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*Supporting Families in Mental Illness  
Central Office*

*423 Great North Road, Grey Lynn*

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*Phone 378 9134*

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423 Great North Road PO Box 78-122, Grey Lynn, Auckland**

# Supporting Families in Mental Illness Auckland Branch Newsletter - December 2009

Welcome to the last SFMI Auckland newsletter for 2009. This email version of the newsletter is available to members in hardcopy please email [admin@sfauckland.org.nz](mailto:admin@sfauckland.org.nz) if you wish to get the newsletter posted to you.

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We would love to hear from you so please send letters and other contributions for the newsletter to: **Newsletter,  
SF Auckland,  
PO Box 78-122,  
Grey Lynn  
or email [Admin@sfauckland.org.nz](mailto:Admin@sfauckland.org.nz)**

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

## Message from Branch Chairperson



At our recent AGM we elected a number of new members to the management committee of SFMI Auckland. We now have a very full board, up to the maximum allowable number (12) under our constitution. Returning members of the committee are: Geoff Bridgman, Carole Dallimore, Maria Kazmierow, Julie Purdy, Kathleen Rushworth (Treasurer), and Cindy Wallace. New members are: Steve Clerk, Narena Newsome, Hinerau Ruakere, Daniel Shepherd, and Pesio Siitia. Our committee draws on wide-ranging experiences, the majority having family/whanau with a mental health problem. They also include employment in diverse areas such as administration, law, tertiary teaching and research, clinical management and clinical service delivery within the mental health field. We also cover a range of ages and cultural backgrounds than we did prior to our new members coming on board.

As many of you may know, the economic recession has had a major impact on funding available to SFMI New Zealand's funding, throwing the future of our national office into doubt. Some details of this were made explicit at this year's National AGM, and over the months since then the National Council has been working to generate solutions to this problem. Decisions are going to be made at the next face-to-face National Council meeting, scheduled for 27th November.

The next 12 months will provide a series of challenges regarding funding, that will require creative solutions from our organization on both a local and a national level, if we are to survive the implications of the national government's plans to reorganize the health sector. On the most basic level, our funder relationships and contracts will change drastically with any change to the current DHB model. We need to be able to move quickly to respond to change, and have begun to strategize about this at a management and board level.

Finally, let me wish you all a safe and happy festive season.

*Max Lloyd*

Branch Chairperson

Supporting Families in Mental Illness – Auckland.

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# Reflection on 2009 from the General Manager

## Emma Doré

2008- 2009 has been a great year for SFMI with new initiatives expanding the ways we work, developing some new services and moving into workforce development and research.

### Highlights Of 2009 include:

Developing our collaborative agreements with other services to improve access for families/whanau and provide training for mental health staff. (Agencies include Affinity Services, Framework, Walsh Trust, Arataki Ministries, Vaka Tautua, and Yan Oi Sei,

In ADHB we placed staff within the Child & Family Unit and the Acute Home Based Care services, and at CMDHB our team provided regular inside support to the Early Psychosis Intervention Team, and the Child & Youth Services)

Our increased involvement in the Community Sector has really shown dividends with record breaking referral numbers from the joint Police and CYFs "Family Safety Teams".

We have seen a steady increase in new referrals over 2009 and a trend of shorter length of contact for many families, with a focus on family and whanau recovery through increasing family skills, linking with community services, provision of information and providing much needed support.

Our thanks to AUT for their data analysis of our feedback forms. It was great to see what our customers thought of our services:

- 97% either agree or strongly agree that SFMI has helped manage the challenge of supporting someone with mental illness;
- 99% agree or strongly agree that SFMI has improved their knowledge of mental illness and available services;
- 85% agree or strongly agree that SFMI has strengthened the family's hope for recovery;
- 90% agree or strongly agree that SFMI has had a positive impact on the family;
- 95% agree that SFMI has respected the families cultural boundaries.

Alongside this strengthening of our fieldwork service, we also launched Network Mosaic in early May this year; a workforce development project focused on engaging the wider community sector to provide resources, information and training for professionals working with children who have a parent affected by mental illness or addictions. Network Mosaic has continued to expand from its launch in May, providing information and resources via the website [www.networkmosaic.org.nz](http://www.networkmosaic.org.nz) and developing training programmes for workers.



### Where to Now?

2010 will see new branding and marketing for us, associated with the national change from Schizophrenia Fellowship to Supporting Families in Mental Illness. We are committed to increasing our service diversity to include research, AOD, and a range of possible community support options for families, particularly within the primary health sector.

As you can see, the Board and staff at SFMI are continually seeking to expand the supports available to families and whanau and ensure we remain true to our mission - *SFMI exists to enhance the competence and resilience of families and whanau to meet the challenges of mental illness.*

We look forward to continuing to work with your community throughout 2010.

I wish you all a safe and happy festive season.

*Emma Doré*

General Manager

Supporting Families in Mental Illness – Auckland.

## Haere Ra Kaumatua and Kuia...



Bill and Violet Tangariki have been our Kaumatua and Kuia for the past 3 years and sadly due to other commitments, we fare-welled them in early October. They have brought to Supporting Families an awareness and respect of cultural diversity. We would like to take this opportunity to acknowledge Bill and Violets' contribution towards Supporting Families in Mental Illness, their wonderful support, aroha and cultural input which has always been warmly felt. We thank them for their warm hearts and wish them all the very best... Ka kite ano!



# Who Cares for the Carers?

Families that care for a family member with mental illness need support in order to help them to do the best job they can do, according to a report released today.

The Families Commission has released the *Who Cares for People with Schizophrenia: Family carers' health, circumstances and adjustment report*. Research author Dr Sunny Collings from Otago University, Wellington says the study of a representative sample of carers shows family carers of people with recent-onset schizophrenia are an important element of care arrangements, providing part of the foundations on which the mental health system is built.

"Caregivers make an enormous contribution, which isn't always recognised. The report shows that their contribution is enhanced when they have support. Those who were more positive about their role as a caregiver tended to have good social support, and a range of coping strategies. They were also more often involved in other caring roles, such as parenting children," says Dr Collings.

"Support for carers was most likely to come from friends, spouses, children and siblings of the carer. Those caregivers who were receiving specific support from NGO and health agencies, reported fewer positive experiences of care-giving. This might be because people who are having a difficult time are the ones more likely to get involved with support agencies."

Coping strategies were developed by trial and error rather than through formal information or training.

Caregivers had good health but were more likely to experience mental health problems themselves than the general population, for which they were not always being given assistance.

"Although family carers are vulnerable to psychological distress they are also generally resilient and capable of noticing the positive features of their situations, as well as the challenges," said Sunny Collings.

The report found that overall, satisfaction with mental health services was high. However Māori and Pacific caregivers had lower rates of satisfaction with health services, calling into question responsiveness of the mental health system to some groups.

Three-quarters of carers considered they did not get a 'fair deal' from society in respect of their role, with half considering that the Government should shoulder more responsibility.

Generally carers held the view that they enjoyed benefits from filling the carer role – particularly those who saw the family-care role as 'natural'.

Families Commission Chief Executive Paul Curry said the issues in the report raise an important question about how professionals and family carers can function effectively alongside each other.

"Mental health services in New Zealand have made important advances toward the expressed needs of mental health consumers, yet carers present a more challenging task. There is a need to work alongside family carers of those with mental illnesses over the next decade to improve services for all involved," said Mr Curry.

Media release from the Families Commission  
18 November 2009

Full report can be found at the families commission website [www.familiescommission.govt.nz](http://www.familiescommission.govt.nz)

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Leigh Murray ADHB Family Advisor found this helpful information from the SPINZ website ([www.spinz.org.nz](http://www.spinz.org.nz)) and Reach Out! Australia ([www.reachout.com.au](http://www.reachout.com.au)) for all those who are missing a loved one this Christmas.



## Managing Grief at Christmas

Christmas may be a time when you get together with family and friends. Often, if you have lost someone you love you are reminded that they are not around. This may be hard and everyone reacts differently to this. It may be that it causes people to react more sensitively to things. Everyone has their own way of coping. It is important that you look after yourself and have your way of getting through the hard bits.

## Allow yourself to be sad

Christmas may have been a time you spent with someone you have lost. It is normal to feel sad that they are not with you. It may help to take some time out, to remember the person you love. You may want to:

- Find a quiet spot to remember all the good things about the person
- Go and do something that you used to do together
- Write a letter to the person
- Revisit that favourite spot you had
- Share of the memories

## It is OK to enjoy yourself

It may be hard to celebrate when you are missing someone you love. It is not uncommon to have a whole lot of different feelings such as sadness, guilt or excitement. Getting together with family and close friends may be a chance to remember the good times and its OK to relax and have a laugh. Having fun is not necessarily a sign that you miss that person any less.

## Look after yourself

Remembering that this may be a tough time for you is important. This may mean that you have to treat yourself with a bit of care. Avoid making major decisions until after Christmas is over. If possible, treat yourself to something you enjoy doing. It may be that you:

- Go to the beach
- Listen to music
- Have a massage
- Go for a walk
- Go shopping
- Spend time with friends

## Talk to someone – Avoid bottling stuff up

Having someone you trust to talk to about how you are feeling may be helpful. This may be a family member, friend or minister. Getting stuff off your chest is important. Keeping things to yourself may mean that the tension builds up inside you. Finding a way to get out what you are feeling may help you to feel better. You may like to talk to someone, write your thoughts down, draw, have a cry or punch some pillows. If you are finding it hard to cope with day-to-day stuff then it may help to talk to someone like a counsellor.

## *Family Peer Support Program - Invitation*

Supporting Families has developed a Volunteer Family/Whanau Support Program. We are looking for family members with experience of supporting someone with a mental illness, who would like to utilise their knowledge and empathy to support other families on their journey. Alternatively, you may feel that you would like some ongoing support from a volunteer family member who has walked a similar path to you.

**For more information contact the Peer Support Coordinator,  
Louise Rattray 09 270 8543 or 09 3789134  
Email [louise@sfauckland.org.nz](mailto:louise@sfauckland.org.nz)**



# New Team Members



**Kia ora** my name is **Margot Ah Sam** and I am very pleased to be one of the newly recruited Fieldworkers for SFMI based at the Central Office in Grey Lynn.

My background includes working for community organisations in Auckland always in supportive roles helping people to overcome and manage life's many challenges e.g. addiction, family violence, and mental illness.

I am passionate about and enjoy working for and alongside families. I come from a large, noisy, fun, multi-cultural and sometimes challenging family. I believe that all families need and deserve support during difficult times in order to grow and thrive. I am confident that my love and value of whanau along with my training will enable me to support the families that reach out to SFMI for help.

My previous experience working with mental health consumers and my personal experience of having a family member with a mental illness means I have huge empathy and compassion for families who are affected by mental illness.

I look very forward to being a part of the SFMI community and meeting you all.

Warm wishes,

*Margot*

Family Whanau Fieldworker

**Talofa!** My name is **Mona Tupuai** newly-appointed Pacific Family Fieldworker based at our Central office for Supporting Families in Mental Illness. I am blessed to have the opportunity to be able to help find a pathway for our Pacific families to have more awareness and understanding of the recovery process of their loved ones dealing with a Mental Illness.

At the beginning of this year I decided I needed a change and took up further study into Mental Health. Today I find, my heart has led me towards my passion of being able to support /help families on their road to recovery in Mental Illness.

I am Samoan foremost and very proud of my culture which makes me who I am; born in NZ living both here and Australia over the years.

I am very excited to be able to work in a team dedicated to helping families. Life is full of stressors sometimes which can be made extra challenging when faced also with Mental Health issues and the feeling of not being accepted through the stigma and discrimination of Mental Illness.

I look forward to the challenge ahead of seeing more Pacific families access our services. Feel free to contact me.

God Bless,

*Mona*

Pacific Island Family Fieldworker

# Asian Family Fieldworker



As an Asian Family Fieldworker of Supporting Families in Mental Illness, I have worked with 34 families over the last 16 months. I am currently still providing support to 17 families. These figures do not reflect the real number of Asians who need help to cope with mental illness, as many incidents are understated and/or kept undercover because of the stigma and discrimination.

Mental illness is highly stigmatising in many Asian cultures. Most Asians perceive mental illness such as bi-polar disorder, schizophrenia and/or other forms of brain disorders as supernatural punishments for doing wrong things. This perception of mental illness causes intense shame that prevents Asians from accessing mainstream mental health services. Thus, eliminating stigma and discrimination are fundamental approach to positive well-being while working with Asians. To do this, health service providers should have knowledge and understanding of their Asian client's culture, their beliefs, their interpretation of mental illness, as well as their choice of traditional alternative health care practice.

SFMI would like to work collaboratively with a wide range of service providers towards helping Asian communities become free from stigma and discrimination. We are here to support Asian families to remove the barriers to meet the challenges of mental illness.

*Wendy Sin*

Asian Family Fieldworker

Supporting Families in Mental Illness

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# Central Team

It has been a busy year for the central team with a lot of projects and events; we got together as team and picked out a few of the highlights.

The year started with a team building day in Puhoi village. It was a great way for the whole team to get to know each other better especially the new team members and satellite offices we don't get to see as often.

We quickly moved in to Supporting Families Awareness week in March where we held a family BBQ to celebrate the 10th Anniversary of the Code of Family Rights. National office continues to lobby for the code to become formally recognised.

That week, around 80 people attended the Family Participation Forum featuring Debra Lampshire and Helen Hamer speaking about their work with Hearing Voices workshops. Debra was generous in sharing her personal journey and the way she was able to deal with her voices and move from isolation in her home to running workshops helping other voice hearers.

2009 also saw new collaborations between SF and other non-profits working in mental health, involving Fieldworkers regularly attending team meetings, referrals from workers and supporting other workers with family inclusive practice. Organisations include Affinity and Framework. We also have developed working relationships with ADHB Child and Family Unit (CFU) and the St Lukes Acute Home Based Team, offering a family perspective, being on the spot for families when visiting loved ones, and raising the profile of SF services, so more more families can access us.

As always, the support groups are a highlight for the team, these include our Central Office group, Panmure, Asian Support Group, and the Affinity group in partnership with Affinity services. A real highlight was having the Pacific Island Support Group restart on a monthly basis from April. These groups offer opportunities for families to share their stories and support each other in a safe and supportive environment.

It was a real honour for the central team to be welcomed onto the Marae at Te Whetu Tawera (TWT) by the Kai Atawhai (Support) Team. For a koha, SF gave two books, *Creating Partnerships - Involving Families in Treatment and Assessment Processes* by Frances Steinburg & *Supporting the Journey of Recovery in Mental Health* by Caril Cowan.

With the introduction of the ADHB smoke free policy and the move to TWT and the Mason clinic to go smoke free, the Family Participation forum proved a useful place to inform families about the policy about services

available to support this change and to answer family concerns.

For Mental Health Awareness Week we focused on raising the awareness of SF and our services with Primary Health providers. Fieldworkers at SF went out and approached in person and by mail over 100 GP practices across Auckland informing them of our services, what we do and how they can refer to us.

In October, Bill and Violet finished as SF Kaumatua and Kuia and we farewelled them from their role and thanked them for the support they had given the team, we are really glad that Bill and Violet will continue to be part of the SF Family as members. We also farewell Murphy and Tina, who we hope will stay in contact in their new roles. We welcome Mona and Margot who we hope enjoy being part of our team in their place.

As you can see it has been a busy year and we haven't even talked about our work with families! We wish you all well for the holidays and look forward to the challenges 2010 brings!

# Northland Team

## Kia Ora Northland whanau

Firstly, our grateful thanks to both Rowan Panther and Karen Le Breton, our Whangarei Fieldworkers, who we sadly said farewell to in November. Between them, they have supported many families, whanau and colleagues over this past couple of years, and both will be much missed. We hope they will pop in from time to time and continue to support our mahi in Te Tai Tokerau.

I'm delighted to say we have a new staff member starting in Northland - Karen Bacica. Karen is starting part-time with Supporting Families at the beginning of December, and full time as from Mon 14th Dec."

Our big news for our Northland office is that we will be re-establishing a small Whangarei-based Advisory group, to assist our Auckland-based Committee in developing and planning services for Northland. We are currently seeking a part-time project manager for a couple of months, to liaise between Whangarei and Auckland and help get the Local Advisory Group up and running.

Anyone interested who would like further information, please contact me directly at [emma@sfauckland.org.nz](mailto:emma@sfauckland.org.nz)

Meri Kirihimete  
*Emma Doré*  
General Manager.



# Waitemata Team



## Kia Ora!

December is finally upon us. December is that magical time of year which can bring family together to celebrate.

December can also be a time of year in which people need to be careful to take care of themselves and their own mental health. Many families can become quite stressed with Christmas planning and concerns over finances. This is the best time to take time out for yourself, a time when you should pamper yourself when needed. This can be as easy as taking time out to read a book, going for a walk, or even watching a favourite movie.

This year has gone so quickly! It was not long ago that Lisa Ducat & Peter Van Dam moved into their new office at the Glenfield Community Centre, where through a bit of DIY they painted the interior themselves. When Lisa left around mid 2009, Michelle Matthews came on board to work in the Waitemata. Many new projects and meetings have occurred throughout 2009. One of these great events was the "Family Participation Forums" that occurred firstly on the North Shore, and then in West Auckland, with future plans for other parts of Waitemata. These Forums were a great way for families to gain a better understanding of Mental Health and its challenges. Lastly, the other great event was the Post Natal Distress Evening with collaboration between SFMI & the Post Natal Distress Network Trust. This evening was a great way for parents and their families to get to know what services are available within their community in mental health and also Post Natal Distress.

In other news, Peter will be resigning from the position as a Family/Whanau Fieldworker for the Waitemata. Peter has worked with Supporting Families for one year now, and the time has gone very fast indeed. Peter would like to thank the very brave and amazing families that he met during his time with SFMI. Peter would also like to wish these families and others all the very best for the future and knows how hard many families have struggled. Keep strong, and keep up the great support you provide.

There are some great events planned for December, and being the last newsletter for 2009, you will not see another Waitemata Update until January. So, please do have a read and hopefully you will find an event of interest.

As always, please feel free to contact either Michelle or Peter at the Glenfield office on (09) 440 9812 if you have any questions or queries.



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# South Team



On reflection it has been a very busy year in the South Office with lots of projects and exciting things happening.

## Te Ara Tika,

Is a Quality Forum in CMDHB that is sponsored by CHAMP to work collaboratively on projects that might be useful to NHO's and DHB that work in the CMDHB region. I had the privilege of heading the working group that did major work on developing the Family/Whanau Satisfaction Survey, and got excellent feedback from many families that are involved with our organisation. We ensured their needs and feedback was listened to and incorporated it into a great assessment tool that can be used across services to gauge the voice and satisfaction of families.

## Family/Whanau Peer Support Programme

Over the last year we have run five Peer Support Workshops for family/Whanau who are interested in becoming part of this programme, and we have really appreciated the response and desire of those who want to support other families on their journeys. We hope to continue to increase the number of volunteers who are a part of the programme so families can be provided with a range of support services from our organisation to meet their needs.

## Family Safety Teams in Counties Manukau

This year, we have begun working closely with the Family Safety Teams in the Counties Manukau region, providing support to families they refer to us. We have to date signed two Memoranda of Understanding (MOU) with several of the teams and we look forward to strengthening this relationship over the coming year. It is another way to ensure families in need of our support get the choice to access our service and get appropriate support in their time of need.

## Day time Family Support Group

It has been exciting to be involved in forming and co-facilitating a daytime support group with Cindi Wallace from Affinity Service. It has proved to be a strong group, and has met the needs of many families who are unable to come out in the evenings; so feel welcome to attend and check it out.

## Family Advisor

It was great to have Sue Cotton appointed as the Family Advisor at CMDHB, and we have appreciated her forming a forum where all those working closely with Families in CMDHB can have a voice and be connected. We have really appreciated her consultation with us and the lead she is taking in promoting the voice of the family in CMDHB. We look forward to continuing to work closely with her in the coming year.

## New Office

We have moved to a new office in the Cottage. It's just down stairs (Room 12), so make sure you call in and visit us next time you are in the area. On 23 November we had a morning tea to celebrate the move, and we want to say thanks to all our Colleagues and friends who came to help us celebrate the occasion. We really appreciate your support and look forward to working with you in the coming year.

*Louise and Iva*

# Family Safety Team (FST)

The Family Safety Team (FST) is a joint initiative between the Police, Child Youth & Family (CYF), Community and Ministry of Justice.

The FSTs are spread nationwide over six different regions: Auckland, Counties Manukau, Hamilton, Wairarapa, Wellington and Christchurch. The team is set up with a multi-disciplinary approach. Each team consists of Police investigators, CYF liaison, three child advocates and three adult advocates.

Cases such as James Whakaruru and Olympia and Saliel Aplin highlighted a lack of information sharing and communication between Government and Non-Government agencies. Hence due to increasing number of cases where in communication was highlighted as an issue, the Family Safety Team initiative was set up as a reaction to address systemic gaps. The initiative is set up with the aim to improve outcomes for our whanau through better collaboration and coordination among justice and social service agencies for family violence. For more information visit [www.fst.org.nz](http://www.fst.org.nz)

## Family Violence Interagency Response System (FVIARS)

FVIARS is a nationwide model formed to address family violence. It is a collaborative approach between the Police, Child Youth and Family and National Collective of Independent Women's Refuge. They are the main signatories of the model at national level. There is a signed Memorandum of Understanding (MOU) between these parties. The aim of the FVIARS model is to ensure safer, violence-free communities for our whanau.

Each of the four areas of Counties Manukau District runs FVIARS meetings. These are planned weekly meetings between Police, CYF, Refuge, Victim Support and other local community agencies. The FVIARS membership for the Eastern area consists of: Police, CYF, Refuge, Victim Support, Family Start Manukau, Te Tai Awa O te Ora, Harvest Community Care, New Zealand Sikh Women's Association, Fatimah Foundation, Chinese New Settler Services Trust, Te Rawhiti (Mental Health), Supporting Families in Mental Health (Auckland), Department of Corrections (Probations) and Plunket. All of these members have signed a local MOU to ensure safety and confidentiality of all victims discussed at the meetings is maintained at the highest possible level.

The purpose of the meeting is to enhance agency practice and collectively reduce family violence in our communities. Reduction in re-victimisation and recidivist offending will lead to safer and harmonious communities.

*The economic cost of Family Violence was estimated at \$1.2 billion to \$5.8 billion per year by economist Suzanne Snively in 1994 and in today's figures that would be \$8 billion.*



**Farzana Dumasia**  
**Family Safety Team**  
(Family Violence Team)  
Howick Police Station



# David's Story

For Aislin and Kate

My name is David and I am ten. This is me at my house.



This is me with my Mum. I love my Mum. She's funny and tall and always thinking of new things to do.

Mum makes art and dances and likes to play 'I Spy' and 'One Word Story' when we're driving in the car.

My Mum loves me too, I know it because she hugs me and says 'I love you'.

Mum gets sick sometimes. When Mum is high she always says 'yes', and when she's low she always says 'no'. This is how I know Mum is sick.

When Mum is sick I stay with my Auntie who is also funny and tall.

She has a daughter who I sometimes like to play with and sometimes don't. We fight but not too often.



Sometimes I stay with my other Auntie and my Uncle. My Uncle is an artist and has a studio with lots of paintings that sometimes look like people but mostly look like squiggles.



I go and paint in his studio with him and one day I will be an artist too.



The other person I stay with when Mum is sick is Grandad. Grandad makes pottery and teaches at my school.

He has a bird's nest at his front door and we all have to be quiet when we go in so we don't bother the mother bird.



Grandad used to be married to Ganya (that's what we call our Grandma), but Ganya gets sick and says 'yes' all the time or 'no' all the time and then we don't see her so much.

I don't like to talk about Mum being sick. I know what to do – I just leave her alone when she is very sad and doesn't want to get out of bed.

The rest of the time we do lots of things and go to the beach and I play with her friend's kids and it's lots and lots of fun.



I love my Mum more than anyone else in the world.

One day my Aunty and my Uncle took me to a meeting about Mum's illness. I didn't want to go but they made me. So I played on the stage and I chewed my pen and I drew on my arm but sometimes I listened – they played a game I liked and the prize was chocolate.



There weren't enough children there and the adult's speeches were too long.

I liked the food though and I wouldn't have minded more games and more talking in the small groups where we all got to say stuff.

Maybe if there was a group of kids whose Mums got sick sometimes who lived near me and liked to play games and talk a bit I might want to meet with them.



Do you know any kids like me?

Illustration by Theo Kelly & words by Emma Kelly  
© Emma and Theo Kelly

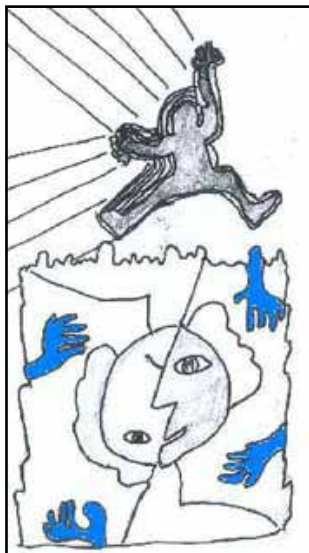
"David's Story" is the result of one family's conversation on the way home from an amazing meeting sponsored by Howick School and Supporting Families in Mental Illness. This open meeting was for all young people & their families interested in bipolar disorder or depression. The meeting looked at the effect on young people, where to get help, and if there was interest in starting a support group. The evening described by Emma Kelly as "comforting, enlightening and sad all at the same time", sparked a chat with her niece and nephew on the drive home that she then wrote as "David's Story". Emma asked a talent young illustrator (Theo Kelly) to complete the story with his amazing art work. Emma and Theo have kindly allowed this story to be shared and we would like to thank them for this gift.

Please see on the next page information on other activities and organisations supporting youth and for more feedback from the meeting in October.

## Young People With a Parent With Mental Illness

On the first Tuesday of October this year, 20 or so young people, their families and mental health workers gathered in the Bucklands & Eastern Beaches War Memorial Hall. They came to discuss Bi-polar and depression, what it was like to have a parent with a mental illness, and where they could get support. Sponsored by Howick School & Supporting Families in Mental Illness, the meeting was also looking to see if there was interest in setting-up a support group for young people with a parent with mental illness.

The event was a family affair for Iva Zombos SF Family/Whanau Fieldworker as well with her grandson Jamal Tiatia creating the awesome artwork for the poster to advertise the event and with her daughters and grandchildren supporting the evening.



Jamal Tiatia's art work advertising the meeting

Comments from some who attended included; "This is sooo moving and honest, I feel privileged to have seen it," and "what amazing seeds were sown". The evening moved one family to write an amazing story (see pages 8-9) and talks are in progress between Early Psychosis Intervention Team (EPIT) and Supporting Families in Mental Illness to see if an ongoing group can be formed.

If you are interested in a support group for young people with a parent with mental illness please contact:

Iva Zombos  
Family/Whanau Fieldworker  
Supporting Families in Mental Illness  
Counties Manukau  
email: [iva@sfauckland.org.nz](mailto:iva@sfauckland.org.nz)  
Phone: 270-8543

Supporting Families in Mental illness, Auckland is proud to offer its services free to families and friends throughout the Auckland Region.

We would like to thank our many members who support the work we do. If you would like to become a member and support our work please  
ph: 3789134 or visit  
[www.sfauckland.org.nz](http://www.sfauckland.org.nz)



## Children's Support Group (7-14 year olds)

Supporting Families in Mental Illness (SFMI) has been approached by families in Auckland to set up a support group for children (7-14 years old) who have a parent affected by mental illness.

Family & whanau input into the development of this support group is invaluable and essential as you know best how we can support you and your children.

We would greatly appreciate it if you (parents/caregivers & children) would let us know your thoughts, ideas and suggestions on a children's support group.

Please post/email your feedback to:

Margot Ah Sam  
Family/Whanau Fieldworker  
Supporting Families in Mental Illness  
PO Box 78-122, Grey Lynn, Auckland  
Phone 09 378 9134  
Email: [margot@sfauckland.org.nz](mailto:margot@sfauckland.org.nz)

Please feel free to give Margot a call if you would like to know more about the children's support group.

Please look out for updates on the children's support group in future issues of the SFMI Newsletter and also on our website [www.sfauckland.org.nz](http://www.sfauckland.org.nz)

## Helpful Websites

**Supporting Families Auckland**  
[www.sfauckland.org.nz](http://www.sfauckland.org.nz)

**Carers New Zealand**  
[www.carers.net.nz](http://www.carers.net.nz)

**Kina Trust**  
[www.kinatrust.org.nz](http://www.kinatrust.org.nz)

**Like Minds Like Mine**  
[www.likeminds.org.nz](http://www.likeminds.org.nz)

**Mental Health Foundation**  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

**MIND UK**  
[www.mind.org.uk](http://www.mind.org.uk)

**SANE Australia**  
[www.sane.org/](http://www.sane.org/)

**Suicide Prevention Information New Zealand**  
[www.spinz.org.nz](http://www.spinz.org.nz)

**Skylight Trust**  
[www.skylight.org.nz](http://www.skylight.org.nz)



In order for the Network Mosaic initiative to be as effective as possible, we need industry members! Network Mosaic membership needs a little help from all of us – we need your support through membership, and forms are available on our website.

What am I joining? The primary focus of Network Mosaic is to develop a training and communication network across the northern region for practitioners working with children, whose family and whanau are affected by mental illness or addiction issues.

### Who should join?

The network aims to acknowledge and strengthen the wealth of professional expertise and experience that already exists within health, social services, education, justice and community development agencies. Member agencies and contact details will be listed on the website, but no individual contact details will be shared unless specifically requested by members.

### What does it cost?

The network is based on a culture of collaboration, support and reciprocity, with costs kept to a minimum. A small annual membership of \$30 per agency will help to cover administration and facilitation costs for the website and training events.

### What do I get?

Annual membership will entitle each agency member to one free place at all meeting and training events. We anticipate that meetings will be held in different venues in the Northern Region, offering member agencies a chance to host Network Mosaic. Each meeting will be an opportunity to network across the sector, discuss practice issues, priorities and strategies for advocacy, develop working groups for specific tasks, and anything else the network members want to do!

Topics already on the agenda for up-coming training include:

- Information sharing between agencies working with a family/whanau;
- Peer support groups for children & young people;
- Developments from Australia (COPMI initiatives).

The training component of meetings will be open to non-members at \$20 per place.

Network Mosaic is an initiative of, and funded by, Supporting Families Auckland (www.sfauckland.org.nz), a not-for-profit mental health service for families and whanau. We need your support to raise awareness of children, families and whanau affected by mental illness and addictions.

Our website is live and operational, so please check it out. We would love any suggestions or recommendations you may have to improve the website service!

[www.networkmosaic.org.nz](http://www.networkmosaic.org.nz)



Supporting Families in Mental Illness  
Auckland News



## Special Children's Christmas Party

Network Mosaic is delighted to sponsor 30 kids, with parents and family members with a mental illness, to attend this year's Special Children's Christmas Party.

91ZM & Hauraki 99FM and Flava

96.1 in association with the Cancer Society of New Zealand and Variety- the Children's Charity, are running for the 9th year one big party for in excess of 2000 children. The children are invited



to the party through various community, charity and Government organisations and are facing a variety of challenges including: life threatening illness, physical and intellectual impairment, domestic violence, or living in underprivileged circumstances. Staff of the Auckland Special Children's Christmas Party are now



organising this event with one purpose in mind - to put smiles on these children's faces for at least one day this year.

The party will start at 11am on the 12th December and go for three and a half fun-filled hours during which the children will be treated to

a star-studded stage show featuring many local and national artists and the many other activities such as rides, face painting, merry-go-rounds, jumping castles and much



more. There will be the opportunity for the children to meet very special celebrities and guest artist too! With all this fun to be had, the children will need all the hot-dogs, chippies, drinks, fruit, lollies, sandwiches and ice-creams that are provided. Father Christmas will meet all the children individually in the Santa's HUGE



Cave as they come to collect their very own high quality Christmas presents. Last year there were over 7000 gifts in each Santa's cave.

SF Auckland has successfully filled 30 places from our families and networks and hopes the children and their families have a wonderful day.

Visit [www.sccpnz.co.nz](http://www.sccpnz.co.nz) to find out more about the day and sponsorship options.





Kia ora and greetings to all. Like most people I look forward to Christmas holidays and the chance to spend more time with family/whānau and friends. This time of year also provides us an opportunity to reflect on the year that has been and plan ahead for next year.

### ADHB Family/whānau Participation forums

In 2009, the ADHB/SFMI family steering group hosted 3 excellent educational evenings for families and whānau.

In March **Debra Lampshire** and **Helen Hamer** delivered a Hearing Voices workshop for families to a rapt packed audience at Ferndale House.

In June, a group of hardy family members braved one of the coldest nights of the year to come to the Mt Albert War Memorial Hall and be informed about smoke-free environments in mental health, hearing from staff at Mason Clinic, Buchanan, Pathways and our ADHB mental health pharmacist. *(On the 2nd of November Te Whetu Tawera did go smokefree as a unit. If as family and whānau you have any concerns or feedback about this please contact me)*

In October as part of Mental Health Awareness week, **Matt Fribbens**, clinical coordinator for Progress + (primary mental health care project between ADHB & Procure) informed families in the Western Springs Garden Hall about what it could mean for their family member to receive mental health care from their GP.

Following very positive feedback from families about the **Western Springs Garden Hall**, the Family steering group have decided to continue using this venue in 2010. The first forum will be held there on **March 17th** covering the interesting topic of **'Spirituality and Psychosis'**. We will be welcoming back a popular speaker – **Dr Patte Randall (ADHB psychiatrist)** who will be presenting on this topic with **Barry Pearman, a community chaplain** from the North Shore. A panel discussion involving other experts in this field will enable families and whānau to ask questions and contribute to the discussion.

### ADHB Family and Whānau Engagement Strategy for Adult Mental Health Services

A strategy is currently underway in our adult inpatient unit and the adult community mental health service to enhance family and whānau engagement. The strategy aims to clarify for staff what they are expected to do around family involvement and to improve family and whānau engagement in a demonstrable and measurable way.

A reference group representing all professional disciplines meets regularly to provide leadership and oversight for the strategy. Family members involved in ADHB adult mental health services can support the aims of the strategy by providing feedback through surveys when they are available and/or bringing their family expertise as a member of the ADHB/SFMI family steering group.

For more details ph (09)307 4949 ext 26520  
or email [lmurray@adhb.govt.nz](mailto:lmurray@adhb.govt.nz)

Families may be encouraged to know that 'Working with Families/whānau' is one of the 7 real skills identified in the 2008 Ministry of Health framework 'Real Skills for people working in mental health and addiction'.

It states that:

*"Every person working in a mental health and addiction treatment service encourages and supports families/whānau to participate in the recovery of service users, and ensures that families/whānau, including the children of service users, have access to information, education and support."*

Ka kite ano,  
Leigh Murray,  
Family Advisor



A family owned and operated  
business for 35 years

For all your stationery, cafeteria, packaging,  
office equipment, furniture, postage, and IT  
equipment needs contact us at:

27 Morningside Drive,  
St Lukes;  
ph: 09 847 9015 or  
379 9712  
Fax 09 815 7120



# From Wellness to Wellness

## Inaugural Pacific Recovery Conference 2009

The Inaugural Pacific Recovery Conference sponsored by Le Va and Waitemata DHB was held on May 7th and 8th 2009 at the Waipuna Convention Centre in Auckland. The Conference was attended by 304 people of whom 186 Registered from around New Zealand, coming together for the first time.

The key aims or outcomes identified for the Conference were the formation of four Regional Forums for Pacific Consumers and Families who access Mental Health and Alcohol & Other Drugs including Gambling services, as well as to launch a National forum for Pacific Families and Consumers using these services.

The purpose of the four regional Pacific forums is to provide a medium and process to Pacific people to have a voice in Pacific service planning and delivery, regionally and nationally. Other outcomes from this Conference included providing an opportunity to share Pacific Consumer and Family stories of Recovery in keeping with the Theme of "From Wellness to Wellness". It also provided an opportunity for Pacific Consumers to showcase their leadership, which was particularly evident in the quality and calibre of the presenters and presentations.

For a more detailed look at presenters / presentations, please follow website link: [www.leva.co.nz](http://www.leva.co.nz) where Video links and the Final Report are available for viewing.

As mentioned, this Conference also provided an opportunity for the development and launch of the Takanga A Fohe CD. This CD contains songs based on key themes and stories gathered during the consultation and planning phase of the Conference as the Project Leader Papalii Seiuli Johnny Siaosi travelled around the country to the four regions, meet-

ing with Pacific families and consumer groups. It is hoped that this CD could be used as an educational resource now and in the future as it captures stories of hope and inspiration for those experiencing mental illness or alcohol & other drugs including gambling issues.

The CD titled 'Takanga A Fohe' derives from Tonga meaning 'unison of oars'; that as a therapeutic community we are all paddling the same way. The CD is a non-commercial life stories production of the four regional Pacific Consumer and Family Forums dreams and aspirations of hope and recovery.

The Inaugural Pacific Recovery Conference - 'From Wellness to Wellness' was both ground-breaking and a huge success for the Northern Region's Pacific Mental Health and AOD Consumer / Service User and Family Forum. It met all the aims of the project as described and was well-supported by all key stakeholders and attendees. There is definitely a desire and need for Pacific Families, Consumers / Service Users and Providers to support such an event again in the future, to continue and support the Pacific voice of Consumers / Service Users and Families in the planning and delivery of Mental Health, Alcohol & Other Drugs including Problem Gambling Services in New Zealand.

by Debbie Crichton



For more information contact: **Takanga A Fohe**  
Contacts: Papalii Seiuli Johnny Siaosi - Pacific Matua Consumer Advisor & Debbie Crichton - Pacific Family Advisor Phone: 09 8382800



### Pacific Community Event Xmas Carols

All are welcome to come and join in  
Xmas Carols Pasifika Stylz



Date: Wednesday, Dec 9th, 2009,  
Time: 6.30pm - 8.30pm

Venue: Glen Eden Methodist Church,  
302 West Coast Road, Glen Eden

Supported by Takanga A Fohe - Waitemata District Health Board & Westfono and sponsored by Vaka Tautua Service & Penina Service.

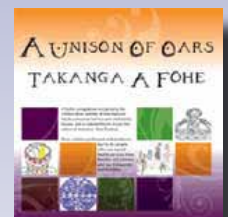


### National Pacific Consumer and Family Forum Logo

"A Unison of Oars, Takanga A Fohe"

The Logo was drawn by our Children when asked the question: "What Makes A Healthy Pacific Mind?"

Our children, from each of the Northern, Midlands, Central, Southern Regions of New Zealand, were given the opportunity to respond. These thoughts and drawings are detailed in the insert of the CD.



With the children's work as our logo, we will never forget that we were not born in isolation, we are all part of one family. Each picture recognises the collaborative identity of four regional Pacific consumer / service user and family forms, and a national forum across the nation of Aotearoa, New Zealand.



# Counties Manukau DHB News

by Sue Cotton, Family Advisor



To you all, Greetings, Kia Ora, Talofa Lava, Malo e Lalei, Kia Orana,  
Ni Sa Bula Vinaka, Ni Hap and Namaste

In July 2009, I was delighted to be appointed as the new CMDHB Family Advisor. This position had been vacant for a while and I am finding that there is lots to keep me busy! Originally training as an Occupational Therapist, I have worked in various roles within mental health services for much of my adult life. I am finding that the years of professional experience are blending well with learning from my own personal journey, as a new and exciting challenge.

Evidence-based clinical practice has told us that better outcomes are achieved through family-inclusive ways of working. Our Maori and Pacific colleagues have demonstrated, for many years, the effectiveness of a family/whanau/fono/aiga inclusive approach. Mainstream mental health services have been somewhat slower to recognise the needs of the family and whanau, however there are some real indicators that this is changing.

Attending the recent Family Advisors Conference in Christchurch was definitely a highlight of my first few months in my new role. It was a real privilege to not only hear about progress and new initiatives that are happening in different DHB's, but also to meet some of my advisor colleagues from around New Zealand. I was very interested to hear the success stories of effective collaboration between 'Consumer Advisors' and 'Family Advisors'. Modelling this partnership makes perfect sense if we view an individual experiencing mental unwellness as a key player in their own social network.

Within CMDHB, our Senior Consumer Advisor, Shirl Corles-Davis and I are already working in partnership to model the importance and effectiveness of mutual endeavours on such projects as the implementation of fully Smokefree environments in both Tiaho Mai Acute Inpatient Unit and Tamaki Oranga Recovery Centre. We are also bringing our respective perspectives to the review of Tamaki Oranga.

There have been lots happening within CMDHB this year, including:

- Faleola Pacific Mental Health Services celebrated their 10 year anniversary;
- Co-location of Tupu Services (WDHB Pacific AOD/Gambling) at The Cottage CMHC;
- Our Maori mental health adult teams Te Huarahi Ora and Manaaki Ora moved into new premises;
- Evening clinics at Whirinaki Child and Adolescent Services - proving a popular choice for families where parents work;
- Seclusion and Restraint Minimisation Project at Tiaho Mai, aiming to reduce use of both;
- Refurbishment of Tiaho Mai;

- Introduction of a new Model of Care within Tui Ward, Tiaho Mai;
- Expansion of Peer Support Specialists within adult mainstream community teams;
- Participation in the national Watchhouse Pilot Project, has integrated mental health nurses within the hub of Counties Manukau policing;
- MH Services for Older People developing a new Model of Care for their inpatient service;
- Implementation of a new Infant MH Service;
- Implementation of HCC, electronic record keeping.

At the end of 2009 my sincere thanks go to Leigh Murray, Family Advisor ADHB, for her wonderful support in my first few months and for being such a great role model. Also to SF Fieldworkers Louise Rattray and Iva Zombos for their warm welcome and support. Iva has already got a couple of great projects underway for next year and I will certainly miss Louise as she starts a new and exciting chapter in her life journey.

My hopes for 2010 are that it will become a milestone year with mental health services becoming increasingly mindful of family/whanau needs, recognising their strengths and consistently treating them with respect.

*"The family unit has always been, and will continue to be, the foundation of support, strength, security and identity to build and maintain well-being across society."*  
Mental Health Commission (2005)

Sue Cotton,  
Family Advisor



## Northland DHB News

by Brett Lindsay

Greetings

It seems like this year has flown by, along with I'm afraid, the time allocated to write about all the positive things that have happened here in Northland. I will have to content myself with extending to Family Whanau Friends & Colleagues My very best wishes for the Festive Season & may you have not only a great family centred Christmas but also A Happy Prosperous and Productive New Year!

Kindest Regards  
Brett Lindsay  
Family/Whanau Advisor  
Mental Health and Addiction Service  
Northland District Health Board  
(09) 4304 101 ex 3533

# Family/Whanau Peer Support

Supporting Families has developed a Volunteer Family/Whanau Peer Support Programme that links families members with a volunteer worker who has had similar experiences supporting a family member with mental illness.

The Family / Whanau Peer Support Programme has been designed to provide family members with ongoing support from a Peer Support Volunteer once families have moved past needing fieldworker support. Peer support provides the family/whanau member with ongoing support from someone who understands, because they have been through similar experiences.

The benefits of talking to someone with their own personal experience, offer family/whanau a great deal of hope and practical support, you are talking to someone who has made it through and is now in a place to offer their real life expertise back in support of others. Training and ongoing support is provided for the volunteer peer support workers and new volunteers are always welcome. If at any time the Family/Whanau needs fieldworker services again, they can be referred back until they are ready to be supported solely by a volunteer once again.

We are looking for family members with experience of supporting someone with a mental illness, who would like to utilise their knowledge and empathy to support other families on their journey. Alternatively, you may feel that you would like some ongoing support from a volunteer family member who has walked a similar path to you.

**For more information contact the Peer Support Coordinator, Louise Rattray**  
Ph: 09 270 8543 or 09 3789134  
Email: [louise@sfauckand.org.nz](mailto:louise@sfauckand.org.nz)

Challenge Trust Family/Whanau Peer Support Group will be commencing in January

Where: 54 Carruth Road, Papatoetoe

Contact: Family/Whanau Support Worker Trainer  
Carol Poka  
P: 09 279 8233  
Mob: 021 495 719



# Meet a Peer Support Volunteer



*We currently have a great team of volunteers for our Family/Whanau Peer Support Programme. Each newsletter we will have a new volunteer tell us a little about themselves.*

## Charmaine

Charmaine has had a variety of jobs in a few different countries and has kindly offered to share a little bit about herself, her life and why she choose to be a peer support volunteer.

Born in England, North West Cheshire Coast, Charmaine has also lived in Berlin in winter with temperatures of -30 degrees where her fashion consisted of wearing a yellow ski outfit with goggles, gloves, and moon boots. Her family then moved Papua New Guinea (PNG) for 5 years, then Laos, then finally New Zealand. Through out this time Charmaine took on a variety of challenging roles, at work training first in nursing, specialising in operating theatre work in paediatrics and neo-natal care, then general nursing and theatre work, ER , intensive care and then further training. From there she worked across the then Western Block for a Medical company learning to speak French and German so she could lecture in medical schools in Europe.

She slowed down (a little) when her son arrived returning to work in Germany in a Paediatric Psychiatric unit in detoxification programmes. Charmaine taught in PNG and Laos as well as a stint working for the USA Peace Corps. Shifting to NZ meant a new challenge for Charmaine – she decided to train as an addictions counsellor working in the South Island till shifting to Auckland in 2002.

Her interest in becoming a Peer support volunteer came from her experience supporting her son, and her belief that at some stage in people's lives mental health has or will be an issue. She believes the issues go across all financial ethnic or religious groups. Her experiences has shown her that no one is immune and for her talking and learning about issues allows one to see hope.

Charmaine loves the atmosphere of Auckland with all the indoor and outdoor events you can participate in and the many different nationalities living in New Zealand.

She finds walking a huge stress relief along side reading good historical novels but top of her list is Petanque as she finds playing this rejuvenates her.



# Information and Resources for Families



## Tigger on the Couch

**Author:** Laura James

**Publisher:** Harper-Collins

**Review by:** Jasmine Thompson-Milne

Tigger on the Couch is a light book on a variety of personality disorders shown in an inventive and humorous way.

Who would know that the 100-Acre Wood is packed full of creatures displaying symptoms like ADHD and Depression. Laura James has taken the characters our most beloved childhood stories and psycho-analysed them.

This is a good read for anyone interested in the different personalities that we may encounter in our everyday lives. Tigger on the couch gives us examples that we all can relate to. Clever and witty and great for us not to take ourselves too seriously.

## Fieldworker pick



### What Happens Next?

A handbook for parents, caregivers and family /Whanau of young people who have a mental illness and it is a NZ resource.

Wendy Lyons and Tricia Irving Hendry  
from Skylight Price \$14

[www.skylight.org.nz](http://www.skylight.org.nz), Phone 0800 299 100  
Email [support@skylight-trust.org.nz](mailto:support@skylight-trust.org.nz)

*"A great book to promote to families who have young people who are just beginning to use Mental Health services. I use it a lot and recommend it to everyone I can think of."* Louise

## Thank you!

We acknowledge the generosity of the NZ Lottery Grants Board and the Perry Foundation in funding SF Auckland's family/whanau support work.



## Bits and Pieces

Every week at Supporting Families we come across interesting articles, websites, books and resources. We can't fit it all in our newsletter but can let you know it is out there - so here are a few of the more interesting things that came across our desks ...

**time to change**

let's end mental health discrimination

Time to Change is England's most ambitious programme to end discrimination faced by people who experience mental health problems.

### *Our vision:*

To make lives better for everyone by ending mental health discrimination.

### *Our mission:*

To inspire people to work together to end the discrimination surrounding mental health.

To find out more: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)



## Information for Carers

[www.msd.govt.nz](http://www.msd.govt.nz)

**A Guide for Carers**  
**He Aratohu mā ngā Kaitiaki**

On 24 September the Associate Minister of Social Development and Employment, Hon. Tariana Turia, launched the booklet and flyer.

This is practical help for people caring for family or friends who are older or have ill health, a disability or a mental health, alcohol or other drug issue.

The guide includes information on the government-funded services and supports available for carers, such as:

- financial help
- needs assessments (NASC)
- help at home
- help if you need a break
- help related to children with special education needs
- health and disability rights
- equipment and modifications.

This resource has been developed by Carers New Zealand, The New Zealand Carers Alliance and the Ministry of Social Development.

Hard copies can also be sought by phoning Work and Income 0800 559 009.

# Supporting Families Support Groups

If you are a family member or carer of someone with a mental illness, you are not alone. Our support groups offer a forum for support and encouragement for people who are on the same journey. Join us and others who face the same challenges to share, to learn and to grow in our understanding of mental illness.

## Central Auckland Family Support

423 Great North Road, Grey Lynn (SF Auckland)  
3rd Tuesday of the month 7-9pm  
Contact David on 378 9134

## Manaaki House Family Support

1 Pilkington Rd, Panmure (Community Hall)  
1st Tuesday of the month 5-6.30pm  
Contact Olivia on 378 9134

## Yan Oi Sei—Chinese Family Support

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

## SF/Affinity Family/Whanau Support Group

Affinity Services, 17 Sultan St, Ellerslie  
3rd Tuesday of every month, 2pm- 3.30pm  
Phone Cindi 526 0320 Ext. 9339

Finished for 2009  
2010 start 16th of Feb.

## West Auckland Family Support

Te Ata 146 Lincoln Road Henderson  
(opposite Burger King)  
4th Thursday of the month 6.30-8pm  
Contact Peter on 440 9812

Finished for 2009

## Howick-Pakuranga Family Support

Highland Park Community Centre  
47 Aviemore Drive, Highland Park  
3rd Monday of the month 7.30-9.30pm  
Contact Louise on 270 8543

Finished for 2009  
2010 start 15th of Feb.

## Other Family Support Groups

### Cornwall House Family Support

Lower ground floor, Building 16, Cornwall Complex  
Green Lane Clinical Centre  
Last Monday of the month 7:00pm  
Contact Averill Abbott on 623 5780

### Anxiety Disorders Family Support

Phobic Trust/Anxiety Disorders Clinic  
77 Morningside Drive, St Lukes  
Looking to re-establish a new group  
please ring if interested (\$5.00 per person)  
Contact ph : 846 9776

## Pacific Island Support Group

423 Great North Road, Grey Lynn (SF Auckland) or  
Blue Dove Health Care 174 Shirley Rd, Papatoetoe  
Contact Iva on 270-8548 or Olivia on 378 9134

This group has been running successfully alternating between Central and South on a monthly basis.

Our gratitude goes to Blue Dove for the venue in South Auckland. Thanks to the bakers Olivia Salanoa and Yvonne for the scrumptious cakes. We want to thank the Speakers also for giving of their time in sharing of their knowledge.

The **last session** for this year is on the **3rd Wednesday of December (16th)** and the first session for **2010 on the 3rd Wednesday in January (20th)**.

## North Shore Family Support

Plunket Family Centre, 213 Shakespeare Rd, Milford  
2nd Thursday of the month 7-9pm  
Contact Michelle on 440 9812



Invitation to  
Last support group for 2009



Thursday 10th December 7.00pm - 9.00pm

December is finally upon us. As this will be our last support group for 2009, we will not have a guest speaker; therefore we will have an informal evening and celebrate the spirit of Christmas, over a cup of tea, coffee or juice along with great company. Supper will be provided.

**Looking forward to seeing you there.**



The Staff and Committee of Supporting Families In Mental Illness Auckland would like to wish all our members a very Merry Christmas and a safe and relaxing holiday period.

Our Grey Lynn office will be staffed during this period except for Public Holidays.

Free Phone: 0800 SFAUCKLAND

Phone: (09) 378 9134

Fax: (09) 378 6783

E-mail: admin@SFAuckland.org.nz

Website: www.sfauckland.org.nz

423 Great North Road

PO Box 78-122, Grey Lynn, Auckland



# 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](http://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 \_\_\_\_\_

*This information is kept confidential to SF Auckland and SFNZ for statistical purposes and for direct distribution of SF Auckland SFNZ material.*