



**Supporting  
Families**  
in Mental Illness



## NEWSLETTER | JULY/AUG 2024



### Kia ora

Welcome to the July/August newsletter. I know we have missed June but the staff have been busy supporting family/whānau, so I apologise for that.

I hope you are all keeping warm, it is hard to believe that we are half way through the year,

which is the time to celebrate Māori New Year Matariki. I am still learning about this and finding it fascinating. Matariki is about family/whānau so my family for the first time, are going away for a long weekend all 13 of us. I am really looking forward to spending time with the grandkids they are growing up so fast.

This time of the year can be hard on people, and we know that with the cost-of-living issues this will be a hard winter for many. Please remember that we are here for you if you would like a chat just pick up the phone or txt and we will get back to you as soon as we can.

Supporting Families have a number of programmes throughout the year, if you visit our website you can see what we have to offer please get in touch if you are interested. We have a student counsellor Sarah Wilson one day a week. If anyone is interested in seeing Sarah please call me 027 317 5339.

Take care keep warm and as we have just passed the shortest day looking forward to warmer days.

Cheers

*Christine*

**Christine Zander-Campbell | Manager**

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

**027 317 5339**

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#### Family/whānau co-ordinator:

Julie Gibson, [JulieG@manawatusf.org.nz](mailto:JulieG@manawatusf.org.nz)



**CALL 06 355 8561**

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

## Palmerston North Office

Whānau Coordinator: Aaron Oliver  
Email: [aaron@manawatusf.org.nz](mailto:aaron@manawatusf.org.nz)



Tēnā koutou, greetings everyone. Mānawatia a Matariki, manawanui a Puanga, greetings for Puanga Matariki.

Like so many places around the world, as we approach the longest night of the year, we can celebrate our efforts and remember those close to us, before preparing for new endeavours and returning to the light. While a holiday may be new, this is an ancient practise, that can connect us to our communities and our environment. Which symbols resonate with you? What achievements and opportunities might you reflect on? He aha tō moemoeā, what is your wish?

Light is one of my favourite symbols. One past Matariki we lit nine tea lights during a meal at our dining table. This year we have plastered half our fridge door with magnetic, bright, ngā whetū o Matariki / stars of the Matariki. We have been learning these stars with a catchy waiata from our son's kindy - [Matariki 9 Star Song \(youtube.com\)](#); it's better than the Macarena. Add to this, the star Puanga, higher in the sky than the Matariki cluster and more visible in some areas. While Matariki is the name used for the Māori new year / te tau hou, Puanga is celebrated by a number Iwi and Hāpu, such as Rangitāne and Ngati Raukawa ki te Tonga, in our rohe / region, and those of Te Ūpoko-o-te-Ika-a-Māui / Wellington and lower North Island.

Your wellbeing could be lifted enjoying one of the many Puanga Matariki events in our rohe / region.



### You can find events details here:

- Pamutana / Palmerston North – [Matariki - Te Manawa](#)
- Te Awahou / Foxton – [Lights over Te Awahou Te Awahou Riverside Cultural Park](#)
- Horowhenua - [Puanga Matariki - Horowhenua District Council](#)
- Tararua - [Local Events | Tararua.com, search for "Matariki."](#)

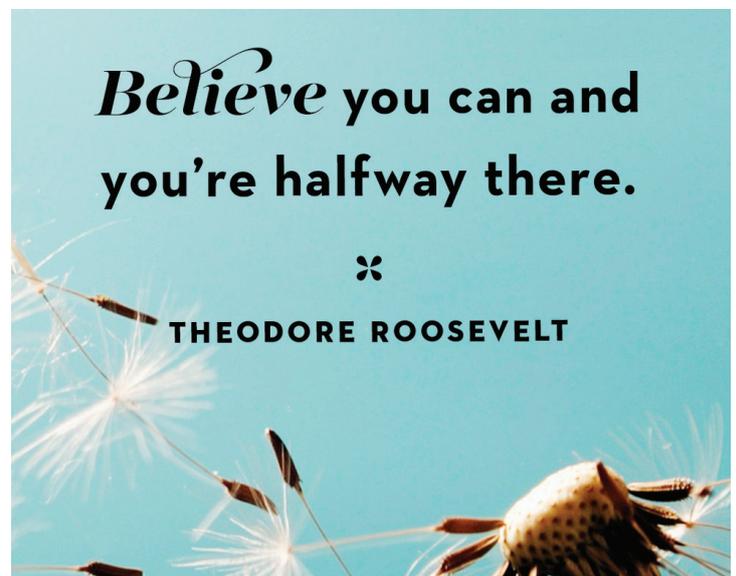
Ngāti Kahunganu ki Wairarapa - Tamaki nui-a-rua put on a matariki event in Tamaki nui-a-rua / Dannevirke on June 7 and are promoting their Tirama Matariki Light Glow in Whakaoriori / Masterton July 12-13, [Kahungunu | What's on.](#)

You can also fill your kete and expand your knowledge with one my favourite Matariki resources - [Sparklers.org.nz | Welcoming Matariki](#). You can also learn more about the Principles and Values of Matariki here - [Mō Matariki | About \(matariki.com\)](#).

Mānawatia a Matariki.  
Aaron



Family Whānau Support in  
Mental Illness  
Manawatu  
or search for ManawatuSF



## 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 already into June. The first half of the year has really flown by. We have been busy in the Palmerston North office with new referrals and our programmes.

I attended the bi-monthly MAIN (Manawatu Abuse Intervention Network) meeting yesterday and it was great to get together with other agencies to find out what's on offer from them and what's going on in our community.

I have just finished a round of connections with hope for Anxiety alongside our Psychologist and I thoroughly enjoyed it. It was great to refresh me on some of the useful skills for managing anxiety and regulating my emotions. When emotions are not helpful, or I find my emotions are "in the driver's seat" these are some skills, strategies and techniques that are useful:

**Firstly:** Honing into your awareness e.g. picking up what you are feeling early by focussing on your breath, being in the present and not being distracted by technology, trying to be still with yourself asking yourself what am I thinking? What am I feeling?

**Secondly:** Ask yourself. Can I put a label on what I am feeling? This allows you to look at the feeling objectively and put space between yourself and what you are feeling.

**Thirdly:** Regulate the unhelpful emotions by cooling down the body by drinking cold water, running hands under cold tap or going outside. Some of the people I have worked with over the years have found ice helpful. Cooling down our bodies stimulates our Vagus Nerve and helps to calm us down. Exercise is also good as is singing and dancing. Try breathing slowly from your belly. Another good strategy is progressive muscle relaxation which involves going through each muscle group from toes to head squeezing and then relaxing.

These are just some of the strategies that can be useful when our emotions are unhelpful to us and it's a good idea to practice them so when we start to notice those uncomfortable feelings, we are more likely to remember these skills and use them when we need to.

If you would like to learn more, give us a call and have a chat about jumping on one of our connections with hope 10-week programmes. These therapy programmes are aimed at people experiencing mild to moderate depression or anxiety and are based on cognitive behavioural therapy.

If you have a loved one who is unwell, and you require support. Please don't hesitate to make contact.

Noho ora mai

Kate

### 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

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

 (06) 355 8561



### ANXIETY PROGRAMME

## Connections with Hope Depression Group

*Depression is one of the most common mental health problems facing people today. It's 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.

 (06) 355 8561



## Dannevirke Office

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



### Greetings All,

Into the sixth month of the year already. This year seems to be flying along. Hope you are all keeping warm with the changing weather we seem to be having. Connection with Hope Anxiety course went really well. We have had a big response with numbers this year. For those who missed out another course well be scheduled mid September. Matariki day cluster of stars reappearing in our night sky, this is a time to reflect on the past year, celebrate the present, and plan for the year ahead. May you enjoy this celebration with family and friends.

Cheers, Julie Fromont

## Levin Office

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



Hello from Levin winter is upon us, and the cold wet days can make it hard to motivate ourselves, as with life seasons and challenges change with time and we need to remember this when we are struggling. There is always someone to listen if things become overwhelming you can text or ring 1737 anytime for support from a trained counsellor, or you can call us at Supporting Families for an appointment or a chat on the phone. Our Depression course finishes on Monday 24th June. Then our Anxiety course will be run once we get people registered, the course will run for 2 hours once a week for 10 weeks, please phone 027 3558 562 if you would like to enrol. I planted a tree on June 5th Arborist Day so looking forward to watching that grow, the bulbs I planted weeks ago are through the soil and I'm eagerly awaiting the flowers, they will be some weeks away. Hard as it is to stay positive on these cooler days it is still important to go outside and take a walk, watch a sunset, or smell some flowers Daphne flowers will soon be unfurling and the scent is one of winter gardens treats.

"What good is the warmth of summer, without the cold of winter to give it sweetness."

"One kind word can warm three winter months."

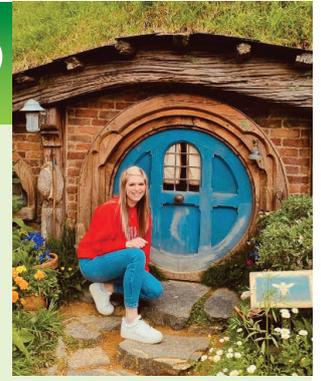
Take care during these colder months and remember to reach out for help if needed.

Regards  
Julie Gibson

## Student Counsellor

Kia ora, my name is Sarah Wilson, and I will be offering counselling services here at Manawatū Supporting Families. I am a trainee counsellor studying through Bethlehem Tertiary Institute in Tauranga. It is my passion to help people, I have wanted to be a counsellor since I was 12 years old. I trained and worked as a chef for the last 10 years and have a real passion for food and how it brings people together. I also spend four years working as a retail assistant. I am so excited to be pursuing Counselling as a new career path. I hope to support you and your families in making positive changes in your lives.

Ngā mihi Sarah



## 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.





Photo: www.freepik.com

## Self-Care Tips During Winter

### What to do when cold weather challenges mental health.

Posted December 17, 2019, by Deborah Serani Psy.D. Reviewed by Jessica Schrader

**It's long been known that weather changes negatively affect mental health for many people. As the seasons change and there's less sunlight during the day, children and adults can feel tired, irritable, and even sad.**

The limited sunshine which regulates our circadian rhythm, results in metabolic changes that significantly affect our wellbeing.

The limited sunshine, which regulates our circadian rhythm, results in metabolic changes that significantly affect our well-being.

What happens in winter is the feel-good neurotransmitter serotonin is decreased, while the neurotransmitter melatonin associated with depression and sleepiness is increased. This means you'll likely feel more sleepy, irritable, and sad during these months.

#### **Self-Care Helps**

The cold-weather months can present a unique set of stressors. Not only do people spend more time indoors than outside because it gets darker sooner, but they're also less likely to socialize or connect with others.

The additional drop in temperature tends to keep both social and physical activity to a minimum. You don't feel like driving, exercising, or traveling. You feel cold, weary, and achy. Aside from going to work or school, the isolation of winter can lead to loneliness and feelings of helplessness.

*cont pg 5...*



## How to Create a Self-Care Environment

One way to combat the winter blahs is to build a self-care repertoire at home or at work. This means buying or creating soft and inviting things - and having them at your fingertips.

1. Buy candles, room sprays, or essential oils with scents that relax you. Leave them in your bedroom, bathroom, or workspace—so they're just a grab away.
2. Select a mug or cup that's special or comforting to you. Have one that's special in this way both at home and at work. Fill it with soup, tea, coffee, hot chocolate, warm milk - and enjoy the moment.
3. Plan for self-soothing by having preset radio stations that play relaxing music or iTunes playlists that bring spa-like surround sounds.
4. Keep a stock of beauty and health products, like sugar scrubs, bath salts, shower fizzies, masks, and lotions so they're easy to use.
5. Make sure you have comfort foods or baking items on hand to cook for those moments of culinary self-care.
6. Keep coloring books, writing journals, and art supplies near so creative self-expression happens easily.
7. Don't forget to use the simple art of moving, stretching, and walking to awaken and soothe your body during the winter months.

## A Calendar of Examples

One of the best ways to self-care during the winter months is to focus on feeding your senses. Making sure you see, hear, taste, feel, and smell enriching things will help ease the challenges that come with winter.

Below is a graphic with a variety of self-care experiences.

~ Dr. Deborah Serani

### Winter Months

#### SELF CARE TIPS

SUN	MON	TUE	WED	THU	FRI	SAT
Light a candle	Take a long bath	Enjoy a hot cocoa	Take a walk in the snow	Peppermint lotion your feet	Read a book	Relax to Theta music
Bake bread	Eat dinner by candlelight	Go to bed early	Play a board game	Apply a soothing face mask	Listen to beach soundscapes	Burn incense
Order in comfort foods	Listen to an audiobook	Unplug from all electronics	Bundle up and count the stars	Take a long, fizzy shower	Bake some treats	Nap on laundry right out of the dryer
Do pajama stretches	Thumb through old photos	Moisturize your skin	Rest in a pool of sunlight	Stay hydrated with water	Diffuse essential oils	Get out some crayons and a coloring book

Remember, self-care is about making time to take care of yourself. Carving out moments to nurture your mind, body, and soul will have far-reaching positive effects. Not only during these cold, dark winter months, but in every season.

Source: <https://www.psychologytoday.com/nz/blog/two-takes-depression/201912/self-care-tips-during-winter>



# MATARIKI

A time to reflect, celebrate  
and look forward to

## Story: Matariki – Te Tau Hou Māori

Story by Paul Meredith

Source: <https://teara.govt.nz/en/matariki-maori-new-year#:~:text=What%20is%20Matariki%3F,ways%20and%20at%20different%20times.>

Twinkling in the winter sky just before dawn, Matariki (the Pleiades) signals the Māori New Year. For Māori, the appearance of Matariki heralds a time of remembrance, joy and peace. It is a time for communities to come together and celebrate. In the 2000s, it became more common for both Māori and Pākehā to celebrate Matariki.

### What is Matariki?

Matariki is the Māori name for the cluster of stars also known as the Pleiades. It rises in midwinter and for many Māori, it heralds the start of a new year. Iwi across New Zealand understand and celebrate Matariki in different ways and at different times.

Matariki is an abbreviation of 'Ngā Mata o te Ariki Tāwhirimātea ('The eyes of the god Tāwhirimātea') and refers to a large cluster of stars, known in some European traditions as the Pleiades. According to Māori tradition, the god of the wind, Tāwhirimātea, was so angry when his siblings separated their parents, Ranginui the sky father and Papatūānuku the earth mother, that he tore out his eyes and threw them into the heavens.

### The cycle of life and death

Traditionally, Matariki was a time to acknowledge the dead and to release their spirits to become stars. It was also a time to reflect, to be thankful to the gods for the harvest, to feast and to share the bounty of the harvest with family and friends.

### Matariki revived

Matariki, or Māori New Year, celebrations were once popular, but had largely stopped by the 1940s. In the 2000s, they were revived. Now, thousands of people take part in events to honour the beginning of the Māori New Year, and in whānau celebrations to remember those who have died and to plan for the year ahead. From 2022, a public holiday marking Matariki will be held on a Friday in June or July each year.



## 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

## 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.

