

## Connect Newslitt Issue 15 30th September 2005 CMWB Regional Consumer Network

Welcome to the Connect Newslitt Issue fifteen.

### Official Opening Invitation

By now you should have received your invitation to the opening of the Resource Room here on October the 13<sup>th</sup> (Thursday next week). The Opening will begin at 11 am and will go for approx. 2 hrs. Don't forget to RSVP for catering purposes. Ph. Claire 623 9384. Looking at the attendance list this is proving to be a popular event for Mental Health Week. On the day you will be able to join the library and take out books. A new Network brochure will also be launched.

### Waitemata Recovery Conference

Stories from the heart - six speakers will relate their experiences of recovery, growth, self-knowledge and how their life was enhanced through actively attaining goals for better mental health.

When: Thursday 20<sup>th</sup> October '05 - 9.30 - 2.30pm

Where: Netball North Harbour – Northcote Road, Northcote

Cost: Free, morning tea and lunch provided.

### Mental Health Awareness Week by Adrienne Grace

'Mood and Food' is the theme of the week and this can be taken up by anyone – we all have mental health – and educating ourselves about nutrition will benefit us all. We can look at the links between nutrition to celebrate this awareness week and of course anytime. For instance you might like to look into the new Regional Consumer Network library which contains books on the subject, official opening 13<sup>th</sup> October '05.

Food and Mood information in an online toolkit is available on the Mental Health Foundation website [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) The toolkit has research and information on nutrition and mental health and food and mood tips.

#### Some mood and food for thought questions:

What kind of diet will contain all the nutrients our bodies and brains need to keep us happy and healthy?

How do you eat regularly to gain even long term energy without developing a 'low' or a too 'high'?

Can any snacks or drinks give us more energy – without us becoming nervy, irritable, anxious or on edge?

What helps us otherwise feel calm without us becoming glum, down or feeling heavy.

Are we what we eat?

What mood helps us eat our food? Can we create a mood for food socially or environmentally?

#### Keep a food and mood diary

Ph. the Network librarian or Louise @ the Mental Health Foundation or Adrienne Grace on Ph 480 0458 and we will send you out information on 'how to' from the online tool kit.

This is an example:

	Day of the Week	Time	Food Choice	Reason
Food	Monday	7.30am	Toast and jam	Breakfast
		10.30am	etc	etc
Mood	Monday	7am	10am	1pm
		tired	giggly	scratchy

Source – [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) under heading 'MHAW 2005'

**Original Source:** Geary, A. (2001) *Food and mood handbook: find relief at last from depression, anxiety, PMS, cravings and mood swings*. Thorsons

### News from the Bo Ai She Support Group

A Chinese Moon Festival Celebration was held on the 16th September by Bo Ai She, Chinese Mental Health Consultation Services and Te Korowai Aroha.

There were 60 people including the social workers, volunteers, Chinese mental health consumers and their families joined the celebration. They have enjoyed the games, prizes drawing, shows and a lot of good foods.

Bo Ai She won the Central Auckland Respect Award (organised by Framework Trust) as an organisation providing services for the mental health consumers. Some of the Bo Ai She's members and their families had also won the Respect Award as an individual who has been of extreme support to the mental health consumers.

Best Regards,

Pauline Chan - Chairperson

Great to hear from the Bo Ai She Support Group - fantastic motivated inclusive people!

### Confidentiality Forums

Information available from the Network.

To anyone who had their interview last week; it takes a lot of strength and courage to be involved in this historical event, kia kaha - be strong. - Claire.

Any feedback regarding how your interview was conducted the Network would be keen to hear about.

### Network operational hours are:

9-3pm Monday - Friday

Premises: 762 Mt Eden Rd, Mt Eden. It is best to ph. before you come so that we can plan to be here.

PO Box 10 256 Dominion Rd.

Ph 623-9384 fax 623-1763 cell 021 654 896 [clairemoore@rcnet.co.nz](mailto:clairemoore@rcnet.co.nz) or Jim Campbell

[networker@rcnet.co.nz](mailto:networker@rcnet.co.nz)

Any comments or feedback regarding the Network are always eagerly received.

Regards,

Claire Moore Coordinator – Regional Consumer Network

# **Kokiri Ka Taea** **(Go Forth and Achieve)**

(Silver Award Winner: Service and Program Category, TheMHS Conference 2005)

Offer the ....

# WHY WEIGHT?

## *Healthy Living Wellbeing Programme*

Especially designed for people on medications that include lower activity levels, thirst / dry mouth, changes in appetite and/or weight gain as side effects

### TOPICS COVERED INCLUDE:

HEALTHY EATING AND DRINKING, PHYSICAL ACTIVITY, SELF ESTEEM,  
MEAL PLANNING, ACTIVITY SCHEDULING, MOTIVATION

### **Onehunga:**

Jordan Recreation Centre: 5 Pearce Street, Onehunga

**Tuesdays 10am – 11am or 12pm**

### **Pt Chevalier:**

Pt Chevalier Community Centre: 18 Huia Road, Pt Chevalier

**Tuesdays 11:30am to 12:30pm**

### **Manurewa:**

\*Manurewa Leisure Centre: Frances Street, Manurewa

\*Except 28<sup>th</sup> September 2005 & 5<sup>th</sup> October 2005 venue changed to  
Te Korowai Aroha South Office: 112E Russell Road, Manurewa

**Wednesdays 10am – 11am**

**FIRST TEN REGISTRATIONS RECEIVE A FREE DRINK BOTTLE.  
BRING ALONG AND REGISTER A FRIEND AS WELL AND GET AN  
EXTRA GIFT!!!**

**For more information and/or to register contact Monika ph 526 0320**