



Supporting Families in Mental Illness

NEWSLETTER | DEC 2024 / JAN 2025



Kia ora

Welcome to the last newsletter for the year. It has been another busy year. Over the last financial year Supporting Families have seen 1095 families, 158 people have participated in our groups and 126 children, and their parents have gone through the CALM programme. Supporting families have also provided 100 hours of free counselling thanks

to Sarah who is a second-year counselling student. I am happy to let you know that we have another student intern for next year.

Supporting Families is working in partnership with Think Hauora to provide a support group for families and whānau affected by drugs and Alcohol. There is more information about this group in the newsletter, anyone interested please don't hesitate to contact us.

I would like to thank all the staff this year for the amazing work that they have been doing. Looking at the numbers, it shows they have been very busy this year, and I know they are looking forward to a good break over the holiday season. I am starting to plan for next year and there could be some exciting new support groups happening, so watch this space.

We all know that it has been a very hard year for a lot of people and with Christmas and school holidays coming up, it often adds more pressure. I hope that you can find some time to take a small break to breathe and to recharge for the upcoming year ahead. Look after yourself. If you need support, please don't hesitate to pick up the phone for a chat. Supporting Families will be closed from the 20th of December to the 6th January.

Wishing you all a happy holiday season and New Year. I'm looking forward to catching up with families/whānau next year.

Christmas is a season not only of rejoicing but of reflection.

Meri Kirihimete/ Merry Christmas.

Take care,

Christine

Christine Zander-Campbell | Manager

Email: christine@manawatusf.org.nz

027 317 5339

Contents

Regional Updates	2-3
Tips for reducing stress this Christmas	5-6
Neurodiversity Groups Survey	6
Holiday Opening hours	7
Donations/Acknowledgments	8

Palmerston North Office (Main Office)

Monday to Friday 8.30am – 4.30pm

- 163 Broadway Avenue
PO Box 5010, Palmerston North
- (06) 355 8561 or (06) 355 8562

Manager Family/Whānau:

Christine Zander-Campbell,
christine@manawatusf.org.nz
Cell: 027 317 5339

Family/whānau co-odinators

Kate Philips, kate@manawatusf.org.nz
Cell: 027 355 8564
Aaron Oliver, aaron@manawatusf.org.nz
Cell: 027 355 8560

Administrator: Sharon Gutry,
admin@manawatusf.org.nz

Dannevirke Office

Monday to Friday 8.30am – 4.30pm

- 40 Denmark Street
(ground floor)
- 027 355 8568

Family/whānau co-ordinator:

Julie Fromont, julie@manawatusf.org.nz

Levin Office

Monday to Friday 8.30am – 4.30pm

- 58 Bath Street, Levin
(1st floor)
- (06) 368 6116
027 355 8562

Family/whānau co-ordinator:

Julie Gibson, JulieG@manawatusf.org.nz



CALL 06 355 8561

www.manawatusf.org.nz

Palmerston North Office

Whānau Coordinator: Aaron Oliver
Email: aaron@manawatusf.org.nz



Ngā mihi mahana, Talofa lava, Mālō e lelei,
Namaste; warm greetings everyone.

I've been struggling with the question, "what do I do?" Or, perhaps the bigger question is, "what do we do, when we want someone else to change?" Understandably, we want a solution. It might not be easy.

Most often, the easiest thing to change is what we do; and even that can be hard. Oddly, we all know how hard it can be to change. Surprisingly, that could be the common ground, where we can begin to understand and change from judgment to curiosity. We can ask ourselves: "What makes it hard? Or, "What happened?"

We can also look after ourselves. Like on a plane, in an emergency, we put on our own mask first, so that we can help others put on theirs:

- What is one small thing you will do for yourself today? And tomorrow.

Learning new skills, that give us new choices, is also something we can do. One of my highlights this year is seeing the change in people's lives with the skills they learn in our programmes, from Anxiety and Depression for adults, Calm for kids or Family Connections, when families are dealing with difficult emotions. Get in touch for the dates in 2025.

I'll finish with what might be the top two tips for families:

1. Take care of yourself.
2. Give help on your terms.

They come from [MethHelp](#), and you can find 10 more useful family tips on pg.24.

Ngā mihi o te wā; seasons greetings.

Aaron

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

We will be closed from December 20th and re-open on January 6th 2025.



Ministry of Social Development

Christmas and New Year pay dates

When you will be paid over the 2024 Christmas Holidays

For Seniors and Veteran's Pension, there won't be any changes to when you get paid this Christmas holidays.

For everyone else, the payment changes are as follows:

Week 23 December - 29 December

If you normally get paid on:	You'll be paid on:
------------------------------	--------------------

Tues 24 December	no change
Weds 25 December	Tues 24 December
Thurs 26 December	Tues 24 December

Week 30 December - 5 January

If you normally get paid on:	You'll be paid on:
------------------------------	--------------------

Tues 31 December	no change
Weds 1 January	Tues 31 December
Thurs 2 January	Tues 31 December



Dannevirke Office

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



Greetings All,

Spring has sprung and we are certainly getting a variety of weather changes thrown at us. Good time to get your vegetable garden planted.

Our connections with hope anxiety course is going really well with three more weeks to go, it is really rewarding and a privilege to facilitate this course watching how the group has progressed over the weeks.

It has been a tough year for families with the price of living constantly going up and with Christmas just around the corner it is added pressure. Home made gifts are the best gifts keep things simple and within your budget. Christmas lunch is not what you put on the table but who is sitting around it. Time spent with our loved ones is the most precious time we can have.

Cheers, Julie Fromont



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.

- * Caps, beanies, t-shirts
- * Underwear for men and women
- * Toiletries - deodorant, toothbrushes, toothpaste, combs, face cloths, soap, hand cream, sunblock, lip balm, shampoo, feminine hygiene products
- * Toilet bags, cosmetic bags, tote bags, gift bags
- * drink bottles
- * sweets, chips, soft drinks (not energy drinks)
- * puzzle books and pens
- * books, current magazines, stationery
- * colouring books, coloured pencils
- * pet food, pet treats and toys

ALL DONATED ITEMS MUST BE NEW

- this gift may be the only gift the patient receives at Christmas. We want them to feel cherished.

Items can be dropped into Supporting Families anytime and we will collect and distribute.

Levin Office

Whānau Coordinator: Julie Gibson
Email: JulieG@manawatusf.org.nz



Hello from Levin

It has been a busy few months, and the Anxiety Course we've been running will finish on the 9th of December, a wonderful opportunity to learn new ways to manage Anxiety.

I recently attended a training called Family Connections in Auckland. This is an amazing 12-week course that is already being run in Palmerston North and there has received a great response.

I have noticed there are a lot of tired people around counting down to the Christmas break. With all the extra pressures that many of us feel, extra costs, and people catching up with loved ones, this can be stressful for families at times. Try to take some time out for yourself to recharge by going for a short walk to clear your head, taking a bath, listening to music or spending some time in the garden, whatever you find helpful.

I'm looking forward to eating the tomatoes and strawberries I planted some weeks back. This is my first attempt at growing tomatoes, so it is going to be interesting.

Take care of yourself and if you do find you need to talk to someone, 1737 is a wonderful support service running 24 hours; you can text or call this number to speak with someone if things are becoming too overwhelming for you.

I wish you all a Merry Christmas and may the New Year be a good one for us all.

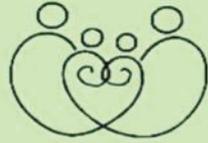
Kind Regards
Julie Gibson



CALL 06 355 8561

www.manawatusf.org.nz





Families/Whanau Affected By Addiction



Communities

Supporting

Communities

**Where: Manawatū Supporting Families,
163 Broadway Avenue, Palmerston North**

**When: Fortnightly on Thursdays from
12pm - 2pm**

A safe space for the families / whānau who are living with the effects of someone else's addiction.



"Come and be with people experiencing life, living with someone else's addiction. Feel heard, feel safe".

Contact Shane: 021 273 5334
Manawatū Supporting Families: 063558561
Email: whanauaffectedbyaddiction@gmail.com





Tips for reducing stress this Christmas

More than half of all New Zealanders – 51 percent – feel added financial and social stresses during the festive season. If that is you, it might help to remember that the true gift of the season is our presence, not our presents. Giving our time, our word

Are you expecting this Christmas to be stressful, either for you or someone you know?

More than half of all New Zealanders – 51 percent – feel added financial and social stresses during the festive season. For some of us, the pressure is on to create a magical day for our tamariki and whānau. For others, the Kirihimete period can increase loneliness and hardship, with limited access to kai, transport and other services.

Try to keep in mind that the true gift of the season is our presence, not our presents.

Giving our time, our words and our presence makes others feel great, but it also lifts our own mood and makes us feel our lives have more meaning. It's one of our Five Ways to Wellbeing – simple things we can all do to feel great.

Some cost-friendly ways we can give during the Kirihimete season are:

- ✓ Taking friends or whānau to look at Christmas lights. There were 232 lit-up houses in Aotearoa last year!

- ✓ Spending quality time with whānau doing things you all enjoy.
- ✓ Heading along to listen to Christmas carols.
- ✓ Making Christmas arts and crafts. Bake seasonal treats to give away as presents, create decorations or reduce your card costs! Crafts are a great way to get tamariki involved in the festive spirit.
- ✓ Visiting people/whānau in your community who may be a little lonely over the festive season. Rest homes and animal shelters value companionship and Christmas cheer. Random acts of kindness also do the trick, as Tokoroa woman Candace Enosa and her two daughters found!



Some ways to reduce stress for you, whānau and others around you, are:

- ✔ Spending time in nature. Over summer the pōhutukawa blossom, the sun shines more, and the days are longer. Taking a walk through the ngahere (bush), throwing the ball around with your tamariki, going to the beach or planting vegetable seeds are some great ways to connect with taiao (the environment).
- ✔ Buying food on special ahead of season, when prices are lower. We find buying kai early can also help manage our Christmas budgets.
- ✔ Finding time to recharge. Thousands of Kiwis celebrated this year's Mental Health Awareness Week by being active, learning, giving, connecting and taking notice. Our Facebook, Twitter and Instagram pages are full of tips for recharging and finding calm!

Christmas can be stressful – but it doesn't have to be.

If you ever feel Christmas pressure is affecting your or someone else's mental health, you don't need to keep it to yourself – call or text 1737. Their trained counsellors are always on hand to help.

Arohanui to you and your whānau, The Mental Health Foundation team

Source: <https://uat.mentalhealth.org.nz/news/post/tips-for-reducing-stress-this-christmas>



Neurodiversity groups 2025

Neurodiversity, including ADHD, is causing increased pressure within whānau/families. Individuals are also coming forward to try and understand their view of the world and how others perceive the world.

This has brought together Te Ara Rau Access and Choice and Manawatū Supporting families to develop a Co-Design strategy to provide interactive therapeutic groups to assist in providing some care, education and support that is within the kaupapa of both Te Ara Rau Access and Choice THINK Hauora and Manawatu Supporting Families.



The purpose of this survey will be to identify preferred group programmes for support that would be run in early 2025 from Manawatu Supporting Families venue in Broadway Ave.

We kindly ask that expressions of interest and feedback is offered to guide what we provide in 2025 using the survey below (Closing date 6th Jan 2025):

<https://forms.office.com/r/sEd653ps9c>

Thank you for your feedback.



Holiday Opening Hours 2024/2025

YOSS Palmy

31 Princess Street, PN – 06 355 5906
Closed from 12pm 24th December
Re-Open: 3rd January

LUCK VENUE

Berryman's Lane, PN – 06 357 6798
Closed: 24th December
Re-Open: 6th January

METHODIST SOCIAL SERVICES

663 Main Street, PN – 06 350 0307
Closed: From 2pm 20th December
Re-Open: 13th January

JUST ZILCH

248 Featherston Street, PN – 022 597 2569
Open: 23/24 Dec 1-3pm, then closed.
Re-Open: 6th January

TE AROHA NOA

12-26 Brentwood Ave, PN – 06 358 2255
Closed: 20th December
Re-Open: 6th January

MASH TRUST

180 Cuba St, PN – 06 355 7200
Closed: from 1pm 24th December
Re-Open: 6th January

WHAIORO TRUST

6 Linton St, PN - 06 354 0670
Closed: 23rd December
Re-Open: 6th January

BEST CARE (WHAKAPAI HAUORA)

140 Maxwells Line, PN – 06 353 6385
Closed: 5pm 20th December
Re-Open: 6th January

MANAWATU SUPPORTING FAMILIES

163 Broadway Avenue, PN – 06 355 8561
Closed: 20th December
Re-Open: 6th January

ACROSS

294 A Church St, PN – 06 356 7486
Closed: 20th December
Re-Open: 6th January

SALVATION ARMY

431 Church ST, PN – 06 358 7455
Closed: 20th December
Re-Open: 6th January

PATHWAYS/ST DOMINICS

35 Campbell Rd, Feilding
Open: Respite care available 24/7.

MANA O TE TANGATA – PN AND LEVIN

601 Featherston St, PN – 06 358 5444
534 Queen St, Levin – 06 357 3393
Closed: 20th December
Re-Open: 6th of January
Te Puna Wai (Café) hours Friday 5-10pm,
Saturday and Sunday 3-10pm.

BIG BROTHERS BIG SISTERS OF MANAWATU

Level 3, 22-30 Broadway Avenue, PN – 06 358 1204
Office Closed: 20th December
Re-Open: 13th January

THINK HAUORA AND TE ARA RAU ACCESS AND CHOICE

200 Broadway Ave, PN – 06 354 0670
Closed: 25th December
Re-Open: 6th January

LEGACY COMMUNITY CENTRE

86 Highbury Avenue PN – 06 3571276
Closed: 23rd December
Re-Open: 13th January
Last Community meal: Monday 16th December
Re-start Meals; 10th February

MIDCENTRAL HEALTH

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



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

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.

