

Connect Newslitt

Issue 28
December 2006
CMWB Regional Consumer Network

Kia ora, and welcome to the Connect Newslitt – Issue number 28.

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 add them in.

Merry Christmas and a Happy New Year

Well, its Christmas time again..... funny how it seems to roll around about every 365 days or so.

A time to take care of yourselves and your loved ones, and just to help with the process, we have included, courtesy of Adrienne Grace – a Network member, the recipe for happiness.

Recipe for Happiness:

Take a heaping cup of Patience
And a big heartful of Love
Add two handfuls of generosity
To all of the above:
Then blend in a dash of Laughter
And some understanding too;
Sprinkle generously with Kindness
And memories old and new,
Add a lot of faith and mix well
To make it rich and sweet,
And enjoy a heaping portion
With everyone you meet!!!!

Network Xmas BBQ:

December 15th was the day of our annual Xmas BBQ held here at the Network venue in Mt Eden. Excellent weather was ordered for the day, with many of us going home with the natural glow of the sun on our faces.

It was superb to have a combination of Board Members, Staff and of course, our valued members on hand for the festivities, and we had the best attendance yet at a Network event. We look forward to more events next year – and hope to have a BBQ towards the end of Feb, maybe the beginning of March before the weather turns cool again.

The Board made a tribute to our dear Johnny Siaoosi, who for family reasons stepped down from the role of Chairperson earlier this year. The Board and the staff also had the opportunity to thank members for their support of the Network this year.

A number of photos were taken of the occasion, and will be used on the website for a time in the new year.

Our thanks to all those members and network friends who were able to join us for the day. We look forward to seeing you next year.

And talking about Next Year:

We have some excellent opportunities coming up in the New Year.

WRAP planning is always a big discussion at many levels of the mental health sector, and following a week long training session, Gary Sutcliffe, in collaboration with the Network will be offering some workshops right across the region.

We will be planning these to begin running from mid March. Watch this space for further details, we will keep you informed as we enter the new year.

Workforce programmes are always a topic of interest, as has research. In the first three months of 2007, Te Pou – O Te Whakaaro Nui will be running a series of engagement forums which will provide you with an opportunity to talk about and help shape the future of the research and the workforce programmes.

For those of you with your diaries handy already, the dates for the local region here are:

Auckland (Central) 28th February 2007
Auckland (Manukau) 12th March
Whangarei 19th February

There are dates available for the rest of the country – check out www.tepou.co.nz for further information.

Food and Mood:

Anyone who would like to have a food and mood workshop at their centre, their residence or in their local community, please contact Adrienne Grace on 09) 480 0458.

Adrienne can also be contacted if you would like to experience the “Masks of Madness – science of health” video and seminar. Please see the number above for further information.

Employment Opportunity



Mental Health Support Services

215 Wairau Rd, Glenfield • PO Box 31803, Milford, North Shore City, New Zealand
Telephone: 64-9-4433700 • Facsimile: 64-9-4411200 • e-mailreception@amhs.org.nz

Team Leader Dual Diagnosis Support Services

AMHS provides a range of quality recovery focussed services to people who experience mental illness. These services encompass mobile community support and packages of care, EDGE employment and Residential Rehabilitation services.

This position offers an opportunity to work in an innovative and developing organization. The successful applicant will have the ability to contribute to this development. We offer a competitive salary package and support for professional development.

Applications close at **5pm 19th January 2007**. Please forward your CV and covering letter to admin@amhs.org.nz or post to P O Box 31803 Milford, North Shore City. For enquiries please phone Lorna Murray on 09 44 33 700.

P.S. Survivors Incorporate:

Building Relationships with a focus on community integration

We work to improve our own, and our peers' quality of life, through mutual support, action for change and information access

Contact details:

Phone: 09) 376 7164

Mob: 021 206 8759

Publications:

Journeys of Despair, Journeys of Hope.....

Young Adults talk about severe mental distress, Mental Health Services and Recovery.....

Mental Health Commission Research Report
Heather Barnett and Hilary Lapsley

This is an excellent publication for young adults who are struggling with the unique challenges and patterns of service use. Many people begin to use services for the first time between the ages of 18 and 29, and they are also one of the largest groups of service users. This publication talks to some of the challenges experienced in this very marginalised and often mis-understood group of people.

The Network has copies available should you wish to have a copy....

Northern Region Mental Health Emergency Telephone Numbers and Holiday Period Hours of Service. -----	Days Service is Closed -----
Auckland District Health Board emergency phone number 0800 800 717 and ask for the crisis service	Open right through
Counties Manukau District Health Board emergency phone number 270 4742 and ask for the crisis service	Open right through
Northland District Health Board emergency phone number 431 4100 and ask for the crisis service	Open right through
Waitemata District Health Board emergency phone number 486 1491 and ask for the crisis service	Open right through
Holiday Period Hours of Service.	
AMHS 443 3700	Closed 25 th & 26 th December, 1 st & 2 nd January
Bo Ai She 625 1668	Open. Meets every Wednesday 9am-12am
CADS 845 1800	Closed 25 th & 26 th December, 1 st & 2 nd January
Crossroads Clubhouse 376 4267	Closed 25 th & 26 th December, 1 st & 2 nd January
Deaf Mental Health Service 579 8415	Closed 25 th & 26 th December, 1 st & 2 nd January
Equip 477 0338	Closed 25 th & 26 th December, 1 st & 2 nd January
Framework Trust 815 5122	Closed 25 th & 26 th December, 1 st & 2 nd January
GROW 846 6869	Closed 25 th & 26 th December, 1 st & 2 nd January
Mind and Body 630 5909	Closed from 23 rd December and open on the 8 th January
Northland Mental Health Trust aka Solutions 438 6775	Closed 21 st December to 8 th January
Pacificare 256 0092	Open right through
Problem Gambling Foundation 368 1520	Closed from 22 nd to 26 th December. Closed again on 30 th December to 3 rd January.

Raeburn House 441 8989	Closed 25 th December. Open again January 21st
Regional Consumer Network 623 1762	Closed 22 nd December. Re-opens 3 rd January
Solutions. See Northland Mental Health Trust	
Supporting Families 378 9134	Closed 25 th & 26 th December, 1 st & 2 nd January
Toi Ora 360 4171	Closed for service until February 2007. Office open until Xmas. Telephone after Xmas for office staff.
Walsh Trust 837 5240	Closed 25 th & 26 th December, 1 st & 2 nd January
Whariki Whaiora 279 8233	Closed 25 th January. Reopening 8 th February
Yan Oi Sei 378 9134	Once monthly support group in recess over January
National Depression Line Available 8am until Midnight daily	0800 111 757
Lifeline 24 hours	09) 52 22999
Youthline 24 hours	09) 376 6645 0800 376 6650
Gayline 10am – 10pm weekdays 5pm – 10pm weekends and public holidays	09) 303 3584
Mensline	09) 522 2500
Chinese Lifeline	09) 522 2088

Regular Slots.....

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.

For more information – please call the Network or Raeburn House 09) 441 8989
Next forum will be in 2007

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.

The next West Auckland Shared Vision Hui will be held 07, we will let you know ASAP exactly when that will be happening.

Special Interest Groups – S I G's

Over the course of 2007 – GOSH are we there nearly, we will be establishing a number of Special Interest Group's and of course being in the world of the Mental Health Sector – we need an acronym so they are called SIG's.

We have identified the need for some, but if you have a special interest and think that it could be developed into a group – please call Deb to discuss the options. Here's some to start though.....

Plant Barn Special Interest Group:

The group consists of consumers who are working in Mental Health Services, and we provide discussion and support topics.

First group of the season –

February 22nd – at the Plant Barn on St Lukes Road

Café out the back. Come along – first coffee is on us.....

Smokers Special Interest Group:

First meeting – February 1st, 10.00 at the Network.... 762 Mt Eden Road, will be excellent to see you there. Let Deb know if you would like a copy of the policy for WDHB, CMDHB or ADHB regarding the Smoke Free DHB world.

Evening Support Group for Workers:

We would like to propose that for those of us who are in employment and cannot make a day time meeting – such as the plant barn, that we introduce an evening support meeting perhaps once per month.

Feedback or suggestions on this would be welcome.

Please contact Deb or Tui in the new year if you would like to join this group

Consumer Caucus:

The next consumer caucus won't be happening until February next year

The Caucus will continue to be held at the GROW office on the corner of Kingsway Ave and St Lukes Road, Mt Albert for the early part of next year, although we are looking at alternative spaces also.

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. This is very much a forum for discussion and meeting people however, and even if you just want to rock along and enjoy the company and the muffins, please feel free to do so.

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.

Please see the attached holidays schedule to assist with times CADS will be open.

Membership packs:

You can expect to receive your membership pack and membership card in January of 2007.

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.

Network Phones:

The Regional Consumer Network now has **ONE phone number**. Tui, Jim and Deb can all be contacted on **09) 623 1762**.

Debs cellphone number is: **021 245 3566**

If you are needing to get hold of Deb urgently and she is not in the office, please feel free to ask Tui and or Jim to ring her with your number and she will get back to you as soon as possible if you are not able to make a cell phone call.

Complaints:

The Network has a formal complaints procedure in place which was identified in the Newslitt earlier in the year. Just a reminder, if you wish to make a complaint, please contact the Network for the documentation – which will enable you to contact the people in the process you need to connect with.

Holiday Hours:

The Network office will be closing on December 22nd, and reopening on January 3rd 2007. Look forward to seeing you then.

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

**The CMWB Trust Regional Consumer Network
would like to wish you a very Merry Xmas and a safe new
year.**

**Thank you for your support over the year
We look forward to seeing you in 2007.**

**CMWB Trust Regional Consumer Network
P OBox 10 256
Dominion Road
Auckland**

09) 623 1762

Fax: 09) 623 1763

www.rcnet.co.nz

general enquires: office@rcnet.co.nz