



RCN Newsletter

Issue 81

December 2011

Regional Consumer Network

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Office:

09 623 1762

[manager@rcnet.
co.nz](mailto:manager@rcnet.co.nz)

Kia ora, and welcome to the *RCN Newsletter*

The *RCN Newsletter* is provided primarily for people who use or who have used Mental Health services Alcohol and Other Drug Services, however we welcome input and readership from those people who make contributions to the sector in other ways, and who have interests in the Mental Health and Addictions Sector as a whole.

The *RCN Newsletter* provides an opportunity to keep people up to date with what is happening locally and regionally and nationally, and to provide information about upcoming opportunities for networking, training and events.

We welcome any feedback and contributions.

Special Prize Draw Winner

Recently the Network contacted all known consumer members on the database to gather further information about the people who use the Network. To entice people to contact us we held a prize draw of a \$50 Pac N Save voucher. The Prize was drawn by Darcey at the last forum. The winner was Eileen Lardner – Congratulations Eileen!

Newsletter Name Change

Thank-you everyone who voted for a change in our Newsletter name. You will have noticed above that the Newsletter is now called 'RCN Newsletter.'

This provides us with a distinct name that is uniquely ours – one that signifies a consumer led and consumer owned newsletter.

Regional Consumer Network Sector Up-date

This month we welcome Debbie Swanwick who starts a three month contract at RCN as our Communications Manager. Debbie has fifteen years experience in marketing, advertising and communications working predominantly in the NGO sector and is a valuable asset to ensuring we meet the goals required of us by our funders so that we can support our consumers.

Mental health in the media

How mental health is viewed and represented in the media establishes and reinforces socially acceptable practise in responding to those affected by mental illness. With this in mind, Debbie has begun compiling a folder of media clippings which are being held in our library. Please help by reviewing and forwarding recent media clippings that come to your attention. Only by identifying discrimination and the source of it can we attempt to change it. Clippings and hyperlinks can be sent to communicationsmanager@rc.net.nz or mail PO Box 10256 Dominion Rd, Auckland. To cite the folder visit RCN at 762 Mt Eden Road, Mt Eden.

Debbie will assist us to market the Network to consumers, families and organisations

We also welcome Gaurav Roodhe as our new Web Developer. Gaurav has a BA in software engineering majoring in computer science and he is completing a graduate diploma in business majoring in operations management. Gaurav will be working on the website.

Association of Supervisors

This initiative is developing well. People who completed the NZQA Supervision course this year sponsored by Te Pou will soon be able to advertise themselves on the Network website. An association will be developed with criteria for involvement. We believe this is a much needed service in the sector.

Reference Advisory Group Development

It is envisaged that the Reference Advisory Group (RAG) will monitor and support the implementation of the strategic plan, provide views on certain issues that come up for the Network and be available to provide feedback from other agencies if they are seeking an independent cross-section consumer view.

At the recent Regional Consumer Network Community Forum on the 17th November criteria for membership of the RAG was decided.

The forum decided that the following membership will be important to ensure adequate representation of the Network membership with guidance from a Kaumatua:

- 2 members from Mahi Tahī
- 1 member from Pathways
- Maori and Pacific membership
- Youth
- Family
- The remainder – 3 would be from the general membership

Most of these positions will be appointed for the specific skills and contribution views. In order that we receive the views from the general membership the remainder of the positions can be appointed by a voting process.

If you would like to represent the general membership, of which there are 3 positions, please contact the Network to express your interest. We will invite you to introduce yourself at the 15th December Community Forum. This is your opportunity to be heard.

The Reference Advisory Group will meet once every two months at the Network premises. Travel assistance will be provided to those you are not in paid work.

COUNCIL FOR MENTAL WELL-BEING TRUST – Draft Strategic Plan 2011-2013

Thank-you everyone who took the time to read, comment and provide feedback on the Council for Mental Well-Being Strategic plan. The plan is now ready to be signed off by the Board of trustees in December.

You will notice that the advertising in the Newsletter is markedly reduced. If you have an advertisement to submit please keep the advertisements to 2 or 3 lines including contact details and a link to a website.

Nutrition with Jasmine

Christmas is just around the corner. In terms of looking after our physical health, Christmas can be a great opportunity, or a dietary disaster.

Here are some tips to help you get through common Christmas challenges:

- ◆ Serve up your Christmas meal on a small plate rather than a regular size plate. This reduces the likelihood that you will over-do it, and if you *really* need more, you can always go back for a small second helping
- ◆ You don't have to avoid desert if you pick the smart options. Make the most of the season by enjoying fresh berries and treat yourself to fruits you don't usually get to eat. Frozen yogurt, and the kiwi-favorite pavlova are good desert options to help you to stay away from cakes, biscuits, chocolates and puddings.
- ◆ Gifts of chocolate are especially dangerous. Put them in the food bins at the supermarket or mall, where they will get put into food parcels for families in need. If you keep them, don't open them until you have other people to share them with!
- ◆ For the traditional Christmas meal, turkey is a healthier option than ham.
- ◆ Over-indulgence can really trigger negative feelings of guilt, tiredness, and depression. Don't deprive yourself, but don't over-do it either. In the words of Thomas Jefferson "We never repent of having eaten too little."
- ◆ We are lucky in NZ to enjoy a summer Christmas, so make the most of it! If you're on your own this Christmas, get walking or go for a swim at the beach. If you're with others, arrange a game of backyard cricket or beach volley-ball. Exercising outside has a doubly beneficial impact. Sunlight is the main source of vitamin D for humans, so if you tend to feel depressed in winter, getting some safe sun exposure can help fight those bad feelings.
- ◆ Find non-food ways to treat yourself this Christmas.

Ngā mihi o te Kirihimete me TeTau Hou – Wishing you all a merry Christmas & a happy new year.

Jasmin Jackson

Nutritionist (BA/BSc Psychology & Human Nutrition)

Member of the New Zealand Nutrition Society

Regional Consumer Network Christmas Sausage Sizzle

You are very welcome to come to the Network for a sausage sizzle.

Monday 19th December 2011 @ 11am

here at 762 Mount Eden Rd, Mt Eden.

Please RSVP if you are a group

Yoga and Mental Health

Since the 1970s, meditation and other stress-reduction techniques have been studied as possible treatments for depression and anxiety. One such practice, yoga, originating in ancient India, can vary from gentle and accommodating to strenuous and challenging. The literal translation of the Sanskrit word yoga is union.

The choice of style tends to be based on physical ability and personal preference. Hatha yoga, the most common type of yoga practiced, combines three elements: physical poses; controlled breathing; and a short period of deep relaxation or meditation.

For many people dealing with depression, anxiety, or stress, yoga may be a very appealing way to better manage symptoms. Indeed, the scientific study of yoga demonstrates that mental and physical health are not just closely allied, but are essentially equivalent. The evidence is growing that yoga practice is a beneficial approach to improving overall health. Famous celebrities practicing yoga are Meg Ryan, Jennifer Anniston, Ricky Martin, and Madonna. Meg Ryan says, "I started [yoga] about five years ago. I will say, definitely, it changed my life. It made me calmer. It puts you right in the place of witness - which is great."

Benefits of Yoga include:

- Released tension
- Decreased stress, anxiety, and depression
- Improved concentration and memory
- It is energising
- Improved balance
- It requires minimal effort and is very relaxing
- Slow dynamic and static movements reduce risk of injury

- Decreased resting heart rate
- Decreased pain
- Improved immunity
- It is non-competitive and process oriented
- It allows to focus internally.

Edit Horvath
 (MSocSci Hons Org Psych)
 Registered Yoga Alliance Teacher
 professionalyoga@gmail.com
 Mobile: 0210 821 3462

This voucher entitles the bearer 25% off the standard rate for a safe and tailored yoga session with our experienced yoga teacher from Professional Yoga

The voucher is valid until 1st March 2012

To book your yoga lesson
 email or call Edit at Professional Yoga

Book Review

“The Essence of Health: The Seven Pillars of Wellbeing”

By Dr Craig Hassed

ISBN 978 1 74166 704 2 (pbk.)

2008, Random House Australia

The author, who is a GP and Senior Lecturer in the Monash University Medical Faculty, asserts in this book that there are seven pillars of wellbeing, for which

he uses the mnemonic, “essence”. These are: Education, Stress management, Spirituality, Exercise, Nutrition, Connectedness and Environment. He discusses these generally and specifically with regard to particular medical conditions. He has a chapter headed “Mental Health”, and another headed, “Brain Health and Dementia”.

He states in the introduction that “there is much talk about the drug culture which revolves around illicit drugs, but there is a bigger and far more lucrative drug culture which revolves around prescribed medications. Undeniably there is a place for some prescribed medications but our faith that drugs are able to solve just about any health concern is misplaced.” He goes on to say that the published studies of trials on antidepressants showed 94% effectiveness, but an FDA analysis showed only 51% were positive, and that consequently half the trials of antidepressants showed they were ineffective and worked largely through the placebo effect.

What does he recommend? Mindfulness-based meditation, bibliotherapy, humour therapy, Rational Emotive Therapy (RET), Acceptance-Commitment Therapy (ACT), communication training, a search for meaning in life which material wealth cannot supply, and which helps people face adverse life troubles, nutritional remedies such as lentils, asparagus, beans, starchy root vegetables, tahini, sardines, mackerel, okra, tempeh, Jerusalem artichokes, among other foods. He also suggests release of pent-up anger, frustration and hostility in high-intensity exercise, and advocates more exposure to sunlight, increased social contact in team sports, and altruism and religiosity/spirituality among other remedies for mental difficulties.

His statements are backed up by scholarly references to articles in medical journals.

By David Crompton – RCN Member

WORKSHOPS

SELF DISCOVERY THROUGH ARTS CREATIVITIES AND PLAY

a fun workshop with Adrienne Grace at Regional Consumer Network

MONDAY 5 DECEMBER 10.30 am to 12.30 pm

Venue is on the Three Kings bus route at 762 Mount Eden Road

Gold coin donation welcome for materials and refreshments

Please telephone book with Adrienne Ph 480 0458 (early mornings/

Tea time after 9.30 pm best) before and by Friday 2 December

SPEAK YOUR MIND TRAINING

- Gain an understanding of the ideology behind consumer leadership based on the 5 conditions in 'The Power of Contact' (Gordon 2005)
- Develop and structure key elements of your personal story, with particular emphasis on meeting the needs of the audience or the media
- Build confidence and interact with peers by practising your skill in a mutually supportive environment.

January 25th and 26th January

Contact Claire ph 623 1762 or 021 811 763

Social and educational group for Under 30's

Contact Tom or Dave at Connect for more details ph (09) 4433700 or 021 0499247

Framework Trust – Personal Focus Programmes

Fridays in Kingsland Terrace

Rainbow Connections – support group for those with mental illness in the “rainbow” community

Reaching out – for those interested in working in mental health Peer Support

Tuesdays and Wednesdays

Outdoor Sports and Activities

For more information contact Gemma on 09 8155113.

Dispute Resolution Services

If you or someone you know, have questions on how to resolve disputes with finance companies, ACC, banks or phone and

internet providers you need to come along to this session. NZSL interpreters have been booked

To find out more about DRSL here <http://drsl.co.nz>

When: Thur 8th December 2011

Where: Mangere Community Law Centre

Time 11am-1pm

Contact Auckland Disability Law to book your place:

Email: info@adl.org.nz Ph 257 5140 txt: 027 457 5140

Auckland Disability Law Annual General Meeting

Guest speaker: Paul Gibson – new Human Rights Commissioner
NZSL interpreters have been booked

Where: Western Springs Garden Hall, 956 Great Nth Rd, Western Springs

Time: 6pm-7.30pm

RSVP ph 09 257 5140 Email: info@adl.org.nz txt: 027 457 5140

Blueprint's National Certificate in Business (First Line Management) has been designed for team leaders, advisors, supervisors and first line managers within the mental health, addiction and social service sectors. To learn more, call one of our friendly staff on 0800 4 BLUEPRINT or check out our website: <http://www.blueprint.co.nz>

Free Books!

We have a selection of free books that you might like to take home. When you are next at the Network ask about the these books, browse them and take them home.

Resource Room

The resource room has an ever increasing supply of books, articles, DVD's, tapes etc for your use. The Resource Room is open during Network office hours – Monday to Friday 9am to 4pm. All resources can be viewed on site, and with the exception of some reference only material, most can be loaned out. AND IT'S ALL FREE!!!!

If you are unable to make it out to see us but would like to receive something, please call, we can get it out to you.

*Free access to research materials emphasizing, but not limited to, all perspectives of the mental health sector, including the diversity of culture. A unique resource collection for all age groups.
For enquiries, call the Network office on 09 623 1762*

Waitakere Shared Vision:

No Meeting in January

Consumer Group Meetings

Shared Vision Rodney

Orewa **Meets:** Every 3rd Tuesday
 Venue: Community House
 Corner of Hibiscus Coast Highway and
 Centreway Road
 Time: 10.00am until 11.30am.

For more information or queries phone

Christine Bolstad on 021 161 2245 Or 09 443 3700

Shared Vision North Harbour

This is a monthly get-together for people with the experience of mental ill health to discuss relevant issues and offer solutions.

This meeting happens on the **Second Wednesday of each month.**

Consumer meeting begins at 10.30am.

58 Akoranga Drive, Northcote

For more information call – Vaoesea loasa at EQUIP on 09 477 0650

REGIONAL CONSUMER NETWORK
 CONSUMER & COMMUNITY FORUMS

These meetings are held on the **3rd Thursday of every month at Western Springs Garden Community Hall, 956 Great North Road, Western Springs** with the Forum starting at 9:30am, lunch and closing at 12.30 pm. EVERYBODY WELCOME

**There will be a Forum on Dec 15th
 No forum in January**

*******Over the Xmas break we will be closing the office from Friday 23rd December and opening again on Monday 9th January 2012*******

HEARING VOICES NETWORK AOTEAROA NZ-

Te Reo Orooro

For support group information contact:

www.hearingvoices.org.nz

Email :Info@hearingvoices.org.nz

Contact: Adrienne Phone: **027 265 0266**

Franklin Bipolar & Depression Support Groups

~ confidential ~ safe ~ supportive ~

~ a warm Franklin welcome is assured ~

Our meetings are held just south of Auckland at

Pukekohe Methodist Church Hall

Cnr Wesley & Queen Sts, PUKEKOHE

on 1st and 3rd Monday evening of each month starting at

7.30pm

For more details please phone us:

Val (09) 235 6312

Michelle (09) 235 3457

or send us an email: franklinbpdsg@actrix.co.nz

ALSO Other Bipolar Support Groups in the region:

South Auckland Bipolar Support Group

Meetings held at Nathan Homestead 70 Hill Rd Manurewa

Contact Sesi Frances phone 09 270 9090

Facilitators Shelley and Justin

Time: 10am till Noon

Every first Thursday of each month.

HELPFUL Numbers & Websites

AUCKLAND DRUG INFORMATION OUTLET (ADIO)

ADIO Trust 10 East Street, Newton

Phone 09 356 7373

Or

ADIO South 605c Great South Road, Manukau

Phone 09 263 0344

This is a harm reduction in action. Permitted by Auckland District Health Board to provide and promote hygienic drug use in Auckland City.

LIFELINE AUCKLAND 09 5222999

MENTAL HEALTH CRISIS LINES:

- **CENTRAL AUCKLAND** 0800 800 717
- **SOUTH AUCKLAND** 09 270 4742
- **WAITAKERE / WEST RODNEY** 09 837 6603
- **NORTH SHORE / EAST RODNEY** 09 486 1491

Phobic Phone Helpline 0800 142 6943
www.phobic.org.nz

EQUIP Do you support someone who experiences major mental illness? Would you like to receive support for yourself, through meeting with others in a similar situation such as yours? Our Family Whānau Groups are free.

To join a group or find out more about the programme, please email us through the website or phone Equip on 477 0338

Engage Aotearoa:

Where Mental-Health Resources Live

- **Experiment** with the Coping Kete
- **Explore** the Community Resources Directory
- **Share** Information Sheets
- **Connect** with the latest Mental-Health News
- **Join** an Engage Anxiety Support Group
- **Learn** more with an Engage workshop

www.engagenz.co.nz

Where a service-user perspective meets the science of psychology

Connect Supporting Recovery – Peer Support and Support Groups including Alcohol and Drug Group Support www.connectsr.org.nz

Supporting Families – For family support
www.supportingfamiliesnz.org.nz

Challenge Trust – Peer Support – www.challenge.org.nz

Mahi Tahi – Peer Support www.mahitahi.co.nz

Bipolar Support – Glenfield ph Lyn 09 443 3700 ext 308 or 021 02107504

Take it From Us – Radio Show www.planetaudio.org.nz/takeitfromus

Alcohol and other Drug Consumer Network – Contact Brody.Runga@connectsr.org.nz

Clubhouse Transitional Employment Programme – www.crossroadsclubhouse.org.nz

Regional Consumer Network Hours

9am – 4pm Monday to Friday.

The Resource room is open to come and read in, or just come and relax in our environment, meet the Team and make yourself a cuppa ☺.

We are located at 762 Mt. Eden Rd, Mt. Eden (on regular bus route + good street parking).

Complaints and Compliments:

The Network has a formal complaints procedure in place. If you wish to make a complaint, please contact the Network for the documentation – which will enable you to contact the people in the process you need to connect with. A copy of the complaints procedure can be found in your membership pack also.

Compliments and feedback generally are also most welcome!!

Thank you to those of you who have ☺.

Subscribing to the RCN Newsletter

If you no longer wish to receive the **Connect Newslitt**, please contact the office and advise Claire of your wish to be taken off the Database.

If you currently receive this **Newsletter** by email and wish to receive future issues in paper format (or vice versa) please let Claire know on the contacts below.

And for any articles please send to manager@rcnet.co.nz

Please do not hesitate to contact us with any queries you have or if we can be of any assistance.

**Regional Consumer Network
762 Mt Eden Road
Mount Eden
P O Box 10 256
Dominion Road
Auckland**

Phone: 09 623 1762

Fax: 09 623 1763

Refreshed and exciting WEBSITE on www.rcnet.co.nz

General enquires: manager@rcnet.co.nz

For advertising in Newslitt manager@rcnet.co.nz



THANKS!

DISCLAIMER

The opinions and articles expressed in this Newsletter do not necessarily represent the views of Regional Consumer Network Or anyone associated with the Organisation