



“Korero Mai”

for those interested in the provision of mental health services

WHAT'S ON

providing educational and recreational activities for \$5.00 and under

Whakaaro Pai

for Service Users/Tangata Whaiora by Service Users/Tangata Whaiora

Issue 39 JUNE 2013

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

Youth target of prevention plan

A new \$25 million suicide prevention action plan just released by the Government aims to tackle New Zealand's high youth suicide rate.

The 2013 to 2016 plan also has a clear focus on suicide prevention for Māori and Pasifika.

“One in five people who die by suicide are Māori, rates of youth suicide are two-and-a-half times higher for Māori youth, and there is growing concern that suicide is increasing among Pasifika communities,” the plan says. Each year, about 500 people in New Zealand die by suicide – an average of about 10 people each week. Associate Health Minister Peter Dunne says many more are treated in hospital after a suicide attempt, having seriously harmed themselves. “Suicide is devastating for all those personally affected and a tragedy for our society as a whole,” he says. “Sadly, we have some of the highest youth suicide rates in the developed

Completed Suicides in New Zealand: 2007–2012

Year	Asian	Maori	Pacific	Other	Total	Road Deaths
2007–2008	21	87	24	408	540	421
2008–2009	10	95	26	400	531	366
2009-2010	22	105	31	383	541	384
2010-2011	19	101	22	416	558	375
2011-2012	19	132	31	365	547	284
Average:	18	104	28	395	543	366



world, and suicide rates for Māori are 54% higher than for non-Māori.” Mr Dunne says the Government owes it to New Zealanders to address this matter with determination and commitment. “As communities we need to be looking at what we can do to help our neighbours and networks. As family members we owe it to one another to help someone if we think they are struggling. In the end that is what will

make a difference – the support and commitment of all New Zealanders.” He says people who take their own lives usually do so as a result of a complex range of factors. Because these risk factors are so wide ranging, actions to prevent suicide also need to be wide ranging. “They need to have multiple components and work at both an individual level and across the population.”

The new plan includes actions to:

- Address the impact of suicide on families, whānau and communities by strengthening support for family, whānau and communities.
- Build the evidence base, specifically around what works for Māori and Pasifika.
- Extend existing services, specifically addressing geographical gaps in the coverage of services.
- Strengthen suicide prevention targeted to high risk populations who are in contact with agencies.

Coming Events: JUNE 2013

- Every Wed: *Real Arts* at Real Tart, NP, 1-4pm
- Every Thur: “*Mental Health Matters*” Access Radio 104.4FM, 9.30am
- Wed 5 & 19: Post Natal Support Group at NP Women’s Centre, 10am-12 noon
- Thur 6 & 20 Peer Support Group at Stratford Community House, 10am
- Wed 12 & 26: Focus Group at Like Minds, 10.30am-12noon
- Mon 13 & 27: Peer Support Gp, 164 Princes St, Hawera, 10am
- Thur 20: Writers’ Support Group at Like Minds, 2pm (this month’s subject: “The great leap forward”)
- Thur 27: Mates Men’s Meeting, Progress to Health, 15 Dawson St, NP, 2-4pm

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Check us out and LIKE us on Facebook [Like Minds Taranaki](#)



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mungopare - “keep positive, see it through”

Social inclusion in rural communities

At this year's Like Minds, Like Mine national conference in Auckland, Gordon Hudson gave a powerful address on social inclusion in rural communities. This is a round-up of his presentation.

Everyone experiences tough times in their life. Most people get through these without too much difficulty – and thank goodness for that.

But, sometimes, for some people, for a many number of reasons, these experiences don't go away and they struggle to solve them on their own.

Problems become stressful, cause anxiety and sometimes depression. They impact on their work, relationships with family and friends and can seriously impact on physical, emotional and mental health. This can lead to withdrawing from others, to becoming socially isolated, struggling to cope. Alone.

This can happen to farmers – just as it can happen to anyone. And when things turn to custard on the farm, it affects everything – their livelihood, their home, their colleagues, their livestock – in fact – everything.

Traditionally, watching out for the mental health wellness of rural people, particularly men, has been the domain of women, particularly groups such as Rural NZ Women and Women in Dairying, however, there has been a dramatic shift in this responsibility.

For the first time, male-dominated organisations supporting rural communities; organisations such as Federated farmers, Rural support trusts, Ag research, Dairy NZ, Farmsafe, Ministry of Agriculture and fisheries, Vet groups, etc have taken a keen interest in stress in rural communities – as well they should for this responsibility can no longer be left to rural communities alone.

Surprisingly, the NZ Mental Health Survey, 2006, revealed that there was no difference between rates of mental illness in rural and urban populations.



Gordon Hudson: Presenting at the Like Minds national conference.

Many rural people feel that the stigma and discrimination of mental illness, combined with the “fish bowl” nature of many rural communities, makes it difficult, particularly for men, to seek professional help.

Yet, failing to seek professional help for mental distress can be a costly mistake – especially for farmers.

The thinking that rural folk “look after their own” is often just a myth. Rural communities have been decimated in recent years with school and service closures. Take a trip around the Taranaki coast for evidence of this situation.

Increasing numbers of our rural communities are feeling more isolated and a growing number of people in these communities are feeling socially isolated.

This distressing situation can be seen in the appalling suicide statistics for farmers.

Suicide is a conscious action to end one's life, possibly to escape the pain and anguish of living in overwhelmingly negative circumstances.

In New Zealand, males complete suicide 3 times more than females.

In Taranaki, males complete suicide 6 times more than females.

In farming males complete suicide 11 times more than females.

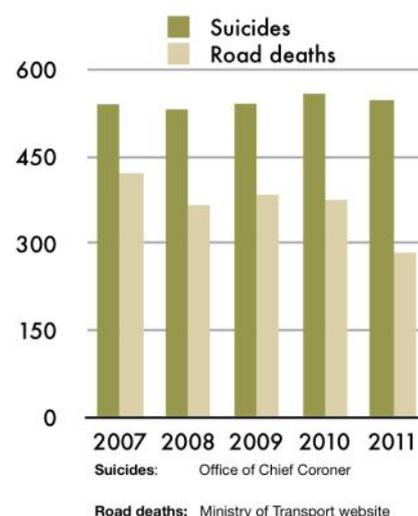
Every second week in New Zealand a farmer completes suicide. And this farmer is usually a male.

It seems that wherever you have livestock you have dead stock and farmers know what it takes to kill something – and they have the resources to do so.

Suicide prevention is the key. But there are few resources for people at risk of self-harming and/or suicide.

In 2011, 558 people chose to kill themselves

In 2011, 284 people were killed on our roads.



Yet funding for suicide prevention is minimal, while funding for road accident prevention is massive.

For too long, possibly for well-meaning reasons, there was a planned “secrecy” about openly discussing suicide. The shame of this approach is that the whole rural suicide crisis has been allowed to fly under the radar, resulting in it being under-recognised, under-funded and under-planned.

It has been left to people such as the Chief Coroner to highlight the enormity of the problem and the need for more open discussion and debate.

We commend the Government's recent initiatives around suicide prevention, but we still need more emphasis placed on rural communities and farmers in particular.

Continued on Page 3

Social inclusion in rural communities...

Continued from Page 2...

People in rural communities have much higher health needs such as cardiovascular, diabetes, blood pressure, respiratory, etc – yet have less access to health services.

We applaud the Southland and Waikato DHBs for their specific policies and programmes in addressing rural health needs and it would be wonderful to see the rest of New Zealand follow suit.

In these current dire situations in farming, there needs to be a strong commitment, sense of urgency and more resources to fund practical ways to address this situation – and there are plenty of practical ways that this can be achieved.

In the meantime, rural communities

themselves have been left to take initiatives as to ways and means to work together to support each other through these difficult times.

Rural people are beginning to take a much keener interest in mental wellness, taking the time to learn a little more about their own mental health, watching out for their family and friends and taking the time to “look over the fence” and check out how their neighbours are getting on.

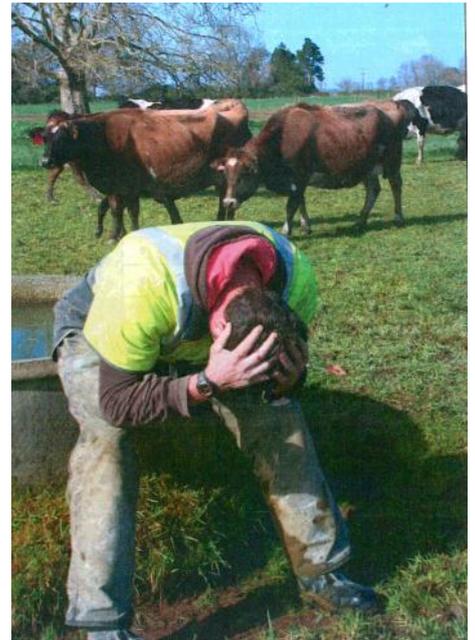
A sort of “neighbourhood mental health watch”, if you like.

When times are tough, knowing that you need to care for yourself and those that matter to you and knowing that they in turn are looking out for you are essential ingredients for surviving – and thriving.



**Farmers helping farmers...
and doing it well.**

“When circumstances beyond your control lead to a rural crisis—be it financial, climatic or personal—The Taranaki Rural Support Trust is ready to assist.”



All trust members are rural people with local knowledge and experience...

Māori language lessons on offer

Haere mai, haere mai! Welcome in each weekend with Te Reo Māori.

People interested in learning te reo can join a new beginners' class at Harmony House in New Plymouth each Friday from 1pm to 3pm.

Moana Phillips is the kaiako (teacher) of these free lessons, based on the well-known Te Ataarangi Method using Cuisenaire rods (rākau) and spoken language.

The first lesson begins on Friday May

31 and these classes will run each week all the way through until November 22.

Karen Wehle from Harmony House – Te Whare Marire – is instrumental in organising these lessons and is “looking forward to learning this beautiful language with all those interested”.

If you are keen to take part, please phone Moana on (06) 7575589 or text her on 027 4993651. Harmony House is at 83 Poplar Grove, Whalers Gate.

Harvey Leach	06-764-8333
Derek Gibson	06-752-7642
John McMurray	06-756-7099
Graeme Hight	06-754-4404
Hannah Dent	06-757-3423
Paul Bourke	06-761-8895
Blue Read	06-752-3698
Katrina Knowles	021-831-944
Dave Hopkins	06-757-3423
Office:	06-757-3423

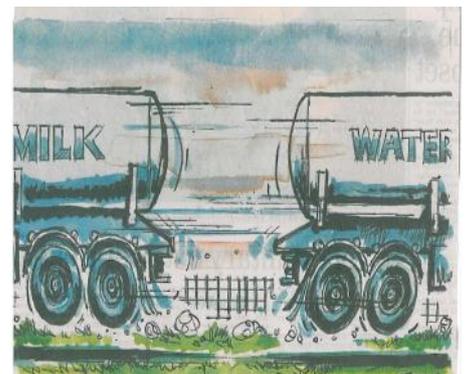


Power of sharing your stories

We want to hear stories about people's journeys to wellness or from specialists with tools and tips to share. In a new column, Mindful Ways, published fortnightly in the *Taranaki Daily News* (the first appeared on Monday, May 27) we aim to inspire, motivate and show the

strength, resilience and creative minds of people with experience of mental unwellness.

If you have information or a story to share, please contact Like Minds Taranaki manager Virginia Winder on 06 7590966, or 0800 454 536 or email mental.health@xtra.co.nz.



Courtesy - Manawatu Evening Standard

Support Group—Held at Tui Ora Ltd, 164 Princes Street **HAWERA**—10am-12pm, Monday and meeting fortnightly, this group is for those who suffer or have suffered from anxiety and depression. It's a chance to share and help support others in a relaxed environment. For more information contact Tom Gibson 06 7646417. Tea and coffee provided. This month's meetings are June 10 and 24. **GOLD COIN**

Peer Support Group—Community House, 52 Juliet St, **STRATFORD**—Every second Thursday, (June 6) 10am-12pm. For people and families with mental health and/or addiction issues. This peer-led group provides an opportunity to meet with other people who have shared similar experiences. Come and talk, listen to each other, have some fun and offer each other coping strategies towards recovery. For further information, please text or phone Mihi at Tui Ora Hawera office 06-278-6603 or Kevin at Tui Ora NP 06-759-4064. **GOLD COIN**

Post-natal Support Group (Peri-natal)—1st and 3rd Wednesday of each month from 10am—12noon. This group is open to all mothers experiencing post-natal distress and is held in the Women's Centre, Community House, 32 Leach Street (at the end of the car park next to the YMCA) Child care is available. For more information on this group contact Like Minds Taranaki on 759 0966, or TDHB Peri-Natal MH team: 753 7749. **FREE**

MATES Men's Meeting—Groups held at 45 Regent St, **HAWERA** on the 1st and 3rd Thursday of the month 7-9:30pm and at TDIC, 28 Young St **NP** on the 2nd and last Thursday of the month 7-9:30pm. There is also a group aimed at men living with the challenge of mental health issues and held on the last Thursday of every month at Progress To Health, 15 Dawson St, **NP** 2-4pm. **FREE**

Wed Jun 19 **Photogram Workshop** - Taranaki Research Centre, Puke Ariki - 6-8pm. Make photographic images without a camera! Be taken step by step through this fascinating process, which will help you create some amazing images to take home. Places are limited and bookings are essential - phone 759-6060. **FREE**

Fri Jun 21 **Annual Classic Hits Mid Winter Swim 2013** - NP yacht Club, Ngamotu Beach - 7-8am. Join in on the coldest challenge of the year. Register from 7am to take the icy plunge at 7:30am. There are great prizes up for grabs and hot showers, changing rooms and free Watties Soup provided to warm up afterwards. So grab your togs for a fun, chilly morning with Taranaki's Classic Hits 90FM. **FREE**

Sat Jun 22 **Fruit Tree Pruning Demo** - Miln Street Orchard off Riversdale drive Merrilands - 10-Midday. Council Parks staff will demonstrate fruit tree pruning and grafting techniques. No booking required just turn up on the day. To be held rain or shine so bring gumboots, jackets and umbrellas. **FREE**

Sun Jun 23 **Interesting Ingredients Workshop** - Hollard Gardens, **STRATFORD** - 2-4pm. Learn about some of the interesting veges, grains and greens being grown in Bernie's Home Garden this year and how to make some nutritious and warming salads to beat the winter chill. **FREE**

Thur Jun 27 **Tea and Topics: Branching Out** - Puke Ariki - 10-11am. Enjoy a cuppa and a bikkie while picking up some top tips from local experts in their field. Takes place on the last Thursday of every month. **FREE**



“Care for those around you. Look past their differences.”

Kent Nerburn - author

Every Tue **Tai Chi at the Women's Centre**—Community House 32 Leach St.—1:30pm **\$5**

Every Tue **Active in Age Programme**—TSB Stadium—10am-12pm—Tai Chi session 11-12pm **\$3**

Every Wed **Real Arts**—1pm-4pm at Real TArt Community Gallery—an opportunity for people with experience of illness to participate in art & craft. Call Virginia oh 759 0966. **GOLD COIN**

Every Fri **Tai Chi**—Stratford War Memorial Facilities Room, Miranda St, **STRATFORD**—9:30-10:30 **\$5**

Every Fri **Whizzy Walkers**— Meet at Plunket House at 10am. A walking group specifically for caregivers who would like to join others in a brisk walk with their child and buggy for about an hour. **FREE**

Every Sun **New Plymouth Joggers and Walkers**—Pukekura Park Cricket Pavilion—8:30-9:30. All ages and abilities catered for with the different groups that head out for an hours walk or jog. **FREE**

*This space could be used to promote one of your events, please contact
Stephanie Mapley at Like Minds Taranaki*

*We are very keen to hear of events from Central, Coastal and South Taranaki -
ring us on 0800-454-536 or email us here at Like Minds Taranaki at mental.health@xtra.co.nz*



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - "keep positive, see it through"



Steaming Cup: A moment of peace at Chaos Cafe in New Plymouth.
Photo: Clive Robbie Grace

Fine offerings from cafe poet

By Virginia Winder

The man with the tattoos and beard was always there. Everywhere, in the cafes of New Plymouth, bent over book and coffee cup, writing.

For a few years, he slipped past, until one day he came into my vision. We kept crossing paths, everywhere.

One day he came into our office at Like Minds Taranaki and shyly gave me his book, *Chronicles From The Darkened Pathways – A Travel Log of the Soul*.

This self-published work is filled with insightful poems; words that dance across pages and into hearts; and evocative black-and-white photography.

Its creator, both poet and photographer, one and the same, didn't publish this book to sell, so is unable to fulfil requests for copies – for now. In the meantime, we share a poem and photograph from Clive Robbie Grace.

Little Prayer

Let it be, Let it go
I give thanks for the learning
Even though, it's marked me
so

Clive Robbie Grace
August 2006

Online support for parents

Parents or caregivers who have a teenager grappling with mental illness can now ask for support online.

"It's a closed group, where people can talk openly and confidentially... it's a place to let things out."

North Taranaki woman Debbie Shillingford has set up the closed Facebook support group, Tough2Love.

Because it's a closed group, people have to request to join. It is also monitored to ensure it is a secure and safe place where people feel comfortable to express themselves.

This is for those parents and caregivers who find themselves in difficult situations with teenagers self-harming, having suicidal thoughts and suffering from depression and/or anxiety.



The group is open to people in New Zealand and beyond. Already, there are few Australian members of the group.

"In a crisis or mental health situation, the focus is on the teenager, which is what you would expect, but there is often no support for the parents," Debbie says.

"It's very important to see who the people are and posts have to be approved to go in," Fi says.

South Taranaki woman, Fi Szpetnar-Perez, is helping her to co-ordinate the group.

Tough2Love is also a place to share helpful information about working with teenagers and the issues they face.

Often these guardians are on tenterhooks, don't know what to do and fear for their child's life, Fi says. "As a parent you still love them unconditionally, but it's hard, which is why it's called Tough2Love."

"We can't fix your teenager's problems, but we can stand with you through the journey," the group's pamphlet says.

To request to join, go to www.facebook.com/groups/tough2love

Creating your own well-being

People seeking a creative look at their health and well-being will have a chance this month.



As well as workshops, Stacey has a private practice.

Arts therapist Stacey Waterson is running a four-hour

Stacey Waterson: GPs can refer people to her through Taranaki Primary Connections.

She spends two days a week in Whanganui working with people who have been sexually abused and three days in New Plymouth seeing a variety of people.

Creativity and Well-being workshop on June 22 in New Plymouth.

Through Hospice Taranaki she works with children who have had someone close to them die or who is being cared for there.

"We look at how you want your health and well-being to be and look at creating something to represent that," she says.

She also works with teenagers and people experiencing mental illness, including those with depression and/or anxiety.

At the afternoon workshop, people can find out how their own well-being looks, sounds, feels and moves.

Through Taranaki Primary Connections, GPs can refer people to her and they can have four sessions paid for.

Stacey, who has a Masters in Arts Therapy, ran a well-received session at the NZ Creativity Challenge in April.

Stacey was featured in the *Taranaki Daily News* on May 27 in the new fortnightly Like Minds Taranaki column, Mindful Ways. To read the full story, go to our [Facebook](#) page.



Mental Wellness Groups

Like Minds Taranaki hosts regular support and discussion groups, where you can share your stories and experiences with others who are also on the journey to recovery. Enjoy a friendly, relaxed atmosphere and speak with complete confidentiality.

You can also benefit from writing and arts groups that allow you to tap into your creative side.

NEW PLYMOUTH GROUP TIMES AND LOCATIONS Contact Like Minds 06-759-0966

Discussion Group:

2nd & 4th Wednesday each month
10.30 am—12 noon

Like Minds Taranaki Office
3rd Floor Brougham House
50 Devon Street West

Creative Writing Group:

3rd Thursday each month
2—3 pm

Like Minds Taranaki Office
3rd Floor Brougham House.
50 Devon Street West

Real Arts Group:

Every Wednesday
1—4.00pm

Real Tart Community Gallery
19 Egmont Street, NP

New Support Group...

Post-natal Support Group (Peri-natal Support Group)

10-12noon

*1st and 3rd Wednesdays
of each month*

At the NP Womens Centre

*This is a supportive non-clinical
group offering support.
Child care available.*

For more information contact:
Like Minds Taranaki 06-759-0966
NP Womens' Centre 06-758-4957
TDHB Peri Natal Team
06-753-7749

Hawera support group:

The venue at Tui Ora Ltd at 164 Princes Street, Hawera, is ideal, if a little cramped... (the down side of success!)

Next meeting—June 10 & 24

Held alternate Mondays 10-12 noon, and ably facilitated by Tom Gibson—06-764-6417. Give him a call...

STRATFORD SUPPORT GROUP...

For people and Families/Whanau with mental health and/or addiction problems.

Every second Thursday (June 6)
10am-12pm. Contact Mihi 06-278-6603 or Kevin 06-759-4064.

Held at the Stratford Community House, 52 Juliet St., Stratford.

Employment:

Taking the first step...

A 64-page guidebook for jobseekers with health issues.
Free copies available from
Like Minds Taranaki.



Your experience as a mental health consumer has value—you could help improve the quality of care provided not only in Taranaki, but throughout New Zealand.

If you're interested in making a difference, why not join the **Taranaki Consumer Advisory Group?**

Meetings held from 10am-11am, at Harmony House, 83 Poplar Grove, on the last Friday of each month.

For more information please email:
tcag@hotmail.co.nz
or call Tony Spencer on:
759 0966

Expressions of interest for...

Self-stigma and Discrimination 2-hour workshops

Contact Cecily Bull at
Like Minds Taranaki
06 759 0966 or 0800 454 536

GP Practices that are currently accepting new patients:

HAWERA

Dr Keith Blayney* 06 278 5189
Mountain View Medical 06 278 9866
Ngati Ruanui Health 06 278 1310

OPUNAKE

Opunake Medical 06 761 7324

PATEA

Patea and District
Community Trust 06 273 8456

STRATFORD

Avon Medical Care 06 765 5454
Regan St Health * 06 765 6676

NEW PLYMOUTH

Carefirst 06 753 9505
Eastside Medical 06 757 3111
Moturoa Medical 06 751 0390
Strandon Health 06 769 9567
Central Medical 06 758 6666
Devon Medical 06 759 1888
Family Health 06 758 7508
Parklands Medical 06 755 0422
Phoenix Urgent Doctors 06 759 4295
Te Aroha Medcare 06 759 7310
Tukapa Medical 06 753 3070
Vogeltown Medical 06 753 7258
Oakura Medical 06 752 7199

** Open to new patients but on application basis only. Information provided is accurate at the time of printing, but may be subject to change.*

Coming Soon on Access Radio...



"Mental Health Matters"

June

Every Thursday 9.30am.
This month Cecily Bull
interviews
Gary Walls-Renwick
from Healthcare NZ



**9.30am
every Thursday of each month**

Thought for the Issue:

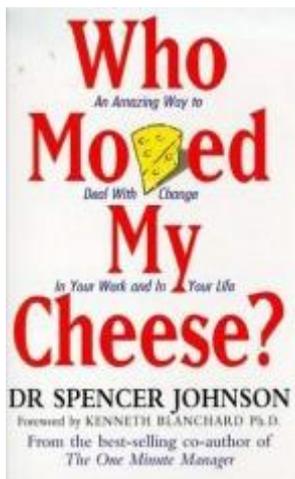
"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way."
- Martin Luther King Junior



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Say Cheese

The characters in Spencer Johnson's book "Who Moved My Cheese?" look for cheese in a huge maze. The cheese represents things that give us a sense of happiness and fulfillment, and the maze itself is life.



Like that of those fictional characters, what we think of as "our cheese" has a tendency to move from time to time.

However, we often focus so intently on this cheese we haven't found in the maze, or that we have lost, that we don't see the cheese before our very eyes.

Every experience in life is much like cheese - some are mild, mellow ones you want to savour; others may be more potent, even unpleasant things you wish you hadn't tasted in the first place. It all feeds us one way or another.

When you think of it, how would you know what good cheese tasted like, if you'd never tasted

bad cheese before? And just how bad is "bad" cheese compared with the option of no cheese at all?

Not all the cheese we enjoy is necessarily good for us either; sometimes the opposite is true - cheese we find unpalatable might actually nurture us.

Ever eaten a meal and reached the last forkful of food, only to realise you hadn't stopped to appreciate the food as you ate it? Life can be like that; sometimes we let good times pass us by without pausing to really experience them, and only realise how positive they were when they're gone.

Did your parents ever tell you, you'd have to sit at the table until you'd eaten everything on your plate, even if it took you all night?

Maybe you'd been given vegetables that you weren't used to, and didn't even want to try them. That same thing may today be one of your favourite foods, or you can at least tolerate it.

Life can be like that too. Sometimes it's cheddar; sometimes it's parmesan. Sometimes you may not want it to end; sometimes you know you've just got to hold your nose and eat it even if you don't like it, just so you can leave the table and move on.

Whatever life feeds us, it's healthy to take some time out to just look at the cheese we already have, and may take for

granted. Mindfulness can be an effective tool in situations like this, because it helps us really see and pay greater attention to things we may not otherwise notice.

It's still important to have goals; to have that metaphorical cheese somewhere, to inspire us to explore the maze of life. No matter where we are on that journey however, we still possess the *capacity* to feel that sense of accomplishment we'd get from attaining that goal.

This capacity of experience is something that mindfulness celebrates, and encourages us to use every day.

It doesn't matter what you're doing - you may be going for a walk, listening to music or even just breathing.

"Who Moved My Cheese?" tells the story of a group of characters looking for cheese in a maze, but mindfulness offers us a gift of perspective that allows us to see what may be a surprising truth: the *entire maze* is made out of cheese.



Tony Spencer

"Korero Mai" is edited by Virginia Winder, "What's On" by Stephanie Mapley and "Whakaaro Pai" by Tony Spencer—all from Like Minds Taranaki. Your news and views are eagerly sought. Like Minds Taranaki, PO Box 5015, New Plymouth, 3rd Floor, Brougham House, Devon Street West, NP, ph 06-759-0966 mental.health@xtra.co.nz, www.likemindstaranaki.org.nz

The July 2013 issue will be distributed in late June. Contributions by Friday 14th June 2013 please.