

From: Claire Moore [clairemoore@rcnet.co.nz]

Sent: Tuesday, August 01, 2006 9:45 AM

To: networker@rcnet.co.nz

Subject: Newslitt no.24

Connect Newslitt Issue 24, 25th July 2006 CMWB Regional Consumer Network

Welcome to the Connect Newslitt - Issue twenty-four.

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.

March against the introduction of Tasers for use by the Police.

Saturday, August 19, 12 noon, assemble bottom of Queen St CAMPAIGN AGAINST THE TASER - March from the bottom of Queen Street, Auckland to the Police Station. This campaign aims to stop the New Zealand Police from introducing the taser stun gun into policing in New Zealand in September this year. The taser fires two steel barbs at a victim and then gives a 50,000Volt electric shock which incapacitates the victim.

Police in North America have been using the taser stun gun to lethal effect. More than 180 people have died following being tasered in the US.

You can get more details at www.campaignagainstthetaser.com

Recent additions to the Library

Life is for Living – 25 New Zealanders living with disability and their stories 2005. Office for Disability Issues, Ministry of Social Development. NZ.

Ku Kanaka – Stand Tall *A Search for Hawaiian Values*. (1992)

Author – Kanaele, George S. Pub. University of Hawaii Press

Greig's interpretation of Recovery

In this document I will discuss my point of view with regards to Recovery. The main problem with mental illness is that you can become isolated from the community. You are judged by most people on your illness. The illness becomes the whole person, you are given a label. I believe that recovery is unrestricted access to life. I have spoken about how a person can become isolated. Being able to do as you like, like anyone else and to be accepted as you are and being able to live a fuller life – that is Recovery to me.

I am doing a diploma in mental health after starting and stopping several times. I

lacked self confidence and really did believe that I was capable of very little but doing this course has injected me with confidence; a bonus is interacting with my classmates after being isolated for so long it's a good way to re-enter the community.

Greig.

Consumer Caucus

The next Consumer Caucus is on Thursday 17th August 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.

Monday 28 August 2006, 7.30pm, Pukekohe

Come along with your views and ideas to a meeting to gauge interest in the establishment of a Franklin-wide support groups for those who live with the experience of a bipolar condition

Friends and family are welcome to attend

Pukekohe Maternity Hospital, Tuakau Road, Pukekohe Conference Room

For further details contact 235 7512 or 235 6312

NB: Source: Mental Health Foundation Newsletter

Documents Available

Journeys of Despair, Journeys of Hope - *Young Adults Talk About Severe Mental Distress, Mental Health Services and Recovery.* (2006) Author Barnett, H. & Lapsey, H., Mental health Commission NZ.

For information on Consumer Forums contact the office - Ph 623 9384 or 623 1762.

Reminder

For those of you who are registered for the 'Housing for Mental Health' workshop. It is this Friday, 4th August, 12 noon - 3.30pm @ the Fickling Centre.

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 Newsletters does not necessarily reflect the CMWB Regional Consumer Network policy but represents each writers own understanding of life.

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