



“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 34 - JANUARY 2013

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

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

I will resolve to work more with neglected children—starting with my own.

Many people look forward to a New Year for a new start on old habits. *Anonymous*

I will stop repeating myself again, again and again.

I will do less washing and use more deodorant.

I will no longer waste my time reliving the past. Instead I will spend it worrying about the future.

I will try to be more decisive... if I possibly can.

I am a little bit older, a little bit rounder, but still none the wiser. *Robert Paul*

A New Year's resolution is one that goes in one Year and out the next. *Anonymous.*

I will stop procrastinating...perhaps next New year.

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

Thought for the Issue...

Please don't lie to me unless you are absolutely certain I'll never find out the truth. *Ashleigh Brilliant*

Coming Events: JANUARY 2013

Every Wednesday: As from the 16th—Real Arts.

Every Thursday: **“Mental Health Matters”** Access Radio 104.4FM, 9.30am. – promoting mental health awareness—with Sue Philipson, Family/Whanau Advisor at the TDHB MH & Addiction Service.

Wed 9th: Focus Group, 10.30am—at Like Minds

Wed 16th: **“Real Arts”** Support Group 1-4.00pm, Real Tart, Gold coin only—a charge for some materials

Thur 17th: Writers Support Group—11am at Like Minds

Time to focus on the right career?

This is a seriously good job...

Great Trustees, great team including many volunteers, - serving the best of people in Taranaki.

But please, do not apply if you are just seeking another job. This job is far more than that...

Working with people with experience of mental illness is a privilege. Leading this team is a role that makes a positive difference. And you will be an integral part of an ever changing, challenging wider Taranaki mental health sector.

MANAGER

30 hrs per week
Competitive salary...



Like Minds Taranaki is a Charitable Trust responsible for:

**Promoting mental health
De-mystifying mental illness
Countering stigma and discrimination
A natural referral point to other services**

Mental illness affects us all. 46% of people are expected to experience mental illness at some time in their lives. Each person's family/whanau/friends/colleagues are also affected in various ways.

A diagnosis of mental illness does not say anything about a person's capabilities, personality or future. In fact, the very act of dealing with mental illness gives people extraordinary strength of character.

Like Minds Taranaki is seeking a person who has:

- Personal direct or indirect experience of mental illness
- Knowledge of the mental health sector – Kaupapa Maori and non Maori
- Leadership, management and administration experience
- Understanding, non-judgemental and supportive
- Initiative, passion and absolute integrity

The successful applicant would be responsible to a totally supportive loyal Trust, and for a small effective dedicated team and a significant number of wonderful volunteers.

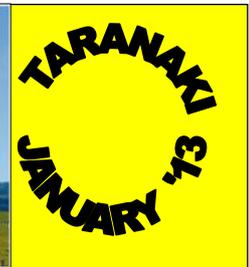
If this sounds like you...

Grab a job description from Like Minds Taranaki,
P O Box 5015, New Plymouth, or 3rd floor, Stirling Sports Building, 50 Devon Street West, or email us at mental.health@xtra.co.nz or directly from www.likemindstaranaki.org.nz

It sounds like a great job – and it is.

This position will be advertised Mid January 2013.
Gordon Hudson, Current Manager.



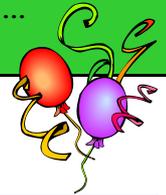


Supported by the TSB Community Trust

WHAT'S ON NGĀ KAUPAPA O TE WĀ

Issue 66— Compiled BY people on limited incomes FOR people on limited incomes... Please place on a notice board somewhere where people on limited incomes will notice it...

HAPPY NEW YEAR JANUARY 2013



- 16Dec-26Jan** **TSB Festival of Lights** – Pukekura Park. Nightly entertainment from 6.30pm, lights up at 8.30pm. The park becomes a magical night-time wonderland and is a spectacular backdrop for an extensive entertainment programme that runs day and night. For full Summer Scene programme, photos etc, go to www.festivaloflights.co.nz or call 06-759-6060 **FREE**
- 16Dec-6Jan** **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**
- 5,6,12,13th Jan** **Taranaki Society of Arts Exhibition-Small Painting awards 2012**—The Gables Gallery 1-4pm. Judged by Yvonne Webber and Rae Van't Hof. **FREE**
- Thur 3rd** **'Mental Health Matters' - Access Radio 104.4FM**—9:30-10am. Discussing the pressures and pitfalls the festive season can add to what can already be a stressful time. **FREE**
- Fri 4th Jan** **Hui-a-Toi-Plait a Mat**—Level 1, Puke Ariki Library—10am-12pm. Come and get crafty with like-minded people and learn new handy skills in one of our free monthly sessions. Up-Cycle old into new with a braided mat. **FREE**
- Sun 6th Jan** **Wind Wand on the Walkway**—Wind Wand—11:30am. Meet Paul Brobbel, Assistant Curator Len Lye, on the foreshore for a talk about the inspiration, attempts and construction of Lye's Wand works. **FREE**
- Fri 11th&18th Jan** **Arty Fernery Fun**—Pukekura Park Fernery—2-3pm. Capture the park's beauty on paper at the Fernery. Materials supplied—no booking required. **FREE**
- Sat 12th Jan** **Exhibition Tours with Pamela Bell**—Puke Ariki—Every half hour 10am—12pm. Walk and talk through Kiwi Prefab with Pamela Bell, whose Architecture thesis provided the starting point for this exhibition. Gain insight into Pamela's research, exhibition content, and the future architectural and design possibilities that prefabrication presents. One of the events supporting Kiwi Prefab: Cottage to Cutting Edge, Puke Ariki's summer exhibition. **FREE**
- Sat 12th Jan** **Barrett Domain Guided Walk**—Barrett Domain—10-12am. Join in for a walk around the Domain and enjoy a beautiful wetland area with indigenous vegetation and an abundance of birdlife. **FREE**
- Sun 13th Jan** **Public Art Walk**—Govett-Brewster Art Gallery—2pm. Join Sopolemalama Filipe Tohi for an art walk to his New Plymouth public art sculptures Halamoana and Mataatangaloa **FREE**
- 15th &22nd Jan** **Crematorium Behind the Scenes Guided Walk**—6-7:30pm. This is an honest and open behind the scenes viewing of the Taranaki Crematorium's operations. A chance to meet the staff and ask any questions. No Dogs—Bookings essential—telephone 759 6060. **FREE**
- Wed 16th Jan** **Speed Date to Renovate**—Main Exhibition Gallery, Puke Ariki—6-7:30pm. If you want to plan a home redesign, create a beautiful garden or live in a more eco-friendly way there is a line up of experts ready to answer your questions face to face...one of the events supporting Kiwi Prefab: Cottage to Cutting Edge, Puke Ariki's summer exhibition. **FREE**
- Sat 19th Jan** **Historic Waitara Guided Walk**—Marine Park playground, West Beach, **WAITARA**. 10am-12pm. Join local historian Clive as he looks at the rich history of Waitara. **FREE**

Check out our Facebook page and LIKE it to be kept up-to-date with our links to radio shows, articles and other information. www.facebook.com/pages/Like-Minds-Taranaki

"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.



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

Touched By Suicide Support Group—Meets every third Thursday of the month from 7pm-9pm. Held at 83 Hine St., this group is led by trained facilitators and offers care, understanding and support to anyone affected by the loss of a loved one through suicide. Phone Jo on 021 027 369 35 or Tiaki on 06 757 9300. **FREE**

South Taranaki Touched By Suicide Support Group—Meets the first Thursday of the month from 7pm-9pm in the Theatre Lounge at the Community Centre in Albion St, **HAWERA** Any further enquiries phone Jo on 021 027 369 35 or Tiaki on 06 757 9300. **FREE**

Sun 20th Guided Walk—Hollard Gardens, **STRATFORD**—3-4:30pm. Meet at the gatehouse for a walk and talk around the gardens in its full summer glory. Afterwards, feel free to make use of the barbecue and kitchen facilities for an evening picnic in the garden. No dogs. **FREE**

Thur 24th Early Settlement Guided Walk—Meet at Puke Ariki Foyer—6-8pm. Take this twilight tour of central New Plymouth to sites of historic interest. **FREE**

Sun 27th Tropfest—TSB Bowl of Brooklands—6:30pm. Come and enjoy this short film festival. **FREE**

Wed 30th Alpine Flower Wander Guided Walk—North Egmont Visitors Center—10am-4pm. Be transported by vehicle to the alpine meadows where you can find out why the plants there are so special. Numbers are limited. This event is especially for plant enthusiasts that can no longer make the climb. You will need a backpack with a raincoat and warm clothes, wear good footwear, pack your water bottle, a woolly hat and some lunch. Registrations are essential! Jill: 759 6060. **FREE**

Thur 31st Growing Green Fingers—Level 1, Puke Ariki Library—10-11am. Come along to *Tea and Topics*, a monthly session that taps into the experts of our community. In this event, a member of the NPDC Parks team will be answering your gardening questions and giving advice about how to propagate perfect plants. **FREE**

Public Holidays: New Years: Tue 1st and Wed 2nd Jan

School Holiday Programme—Puke Ariki, Discover it! Suitable for ages 5-10 **FREE**
Bookings are essential 06 759 6060—all sessions 2pm-3pm

Tue 8th Witches and Wizards—make your own witch's hat, complete with hair **FREE**

Thur 10th Puzzle Time—Create 3D puzzles to tease your mind and confuddle your friends **FREE**

Tue 15th Cartesian Divers—Have fun with this classic science experiment and amaze your friends **FREE**

Thur 17th Balloon Car—Huff, puff and blow your car along! **FREE**

Tue 22nd Mosaic Jars—Snazzy storage for tiny treasures

Thur 24th Etched Bookmarks—Your library book will look a million dollars with your unique bookmark **FREE**

School Holiday Programme—Govett-Brewster Art Gallery

\$5

Bookings are essential: 06 759 6060. Parents please arrange lunchtime supervision from: 12.30pm to 1.30pm for 11.00am – 3.00pm sessions.

As programmes are highly popular, please contact the Govett-Brewster ASAP if cancelling

Tue 8th Squish, roll, rub—10-12pm or 1-3pm—Age: 6-8 years—get gooey with clay **\$5**

Wed 9th Mixed Media nests—11am-3pm—Age: 7-10years—twist and tangle recycled materials **\$5**

Thur 10th Mystery in clay—11am-3pm—Age 9-13years—Design a series of 3D clay tiles **\$5**

Tue 15th Pacific pattern—Using dye and crayon transfer a simple pattern to paper **\$5**

Wed 16th Painting the elements—11am-3pm—Age: 7-10years—get textural with paint **\$5**

Thur 17th Pasifika print—11am-3pm—Age: 9-13years—Carve your own lino block to print **\$5**

Mon, Wed BoxFit Taranaki Classes—50 Rimu St—5:30pm. Bring a towel and water. **\$3**

Every Mon Tai Chi for Beginners—Labour Party Rooms, Tukapa St—10:45-11:15 **\$2**

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

Every Wed Real Arts—1pm-4pm at Real TArt Community Gallery—a great opportunity for people with experience of mental illness or other disabilities, to participate in art & craft. Call Gordon on 759 0966. **GOLD COIN**

Every Fri Creative Space—Art and craft for people with a disability—83 Hine St, 9am-4pm. **GOLD COIN**

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

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 The next "What's On" will be in late January for February, let us know what is different, fun & almost free...



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



Christmas Presence

Another year is coming to a close, and most of us are looking forward to a welcome break over the Christmas period, spent with friends and family.

Whether you've gone into town to buy your presents, or been lazy like me and bought most of them from the internet, I hope you've remembered that old saying "It's the thought that counts."

It's spending time with, not money on, your family that makes Christmas such a special time. It should be a time to look forward to, more than one to dread because you may feel the repercussions of overspending for months to come.

For many people with mental illness, Christmas can be a difficult time. Sometimes your condition can make you feel alienated from the rest of your family. Sometimes you may feel weighed down by others' expectations that you're going to have a good time when inside you're feeling quite the opposite.

You're not alone. Christmas is just one of those things—it is what it is. Your own Christmas may not necessarily be an occasion of celebration spent with adoring family members; sometimes it's just that one time in the year that you all get together and try to get along the best you can.

Spending the day together may actually give you the chance to improve your relationship with the

rest of the family if you feel it could do with some work.

Perhaps you're further down on the path of recovery than you have been in the past; sometimes changes in medication or other treatment can have a profound, positive effect on our lives. Christmas could be an opportunity for others to see this change.

Family is important; the familial bond goes above and beyond the obligations of even friendship, and your family members and relatives can be some of your staunchest supporters during times of need. Having a good support network around you can make the tough times easier, and what better time to strengthen these ties than on a happy occasion.

Maybe you could follow up this opportunity by resolving to sustain the effort made during Christmas into the new year. Life is unpredictable; you never know when it will be too late to get closer to someone, so the sooner you put the effort in the better it will be.

It can be hard enough getting to know oneself during the recovery period from times of illness, learning the boundaries of where "you" and the "condition" you have begins. Your perspective on life, yourself, and those around you may change dramatically and you may see events and actions that have transpired in the past, in a new light.

Recovery itself is a gift, and it's well worth taking the effort to share your experience of the journey with those close to you.

There's no magic way of opening a window into our mind for others to look into, so we must instead open our mouths and start communicating, if we want those around us to understand what we have and are experiencing.

I wish there was some kind of magic present I could give my own family to help make up for things I may have said and done while I was unwell, during my teenage years and beyond; some way to wipe the slate of familiarity clean so they can see the real me minus the effects of my illness.

All I can give is time and effort. And gifts, since it's Christmas...

Thinking of this occasion made me think of my own family members, which in turn brought to mind this quote from a certain Bilbo Baggins:

I don't know half of you half as well as I should like, and I like less than half of you half as well as you deserve

If, like myself, you wish to remedy this with your own family, good luck to you. It's never too late to start.

Until next time, from myself and the rest of the team here at Like Minds Taranaki, have a Merry Christmas and a safe and Happy New Year.

Tony Spencer



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