



SF Otago Supporting Families in Mental Illness



Welcome to our summer Newsletter for 2010



This Issue....

- **Summer has arrived and with it Christmas and the end of another decade!**
- **Fun food for Christmas**
- **Interesting Articles**
- **Chairpersons annual report**
- **Updates from Fieldwork and Tapestry Clubhouse**

SF OTAGO.... WE ARE HERE TO HELP YOU.

FIELDWORK REPORT

New Fieldworker

We are happy to announce a new addition to our fieldwork team, Hannah van der Zanden. Hannah has a Bachelor of Arts majoring in psychology and with her passion for working with people has this year been doing her National Certificate in Mental Health. She will be facilitating our CUMI and Energy for Life programs. She is happy to be a member of the team here at SF Otago and looks forward to meeting everyone.

From the Fieldwork Team

We have had a full on year with many staff changes, we now have a full new fieldwork team, with lots of energy and ideas working together on new and exciting things for 2011.

We had a great Energy for Life seminar in Balclutha for the October support meeting and would like to thank those who attended for a lovely afternoon.

We would like to thank one of our lifetime members, Robert Miller for the great talk he gave in Oamaru on schizophrenia. Thankyou to all who attended for an enjoyable and informative night.

Kids Club

Kids club is our exciting new event held the first Friday of each month from 4pm to 6pm and is a casual get together for the kids in our children's group and our teen support group, with their siblings also welcome.

The focus of this is peer support and FUN!

We provide a snack of fun foods and have great activities like movies, games and art.

There will be no Kids Club held in January but will look forward to our next one on the 4th of February.

BEREAVEMENT

Sadly one of our lifetime members Gordon Desmond Wright, better known as "Des" passed away on the 17th of September. We say a last fond farewell with our sympathy and best wishes going to his family.

CHRISTMAS NEW YEARS CLOSING AND OPENING HOURS

The SF Otago Office will be closed at 4.30pm on December the 23rd and will reopen on January 5th 2010. Our answer phone will still be on, but it will not be checked until we reopen. If you have any concerns about the mental welfare of your loved ones during this time, please remember to contact either, their Mental Health Community team, their GP or if in the evenings or at the weekend EPS can be contacted on (03) 474 0999.

SF Otago's Annual Xmas Get Together For Families

WHERE: Robbie's Bar & Bistro
67 MacAndrew Road
South Dunedin

WHEN: Thursday, 9th December,
2010
At 6pm

Choice of Roast of the day or Fish &
Chips with Salad, plus
Dessert, Tea and Coffee



Cost: \$7.00 per family member supported by SF Otago Fieldworkers (Any other family members \$17.00 each)

RSVP: To SF Otago office 4555973 no later than the
2nd December 2010

Please contact SF Fieldworkers for travel arrangements



SUPPORT/EDUCATION GROUPS



The fieldwork team will notify families and will let them know about when these groups will restart

Please check out our website for details as well.

MEN'S GROUP – Is held on the 1st Monday of each month (if it falls on a STAT day it will be held the following Monday) from 6.00pm – 7.00pm at the SF Otago office.

CUMI – Children Understanding Mental Illness – The CUMI group is now on a Tuesday afternoon from 3.45pm – 5.30pm at the SF Otago office.

TEENS – Teens Support and Education Group - The TEENS group is not being run this term but will be rearing to go in the new year so keep an eye on our website for details.

SUPPORT/EDUCATION GROUP – The Dunedin sessions will be held every 2nd Thursday of the month, at the SF Otago office at 6.00pm. Fieldworkers will notify families about each session.

BALCLUTHA SUPPORT/EDUCATION – This group is held every 3rd Thursday at Clutha Mental Health from 1.30pm – 3.00pm.

ENERGY FOR LIFE PROGRAMME – The next group will start in the New Year at the SF Otago office. Please book in so we can arrange numbers thankyou.

TAPESTRY CLUBHOUSE REPORT

*Hello from us all at Tapestry
Clubhouse!*

We have some exciting events in
the lead up to Christmas;

Sponsored Walk

On November 26th 2010 we are
having a sponsored walk, from
gardens to the clubhouse, if you
feel you cannot do the walk feel
free to sponsor someone who is.
There will also be a BBQ which

will cost \$5 proceeds from this
will go to the Christchurch
Earthquake.

Xmas Dinner

On Friday December 10th we are
having Xmas Dinner at Pacific
Park, it will cost \$25. Please let
the Clubhouse know if you would
like to attend and pay by the 3rd of
December 2010. On the day the
Clubhouse will be closed from
11.45am until they return.

Xmas Hours;

Closed on 25th – 28th December 2010 Reopen 29th December 2010

Closed on 1st – 4th January 2011 Reopen 5th January 2011

Opening hours are normal hours of 8.30 am – 4.30pm



Chairperson's Annual Report to Members
Presented at the AGM, 27 October 2010

2009 – 2010

It is my pleasure to report on the activities of Schizophrenia Fellowship Otago in the past 12 months. There are two ways in which I could approach this. One is to read the material that has been provided to me. The other is to give you my perspective on the matter, and let you read the gritty detail at your leisure. I've opted for the latter, as I did last year. The gritty details are appended.

In my last report, I listed several questions that I wanted to focus on during the 2009–2010 period. I said that these questions were unsettling to me.

- We are stewards of considerable resources. Are we extracting the optimum potential of these for the benefit of families and individuals affected by schizophrenia and related disorders?
- For the past 6 years I have witnessed the refinement of pretty well-established services within SF Otago. How should these now morph and evolve to capture the opportunity afforded by changes in government priorities, public health, and community need?
- As an executive, we have enjoyed the benefit of a skilled and dedicated cohort of workers. Are we providing these people with the best, safest, and most rewarding environment that we can?
- Are there aspects of our Mission that we are not fulfilling very well at all? How are we facilitating research? Are we actually affecting stigma and discrimination in our community?

If I think soberly about these, I must admit to myself that these are still largely unanswered. The reasons these remain unanswered may be many and varied. My pondering over these reasons is not for the sake of attributing responsibility or blame. Indeed, as the Chairperson, I am the one accountable for progress on these and other matters.

This said, I think that we are inching closer to addressing these matters in a sound and satisfactory way. During the past year, the executive committee has investing considerable time and effort into obtaining robust training in governance. During the past year, the Branch has entered into a period of much greater stability and focus. And during the past year, the executive committee has devoted more time toward the strategic direction of SF Otago, and management of risk, than it has since I became involved as a member in 2003.

The immediate challenges for the executive committee will be to ensure it is sufficiently well resourced with the skill and expertise it needs for the coming year and into the future, to adopt new habits in the practise of governance, and to keep its focus firmly on the future of the organisation.

As for what else has happened during the 2009–2010 period?

SF Otago is fortunate to benefit from the considerable hard work, collegiality, dedication and perseverance of those who carry out the mission of this organisation.

- People not just attending to duties, but carrying the burden of responsibility for SF Otago
- Enthusiasm to persevere despite the shortfalls in staffing, resources, and time
- A growing sense of collegiality and collaboration to work toward the needs of those we serve

In my view, the Executive Committee has had considerable fortune in the services of the many fine people who staff this operation. On behalf of the Committee, I acknowledge the very hard work of staff and volunteers and Clubhouse members that have contributed in big and small ways to SF Otago over the past year. I would particularly like to acknowledge our gratitude for the expertise, skill, and patience of Kathryn Olcott, the Branch Manager. Thank you.

Richard J. Linscott
Chairperson, SF Otago

Poem: Alternative Therapies

Although the drugs I take control and
confine,
My psychiatrist is pleased, say's I'm
doing fine.
Observing my mood as neither low, or
elated,
And noting that I appear only slightly
sedated.

Less likely to kick off or cause a fuss,
In the shopping mall or on the bus.
Less likely to medicate myself with
drink,
Less likely to question, less likely to
think.

Yet I feel as though I am merely on hold.
As if there's something I'm not being
told?
Are there another ways to cope?
Ways that involve both life and hope . . .

An alternative to this chemical ennui,
That dulls and hobbles and stifles me.
Another way that if tried, just might,
Dispel the fog, and let in the light.

Well it seems there are, but alas! you
see,
There is a cost to society.

A cost that few are willing to pay,
It's the cost of mad folk having their say
. . .

For is it not society's abiding fear,
Mad folk would indeed say it, "loud and
clear"?
Giving vent to the voices that chant in
the head.
When in fact some things are best left
unsaid.

But, hush . . . be quiet . . . and listen a
while,
Was it a thought that just made you
smile?
Or the echo of something once said to
you,
Listen . . . be quiet, are you hearing them
too?

"No, no , no, . . . you see,
You have a diagnosis of paranoid
psychosis,
of which the long term prognosis is very
poor indeed.
What you need are more drugs

Poem by Kevin Westerman



MEMBERSHIP



To be a financial member of SF Otago, please contact the SF Otago Branch Office for information and an application form. It is a great opportunity to support an organisation that supports people in the community who are going through a tough time in their lives.

\$20.00 for waged. \$10.00 for unwaged.
You are welcome to call in to see us at anytime!!

Stigma and Discrimination

"One of the biggest barriers to recovery is discrimination. That's why stopping discrimination and championing respect, rights and equality for people with mental illness is just as important as providing the best treatments and therapies." ~ Blueprint for Mental Health Services in New Zealand

The fear of stigma and discrimination may discourage families/whanau from seeking the support and encouragement they need to support their loved one and each other.

What you can do

Strong and conflicting emotions can arise in families/whanau when a family member is living with mental illness including; compassion, concern, anger, fear and rejection.

You can help to support whanau and friends by:

- Seeking information, education, and finding support groups so you can help your loved one to achieve wellness.
- Respecting that some people who experience mental illness prefer not to involve their family in their treatment.
- Asking your family member how they wish you to support them.
- Remembering that the mental illness experienced by your family member is only a part of who they are.

- Remembering to make time for yourself because supporting someone experiencing any sort of illness can be hard.
- Encouraging open and honest communication within your family that always involves the family member with experience of mental illness.
- Not using language that creates discrimination for people with experience of mental illness.
- Speaking up for your friend or family member by challenging derogatory comments or behaviour that excludes them.
- Providing hope – believing that your loved one will make a full recovery and making sure they know that's how you feel.
- Overcoming your own fears and stereotypes and seeing the person for who they are.

Mental Health Foundation of New Zealand

SF Otago SUNFLOWER HANDBOOK

Our Sunflower handbook is our new exciting publication that has useful information, ideas and helpful hints on how we can best look after ourselves.

The Sunflower Handbook, *SF Otago's Guide to Health, Happiness and Energy for Living*

This notebook features beautifully designed inserts and booklets in a handy 3 ring binder. New information and topics will be introduced on a regular basis at a very low cost and some will be available on our website for free download on topics ranging from exercise to recipes and balancing life hints to fun activities

We will be keeping updates on our website: www.supportingfamiliesotago.org.nz as to what new inserts and booklets will be available for purchase, we encourage you to join our subscription list and this can be done by making contact with us at SF Otago.

Order forms can be obtained from SF Otago.

SPECIAL SUMMER TREAT FROM SF OTAGO

As we are now moving into the **SUMMER** season, SF Otago is happy to be able to pass on to you all a special freebie from our sunflower handbook. This will be another addition that you can add to your book (or to start one). Remember that you are able to purchase other segments from the handbook at anytime, please contact the staff at SF Otago and they will be able to assist you with this. Or go to our website www.supportingfamiliesotago.org.nz and look up what is available, what the prices are and what will be coming out!

The special treat is: Kids Smoothie Recipes

There is a handout attached to the newsletter that you can place into your handbook.

Handbooks are only \$10 for the folder, order one now and receive basic pages for free!

Tips for Managing Stress at Christmas

Christmas is the most difficult and stressful time of year, many come out the other side feeling down with blown budgets, strained relationships and with expectations and hopes let down.... Here are some key tips to having a relaxed and enjoyable Christmas;

Don't blow the budget; make a plan with your family!

- Buy presents only for the children.
- Have a secret Santa, where everyone draws a name out of a hat and buys a present only for that person.
- Set a limit on the cost of presents.
- Or try something different where all the gifts need to be hand made or something from a second hand store.



Don't try to do everything... It doesn't have to be perfect just joyful!

- Make a plan for Christmas... make it for your wants and needs not everyone else's you will never be able to please everyone so just be satisfied with pleasing yourself!
- If you have lots of family to visit don't do it all on one day spread it out over Christmas and New Year... remember it is being together that is special not doing it on a particular day.
- If you are having the whole clan coming to your place for Christmas don't take on all the responsibility, make it pot luck, or do some simple foods.... Remember Christmas isn't about the perfect food or table setting its about the people!
- Have time out put your feet up, read a book or take a walk if your getting stressed, remember it doesn't have to be perfect just fun, the less stressed you are, the more you smile, the more you will spread the joy!

Merry Christmas

DID YOU KNOW...THAT WE HAVE A LIBRARY?

Open. Mon-Fri 8:30-4:30pm - at the SF Otago office.

BOOKS, DVDs, VIDEO tapes are available for loan. The topics are many and varied with the focus being on Mental Health. There is no charge to take resources out on loan. We only ask that you return the book or material within 3 weeks so others can benefit.

IF YOU HAVE ANY OF OUR LIBRARY RESOURCES OUT ON LOAN PLEASE SEE THAT THEY ARE RETURNED – WE HAVE SOME OUTSTANDING



SIMPLY THE BEST – OP SHOP

Come and say hello to our great team in the shop, feel free to browse and no doubt you will leave with goodies galore!! Donations for the shop are always greatly appreciated we're needing *clothes, books; linen and knickknacks* please contact the number below for assistance with this. We are also more than happy to come and pick up donations.

Open: Monday – Friday 10.00am to 4.00pm
Christmas: Closed from 23rd December and will reopen 10th January

Simply the Best
34 Prince Albert Road
St. Kilda
DUNEDIN
Phone: 455 5973

RECIPES

CHRISTMAS MINCE PIES

INGREDIENTS

- 425g Jus-rol ready-rolled pastry sheets
- Pinch of cinnamon
- Demerera sugar
- ½ jar mincemeat
- 1 egg, beaten
- Chopped walnuts
- Icing sugar

METHOD

1. Dust some icing sugar over the work surface.
2. Roll out the pastry onto the work surface.
3. Spread out the mincemeat on top of the pastry.
4. Scatter the chopped walnuts.
5. Roll up each side of the pastry so they meet in the middle.
6. Slice horizontally into little parcels.
7. Brush with a little bit of beaten egg.
8. Sprinkle over the demerera sugar and ground cinnamon.
9. Put in the oven at 200 C for about 10-13 minutes, or until golden brown.



GINGER BREAD LOAF

INGREDIENTS

- 1 ½ cups boiling water
- 1 cup golden syrup
- 1 teaspoon baking soda
- 100g unsalted butter
- 1 cup dark brown sugar
- 1 egg
- 2 ½ cups plain flour
- 3 teaspoons baking powder
- 3 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

METHOD

Preheat oven to 160 C. Combine boiling water with golden syrup and baking soda. Leave to cool slightly. Beat butter and sugar together until light and fluffy. Beat in the egg. Mix in the golden syrup mix and then add the sifted dry ingredients and mix until smooth. Pour batter into a lined loaf tin and bake for 45 minutes or until cake tests cooked.



Christmas crafts, for the kids and the kids at heart!

The Pine Cone Christmas Tree.



This is great and easy to make is a lovely Christmas ornament and you could even make a bunch and use them as place settings for the Christmas meal!

You will need:

A pinecone
Green acrylic paint
Small lid from a juice container
Glue
Sequins and glitter

Instructions:

Paint the pinecone green and leave to dry.
Sit the cone onto a small plastic lid and glue in place. You might want to weight the lid first with a small lump of playdough or sticky tack.
Decorate the tree with glitter glue and sequins.

Ideas For All Those Old Christmas Cards!

Gift Tags

You can gather up all your old Christmas cards and make gift tags for presents. Use scissors, a hole punch, and leftover ribbon.

Christmas Boxes

You will need:

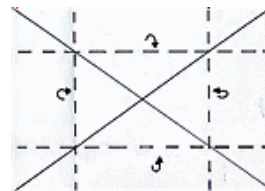
An old greeting card -- or two or three.
A ruler or straight edge.
A pencil.
A pair of scissors.
Crayons or markers for decorating.

Instructions:

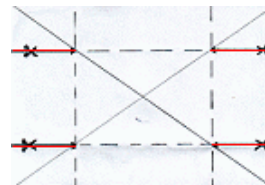
First, get an old greeting card.
Next, rip it in half at the fold.
Using your ruler, make an "X" on the card by drawing two lines that cross at the center of the card. (see diagram).



Fold the edges of all four sides of the paper over to the middle of the cross. (see diagram below)



Cut the lines with cross on them as shown in the diagram.



Fold the tabs in to create a box and tape the box together.

To create a lid for the box, do the same as above, only instead of folding the edges to the point of the cross, fold them slightly outward so the lid will be larger than the bottom.

ACKNOWLEDGEMENT OF FUNDERS

SF Otago would like to thank the following for their financial support, which enables SF Otago to continue its work.



Otago Community Trust

- Otago District Health Board
- Ministry of Health
- Ministry of Social Development
- Dunedin City Council Rates Relief
- Eli Lilly
- NZ Lottery Grants Board

Thank you all for your ongoing support. Plus a huge thank you to all those who gave donations, and to our volunteers that freely give of their time and energy so that things continue to run smoothly..

Without their ongoing support SF Otago could not continue to provide the level of service that it presently offers.

Thank you

SF Otago Complaints Procedure

Your Complaint is Important to us.

- SF Otago is committed to treating your complaint or concern seriously and responding promptly and fairly.
- Every complaint or concern is an opportunity to address how we do things and how we can improve.
- We will investigate your complaint or concern and ensure that it is addressed appropriately.

How to Complain.

- In most cases your first expression of concern will be to an SF Otago staff member (fieldworker, clubhouse staff member or the Manager) who will record and attempt to resolve your complaint or concern.
- If the matter is not resolved at this time then your complaint or concern will be addressed by the SF Otago Manager and/or the Executive Committee as appropriate.
- SF Otago has a detailed Complaints Resolution Procedure that you can ask for at any time (whether or not you have a complaint or concern). This may be requested through any staff member.

It is important that we know about any complaint or concern you may have at the earliest opportunity so that we can respond promptly. Knowing about your concerns is a valuable way for us to improve our service to you and others.

ESTATE GIVING

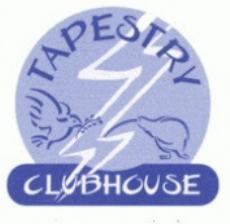
If you would like to support the work of SF Otago Branch Inc., to improve the mental health and well being of people in Otago, you should contact your solicitor and ask that the following clause be inserted in your will:

I give and bequeath to Supporting Families in Mental Illness Otago Branch Inc. the sum of \$... (or a share of the estate). I declare that the receipt of the Chairman or Manager of Supporting Families in Mental Illness Otago Branch Inc. shall be complete discharge to my trustees for the same.

Bequests can be made in cash, shares, real estate or other property and can be made by way of gift during your lifetime or can be bequeathed in your will. Bequests are free of estate duty.



<p style="text-align: center;">SF OTAGO BRANCH OFFICE</p> <p>Address: 34 Prince Albert Road, St. Kilda, DUNEDIN 9046</p> <p>Postal Address: PO Box 4003, St. Kilda, DUNEDIN 9046</p> <p>Office Hours: Monday to Friday 8.30am – 4.30pm</p> <p>Telephone: (03) 455-5973</p> <p>Fax: (03) 455-0035</p> <p>E-mail: admin@sfotago.org.nz</p> <p>Website: www.supportingfamiliesotago.org.nz</p> <p style="text-align: center;">SOUTH OTAGO Telephone: (03) 418-4191 All incoming calls will be automatically diverted to the Dunedin Office, no toll cost to the caller.</p> <p>Our answer phone is always on and calls are cleared regularly.</p> <p>Family Support & Clubhouse are a FREE service offered by SF Otago</p>	<p style="text-align: center;">TAPESTRY CLUBHOUSE</p> <p>Address: 2-4 Calder Street, St. Kilda, DUNEDIN 9046</p> <p>Telephone: (03) 455-1873</p> <p>Email: clubadmin@sfotago.org.nz</p> <p>Hours: Monday to Friday 8.30am – 4.30pm</p> <p>Friday Social & Recreation 4.30pm – 8.00pm</p> <p>Saturday Social & Recreation 10.00am - 3.00pm</p>	<p style="text-align: center;">SIMPLY THE BEST Second Hand Clothing Shop</p> <p style="text-align: center;">Look out for our fantastic window displays!!</p> <p style="text-align: center;">Managed with tender loving care by our staff of volunteers</p> <p style="text-align: center;">Open: Monday – Friday 10.00am to 4.00pm</p> <p style="text-align: center;">Simply the Best 34 Prince Albert Road St. Kilda DUNEDIN 9046</p>
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SF OTAGO
Supporting Families in Mental Illness – Otago Branch

