

## TE NEWZ

JAN 2011

Newsletter of  
Te Tai Tokerau/Northland  
Network of  
Mental Health + Drug and  
Alcohol service users

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## NEW CONSUMER FOCUSED NEWSLETTER FOR TE TAI TOKERAU

Tena Koe and welcome to our first news letter.

We are hopeful that the short bio's we have written explain a little bit about how our journeys have lead us to our current roles as consumer networkers. We both feel very fortunate and honoured to be involved in this work and would like to acknowledge the good work that has already been done.

As consumer networkers we will endeavour to carry on the good work of our predecessors in representing and communicating the mental health and addiction consumer voice in Northland.

As this is our first attempt at a news letter we invite any feedback, suggestions or ideas for future publications so please contact/visit us at the Water St headquarters. Other ways to contact us are at the end of the letter.

As regular features we have included events that have happened, some useful websites for people to peruse, some useful information we have found (Titbits), a list of useful Hui, Conferences and Forums we are aware of, and Upcoming Events.

Richard and Graham

## USEFUL WEBSITES:

[www.rcnet.co.nz](http://www.rcnet.co.nz) website of Auckland Regional Consumer Network

[www.webhealth.co.nz](http://www.webhealth.co.nz) The Health & Wellbeing/Mental Health

[www.depression.org.nz](http://www.depression.org.nz) has a depression management tool

[www.matuaraki.org.nz](http://www.matuaraki.org.nz) is the National Addiction Workforce Development

[www.tepou.co.nz](http://www.tepou.co.nz) National Mental Health Research and Workforce Development

[www.mhc.govt.nz](http://www.mhc.govt.nz) The Mental Health Commission. There is a very good section on Your Rights – worth checking out!

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz) The Mental Health Foundation

## CHANGES TO TTTWON

In February 2010 there were major changes to how the Consumer Networker role was delivered to Northland/Te Tai Tokerau.

The Trust was asked by the funder (NDHB) to have an umbrella agency to help them achieve the contract objectives. Arataki Ministries was asked to provide that umbrella role – essentially administrative, staffing and management functions. The TTTWON Manager was made redundant and two new networkers – Graham Johnson and Richard Dick have been employed part-time by Arataki Ministries.

TTTWON is still an active Trust with its original Trust Deed. It now is acting as an advisor to Arataki and retains a membership function. The Networkers have run meetings to engage with mental health and drug and alcohol consumers across the region—seeking to engage them as membership TTTWON.

## CONSUMER NETWORKERS BIO'S

### Richard Dick:

Kia ora Tatou,

Ko wai au? Ko Whiria toku maunga, Ko Hokianga toku awa, Ko Kokohuia toku marae, Ko Ngati Wharara toku hapu iwi o Kupe, Nga Tokimatawhaorua te waka, Ko Richard taku ingoa.

My partner and I moved to Whangarei from Auckland in the mid nineties to run a horse riding centre. After a five year my partner went into real estate and I started driving trucks. In 2005 my partner was employed as a consumer advisor by the NDHB and was study addictions at Weltec. She moved to her current role as tutor of the level 4 course in mental health and addictions at Northtec. Her journey has sparked my own interest in education and the TTTWON Trust.

In 2009 I completed my level 4 cert in mental health and addictions and in 2010 I enrolled in a three year course at Northtec studying social work which I hope to complete in 2012.

I am hopeful that my “lived experience with addiction” will complement my study and provide a sound foundation to work in the mental health and addiction field. At present I am very positive about my new role as consumer networker for Arataki Ministries and the TTTWON Trust.

Mauri Ora

### Graham Johnson:

My name is Graham Johnson and I grew up in Central Otago beside the Taieri river, under the shadows of the Rock and Pillar Range on the edge of the Maniototo plain. My home town is Middlemarch, famous for its singles ball and for being the start of the Central Otago rail trail.

In my 25year journey of learning to manage my mental health I have been guided and mentored by tangata whaiora and have been shown that we can have a say in the management of our illnesses and our lives. I have been involved with the Like Minds/Like Mine organisation and the Human Rights Commission in roles focused on empowerment and targeting discrimination.

In my position as network consumer:

- I feel that I can assist people who are looking for ways and means to live healthy lives.
- I see TTTWON as a vehicle for making the voice of tangata whaiora more easily heard and our needs more readily known.
- I dream of a society where we are recognised for our abilities and not stigmatised because of our illness.

**“If your only tool is a hammer, every problems looks like a nail” Mark Twain**

## COMMENT ON SOME PAST EVENTS

### Mental Health Awareness Week

We took part in the Kaikohe Hikoi for Mental Health up Broadway to the Northpoint centre. Northpoint is an integral part of the community so the Hikoi becomes a community affair – people greeting friends and relatives – some joining the walk to support their whanau in their journey. A great lunch, cooked and served by the Northpoint tangata whaiora was followed by the presentation of the Respect Awards 2010 for the mid north. Northpoint is a shining example in supporting their whanau to better themselves

We also went to Dargaville during MHAW. Muso's from the music group practicing at Nga Morehu Whaiora made up a band and entertained tangata whaiora, friends and whanau at the Christian Youth Club. A supportive family atmosphere prevailed with a shared meal of fish and chips enjoyed by all

## COMMENTS ON PAST EVENTS (CONTINUED)

### Regional Consumer Network Forums

The Regional Consumer Network in Auckland is a good example of what a well run networking organisation can do. They provide information on workshops, training opportunities, support groups and mental health websites, as well as supporting and facilitating public awareness meetings and monthly forums. Richard and I have attended two of these forums – the morning sessions are for consumer input and dialogue and the afternoons are for health professionals to speak on mental health issues and invite questions and debate. The RCN networkers have a lot of experience which they are happy to impart to us for which we are most grateful. We shall attend their monthly forums as and when we can, there is a lot we can learn from them. Over time we will implement some of their ideas for us in Northland.

## THINGS WE HAVE BEEN DOING

### Presentations Made:

Attended various meeting held by other agencies to present information on the Networker Role, to seek new members and to form relationships with other Networkers. Korowhai Trust; North Point Trust; MHAW Hikoi in Kaikohe; Claire House (Hokianga); Consumer Regional Network Forum in Auckland; 4 MH & AOD class (Kaitaia and Whangarei); Kaupapa Whanau Oranga Hui at the Ruatahi Marae in the Kaipara (Maori Kaupapa/12 step recovery Hui); NDHB Stakeholders meeting (funder); Multi Disciplinary Team at the NDHB, AOD (alcohol & other drugs) service in Kamo.

### Meetings Held:

Three Networking meetings held to rebuild TTTWON Membership, to provide background on new roles, and to gather information to help us express Consumers views to various funding agencies.

We held a members meeting (13/12/2010) at the TTTWON office in Whangarei. This meeting was one of a series that will be focused on using consumer journeys to highlight gaps in service provision (so we can let the NDHB Funder know) with a view to maximizing service delivery outcomes for consumers. Feedback included, care and support around sharing journeys, using the “Like Minds” public speaking training, options for sharing journeys e.g. phone, video,

## USE FULL TITBITS:

Accessible Law – Katerina Hatzidakis will be holding weekly legal clinics at The Pulse, 55 Raumanga Valley Rd, every Thursday 5.30 – 7.30. One on one summary advice sessions providing legal advice, information and assistance as required. This is a free service.

Dress For Success is a charitable organisation which provides advice, help and clothing for people who are applying for a job or who are starting new job. Volunteers who will advise you on suitable clothing and help you select the right outfit from their store of quality, donated clothing. You need a referral from WINZ or your support provider

Confidential Listening and Assistance Service This is an organisation established by the government to listen to the experiences of and to provide assistance to anyone who has concerns or who alleges abuse or neglect while in State care. You can participate in this service if you have lived in psychiatric hospitals and wards, health camps, child welfare care or special education homes before 1992. They can be contacted by phone 0800 356 567, email [info@listening.govt.nz](mailto:info@listening.govt.nz) or by writing to their website [www.listening.govt.nz](http://www.listening.govt.nz)

## UP AND COMING EVENTS

TTWON AGM. A date for this meeting has not been confirmed but we do know it will be sometime in February and will be held at the TTTWON Office 73 Water st. We will post the date when we know it.

01/02/2011. TTWON members meeting. Held at 73 Water st (the TTTWON office) we will be sending out flyers about this meeting.

15/03/2011. Matuaraki Regional Consumer Forum. This meeting will be run by Matuaraki Consumer Advisors for people with lived experience of addiction working in, or seeking to work in the addiction field. Expressions of interest would be appreciated. The venue is the TTTWON office 73 Water St.

## HUI, CONFERENCES AND FORUMS

### 2011 Whangarei Suicide Prevention Network

17th of February - Tupari Tito "A Maori perspective on suicide" - Venue: Manaia PHO - 10 to 12 noon

10th of March - Teina Piripi & Vivienne Body "Tehei-wa Mauri Ora! - Kaupapa Maori counseling tool developed to assess wellness and suicide risk"- Venue: To be confirmed - 10am to 12 noon

21st of April - Coroner Brandt Shortland - Northland/Te Tai Tokerau CSU - Venue: Manaia PHO - 10 to 12

### Like Minds Like Mine: Noho Wananga 2011

16 February 9.00am – 18 Feb 11.00am . LOCATION: *Mahimaru Marae, SH 10, Awanui, Kaitaia*

#### FEATURING SPECIAL GUEST SPEAKER:

Dr Rose Marie Pere CM, CBE. Author of *'Te Wheke – A celebration of Infinite Wisdom'*

Registration: To register your interest to attend the Like Mind Like Mine National Maori Provider Noho Wananga 2011 please follow the link <http://www.surveymonkey.com/s/X7BFVT6>.

Registrations close January 31<sup>st</sup> 2011

Matua Raki – National Addiction Workforce Programme Consumer Advisor, will be holding a Regional Consumer Forum on Tuesday 15 March. The forum is for people with a lived experience of addiction who are either supporting other people with a lived experience of addiction or considering studying or working in the addiction sector. For more information please contact:

Rhonda Robertson. Phone: 04 499 9340 or 021 224 9555

Email: [rhonda.robertson@matuaraki.org.nz](mailto:rhonda.robertson@matuaraki.org.nz)

### No Fee Business Course

Te Wananga O Aotearoa **Certificate in Small Business Management in Whangarei**

commencing 10 March 2011. 36 week programme – 1 night class or 1 day class per week

Day Class: 10.00am – 1.00pm or Night Class: 6.00pm – 9.00pm

Content covered includes: Introduction to Small Business Management ; Introduction to Business Law; Introduction to Marketing ; Introduction to People Management ; Introduction to Small Business Accounting ; Introduction to Financial Management

Contact Jo at MultiSkill on (09) 438 6199 or email us [joanne@multiskill.co.nz](mailto:joanne@multiskill.co.nz)

## HOW TO CONTACT US:

Arataki Ministries Office: 4 Donald St, Regent, Whangarei.

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Consumer Networkers: 73 Water Street, Whangarei,

09 4384115. Email: [consum@vodafone.co.nz](mailto:consum@vodafone.co.nz)

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