



TE RAU ARA

April 2015

THE NETWORK



- **Front Page (Page One)**  
Contents
- **Inside Cover Page Two**  
View From The Top
- **Page Three**  
TTTWON and AGM
- **Page Four**  
Quitting cigarettes
- **Page Five**  
Waves Training
- **Page Six and Seven**  
Regional Roundup
- **Page eight**  
Supports available in Northland

Hello everyone. "Nga mihi nui ki a katou katoa."  
Welcome to the Northland Mental Health and Addiction Consumer Networks Newsletter.

This issue begins on page two with a view from the top of Ruapekapeka and a haiku poem written by occupational therapist Clare O'Brien.

On page three there is information about the Te Taitokerau Tangata Whai Ora Network (TTTWON) and the up coming Annual General Meeting.

For those giving up or reducing smoking page four is dedicated to Quitting which is about support and information to Quit smoking.

Page five has some info about the waves training.

Page six and seven is a round up of regional activities

Page seven has information about supports available in Northland.

As always, the networkers (Graham and Richard) are interested in your feedback, comments or ideas about stuff you would like to see in this newsletter. We would also be interested in hearing your comments, thoughts and idea's about anything you feel would support wellbeing based on your experience of recovery from mental health or addiction.

To contact us call in at 73 Water Street Whangarei or phone Graham on 021 717818 or Richard on 021 818785 or E-mail [arataki.consnet@aratakimin.co.nz](mailto:arataki.consnet@aratakimin.co.nz)



## View from the top by Richard



I spent a warm Easter weekend in the Far North. On Easter Monday as I headed back to Whangarei (full of Easter eggs & hot cross buns) and decided to take the six kilometre detour from the main highway to a historical site known as Ruapekapeka Pa.

From my own knowledge, and confirmed by the information boards dotted around the site, I knew that this was the location of a battle between two armies. In 1846 the Ngati Hine Rangatira Te Ruki Kawiti and his nephew Hone Heke fought the English Colonel Henry Despard. Despard's 1,100 troops were bolstered by 400 Nga Puhi warriors led by Tamati Wakanene and Mohi Tawhai. It is now known to be the last battle in the war of the North and Ruapekapeka is said to be the most sophisticated fighting Pa that had ever been built. Sophistication was needed because Kawiti's warriors were outnumbered 3-1 in the English led offensive.

Ruapekapeka was not only sophisticated in its building it was also strategic in its remoteness. Situated so far from any supply base the long walk would have been a struggle for any army. And, dragging a cannon along the way would have surely developed an added wariness in any military force.

Walking around the Ruapekapeka Pa site, I could see for miles. The location on top of the Tapuaeharuru Ranges commands a spectacular view. To the North West I could see the familiar sky line of the Ramaroa Ranges. Below Ramaroa lies Hokianga, birth place of Tawhai and Wakanene. I puzzled over how close Ruapekapeka and Ramaroa were in distance and in whakapapa (genealogy) yet in war how little the closeness seemed to matter.

Directly east, as far as I could see, the hills and valleys shaped by volcanic activity looked like a giant maze that went on for ever.

To the North I could make out the hills that surrounded Kororareka (Bay of Islands). During the 1800's this became a place of increasing discontent for Maori. The discontent was illustrated in the chopping down of the English flag at Waitangi, this also signalled the beginning of the war of the North.

Although the view south is obscured by trees it still had significance. The route south was where Kawiti retreated to when the Pa's palisade was breached by English cannon fire. Many historians believe that rather than a retreat Kawiti had organised the withdrawal in order to draw the English troops into an ambush. Some historians also say that it was a hollow victory for Despard and a costly trade off in human despair. Victory .v. despair over a small ridge in the middle of nowhere.

**Break dancing Poi E**

**Bare skin comfort, embraces music**

**Rueben with his black hair**

(Haiku by Clare O'Brien)

# TE TAITOKERAU TANGATA WHAI ORA NETWORK (TTTWON)

## ANNUAL GENERAL MEETING

This is a brief explanation of some global, national and local events that predated the formation of TTTWON. It is not comprehensive or complete but hopefully gives a general idea of what and why things happened. Some of the early TTTWON information has come to me by word of mouth... and so... my apologies to anyone who I have unintentionally missed out or misrepresented. If anyone has information, knows of anyone or wishes to correct or disagrees with anything I have written please feel free to get in touch with Graham or myself (Richard). Our contact details are at the end of this article. I have used the term consumer to mean a person who has used a mental health or addiction support service. Mauri Ora History from overseas suggests that an early form of what is now known as consumer groups happened long ago. This early grouping appears to have emerged as a response to the way people were treated while being cared for in the early psychiatric institutions. Fortunately for modern consumers treatment has changed a great deal from those early days.

IN 1989 Norman Dain an American historian and psychiatrist wrote about a group of English patients in the 1600s. The patients banded together to write a letter of complaint to the House of Lords highlighting the conditions and treatment they endured at the notorious Bethlem Hospital. This is likely the first known formal instance of consumers voicing their experience of receiving care.

Much later in America another type of consumer grouping emerged from the civil rights movement. Civil Rights historical records show in the late 1940s the founding of a psychiatric survivors group 'We Are Not Alone' (WANA). And...they were certainly not alone. All around the world the formation of groups led to the arrival of, what is now known as, the mental health consumer movement.

Meanwhile in New Zealand, possibly the first spark of mental health consumerism was felt in Dunedin. Future consumer leader and mental health commissioner Mary O'Hagan

along with others started what was to become the Aotearoa Network of Psych Survivors (ANOPS). The initial spark started by ANOPS was repeated, in a variety of forms, in other areas and eventually carried all the way to Taitokerau where the Tangata Whai Ora Network was formed.

TTTWON was started by a group of Northlanders in the 1990s. The group began meeting to share ideas about how to form a mental health consumer group so that the consumer voice could be heard in Northland. This early work, the meetings and the swapping of ideas, eventually led to what is known today as TTTWON. In 2008 TTTWON became a registered charitable trust and a formal way to address consumer affairs in Northland.

Since that time a great number of volunteer's, workers and members have kept the work going and the spirit of the trust alive. Voting new members onto the TTTWON governance board is part of the work and support needed to keep TTTWON going and the consumer space at Water street open

If you are a TTTWON member the opportunity has arrived for you to support the trust and make sure the consumer voice continues to be heard in Northland. New trustees will be voted on to the governance board at the TTTWON Annual General Meeting on Friday 24th of April 2015

And so...The TTTWON trust invites all of its members to come to the annual general meeting. The agenda on the day will include an update on the trusts business affairs, the nomination and voting for new trustees onto the board followed by lunch. The meeting will be held at 73 Water Street and will start at 11.00am, lunch will be served at the end of the meeting which should be at approximately 1.00pm.

Please come along, the TTTWON Trust needs your support to carry out this important work.

For further information please contact Graham 021818717 or Richard 021818785 or call in at 73 Water Street Whangarei.

# Quitting Cigarettes

There is a trend happening around the country and in Northland. The trend is to quit smoking cigarettes.

It's a fact...In my own small corner of Northland I know 6 people who have recently quit, 10 people who are going through the process of quitting and others who are thinking about it. The Quitting trend could also mean that if you are still smoking you could also be thinking about Quitting or Reducing.

Actually...by virtue of a small population and a lesser degree of separation between people in Northland, it's quite likely you will know someone who has recently Quit or is going through the process of Quitting or Reducing.

I am very sure that if you approached someone you know who has recently Quit they would be happy to talk to you about their success and how it was for them.

You may find that talking to others could encourage you to take that final step in deciding to Quit or Reduce yourself.

And...if you do decide to Quit...I salute you.

Here are some facts taken from those who have already Quit. A resounding comment from people who have given up is 'Quitting has made me feel liberated'.

Also, "my mental health has Improved". And "I get to spend more on food and other things". I also spoke to someone who had recently Quit (5 weeks) who said that they were sleeping better now.

My own personal experience is that I like not having an ashtray flavoured mouth when I wake up in the morning. I also find the thought of not croaking sooner than necessary very comforting, it's caused a huge leap in my happiness.

If you decide that you want to Reduce or Quit you might find support from the lovely ladies (Kirsty and Cavell) who run the Break Free Programme helpful.

The Break Free Programme uses nicotine replacement therapy which many people have found helpful in Quitting or Reducing.

The programme is held every fortnight on Monday mornings at Northpoint Trust or afternoons at the Red Hub from 12.30pm onwards and at Arataki Ministries at 3.00pm

You can join the Break Free Programme by getting in touch with the following people.

Kirsty on 09 261 3489

Northpoint Trust Kaikohe (09) 401 2522

Trish or Jessica at Red Hub (09) 437 0467

Carol at Arataki Ministries (09) 430 3044

Richard at TTTWON (021) 818785



# WAVES

A grief education programme  
for adults bereaved by suicide

## WAVES

A ***Bereaved by Suicide*** group

This grief education programme is for adults 17 + who have been affected by the suicide of someone they know.

The group allows members to share their thoughts and feelings around what's happened discuss the nature of suicide gain information and ideas about how to care for themselves and others, including children and young people, after a suicide.

The group of 6—8 people is facilitated by professional counsellors and educators and runs over 8 weeks. The date may need to be changed if there is an insufficient number of participants registered for the group.

For more information contact

Supporting Families Northland

0800 789 134

Because grief happens and support matters...



## Regional Roundup.

Well where to start – it seems to have been a long three months since Christmas. I better check my diary to help remind me what was then and where is now.

**Christmas Day:** But first, a quick word about the barbeque at 73 Water St on Christmas Day. About 20 people attended this. It just goes to show how many of our members feel a need to connect with their ‘crazy family’ on that day. There were some who had nowhere else to be, but many of those who came just wanted to say “hi” on their way to other family gatherings. The Network Band was able to set up out back in the carpark and really let rip – no neighbours to need to consider for noise. It reminded the writer of some of the iconic gigs from times gone past - the white brick background reminded me of the Clash down an alley in London in the 1980’s, or the rooftop gig of U2, way back. A warm and wonderful lunch time – it almost seem a bit sad to wrap it up and go on to our own family gatherings.



**Since then:** Richard and Graham have been managing to keep themselves reasonably busy. A quick look at the places we have been and the things we do there will show that – so....

**Rawene:** Consumer Education has commenced with an enthusiastic group of service users, and sometimes their support workers too, who have begun a fortnightly workshop looking at recovery and what it means to them. These workshops have begun with looking at the values that the DHB has and asking the question – do they apply those values in a way that have meaning for the people using their services. There has been some lively debate and insightful discussion at these workshops – not always on the topic to hand, but always with the focus on our recovery. The drive to and from Rawene provides a good space for refining the content and delivery of the workshops and some time for loud music too. Kirsten is the main educator and Graham provides backup facilitation while networking with the Hokianga support workers. These workshops are held in alternate weeks on a Tuesday, the other Tuesday being taken up with a similar workshop being held in Kaikohe. Which leads us on to ...

**Kaikohe:** Once again, the focus has been on providing a useful and informative forum – the Consumer Education workshops. These have proven to be well attended and well received and have shown themselves to be a useful platform from which to network with the people of the Mid-North.

Interaction with the whanau in the mid-north has increased in recent times, with two TTTWON members, Olga and Fiona, serving on the board of TTTWON. The TTTWON Board meetings have been held at Northpoint because of its’ central location for those who have to travel to those meetings.

One of the events hosted by Northpoint, the multi-games, has proven to be very popular, with attendance and participation by teams from all over the north. These games have been held with the idea of enabling participation at all levels of skill for people at all stages of recovery and have been a big hit for all those involved.

### **Regional Roundup (continued):**

**Dargaville:** The Huia cottage group has long been a focus for about a dozen of the service users in the Kaipara and has been the main way that the networkers have kept a finger on the pulse of the Kaipara area. The Monday evening get together is currently hosted at the home of one of the group and ably supported by Eleanor Carter of Arataki Ministries. It is a feature of the week for all those who attend. There has been talk of trying to find an alternative venue, but the costs involved have so far made this ideal an unreachable one. The group has been saddened recently by the passing of one of their long-time friends – leaving a gap in the ranks that will long be felt. It has been wonderful to see the Huia Cottage group link arms, so to speak, and support each other through the grieving process. They seem to have grown stronger and closer in their support of each other.

**Kaitaia:** Richard continues to provide a weekly coverage in the Far North. He is to be found at the Community House in Puckey Ave in the middle of the day, available to any who are looking for information or who wish to provide feedback on mental health and addiction services. Richard has also established a good working relationship with NGOs' and the DHB in and around Kaitaia. One of these developing relationships has been with Te Mana Oranga (TMO) and there has been good co-operation between TMO and the network. An example of this was the December TTTWON members meeting which was held at TMO. This was combined with a jam session (music) and attracted about 20 people. The Friday AOD peer support continues to be held, also at Puckey Ave, every second Friday and thrives despite the difficulties of geography and transport. Richard can be contacted on 021 818 785 for further info on the Far North.

**Whangarei:** The big smoke continues to burn brightly. Activities include Consumer Education, The Network Band, AOD Peer Support, The Music/Singing group, Friday Forum. We, as networkers, support all of these activities but may or may not be present for the whole activity. Most of them are facilitated by other TTTWON members, although the Music group on Thursday's calls for all hands on deck as there can be up to 50 people making the walls at 73 Water St bulge. It is a busy, busy day that Thursday, but it is a wonderful opportunity to network – both for us in our role and also for those who meet and sing and dance with each other. For many it is the only opportunity to catch up with friends who live in other parts of town. Recently, there have been vans from both Dargaville and Kaikohe coming to add to the fun and the noise. Networking – every which way, including loose!! Consumer Education too, provides a forum, facilitated by Kirsten, which enables a sharing of knowledge and skills to help us all build strengths and maintain our wellbeing. Friday Forum provides another avenue for people to meet and the occasional van trip to the beach, supported by Arataki Ministries providing a van. The wi-fi and computer internet access has also proven to be popular – a great way for people with phones but no credit to keep in touch



**Don't forget the TTTWON AGM**

**AT 73 WATER STREET, Friday 24<sup>TH</sup> APRIL ,11.30. LUNCH AFTERWARD**

**All members welcome: Come, elect your trustees,  
hear about the activities of the last year, and the plan for the new year.**

## Supports available in Northland

### Adult MHA Consumer support and Advocacy services

Te Tai Tokerau Whai Ora Network (TTTWON) (09) 4384115 or (09) 4303044  
Northland DHB Consumer Advisor Service (09) 4304101 ext 3502

### Family Whanau Education Support and Advocacy services

Supporting Families in Mental Illness and AOD issues 0800732825  
Northland DHB Family-Whanau Advisory Service (09) 4304101 ext 3502

### Daily Activity and Living Skills programmes

Whangarei - Recovery Solutions (Recovery Education Hub) (09) 4703510 or (09) 4370467  
Kaikohe - Northpoint Trust (09) 4012522  
Far North area - Ngati Kahu Social & Health (09) 4061441  
Hokianga - Hokianga Health Enterprise (09) 4057709

### Primary mental health and alcohol and other drug services

Whangarei/Kaipara: Manaia Health PHO (09) 4381015  
Mid-North: Broadway Health (09) 4011556

### Emergency & After hours

Emergency Call 111  
Mental Health Line (5pm to 8am Monday to Friday, public holidays and weekends) 0800223371  
AOD Helpline (10am to 10pm, 7 days/week) 0800787787  
Lifeline 0800543354  
Depression Helpline 0800111757  
Youth line Free Txt 234 or 0800376633

### Child and Youth Community based mental health and/or alcohol and other Drugs or CEP Services

#### **Whangarei - Kaipara**

Te Roopu Kimiora (09) 4304101 ext 8320  
Rubicon Charitable Trust (AOD and CEP) (09) 4382340  
Recovery Solutions (09) 4703530

#### **Adult MH+A services**

##### **Kaitaia**

Te Mana Oranga (09) 4081182  
Te Kokonga Sub-Acute (09) 4080579  
Te Rarawa (09) 4080141  
Te Hikuo te Ika (09) 4084024  
Ngati Kahu Social and Health Services (09) 4061441

##### **MidNorth**

Community MHA Service (NDHB) (09) 4040280 ext 5871or 5873  
Ngati Hine Health Trust (09) 4041551  
Hauora Hokianga (09) 4057709  
Northpoint Trust (09) 4012522

##### **Whangarei**

Arataki Ministries (Incl Dargaville and Maungaturoto) (09) 4303044  
Recovery Solutions (09) 4703530  
Odyssey House (09) 4357167  
Salvation Army (09) 4307500  
Te Awhi Whanau (09) 4302403  
Te Roopu Taurima O Manukau (09) 4591279