



“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 53 SEPTEMBER 2014

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

Poverty—the worst form of violence

In the last issue of Korero Mai, I wrote about the disturbing fact that people with a serious mental illness die, on average, 25 years earlier than people without a mental illness.

One of the key contributors to earlier deaths is poverty.

Poverty dampens the human spirit creating despair and hopelessness.

Poverty underlies multiple problems facing families, infants, children, adolescents, adults, and the elderly.

Poverty directly affects infant mortality, mental retardation, learning disabilities, and drug and alcohol abuse.

Poverty is a major factor in homelessness.

Poverty increases the incidence of racial, ethnic, and religious hatred.

Poverty increases abuse against women and children.

Poverty results in suicide, depression, and severe mental illness.

Poverty is directly linked to violence.

There is a vicious, self-reinforcing cycle of poverty associated with mental illness... for mental illness is the companion of poverty.

As John Grohol Psy.D. states, so well...

“You become poor, sometimes through circumstances well beyond your control, such as losing your job, or perhaps because of a pre-existing mental illness or health concerns. So you seek out government assistance to help you through the tough times.

But living in poverty for any significant length of time increases all sorts of risk factors for health and mental health problems. You are more



stressed, worrying about money constantly, and how you're going to pay the bills or have enough money to eat. You eat worse because bad, processed food is so often cheaper than nutritional food. If you can still afford to live on your own, you will likely do so in a neighborhood more prone to violence, exposing you to more trauma and risk for personal violence.

It's a vicious circle where both poverty seems linked to greater rates of mental illness, and in some cases, certain kinds of mental illness seem linked to a greater likelihood of living in poverty.”

People without adequate work and the unemployed are three times more likely to complete suicide.

And people with experience of mental illness were, in 2004, 22 times more likely to complete suicide.

Many people who have experienced mental illness say that one of the most important areas of advocacy in mental health work is to combat stigma and discrimination.

And if living in poverty isn't enough...

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Coming Events: SEPTEMBER 2014

- Every Wed: *Real Arts* at Real TArt, NP, 1-4pm
- Every Thur: *“Mental Health Matters”* Access Radio 104.4FM, 9.30am
- Mon 1: Gamblefree Day 2014
- Wed 3 & 17: Post Natal Support Group at NP Women's Centre, 10am-12 noon
- Thur 11: Peer Support Group at Stratford 10am
- Mon 1,15,29:: Peer Support Group at Hawera 10am-12pm
- Thur 25: Mates Men's Meeting, 15 Dawson St, NP 2-4pm

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From front page

Mental health consumers often face considerable discrimination in acquiring basic needs like work and housing, and often feel very isolated in and rejected by the communities in which they live.

Many people with experience of mental illness believe that debt and poverty are hindering their recovery process, physically and/or mentally. Sir Mason Durie sums this up best when he says:

“Of the many factors that influence health and wellbeing, none has the capacity to promote health in isolation of the others.

Healthy eating and regular exercise, for example, will not fully compensate inadequate housing or loss of

employment, even though they might reduce some of the consequences.

Nor will the benefits of medication or wise counselling be fully realised if the clinic, home and work environments are unsafe, or within the clinic there are barriers to effective communication.

And any health gains attributable to family stability and guidance, or to whanau support and acceptance, will be undermined by a rejecting community or wider policies that do not allow

ready access to society, education and the economy.”

Sir Mason Durie

One of the key things we can do at an individual level – apart from political initiatives is to take the time to learn more about poverty and mental health.

One of the key things we can do at a community level is ensure that those among us experiencing mental illness are supported and treated in a way that enables them all to reach their maximum potential.

A key aspect of this process will be to ensure that *Equally Well*, as a programme, is supported and practised in Taranaki.

Opinion..Gordon Hudson

WINNING WAYS TO WELLBEING



INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation of New Zealand

The evolution of the Tui Ora logo

It began with the organisation 16 years ago and remains constant amid changes.

The Tui Ora logo has six different parts to it with a background of a triangle reaching upwards; the imposing figure of Maunga Taranaki is instantly recognisable, like a guardian to its people.

Matua Mahau Waru (Anthony Waru) Tui Ora Kaumātua since 2011 recalls its “evolution”.

“Behind its development were the aspirations and drive to create a Māori health organisation that would assist our people.

“The uniqueness of this was that the stakeholders consisted of all the iwi of Taranaki from whom representatives were nominated initially to form ‘Te Whare Punanga Korero’.

“Over the years there were changes among iwi visions that saw a separation, but now we have the original eight iwi back working together, under the same name.”

In the early days Tui Ora was known as ‘Te Ara Tuhono,’ the adjoining pathway.

“That took the organisation through the first stage, and then questions arose about whether there should be

a change of name.

Staff members Te Urumairangi Ritai and Marama Oti asked respected Kaumātua at the time, Te Ru Koriri Wharehoka, if he had any suggestions.

His response to Te Urumairangi was frank and simple, says Mahau *“Your father used to say, ‘Tui this and Tui that, which meant unite - how about Tui?’ This sounded good, and then he asked ‘what work do you both do?’*

“In unison they said ‘health,’. ‘There you are,’ he said, ‘Tui Ora.’”

That was the beginning of the process of bringing forth these tohu, explains Mahau.

The triangle represents Maunga Taranaki while the canoe prow or taurapa jutting out to one side symbolises the three waka of Taranaki: Tokomaru, Kurahaupō and Aotea.

On the other side, the Tui holds Te Raukura or the white feathers of Parihaka in its beak. This conveys the message of peace spoken by Te Whiti O Rongamai at Parihaka.

At the base, there is a red cloak, as though the Maunga (the iwi) were being cloaked with the blanket of well being and security. The cloak also

represents land spoken of by Te Whiti.

Intertwined with the cloak is an emblem, Te Ara Tuhono, that acknowledges the journey of Tui Ora from the old into the new.

Tucked behind the canoe prow is the fisherman’s net, a traditional design used to indicate strength in unity. Tui is everyone working together, and Ora, is the wellness and well-being of our people, says Mahau. “Therefore we see ourselves working together to provide wellness and wellbeing for the people of Taranaki.”

More recently, different parts of the logo have guided Tui Ora as it worked on its six core competencies or underlying principles such as Wairuatanga and Tino Rangatiratanga.

So the logo remains as relevant as it ever was, says Mahau. “It’s brought about these competencies, the mauri or life essence of Tui Ora.

“With each transition we’ve gone through it’s taken on a stronger stance within.”



Tui Ora Ltd
06 759 4064

www.tuiora.co.nz
reception@tuiora.co.nz

Letter from Migrant Connections Taranaki

Hello Everyone,

As you are aware Settlement Support New Zealand nationwide ended its services on 30th June 2014. It has been a great 8 years working with this initiative and I appreciate all your help and support through these years. The new INZ information will be provided by Citizen's Advice Bureau in all regions to the new migrants.

Many migrants and families I was working with reckon that closure of this service will be making a big gap in services provided to them. My support network group and some employers I supported in the past are also of the same opinion. With the support from the above groups I have set up a free community based initiative known as Migrant Connections Taranaki. We will be working collaboratively with CAB and Multi Ethnic Council.

Migrant Connections Taranaki is an initiative that assists migrants and their families to get accustomed to the shift in culture after they move here. This will be achieved by helping them integrate into the local com-

munity, by providing them ongoing support on a case by case basis with the skills and networks they require to do so.

MCT will identify and fill gaps by working with local community organisations to find solutions to issues migrants face regularly. All the services MCT provide are more family focused as we believe the means of retaining skilled migrants is to support their families with integration. Some of the services include:

Cultural awareness and training volunteers.

Structured mentoring program to empower, build confidence and direction.

Organize English language communication skills for non-English speaking migrants and their families.

Provides Job search help, voluntary work experience, E-Job search support, CV and job interview assistance.

Support to build networks and ethnic community connections.

Assisting employers with their migrant employees as required.

Our office is located at Taranaki Community Law Service Building on 65 Devon Street West in New Plymouth. I am going to South Taranaki once in two weeks on a Friday to provide the services to new migrants and families settled there.

My new email address is mctnz@xtra.co.nz Website is under construction.

I am looking forward to offering the same level of support I provided in the past years.

Kind Regards

Geetha Kutty

Co-ordinator

Migrant Connections Taranaki

65 Devon Street West

New Plymouth 4310.

Phone: 06-7591492 ext 8



MHS Print Media Award

Like Minds Taranaki was excited to recently receive notification that the "*Feeling Down on the Farm – mental health in rural Taranaki*" publication won the 2014 Australasian TheMHS Print Media Award.

This is a wonderful acknowledgement of a project that was initiated by the Taranaki rural community, for the Taranaki rural community.

There is nothing so powerful as people sharing their personal experiences about their experiences of acute despair, attempted suicide and in another moving story, of learning to cope after a partner has completed suicide. The courage and compassion of these people gave the publication its authenticity.

We would particularly like to express our heartfelt gratitude to John and Linda White who, inspired by the prototype "Down on the Farm" by Allied Press, inspired us to take up the challenge to produce a similar

version for Taranaki.

The main aim however was to share personal stories by fellow rural people and in doing so promote awareness, provide information, inspire hope and finally where and who to go for help.

One of the other aims of the project was to raise the public profile of the Taranaki Rural Support Trust – and this was certainly achieved.

15,000 copies have been distributed to every rural box holder in Taranaki as well as most centres where farmers gather, waiting and reception areas etc. Another wonderful aspect of this publication is that a number of other regions in the North Island are planning their own projects for such a newspaper.

A major hope was that this project, one of many joint ventures between rural groups and Like Minds Taranaki would further decrease self-harm and suicides in the rural

community.

This may have been achieved as suicides in rural Taranaki have decreased from an average of 10 per annum to about 3 per annum in the past three years.

Importantly too, rural communities, again with Like Minds Taranaki, have met with the Taranaki DHB where it was agreed to establish a rural advisory group to provide input and support in the assessment and delivery of mental and physical health in rural Taranaki.

Like Minds Taranaki are very pleased to have played an integral part in the production of this 16 page colour publication. Journalist Gill Evans and Photographer Michele Wilson ensured that the quality of the publication was consistently high.



Another
Like Minds Taranaki
Project



Supported by the



WHAT'S ON

NGĀ KAUPAPA O TE WĀ

Issue 85— Compiled BY people on limited incomes FOR people on limited incomes...

SEPTEMBER 2014

6th Sep—23rd Nov—Another World: Portraits From Ohura Exhibition—Main Exhibition Gallery, Puke Ariki. This is the result of 30 visits to Ohura over a year by photographer Tony Carter, who found himself in Ohura one day and became fascinated by the people from this small, isolated rural community. **FREE**

6th Sep—23rd Nov—Precious Cargo—Main Exhibition Gallery, Puke Ariki. Tim Wigmore has taken the traditional Maori waka huia (treasure boxes and reworked it in new ways to look at the connection between vessels and the objects they contain. To be experienced visually but also through touch, smell and sound. **FREE**

Mon 1 Lecture 'NZ's Renewable Geothermal Resources' - NPGH—7:30pm. Dr Chris Bromley of GNS Science Wairakei presents his Hochstetter Lecture. **GOLD COIN**

Sat Justice Of The Peace Service Desk
Level 1, Puke Ariki Library—10am—12:30. If you need to have your signature witnessed, make a declaration or have originals or copies certified, a Justice of the Peace will be available to help you out, every Tuesday and Saturday. **FREE**

Te Kupenga Stone Sculpture Open Day—78 Centennial Drive. Watch stone carving in progress and meet the artists. **FREE**

Thu 4 Mental Health Matters - Access Radio 104.4FM—9:30-10am. Gordon Hudson - 'Understanding Dementia' **FREE**

Fri 5 Govett-Brewster Seniors@Puke Ariki—Daily News Café, Puke Ariki Library - 10-11:30am. Bookings are essential: 759 6060. **FREE**

Fri 5 Hui-a-Toi-Knitting and crochet—Level 1 Puke Ariki Library—10am—12pm. Get crafty with like-minded people and learn new skills! Come along and learn to knit or crochet or bring along your current project. **FREE**

Sat 6 Precious Cargo Artist Demonstration and Discussion—Puke Ariki—10am—5pm (demo) 2—3pm(discussion) Join artist and furniture designer Tim Wigmore in conversation with carver Lyonel Grant about the ways they worked together. **FREE**

Sat 13 Singing Workshop for Women—St Andrews Church Hall, Liardet Street—10am—4pm. If you love to sing come along for a day of fun with the Taranaki Harmony Chorus. Learn the art of four-part unaccompanied singing, American Barbershop style. No previous singing or musical experience required—all abilities welcome. Cost and obligation free with lunch provided. Register your interest with Denise: 06 755 0452 or go to the website:

<http://taranakiharmony.co.nz> **FREE**

Sat 13 Waitara East Big Bike Fix—Waitara East Primary School—11am—1pm. Come along and give your bike a makeover, repair a puncture or oil your chain with one of the bike mechanics available. If the work required is too much they will provide you with a voucher to get the bike fixed. **FREE**

A Latin American Film Festival is being held over three weekends at The Mayfair

A window through which we have the opportunity to gain an insight into other cultures.

Sat 6th 1pm It's Not You It's Me (Argentina)
3pm Scent of an Oak (Cuba)

Sun 7th 1pm Simonal—No One Knows How Tough It Was (Brazil)

3pm The Engineer (Uruguay)

Sat 13th 1pm In the Name of the Girl (Ecuador)
3pm The Tiger and the Deer (El Salvador)

Sun 14th 1pm In the Middle of Heaven(Mexico)
3pm Sleep Tight (Spain)

Sat 20th 1pm Undertow (Peru)
3pm The Hidden Face (Columbia)

Sun 21st 1pm Topsy Turvy (Venezuela)
3pm The Maid (Chile)

"What's On" is emailed to almost 300 organisations in Taranaki and sent on to 100s more via their email networks and displayed on many notice boards etc. It has become quite wide-reaching and could be worthwhile for you to consider using it to promote your educational and/or recreation activity – if it is free or \$5 or less.



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

REGULAR SUPPORT GROUPS

Peer Support Group—STRATFORD—Second Thursday of each month, 10am-12pm. For people and families with mental health and/or addiction issues. Come and talk, listen and offer each other coping strategies towards recovery. Venue is generally at Stratford Community House, 52 Juliet St, meet there at 10am. For more details phone Mihi at Tui Ora Hawera 06-278-6603 or Kevin at Tui Ora NP 06-759-4064. This month: 11th Sept. **GOLD COIN**

Peer Support Group—HAWERA—Every 2nd Monday, 10am-12pm. 164 Princes Street. This month: 1st, 15th and 29th. For people and families with mental health and/or addiction issues. Come and talk, listen and offer each other coping strategies towards recovery. Also a "Coffee Group" every Wed 2 – 3pm. For further details phone Mihi at Tui Ora's Hawera office 06-278-6603 or Kevin at Tui Ora NP 06-759-4064. **GOLD COIN**

MATES Men's Meeting—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 held on the last Thursday of every month at Progress To Health, 15 Dawson St, **NP** 2-4pm. **FREE**

Peer Support Group - NEW PLYMOUTH For people and families/whanau with experience of mental illness. Held fortnightly on a Thursday -10am-12pm. Generally held at Tui Ora Ltd, 36 Maratahu Street, this peer-led group will provide an opportunity to meet with other people who understand and who share similar experiences. For further information please phone Kevin or Bronwen at Tui Ora Ltd on 759 4064. This month: 4th & 18th . **FREE**

Taranaki Touched by Suicide Support Group Led by experienced group facilitators, you will receive peer support and education, which research has shown to be helpful in overcoming the grief from this type of loss. Meet every third Thursday of the month at 83 Hine Street, 7-9pm. All welcome—any enquiries by texting or calling 021 027 369 35. **FREE**

Women's Carers Group—A support group for female carers of people with dementia. St. Mary's Cathedral lounge 10am-12pm held on the last Wednesday of the month. Next one to be held 24th of September. The importance of good nutrition. **FREE**

Support Group for Carers & Families of people with dementia—HAWERA Catholic Church- 1:30pm - A speaker from their Friday Club. **FREE**

Memory Cafés—An opportunity for people with dementia and their carers to get together, to socialise in a supportive group. Crowded House, 10am every 2nd Wed of the month (10th Sept) and at Nelson Café, 198 Broadway **STRATFORD** at 10am, every last Friday of the month, next one to be held on the 29th Sept. **FREE**

REGULAR ACTIVITIES

Every Tue & Thur ZUMBA! Ramanui School 85 Fairfield Road , **HAWERA**—5:30—6:30. Ditch the workout and join the party! Bring along water and a towel, wear gym shoes and prepare to have some fun! **KOHA** for school age kids to 12 years (must be accompanied by an adult) **\$5**

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

Every Tue Migrant Women Meet - Puke Ariki - 11am-12:30pm, Community Lounge, Level 1. **FREE**

Every Tue Rotary Club Walking—Hawera Tower Grounds , **HAWERA**—5:30pm. Walk at your own pace and socialise and get some fresh air at the same time, good for mind and body. **FREE**

Every Wed Crackerjacks—Discover it! Puke Ariki. 10:30am –11am. Get children hooked on books! Come along for a crafty and creative storytime for pre-schoolers. **FREE**

Every Wed Crackerjacks—Waitara Library- **WAITARA**—10-10:30am. As above. **FREE**

Every Mon Table Tennis—St Josephs Scout Hall, Calver Rd.—7:30—9:30pm. This runs from now until the end of October. Casual player **\$2**

Every Thur E-book Troubleshooting—Puke Ariki - 9:30-10:30am. Come along and learn how to download free e-books on to your device. **FREE**

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 a brisk walk with their child and buggy for about an hour. **FREE**

Every Fri Knit and Natter—1-3pm—Community House, McLean Street, **WAITARA**. This knitting group is now meeting every Friday and concludes with a cuppa. All are welcome. **FREE**

Every Sun New Plymouth Joggers and Walkers Meet at Bellringer Pavilion at 8am for an hour. All ages—all stages—there is a walking or jogging group for your ability. All welcome. **FREE**

1st & 3rd Wed Table Games—1pm—3pm—Community House, McLean Street **WAITARA** Come along for a game of cards or scrabble, and a cuppa to finish up with. **FREE**

Every Weekend NP Potters—Te Henui Vicarage—1-4pm. Local potters have their gallery in the historic vicarage which was built in 1846. Call in and have a look at the wonderful works which are available for sale. (No EFTPOS) Tour groups anytime by prior arrangement.

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
The next "What's On" will be in late September for October



Campaign for raising the disability sector vote



Tiaho Trust, supported by CCS Disability Action, has launched a campaign called '20percent'.

20percent is a campaign that will focus on educating and motivating people within the disability community to get out and vote. In the 2012 NZ General Social Survey, one in five New Zealanders (20percent) have a disability, we want the disabled community of New Zealand to realise that they can have their voices heard by voting on disability issues. (*Since this survey was conducted the percentage has now risen to 24%*).

Social media is the main platform being used to run this campaign, mainly Facebook and Twitter to really empower disabled people and their families/whanau to be involved in the General Election, the same as any other citizen and to give disabled people the attention they rightfully deserve.

The more people who engage with the social media sites (20percent Facebook page and Twitter) the more candidates and politicians will take notice of the disabled community.

For politicians who are engaging on Facebook and Twitter (and many of

them have already done so) they gain a better understanding of the disability voting block and key issues for disabled people. This is a bi-partisan campaign to mobilise disabled people and their allies to engage with and ask questions of candidates on key issues. The campaign aims to:

- Inform disabled people about political parties' manifestos and their implications for disabled people
 - Assist and resource disabled people to engage with politicians on disability related issues
 - Create a disability community which values its vote and encourages disabled people and their family/whanau to vote
 - Spotlight various electorates informing them about the candidates
- Throughout the build up to the election you will be updated with what parties are saying and how you can get involved regardless of your political beliefs.

Loren Corbett, Campaign Manager, will answer your questions and keep you up to date with the campaign.

You can join the conversations on:
Facebook:

www.facebook.com/20percent

Twitter: @20percentNZ

Email: 20percent@tiaho.org.nz

Website: <http://20percent.org.nz/>

Jonny Wilkinson—CEO

Tiaho Trust



Recognition Awards



To mark **International Day of the Older Person...**

Positive Ageing New Plymouth is hosting an evening to celebrate 20 older people in New Zealand who have been recognised as great role models within their organisation and further afield.

All nominees have been nominated by their organisations as people that others recognise and are inspired by.

It is a great opportunity to celebrate ageing positively and publicly acknowledging outstanding contributions of so many people. A big THANK YOU for all those organisations that have made nominations.

The Awards will be presented at the NPDC Chamber on Wednesday 1st October, with a 7.00pm start and a 9.00pm finish.

There is no charge for this night of acknowledgement and celebration.

- Hoping to see you there.



Seasons New Plymouth celebrates 10th Anniversary

Earlier this month the Seasons programme celebrated being active in New Plymouth for 10 years. The aim of the programme is to help children who have experienced the death of a loved one or family break up, to share and work through their feelings of grief and distress.

The programme, which originated in Australia, was initiated in New Zealand in 1997 and began in New Plymouth in 2004.

During the 10 years of activity in New Plymouth, Seasons has helped almost 500 children from 17 different schools.

Seasons is an activity based programme in which a small group of



children are matched with a pair of volunteer adult mentors. The children and the mentors meet for an hour once a week for nine weeks. During these meetings, while engaging in all sorts of creative activities, children have an opportunity to talk to each other about their feelings.

Parents have indicated that having attended Seasons, their children are happier, less anxious and aggressive,

have increased communication skills and are more confident and focussed. One of the people involved in bringing Seasons to New Plymouth, Diana Lawrence says

"It just works. It's magical and life changing".

Gamblefree day 2014

THE FAMILY FACTOR

Upload your best family photo and be in to WIN!

Spot prizes will be drawn weekly, top 20 pics with the most "likes" will have their photos professionally printed on a huge canvas!

ENTER NOW
[f choicenotchance.org.nz](http://choicenotchance.org.nz)
choicenotchance.org.nz
 Winners Drawn 1 September.

GAMBLEFREE DAY 2014 **choice** CHANCE

For Gamblefree day this year there are spot prizes and a photo professionally printed on canvas to be won! You can enter 'The Family Factor' at choicenotchance.org.nz. Winners are to be drawn on Gamblefree day 01 September.

Problem Gambling Foundation offers free, professional and confidential counselling for people gambling and others affected by gambling.

If you have any queries, please phone Sandi Cummings on 06 769

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"

SEPTEMBER

Gordon Hudson interviews Jill and Beth from Bupa on the topic of dementia

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—Sep 1, 15, 29
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 meeting: Sep 11



Support, networking and advocacy for lesbian, gay, bisexual and transgender youth in Taranaki.

Formed by youth to meet the needs of youth, Rainbow Taranaki offers:

- Peer support
- Safe social activities
- Age-appropriate subsets for youth from 13 to 24 years of age
- Mentoring by adult support advisors
- Referral to social agencies for specialist support services
- Facebook chat group for peer support of rural youth

Fortnightly meetings and regular social events, workshops and activities are held in New Plymouth. This group is resident at New WAVES, 74 Powderham Street
rainbowtaranaki@gmail.com
Ph: 06 757 9901



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 an arts groups that allows 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

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

Thought for the issue:

"If you're always trying to be normal, you will never know how amazing you can be.."

- Maya Angelou



Mind Games

When it comes to computer games, First Person Shooters (FPS) don't have the best reputation. Ever since the days of Wolfenstein and Doom, these so called "violent video games" - or as some dramatically insist on referring to them, "murder simulators" - have been blamed by some for a perceived increase in violence in society at large.

This trend is particularly true in America, where gun related violence is far more common than here in New Zealand due to the difference in gun ownership policy between the two countries.

In many of these games the most you actually see of the character you control is their hand and the gun they are holding. Your interaction with the world and most who inhabit it is limited to causing as much destruction as possible, and killing before you yourself are killed.

It's difficult to imagine much good coming out of such an inherently hostile situation; if such games indeed hone anything in those who play them, many people would argue, it is building on their killer instinct.

Writing this article as somebody who has played probably more than his fair share of such games over the years, who like the vast majority of his fellow players is a peaceful and law abiding citizen, I feel I have to say that such a generalisation could not be

further from the truth. Playing violent video games does not make you more violent as a person. There is a body of scientific research that suggests that playing them is not only mostly harmless, but may even be good for your brain in a number of different ways.

Multitasking, or the ability to perform a number of different activities at one time, is one area of day-to-day functioning which has been demonstrated to actually benefit from time spent playing FPS games.

While playing your average game of this genre, you are constantly bombarded with a number of different choices to make and tasks to complete, and being called upon to make these decisions with a high degree of accuracy and efficiency if you are to be able to play the game well.

It is interesting to note that studies have demonstrated that people who regularly play FPS games scored better in tests measuring their multitasking abilities compared to non-gamers, being able to concentrate on more activities at once and perform them with less errors.

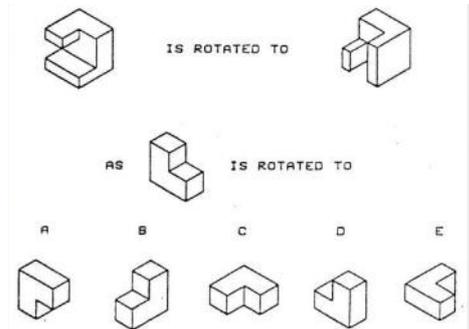
It is a widely held belief that spending time in front of the screen, be it a computer monitor or a television set, can be detrimental to your eyesight.

Again, scientific testing has demonstrated that this is not necessarily the case; people who regularly play computer games

have been shown to be able to see a greater amount of fine detail than those who do not, and also be able to detect smaller changes in contrast than their nongaming counterparts.

This could translate to being able to read the fine print on documents or medication bottles more easily, or being better able to see and react to cars and other objects when driving in fog and low light conditions.

Other tests have shown that FPS players score better on tests designed to measure their spatial awareness. These tests involve identifying the correct rotated shape from a selection of different choices, similar to the sample given below.



In this example, "D" is the correct answer.

It has to be pointed out that, as with many things in life, moderation here is the key; it is possible to have "too much of a good thing". However, as part of a balanced schedule of activities, FPS gaming is really so much more than just wasted time.

Tony Spencer