



Inside the Spring Edition: SFMI AGM, ADHB Family Forum, Staff updates, Mental Health Awareness Week, new family resources & much more

Supporting Families in Mental Illness ~ Auckland
423 Great North Road, P O Box 78~122,
Grey Lynn, Auckland, 1245, New Zealand
Website: sfauckland.org.nz Phone: 09 378 9134 Fax: 09 378 6783

**Welcome Back
Sunshine!**

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

If you would like to send us a letter please post to:

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

or email: admin@sfauckland.org.nz



436 Rosebank Road, Avondale
Phone 828-6387 Fax 828-5452
Email: kivikopy@clear.net.nz

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Supporting Families in Mental Illness (Auckland) Inc. Annual General Meeting

Thursday 18th, November

6:45pm for Guest Speakers The meeting will begin at 7:30pm

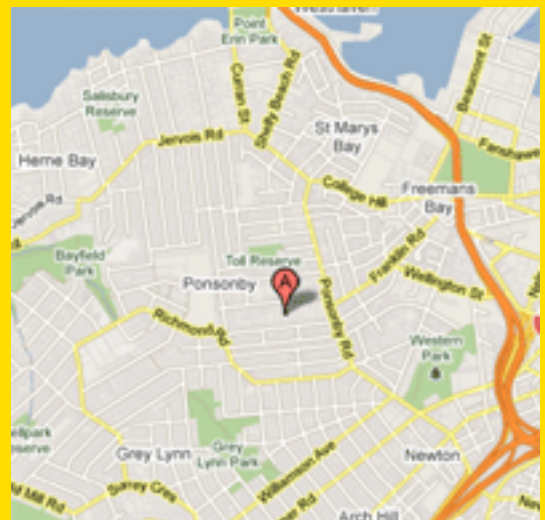
Venue



The St Columba Centre, 40 Vermont Street, Ponsonby

Plenty of off-street parking.

Please be aware the advertised street address for St Columba is 40 Vermont St. Driveway and parking access is the two driveways prior to 40 Vermont St.



Dear SFMI Auckland

We don't have a clear idea over in south-east Manukau (Eastern suburbs, Botany, Howick, Pakuranga, Eastern and Buckland Beaches) if any residential accommodation is available for folks suffering mental illness. Does SF know of any?

My own son lives in an NGO live-in situation in the CMDHB area and has done for the last eight years. We have recently been notified that his situation will not be permanent in the future as they are preparing all in residents there for independent life in the community.

We were under the impression he was settled for life and have over the years made the effort to see him or bring him home to stay at regular times. It does seem a shame to put someone in a place get them settled then suggest they move on.

At present another mother and myself have been to discuss the lack of appropriate accommodation in this area with our local MP, Maurice Williamson, and have had a letter back from him and Mr Geraint Martin (CEO of Counties Manukau DHB) saying that the services they have set up in the area, for support for people with a mental illness, are sufficient and nothing is planned in the future for our area.

Most of the structured accommodation is situated in Papatoetoe, Papakura, Mangere, Takanni, Otahuhu, etc. These areas are still quite a distance away from Pakuranga, Howick, Eastern/Bucklands Beach etc and require a lot of bus travel to reach them if a car is not available.

The statistics for the need in our areas don't seem to have been recorded and passed on to the powers that be. We intend to take this matter further as we know of other families who are anxious about the future of their loved one.

Hoping you can help.
Regards
A Concerned Parent

CMDHB Response to housing issues raised by a concerned parent.

CMDHB is aware of concerns about the spread of residential services across the district. The current spread of residential services for mental health clients in Counties Manukau is due to the historical demand for residential rehabilitation and the lack of availability of suitable low cost housing in East Auckland.

There are plans nationally to change the way in which residential rehabilitation will be purchased into the future. The aim of these changes is to require greater flexibility to better meet the needs of people who use these services in line with international best practice. These changes will present opportunities for reviewing the spread of services in Counties Manukau and for looking at better ways to support people to live full lives in the community.

Funding and Planning – Mental Health (CMDHB)

Information about Mental health Services and NGO Mental health services in Counties Manukau can be searched on www.healthpoint.co.nz

Dear Supporting Families

I wanted to say that Supporting Families has been such an eye opener for me. David can tell you that when I first came to his support group I was quite literally so emotionally charged I couldn't stop crying the first night! To look at myself less than a year later and see that I can calmly talk about my experiences is a radical change, only possible because you guys have all been great listeners and acted on my concerns or needs, whether that's been involving me where I can be a constructive source of information, or letting me know what resources/people are available to help.

There's a long way to go in my family, but I feel much more at peace with our problems now, and I've got you guys to thank for setting me off on that path.

So thanks again (and I really hope the Supporting Families phone number can go on those new Like Minds Like Mine ads! ;)

Cheers, Emma Kelly

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

Farewells & Greetings

Farewells

Farewell to Paul Harvey, our Liason Fieldworker who left SFMI in August. Paul's role was to network within the ADHB community area raising awareness about our service and what we provide. This was to health services, community organisations and anyone else wanting to listen. We'd like to thank Paul for his contribution to the service, staff, family members and organisations which he has been involved with, and we wish him the best for his next journey.

We also farewelled Karen Bacica, Family Fieldworker in our Northland office. Karen has been with SFMI since December, and has now gone on to pursue a role with counselling services. Karen has done some amazing work in the North, and we would like to thank her and also wish her the best for the future.



Greetings

In September we welcomed our new Family/Whanau Fieldworker Francil Tarau-Eagle to our Northland office. Francil has written a fabulous introduction to herself in the newsletter, so from the SFMI Team, Welcome aboard Francil! We also welcome back a familiar face, Tina Haresnape has rejoined the fieldworker team in the central office - good to have you back Tina!

Kia Ora.

Well just when you thought you had seen the last of me. I'm Back!! and very happy to be rejoining the Central team of SFMI.

It is a real pleasure to be part of such a hardworking and dedicated team of people. I am looking forward to working with families and developing new relationships in our community. Thanks to the SFMI team for the lovely welcome back.

Tina Haresnape

Family/Whanau Fieldworker



Farewell from Paul

Hi I'm Paul and I have been with Supporting Families since March 2010 as the Liaison Field Worker, my time here has been spent spreading the word of SF and the importance of families involvement in their loved ones recovery.

I am now moving on and heading to work for an organization called Access Ability funded to oversee the care of people with an intellectual disability, I will ensure I take the tools I have learnt from working at Supporting Families and apply it to my new role.

I would like to thank the team at SF for their support and wish them well for the future.

Regards

Paul



*There are two things to aim at in life;
first to get what you want, and
after that to enjoy it. Only the wisest
of mankind has achieved the second.*

Logan Pearsall Smith

Te Wana Tick of Approval

Te Wana Review at Supporting Families Auckland

Our team of reviewers, Jackie, Jenny, Jill and Rhyll were delighted with the reception and support we received while completing a Te Wana Quality Programme Accreditation review in early July. While the weather was changeable there was no variation in the overwhelmingly positive feedback we received about this service and its work in the Auckland and Northland communities.

Right from the Committee, the Stakeholders, the Service users, to all the staff whether they were Fieldworkers or volunteers, the positive attitude and passion for their roles and the service was a constant theme and this reflected well through their processes and service delivery.

We were more than happy to inform them after a full but enjoyable week that they had successfully passed their accreditation review and are now just finishing off our processes before we present them with their official QIC certificate.

Congratulations' to Emma and her awesome Committee and Team on their dedication and commitment to Families who need support around Mental health. Thank you for being such excellent hosts, making it a friendly safe environment for us to do our mahi in, we look forward to continuing your journey with Te Wana in the future.

Naku Noa.

Jackie Richardson

Te Wana Programme Manager.



Te Wana Review Team At SFMI



SFMI Team Celebrate Successful Review

Crossroads Clubhouse



Crossroads Clubhouse is a community-based organization that focuses on recovery. The only organization of its kind in the city of Auckland, Crossroads Clubhouse offers its 200 + members community, friendship and opportunities for housing, employment and education. Mental illness need not be an obstacle to fulfilling one's dreams. We are committed to helping people stay out of hospitals, achieve their personal goals and contribute to the communities they live in.

PROGRAMS & ACTIVITIES

Members are involved in every aspect of running Crossroads Clubhouse. They greet visitors and give tours, plan and prepare meals, compile and process statistics, clean and maintain our building, organise and run fundraising activities, maintain the garden, facilitate meetings and correspond with external organisations. As such, the major programme at Crossroads Clubhouse is the Clubhouse itself.

To organise the work we do at Clubhouse, members choose to work in one of three units. These units have meetings to provide structure through-out the day. For more information on the working units please follow the links below:

- Food Services Unit
- Communications Unit
- Employment and Education Unit

As members at Clubhouse gain confidence in their abilities, it is logical that they begin to set goals to move into paid employment. The Employment and Education Unit (E & E) at Crossroads Clubhouse aims to provide resources and opportunities for members to make this transition. We particularly rely on our E & E Unit as our main conduit to introduce or reintroduce members to formal work. But all three units provide valuable practical and background knowledge of a wide range of jobs in the general workforce.

We have in the past regularly channeled keen members into Transitional Employment (A part-time fixed term placement). Over the past year as the economic recession has bitten deeper these opportunities are harder to come by. [Clubhouse is looking to make contact with other community groups and organizations that may be able to offer Transitional Employment opportunities.](#) If you would like to find out more contact Jade or Patrick at the Clubhouse on: 09 376 4267 or adminclubhouse@vodafone.co.nz

For more information www.crossroadsclubhouse.org.nz

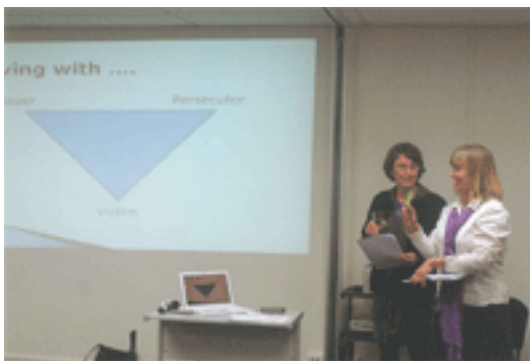
Waitemata Team

Tenei he mihi nui, he mihi mahana ki nga whanau katoa - A big warm welcome to all families.

NORTH SHORE SFMI FAMILY SUPPORT GROUP: Held every 2nd Thursday of the month, at the Plunket Family Centre, 213 Shakespeare Rd, Milford, North Shore, from 7 – 9pm. The next meeting is on Thursday 13 October 2010. **Guest Speaker: Don McIneven from the WDHB will speak about the proposed design for the new Adult Mental Health Acute Unit, from 7 – 8pm.**

TRAINING: We have attended Alcohol and Drug Dual Diagnosis, Suicide Prevention, Treaty of Waitangi, and the gathering, storing and use of information in the health sector. As well we recently facilitated an "Involving Families Training" for Walsh Trust CSW, POC and Residential Support Workers. Their participation in exploring the concept of "Involving Families/whanau in the recovery process" of their loved one is greatly appreciated.

WDHB FAMILY PARTICIPATION FORUM was held on 26 August 2010, at Connect Supporting Recovery, 215 Wairau Rd, Glenfield. Guest Speaker Sue Beresford (NZ Reg. Psychotherapist, MNZAP), gave an insightful discussion and shared information and strategies for "Living with and moving through self-harm." Some comments from participants include:



"I found Sue awesome as a youth I appreciated the simple talk and found her easy to understand. Thank you for an educational evening."

"Boundaries / Self care / Understanding, all relevant, Thank You"

"Thank you. This evening was very valuable"

The Next Family Participation Forum: Thursday 11 November 2010. Venue and theme to be confirmed.

NETWORKING: promoting the work of SFMI with everyone we interact with on a daily basis e.g. families/Whanau and their loved ones, CYFS, MOE, WINZ, various WDHB staff across the Waitemata, schools, GP's, Police, Women's Refuge, Mental Health Commission, Mental Health Foundation, and other NGO's.

MENTAL HEALTH AWARENESS WEEK, 4 – 10 October 2010.

- The theme is Flourishing for everybody: feel good and function well.
- Shared Vision North Shore is presenting a Recovery Conference on Friday 8 October 2010, @ Netball North Harbour, Northcote Rd, Northcote. 9a.m – 2.30pm.
- Annais, Peter (SFMI) and Jan Heath (Connect) will be hosting a harakeke flax weaving circle at the conference.

WDHB FAMILY PACK: Don McIneven is coordinating the project, and is hopeful the pack will be available soon for all mental health service users and their families.

Pacific Island Family Packs will also be available soon.

The Inaugural Waitemata Pacific Island Shared Vision, is to be held on 30 September 2010. Venue in Ranui, West Auckland and theme will be confirmed asap.

The Mental health commission's new Family Whanau booklet is available now and can be ordered by contacting Anastacia at email: info@mhc.govt.nz .

Finally we would like to acknowledge the huge efforts Families/Whanau make every day to support their loved ones in their recovery.

Mauri ora.

Tena koutou katoa



Ko Kapotai toku maunga
 Ko Waikare toku awa
 Ko Ngatokimatawhaorua toku
 waka
 Ko Te Huihuinga me Te Arana Te Pa
 nga whare tupuna
 Ko Kapotai toku hapu
 Ko Ngati Hine toku iwi
 Ko Francil Tarau-Eagle toku ingoa

Greetings to one and all. My name is Francil Tarau-Eagle, the new Family/ Whanau Worker in Whangarei. I have 5 children and in April this year married Darren Eagle. I was born in Wellington and when I was a teenager my parents relocated our family to Ruakaka, where I have been living off and on for last 18 years. Prior to my appointment in this role, I was a stay at home mother, watching my children blossom everyday. My interest are in practicing things maori, especially waiata. I enjoy sports and doing numerous family activities

My background is within Health Promotion, Community Action and Community Development sectors. My most recent employment was with Otara Health Inc, leading the Youth Suicide Prevention Project. Prior to this, I worked for Ngati Health Trust and the Northland District Health Board leading out the Community Action Youth & Drugs (CAYAD) contract.

I also bring my personal experience of supporting family members with experience of mental illness.

I look forward to meeting and greeting many new people and seeing my role help people evolve and grow.

Francil Tarau-Eagle

Family/ Whanau Fieldworker
 Supporting Families Northland



Supporting Families in Mental Illness
 Auckland would like to thank the
 Perry Foundation for supporting
 SFMI's family/whanau work.

Louise, one of our fabulous SFMI Fieldworkers, left with her partner last year to start a Bed & Breakfast in Bolivia – she has been keeping us up-to-date with her life with emails and photos here is a snapshot or two of their new life...

We are well. Spring is here and it is already 34C, so we are enjoying the warm weather which has almost happened over night. We eat on the terrazzo all the time now & have brought a small charcoal BBQ for our terrazzo. The whole city BBQ's on Sundays here, so we are trying to adopt that custom from now on.



The city has turned a beautiful fresh green before our eyes, as all the roses in the many Plazas around the city are beginning to bloom - so it is post card pretty again. We are finally at the end of most things related to setting up the B & B apart from up-dating the web site and getting signs printed. Lots of things are getting easier now as we just know how things work - or where to go or how to get some things.....

It is festival season, so there are lots of parades, fireworks, explosions, people in custom – yes even dogs dressed up – so it is all really interesting to watch and figure out what it is all about –as so many things are still a mystery to us.



The other day I saw a taxi with 14 brightly coloured foam mattresses on its roof driving down the road– as you do!



One of the things I like doing each week is buying flowers for the house in the market – last week I saw a small child asleep in a box amongst all the flowers. I am trying to make friends with the flower ladies so I can take their photo's as they all wear their traditional dress, but they are a little camera shy at the moment, but it looks so pretty and the scent is heavenly.

So all in all we are fine – we like living here and feel settled. Just need to work on our Spanish – some days I can't talk English or Spanish, so are in a limbo. But in spite of that we like the pace of life, it has a nice feel – and we feel like we fit in here.

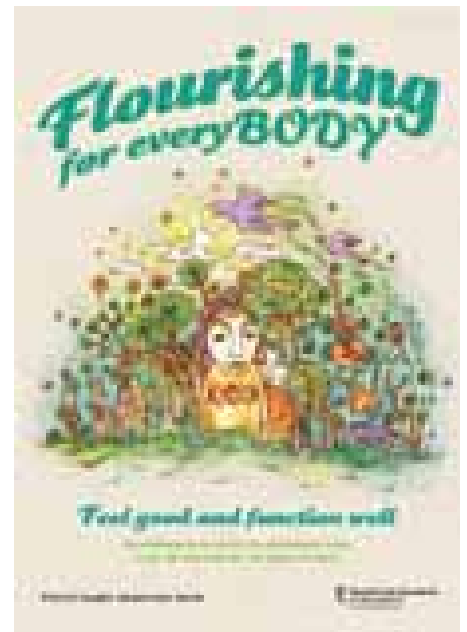
Luísa (Louise's Spanish Name)

Mental Health Awareness Week

This year's Mental Health Awareness Week, has the theme 'Flourishing for everyBODY'. The concept of 'flourishing' is about focusing on the good things in life. It's about the things we aspire to, both as individuals and as members of a wider community' (Mental Health Foundation, 2010).

On that note, the teams at SFMI Auckland and Northland celebrated the week by taking part in the following events and activities:

- Open Day at SFMI Central Office was held on Thursday 7th October from 11am-3pm featuring tai chi, massage, essential oils, flax weaving and silver jewellery making.
- Distributing free packets of flower seeds with the MHAW flourishing postcards and SFMI brochures throughout the community.
- Creating a flourishing community stand at the Foodtown in Grey Lynn alongside organisers of Clubhouse.
- On the North Shore, fieldworkers took part in the 'Recovery Conference Flourishing for Everybody' event held at the Netball North Harbour on Friday 8th October.



For more information about Mental Health Awareness Week go to www.mentalhealth.org.nz

SUPPORTING FAMILIES NORTHLAND MENTAL HEALTH AWARENESS WEEK

It was a great week for Supporting Families in Northland for Mental Health Awareness Week.

I visited numerous family agencies in Whangarei to promote Supporting Families, I presented on the service we provide and presented with; service brochures, notices around Support Group meetings, sporting events for consumers and packets of flower seeds, to fit within the theme of Mental Health Awareness Week, Flourishing for Everybody.

I was interviewed by a local iwi radio station, Ngati Hine FM to further promote the service and to celebrate Mental Health Awareness Week.

The feedback was very positive and people were very excited that there was a service such as Supporting Families being provided for the families that they work with and for themselves.

So I look forward to receiving new referrals and meeting new families.

Kei a koe te tikanga.
It's up to you.



During the Open Day held at SFMI Auckland Central Office Fieldworkers shared their skills and hobbies with other staff and visitors. Photos show:

Information Packs given out during the week.



Peter Grace brought in examples of jewelry, and the tools and equipment used to create these beautiful pieces. Peter demonstrated some of the techniques used and gave people to opportunity to try these out.



Natalie Heijm brought in some essential oils and books about aromatherapy. She was very surprised to see just how much interest there was in the subject! Natalie was able to pass on some of her knowledge about aromatherapy massage and hopefully inspired many to learn more and use it at home.

A FAMILY/WHANAU PARTICIPATION FORUM

Supporting Someone with Mental Health & Alcohol/Drug Problems

Greetings, Kia ora, Talofa lava, Malo e lelei, Fakalofa lahi atu, Bula vinaka, Ni Hao & Namaste

When

Wednesday, 20th October 2010

Time

7:00 - 9:00pm

- 7:05pm Dr Susanna Galea
(Clinical Director of CADS)
'Supporting someone with mental health and alcohol/drug problems'
- 7:50pm Supper
- 8:10pm Panel discuss topic and respond to audience questions

Where

Western Springs Garden Community Hall, 956 Great North Rd, Western Springs (Just beside COBB & CO restaurant)



For more details contact:
ADHB Family Advisor, Leigh Murray
ph: 307 4949 ext 26520
Or Admin - Supporting Families in Mental Illness ph: 378 9134

Thank you Yates.

The team of SFMI would like to extend a very big thank you to Yates for their generous donation of flower seeds.

The week before Mental Health awareness week SFMI received a huge box of flower seeds courtesy of Yates. The seeds are part of this year's Mental Health Awareness Week theme 'Flourishing for everyBODY'. The SFMI team will be distributing the seed packets to the community during MHAW.

Thanks again Yates.
SFMI

Shoes are already on 'Happy Feet'

"Feetbeat", the fun team walking event, was launched by Auckland Regional Public Health Service in 2004 and has been growing since. It exists to encourage workplaces and organizations to get teams of up to eight people together and participate in regular exercises.

Supporting Families got a team of eight members to join "Feetbeat 2010" running from 19 Sept to 7 Nov. They are all happy to put their shoes on to do 30-minute walking every day, so they called themselves "Happy Feet".

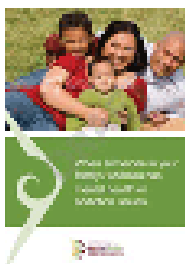
Hi, Happy Feet, Keep walking, Keep up the spirit!!!!

<http://www.arphs.govt.nz/feetbeat/feetbeat2010.htm> for more information



Free Family/Whanau Guide from MHC

'When someone you care about has mental health or addiction problems: A guide for family, whanau and friends'.



Families, whanau of all ages and from different cultural backgrounds continue to struggle during the early stages of seeking help for a family, whanau member or friend who maybe having difficulties with their mental health or addictions.

This new resources is available for free to download from the Mental health Commission Website simply go to www.mhc.govt.nz or contact your local SFMI office to get a copy.

Two Youth Advisors needed for MHC Advisory Group



The Mental Health Commission has an Advisory Group that provides advice on mental health and addiction issues. The group meets about three times a year to help the Commission work out what the important issues are, what it should focus on, and how it can work better. The next group meeting is in early November.

We are looking for two youth advisors to join this group. Preferably you would be under the age of 25 and have used either a mental health or addiction service. Ideally, you will have an understanding of what issues are important to young people. We are looking for two youth or young adults who are willing to say what they think. The group is highly supportive of young people. A daily fee including any flight costs is paid to members.

If you are interested in having a role on the Commission's Advisory Group please make contact by email, ring or write to:

Rick Williment
021 733 660 or (04) 917 8920
rick.williment@mhc.govt.nz

Please give your personal details including relevant history and contact details saying why you are interested and the skills you bring by Friday 15 October.

Fabulous pumpkin soup!

Thanks Iona and the team from Maori Mental Health Services!

SFMI and Maori MHS "Soup Lunch" and Whanaungatanga 28 September 2010

The Hui was held at Maori Mental Health Services Pt Chevalier. SFMI's central team came together with the team members from Kapua Awatea (A place of new dawning) and Maioha Tupuranga (Welcoming of new growth).

The Hui was focused on strengthening relationships and gaining information and understanding of each others current service delivery.

To make things interesting Emma and Iona came up with some tricky little games to get the teams to know each other better. Have you ever heard of "People Bingo"? Well it didn't take long to break the ice by the end of lunch each team member was partnered with a member of the other team the idea to build useful working relationships, share resources and work with each other as one team.

All in all it was a very successful day and we are all looking forward building relationships and to our next Hui.

SFMI Auckland



Youth Information Event



In September Howick College & Supporting Families in Mental Illness sponsored a free information event, for Young People & their Families. The meeting gave information on Bipolar Disorder and

Depression, explaining how this might affect young people and where to get help. We had 16 people attend this meeting including families & service user. The two guest speakers spoke from both the family and service user perspective. It was a fabulous evening and thank you to everyone who attended and volunteered their time to speak and help.



Network Mosaic Conference 2010

Thank you to all those who attended the Network Mosaic Conference held Tuesday 10th August 2010.

Network Mosaic is an initiative with a focus on children and youth with family/whanau members experiencing mental health and/or addiction issues.

The conference was opened by Louise Wall, Principal Adviser, Children's Commission. Followed by Elizabeth Fudge Project Manager of Children of Parents with a Mental Illness (COPMI) Australia as the Key Note speaker.

The day included presentations from:

- Families where a Parent has a Mental Illness (FAPMI) Australia
- Family Violence Interagency Response System (FVIARS)
- Supporting Families in Mental Illness Auckland "Kids Club"
- Tu Tangata Tonu Programme ADHB
- Skylight Sharing the Journey Programme

Network Mosaic are pleased to be able to include the presentations from the day on their website www.networkmosaic.org.nz



Linda Karlin



Natalie Heijm



Linda Karlin & Elizabeth Fudge



Lisa Forshaw & Natalie Heijm



The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others.

Solomon Ibn Gabriel

If a disaster happened now, would you be ready?

In light of the Recent Christchurch earthquake we thought it would be timely to remind everyone where to get information on how to be prepared for a natural disaster. If you are a caregiver you may find some of these factsheets, plans and checklists helpful to go through with the person you care for to make sure a plan is in place for them.

Get Ready Get Thru

www.getthru.govt.nz

Before a disaster

You will need to have:

- A Household Emergency Plan that will help you and your household plan for what to do when disaster strikes
- Household Emergency Checklist This list will help you prepare essential food, water, clothing and medical supplies for you and your family to cope for at least three days
- A Getaway Kit of essential emergency and medical items if you need to be evacuated.



Get Ready Guides

These guides tell you what you need to do to get ready.

- Caring for sick or vulnerable people
- Caring for pets and livestock
- First Aid Kit
- Storing water
- Get your business ready
- If you are in your car
- Radio stations to listen to

You can get checklists and information to printout and use to help you prepare as well as help those you care for create a plan.

Ministry of Health

www.moh.govt.nz



The Ministry of Health has put together information on Protecting your health in an emergency and Coping with stress for the victims of the Christchurch Earthquake. You may find these a helpful information source as well.

The factsheets on this page will help you, your family and community to:

Understand common emotional reactions to the earthquake

Learn positive ways of coping

Identify when to get extra help that will enable you to cope better.

There are also factsheets for emergency response workers, health staff and volunteers.

Sponsor or advertise the SFMI Auckland Newsletter!

You can support the work SFMI does by buying advertising space in this newsletter.

Through your sponsorship or advertising you help reduce the cost of producing the newsletter allowing us to provide more services to families/whanau across Auckland.

You also get to market yourself to our membership, and a wide range of health professionals and services across Auckland who receive our full colour electronic newsletter.

SFMI is a non-profit organisation that provides a free service across the Auckland region. We offer this bi-monthly newsletter free to our members and through our satellite offices. The Newsletter is available in full colour electronically and in a black and white hard copy.

If you would like to find out more please contact Ashley on ph: 378 9134

Membership:

SFMI Membership offers many benefits including:

- * An informative two monthly newsletter with information and articles on Mental Illness, Support
- * Groups, upcoming Forums and Conferences, stories from families, DHB Family Advisor reports and more.
- * Access to our well resourced Library with information, books and video resources.
- * The opportunity to give input into advocacy and service development, forums, support groups.
- * As well as supporting the work we do throughout the Northern region.

SFMI continues to welcome new members, so if you know of anyone who would be interested, please pass on our contact details:

ph: 09 378 9134

email: admin@sfauckland.org.nz

web: www.sfauckland.org.nz

Membership continues to be very affordable:

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

PEER SUPPORT FOR PARENTS

The Regional Consumer Network in Association with Supporting Families in Mental Illness and Tu Tangata Tonu would like to invite you to a support group for parents experiencing their own mental health problems.

- Fortnightly
- Time: 10.30am
- Venue: 423 Great North Road, Grey Lynn
- Dates: 13th & 27th October 2010

We welcome anyone who may be interested in being part of a support group. Tea and coffee will be provided.

For further information, please contact:

Luci Falconer at Tu Tangata Tonu (ph: 623 4646)

Tatjana Karaman at Supporting Families (ph 378 9134)

Gary Sutcliffe at the Regional Consumer Network (ph 623 1762)



Listen out for Supporting Families



SFMI Auckland will be featured on "Take it from us" Radio show hosted by Sheldon Brown. So tune in to PlanetFM 104.6 on Tuesday 16th of November at 12:30pm or visit www.planetaudio.org.nz/takeitfromus

SPINZ Webcasts with Judy Bailey



A series of webcasts with information on: Warning signs for Suicide, Risk factors for Suicide, Suicide in Communities, Suicide Myths, caring for someone, and Losing someone to Suicide.



There are also webcasts from World Suicide Prevention Day Forum 10 Sept 2010 and the National Symposium 2009: Culture & Suicide Prevention in Aotearoa.

Presentations include Understanding Families & Suicide Risk: Implications for suicide prevention practice by John Fitzgerald (Director/Consultant Clinical Psychologist, The Psychology Centre). By interviewing families with experience of suicidal behaviour, and practitioners who work closely with families at risk, John Fitzgerald was able to delve into what family resilience means and investigate how a family's strength can assist in situations when a young person is at risk.

These and other resources can be found on the SPINZ website: www.spinz.org.nz

*Most of the shadows of this life are
caused by our standing
in our own sunshine.*

Ralph Waldo Emerson

*Success is the sum of small efforts, re-
peated day in and day out.*

Robert Collier

Family/Whanau 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.

Pacific Island Family Support Group

This group has been running successfully alternating between Central and South on a monthly basis. Contact Iva or Mona to confirm venue.

3rd Wednesday of the Month

423 Great North Road, Grey Lynn (SF Auckland)

or

Blue Dove Health Care 174 Shirley Rd, Papatoetoe

Contact Iva on 270-8548 or Mona on 378 9134

Central Auckland Family/Whanau Support Group

423 Great North Road, Grey Lynn (SF Auckland)

3rd Tuesday of the month, 7-9pm

Contact David on 378 9134

Manaaki House Family/Whanau Support Group

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 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, 2pm- 3.30pm

Phone Cindi on 526 0320 Ext. 9339

Howick-Pakuranga Family/Whanau Support Group

Highland Park Community Centre

47 Aviemore Drive, Highland Park

3rd Monday of the month, 7.30-9.30pm

Contact Michelle on 270 8543

North Shore Family/Whanau Support Group

Plunket Family Centre,

213 Shakespeare Rd, Milford

2nd Thursday of the month, 7-9pm

Contact Peter on 440 9812

Peer Support for Parents

423 Great North Road, Grey Lynn

Fortnightly meetings 13th & 27 October and 10

& 24 November, From 10:30am Contacts:

Luci Falconer at Tu Tangata Tōnu on 6234646,

Tatjana Karaman at SFMI on 378 9134 or

Gary Sutcliffe at the RCN on 623 1762

Whangarei Evening Family/Whanau Support Group

6 Donald St, Whangarei in the Arataki lounge.

1st 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

Francil on 09 430 3844



October

SUN	MON	TUES	WED	THUR	FRI	SAT
31					1	2
3	4	5 Yan Oi Sei Manaaki House & Whangarei Evening Support Groups	6	7	8	9
10	11	12	13 Peer Support for Parents	14 North Shore Support Group	15	16
17	18 Howick-Pakuranga Support Group	19 Central Auckland & SFMI/Affinity Support Groups	20 ADHB Family Forum	21 Pacific Island Family Support Group	22	23
24	25	26 Whangarei Morning Support Group	27 Peer Support for Parents	28	29	30

Mental Health Awareness Week 2010

November

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2 Yan Oi Sei Manaaki House & Whangarei Evening Support Groups	3	4	5	6
7	8	9	10 Peer Support for Parents	11 WDHB Family Forum	12	13
14	15 Howick-Pakuranga Support Group	16 Central Auckland & SFMI/Affinity Support Groups	17	18 SFMI Auckland AGM Pacific Island Family Support Group	19	20
21	22	23 Whangarei Morning Support Group	24 Peer Support for Parents	25	26	27
28	29	30				

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 _____

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