



“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 57 January 2015

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

Taking care of ourselves and supporting each other in 2015

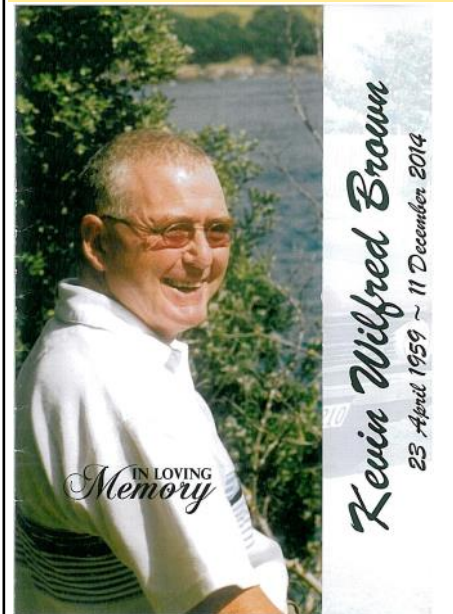
In view of the spike in suspected suicides that have been reported in the Taranaki Daily News recently it is a sad but timely reminder to all of us who work in mental health and addiction services to take special care of ourselves and each other. Continually supporting people made vulnerable by their health needs is challenging work. When this work is done day in and day out, by people who may themselves be vulnerable, it amounts to a huge task. This is compounded by the fact that the people who work in this arena are often so passionate about what they do that they sometimes do not recognise the impact that the work might be having on their own wellbeing. This can happen to any of us – we need to watch out for each other, as well as ourselves and we need to spare the time to look after ourselves,

to keep ourselves emotionally strong. The mental health and addictions sector is continuously being asked to do more with less and the pressure seems to continually focus on the dollar rather than the client. Sometimes this focus can lead to a lack of time to take stock of how we operate and how we support our team members. Without a doubt, the best people to work in the sector are people with lived experience but “in recovery” does not mean “recovered” or “healed”. Recovery is a work in progress and if we want our team members to stay in recovery, we need to support each other on this journey.

We need to be opening doors and hearts rather than closing them. We all need to be more aware of our own mental well-being, those of our family/whanau and those of our friends. All of those those involved in the sector – from the smallest NGO through to the mental health and addiction services at the Taranaki DHB need to reflect seriously on how we can better support not only our clients but equally people working directly with those clients.

Opinion: Gordon Hudson

RIP Brownie



We have, very sadly, had to say goodbye to well respected peer support worker and mental health consumer advocate Kevin Brown who passed away in early December. Our sincerest condolences go out to his family and friends and we count ourselves as being amongst his huge number of friends. Kevin will be sorely missed by Tangata Whaiora and those of us in the mental health sector...

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**Coming Events:
January 2015**

Every Thur: “Mental Health Matters” Access Radio
104.4FM, 9.30am
New Years day holidays:
Thursday 1st and Friday 2nd of January

**Like Minds
Taranaki Office
will be closed from**

**19th December - 12th January
2015**

**We will be checking our emails
and calls after the 5th of January.
Take care and we will see you in
the New Year...**



Another
Like Minds Taranaki
Project



Supported by the



WHAT'S ON

NGĀ KAUPAPA O TE WĀ

Issue 89— Compiled BY people on limited incomes FOR people on limited incomes...

JANUARY 2015

14Dec-24Jan TSB Festival of Lights – Pukekura Park. Nightly entertainment from 6.30pm, lights up at 8.30pm. For full Summer Scene programme details look out for the brochure in your mail box in the first week of December, pick one up from i-sites, TSB Bank branches, NPDC or:

www.festivaloflights.co.nz

FREE

14Dec-4Jan Light Up Your Home – 9pm-11pm, district wide. Take a drive and be wowed by the many homes decorated for this year's Holiday Lights Trail. Keep an eye out in the newspapers for the addresses of the many homes participating in this event.

FREE

Sat 10 Tupare Garden Fair—487 Mangorei Rd.—10am—3pm. Guided walk from 8:30am. Enjoy the splendour of Tupare. Live entertainment, food, arts and crafts, house tours and family fun. Entry is

FREE

Sun 11 Urenui Village Ramble Guided Walk—Meet at Urenui Domain Campground Store—2—5pm. Experience something of the early pioneers' lives in this walk around Urenui.

FREE

Wed 14 Glitter Sculpture Workshop with the Golden Bearing—Rhododendron Dell Lawn, Pukekura Park—2—3:30pm. An arty afternoon in the park, use glitter, paint, sticks and card to make your own magical golden tree sculpture.

FREE

Wed 14 Historical Maori Tour of Te Henui Guided Walk—Meet at Te Henui rivermouth at East End Reserve—4—6pm. The tour includes stories which are unique to Te Henui Stream.

FREE

Thur 14 Bowl Night Out—TSB Bowl of Brooklands—6:30pm. Part of the TSB Festival of Lights On Stage—Nomad and x-factor finalists Moorhouse.

FREE

Sat 17 Asplundh Oakura Rock Hoppers Guided Walk—Meet at Centennial Park car park and wear good footwear—11:30am—3pm. Bookings essential 06 759 6060.

FREE

Public Holiday New Year's: Thu 1st Fri 2nd Jan

Sun 18 Balsom Park Family Picnic Guided Walk—Tupare Place. Come and explore this beautiful reserve. Bring your family for a picnic lunch and a paddle in the Waiwhakiaho River. Dogs are welcome, don't forget a doggy-doo bag and lead. **FREE**

Sun 18 & Sat 24 ITL Twilight Movie Series: Ride in Movies—The Boatshed Lawn, Pukekura Park—8:30pm Fire in Babylon, a documentary about the great West Indies Cricket team of the 7's/80's. Pedal power needed to run this outdoor screening so bring the family early and picnic on the lawn. **FREE**

Tue 20 Waiwhakiaho Waggy Walk—Meet at Waiwhakiaho Net Ball courts—6—8pm. A return walk with the chance for the dogs to have a swim at the turnaround point. Bring a doggy-doo bag and a lead. **FREE**

Thur 22 Arcade Claymation Workshop—Puke Ariki Museum—1-4pm. Create and animate a short scene with animator Shane Norrie. For ages 14 years to adult. Bookings are essential as places are limited 06-759-6060 **FREE**

Sat 24 Historic Waitara Guided Walk—10am—12noon. Meet at Marine Park playground, West Beach, **WAITARA** Look at the rich and sheltered history of Waitara. **FREE**

Sat 31 Bells, Stars and Chimes Guided Walk - Meeting at Sir Victor Davies car park it will end at the clock tower which will be opened to go up. **FREE**

Puke Ariki School Holiday Programme

January 2014 Children please bring an adult. No booking required. **FREE**

Wed 7 Play. Imagine. Create—10-11am. A craft activity inspired by Dinosaur Footprints. Ages 5-10

Wed 14 Tamanui Craft Table—Discover it! Puke Ariki Library—10am—11am.

Wed 21 Play. Imagine. Create—Join in a craft activity inspired by the summer exhibition Arcade and Imagination Playground. Ages 5-10

"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

(Please note some of these activities may be in recess for the Christmas/New Year period)

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 Tui Ora NP 06-759-4064.

GOLD COIN

Peer Support Group—HAWERA—Every 2nd Monday, 10am-12pm. 164 Princes Street. 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 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. For more details Txt: 027 258 3274 Phone: 0800 4MATES

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 Bronwen at Tui Ora Ltd on 759 4064.

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.

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 and at Nelson Café, 198 Broadway **STRATFORD** at 10am, the last Friday of the month.

FREE

REGULAR ACTIVITIES

(Please note some of these activities may be in recess for the Christmas/New Year period)

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 & 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. **FREE**

Every Tue Active in Age Programme—TSB Stadium—10am-12pm—Tai Chi session 11-12pm. Fun and fitness aimed at the over 50s. Get active and make new friends! Includes aerobicx, line dancing, indoor bowls, boccia and more. **\$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**

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 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 or Wednesdays at 5:30pm. All ages—all stages—there is a walking or jogging group for your ability. **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 January for February



Happy New Year!

New Year's resolutions... Never take these too seriously

I will think of a password other than "password" or "hello".

I will not bore my boss with the same excuse for taking leave. I will think of some more excuses.

I will give up chocolates totally. 100%. Completely. Honestly....

I will spend less than one hour a day on the Internet. This, of course, will be hard to estimate since I'm not a clock watcher.

I will read the manual... just as soon as I can find it.

I will answer my snail mail with the same enthusiasm with which I answer my e-mail.

When I hear a funny joke I will not reply, "LOL... LOL!"

I will find out why the correspondence course on "Mail Fraud" that I purchased never showed up.

Start buying lottery tickets at a luckier store.

Work less. Take it easy. All work and no play can make you a dull boy or girl.

My New Year resolution is: 1024 by 968 pixels!

I promise to stick to these resolutions for more than a week (even though I never do).

Cheers to New Year—another chance for us to get it right.

Oprah Winfrey

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—Nov 10 & 24
Contact Mihi 06-278-6603
or Tui Ora 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 Tui Ora 06-759-4064 to check the venue.

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

For more information go to New WAVES, 74 Powderham Street
rainbowtaranaki@gmail.com
Ph: 06 757 9901



Employment: Taking the first step...



A 64-page guidebook for jobseekers with health issues.

Free copies available from Like Minds Taranaki.
06-759-0966

South Taranaki Post-Natal Support Group

Meeting on the 3rd Thursday of the month is a support group for women in South Taranaki experiencing post natal distress. Open to any women with a baby/young child who is struggling with early motherhood and providing non-judgemental support in a safe environment. Babies and children are welcome.

10-12noon

South Taranaki Women's Centre
56 Disraeli Street, Hawera
06 278 3260



Day Activity Programme

Tui Ora Ltd runs a Day Activity Programme for older people offering opportunities for creativity and other interests. The programme is designed to be meaningful and enjoyable focusing on past experiences and strengths. Sessions include, shared meals, music and movement, art & craft work, puzzles and board games, physical activities and others.

The programme is held on Thursdays 11am-2pm at the Brookland Church, 21 Bideford St., NP. Referrals are made through the Mental Health Service for Older People (MHSOP) at the Taranaki District Health Board. For further information, please contact the co-ordinators: 0272772327; 0277027365



Coming Soon on Access Radio...



"Mental Health Matters" January

9.30am
every Thursday of each month



LifeLine
WE PROMISE TO BE THERE

Taranaki
0800 543 354
www.lifeline.co.nz

Thought for the issue:

**"For last year's words belong to last year's language
And next year's words await another voice.
And to make an end is to make a beginning"**

T. S. Eliot