



Inside this issue:

- View from the Top
- Recovery Newz
- Network Newz
- Recovery Workshops
- Creative Corner
- HR Workshops
- Up and coming events



Kia Ora Whanau, welcome to the August edition of your Network newsletter. Well what about winter? Don't know about you, but I'm thankful for lots of warm blankets, wet weather gear and loads of firewood. Hope you enjoyed the few random days of cheering sunshine among an otherwise soggy season. Thankfully summers just around the corner.

The Networkers had more important things to concern themselves with than the weather however, as Graham was left to hold the fort on his own for twelve weeks, with the aid and support of some very caring network members, (bravo you girls), Richard (the other networker) was away on study leave, getting a sore head..

So, make yourself a hot drink, kick back on your favourite couch and read on, here's the latest guff.

View From The Top

For most of the last 12 years I have lived out to the west of Whangarei and one of the most enjoyable parts of my drive into town is coming off the top of Maunu, down the straight past the Kiwi House and the Clarke Homestead. Looking straight ahead, over the top of the city and out to Whangarei Heads, I see what I consider to be one of the most spectacular views in the world as seen from a public highway. Stretching out ahead are the jagged rows of the guardians of the harbour –Mount Tiger, Mount Lion and Mount Manaia with its jagged teeth reaching to the sky. They present themselves to the viewer differently every time they are seen - sometimes in full sunlight , grey, green and brown, or perhaps with showers shining along their sides and coloured slate grey. In spring they pierce the harbour fog , looking like islands floating on a sea of pearl gray. Other days they are different shades of gray and look like a screen print hung on the horizon.

Always different but unchanging in its grandeur, I often reflect as I look at that view on the changes in myself over the years as I come down that hill towards Whangarei.

For the first few years I was in the slow process of rebuilding my life after being diagnosed with bipolar disorder and the resultant upheavals – loss of house

and savings, breakup of my marriage, many visits to many wards and the hopelessness that results from the inability to be in control of my own mind and my own life.

What has changed for me is that all those things are behind me. I have found employment in a field that suits me and supports me at the same time that I work with and support people who are my peers and my friends. I have found strength and confidence in myself and hope for the future.

No more form letters without a signature standing by the name (have you ever tried asking for the letter writer by name), no more being treated with suspicion because I don't look sick and no more having to account for every detail of my life to an ever changing parade of people, none of whom ever seemed to listen to my needs as a struggling member of our society

My favourite view from the top, although it looks the same as ever, feels different, it has a flavour of freedom to it that has been missing from my life for many years and I journey into Whangarei these days with a smile on my face as I look to the east, to Whangarei Heads and to the new chapter in my life.



Human Rights Matters

For three days in May and three days in June, around 20 people attended the Taku Manawa Human Rights Facilitation Training which has been developed by the Human Rights Commission. It is hoped that through the training of this course participants will be able to educate groups and communities who are most at risk of unlawful discrimination, about human rights and responsibilities. The training was facilitated by Briar Bentley of the Taku Manawa Northland and consisted of, in part, the presentation of assignments to the group as a whole. Specific topics included – intersex, religious freedom, diversity, a govt social service agency, bullying and its consequences, brain injury and migrants. Human Rights trainers led by Julie Watson of the Human Rights Commission conducted interactive learning sessions and there were some very thought provoking discussions around the topics. As part of the training, the walls of TTTWONS' rooms were lined with an exhibition of 30 photographs. Each photograph portrayed one of the 30 articles of the United Nations Declaration of Human Rights. They were displayed on the walls for about a month and the public were invited to comment. They evoked a lot of interest and many comments. The workshop and the exhibition had the additional benefit of raising public awareness of TTTWON and its role in the community. TTTWON has had a number of enquires as a result of Taku Manawa holding their training at our rooms. We look forward to an ongoing relationship with this group. It connects the Network to an organisation that is concerned directly with the wider issues of human rights.

RECOVERY NEWZ

Grow Workshop at Water St

There will be a GROW Planning Workshop held at the Northland Consumer Network premises at 73 Water St Whangarei on the 12 September. The Workshop will start at 6.00pm (in the evening). The Grow Planning Workshop will be about establishing Grow Support Groups for people who live with mental illness living in the Whangarei area. The Workshop will be facilitated by Bob Connor and the Northland Consumer Networker Graham Johnson. Also attending will be two members of the North Island GROW Programme Team from Auckland, Bruce Redpath and Luke Baldwinson. The Grow Workshop will be open to anyone with an interest in Recovery from Mental Illness. Tea and Coffee will be available.

ABOUT GROW

GROW is a peer support and mutual-aid organisation for recovery from, and prevention of, serious mental illness. GROW was founded in Sydney, Australia in 1975 by Father Cornelius B. Keogh, a Roman Catholic priest, and psychiatric patients who sought help with their mental illness in Alcoholics Anonymous (AA). Consequently, GROW adapted many of AA's principles and practices. As the organisation matured, GROW members learned of Recovery International, an organisation also created to help people with serious mental illness, and integrated pieces of its will- training methods. As of 2005 there were more than 800 GROW groups active world wide. GROW groups are open to anyone who would like to join, though they specifically seek out those who have a history of psychiatric hospitalization or are socio-economically disadvantaged. Despite the capitalization, GROW is not an acronym. Much of GROW's initial development was made possible with support from Orval Hobart Mower, Reuben

F. Scarfe, Clement Stone and the Lions Clubs International. ABOUT GROW was retrieved from Wikipedia.

Contacts For GROW Workshop

If you interested in attending the GROW workshop or for more information please call into the Northland Consumer Network at 73 Water St during office hours 9.00am till 4.00pm or phone one of the following numbers between 9.00am and 4.00pm

Northland Consumer Network (09) 438 4115
Graham Johnson, 021 717181
Richard Dick, 021 818785
Bob Connor, 027 4453478

RECOVERY

Recovery from mental illness or addiction is about restoring wellbeing, this is a view held by many people. It has also been said that mental illness or addiction is a deeply personal process and so too is the recovery or restoration of wellbeing.

The following elements are said to be helpful in recovery:

Hope: Finding and nurturing hope has been identified as a key to recovery.

Meaning: Developing a sense of meaning and overall purpose in ones life is said to be important in the recovery and restoration of wellbeing.

Supportive Relationships: The presence of others who believe in a person's potential to recover, and who stand by them, is believed to help restore wellbeing.

Te Hei Wa Mauri Ora (The breath of life)

NETWORK NEWZ

Tena Tatou Whanau, I (Richard) have been away on study leave for 12 weeks on student placement at the Kamo Community Mental Health Service. My placement at Kamo was an excellent learning experience for me. However, it is very good to be back on familiar ground. In the mean time here is the Networks latest Newz.

Membership

The Northland Consumer Network Membership currently stands at 200, this shows a rise of 21% since Jan 2012. 165 people have joined the network this year, so, welcome to all our newest members, and thank you for bolstering our membership. "The more members we have, the louder our voice will be."

New Contract

In Northland most agencies that support people with mental health or addiction issues get funded by the Northland District health Board (NDHB), to receive funding support agencies have contracts with the NDHB. The Northland Consumer Network has a contract and receives funding from the NDHB. The Networks contract has been broadened to include Peer Support; Consumer Education about what support you should be getting from the services involved in your life, and Consumer Lead Focus Groups which is about getting information from the networks members and feeding it back to the NDHB. This information should be about what helps people in their recovery and what doesn't help. The consumer lead focus groups will be an important part of creating helpful change in the way people receive service. There will be a broader explanation about the network's new contract at the next round of members meetings; this is important work so please make an effort to attend. Details about the next members meetings are in the section "up and coming events" of this news letter.

Recovery Workshops

The Te Tai Tokerau Whaiora Network (TTTWON) Recovery Workshops have been running again (after a short break), and a lot of people have been turning up to have their say about recovery

and what it means for them. The Workshops have benefited from new people coming along to share their views, and also listening to people who have been attending for longer. There is a report about one of the Workshops later in this issue.

The Networkers are looking to reinstate these workshops in Kaitaia? This will be talked about more at the next Members Meeting in Kaitaia on 14 September.

New Group – AoD focus

The Network has been running an addiction peer support group for the last month or so. This group has been attended by people who are coming to terms with substance or alcohol use and are seeking ways to make positive changes in their lives. The group is held every Wednesday and starts at 10.30am. If positive change around substance or alcohol use is something you would like to look into please feel free to contact the network for more information. While the groups are running the office doors are closed from 10.30am till 12.30am, so if any Network Members need to call in on that day please do so after 12.30.

Feed Back

The networks core business is giving and receiving information i.e. Consumers of Service, our membership base, support agencies and the NDHB. The Networkers (Graham and Richard) are very open to comments or feedback about:

- a) any activities the Network runs including articles or writings in this news letter,
- b) the support you receive from the agency you are involved with,
- c) any information that is helpful to other consumers of service,
- d) any comments or thoughts you would like to share with other readers of this news letter.

If you have any information, comments or feedback you would like to share with Graham or me (Richard) please call into the network office at 73 Water St or contact us on the office phone (09) 438 4115 or cell phone Graham 021 717181, Richard 021 818785 during office hrs 9.00am till 4.00pm. We would very much appreciate any feed back or information you wish to share with us and if it is requested we will be confidential about what you might share with us.

CONSUMER RECOVERY WORKSHOPS

CONSUMER FACILITATED RECOVERY WORKSHOPS

SAFE AND CONFIDENTIAL WORKSHOPS/GROUPS THAT FOCUS ON MENTAL HEALTH AND ADDICTION RECOVERY CONCEPT. IF YOU ARE INTERESTED IN FINDING OUT ABOUT, OR HAVE EXPERIENCE OF "RECOVERY", THE NORTHLAND CONSUMER NETWORK INVITE YOU TO EXPLORE RECOVERY CONCEPTS IN A WARM, SAFE, AND SUPPORTIVE ENVIROMENT.

TOPICS INCLUDE: MOTIVATION, WELLBEING, SELF AWARENESS
WHAKAWHANAUNGATANGA (RELATIONSHIP BUILDING)

COME ALONG AND JOIN OUR GROUP OF LIKE MINDED PEOPLE

HELD EVERY THURSDAY AT 5.00pm

VENUE: 73 WATER ST

Contact: Richard, 021 818785

Or Graham, 021 717181

Network Office: 09 4384115

ADDICTION PEER SUPPORT GROUP

THE NORTHLAND CONSUMER NETWORK NOW RUNS AN ADDICTION PEER SUPPORT GROUP. THESE GROUPS ARE RUN ON THE PRINCIPLE OF, PEOPLE WHO HAVE A SHARED EXPERIENCE OF ADDICTION SUPPORTING EACH OTHER IN WORKING TOWARDS RECOVERY, SO IF YOU HAVE RECENTLY "CLEANED UP" OR ARE THINKING ABOUT REDUCING OR CEASING SUBSTANCE OR ALCOHOL USE YOU MAY FIND SUPPORT FROM THIS GROUP OF PEERS SUITABLE FOR YOU.

HELD EVERY WEDNESDAY AT 73 WATER ST WHANGAREI, GROUP STARTS AT
11.00AM

Contact Richard: 021 818785 or Graham: 021 717181

CONSUMER WELLBEING **WORKSHOP** 03/08/2012

These writings are taken from the ideas and opinions of the people who attended the Wellbeing Workshop held on 3 August. The purpose of sharing these ideas and opinions is to provoke thought about the importance of people's wellbeing and what might be helpful. Nga Mihi Kia Koutou.

The following suggested points might help with your thinking in terms of wellbeing and you may need to plan, or get help, dealing with these situations.

- Forming good (healthy and helpful) relationships and friendships: This might mean ending unhealthy, unhelpful relationships; individuals may need support, guidance and time to end a relationship; and a relationship may not be with a person, it could be with a substance, a food product or a group of people.
- Being honest with your self and others: Being honest could tie in with forming or ending healthy or unhealthy relationships. Also, it's OK to be yourself.
- Assertiveness: Being assertive may involve being honest with others about your thoughts and feelings and finding strength to speak your mind. Also, it's OK to be yourself.
- Acceptance and forgiveness: This could involve "letting go" – letting go in regard to negative experience, and the thoughts that stem from a negative experience. You might need to find someone close to you to talk about these issues. It could take time and counselling may help. Also, be good to yourself.
- Trust in yourself; This may help with all the issues mentioned above. Trust in yourself could also mean that with guidance you may have to decide what's good or what might work for you. Also, you know yourself best.

The following suggested activities might help with wellbeing:

- Exercise; physical exercise such as walking or running, outdoor activities etc. not only can it make you feel good physically, it can also build good self esteem.
- Keeping busy; keeping in touch with friends/family can be rewarding for yourself and the people you visit or contact.
- Spirituality; getting in touch with nature or appreciating the wonder of the world around us can be rewarding in regard to spirituality.
- Psychological; finding a happy place in your inner world where there are fond memories of people or places that you can use to improve or help with feelings, (mindfulness).
- Family/Friends; giving and receiving love or showing kindness to family/friends, Nieces/ Nephews can be very rewarding in terms of feelings and also in regard to strengthening relationships. Be kind to yourself first.



Memorandum of Understanding

This document is a guiding agreement between Arataki Ministries and Te Taitokerau Tangata Whaiora Network.

Te Tai Tokerau Whai-Ora Network (TTTWON) and Arataki Ministries Limited (AML) are committed to working together and this memorandum of understanding is an agreement between these two agencies that provides direction and guidance for the consumer network. This agreement also speaks about the desire of AML and TTTWON to set a foundation in place for the consumer driven delivery of the contract for Northland Regional Consumer Network which is currently held by Arataki Ministries. The key words in this statement are "consumer driven delivery" and this is achieved by having consumers working as networkers (Graham and Richard) and through feedback from the members meetings about how we as consumers can help facilitate the goals set out by the NDHB contract. This memorandum of understanding has the consumer's best interest at heart.

Health and Disability Sector Standards

Section 1.2.5 of the standards which covers consumer participation states that "Consumers are involved in the planning, implementation and evaluation at all levels of the service to ensure services are responsive to the needs of individuals.

Section 1.2.6 of the standards is the same as above but covers family/whanau participation.



Creative Corner

Clutter

Walking down the road
Carrying my load
Upon my back
And over my mac.
I spied a dollar
Lying in the gutter
As I mutter –
Lets' go get some clutter

Carol Fletcher

'Slum-dog Rocketeers'

The BBC says that India
Is sending a mission to Mars.
A matter of pride their leaders say -
Show the world we've come this far.
I would've thought the mission
They really need to make -
Is much closer than that cratered face
Way out in outer space
But the hollow eyes and sewage-strewn streets
Aren't even in the race.

David Jones August 16, 201



UP AND COMING EVENTS

**Wednesday 5th September: TTTWON Board Meeting to be held at Northpoint trust
143 Broadway Kaikohe Starts at 2.00pm**

**Friday 7th SEPTEMBER: Northland Consumer Network Members meeting to be held at
73 Water st Whangarei. Starts at 11.00am, lunch at 1.00pm**

**Wednesday 12th September: GROW Planning Workshop to be held at 73 Water Street
Whangarei. Starts at 6.00pm till 8.00pm**

**Friday 14th September: Northland Consumer Network Members Meeting to be held in
Kaitaia REAP Rooms 33 Paki Street. Starts at 11.0am, Lunch at 1.00pm**

**Network Band Practice: Every Tuesday till the 9th of October to be held at 73 Water
Street. Starts at 4.00pm**

**Consumer Recovery Workshops: Held every Thursday at 73 Water Street Whangarei.
Starts at 5.00pm, finishes at 6.30pm.**

**Addiction Peer Support Group: Held every Wednesday at 73 Water Street Whangarei.
Starts at 10.30am, finishes at 12.30pm.**

**Mental Health Awareness Week: From Monday the 8th October till Sunday 14th
October Inclusive. Schedule of Events will be published in the next Newsletter.**



TTTWON:
Te Taitokerau
Tangata Whai Ora Network



ARATAKI MINISTRIES LTD
A WORK OF WHANGAREI CENTRAL BAPTIST CHURCH