



“Korero Mai” **WHAT'S ON** **Whakaaro Pai**

for those interested in the provision of mental health services

providing educational and recreational activities for \$5.00 and under

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

Issue 48 APRIL 2014

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

IT STARTED WITH HOPE



*I fell in a black hole
I couldn't get out
People above looked down at me
They threw me down a ladder and rope
I heard their pleas
Still I couldn't get out
This hole was my worth
It was where I belonged
My loneliness became familiar
You jumped in
I didn't want you to
You bought a piece of paper with hope written on it
Day after day you bought more paper with more words
Strength, love, compassion
I didn't want you to
The papers grew high
Until one day I was out of the hole
My journey started with hope
You gave me this
Thank you*

By Rachel Buckley

Less is more...

Expressing creativity can be a great tool on the journey to wellness and just one of those expressions is creative writing. With this in mind we advertised a competition in last month's Korero Mai to encourage you to write, in our effort to find the best small but perfectly crafted short story or poem. We had some great entries sent in to us and thank you to all who were brave enough to share their thoughts and talent with us. Here is our pick of the bunch sent in by Rachel Buckley. It is a great piece with the important message of hope crafted into it. Enjoy! And thank you Rachel...

Silver – the New Gold in Employment?

New Zealand is facing the biggest workforce challenge of the 21st century. It is called the *Age Wave*. The Age wave is the term for an unprecedented shift in the age distribution of our population.

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‘Silver Linings’

BRENDA CASH

with REAL TART & LIKE MINDS TARANAKI

INVITES YOU

To the opening of her exhibit at 5:30 April 4
at REAL TART GALLERY
19 Egmont Street, New Plymouth, April 4—May 2
(proceeds very generously donated to LIKE MINDS TARANAKI)

Having lived in various spots on Surf Highway 45 for the last 19 years, Brenda often draws inspiration from her environment. Her work tends to have a sense of whimsy and nostalgia. In 2012 and 2013 she held solo exhibitions where she donated proceeds to the SPCA and to a local family dealing with the impact of organ donation. This year Brenda is lending her support to Like Minds Taranaki which is most gratefully received by the team here. The exhibition runs from April 4 to May 2.



Coming Events: APRIL 2014

- Every Wed: Real Arts at Real TArt, NP, 1-4pm
- Every Thur: “Mental Health Matters” Access Radio 104.4FM, 9.30am
- Every Sat: Thinking Differently, The Most 100.4FM, 10am
- Wed 2&16: Post Natal Support Group at NP Women’s Centre, 10am-12 noon
- Thur 10,24: Peer Support Group at Stratford 10am
- Mon 14,28: Peer Support Group at Hawera 10am-12pm
- Thur 20: Writers’ Group at Like Minds, 2pm, new topic: In short - 100-word stories for contest.
- Thur 24: Mates Men’s Meeting, 15 Dawson St, NP 2-4pm

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Silver—the new Gold...

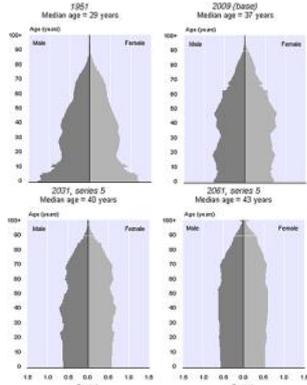
Cont. from front page.

Three factors are converging:

- The 'boomer population are reaching 65
- Increased life expectancy
- Declining birth rates.

Currently our demographic age graph resembles a slightly plump pear.

By 2061 it will change to look rather like a coffin – (excuse the analogy).



One of the hardest things that our community has yet to accept is that, "continued population growth as a given. While we have economic cycles, we do not have demographic cycles and that can be difficult for people to accept. This is a new and permanent reality. Overall growth is coming to an end." Professor Nathalie Jackson.

In today's society – the older are younger. They live longer, have more active lifestyles, want to contribute to society and increasing numbers do.

By 2031, around 12% of our population will be over the age of 65 years, up from the current 5%. More people will need, or be required, to stay in work.

Our NZ Government is saying (2011) "Over the next 40 years we are simply not going to have enough new workers to replace the baby boomers as they eventually exit the workforce. This means that we have to focus on developing a highly skilled, high performing, age-inclusive workforce."

We can expect, within the next few years, for an increasing number of older workers to experience what some people are referring to as 'encore careers'.

"If the old 'golden years' were to dream of freedom from work, the dream of this new wave is the freedom to work, in new ways, on new terms, leading to new and even more important ends. The goal will be: doing what you love, helping others and getting paid for it."

Marc Freedman.

There needs to be considerable thought given to strategies that encourage and support employers to retain, and if necessary, retrain older workers continuing in paid employment.

Together we need to take responsibility for changing negative stereotypes about older workers to 'we have them, we need them, we value them'.

The change in thinking to what it takes to keep older persons in work, be it more flexibility, ability to have longer periods of leave, job-sharing – whatever - needs to happen sooner rather than later.

Gordon Hudson,

Participant in the recent "Engaging with an Aged and Ageing Workforce" workshop.

Pathways welcomes new team member



Last month Pathways welcomed David Lock to the team. David worked with Workwise employment agency for a year, prior to that he worked with the Taranaki District Health Board. David has taken a Team Coach position with Pathways and leads the Mobile North Team.

Pathways has secured a more permanent place for the four bed respite service with the move which happened on the 18th of March. We would like to say a special thanks to our old neighbours at Larsen Place who have been great.

Synthetic Cannabis continues to negatively impact on some of our services, with associated challenging behaviours and what seems a lack of motivation towards recovery. Team coaches, the Pathways Clinical Director and Service and Relationship Managers gathered on the 5th of February in Hamilton to discuss the issue and developed an plan of how to better respond. On the 11th of March the sales of legal highs in Hamilton city have been suspended. This is to be applauded and there is hope that other councils around the country will take similar action.

Sharing and caring...

Community Social

Services is a NEW and FREE counselling service, able to offer both short term and long term counselling for individuals for most issues. If it is outside their scope they will endeavour to source the help that is needed. This service is offered by trainee professionals as well as those that are members of a professional body. Trainees are trained and assessed as competent to work with



people by the recognised and approved training provider. Trainees have regular and ongoing supervision with a qualified supervisor. Please e-mail or txt to arrange a meeting so that together you can look at the possibilities. Phone/txt 0275552450 email: communitysocialservices@outlook.com Although not connected to the church, Community Social Services are located in the Taranaki Cathedral who have generously provided them with the rooms as a contribution to the good of the community.



Current services on offer include free counselling,

family planning clinic, free drama music and art classes, youth empowerment, Kapa Haka, grief counselling and more...

Contact details: 74 Powderham St. Ph 06 757 9901

info@wavestaranaki.org.nz



WOW!

Progress to Health run a fantastic 'Working On Wellness' programme for clients only who will need to complete a referral form and go through their triage process before attending. For more information call Leanne: 0800 775757.

Choose Mindfulness

Facilitated by two of Like Minds Taranaki volunteers, Cecily Bull & Carolyn Penn, this group is aimed at supporting people to develop a regular mindfulness practice. The six week course begins on Tuesday April 1, from 5-6pm in the conference room at the Govett Brewster's temporary home on the 2nd floor of Brougham House, 50 Devon St West, NP. For more information: Like Minds Taranaki 06-759 0966 or email: cecily.bull@xtra.co.nz

Thinking Differently

Imagine the world without these people: Stephen Fry, Sinead O'Connor, J.K. Rowling, Sir John Kirwan and Vincent van Gogh.

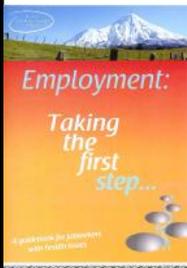


Tune into 100.4 The Most FM every Saturday at 10am for an upbeat dose of

Thinking Differently about those who people who have contributed to our world by **Thinking Differently!**

Employment:

Taking the first step...



A 64-page guidebook for jobseekers with health issues. **Free** copies available from Like Minds Taranaki. 06-759-0966

Coming Soon on Access Radio...



"Mental Health Matters"

APRIL

Cecily Bull interviews Brenda Cash, local artist on her upcoming exhibition 'Silver Linings'

9.30am
every Thursday of each month

Hawera support group:

The venue for this group is at Tui Ora Ltd: 164 Princes Street, Hawera
Held alternate Mondays 10-12 noon
Next Meetings—April 14 & 28

Contact Mihi 06-278-6603 or Kevin 06-759-4064.

Stratford support group:

For people and Families/Whanau with mental health and/or addiction problems. Usually held at the Stratford Community House, 52 Juliet St.

Every 2nd Thursday, 10am-12pm.
Contact Mihi 06-278-6603 or Kevin 06-759-4064 to check the venue.

This month's meetings: April 10 & 24

Eating Disorder family support group:

This is a group providing support and information for families who have a loved one with an eating disorder.

Family members have the opportunity to meet with others to share similar experiences and discuss strategies for strengthening coping skills.

Meetings are held every 1st and 3rd Monday of each month – from 6.30-8.00pm at the TDHB Child & Adolescent Mental Health Services.

For more information – call 06-753-6139 ext:7949



Thought for the issue:

Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us.

Samuel Smiles



LifeLine
WE PROMISE TO BE THERE
Taranaki
0800 543 354
www.lifeline.co.nz

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.

The post-natal group is a non-clinical group offering support with child care available.

NEW PLYMOUTH GROUP TIMES AND LOCATIONS

Discussion Group:

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

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

Creative Writing Group:

3rd Thursday each month
2—3pm

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

Real Arts Group:

Every Wednesday
1—4pm

Real TArt Community Gallery
19 Egmont Street, NP

Post-natal Support Group:

1st and 3rd Wednesdays
10am-12noon

of each month

NP Women's Centre

For more information contact:

Like Minds Taranaki 06-759-0966
NP Women's Centre 06-758-4957
TDHB Peri Natal Team
06-753-7749



Self-stigma and Discrimination
3-hour Workshop!

Wednesday 16th April

9:30am—12:30pm

Cost \$20 Contact: Cecily Bull at
Like Minds Taranaki
06 759 0966 or 0800 454 536

"If you believe you can, or you believe you can't – whatever you believe, you're right"

Trolling

Once, the only time you'd hear mention of trolls would be in fairy tales such as the Billy Goats Gruff.

"Troll (in folklore) an ugly cave-dwelling creature depicted as either a giant or a dwarf..."

Trolls today are no longer restricted to being found in caves or under bridges; they can be found almost everywhere on the internet.

"In Internet slang, a **troll** is a person who sows discord on the Internet by starting arguments or upsetting people..."

-Wikipedia

From Facebook and Twitter, to practically any website used for information sharing and discussion, the troll's habitat is vast and varied.

These trolls take full advantage of the perceived anonymity given to them by the internet. Hiding behind user names gives them the ability to act in a way they'd be unable to in person.

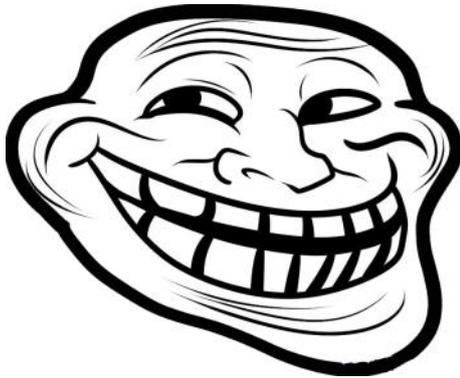
Not all trolling is necessarily committed with the same degree of malice; it can be argued that some of it is done out of a misguided sense of fun.

Some however push this too far.

Their behaviour can range from mischievous to downright criminal. From causing anger or embarrassment, to having tragic repercussions for those on the receiving end of their attention.

Trolling could happen to anyone, although celebrity figures can be the most obvious targets.

Anyone who spends time on Facebook or using many other internet services is a possible victim.



Indeed, to be guaranteed immunity to trolling, you'd have to cut yourself off from

the internet altogether. This is something that most people would be highly reluctant to do.

Really, there's no need to take so drastic a step to help defend yourself from trolls. There are a number of simple ways you can keep yourself safe.

First and foremost, as written in many places on the internet, "Don't feed the trolls." Trolls thrive on attention and getting a reaction out of people, so if you simply ignore them it's likely that they'll move on to a different target.

If possible, it's also a good idea to block the troll from your social media feed; this can be more effective than just ignoring their posts. They may set up other

accounts to harass you with, but you can block these as well.

It's important to know that you're not alone if you're being trolled. You can usually report such behaviour to the administrators of the site or service you are using, and they will often take action against the individual who is trolling you.

Sharing your experience with your friends and family can also be helpful, as people who know you will be able to reinforce how untrue the troll's messages are.

Being there for other people who are experiencing trolling is important. Let them know you're on their side and support them in taking action against the perpetrators of this behaviour.

Perhaps the most important thing to remember is that as long as the internet exists, you will always be able to find trolls. One could argue that such behaviour is a part of human nature, although it is one that should not be encouraged or endorsed.

The more popular you are on the internet, the higher your profile, the more likely it is that you'll attract the attention of people who don't like you. Don't take their comments to heart; indeed, it's important not to take anything that happens on the Internet too seriously.

Take care of yourself out there in cyberspace and remember, Don't feed the trolls...

Tony Spencer

This month's "*Korero Mai*" and "*What's On*" are edited 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

May 2014 issue will be distributed in late April Contributions by Monday, April 14th please.

