

Connect Newslitt Issue 23, 23rd June 2006
CMWB Regional Consumer Network

Welcome to the Connect Newslitt - Issue twenty-three.
Newslitts are produced primarily for people who use or have used mental health services but can be received by other interested persons as well. The primary purpose of the Newslitt is to provide information and notification of opportunities for Networking.

Mental Health Advocacy Coalition (MHAC)

The voting process for selection of a Northern representative is complete. 84 vote papers came back out of 274. The results were as follows:

Vicki Burnett - 30

Allan Perry - 18

Dean Manly and Ana Socratov both got - 16

Andrew Tsang - Remainder

Congratulations to Vicki Burnett will continue to be the representative for the next two years. The deputy is Allan Perry. Allan will attend if Vicki cannot make it.

Huge thanks to everyone who either voted or put themselves forward as being a candidate - an awesome effort!!! Special thanks to Gary Suttcliffe who was the deputy last time but did not apply this time.

Any feedback regarding the whole voting process please forward to Claire Ph 623 9384.

Employment Vacancies

Te Kotuku Ki Te Rangi - Kaupapa Community Mental Health Vacancies

2 x 20hrs Peer Support Coordinator

30hr Junior Administrator

full-time Registered Nurse or Social Worker

contact Davina Tongamohenoa davina@tekotuku.co.nz

Raukura Hauora O Tainui - Ki Tamaki

Iwi Support Worker wanted.

Mental Health Association - Brisbane

Advocate wanted Contact Andy Compton advocacy@mentalhealth.org.au

Mind and Body Consultants

Peer Support Workers wanted

closes 10th July

Ph. 630 5909

Mind and Body Consultants

We are looking for a mental health advisor to provide **Pacific Island** and mainstream mental health services with advice from the perspective of Pacific Island service users. Part-time position.

For further details contact Laura Ashton - laura@mindandbody.co.nz

Mood and Food Workshop

This interactive workshop invites you to consider that what you eat can change how you feel.

You will be able to discover that food is much more than just fuel to keep you going. Food can affect mood, and what you choose to put in your mouth can influence the state of your mind.

Greater control of your moods and energy levels is possible through exploring the links between diet, nutrition and emotional and mental health.

What do you need to eat to feel good for longer?

You may learn that you are not quite the person you thought you were, as symptoms of depression, irritability or anxiety can change along with your diet.

This is a two hour workshop on **Friday 21st July 1pm-3pm** with a refreshment break.

You will need to register and pay a gold coin donation. To register ph 623 9384 before Wednesday 19th July. Venue: Network - 762 Mount Eden Rd.

The facilitator will be Adrienne Grace.

WINZ entitlements

The Resource Room here at the Network now has an updated Benefit Fact File which outlines all benefits entitlements under the new benefit system.

News from Bo Ai She,

- Chinese Peer Support Group.

A Chinese peer support art class for adult's current and past users of ADHB Chinese Adult Mental Health services will start in July. Classes will be taught in English, Mandarin, and Cantonese.

Time: **Every second Tuesday from 10am to 11:30am, start from July 11.**

Place: Dunkirk Road Activity Centre, Panmure, Auckland.

Facilitator: Ivan Yeo (Peer Support Worker from Mind and Body Consultants Ltd)

Fee: \$20 for 3 months.

For detail and registration:

Please contact Hong (09-625 1668)

Training

If you think that you might like to attend a Speakers Bureau Training please call Tui to discuss and register your interest for the next training.

Ph Tui on 623 1762.

Peer Support/Networking Coffee

For Network members who work in the services. This is a new idea that is being trialled and the first one happened last week with positive feedback. The main purpose of the get together is to reduce experiences of isolation and stress by providing an opportunity for these members to bounce ideas off others, share contacts and offer support and encouragement around work issues. Issues raised are confidential beyond the afternoon. If you think that you would benefit from attending this afternoon and would like assistance getting approval from your employer contact Claire Ph 623 9384.

The next get together will be on **Thursday 27th July from 1pm - 3pm @ the Kings Plant Barn coffee shop on St Lukes Rd near the Northwestern motorway exit.**

ADHB District Services Plan - for improvement to services.

Thank-you to those of you who came to this forum @ the Network excellent adjustments and recommendations were submitted to this plan.

Consumer Caucus

The next Consumer Caucus is on Thursday 20th July from 1.30-3.30pm. Caucus held at the GROW office corner Kingsway Ave and St Lukes Rd, Mt Albert. New Network members welcome. Transport assistance available on the day. The Caucus have sent a letter to the Minister of Police expressing extreme concern around the introduction of Tasers into NZ in September this year.

Consumer Forums

Waitakere Shared Vision Consumer Forum reminder: This happens on the last Friday of the month - next one being Friday 30th June 8.30am breakfast 9am start.

Rodney Shared Vision Consumer Forum: Contact Jim @ the Network Ph 623 9384.

Nth Shore Shared Vision Consumer Forum: Every third Wednesday of the month from 10.30am - 12 noon @ Te Puna Hauora meeting room, Awataha Marae, 58a Akoranga Drive, Northcote. Contact Jim Ph 623 9384.

Tip of the month from Iwa:

If you are seeing a health professional you have not seen before it is important to ask a few questions before your session. This way you know you are seeing someone who is qualified to meet your needs.

1. Where did they train?
2. How long have they been practising?
3. Which models of therapy do they work with?
4. What Professional Body are they affiliated to?

If they are not affiliated to a Professional Body then you have no easy recourse for complaints.

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 sometimes published in Newslitts does not necessarily reflect the

CMWB Regional Consumer Network policy but represents each writers own understanding of life.