

Sunflower

Newsletter - June 2011

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If you would like to send us a letter article or comment on this newsletter, please post to:

Newsletter,
SFMI Auckland,
PO Box 78-122,
Grey Lynn, 1245 or

Email: admin@sfauckland.org.nz

The opinions expressed do not necessarily reflect the views of SFMI Auckland committee, staff or members.

Beating The Winter Blues



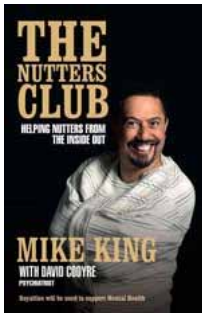
The shortest day of the year falls on 21 June in the southern hemisphere. And many of us may find ourselves a little flat and unmotivated as we settle into winter, says Mental Health Foundation's Chief Executive Judi Clements. About 10% of New Zealanders have seasonal affective disorder (SAD) but many others experience a milder form of low mood, referred to as the "winter blues" at this time of year. The Foundation advises that there is a lot you can do to help yourself. While most of us feel like hibernating over the colder months, Judi Clements stresses it is important to continuing with things that support wellbeing: "We can drop out of our networks and become more prone to depression in winter, so it's important for your mental health to keep connected to your friends and family and keep doing the things you enjoy." The Mental Health Foundation encourages people to look at the five winning ways to wellbeing – connect, give, take notice, learn and be active – and how to adapt them from a summer to a winter environment. Mix it up, try something different every day (a new walking route, cook a special meal) or set small tasks or goals to get you through to spring. Little things can make a big difference in overcoming the winter blues. (www.everybody.co.nz)



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PO BOX 78-122, Grey Lynn
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A new book, released on 20 May, helps shine a light on mental illness by detailing the experiences of some high profile and also not so well known New Zealanders.

The Nutters Club book is essentially a collection of 11 stories as told to comedian Mike King and Auckland psychiatrist David Codyre from The Nutters Club – a regular Sunday night show on Radio Live that also screens on Maori Television.

The stories are edited transcripts of the shows and move back and forth from interviewee to Mike and David as questions arise. It proves to be an effective way to meld and make meaning of all these expert points of view - and it doesn't shy away from exploring those uncomfortable questions about the pros and cons of medication, hospital care and diagnostic labels.

Mental health peer support network spokesperson Susie Crooks was happy to take part in the book because she believes people's stories give a human face to mental distress. "You have to use examples and language that resonate with people. That's what Mike's book has done," she says.

Well-known Kiwis who join Susie in speaking out are Split Enz bass player Mike Chunn, top fashion designer Denise L'Estrange-Corbet, comedian couple Chris Brain and Irene Pink, actress Nicola Kawana, Carterton Mayor Gary McPhee and King himself. Equally interesting and inspirational stories come from lesser known individuals: Brenda Cheyne, Gary Cody, Dean Kini, Ivan Yeo and Rhys Green.

The Mental Health Foundation chief executive Judi Clements says people will respond to this book because the stories are fascinating and true accounts of others' experiences, conveyed with passion and humanity.

The Nutters Club: Helping nutters from the inside out
Mike King with David Codyre
Random House \$39.99
ISBN 978-1-8679-401-9

Building Resilient Communities: Are you ready?

Shared Vision North Harbour
Promoting Mental Well-being
Introducing the new
quarterly lunch series

Building Resilient Communities
Are you ready?
What do you need in your box, to get through?

FREE

Everyone is welcome to come and join us for an entertaining and informative session. Find out how you can keep your-selves, friends and family strong and resilient if disaster strikes.

Date: Tuesday 21 June 2011

Time: 11.45am - 1.30pm, lunch included

Venue: AMI, Netball North Harbour
Function Room, upstairs
44 Northcote Road, Northcote

11.45am - Lunch

12.15pm - Introduction, Sue Beresford
Panel of speakers

- Grant Kenny - Community Constable
 - Grant McGregor - Psychotherapist
 - Jill Nerheny - Community Co ordinator
- Questions & Answers

Please RSVP to christine@raeburnhouse.org.nz
or phone 486 8939, for catering purposes

Thanks

Supporting Families in Mental
Illness Auckland would like to thank the generosity of
the NZ Lottery Grants Board in funding SFMI's
family/ whanau support work.



NEW ZEALAND LOTTERY GRANTS BOARD

Proudly Supported by



THE LION
FOUNDATION





upstairs gallery

Open 7 Days, 10-4:30pm. FREE ENTRY

2011 TCAC

Emerging Artist Awards

7-31 July



2010 Winner: Pod Number II by David Hilliam



2009 Winner: Nuance by Linda Dixon



2008 Winner: Rachel by Elise Ure

* CALL FOR ENTRIES *

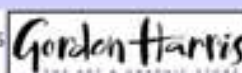
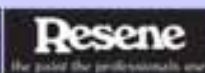
from EMERGING and COMMUNITY visual artists !

3 Grants To Be Awarded—\$1000 and 2 x \$500

Entry forms and details are online now: www.upstairs.org

Or pick one up from the Upstairs Gallery,
Level ONE, Lopdell House, 418 Titirangi Road, Titirangi.
t: 817-8030, e: upstairs_lopdell@xtra.co.nz

Deadline for submissions: Friday 17th June



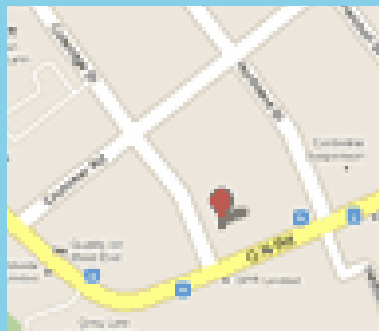


SUPPORTING FAMILIES

Auckland

www.sfauckland.org.nz

Ph: 09 378 9134



Fellowship House
423 Great North Rd,
Grey Lynn

Fieldworkers:

David Murray

email: David@sfauckland.org.nz

Evelyn Mufunda

email: Evelyn@sfauckland.org.nz

Mona Tupuai

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Natalie Heijm

email: Natalie@sfauckland.org.nz

Tina Haresnape

email: Tina@sfauckland.org.nz

Wendy Siu

email: Wendy@sfauckland.org.nz

Family/Whanau Support Groups

(all at Fellowship House)

Pacific Island

3rd Wednesday of the Month,

10:00am–12pm

Central Auckland

3rd Tuesday of the month,

6:30pm- 8:30pm

Peer Support for Parents

2nd and 4th Wed of the Month

10:30am

Central Auckland Update



The ADHB Family Forum was held Monday 23rd May, at Western Springs. The theme "How do NGO services in ADHB support mental health recovery"?

The forum was well attended, services included, Affinity, Pathways, Mind & Body Peer Support & Engage, Connect Parent & Children support, Supporting Families, Vaka Tautua, Arahura-Clubhouse, Thrive, Challenge Trust, Equip, Framework, Richmond Fellowship and Toi Ora.



NGOs set up information stalls and the evening started with each service giving a brief presentation. This was followed by supper and then an opportunity for questions and answers, the panel consisted of one representative from each service.



Overall the forum was well attended by services and family members. It provided an excellent opportunity for family members interested in finding out more information about available services and it was also a great opportunity for services to meet other NGOs and their team members.



Supporting Families would like to thank Leigh Murray (ADHB Family Advisor) for the wonderful job she does in promoting and improving family inclusion in the care of a loved one with mental illness.



Comments from Attendees

"Thank-you for getting us all together. Wonderful community spirit."

"I'm reserving a place for your next forum"



Touch Tournament

This event began 11 years ago within Framework Trust as a way to keep fit. It began with only 4 teams but soon generated the interest of other mental health services. The Tournament has now expanded and grown to 25 teams on average, made up of mental health service workers and clients, with two tournaments a year.



SCHIZOPHRENIA RESEARCH MEETING, 2011

The New Zealand Schizophrenia Research Group (NZSRG), which works in collaboration with SFNZ Inc ("Supporting Families in Mental Illness", formerly "Schizophrenia Fellowship of New Zealand"), has met annually since 1994.

This year the meeting will be held on Thursday 18th and Friday 19th August, 2011 in the Auckland Centre of Otago University (385 Queens Street, Auckland).

Schizophrenia intersects with many fields of research, and we will accept papers for presentation on a wide range of topics, including basic neuroscience, genetics, psychological studies, treatment options, social and cultural factors, service delivery, and other topics. Papers are intended to take 30 minutes each, including discussion. Apart from regular papers on such topics, two special events are planned for the 2011 meeting.

[Open Forum on Research Participation and Partnership](#)

One difficulty for much of the research in this field (and not only in New Zealand) is to engage the people most directly affected by these disorders as active well-informed, and willing participants and partners in research. It may be possible to discuss how to deal with technical language and concepts in research meetings which include community persons as well as researchers; and the realities, difficulties and constraints facing researchers even before they incorporate wider community perspectives.

[Invited Speaker: Dr Carmel Loughland, from New South Wales](#)

In New South Wales a volunteer research register has been in operation for over ten years, as an essential part of the infrastructure for research on schizophrenia. Nothing like this exists in New Zealand at present.

Dr Carmel Loughland, from the School of Medical Practice and Population Health Faculty of Health, University of Newcastle, is the manager of this register. It is hoped that Carmel will be able to join our meeting in August to give a keynote lecture (followed by discussion) on the setting up, and operation of the volunteer research register.

Registration for the 2011 NZSRG meeting is via the form on the website. Registrations may be made up to Saturday 13th August, but we appreciate early registration, for which there will be Early Bird registration, with reduced fee, with deadline of Monday 18th July.

Abstracts: Up to 300 words plus details of authors and their affiliations, to be sent to: nzsrorg@gmail.com

For more information visit: www.nzsrorg.org.nz

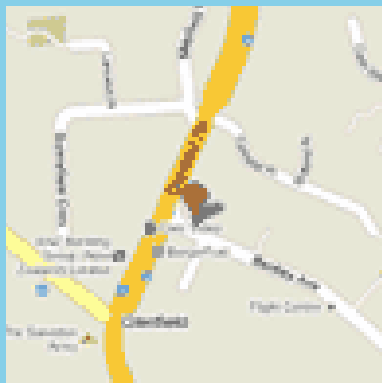


SUPPORTING FAMILIES

Waitemata

www.sfauckland.org.nz

Ph: 09 440 9812



Glenfield Community Centre
Cnr Glenfield Rd and Bentley Ave
Glenfield

Fieldworkers:

Peter Grace

email: Peter@sfauckland.org.nz

Annais Allen

email: Annais@sfauckland.org.nz

Family/Whanau Support Groups

North Shore

Glenfield Community Centre
Cnr of Bentley Ave & Glenfield Road
2nd Thursday of the month,
7:00-9:00pm

West Auckland

Waitakere Community
Resource Centre
8 Ratanui St, Henderson
1st and 3rd Thursday of the month,
10:00-12:00 pm

Waitemata Update

We've had a busy month supporting families and their loved ones. As well we have spoken with AUT students about SFMI services, and the benefits of including families in the recovery process of their loved one.



UPCOMING EVENTS

7th June

9am – 3pm at Glenfield Community Centre, Cnr Glenfield Rd and Bentley Ave, Glenfield.

LEAP training for families. A free communication skills workshop, based on the LEAP model – Listen, Empathise, Agree and Partner. LEAP is a training programme designed to strengthen relationships and promote the recovery of people affected by mental illness.

The LEAP one day training programme teaches families and whanau how to better understand and strengthen their relationship with a loved one, and how to assist them in engaging with people who are trying to help them.

14th June

6.30pm – 9.30pm at St John's Catholic Church, 180 Centreway Rd, Orewa

WDHB Family Participation Forum. First Aid in Crisis: supporting families and loved ones with suicide. 4 speakers including representatives from: Youthline, Psychiatry, Solace and family.

Also in June we will be presenting info about SFMI services to WDHB Care Coordinators, and at Waatarau Acute Unit.

Annais

FAMILY PARTICIPATION FORUM

Tuesday, 14 June 2011

All Families/Whanau and Informal Carers come along and listen to loved ones, their families, and support services. Share experiences, strategies and skills to better manage and enable recovery

From 6.30pm – 9.30pm

at

*St Johns Catholic Church
180 Centreway Road,
Orewa*

Light refreshments will be provided

RSVP to

Debbie Crichton (WDHB)

[Debbie.Crichton@waitematadhb.govt.nz]

Noeline Te Pania (WDHB)

[Noeline.Tepania@waitematadhb.govt.nz]

For more details contact;
Noeline WDHB Lead Family
Advisor on 09 4871500
or
Annais or Peter SF Auckland on
09 440 9812

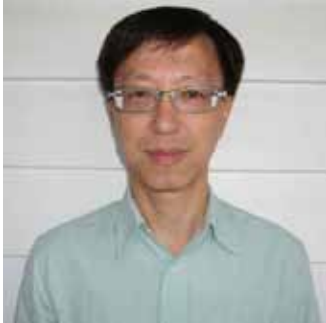
WDHB Mental Health services in collaboration with CADS, Takanga a Fohe, Equip, Connect, Challenge Trust and SFMI Auckland





Counties Manukau Update

South office is now twice the force again, with the addition of Coleman to the team! It's great to have Coleman on the team; his experience will be a big asset to assist us in our work. It's been a busy couple of months but great ones in the South!



My name is Coleman Lam and I am very thrilled to become one of the family/whanau fieldworkers based in the South Office.

I was brought up in Hong Kong, a metropolitan city composed of people with different cultures and ethnicities. My background enables me to work with families from diverse backgrounds.

I have an educational background in teaching and social work. I have been working for over three years as a community support worker with people with an experience of mental illness. My role was focused on supporting them towards their pathway of recovery using a strength based model.

I found that family inclusion is of utmost importance in supporting the loved one with mental impairment, whatever your culture is. I am passionate about and enjoy working alongside families. I look forward to working with other team members collaboratively contributing our knowledge, experience, passion and enthusiasm in supporting loved ones and their families in mental illness.

God Bless

Coleman Lam

Registered Social Worker
Family/ Whanau fieldworker

The Cottage will be moving to new premises mid June (to the old ACC building located further up on Great South Road) and the building will be named 'Matariki', so we look forward to the new working environment. There will be an office blessing held on the Friday of the weekend move.

Talks are under way to begin running forums for our families in South. CMDHB Family Advisor Sue Cotton is on board and we're keen to get this underway for families, so we'll keep you posted – exciting stuff!

We'll also be starting fortnightly visits to Tiaho Mai mental health unit and making our presence known to families who may require support. Our BPD and Howick Pakuranga Support groups are still running and have had steady attendance; we welcome all newcomers to the groups and see the benefits of sharing and gaining mutual support.

We've made contact with mental health centres in South and have received a steady flow of referrals not just from within mental health services but also other external agencies, which shows a great need for support in the area of mental health. Unknown to me, the Regional Consumer Network not only meet in Central but they're out South as well! I attended their Manukau hui in April, meeting with other services and tangata whaiora alike and discussing models to work by which RCN will run with.

Till next time!

Olivia

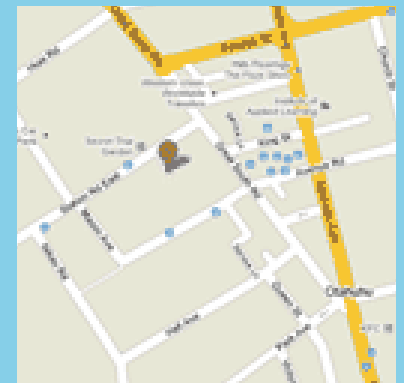


SUPPORTING FAMILIES

Counties Manukau

www.sfauckland.org.nz

Ph: 09 270 8543



**The Cottage,
24 Station Rd,
Otahuhu**

Fieldworkers:

Olivia Salanoa

email: Olivia@sfauckland.org.nz

Coleman Lam

email: Coleman@sfauckland.org.nz

Family/Whanau Support Groups

Howick & Pakuranga

Highland Park Community Centre
47 Aviemore Drive, Highland Park
3rd Monday of the month,
7:30-9:00pm

Borderline Personality Disorder

Friendship House, 20 Putney Way,
Manukau City
1st Monday of the month
7:00-9:00pm

Kids Club Pilot Evaluation

Latest research from SFMI Auckland
Supporting Families in Mental Ill-
ness Kids Club Pilot Evaluation

A summary of and key points from
the Kids Club Pilot Programme
evaluation report by Jo Hazel

In early 2010, Supporting Families in Mental Illness Auckland (SFMI) began planning a new group for children of parents with a mental illness. The need for Kids Club is based on national and international research and evidence regarding best practice relating to children affected by parental and family/whanau mental illness (see www.network-mosaic.org.nz). There is currently a dearth of such groups for children. More locally, children who have attended Auckland District Health Board's (ADHB) Kidzone group, and their parents, have identified the need for a continuing group so that children can stay in touch with each other.

Because Kids Club is a new initiative, it was decided to begin with a pilot group, and evaluate that with a view to determining what has worked well and not so well, and how Kids Club should be adjusted to best serve the children attending and their families.

The evaluation involved:

- Being clear about what Kids Club is supposed to do;
- Measuring the extent to which the club is doing what it is supposed to be doing;
- Uncovering any unanticipated effects on the children and/or their families/whanau;
- Identifying what is working well;
- Identifying what is not working quite so well; and
- Making recommendations for improvement.

In addition to a brief review of the literature, the evaluation relied on four data collection methods

1. Facilitator observations during Kids Club sessions
2. Participants' feedback on Kids Club
3. Participants' thoughts/feelings/perceptions about themselves and their lives
4. Parents'/caregivers' feedback

Kids Club started with four girls aged between nine and 11 years, and two more joined during the pilot. A total of 11 sessions were held between 28th June and 6th December 2010. These sessions were pre-planned, but with the option for the children to make suggestions of activities they would like to do.

Extracts from the findings:

Self Confidence

One parent highlighted how important self confidence is, especially for children who may feel powerless due to the effects of having mental illness in their family. One way self confidence can be enhanced is through mastery of tasks:

Facilitators observed growing self confidence throughout the course of Kids Club, for two girls in particular:

"[Child] giggled and accepted a juice for the first time since attending Kids Club – a marked difference in her behaviour, seemed more confident."
(facilitator form)

Social Skills

Each session started with children and facilitators sitting on cushions in a circle while eating afternoon tea and talking about the previous fortnight. This time was used to help the girls bond with and learn about

each other, and was an opportunity for any issues to be discussed in a supportive environment. As one of the facilitators noted, the sharing of food helps people talk, particularly about sensitive topics:

Friendships

One of the greatest benefits of Kids Club, according to facilitators, was that it created an opportunity to 'hang out', be social and relaxed, and to connect with other children who also have a parent with a mental illness. The attendees also became aware over time of how integral friendship was to group, with one attendee adding 'friendship' to the Kids Club Agreement during one of the later sessions. Two of the girls established a bond early on and swapped phone numbers with the intention of meeting outside of Kids Club. Two subgroups appeared within the group as a whole, but this was more a result of girls gravitating towards those they particularly liked, and did not involve animosity between groups:

"As a whole the group is close, through shared jokes and discussions." (facilitator form)

Having sessions facilitated over many months may have an advantage over shorter more intensive groups, such as ADHB's Kidzone, because children can build friendships over time, and as bonds and trust grow, so does the possibility of giving and receiving support within the group; this appears to be what has happened with Kids Club. Seeing attendees over time allowed facilitators to observe changes and developments; in individual children, between children, and amongst the group as a whole.

CONTINUED PAGE 9



All parents spoken to report that their children enjoyed and looked forward to attending Kids Club. The activities were interesting (*"My daughter is creative and enjoys making things."*), the other children are nice, and the facilitators are well liked (*"Natalie gave my daughter a hug. That was nice."*).

An important reason for support groups for children of parents with mental illness is to provide reassurance that there are other children in similar situations. Parents were enthusiastic about Kids Club's role in letting their children know they were not alone, with one mother saying, *"Kids Club makes her feel more normal,"* and this in turn helps her daughter to worry less.

"They've had a hard couple of years, so meeting other kids in the same situation is great." (parent)

"Really fun." (attendee form)

"She went home in markedly higher spirits than she arrived – giggling and bubbly." (facilitator form)

"[She] comes out of her shell." (facilitator form)

According to facilitators, the children enjoyed the initial circle sessions because there was no pressure on them to do anything, and because they could always predict how the group would start (which could be a welcome respite from an unpredictable home environment). Several parents reported that the food was the highlight of the circle sessions, especially raspberry buns and grapes. Parents concurred there is also an element of 'having a break' from a home environment that may at times be unpredictable or require the child to take on a parenting role.

"Kids Club rocks!"
(attendee form)

One parent noted that Kids Club *"allows a break from everything,"* which is important for her daughter. Another said that her daughter particularly enjoyed receiving attention from the adult facilitators:

"She's a bit happier because she feels as though she has an extra dimension to her life." (parent)

Mental health content

During the initial stages of planning Kids Club, the issue of incorporating mental health content was discussed between facilitators and interested parties. It was decided at that time that Kids Club would definitely not be a therapy group, and that rather than having a psycho-educational focus, the group's purpose would be to provide support, fun, and friendship; no mental health content was formally built into sessions. Facilitators hoped that as trust grew within the group, attendees would feel comfortable discussing any issues they needed help with, including anything related to the mental health of family/whanau. It should also be noted that all of those who have attended the Kids Club pilot had already completed ADHB's Kidzone holiday programme where they had learned about mental health.

One session included a special guest plant expert who has had mental health problems, however, this session focused on plants and nature rather than mental illness. The issue of mental health did, as expected, arise informally, both within sessions and during the car journey to and from Kids Club:

"[Child] spoke about sister who has learning disability." (facilitator form)

"On the way home, mental illness mentioned regarding boy at school, and talked about another friend whose mother has mental illness." (facilitator form)

"Could have encouraged some discussion around mental illness; attempt was made during the session but not taken up." (facilitator form)

One child spoke to a school friend about mental illness, and encouraged that child to come to Kids Club, which she later did:

"[My daughter] spoke to a friend at school who was very concerned about a parent with mental illness – told her not to worry, that Daddy has a mental illness too but not to worry, things will be okay." (excerpt – email from parent to facilitator)

Most of the parents spoken to were keen for Kids Club to function as a place for their children to talk about any issues worrying them. Facilitators reported that while they did provide a lead-in to talk about mental health on a couple of occasions, this was not pursued by the children. A pamphlet about mental health was requested by one of the attendees. One parent acknowledged that coping with mental illness is extremely difficult enough for an adult, so any additional information would be helpful for her daughter.

"I find it hard, so for an eight year old it must be bloody hard."

(parent)

There was support from parents for some mental health content to be formally added to sessions ... but with the strict proviso that the existing fun atmosphere not be compromised. One parent said that she was very keen for mental health to be discussed more purposefully to help her child cope with the ups and downs that are an inevitable part of living with mental illness.

CONTINUED PAGE 10

Recommendations for Kids Club in 2011:

Review Overall Goals

As with any programme, it is important that aims and goals are regularly reviewed. Having completed the pilot, Kids Club facilitators should now re-evaluate what they had originally set out to achieve.

Formalised Kids Club Manual

It is recommended that a Kids Club Manual be created, containing rules and guidelines, session plans, mental health activities, and space for facilitator notes on each session. This would primarily be a resource for facilitators, but a copy might usefully be provided to parents to keep them informed. Rules and guidelines should contain clear guidelines around how poor, unco-operative or disruptive behaviour will be dealt with.

Mental Health Content

It is recommended that Kids Club formalise a programme of mental health education and discussion immediately after circle time, and prior to the fun activity. Activity guides have already been created by programmes such as Mater Health Services' Kidz Club in Brisbane, and the CUMI programme established by SFMI Otago. Activities are generally designed to take up to 15 minutes, sometimes less, and so could be easily incorporated into the Kids Club session.

(This is only excerpts from the full evaluation report currently in the process of being printed.)

If you would like to find out more about Kids Club please contact Kelz or Natalie on 378 9134)



A programme for children who have a family or whanau member with mental illness.

- For children age 8-12
- After school fortnightly on Mondays (term time only)

For more information contact:

Kelz or Natalie
Ph: 09 378 9134
Email: admin@sfauckland.org.nz
www.sfauckland.org.nz




If you don't care how can we?

More than 420,000 New Zealanders care for ill, frail, injured or disabled family members and friends. Carers are New Zealand's biggest health workforce, and their unpaid work has an annual value of more than \$7 billion.

We will all give or need family care during our lives.

Despite their important role in family life and society, carers can feel invisible ... taken for granted. Add your voice to ours to call for genuine support and good decision-making for carers!

Send an email to the Prime Minister John Key or submit a photo to our visual petition with your own message about caring!

Visit the We Care website for further details.

www.wecare.org.nz



Family/Whanau Support Groups

Pacific Island Family Support Group

423 Great North Road, Grey Lynn
3rd Wednesday of the Month, 10am–12 noon
Contact Mona on 378 9134

Central Auckland

Family/Whanau Support Group

423 Great North Road, Grey Lynn
3rd Tuesday of the month, 6:30pm– 8:30pm
Contact David or Tina on 378 9134

Manaaki House

Family/Whanau Support Group

1 Pilkington Rd, Panmure (Community Hall)
1st Tuesday of the month, 5:00–6.30pm
Contact Evelyn 378 9134 or Alan Kipling (Manaaki House) on 5706519

Yan Oi Sei

Chinese Family Support Group

East Health Trust 260 Botany Road Howick
1st Tuesday of the month, 10am –12 noon
Contact Wendy on 378 9134

SFMI/Affinity

Family/Whanau Support Group

Affinity Services, 300 Great South Rd,
Greenlane
3rd Tuesday of every month, 2:00 – 3.30pm
Phone Cindi on 526 0320 Ext. 9339

Borderline Personality Disorder

Family/Whanau Support Group

Friendship House, 20 Putney Way,
Manukau City
1st Monday of the month 7:00–9:00pm
Contact: Olivia on 270 8543 or
Judy on 261 3700

Howick-Pakuranga

Family/Whanau Support Group

Highland Park Community Centre
47 Aviemore Drive, Highland Park
3rd Monday of the month, 7:30–9:00 pm
Queries to Coleman Ph: 270 8543

North Shore

Family/Whanau Support Group

Glenfield Community Centre
Corner of Bentley Ave & Glenfield Road
2nd Thursday of the month, 7–9pm
Contact Peter or Annais on 440 9812

West Auckland

Family/Whanau Support Group

Waitakere Community Resource Centre
8 Ratanui St, Henderson
1st and 3rd Thursday of the month, 10am–12 noon
Contact Peter or Annais on 440 9812

Peer Support for Parents

423 Great North Road, Grey Lynn
2nd and 4th Wednesdays of the Month 10:30am,
Fortnightly meetings,
Contacts: Natalie Heijm at SFMI on 378 9134 or
Fleur Crarer: Regional Consumer Network (623 1762)
Seema Woollaston: Tu Tangata Tonu (623 4646 ext.
28727)

Whangarei Evening

Family/Whanau Support Group

6 Donald St, Whangarei in the Arataki lounge.
2nd Tuesday of the month, 6.00pm –7.30pm
Contact Francil on 09 430 3844

Whangarei Morning

Family/Whanau Support Group

6 Donald St, Whangarei in the Arataki lounge.
4th Tuesday of the month, 10.00am– 11.30am
Contact Francil on 09 430 3844



**SUPPORTING
FAMILIES**
in Mental Illness

Auckland

www.sfauckland.org.nz
Ph: 09 378 9134

MEMBERSHIP REGISTRATION FORM



If you would like to become a member of Supporting Families in Mental Illness Auckland and support our work please post this form with subscription to:
SF Auckland, PO Box 78 122, Grey Lynn, Auckland 1030.
Ph 3789134 or visit www.sfauckland.org.nz for more information.

BENEFITS OF MEMBERSHIP

- An informative two monthly newsletter with information and articles on Mental Illness, Mental Health, Support Groups, upcoming Forums and Conferences, stories from families, a roundup from the various Supporting Families teams of events and happenings in your community, DHB Family Advisor reports and much more.
- Access to our well resourced and popular library of books, CD's, DVD's and tapes.
- Extensive information that may be hard to source from other agencies available under one roof. This has been an asset for students who have found the library extremely helpful with their studies and assignments.

Unwaged..... \$10, Individual \$20, Family/whanau..... \$30, Corporate..... \$30

CONTACT DETAILS

Title: Mr / Mrs / Miss / Ms / Other _____ New Member Yes No

First Name & Initials _____ Last Name _____

Address _____

Email _____

Contact Telephone Numbers _____

Reason for joining (Optional)

- Family/Whānau/Friend with mental illness
- Consumer of mental health services
- Professional interest
- Other

ANNUAL SUBSCRIPTION

Tax Invoice

GST# 45 580 547

I enclose the annual (July 1 to June 30) subscription of \$ _____

\$30 Organisation membership \$30 Family/Whānau membership
\$20 Individual membership \$10 Unwaged/Beneficiary

VOLUNTARY DONATION

I enclose a donation of \$ _____ Receipt NOT required?
(Donations of \$5 or more qualify for a tax rebate)

Signed: _____

Date: _____

Please send this form with your payment to:

SF Auckland, PO Box 78 122,
Grey Lynn, Auckland 1030

For office use only

Amount Received \$ _____ Receipt No _____ Date Posted _____

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