



# Supporting Families in Mental Illness

## NEWSLETTER | JUNE/JULY 2025



### Kia ora

Welcome to winter newsletter. It is hard to believe that we are half way through the year and Matariki is almost here. It is a good time to reflect on what is happening around us and see if we need to make some changes. This year I am focusing on

my health, trying to get out there after work for a walk, not been very successful so far!?

In May we had our annual Carers Retreat which went very well. It was great to see people coming together to enjoy each others company and make good connections. A good time was had.

It is with sadness that Julie Gibson Family/Whānau worker from Levin is leaving us. I would like to take the time to wish Julie well for the future. I would like to welcome Jenna Kennett to the team. Jenna will be working in Levin along side Darlene who will be starting mid June. It is great to be able to provide more support in the Horowhenua region with an extra 20 hours a week.

The team is working hard to support Family/Whānau across the region. We also provide a range of programmes to support families in their journey.

Please remember if you need support or just a listening ear we are only a phone call away.

*Sunflowers are a reminder to be strong stand tall and always find the light.*

Take care,

*Christine*

**Christine Zander-Campbell | Manager**

**Email: [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz)**

**027 317 5339**

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### Palmerston North Office (Main Office)

**Monday to Friday 8.30am – 4.30pm**

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### Dannevirke Office

**Monday to Friday 8.30am – 4.30pm**

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#### Family/whānau co-ordinator:

Julie Fromont, [julie@manawatusf.org.nz](mailto:julie@manawatusf.org.nz)

### Levin Office

**Monday to Friday 8.30am – 4.30pm**

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#### Family/whānau co-ordinator:

Jenna Kennett,  
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**CALL 06 355 8561**

**[www.manawatusf.org.nz](http://www.manawatusf.org.nz)**

## Palmerston North Office

Whānau Coordinator: Aaron Oliver  
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### Mānawatia a Matariki, manawanui a Puanga, greetings for Puanga Matariki.

We've got new substance use resources at the office, available for free. They are also available for download, at no cost:

- [NZ Drug Foundation](#) – have a [Did you know?](#) series of short videos and booklets for talking to taiohi / youth about substance use.
  - I particularly like their [Conversation planner](#) tool, which can also be downloaded as a booklet - [Did you know: A guide to conversations with young people](#).
- A [Reflection Notebook](#) is also available from the NZ Drug Foundation.
  - "A practical notebook to help people think about their drug use and figure out next steps."
- [Family Drug Support Aotearoa](#) also have this harm reduction guide for parents
  - [Harm Reduction Principles for Effective Parenting](#)
- Did you know, families affected by substance use can also call [Alcohol & Drug Help](#), for advice?
  - You can call us Mon-Fri and this helpline 24/7.
- [Kina Trust](#) also have the [Living Well](#) resource for families - a handy guide for dealing with someone else's substance use.
- [Just a Thought](#) – in addition to their free, online, Cognitive Behavioural Therapy (CBT) courses, Just a Thought now also offer [Alcohol and Drug Support](#) courses.
- [Te Pou's - We are family](#) has some uplifting stories of families affected by someone else's substance use.
  - Te Pou also have [Asian language](#) resources.
- [Te Rau Ora](#) has whakapapa with Massey University and they have launched their [Ao Marama](#) app this year, for Maaori Wellbeing.

Pop into the office for copies of the NZ Drug Foundation and Te Pou resources or download them right now.

If you're looking for Puanga and Matariki events across the motu, you could check out:

- [Puanga Festival | Palmerston North City Council](#)
- [Puanga Matariki - Horowhenua District Council](#)
- [Our Events | Kahungunu](#)

As we approach the longest night, let us celebrate what we can, in the present, and prepare for a new harvest.

Noho ora mai koutou rā, look after yourselves.

Aaron

## Palmerston North Office

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



### Kia ora from Palmerston North and Feilding

I can hardly believe we are so far into the year. June is a great month with 2 long weekends. Kings Birthday which has just been and Matariki coming up on the 20th June.

This is probably one of my favourite celebrations. Maori believe that the appearance of Matariki in the morning sky in mid-winter marks the Maori New Year, or Te Tatahi o te Tau. It signals a time to remember those who have passed, celebrate the present and plan for the future. It's a time to spend with whānau and friends – to enjoy kai (food), waiata (song), takaro (games) and haka.

Our tupuna (ancestors) would look to Matariki for help with their harvesting. When Matariki disappeared in April/May it was time to preserve crops for the winter season. When it re-appeared in June/July, tupuna would read the stars to predict the upcoming season. Clear and bright stars promised a warm and abundant winter while hazy stars warned of a bleak winter.

Because Maori follow the Maori lunar calendar, not the Gregorian calendar, the dates for Matariki change every year. This year, we celebrate Matariki from 19 to 22 June, with a national public holiday on 20 June.

Central Energy Trust Arena in Pascal Street are holding Puanga Twilight Festival on Friday 20 June from 3 to 7pm the cost is free.

A couple of new resources I would like to share with you are [www.healthify.nz](http://www.healthify.nz) which has simplified health information. This is a free app to download.

Just a thought is another free online therapy tool to access for help and support.  
[www.justathought.co.nz](http://www.justathought.co.nz)

Stay well and warm through the upcoming winter months!

Nga mihi

Kate



## Dannevirke Office

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



### Greetings from Dannevirke.

Lets start off with the weather. We have been very lucky and had some beautiful days of sunshine and very mild temperatures. May it stay like that.

The weekend of the 9th May was our Carer's Retreat. The weather was beautiful, and we had an amazing group of people. There was plenty of chatting and laughter, making it a wonderful experience to be part of.

This year, Supporting Families participated in the Women's Expo again, which turned out to be a fantastic day for marketing.

Our connection with Hope Depression course is in its 5th week, working with a lovely group of individuals.

We're looking to launch our Anxiety course at the end of July, so please reach out if you're interested.

Take care and enjoy the sunshine while it lasts.

Cheers, Julie Fromont

## Levin Office

Whānau Coordinator: Jenna Kennett  
Email: [jennak@manawatusf.org.nz](mailto:jennak@manawatusf.org.nz)



### Kia Ora

My name is Jenna Kennett, I am pleased to share that on the 28th of April 2025 I joined the team at Supporting Families Manawatu as a Family/Whānau Coordinator on a part time basis, I will be primarily based in my hometown Levin/Horowhenua.

I was born and raised in Levin, I am married, and I have a beautiful son who is 3years old. I have prior experience working within the healthcare industry.

I am thrilled to be a part of a wonderful organization that cares about the health and well-being of the people within our community.

I am looking forward to connecting with individuals and being able to make a positive difference through my ability to actively listen and communicate effectively.

I am incredibly grateful to be given this opportunity to use my skills and experience to help families/whānau.

Thank you very much, Jenna Kennett

## Levin Office

Whānau Coordinator: Julie Gibson  
Email: [JulieG@manawatusf.org.nz](mailto:JulieG@manawatusf.org.nz)



### Hello to all!

Wow the year is going at a fast pace. It is time to sort my bulbs out as I have noticed them popping up from last year, I'm not sure if they will multiply but hoping. My tamarillo trees are doing well. I lovingly go out every night and cover them over in case of frost as they are frost tender. I have been nurturing them for the last 9 month's hoping they will bare fruit next year, so unqualified in gardening, I'm hoping that the love and nurturing will get my plants through.

I have resigned from Supporting Families, my last day of work is Thursday 14th June, time to do some self-care work. There will be two wonderful support workers here in Levin office as of 16th June. Jenna is already up in the office, she has a Knowledge of Horowhenua and a passion to help people in the Region, so reach out if you would like support or advise on where to get help.

I would like to wish all the wonderful families I have worked with all the best on their journeys with their loved ones. You are amazing and the strength and courage I have seen in the last 18 months has been phenomenal. Take care and I look forward to seeing you around the district when I return.

Julie Gibson

### 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.

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.

Caps / Beanies  
T-Shirts  
Underwear  
Toiletries  
Drink Bottles  
Sweets  
Chips  
Puzzle Books  
Pens  
Books  
Current Magazines  
Stationery  
Colouring Books  
Coloured Pencils  
Pet Food  
Pet Treats / Toys





## Boost your mental wellbeing during the winter months

Source: [https://mentalhealth.org.nz/wellbeing-hub/a-guide-to-managing-low-mood-in-winter?utm\\_source=sfmc&utm\\_medium=email&utm\\_campaign=May+wellbeing+newsletter++20250428&utm\\_content=noalias](https://mentalhealth.org.nz/wellbeing-hub/a-guide-to-managing-low-mood-in-winter?utm_source=sfmc&utm_medium=email&utm_campaign=May+wellbeing+newsletter++20250428&utm_content=noalias)

As the days get darker and colder, some of us may feel our mood or energy levels decrease.

You might be missing the beautiful weather and activity of summer. It's also possible that your body clock – which usually helps to regulate your mood, sleep and appetite – can be thrown off by the decrease in sunlight. A lot of us feel this way, whether or not we experience seasonal affective disorder (SAD), a type of depression.

### To boost your mental wellbeing during the winter months, you can:

#### Reframe your winter mindset

- See winter as an opportunity, rather than a threat. Just ask the people of Northern Norway, who cope with three-hour days during winter!
- Embrace hibernation. Winter could feel like a good time to start a relaxing practice like mindfulness, yoga, or taking hot baths/showers to wind down for better sleep.
- Celebrate winter. You might organise a 'midwinter Christmas' dinner, or a Matariki celebration with friends or whānau.

#### Plan a winter routine

- Make a wellbeing plan, using [Te Whare Tapa Whā](#) or the [Five Ways to Wellbeing](#) models as a template. You could use these models to reflect on what lifts your wellbeing, what you're already doing well, and what you think might need more support with during winter. wind down for better sleep.

#### Care for your holistic wellbeing

- Use a 'light therapy' lamp. If the sun is not shining outside, using a light that mimics sunlight can be just as effective for your brain. Try to spend 30 minutes in front of the lamp each day, with at least part of that time being first thing in the morning.
- Spend as much time outside as possible. Soak up what sunshine there may be! Even spending time in green spaces – like a local park – can make a positive difference to our mental wellbeing, regardless of the weather.
- For much more guidance, read our full guide on managing low mood in winter.





## 25 self-care tips for managing life stresses effectively:

Incorporating these self-care practices can help you manage life stresses more effectively and promote overall well-being.

- 1. Acknowledge Your Feelings:** Allow yourself to recognize and accept your emotions without judgment.
- 2. Practice Mindfulness:** Engage in mindfulness exercises or meditation to stay present and reduce anxiety.
- 3. Deep Breathing:** Use deep breathing techniques to calm your mind and body in stressful moments.
- 4. Establish Routine:** Create a daily routine to provide structure and predictability during chaotic times.
- 5. Physical Activity:** Engage in regular exercise to release endorphins and improve your mood.
- 6. Limit Caffeine and Sugar:** Reduce intake of caffeine and sugar, as they can increase anxiety levels.
- 7. Prioritize Sleep:** Ensure you get enough quality sleep to restore your energy and resilience.
- 8. Connect with Supportive People:** Reach out to friends or family who can provide comfort and understanding.
- 9. Set Boundaries:** Learn to say no to additional commitments to protect your time and energy.
- 10. Engage in Hobbies:** Spend time on activities you enjoy to take a break from stressors.
- 11. Practice Gratitude:** Keep a gratitude journal to focus on positive aspects of your life.
- 12. Limit News Consumption:** Reduce exposure to news or social media that may heighten stress levels.
- 13. Seek Professional Help:** Consider talking to a therapist or counsellor for support and guidance.
- 14. Use Visualization Techniques:** Visualize a peaceful scene or outcome to help ease anxiety.
- 15. Stay Hydrated:** Drink enough water to support physical health and mental clarity.
- 16. Take Breaks:** Step away from stressful tasks or situations to recharge your mind.
- 17. Practice Self-Compassion:** Be kind to yourself and recognize that it's okay to struggle at times.
- 18. Engage with Nature:** Spend time outdoors to benefit from the calming effects of nature.
- 19. Limit Screen Time:** Take breaks from screens to reduce mental fatigue.
- 20. Listen to Music:** Create playlists of calming or uplifting music to help shift your mood.
- 21. Practice Progressive Muscle Relaxation:** Tense and relax each muscle group to release physical tension.
- 22. Create a Stress-Relief Plan:** Identify coping strategies that work for you and have them ready when stress arises.
- 23. Volunteer:** Helping others can provide perspective and fulfilment, reducing your own stress.
- 24. Cultivate a Positive Environment:** Surround yourself with positivity through uplifting quotes or images.
- 25. Celebrate Small Achievements:** Acknowledge and celebrate even minor successes to boost your morale.





# How to celebrate Matariki at home

## Me pēhea te whakanui i a Matariki i te kāinga

Source: <https://www.tepapa.govt.nz/discover-collections/read-watch-play/matariki-maori-new-year/how-celebrate-matariki/how-celebrate>

### There are many ways you can celebrate Matariki. Here are a few suggestions for what you can do at home.

Matariki is a time where people, whānau, and communities gather together to remember the year that has passed, to celebrate the present, and to plan for the next year. It is a time to remember our loved ones who are no longer with us, to feast and celebrate with our relatives and friends, and to look towards the future and the hope of a season full of bounty.

### Remember loved ones who have passed away

Take time with your whānau to remember your loved ones who have passed away. Visit their urupā or resting site, mow the lawns, or tidy up any imperfections on their gravestones. You may even consider attending a hautapu ceremony or conducting one of your own at home where you and your whānau can call out the names of loved ones who have left us in the past year.

[How to host your own hautapu at home](#)

### Enjoy a mid-winter feast with friends and whānau

Matariki is a time to share kai that has been harvested and stored throughout the year. It's too cold for planting or for other major work to take place, so people gather together, relax, eat, and enjoy good company.

[Matariki recipes and stories](#)

### Write down your hopes, dreams, and aspirations for the year ahead

It is to Hiwa that Māori would send their dreams and desires for the year in the hope that they would be realised. Take a moment to think about your hopes, dreams, and aspirations, not only for yourself but for your whānau, hāpori and taiao. We encourage you to have conversations with your friends, family, or others in finding ways to achieve a collective goal.

### Go out and see Matariki!

Go outside before the rising of the sun to try and find Matariki.

[Watch: How to find the Matariki star cluster](#)

### Hoki ki te kāinga

Matariki is a good time to return to the places you call home, and to reaffirm bonds you have with whānau, friends and communities.

### Plan to grow a garden for your whānau

Today it is so easy for us to go to the supermarket and purchase what we need. Plan to grow a garden for your whānau so you can produce your own vegetables, build food security and consider food sovereignty.

### Whāngai i te hautapu

Māori give thanks to Matariki by offering up kai to the stars connecting us to our environment.

[How to host your own hautapu at home](#)

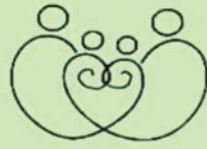
### Mana Taiao (environmental awareness)

Matariki reminds us of our connection to the environment and our responsibilities to look after it. It can be as simple as organising a beach clean, cleaning your local waterway or planting a tree to give back to our environment. Alternatively, you may want to explore options like becoming a zero-waste household, recycling more often, saving power by turning electrical equipment off when not in use, or cycling to work rather than driving to reduce your carbon footprint.

### Entertainment

Matariki is a time of entertainment, celebration and enjoyment. It is a time to make music, play games and share stories. Spend time enjoying each other's company and relaxing together.





## 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](mailto:whanauaffectedbyaddiction@gmail.com)



## 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.

