

Connect Newslitt

Issue 32
June 2007

CMWB Regional Consumer Network

Kia ora, and welcome to the Connect Newslitt – Issue number 32

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.

Consumer Friendly Family Member WANTED!!

Thanks — to everyone who indicated interest in joining the Board. Just to ensure we are keeping the gates of opportunity open, we are putting this out again. We look forward to having our Consumer Friendly Family Member join the board soon!!!

We need a consumer friendly family member to join the board of the Council for Mental Wellbeing Trust – the board that has the contract that operates the Auckland Regional Consumer Network. The board is a dynamic group of committed people with a passion to improve things for consumers in the greater Auckland region. We meet approximately bimonthly and while this is an unpaid situation all meeting expenses are reimbursed.

If you know, or are, a committed and passionate person who cares about someone close to you who struggles with their mental wellbeing this position would be great for you. Plenty of support and governance training will be offered, and you won't be sorry.

For further information please ring the office and leave a message for Wendy, the Chair of the board.

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.

Snippets:

Psychiatrist after evaluating a new patient:

"We can't find anything wrong with you, so we're going to treat you for Symptom Deficit Disorder."

Psychiatric Survivors Incorporated

Psychiatric Survivors is the longest running Consumer Organisation that New Zealand has. They still have presence here in Auckland, and have a regular meeting weekly.

The group is interested in Building Relationships with a focus on Community Integration

For details and the opportunity to join them for their meetings, please call Julian on 09) 376 7164, or his mobile number is 021 2068759

Meeting of the Regional Networks:

Updated!!!!

The next meeting is looking to be in July – at which time a Terms of Reference will be set for the Meeting.

The kaupapa of the meetings, of which there will be two more this year, and a further three (fingers crossed) next year, is to strengthen relationships and the feedback loop to the Ministry of Health. This provides us with the opportunity to discuss the Consumer movement in New Zealand and focus on “Where is Consumer Leadership Heading” amongst other things.

The minutes of these meetings are open documents, and if you would like further details, please call Deb or Tou.

Te Ata Term Two Courses:

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

Te Ata also have a number of social opportunities including Crossword Mornings on a Saturday and the Wednesday Out and About group.

Te Ata is located at 14 Hickory Avenue in Henderson.
Don't be shy – give them a call and get involved!!!

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:

- 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: ~~Jun 7th 2007~~ Sep 6th 2007
Jul 5th 2007 Oct 4th 2007
Aug 2nd 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.

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 Friday 29th June – Topic of interest this month is

MATERNAL MENTAL HEALTH
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
Alwick Street
Warkworth

Red Beach: The Red Beach meeting is yet to be confirmed, we will notify you with the progress of this meeting as it comes to hand.
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.

We met on the Third Thursday of the month so at the St Lukes Plant Barn – on St Lukes Road.

Café out the back. Come along – and we will shout the first coffee of the afternoon.

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.

Our July meeting – 19th July – will include our visiting speaker – Carolynn Swanson from Te Pou. We were hoping to grab her for June, but Carolynn wasn't able to commit to the afternoon due to prior arrangements.

We have tightly secured her for July though.

Top of conversation will be WORKFORCE DEVELOPMENT. One of our regular members has raised the issues of workforce, and discrimination, and Carolynn will talk to us about the National Strategy. Come along with your questions in July, but don't forget to join us in June either.

Caucus Dates: 2007

June 21st

July 19th

August 16th

If you have a specific topic that you would like us to explore at the Caucus meetings, please let Jim – Facilitator know.

You can approach any of the Network members if you would like to Facilitate the meetings, or learn to.

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.

2nd National Consumers' Summit

26 November 2007, Waipuna Hotel and Conference Centre, Auckland
www.nzgg.org.nz – click on 2nd National Consumers' Summit button

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.

Employment Opportunity

Consumer Advisor – Waitemata District Mental Health Services Northshore Adult Mental Health Services

We are looking for a dynamic and enthusiastic person to work with inpatient and community mental health services on the Northshore. You will be involved in providing advice on how these services can be more responsive to the needs of the people who use them.

Report directly to the Locality Manager North, and the Consumer Consultant, you will have personal knowledge and experience of mental health issues and services, be a good communicator and demonstrate sound judgement.

Computer skills, drivers licence and the ability to work both independently and as part of the team are essential.

To find out more – please contact Ana Sokratov, 09) 487 1500 ext 7409

or

Email: Ana.Sokratov@waitematadhb.govt.nz

Closing date: July 13th 2007

If you are interested in applying for this position and would like some assistance with the development of your CV, the Network would be happy to support you with this. Please contact Deb, Jim or Tui on 09) 623 1762

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.

For enquires, call Tou on 09) 623 1762 Tuesday's or Friday's.

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.

Contacting us:

Tui, Jim, Tou and Deb can all be contacted on **09) 623 1762**.
Debs cell phone 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. 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.

A copy of the complaints procedure can be found in your membership pack also. Compliments are also most welcome!!

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.

Bo Ai She **Chinese Mental Health Peer Support Organisation**

Bo Ai She is a peer support organisation involved in supporting the Chinese community where mental health is an issue. Their support includes WRAP training – which support consumers to have a Wellness Recovery Action Plan in place. For further information, please contact David on 09) 625 1668 or 09) 624 3880.

Bo Ai She can also be contacted if you would like a person from the Chinese community to come and talk about Mental Health issues.

GROW **World Community Mental Health Movement**

The GROW Centre can be found at 97 St Lukes Road in Mt Albert – right across from the St Lukes Westfield Centre.

GROW is an organisation that fosters friendships in order to support mental health.

If you would like to find out more about them The Centre can be reached on 09) 846 6869

Their email addy is: auckland@grow.org.nz

Auckland Stakeholders Group

The Auckland Mental Health Stakeholders Group is looking for a consumer to join. There are limited places on the group, and the interested person needs to meet the criteria for joining. The group is charged with discussing issues pertaining to Mental Health, and by Stakeholders, refers to a wide group of persons interested in the sector. Participation on the Group will involve some knowledge of policy and the wider sector, but if you are interested, please call Deb to discuss further.

Internalised Stigma

The Mental Health Foundation of New Zealand, as part of the Like Minds, Like Mine project to counter stigma and discrimination associated with mental illness, is undertaking research looking at the issues of internalised stigma and self-discrimination for people with experience of mental illness. The research team consists of the focus group facilitators, and Debbie Peterson, Alex Barnes, Bernie DeLord and Jane Norman from the Mental Health Foundation.

The aim of this research is to understand more about how internalised stigma affects people with experience of mental illness and what can be done to reduce its effects on people's lives. We are interested in both negative and positive experiences.

In recognition of the time involved in this study, you will receive a Warehouse gift voucher. A full report on the study is expected to be released at the end of the research by the Mental Health Foundation for the Like Minds project, and this will also be made available to you if you wish.

Participation in this research is voluntary, and you may withdraw from the research at any stage without having to give a reason.

You will be asked to sign a consent form saying that you have read this information and have had an opportunity to ask any questions about the research.

If you would like to participate in this research, please contact Tui at the Regional Consumer Network on 09) 623 1762

Peer Support Specialist Training

Are you interested in becoming a peer support specialist for Mental Health within South Auckland?

Specialist trainers from Meta Services in Phoenix, Arizona (USA) will be facilitating this training which will equip you to apply for a Peer Support Specialist role.

This training is open to all people with lived experience of mental illness who live in Counties Manukau or want to work in Counties Manukau.

When: 16th July 2007 - 27th July 2007
Cost: Nil

Please register your interest by Friday 6th July, 2007
to Denise Newell
denise.newell@pathways.co.nz
or
phone (09)261 3415

To assist with selection you are required to fill out the application form attached and send to:
Denise Newell
Pathways Trust
PO Box 76 536
Manukau City

Previous WRAP training is preferable, but not necessary.
Please note that acceptance to this training does not guarantee employment.



If you are interested in this, please contact the Network for a Registration form A Community Partnership

Family / Whanau Support Service

Whariki: Whaiora Family/Whanau Service

54 Carruth Rd
Papatoetoe

Phone 09- 279 8233

Our Service offers Families/Whanau

Personal Support 1:1

Education / Information

Education regarding relevant Mental Illness

Training in Family communication and problem solving skills

Developing coping strategies

Access to Support Groups and Peer support Networks

So if you would like to use our Service as a Family member

OR

If you would like to refer family members to us

Please Feel Free!

Contact

Louise Rattray
Family/Whanau Support Worker
Email: lousier@challenge.co.nz

Phone 09- 279 8233

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

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

09) 623 1762

Fax: 09) 623 1763

www.rcnet.co.nz

General enquires: office@rcnet.co.nz



Thanks, and have a great day

