



Supporting Families in Mental Illness



NEWSLETTER | MAY 2020

Kia ora

Well it has been a challenging four weeks for all of us and well done to New Zealand for getting on top of COVID-19 but there is still a way to go. As we move down to level 3 the staff will still be working from home and supporting people by phone. So please contact your Family/Whānau worker if you need to talk or need support to assess services. Mental Health and Addiction services are open and will provide services as needed.

It is important that we all look after our mental health, and find ways that we can do this in our bubble. There are a number of resources online that can help with this. Enclosed in this newsletter there is a list of other support that people can assess as well. Please remember to pick up the phone if you need to talk to someone. As places start opening life will still look different and I believe it will be some time before life is back to some kind of normal. So please look after yourselves be kind to yourselves and seek support if you need it

because it is there.

Please take care and keep safe.

Call if you need support. You are important to us.

Christine



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We are open for phone support



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Office hours: Tuesday to Friday 9am – 3pm

Palmerston North Office

Whānau Coordinator: Kim Mckelvey
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Kia ora Palmerston North & Feilding

The last few weeks living in lockdown have been different for many of us. I hope you have been able to keep well in your bubbles. Some of the difficulties that families are experiencing are learning/schooling children at home, and the exponential cost of household groceries has sky rocketed in having family members at home. There are many agencies who understand the difficulties been presented in lockdown and are providing practical support in food and care parcels. Please see our newsletter for the agencies to contact or ring. Our support number is 06 3558561.

As this can be a stressful time for many families, my suggestions are to look for the things that give you small comfort. This can be walking, biking, sitting in the sunshine (while it's still here), gardening, listening to music, drawing, reading, spending time with pets. It can also be a great time to have some quality time and conversations with children in the household bubble.

Take care and please feel free to ring or text me on 027 355 8560.

Kia kaha
Kim

We are open for phone support



Palmerston North and surrounding areas 06 355 8561

Levin 06 368 6116

Dannevirke 06 374 8797

Levin Office

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



Teena Taatou, Hi Families in Horowhenua,

I've returned to work, well I'm working from home after breaking 3 bones in my ankle and now Covid 19.

I hope you had a restful Anzac weekend as we remembered and honoured our soldiers and their mahi.

Raahui or lockdown, It's been 33 days and we have moved into Level 3. We will still be working from home, you can contact me on 027 355 8562 or my details are on the front page.

Please remember to stay safe and follow the guidelines of Alert Level 3. Kia kaha whanau we have done well in Alert Level 4.

Local Food suppliers in the Horowhenua & Otaki areas who have deliveries & packages for families, you can make an order safely from using internet banking.

- The Ultimate Egg & Poultry
- Benniks Poultry
- Otaki – Manakau
- Brown Acres,
- Penrays Garden
- Levin
- Garden of York,
- Kimberley Gardens
- Sues Garden

You can contact these place on their website or Facebook page

Ngaa mihi
Luciana

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

~ 2 ~

The views offered in this newsletter are not necessarily the views of Supporting Families in Mental illness Manawatu.



Dannevirke Office

Whānau Coordinator: Claudia Nicholson
Email: claudia@manawatusf.org.nz



Kia ora koutou katoa,

I am writing this on the first day of Level 3, and hoping that this terrible virus will be over in the next month.

On a positive note the weather in the Tararua has been very good for this time of year, and I have been trying to take advantage by doing some exercise but the Lockdown is not easy on the appetite.

Having contact with my families by phone has not always been easy but I hope that if you need me outside of my calls that you will contact me on my cellphone.

Remember be kind especially to yourself being perfect is less important right now. Look for support before you feel out of your depth and know this will finish and we will all have stories for our Grandchildren of the Lockdown.

I will continue to be available by phone and also let me know if I can do anything before food, health, warmth, housing or loneliness become an issues.

Claudia Nicholson

**"Success is not final,
failure is not fatal:
it is the COURAGE
TO CONTINUE
that counts."**

WINSTON CHURCHILL

Supporting Families Out and About: *Photo's from Craft Day March 2020*





Covid 19 Mental Health and Wellbeing Resources

Covid-19.govt.nz

- **Looking after others:** <https://covid19.govt.nz/how-were-uniting/looking-after-others/>
- **Looking after your mental wellbeing:** <https://covid19.govt.nz/individuals-and-households/health-and-wellbeing/looking-after-your-mental-wellbeing/>
- **Welfare getting the help & support you need:** <https://covid19.govt.nz/resources/information-sheets/>

Mental Health Foundation

- **Looking after mental health & wellbeing:** <https://www.mentalhealth.org.nz/get-help/covid-19/>
- **Top tips to get through:** <https://www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/>
- **FAQs:** <https://www.mentalhealth.org.nz/get-help/covid-19/faqs/>
- **Further resources eg supporting children, for schools, looking after yourself:** <https://www.mentalhealth.org.nz/get-help/covid-19/further-reading/>
- **Helplines:** <https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

If you're supporting children through this uncertain time, below is a selection of mindfulness resources that may be helpful to you:

- Jase Te Patu, founder of M3 Mindfulness, is offering **a free series of videos for children, parents and teachers.** The engaging resource uses Māori storytelling and simple movement tools, focusing on breathwork and visualisation to calm the mind.
- The Kiwi authors of the popular children's title, Aroha's way: A children's guide through emotions have produced a **free reading** for the general public, complete with a lovely soundtrack.
- A series of calming resources has been released by Jen Sievers, New Zealand children's author of Just breathe: A mindfulness adventure. These include Mindful moments glitter storm, **Mindful moments high five breathing, Mindful moments calming breath, Mini mindful moments, and the Dandelion breath.**

Te Pou

- **Wellbeing guide for working at home:** https://mcusercontent.com/1e5eb2308a/files/f9496d38-da06-4f93-a085-720411752a34/BP_200326_Working_well_from_home.pdf?utm_source=Te+Pou+and+Matua+Raki&utm_campaign=df48e3d846-EMAIL_CAMPAIGN_2019_01_31_12_57_COPY_01&utm_medium=email&utm_term=0_61074e4163-df48e3d846-48374205

- **Directory of resources:** https://www.blueprint.co.nz/information-and-support/helpful-websites/?utm_source=Te+Pou+and+Matua+Raki&utm_campaign=df48e3d846-EMAIL_CAMPAIGN_2019_01_31_12_57_COPY_01&utm_medium=email&utm_term=0_61074e4163-df48e3d846-48374205
- **Portal with content on Covid 19 response:** https://www.tepou.co.nz/initiatives/covid-19/253?utm_source=Te+Pou+and+Matua+Raki&utm_campaign=2e84c11a30-EMAIL_CAMPAIGN_2020_04_15_01_57&utm_medium=email&utm_term=0_61074e4163-2e84c11a30-48374205

BluePrint for Learning

- **Mh101 & Addiction 101 Webinars:** <https://www.blueprint.co.nz/workshops/>

Te Rōpū Whakakaupapa

- <https://www.uruta.maori.nz>

MoH

- **Taking care of your mental wellbeing:** <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-taking-care-your-mental-wellbeing>
- **Wellbeing in self-isolation:** <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-self-isolation/covid-19-wellbeing-self-isolation>
- **Funerals & Tangihanga:** <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-funerals-and-tangihanga#tangi>
- **Tangihanga guidelines:** <https://www.health.govt.nz/system/files/documents/pages/covid-19-guidelines-for-tangihanga-alert-level-4-30march2020.pdf>

KidsHealth

- **Coping with worry & anxiety about Covid-19:** <https://www.kidshealth.org.nz/coping-worry-anxiety-about-covid-19>

Psychology Tools

- **Living with worry and anxiety amidst global uncertainty:** https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf





Covid 19 Mental Health and Wellbeing Resources

American Psychological Association

- **Covid-19 articles:** <https://www.apa.org/pubs/highlights/covid-19-articles#most-recent>

All Right?

- **Getting through together campaign:** <https://www.allright.org.nz/campaigns/getting-through-together?fbclid=IwAR0yI8BGlwspRzghLdHo-5SjhcqUpYceZEmLD9W8VYV-V9QfaLJbn2DVzok>
- https://www.mentalhealth.org.nz/get-help/covid-19/getting-through-together/?fbclid=IwAR1O_5Ovkx887EvEi9M_TvuK3I1-EFDuvalKqYelpd3hTjVxWmfA-hdP9VI
- <https://www.allright.org.nz/articles/top-tips-to-get-through>
- **Tiny Adventures. A free app filled with easy and fun activities to do with younger kids (7 and below):** <https://www.allright.org.nz/tools/go-on-a-tiny-adventure>

Victim Support

- **Covid 19 Information for Victims:** <https://victimsupport.org.nz/covid-19/>

LeVa

- **#CatchYourself: Respect your bubble:** <https://www.leva.co.nz/our-work/catchyourself>
- **Budgeting in your bubble:** https://www.leva.co.nz/news/budgeting-in-your-bubble-top-10-tips?utm_source=Le+Va&utm_campaign=e3bace3a5b-e-news-April2020&utm_medium=email&utm_term=0_972cda89af-e3bace3a5b-48374201
- **How to stay mentally well:** https://tpplus.co.nz/community/covid-19-how-to-stay-mentally-well-during-lockdown/?fbclid=IwAR3dEqLeuwjeXEj9CCLrTtzpzYtoC8JO_s3RJCDQD7yiWRqlwuOqVaTqmo&utm_source=Le+Va&utm_campaign=e3bace3a5b-e-news-April2020&utm_medium=email&utm_term=0_972cda89af-e3bace3a5b-48374201
- **Aunty Dee:** <https://www.auntydee.co.nz/>

The Useful Psychologist – Dr Sarb Johal

- **Wellbeing Videos:** https://www.youtube.com/channel/UCz-NFqdlhA_HKBzJd-u_-Gw/videos

Ministry of Primary Industries:

- **Protection & Response Covid-19:** <https://www.mpi.govt.nz/protection-and-response/coronavirus/>

DairyNZ

- <https://www.dairynz.co.nz/business/adverse-events/coronavirus-covid-19-information/>

Te Puni Kōkiri

- **Protect our whakapapa:** <https://www.tpk.govt.nz/en/a-matou-mohiotanga/covid-19/protect-our-whakapapa?fbclid=IwAR0IR0TfyLbiUMM4c2-PVLCQxHsvr-9wMoCif7kHRWQTyYveCEWylNa-PU>

Oranga Tamariki

- **Information for caregivers:** https://orangatamariki.govt.nz/caring-for-someone/covid-19-information-for-caregivers/resources/?fbclid=IwAR2E77JBsEx79L1Mw0tX3tFZDwt6JLUs1zx-XCWwXiMnAy-3wl_y4p3mag

Sparklers

- **Wellbeing activities for whānau:** <https://sparklers.org.nz/parenting/>

Aroha ChatBot

- **Mental wellbeing chatbot for young people** <http://tiny.cc/aroha>

Mentemia

- **An app that coaches mental wellbeing. Free to all NZers:** <https://www.mentemia.com/>

Melon

- **Connecting and empowering people to reclaim their health:** <https://www.melonhealth.com/covid-19/>

Staying on Track

- **This is a web based e-therapy tool, and is a more structured step-by-step online course for people who are feeling any kind of pressure and distress from the impacts of Covid-19:** <https://www.justathought.co.nz/covid19>

The Feel App

- **The FEEL app shows you how to safely share your feelings, bring about balance, understand yourself, and helps you create a community of people you care about and trust:** <https://thefeel.app/>

HelpLines and local mental health services:

- <https://www.mentalhealth.org.nz/assets/Helpines-and-local-mental-health-services/MHF-Helplines-A4-WEB-FINAL.pdf>
- <https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>



Welfare



Getting the help and support you need

Everything you need to know in one place

Learn the simple steps you can take to unite against the virus and slow its spread, see what help is available and get the latest advice and updates at covid19.govt.nz

Got symptoms or have health questions?

Call your GP before you visit. Or call Healthline on 0800 358 5453.

Not sure who to talk to?

If you're not sure what assistance may be available, or you don't know who to contact for help, phone the Government Helpline on 0800 779 997 (8am – 10pm, 7 days a week).

Health and wellbeing

It's normal to feel distressed and to experience symptoms of stress related to COVID-19, especially if you or your friends and family have possibly been exposed to the virus. We are in uncertain and unprecedented times, and everyone will respond differently.

Mental health

Right now many people are feeling worried, anxious or scared. So as well as looking after our physical health we also need look after our mental health.

Keeping connected

We're all in this together, and while we might not be able to be physically in touch right now, it's important to stay connected in other ways.

New Zealand is known for its manaakitanga and now more than ever we need to remember the power of kindness and uniting together.



Top ways to look after your mental wellbeing

While there are things that we can't control at the moment, there are things you can do to boost your mental wellbeing and that of your loved ones:

1. Stay connected

This is important for our wellbeing, and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this. While we are limiting social contact to contain the spread of COVID-19, there are still lots of ways we can connect.

2. Acknowledge your feelings

It's completely normal to feel overwhelmed, stressed, anxious, worried or scared in the current situation. Allow yourself time to notice and express what you're feeling. This could be by writing thoughts and feelings down in a journal, talking to others, doing something creative or practising meditation. Talk with people you trust about your concerns and how you're feeling. Reach out to others.

3. Stick to routines where possible

Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, have regular e-meetings with colleagues or virtual coffee dates with friends and do your chores. Meditating and exercising can help you to relax and have a positive impact on your thoughts. Try not to increase unhealthy habits like comfort eating, drinking or smoking.

4. Check-in on other people who might need help

Reaching out to those who may be feeling alone or concerned can benefit both you and the person receiving support.

5. Seek accurate information from legitimate sources

You may find it useful to limit your media intake. Get the facts from [covid19.govt.nz](https://www.covid19.govt.nz) to help distinguish facts from rumours. Seek information updates at specific times once or twice a day.

6. Don't be afraid to seek further professional support

For support with anxiety, distress or mental wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

7. Continue existing mental health treatment if possible

Notice if your symptoms are getting worse. Talk to your GP, counsellor, case worker or mental health team about how they can continue supporting you. Can your appointments take place over the phone, via email, text or video chat? What tips do they have to help you get through? Who can you call if you need help urgently?

For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

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Find the latest health information

The Ministry of Health updates their webpage regularly. Get more detailed health advice at health.govt.nz/coronavirus

Are you or your whānau unwell?

The best ways to get support are to:

- **call your family doctor** for advice or information. If you think you've been exposed to COVID-19 (through contact with someone who has it), it's important to let your family doctor know
- **call Healthline** with your COVID-19 health-related concerns. The call is free and someone is available 24 hours a day, 7 days a week on **0800 358 5453** (or for international SIMs call **+64 9 358 5453**)
- you can also call Healthline:
 - if you don't have a family doctor
 - if you're feeling unwell but you're not sure if you need to see a doctor
 - for advice about what's happening for you and next steps.
- call Plunketline if you have questions about your child or baby's health or wellbeing on **0800 933 922** and speak to a Plunket nurse. Plunketline runs 24 hours a day, 7 days a week
- contact your midwife for support and advice during pregnancy and postnatal.

In an emergency, always call 111

Food and other essential goods – support through local CDEM Groups

Most people can access food and other essential items for themselves and their whānau, either through their own means or through their community providers or support networks like whānau, friends, iwi and neighbours. For some people this is not a possibility and they may need extra help to access the things they need during self-isolation, like food and medicines.

Financial help to people is available through the Ministry for Social Development. This works well when people have their own way of getting the goods they need.

For updates and more information on keeping yourself safe, visit Covid19.govt.nz

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Financial support

If you've lost your job or had your hours reduced you may be able to get a benefit or some other financial help from Work and Income.

There is help available for urgent costs like:

- food
- accommodation costs (rent, mortgage, board, emergency housing)
- repairs or replacing appliances
- emergency dental treatment
- emergency medical treatment
- health travel costs
- water tank refill.

You can find more information about financial support (including eligibility criteria) on the Work and Income website at <https://workandincome.govt.nz/products/a-z-benefits/covid-19-support.html>

Work and Income call centres are experiencing very high demand at the moment, so we recommend you check the website first. If you don't have access to the internet you can call us on **0800 559 009**.

Employer Wage Subsidy

The wage subsidy is to help keep your businesses going if they face laying off staff or reducing their hours because of COVID-19. If you're an employer, contractor, sole trader or are self-employed you may qualify. The subsidy is a lump sum payment for the employer to pass on to employees and covers 12 weeks per employee.

For more information including how to apply for the Wage Subsidy Scheme visit <https://workandincome.govt.nz/products/a-z-benefits/covid-19-support.html>

For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://covid19.govt.nz)

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Accommodation Support

Temporary Accommodation

If you are required to self-isolate and you need support to find suitable accommodation, the Temporary Accommodation Service (TAS), run by the Ministry of Business, Innovation and Employment is working with other government agencies to assist people to find suitable accommodation. TAS is providing assistance to those who are unable to self-isolate in their own homes or are travellers visiting New Zealand and do not already have suitable self-isolation accommodation arranged.

To register your details, please call 0508 754 163.

After registering your details, you will be contacted by a temporary accommodation staff member who will assess your needs and work with you to help you find suitable temporary self-isolation accommodation. There is a cost for temporary accommodation and TAS will work with each individual or household who uses the service on how to meet this cost.

If you are a visitor to New Zealand please contact your travel insurance provider for financial support or, if you don't have travel insurance, speak with family about receiving financial support to meet accommodation costs. You can also connect with the local Civil Defence Emergency Management Group for assistance.

If you're a New Zealand citizen or resident on a low income or benefit, you can contact Work and Income to see if you're eligible for support. <https://workandincome.govt.nz>

More information and updates can be found at <https://temporaryaccommodation.mbie.govt.nz/covid-19/>

Tenancy information

If you are the tenant or landlord of a rental property, you can find information on your rights and obligations at www.tenancy.govt.nz or by phoning **0800 TENANCY (0800 836 262)**

Schools and early childhood

The Ministry of Education is providing additional support for schools and early childhood centres to provide resources for teachers and parents to maintain routines for children.

For updates and more information on keeping yourself safe, visit **Covid19.govt.nz**

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During the holiday break, from 30 March to 14 April, we will support schools to develop e-learning and other distance learning options ready for the start of Term 2. See more here <http://www.education.govt.nz/novel-coronavirus-2019-ncov-3/>

Home-based care options for children aged 0–14 of essential workers

To ensure essential workers can access care for their children if needed, the Government has agreed that three large home-based providers will provide additional support. This will provide in-home care for children aged 0–14.

Arrangements are also being made for OSCAR services around the country to also offer support for children of essential workers. See more <http://www.education.govt.nz/covid-19/home-based-care-options-for-children-aged-0-14-of-essential-workers/>

Keeping children and young people safe

If you're worried that a child or young person is not safe or being cared for, or you are aware of a child who has been separated from their parents or caregivers, you can phone Oranga Tamariki on **0508 326 459** (24 hours a day, 7 days a week) or email contact@ot.govt.nz

You can also access more information on our service at this time by visiting our website: <https://orangatamariki.govt.nz/how-we-get-involved/covid-19/>

Animal welfare

The primary industries have been included as essential services under Level 4 of the COVID-19 response.

Information and advice

For more information regarding COVID-19 and the primary industries: mpi.govt.nz/coronavirus. If you're concerned about an animal's welfare phone the Ministry for Primary Industries (MPI) on **0800 008 333**.

Veterinary services

If your animals need treatment, contact your own veterinary clinic. If you do not have a regular veterinarian or yours is not open, you can find nearby clinics by going to Find-a-Vet.

For updates and more information on keeping yourself safe, visit Covid19.govt.nz

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NZ Veterinary Association has COVID-19 information at www.nzva.org.nz including how to manage animals when in self-isolation.

At alert level 4, you **MUST** contact your veterinarian **BEFORE** visiting them, or going to the veterinary clinic for product. You **MUST** identify if you are self-isolating or otherwise higher risk. This applies to everyone (pet owners and farmers), even if your animal is being presented by someone else.

Information for international visitors

If you need help with your travel bookings, contact your nearest i-SITE or your travel provider. For the latest local travel conditions and for rearranging travel arrangements, contact one of the 80 i-SITEs throughout New Zealand. Visit i-SITE.org for a full list.

If your visa is about to expire, phone Immigration New Zealand on **0508 558 855** or visit immigration.govt.nz/new-zealand-visas

If you are a foreign national travelling in New Zealand requiring further consular assistance, contact your nearest Embassy or High Commission first. Contact details are available on the Ministry of Foreign Affairs and Trade website mfat.govt.nz

For updates and more information on keeping yourself safe, visit Covid19.govt.nz

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Mental health and addiction services

Mental health and addiction inpatient and residential services continue to operate under Alert Level 3, however overall bed capacity may be reduced to enable good infection prevention measures or to enable consolidation of clinical staff. Clinical pathways to care must exist to enable access to essential care for those that need it. Some inpatients may be considered high-risk and therefore may have additional steps taken to reduce movement within/outside the facility. Inpatient units must have separate COVID-19 positive/suspected and non-COVID-19 areas for patient care with no staff crossover between these areas. Any in-patient trips will be postponed where they do not meet restrictions on travel/gatherings for Alert Levels 3 and 4.

The visiting policy is as per the intent in the general guidance for hospitals during Alert Levels 3 and 4, with accompanying physical distancing and infection control protocols. Where visitors are permitted, inpatient services must record visitors to ensure contact tracing can be conducted if necessary.

Community mental health services continue to use virtual/telephone appointments where possible. Face-to-face appointments may be provided so long as the health professionals and support staff can take appropriate measures to manage public health risks as per Ministry guidance. Urgent/crisis services will operate as usual, with appropriate measures to manage public health risks as per Ministry guidance for Alert Levels 3 and 4

There are a range of welfare, mental health and wellbeing programmes underway to minimise harm to the community as part of the Governments psychosocial response.



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. We are still happy to receive donations by cheque made out to **Manawatu Supporting Families in Mental Illness**. Alternatively if you prefer internet payment, 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.



Sender:



**PO Box 5010
Palmerston North 4441**