



## “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 58 March 2015

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

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Whakaaro Pai by Tony Spencer

### Kiwi blokes should talk to their mates

A new survey by the Mental Health Foundation shows that Kiwi men experiencing emotionally stressful times seek support from a range of people, but should start asking for a little help from their male friends.

The survey looked at how New Zealand men access and use information to support themselves in times of stress. Over 1500 men took part in the survey.

Respondents reported that they could, and did, rely on support from professionals (such as their GP or counsellor) and their spouse or partner.

While 93% of men reported that they saw themselves as a person others could turn to for support and help in times of distress, less than half felt that they could turn to their male friends when they needed emotional support, and even fewer say they would go to their brother or father.

“This suggests that men could reach out to each other (as well as appropriate health professionals) for help when times are tough,” Hugh Norriss, Director of Policy and Development at the Mental Health Foundation says.

*Contd. page 2*

#### *Coming Events:*

- Every Thur: “Mental Health Matters” Access Radio 104.4FM, 9.30am  
 Wed 4 & 18: Post Natal Support Group at NP Women's Centre, 10am-12 noon  
 Thur 19: South Taranaki Post Natal Support Group , 56 Disraeli Street, Hawera - 10am-12pm  
 Thur 27: Mates Men's Meeting, 15 Dawson St, NP 2-4pm
- Public Holiday  
 Taranaki Anniversary Day  
 Monday 9th March



## Taranaki Retreat "Space to Breathe"...

What a wonderful project for Taranaki.

The vision of the Taranaki Retreat is to establish a facility which is safe, warm, non-judgemental and spiritually nurturing.

To open later this year, the doors of the Retreat will always be open – for a koha or free. The structure will enable people to be able to stay and be cared for within a family environment for people in need of a breathing space – for whatever the reason.

The facility will serve the Taranaki region, and be reasonably accessible to the South, Central and Northern Taranaki – with free transport available for those who may need it.

It is hoped that people in need of the retreat will benefit from whatever 'wrap around' services they may need.

The retreat will provide a short-term (up to three weeks) transitional breathing space to individuals and families to escape the pressures of their situation and with options for rest and healing.

Coordinator, Jamie Allen, Dean of the Taranaki Cathedral, has gathered an impressive committee to lead the project through to completion.

If you, or someone you know, can help – give Jamie a call on: 027-557-7257 or email: [info@taranakiretreat.org.nz](mailto:info@taranakiretreat.org.nz)

## Supporting Families gain



'Late last year Tasman Toyota invited non-profit organisations to apply to secure free use of a Toyota Hilux for six months. They offered two and we applied and got one - Yay!. Have a look at their facebook page to see us and Box Office(the other community group who received a Hilux to use) getting presented with their vehicles.

Thanks so much to Tasman Toyota for loaning us a brand new Toyota Hilux Utility - free of charge - for six months. Bernie Kira, our Family Support Worker based in Hawera, will be driving it around South Taranaki. The loan of a free vehicle will help us save money that can be spent on other things that can support families with a loved one with a mental illness.'

SF Taranaki

## The only way is UP!



Supporting families in Mental Illness Taranaki are about to start another group for parents raising children in the presence of mental illness or addiction and their children. The children go in one group and do activities, play and learning about mental illness with arts therapist Stacey Waterson and the parents join therapist Lynne Holdem for a conversation about parenting with or in the presence of mental illness or addictions. The program is called UP and is a pilot programme that goes for 6 weeks and is free.

You can refer yourself by phoning 06 757 9300 or ask to be referred by any NGO or DHB person that you work with. SF Taranaki are collecting data through the pilot to make a case for ongoing support for children of parents with a mental illness or addiction.

## Kiwi blokes...

Contd. from front page

"It's hard to reach out for help, but these results show that most men are willing and able to provide support if they are asked."

The survey also showed that no man is an island – most respondents reported that they had between three and five people they felt close to, and whom they could turn to for support when needed.

Respondents found that a combination of professional help and support from family and friends was the most effective in overcoming tough times.

"Connecting with others is the most powerful tool we have for feeling happy and mentally well," Mr Norriss says. "If men reach out and connect with their mates when they're feeling low, they'll start to notice positive differences in their moods."

"It is fantastic that this piece of research shows that men see themselves as someone that can be turned to for help, this in itself show that men's attitudes to their mental health is changing for the better", Mr Dunne says.

## Changes ...

Another story on Supporting Families in Mental Illness is the sad fact that the wonderful and invaluable Catherine Heaven is leaving them to continue her studies. A great loss for SF however the gap is being filled very capably by Gareth Andrews. His profile and interest in Supporting Families in Mental Illness can be found on page 3.



## Pathways - enabling people to flourish

### Staff Changes

In February the Pathways Barriball team said farewell to their Team Coach, Paula James who left to begin her maternity leave, replacing Paula during her leave is Suzanne Sutherland, an experienced registered nurse who has recently returned from Australia.

This week we also said good bye to Stephanie Fowler, our Healthy Lifestyle coach who left for Melbourne.

### Showcasing our Services

Over the last couple of weeks Pathways have enjoyed visits from Murray Cochrane the District Inspector for Mental Health in Taranaki, also Nic Magrath, Mental Health and Addiction advisor for the TDHB; Jim Dickinson Family Whanau advisor for mental health TDHB; and Sue Philipson Consumer advisor for Alcohol & Addiction services TDHB. It was great to show them the respite and residential services and answer any questions they had. There was a particular interest in the REAL youth respite service, provided in a two bedroom house in Westown. Should people want to know

## Supporting Families have an addition to their family

Originally from Whangarei and then Auckland, I have resided in Taranaki with my family for around four years now. As a recent social work degree graduate, I am thrilled to have been given the opportunity to join the team at 'Supporting Families in Mental Illness' here in Taranaki. Mental health is a field of practice which I am greatly passionate about, and I feel privileged to be able to now work in this area. During my degree I had the opportunity to work alongside Tui Ora's Child and Adolescent Mental Health team in New Plymouth for three months; as well as Pathways Adult and Elderly Mental Health team in Hawera, also for three months. These experiences, along with my own past private experience of supporting a person affected by mental illness, only made me more determined to work in this field and to support those in our community affected by mental health issues. What is interesting for me in my role at Supporting Families, is working to support the family members

more then please give Shane Smith a call on: 06 757 3836 or have a look at the web site: [www.real.org.nz](http://www.real.org.nz). for more information about what we provide.

This week the Pathways CE Sally Pitts-Brown will be visiting the region to meet with staff and view some of the services. It's a great opportunity for staff to touch base with Sally and to ask her about national initiatives.

### Having Fun

At the last NGO meeting there appeared to be a sense of business with the services we all provide which highlights for me the importance of staying connected and making time to have a little fun, so on the 2<sup>nd</sup> March the Pathways Teams will be having a shared lunch celebrating St. David's Day. There will be a short but informative quiz followed by a prize giving for the most inventive Welsh dish.

Shane Smith - Pathways



of those affected by mental illness, as opposed to the persons affected themselves. Being able to offer support for these family members fills a large gap in our mental health system, which is vital, as these people are dealing with huge amounts of stress due to their responsibilities.



Supported by the



# WHAT'S ON

# NGĀ KAUPAPA O TE WĀ

Issue 90— Compiled BY people on limited incomes FOR people on limited incomes...

## MARCH 2015

**Mar 26—Jun 28 The Honeyfields of Taranaki**  
Lane Gallery, Level 2, Puke Ariki Museum. Museum opening hours. A fascinating snapshot of the first Honeyfield settlers and their families. **FREE**

**Until 16 Mar Hunting Time** Kina NZ Design + Art Space 9am-5:30pm. "A Duality of introspective and extrospective fourth dimensional exploration with Milarky & Blake Dunlop." **FREE**

**Until 20 Mar Landscape Re-invented** - A one-man collaborative exhibition by Ashley Snowden (the Person) & Jonathan Eastman (his other persona) at the Real Tart Gallery. **FREE**

**Until 29 Mar Imagination Playground** Puke Ariki Opening hours. Play, build and explore in this transformable bright blue environment filled with infinite possibilities! **FREE**

**Until 29 Mar Arcade: Homegrown Video Games** Puke Ariki. Take the controls and pit your skills against the gruesome monsters in Dungeon King, just on of the 14 games available for you to play. Then go behind the scenes and see what it takes to bring games like these to the screen. **FREE**

**Until Dec 31 Our Morbidly Fascinating Macabre Trail** Puke Ariki foyer. Take a fresh look at the long term galleries with Puke Ariki's macabre trail. Explore some spooky heritage objects and the stories behind them... **FREE**

**Sun 1 International Children's Day Celebration** 10—3pm Hollard Gardens, 1686 Upper Manaia Road **KAPONGA**. Celebrate with a day at a magical place for kids and families to have fun. Activities for all. Bring a picnic and enjoy the games and entertainment. **FREE**

**Sun 1 Rover's Run and Horsey Fun at Barrett Domain Guided Walk** 10am-12:30pm Alba Street entrance, Barrett Domain. Bring your dog and enjoy a beautiful wetland area with indigenous vegetation and an abundance of birdlife. Meet the Riding for the Disabled Association and get up close and personal with the horses. Learn some husbandry

techniques, including a horse shoeing demonstration by a Master Farrier, visit the stables and explore the associated working farm. Bring a doggy-doo bag and a lead. **FREE**

**Fri 6 Hui-a-toi: circular Weaving** 10am-12pm. Level 1, Puke Ariki Library. Get crafty with like-minded people and learn new skills! This month give weaving on an embroidery hoop a go. **FREE**

**Fri 13 Govett-Brewster Seniors** Meet for coffee at the Daily News Café, Puke Ariki at 9:30 for 10am start. Bookings essential phone: 759 6060. **FREE**

**Wed 18 Facebook How to use it for your group-Intermediate HAWERA** Library Plus 5:15-6:15 or 6:15-7:15pm. Unravel the mysteries of Facebook and learn how to set up a community page for your group. This session is aimed at people who already have a personal profile and would like to create a page or group for their voluntary/community group. Free of charge for all South Taranaki participants contact Marcia Haigh ph 0800 111 323 or email [Marcia.haigh@stdc.govt.nz](mailto:Marcia.haigh@stdc.govt.nz) **FREE**

**21 & 22 Relay For Life Taranaki 2015** Pukekura Raceway from 12 noon Saturday till 12 noon Sunday. Come along and support this fantastic annual event which celebrates, remembers and fights back against cancer. **FREE**

**Sun 22 Playing with space workshop** Hollard Gardens 1686 Upper Manaia Road, **KAPONGA** 2pm-4pm. Take a small sunny space and create your own orchard using 'food fores' concepts and companion planting. Enjoy food from plot to plate all year round. **FREE**

**Wed 25 Pecha Kucha: Get Better Work Stories** Museum Foyer, Puke Ariki 6pm-7:30pm. Come and hear the journey that speakers Tanya Marriot and Sacha Lees, Weta Workshop affiliates, have taken to build careers around their passions, made significant career changes or otherwise created a life less ordinary. **FREE**

**\*Taranaki Anniversary Day—Mon Mar 9\***

*"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 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

**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 aerobics, 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](mailto:mental.health@xtra.co.nz) The next "What's On" will be in late March for April*



## NPDC grace period on parking



***Did you know... that the NPDC offers a 10 min Grace period on their parking spaces?***

Yes... this is to give you time to sort out the payment for your space and people parking in a P60 and above spaces also have a 10 minute grace period in order to get back to their vehicles to top up their parking spaces too.

And if you don't know how long you will be, the Downtown car parking building has a pay as you exit system. At just \$1 per hour—it has to be a bargain.

## Mental Health in Rural Taranaki tackled by local riders and their support crews

This is the single best thing that has happened to better promote mental health and support in Taranaki and it has been promoted by our very own rural community in association with a huge range of local and regional sponsors.

27 committed and now very fit riders started their 1125 km journey from Picton, down the rugged West Coast and finishing 9 days later at Bluff.

There are too many local identities to name but almost all have had direct personal experience or been closely involved in another's direct experience of mental unwellness. Their commitment therefore is personal and considerable.

Proceeds will go to the Taranaki Rural Support Trust.

Funds will be used to establish a network of some 30 'Rural Supporters' who will be the ears and eyes on the ground in their local communities. They will be the 'early interventionists' identifying people in their communities who may need support. Ideally, Rural Supporters will be able to call in and check with people who may need help, see how they are and, if appropriate, leave a 'Taranaki Rural Support Trust' card.

Ideally, if approached by someone in need, a Rural Support Trust member will visit the farmer and offer

## Ashley Snowden's art exhibit

### Art Exhibition Landscape Re-invented

This one man collaborative exhibition by local identity Ashley Snowden (the person) and Johnathan Eastman (his other persona) is featuring at the Real Tart Gallery, Egmont Street, from the 20<sup>th</sup> February through to the 20<sup>th</sup> March.



If you can, check it out – it is both serious and whimsical.

the support of the Trust. The Trust member will have the knowledge and resources to ensure that appropriate support is, hopefully, available.

To give Rural Supporters more tools in 2015, the Taranaki Rural Support Trust is arranging a wide range of training opportunities to take place throughout 2015.

Each Rural Supporter and Trust member will also have a comprehensive 'Tool kit' providing as much practical information as possible – as well as important contact points.

By the time you read this, the Great South Island Charity Bike Ride will be completed and over \$160,000 raised to provide better mental health awareness and support in Rural Taranaki.

The Trust has significant other plans to ensure that funds raised are best used in the interests of better mental health services in rural Taranaki.

A wonderful achievement by everyone involved.



## 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.

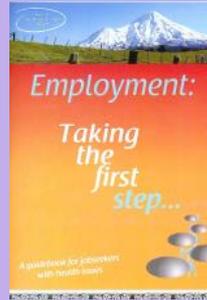
10-12noon

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

## Employment: Taking the first step...

A 64-page guidebook for jobseekers with health issues.

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



## 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—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.



## 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: 027-277-2327; 027-702-7365

## Thought for the issue:

Quote from Sir John Kirwan's latest book –'Stand by me'

*'In the 'I' society that we live in, people say, "I won't do something for someone else. I'll do it for me". But I saw a great comment online recently:*

*"When the 'I' is replaced by "We", even illness becomes wellness"*



## Coming Soon on Access Radio...



## "Mental Health Matters" March

9.30am  
every Thursday of each month

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](mailto:rainbowtaranaki@gmail.com)  
Ph: 06 757 9901



## The Elephant and the String

A fully grown elephant would probably be an animal that few would associate with a state of powerlessness. As well as being physically powerful, elephants are clever and resourceful animals; their intelligence is comparable with that of chimpanzees and dolphins.

But it is said that in some parts of the world, if you look a little closer, you will notice that these powerful beasts are restrained not by the strong chains you'd expect to see. Instead, they are tied by thin ropes that would be mere strings compared to the might of the elephant if it resisted them.

One may ask how it can be, that their keepers are able to tether their elephants using simple pieces of thin rope? The answer, to use a human term, is "learned helplessness".

Elephants have long memories, and some trainers are willing to exploit this fact. They will take a baby elephant, and use a heavy chain to tie it to a stake in the ground. Eventually, the baby elephant will stop struggling against the chain. It will learn that no matter how long it tries to escape from its shackles, it won't break free from them.

It is at this point that the trainers are able to replace the chain tied around its leg with a piece of rope. The elephant has learned that it is helpless, even though it would now easily break its restraints and wander free if it were to challenge the boundaries it has been set.

And so, the end result is a fully grown elephant being "restrained" by a piece of rope whose real strength lies in the elephant's mind. At that tell-tale tightening when the rope becomes taut, it gives up.

Learned helplessness.

Sadly, the experience of having a mental illness can often be like having one of these ropes tied around your ankle. Of course, we were not intentionally chained to a stake in the ground in the same way as the elephant. The stake is not literal in our case, but representative of a point and time in our lives that we must move on from.



We usually enter the mental health system during a time of crisis, when our resilience and ability to cope with the pressures of life are at their lowest. We are given treatment and medication to help address the most distressing symptoms of our illness, and then what happens?

For many the reality is that we are put on a benefit, and forgotten about. There is no expectation or encouragement to recover or progress from our situation in life; all that is required is the signature of a doctor on a medical certificate, and we are left to subsist on a meagre amount of money for another year.

Granted, when we first enter the mental health system, we may be in a weakened state. We may need extra support to help us function in our day-to-day lives. Our condition may be comparable with a heavy chain that keeps us immobilised, tethered in one spot.

But the reality is, over time we grow and heal. What many people perceive as a weakness, an illness, can in fact make us stronger in the long run.

Through surviving challenging times that many people do not have the chance to face, we can gain great depth of character and emotional resilience.

Imagine if you broke your leg. You'd be wearing a cast until the fractured bone healed, and possibly walking with the assistance of crutches. The expectation would be that eventually the cast would be removed, you'd put the crutches aside, and then you'd be able to walk and run again without support.

Mental illness is treated very differently to physical illness. Many of us are put on medications and entered into the welfare system – given the equivalent of a cast and crutches to help address our immediate situation – and then left to fend for ourselves. There seems to be no expectation that we will return to work, and contribute to society again.

We grow and heal as individuals, but all too often we are not encouraged to test our new capabilities. It may take months, or years, but eventually there will come a time when we have recovered enough to redefine our boundaries – and yet we may not realise it.

The limiting effect of mental illness in our lives, may in reality be in our imagination. We owe it to ourselves to test our boundaries, and try to exceed them.

The question must be asked, how many of us are restrained in the same way as the elephant in this story? How many of us have tried and failed to do something in the past, and given up on the idea?

Why not try again; push through the envelope of discomfort? You might surprise yourself, almost as much as the elephant would surprise its own keepers if it were to do the same...

*"Whether you think you can, or think you can't, you're right."* - Henry Ford

Tony Spencer