

Connect Newslitt Issue 18 31st January 2006

CMWB Regional Consumer Network

Welcome to the 1st Connect Newslitt of 2006 - Issue eighteen.

Network Library

Reminder that the library is available to all members. To receive a full hard copy of the book list Ph Claire or Tou on 623 9384. Resource Room also has a G5 Mac Computer and printer, a TV, video and DVD player and a quiet place for you to sit - all at your disposal.

The Council for Mental-Being Trust

Will be having their AGM soon. Contact Johnny Siaosi for any enquiries. Ph 027-485-1874.

Toi Ora Live Art Trust

Currently the summer programme is running already. For more information contact Ph 360 4171 fax 360 4172 or email catho@toiora.org.nz

Consumer Caucus Questionnaire

For people who have attended the Caucus Meetings in the last twelve months a questionnaire has been sent out to gain feedback on how the Network runs meeting and whether any improvements should be made. Thank-you to those of you who have returned the questionnaires already, 26 questionnaires went out and 6 have come back so far. If you can return these as soon as possible that would be fantastic. If you have not received one for some reason please contact Claire as soon as possible. Ph 623 9384.

The next Caucus meeting will be in Feb on the 16th Premises are yet to be confirmed but everyone will be notified before the 16th.

Other things to do:

Free Jazz evening, at the Gables Pub in Jervois Rd, Herne Bay every Wednesday evening.

There is a wonderful bar at the corner of Beach Rd and Anzac Ave called Shanghai Lils. It is no ordinary bar! It is decked out in antique Chinese furniture and going there is like stepping back in time. The owner, Russell, is one out of the box and he is more like a host at a party than a barman! He makes you feel like you're a long lost friend and chats to everyone. On a Wednesday night there is also Jazz beginning at 9 till 11 also free.

Every second Monday at the Classic Comedy and Bar 321 Queen St, Auckland city is raw comedy night which always has a professional MC and up to 10 budding comedians. Only \$5.00 to get in. Starts Monday 13th Feb.

Thanks to Pauline for these Entertainment tips.

Meeting: Speakers Bureau

The Speakers Bureau is a group of Consumers who use their personal experiences of Mental Illness to counter stigma and discrimination within our communities.

The following are meeting dates for existing Speakers Bureau people:

On Monday 20th February and Monday 20th March at 5pm on both days, here at the Network premises. Other interested Network members are also welcome.

If you are interested in hearing more, or in signing up, please contact Deb on 623 1762 or manager@rcnet.co.nz. Or Tui 623 1762.

Below is Kim Newton's view of Orthomolecular Psychiatry

What is the cause of mental illness? Biochemical - yes this is right. What makes the neurotransmitters Dopamine and Serotonin? - amino acids with the aid of minerals and vitamins. This example shows how important nutrients are to keep your brain running smoothly. There are over six hundred references in scientific journals linking mental illness and nutritional deficiency eg vitamin C and anxiety, depression, aggression, hallucinations and psychosis.

The Schizophrenia Association of Great Britain have done their own research on how blood sugar levels have been an underlying cause in 70% of Schizophrenia www.sago.co.uk for more information.

I am recovering using a nutritional supplement, change to a whole food, organic diet because I am giving my body what it needs to heal.

Kim Newton

Documents available:

Update on Review of Mental Health Sector Standards.

If you would like to become a member of the Network and receive Newslitts please contact Claire Moore Ph 623 9384.

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 or Jim Campbell networker@rcnet.co.nz

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

Regards, Claire Moore Coordinator – Regional Consumer Network

Please note: The material published in Newslitts does not necessarily reflect the CMWB Regional Consumer Network policy but represents each writers own understanding of life.