the case as we are here for you and you are not a 'bother' to us. If you were a bother to us then we should not be doing the job that we are doing.

Finally, I am grateful for the wonderful people who are currently attending our Connections with Hope for depression in Pahiatua. An amazing group of people who are so aware of themselves and their experiences. They are quite a force to know and learn from. Heartlands in Pahiatua is a great place to hold our group and we thank them for the warm welcome we get every week and the facilities we can access.

Kind regards,

Lyn McNair (Tararua)


**Put yourself at
the top of your
to-do list**

**every single day,
and the rest will
fall into place.**





SELF
CARE
ISN'T
SELFISH

50 Self-Care Ideas for a Bad Day

Source: <https://eugenetherapy.com/article/50-self-care-ideas-for-a-bad-day/>

We all have days where we don't feel our best. There are days where we will feel a range of negative emotions, for whatever reason. During these times, it's important that we take care of ourselves by prioritizing self-care. The term self-care is thrown around a lot. But what exactly does it mean? Self-care is the intentional act of caring for ourselves, physically, mentally and emotionally. It comes in many different forms, but it encompasses anything that will help us to pause, relax and recharge, so that we can feel our best. Here are 50 self-care ideas if you're having a bad day:

1. Call or text someone you love
2. Drink a cup of tea or coffee
3. Journal about how you're feeling
4. Take some deep breaths
5. Listen to your favorite music
6. Go for a long walk in nature
7. Cook or order in your favorite meal
8. Read a book
9. Light your favorite candle
10. Do a digital detox
11. Go to your favorite place
12. Stretch
13. Try a new face mask
14. Read inspirational quotes
15. Get some sleep
16. Organize or rearrange your space
17. Buy yourself flowers
18. Exercise in a way that feels good for you
19. Write down 5 things you're grateful for
20. Spend quality time with friends or family
21. Turn on a diffuser with your favorite essential oils
22. Watch the sunset
23. Practice mindful meditation
24. Take a bath or shower
25. Watch your favorite show
26. Turn your phone off for a bit
27. Go for a drive (no destination required)



28. Put on an outfit that makes you feel good
29. Practice yoga
30. Sleep with a weighted blanket
31. Try learning something new
32. Let yourself have a good cry (sometimes we need it)
33. Implement a morning and night routine you enjoy
34. Make a playlist of your favorite songs
35. Write down 5 things you love about yourself
36. Try out an adult coloring book
37. Listen to a podcast or audiobook
38. Do something creative (painting, writing, drawing, etc.)
39. Bake a delicious treat
40. Clean out your email inbox
41. Drink more water
42. Donate to a cause you care about



43. Take a break from the news
44. Start a skincare routine
45. Cuddle with a pet
46. Unfollow people on social media who aren't serving you
47. Get some fresh air
48. Write a letter to a loved one
49. Sit and be still for 10 minutes
50. Do a full-body scan

These are just some of many ideas for how you can practice self-care. What makes you feel the most rested and at peace is unique to you. Still, we hope that this gives you some good ideas for when you may be having a bad day. Remember that self-care is never selfish. In fact, it's necessary for our wellbeing!

We acknowledge that no amount of self-care can completely mitigate the struggles that may arise from more complex mental health conditions. If you are experiencing ongoing symptoms of anxiety, depression, trauma, or grief it's best to seek professional help.

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



ANXIETY PROGRAMME

Connections with Hope Anxiety

A programme for people with mild to moderate anxiety

- ✓ 10 week programme for 2 hours per week
- ✓ This is a **free** and confidential programme

DEPRESSION GROUP

Connections with Hope Depression Group

*Depression is one of the most common mental health problems facing people today.
It is okay to ask for help.*

- ✓ 10 week programme for 2 hours per week
- ✓ This is a **free** and confidential programme

For more information or to make an appointment for an assessment please ring your SF office.

Palmerston North 06 355 8561

Dannevirke 06 374 8797

Levin 06 368 6116



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. Payments can be made by internet banking, 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 06 3558561



Sender:



**PO Box 5010
Palmerston North 4441**