

# Connect Newslitt

Issue 29  
February 2007  
CMWB Regional Consumer Network

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## **Kia ora, and welcome to the Connect Newslitt – Issue number 29**

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.

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## **Happy New Year!**

A strange thing to say at this time of the year – but, this being our first communication of the year – I would like to say, I hope the festive season was a good one for all.

We have some great things happening the year, we have a consolidating board, some new opportunities, some growth happening with things such as the Speakers Bureau, and a good sense of well-being about what is happening on the whole.

The Network has an Audit coming up in March which we are very excited about. Audits are a time for growth and reflection, and certainly a positive experience we hope. If you would like to provide some feedback to the Auditors about the Network and good stuff, or improvements that can be made, we would very much welcome that. Deb can be contacted to discuss options for doing this.

We have tried to include a variety of updates and meetings for this Newslitt, but please, if there is something you would like to know, do not hesitate to contact us and will do our best to get you some information.

All the best for 2007. We look forward to keeping you up to date.

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### **Wrap Planning:**

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) 28<sup>th</sup> February 2007  
Auckland (Manukau) 12<sup>th</sup> March  
Whangarei 19<sup>th</sup> February

There are dates available for the rest of the country – check out [www.tepou.co.nz](http://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.

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### **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

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### **Te Ata Term One Courses:**

There are a number of programme available at Te Ata this Term including Visual Arts, Clay Modelling, Glass Painting and Handicrafts.

Te Ata is located at 14 Hickory Avenue in Henderson.

If you would like a copy of their courses, please contact the Network, or alternatively call Te Ata on – office, 09) 837 0671

Te Ata hours are: Tuesday to Saturday – 10am until 4.30pm.

### **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.

This meeting happens on the Second Wednesday of each month.

Consumer meeting begins at 10.30am.

This month is educational videos/DVD's on bi-polar and schizophrenia

General meeting at 12.20pm.

Venue – Te Puna Hauora (Awataha Marae)  
Akoranga Drive  
Northcote

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

### **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 February 23<sup>rd</sup>.

### **Consumer Group Meetings Incorporating Shared Vision in the Rodney District**

Helensville: Meets the last Thursday of each month.  
Venue: Helensville Community Centre  
Time: 10.00am

Warkworth: Meets every Monday from 10.00am until 12.20pm.  
Venue: Waitemata Health Building  
Alnwick Street  
Warkworth

Red Beach: The Red Beach meeting is yet to be confirmed, we will notify you in the next Newslitt of the times and venue. In the meantime, if you contact Jim at the Network, he will be able to let you know of the updates and anything that is happening.

### **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 22<sup>nd</sup> – at the Plant Barn on St Lukes Road

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

### **Smokers Special Interest Group:**

**Next Meeting 1<sup>st</sup> March 10.00am 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.

### **Funding Expo**

There is a funding expo being held on Wednesday 21<sup>st</sup> February up in Three Kings at the Flicking Centre.

The Expo is being put on by the Auckland City Council and gives people access to some of the major funding players in the region. This years expo will include Lyons, ASB and of course, Auckland City Council.

Alongside this, the Auckland City Council offer workshops/training days which look at how to go about completing a funding application.

If your organisation is looking for funds to cover a specific project, to purchase assets, or even to cover volunteer costs, this is an expo well worth exploring.

Each funder is different, and it isn't often you can talk directly to them about what they will and won't fund.

The expo will held between 10am and 3pm. No registration required.

### **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.

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.

Caucus Dates: 2007

February 15<sup>th</sup>

May 17<sup>th</sup>

March 15<sup>th</sup>

June 21<sup>st</sup>

April 19<sup>th</sup>

Meetings start at 1.30pm and are finished by 3.30pm.

Transport assistance is available, and new people are always welcome.

### **Family Forum:**

The Family Forum meets on a monthly basis. This is held at the NDSA – Tui Room, Level 2, 650 Great South Road, Penrose.

Meeting starts at 1.30 and runs until 3.30pm.

If you would like to know more, please call the Network and talk with Deb

### **Addictions Forum:**

The Addictions Forum is held once every two months. Next meeting is April the 5<sup>th</sup>.

Venue: NDSA Level 2, 650 Great South Road, Penrose.

Meeting starts at 1.00pm and runs until 3pm.

If you would like to know more, please call the Network and talk with Deb

### **Grandparents raising Grandchildren:**

For those Grandparents amongst us who have a role in the upbringing of our grandchildren/moko, this is an excellent group that provides information and support. Many people attending have had exposure to the ups and downs mental ill-health brings to family.

The year is starting with a support group meeting on **Wednesday, 21 February at Kelston Community Centre Committee Room, 12 noon – 2pm.** There will not be a speaker at this meeting, instead an opportunity for new members to meet old hands, a catchup on the news and plans for 2007.

For more information – please ring Tui here at the Network.

### **Changes to Caregiver payment:**

This relates to caregivers who receive an Unsupported Child's Benefit, Orphan's Benefit or Foster Care Allowance. Changes by way of an increase will occur from April 2007. If you would like further information about the changes, please contact Tui at the Network.

### **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](http://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.

### **Membership packs:**

These will be accompanying this Newslitt.

### **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.

Our capacity to do this is through the sponsorship of the Auckland City Council who provided funding in the amount of \$3000.00 for new computers



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

### **Resource Room:**

The resource room has an ever increasing supply of books, articles, DVD's, tapes etc for your use. The Resource Room is open on Tuesday and Friday from 10am until about 3pm. At any other time, the room can be opened for you by calling the office. All resources can be viewed on site, and with the exception of some reference only material, most can be loaned out.

If you are unable to make it out to see us but would like to receive something, please call, we can get it out to you.

### **Cleaner:**

We are looking for a cleaner for a couple of hours each week. If you or someone you know would be interested, please contact Deb for further details and information.

The site is here at the Network – 762 Mt Eden Road, Mt Eden.

### **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.

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

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

**09) 623 1762**

**Fax: 09) 623 1763**

**[www.rcnet.co.nz](http://www.rcnet.co.nz)**

**General enquires: [office@rcnet.co.nz](mailto:office@rcnet.co.nz)**