

Connect Newslitt

Issue 30

March 2007

CMWB Regional Consumer Network

Kia ora, and welcome to the Connect Newslitt – Issue number 30

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.

Happy Audit

The Regional Consumer Network and the Council for Mental Well-Being Trust have recently undergone an audit of services. The audit was completed by HADANZ, and covered the complete service we offer to members.

We would like to thank all of you who were able to participate in the day and who were able to bring the membership view.

The audit was a satisfying experience for the Trust Board members and Network staff. We were able to identify areas for improvement and look at how to move forward. A definite learning curve for us, and a day of great excitement – once the stress was over.

What is legal aid, and can I have access to it?

Under the Legal Services Act 2000, the Legal Services Agency (LSA) administers a large number of schemes among which are: civil and criminal legal aid, the contracting and funding of community law centres, providing or funding law-related education and legal information, undertaking or funding research into the unmet legal needs of communities and how those needs may be met.

A Public Advisory Committee (PAC) has the very valuable role of providing advice to the Agency in some of these areas, particularly community concerns about community legal services, the unmet legal needs of communities, the funding of individual community law centres, legal education programmes for the public and rendering information and forms understandable and usable for as wide a range of people as possible.

The membership of the Public Advisory Committee (PAC), limited to 10 people, must represent the interests of the communities. Specifically, representation includes, women, youth, older persons, maori, Pacific Island persons and persons with disabilities, including people who experience mental health issues and who access Mental Health Services. The legal profession and community law centres are also represented.

Legal Aid is available to persons who meet a specific set of criteria, which includes limited income. This particular criteria has been expanded recently and in the next six months or so, legal aid will be available to a wider range of persons. Legal aid means that you will be able to have access to a lawyer, and a payment scheme in place which you can afford. It is not free legal service, but a negotiated agreement.

If you want to access legal aid, you can contact your local Community Law Centre, who will connect you to a solicitor who works within the scheme. In Auckland, the Community Law Centres include – Youth Law, Grey Lynn Community Law Centre, Waitakere Law Centre, Mangere Community Law Centre and Otara Community Law Centre.

The Mangere Community Law Centre is planning to host a new service for people with disabilities, and also are working closely with Pacific people.

Deb has been a member of the PAC for the last 12 months and can be contacted to discuss any questions that might arise from this 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.

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

CONGRATULATIONS :

Our congrads go out to Sandy Anderson for writing the following poem. It is currently on the web and part of a competition.

Sandy has been a member of the network for a number of years, and poetry writing is but one of her many strengths.

Free Spirit

by: Sandy Robyn Anderson

Turn down the sun and creep into the air all you
night entities. Stretch your presence across
Breath slither and multiply into the night
Open your eye to the fascination and wonder of life.
Every colour every breath every feeling is expressed
through the soul, Snap, as the mood changes the body
follows, jump, and the body is quick to act, blink and life
goes by in second. Turn on turn on turn on and captivate
the human spirit

<http://www.poetry.com/voteforme/poemvote1>

Membership Packs:

Membership packs have been sent to all members, however, in the process of updating our database, we fear we may have most accidentally left you out. PLEASE contact the office to ensure we get your membership pack out ASAP to you. Our most humble apologies if we have left you off the receiving list to date.

Meeting of the Regional Networks:

NEW

As you are aware, The Regional Consumer Network here in Auckland is one of four Networks across the country. There is also Midlands, Central Potential, and of course our friends down in the Southern Network Region – otherwise known as the South Island.

Eight people from the four Networks – two from each region, will be meeting in April, formally for the first time in many years, to discuss consumer issues and look at what is happening across the country. At this time, Tou Hau, and Deb Christensen will be attending, and will be feeding back in the May newslitt the meeting details and what actions were decided etc. Watch this space for further information.....

Te Ata Term One Courses:

There are a number of programmes 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.

Bi Polar Mood Disorder Support Group 2007:

NEW

- Do “highs or lows” in your moods affect your day to day life?
- Would meeting with others with Bi-Polar Affective Disorder be helpful to you?

We are holding regular meetings to discuss

- Support/Information Sharing
- Education
- Medication
- Alternative therapies
- Recovery based approaches

Where: St Lukes Community Mental Health Centre
Between 6-6a Western Springs Road
MORNINGSIDE

When: April 5th 2007 Aug 2nd 2007
May 3rd 2007 Sep 6th 2007
Jun 7th 2007 Oct 4th 2007
Jul 5th 2007 Nov 1st 2007

Any queries please contact
Allan or Robyn on (09) 845 0940.

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, there will be a visit to the Devonport Gardens.

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 23rd.

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 first meeting is being held on Wednesday 28 of March **NEW**
Venue: Lounge Room, Red Beach Methodist Church,
76 Red Beach Road, Red Beach
Time: 10:30am

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:

Next Meeting 12th April 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.

Consumer Caucus:

The Caucus will continue to be held at the GROW office on the corner of Kingsway Ave and St Lukes Road, Mt Albert.

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 15th

May 17th

March 15th

June 21st

April 19th

Meetings start at 1.30pm and are finished by 3.30pm.
Transport assistance is available, and new people are always welcome.
We look forward to seeing you there.

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 5th.
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.

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

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.

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.

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.

Organisational Policies and Procedures:

The CMWB Trust and subsequently the Regional Consumer Network have recently reviewed all the organisations policies and procedures. Members and other stakeholders are most welcome to come and review these documents and provide suggestions for improvements.

Feel free to ask for them when you are in the office, or call Deb for copies if you would like some posted out to you.

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

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