



Supporting Families in Mental Illness

NEWSLETTER | DEC/JAN 2022/23



Kia ora

Welcome to the last newsletter for the year. As many people can identify with, this

has been a very challenging year, with many people being affected by COVID and the increasing cost of living. With Christmas and the school holidays coming up this will put more pressure onto families and Whānau. So, this is a time to look after you, sometimes it is about taking 10 minutes out of your day to breathe and if you can, take in some sunshine. There are a lot of pressures right now so please look after yourselves. If you need to talk to someone, please don't hesitate to call 06 355 8561.

This year there has been some changes, very sad to see Luciana leave SF, but we all wish her well in her new position. I am working on a replacement for a Family/Whānau

worker in Levin and hope to have someone in the new year.

Two weeks ago I went to a workshop on the neuroscience approach to Gratitude and found it very useful. This is quote from the book.

"Gratitude turns what we have into enough, and more. It turns Denial into Acceptance, Chaos into Order, Confusion into Clarity. It makes sense of today and created a vision for Tomorrow." Melody Beattie

I wish everyone a happy Christmas and New Year. Hope you all get some time to relax. See you in the New Year.

Take care, Christine



CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campbell

Email: christine@manawatusf.org.nz

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in Mental Illness
Manawatu
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Palmerston North Office

Whānau Coordinator: Kim McKelvey
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Kia ora from Palmerston North and Feilding

Hi, I'm back into the swing of things at SF just as we are winding down for the year. It has been a difficult year for many family and whānau and I hope xmas and new year is a time for you to enjoy been together. Many people including myself are dialling back on presents/gifts as the cost of living crisis affects many people. There are many challenges that family/whānau face and I hope that if you can, try, and take some time for yourselves to rest and relax over xmas.

Events coming up are a Free "Christmas in Farnham Park" in Highbury on Friday the 2nd of December 2022. There will be agency stalls with youth and whānau being the theme of this day. For more information contact Te Aroha Noa who are organising this event.

It can be helpful to be aware of the agencies opened and closed during the xmas break. I have put together an agency list on page 6 of this newsletter.

In mean time, merry xmas everyone and a happy New Year to you. Ngaa mihi o te Kirihimete, me te Tau Hau – Christmas greetings and to the New Year. If you need support or just would like a chat please don't hesitate to pick up the phone and call.

Kim

Palmerston North Office

Whānau Coordinator: Kate Philips
Email: kate@manawatusf.org.nz



Kia ora from Palmerston North and Feilding

Well Christmas is just a few weeks away and I've been reflecting on the busy year (my first working for Manawatu Supporting Families). I've very much enjoyed working with and learning from the wonderful families I have met and co-facilitating the programmes this year. It's a great balance working with both Adults and Children. I feel very blessed. Blessed also to be with such a wonderful team who have guided me through this year.

Christmas can be a stressful time for families with expectations around gifts, financial constraints and gatherings. So please remember to take time out for yourselves and have a much-deserved break over the holidays. Enjoy the weather and friends and family. Keeping it simple in my opinion is always the best way to go. Safe travels if you are heading out of town.

Please make contact if you need support, advice, advocacy, or information or would like to go on a wait list for our programmes starting up again in the new year.

Have a very Merry Christmas and a Happy New Year.

Kate

Notice of Supporting Families

AGM

15th February 2023
at 6.30pm
163 Broadway Ave



Dannevirke Office

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



Kia Ora from Tararua,

I hope this finds you all fit and well and looking forward to a bit of down time at Christmas. 2022 seems to have been a difficult year for many people and we can hope that the 'clean slate' of 2023 brings more positive things into our lives.

Julie and I continue to support families in Tararua and as we talk together about what we do, we realise the resilience and amazing stamina of our families to get through another year, often under difficult circumstances. My hopes are that Christmas doesn't put more stress and pressure on to families. In saying that, my family is a wee bit complicated and I am not yet sure how that will work out for this Christmas Day. I know my colleague Julie has given some really good tips and ideas to reduce Christmas stress levels. For me, I have learnt that Christmas Day is about family however, Christmas and family can be celebrated on which ever day or days you choose. With split couples it can be tricky to 'share' the children -who can experience 2 Christmas Days. With a bit of give and take it can all be achieved in the best interests of everyone and especially the children. The children don't deserve to feel the tension between their parents. Christmas is an excellent chance to practice good will; even to people that you might find really annoying! All the best, and I will do my utmost to practice what I preach too. Make Christmas what you want it to be, not what you think other people think it should be.

Regards to all you lovely people see you in 2023

Lyn McNair

Dannevirke Office

Whānau Coordinator: Julie Fromont
Email: julie@manawatusf.org.nz



Greetings to all,

Christmas is fast approaching. This time of the year can put a lot of stress on families. Christmas is not about fancy gifts or heaps of food on the table. When you think about it we don't sit down to a large meal any other day of the year so why do we go over the top on Christmas day? So, we should just try to keep things simple. It's not what's on the table it's who is around it that matters. If you have time go online there are a lot of easy and low-cost meals you can make for the day. Homemade gifts and cards, made with love are the best. Hope you get a chance to get away over the holiday break and recharge your batteries. My husband and I, and of course the dog, are off to the beach to dip our toes in the sea and weather permitting do a bit of fishing and catch up with family and friends.

It has been a busy and rewarding year and I'll look forward to working with you all in the new year. Stay safe and have a very merry Christmas.

Julie



CHRISTMAS WORD SEARCH

Circle words in the puzzle below



Santa	stocking	carols	bauble
sleigh	tree	wreath	snowman
reindeer	star	presents	elf





Beating Christmas stress and anxiety

Source: <https://healthdirect.gov.au/beating-christmas-stress-and-anxiety>

The Christmas season is meant to be a time of joy, but for many people it can be a time of stress, anxiety, disappointment or loneliness. Christmas comes with high expectations of perfect, happy families enjoying luxurious celebrations and gifts, but not all of us are able to live up to these ideals.

For those who have recently lost a loved one, Christmas can intensify feelings of grief and sadness. Some people experience feelings of isolation, financial pressures or increased family conflict that can make this a very stressful time of year. However, there are some steps you can take to help manage stress and anxiety during the festive period.

Taking care of money worries

Is the festive season a burden on your wallet? Here are some tips for managing your Christmas finances and reducing your financial stress during the silly season:

- **Identify what's causing you financial stress.** Buying gifts and attending social get togethers can be expensive. Plan ways to reduce spending. For example, you could suggest to your family and friends that you only buy gifts for the kids, or organise a 'Secret Santa' among the adults. Set a budget and stick to it.

- **Find low cost ways to have fun.** Don't let money cut you off from your family and friends. If you can't afford expensive restaurant meals or cocktail catch-ups, organise a BBQ in the park or a party at home where everyone brings a plate of food.

Dealing with family tension

Just because you're related doesn't mean your family members will all get along. Split families and unresolved conflicts may contribute to Christmas anxiety. Family and relationship problems can be a trigger for anxiety.

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Here are some ideas for getting through:

- **Set realistic expectations.** Christmas might not be the fabulous family reunion you hoped for. Plan how you will manage any feelings of anxiety or depression that may arise.
- **Put the kids first.** If you have children, consider putting aside ongoing adult conflicts in their interest. Think about Christmas as a day for the kids and focus on enabling their happiness.
- **Drink in moderation.** It may be tempting to drink too much during the festive period, but alcohol can contribute to stress, anxiety and depression. Alcohol may be a problem if you're drinking to cope.
- **Avoid known triggers.** If your family has a history of arguing over a certain topic, don't bring it up.

Managing loneliness

There are ways to overcome loneliness if you find yourself isolated or grieving a loved one over the Christmas period.

- **Connect with friends and family.** Even if you're separated by distance, you can stay in touch with loved ones online or by phone.
- **Volunteer.** Why not lend a hand to a local shelter over Christmas? There are lots of charities who need help. You'll connect with people and feel good about making a positive contribution.
- **Attend community events.** Find out what's on locally and get involved. Whether it's Christmas carols or local markets, getting out and about can help relieve loneliness.

- **Make plans for Christmas Day.** Develop a plan in advance to avoid feeling depressed or stressed on the day. Perhaps make yourself a special breakfast, buy yourself a gift in advance so that you can enjoy on the day, attend a local church service, or take a stroll through the local park to give yourself a treat.

Stay healthy to avoid Christmas anxiety

Recognising and changing behaviours that contribute to your stress will help you get through the Christmas period. Remember to stay healthy - eating well, exercising and getting enough sleep can help you cope with Christmas stress.

Manawatu Supporting Families wish you a happy and safe Christmas and New Year.

We will be closed from December 23rd and re-open on Wednesday 4th January 2023.



Supporting Families
in Mental Illness

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



Holiday Opening Hours

YOSS Palmy

31 Princess Street, PN – 06 355 5906

Closed 23rd December 2022

Open 28th, 29th and 30th until 12 pm

Closed Stat days

Re-Open: 4th January 2023

Return to normal business hours

YOSS LEVIN

Closed: 22nd December 2022

Re-open: 9th January 2023

LUCK VENUE

Berryman's Lane, PN – 06 357 6798

Closed: Public Holidays

Open: normal hours every day,
28th, 29th, 30th December 2022

4th 5th ,6th January 2023

METHODIST SOCIAL SERVICES

663 Main Street, PN – 06 350 0307

Closed: 23rd December 2022

Re-Open: 9th January 2023

Foodbank reopens: 10 January 2023

JUST ZILCH

248 Featherston Street, PN – 022 597 2569

Closed: 23rd December 2022

Re-Open: 9th January 2023

SALVATION ARMY

431 Church ST, PN – 06 358 7455

Closed: 22nd December 2022

Re-Open: 9th January 2023

RANGITANE O NUI TAMAKI

10 Gordon St, Dannevirke – 06 374 6860

Closed: 23rd December 2022

Re-Open: 9th January 2023

DALCAM

35 Campbell Rd, Feilding – 06 323 7965

Open

Crisis respite available 24/7

WHAIORO TRUST

6 Linton St, PN - 06 354 0670

Closed: 23rd December 2022

Re-Open: 9th January 2023

THINK HAUORA

200 Broadway Ave,

PN – 06 354 0670

Closed: 23rd December 2022

Re-Open: 9th January 2023

WHAKAPAI HAUORA

140 Maxwells Line, PN – 06 353 6385

Closed: 22nd December 2022

Re-Open: 9th January 2023

ACROSS

294 A Church St, PN – 06 356 7486

Closed: 23rd December 2022

Re-Open: 4th January 2023

RAUKAWA WHANAU ORA

3 Keepa St, Levin – 06 368 8678

Closed: 23rd December 2022

Re-Open: 16th January 2023

MANAWATU SUPPORTING FAMILIES

163 Broadway Avenue, PN – 06 355 8561

Closed: 23rd December 2022

Re-Open: 4th January 2023

MANA O TE TANGATA – PN AND LEVIN

601 Featherston St, PN – 06 358 5444

534 Queen St, Levin – 06 357 3393

Closed: 16th December 2022

Re-Open: 4th January 2023

Te Puna Wai (café):

Open: Christmas Eve until 10pm

Closed: Christmas Day

Remains open: Friday 5-10pm,
Saturday - Sunday 3-10pm.

Te Puna Tiaki (Wellbeing Clinic):

Open: every Tuesday

TE AROHA NOA

12-26 Brentwood Ave, PN – 06 358 2255

Closed: 23rd December 2022

Re-Open: 9th January 2023

MASH TRUST

180 Cuba St, PN – 06 355 7200

Closed: Public Holidays

Re-Open: Building closed on public holidays but all
phone calls will be answered.

BIG BROTHERS BIG SISTERS OF MANAWATU

Level 3, 22-30 Broadway Avenue, PN – 06 358 1204

Mentoring will continue at the discretion of our mentors

Office Closed: 4.30pm Friday 23 December 2022

Re-Open: Monday 16 January 2023

MIDCENTRAL HEALTH

Mental Health and Addiction service Crisis Resolution
(CRRS) team will be open through out the Christmas
New Year break 24/7.

Community teams will be operating usual hours and
off on stat days.



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**