

Connect Newslitt

Issue 26
October 2006
CMWB Regional Consumer Network

Kia ora, and welcome to the Connect Newslitt – Issue number 26.

The Newslitt is provided primarily for people who use or who have used mental health services, but we welcome input and readership from those people who make contributions to the sector in other ways, and who have interests in the Mental Health Sector as a whole.

The newslitt provides an opportunity to keep people up to date with what is happening locally and regionally, and to provide information about upcoming opportunities for networking.

We welcome any feedback, and personal contributions should you wish to.

Staff Changes:

Unfortunately for the Network, Claire Moore has left us. Claire has been the Network Co-ordinator since August of 2004 and has worked to build up strong communications between the Network and the membership. Claire has been instrumental in providing numerous networking opportunities over the last two years, including consultations for local DHB's, working on projects with funders and planners, and keeping the Consumer Caucus running effectively. Claire has been the driver behind our Network BBQ's here in Mt Eden, and it is with thanks to Claire that our Newslitts not only get produced, but get produced in a regular and timely manner.

Other specific contributions that we would like to acknowledge Claire for include the establishment of the Resource Centre here at the Network, an incredible resource not only for members, but for the community also. Claire has been a member on the Network North Coalition, contributing to funding and planning issues, an extremely important role within the sector, and Claire has worked with both groups and individuals to support various activities around the community.

Claire will be missed at the Network and I am sure by the members and those she has come into contact with during her two years with us. We wish her all the best in her future endeavours.



Board Changes:

They say a change is good for you, but too many changes!!!! Wendy Jackson has taken on the role of Chairperson for the CMWB Trust. For the last four months or so, Wendy has been supporting Johnny Siasoi, with them enjoying a co-chair arrangement. Johnny has stepped down from the role due to family commitments.

We are extremely pleased however to have the continuing support of Johnny who remains committed to the kaupapa of the Network, and to the people we support. We offer Johnny our support at this time, and acknowledge him for the mahi he has done as chair over the last 18 months or so.

Fortunately, we will continue to see Johnny in the sector, and hopefully receive great advice from him.

Joining the Board:

We are always looking for input into the governance of your network. If you would like to be part of a dynamic team who are guiding the activities of the network, and are able to participate in doing some of the work that needs to be done to keep a



smooth running ship, please contact Deb on 09) 623 1762.

Deb will be able to pass your details to the Chair.

The process includes meeting the board for discussion and agreement on what you can commit yourself to – before you commit yourself.

There is no payment to be a board member, but expenses are paid and a small sitting fee for those not working.

The Board work with a maximum of 10 members, and currently have 8 sitting members.

Whats happening:

The Mental Health Commission:

The Mental Health Commission has been given an extended duration. The Labour-led government has announced that they will be introducing legislation to extend the term of the Commission to 2015.

Acknowledgement was made of the tremendous role the Commission has played in the Mental Health Sector, including the development of the Blueprint, and their tireless and extensive work in the area of anti-discrimination against those of us with an experience of mental illness.

Government are informed of patient abuses:

There has been recent media coverage regarding the many hundreds of people who were abused whilst in the care of the Mental Health facilities previous to 1992. The government response has been (in our opinion) poor, with Helen Clark indicating that whilst some 450 odd people have talked about extreme incidences of abuse, there is no documented evidence. Of course, it would be rather ironic for anyone to have document that they were treating people very inappropriately, and I guess no one in there right mind would do that!!!!

The government have made no indication that compensation is on the cards. There have been two cases identified where former patients are taking the government to court. These will both be tried in the early part of 2007, and will set the precedence for future claims. Dependent on the outcomes of these trials, the government may choose to extend an out of court settlement, much as they have done with Lake Ellis persons. Watch this space, we will let you know.

To all of those people who have participated in the Confidential Forum, we extend our thanks – without your words, we would not have had these issues surfacing.

In our community:

Have you been involved with CYFS?

If you are a parent, who has experience of mental health and/or addiction problems and have been involved with CYF. Then come along to a consultation at.

Where: 762 Mt Eden Road
When: 18th October
Time: 11am to 1pm
Lunch provided

The purpose is to obtain advice and information on the design of services that will help and support parents in New Zealand.
The aim is for the focus groups to be made up of eight participants and they will be two hours long.
The consultation will be facilitated by, Susie Stevens and Treena Martin from Kites
There will be a fee paid for your expert advice into this kaupapa.

For more information and to confirm your attendance, please contact:
Tui Ripikoi
CMWB Regional Consumer Network
Phone (09) 623 1762
Mobile: 027 3359 833
Email: office@rcnet.co.nz

Shared Vision Northshore:

This is a monthly get-together for people with the experience of mental ill health to discuss relevant issues and offer solutions.

Where: Te Puna Hauora
58 Akoranga Drive
Northcote (Beside Awataha Marae)

When: 10.30 – 12 noon
Second Wednesday of each month
Lunch provided

For more information – please call the Network or Raeburn House 09) 441 8989

Rodney Shared Vision:

Rodney Shared Vision is currently being re-built. In order to be more effective and accessible to consumers, meetings will be established in Helensville, Orewa and Warkworth. We will notify you of the times and venues as soon as we are able to.

Please contact Jim Campbell on 09) 623 1762 for information regarding either North Shore or Rodney Shared Visions.

West Auckland Shared Vision:

When: Last Friday of the Month

Consumer Forum 8.30 – 10.00
Group forum 10.00 – 12.00
Where: Kelston Community Centre
Great North Road
Glendene
(Top of the Hill by the cemetery)

Who: Anyone interested in Mental Health issues within the West Auckland Region.

Consumer Caucus:

The next consumer caucus is happening on *October 19th from 1.30-3.30pm.*

The Caucus is held at the GROW office on the corner of Kingsway Ave and St Lukes Road, Mt Albert. Transport assistance is available, and new people are always welcome.

The purpose of the caucus is to discuss what is happening in the sector at this time, and to provide information to be forwarded to strategic bodies such as the Network North Coalition and MHAC.

Getting Better Together Group:

Come and share your experiences or listen to other for mutual benefit.

Who: Anyone who has experienced mental health issues 3 week course about achievements, gifts, grief, stress, loss and personal stories.

Where: Whariki
54 Carruth Road
Papatoetoe

When: Mondays 12.30 – 2.30

Phone: Wayne Dye, 09) 278 8240

Peer Support Group:

Learn about it and Do it.

A group totally dedicated for the Support of People

A safe place where issues can be raised.

Friendly, Confidential, Supportive

Where: Whariki
54 Carruth Road
Papatoetoe

When: Every Thursday
1.00pm – 3.00pm

If you are planning on attending please call 09) 279 8233

Nutters Conference:

The Nutters Conference is being held in November down Hastings/Napier. We would be pleased to offer support by way of car pooling for anyone who is registered and wishes to reduce the cost of travel.

Please call Deb on 09) 623 1762 to arrange this, or 021 245 3566.

Deb can be emailed on manager@rcnet.co.nz if it is easier.

Phobic Phone Line:

A reminder to all that the Phobic phone line is available for support.

If you experience Panic, Depression, OCD, Stress related disorders, Anxiety, Phobias or PTSD, you are welcome to call and talk with someone.

The number is 0800 1 4 ANXIETY

That's – 0800 1 4 2 6 9 4 3 8 9

www.phobic.org.nz

The phobic phone line operates 24 hours, 7 days a week, and can be called from anywhere in the country.

Community Alcohol and Drug Services:

Just a reminder that CADS are a free service that operate across all of Auckland, and they are there to support people who have issues with Alcohol and Drugs. This includes family members or others who are concerned about the use or abuse of Alcohol and Drugs.

CADS can be contacted on 845 1818.

CADS offer services such as detox., counselling and workshops for people concerned about the affects of alcohol and drug. They work from a harm reduction model and are very client focused.

Network Phones:

Don't be alarmed, but the phones at the Network are going to undergo a small face lift. In the next few weeks, we will reduce to one phone number.

In order to reach Jim, Tui or Deb, you will need to call **09) 623 1762**.

The 09) 623 9384 number will be diverted to the aforementioned number and will have a message on it reminding you to call our other line.

This is in order to streamline the business and make it easier for all.

Computer Access:

The Network is able to offer people the use of computers, including printing facilities, copying and internet. We are able to assist you with the setting up of an email hotmail account, which you are able to access not only from our facilities, but from internet cafes. We would be happy to spend some time with you to help set this up, and to introduce you to the world of internet surfing.

If this sounds like it might appeal, or you want to find out more, call Deb on (09) 623 1762.

Network Hours:

The network has someone on site from 9.00am – 3pm Monday to Friday.

The Resource room is open to come and read in, or just come and relax in the environment and make yourself a cup of tea.

On behalf of the Regional Consumer Network staff, may you and yours have an excellent Labour Weekend.

Please do not hesitate to contact us with any queries you have or if we can be of any assistance.