



“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 59 May 2015

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

In this Issue:

*What's On
*Information page

Coming Events:

Wed 6 & 20: Post Natal Support Group at NP Women's Centre, 10am-12 noon
 Thur 21: South Taranaki Post Natal Support Group , 56 Disraeli Street, Hawera - 10am-12pm
 Thur 30: Mates Men's Meeting, 15 Dawson St, NP 2-4pm

“In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger – some something better, pushing right back.”

- Albert Camus

Another one bites the dust... This time it's us!

Like Minds Taranaki has been an integral part of the mental health sector in Taranaki striving to counter the stigma and discrimination that can hinder recovery of people living with experience of mental illness. We have been fortunate to be funded to do this work through the Like Minds Like Mine programme on behalf of the Ministry of Health, but the contract to deliver this ended at the end of 2014.

Unfortunately, although we have looked at many options for alternate funding and other strategies etc., we have had to make the decision that Like Minds Taranaki is no longer able to operate. Sadly this means that we will be closing our doors on 31st May, 2015.

Over the years, different members of the team – trust, staff, volunteers and supporters – have put their heart and soul into improving and strengthening the mental health of the Taranaki Community. We have done this in collaboration with the whole regional mental health sector – both within the DHB and in the NGO and volunteer services.

We would like to take this opportunity to thank everyone for the support that they have given in so many ways – this support that has made our work not only possible, but also satisfying and fulfilling. Although the members of the Like Minds Taranaki team will each go their separate ways, we do so with fond memories of our work together.

We wish you all well in the future.
Cecily Bull - Manager

“Promise me that you will always believe that you're braver than you believe, stronger than you seem and smarter than you think”



Supported by the



WHAT'S ON

NGĀ KAUPAPA O TE WĀ

Issue 92— Compiled BY people on limited incomes FOR people on limited incomes...

MAY 2015

Fri 1 Hui-a-Toi: Calligraphy - Level 1, Puke Ariki Library, 10am-12pm. Get crafty with like-minded people and learn new skills! Come and learn the basics of this timeless and elegant art form. **FREE**

3 & 17 Marine Park Market - 8:30am-3pm, Marine park, **WAITARA**. Spend the day with whanau and friends listening to great entertainment, check out the stalls and enjoy the food on sale. **FREE**

Mon 4 Deaf Short Film Festival - Event Cinema 6:30-8:30pm. At Cinema 5 on the top floor. Bring along your family and friends to attend the very first Deaf Short Film Festival in New Plymouth. **FREE**

Tue 5 George Mason Scholarship Presentations Taranaki Research Centre, Level 2 Puke Ariki Library, 3-5pm. The two 2014 recipients of these annually presented scholarships present their research in mapping the ocean floor at Parininihi Marine Reserve and showing how Taranaki's current ecology functions. **FREE**

Wed 6 NZSL at Huatoki Plaza - 12-3pm. Come along to the Huatoki Plaza to celebrate New Zealand Sign Language Week. Join in with our Deaf Community to learn your "favourite sign" in NZSL. A free barbeque is for all that attend and learn "a sign". **FREE**

Wed 6 Bringing It Home: Research Your WW1 Family History - Taranaki Research Centre, Level 2, Puke Ariki Library, 5:30-6:30pm. Learn research skills to help you discover your own family's wartime history. Bookings essential: 06 759 6060. **FREE**

Fri 8 Rules Reduction Taskforce Public Meeting Quality Plymouth International Hotel, 10:30am-12:30pm. Jonathan Young is hosting this meeting to give a chance for the public to share their views on the regulations that frustrate property owners and those who use property, with the Taskforce, recently appointed to listen to concerns about the rules and regulations around property. **FREE**

Fri 8 Govett-Brewster Seniors - Puke Ariki, meet for coffee at the Daily News Café at 9:30am ready for a 10am start. While the Art Gallery is closed

Puke Ariki is delighted to welcome the gallery's monthly Senior discussion group. **FREE**

Thu 9 Writers Group - Tui Ora, 36 Maratahu St. 1:30-2:30pm. Have fun, share thoughts and ideas and mix with people who also like to write. Open to anyone who loves to play with words. For more information call 06 759 4064. **FREE**

Sun 10 The Magic of Maples - Tupare Garden, 2-4pm Immerse yourself in the autumn colours of Tupare and join their gardeners for a magical tour of the maple collection. The workshop will leave you full of ideas. **FREE**

Thu 14 GLOW light your night - 5:30pm Huatoki Plaza. Light your night at the annual Glow Festival run by the Let's Go team and join on a night ride along the Coastal Walkway. Make sure your bike is blinged up with plenty of colour and lights. Rides leave from the Plaza at 5:30pm and there will be a shorter ride for the littlies and a longer ride for the older folk. **FREE**

Sun 17 Bringing It Home: WW1 Family Day - 10am-1pm. Puke Ariki Museum. Find out more about World War One with an activity filled day at Puyke Ariki! There will be plenty of hands-on crafts to keep kids and adults happy. **FREE**

Sun 24 TLC for your Tools - Hollard Gardens, **KAPONGA** 2-4pm. 'Sharpen up your act' before the pruning season. Maintenance techniques for hand tools, secateurs and hedge clippers. A must-do workshop for the home gardener! **FREE**

New Reporting Standards Workshop Tier 3&4

Quality Hotel Plymouth International

Tue 19 6:00-8:00pm & Wed 20 10:00-12:00am

These workshops can help your charity understand how to apply the new reporting requirements. Aimed at registered charities with an annual operating expenditure less than \$2 million. For more information phone 0508 CHARITIES (0508 242 748). **FREE**

"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 Recovery Group - NEW PLYMOUTH For people and families/whanau with experience of mental illness. Held fortnightly on a Thursday - 10:30am-12pm. (May 7 & 21) 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 info. please phone 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. Every 3rd Thursday of the month at 83 Hine Street, 7-9pm. Txt /call 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 Community House, McLean Street, **WAITARA** 1-3pm. 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 0607590966 or email us here at Like Minds Taranaki at mental.health@xtra.co.nz The next "What's On" will be in late May for June



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

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



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.

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:

“If you're brave enough to say goodbye, life will reward you with a new hello”

- Paul Coelho



“Mental Health Matters”

Archives of past shows can be found on SoundCloud at:

<https://soundcloud.com/search?>

