



# PANUI

**ISSUE 1 2022**

**June July August**

**26 Percy St Blenheim**

**03(5780302) and 0275754750**

**admin@carem.nz**

**www.carem.nz**



# Support Manager's Report

## Kia ora members and visitors

The first half of the year seems to have flown by and now as we move into winter, we will need to take even more care of our health as covid and flu bugs are around. Please keep warm and eat a healthy diet, a good walk around the block is great for your physical health and your mental wellness. Come see us at the centre where the fire is going you can have a laugh with some friends and join in on some great activities.

The **Advocacy Service** continues to see an increasing number of people in crisis due to the longer waiting times due to covid. We are regularly rung, generally from a parent with a family member at risk and they are unsure where to go for help.

Due to the developing relationship with Witherlea, we are seeing a significant increase in collaborations between our service and Witherlea staff due to the complex needs of clients. This is of huge benefit to Tangata whai ora and means that there is a more holistic outcomes.

The Marlborough Mental Health Collective Meeting had its first meeting for the year in February and we invited Paul Martin to attend due to the considerable number of Suicides in January. Along with Te Piki, Supporting Families, and us, we are forming a Marlborough Suicide postvention group. This we believe will make a substantial impact on the suicide rates in Marlborough in the long term.

We are encouraging clients to use the Ma-naaki Ora app available on their phone as a crisis plan. Our Service continues to advertise the WAVES program and Aoake Te Ra

Counselling for those bereaved by Suicide.

We had a meeting with Pathways earlier this year, to discuss further collaborations over the coming year. This is so vital for getting the best outcomes for Tangata whai ora.

The **Day activity** program run at the centre was open four days a week, due to the covid restrictions. All staff have been daily RA testing and we now have N95 masks. We are taking a cautious approach to opening our service to more Tangata whai ora due to their immunocompromised conditions but from 30 May, the centre will be open 7 days a week from 10-2pm. We will continue these hours for the winter months reviewing it again in September.







Photos clockwise from left– Rusty, Tim and Marion at Grovetown Lagoon; Carla Brownie; Tim and Marion at Taylor Dam



The training through Careerforce for Peer Support Workers, the Health and Wellbeing Level Certificate continues with two staff enrolled in level 3 and 3 staff enrolled in Level 4 apprenticeship.

The Monday cooking classes have started again and anyone who helps gets a free meal. An 8 week cooking class which includes budgeting and meal planning starting 10 May and is presently running at Brayshaw Park. We have offered this to Witherlea, Supporting Families, Transitional housing and Pathways with our service picking up the costs. Our no dig gardening program continues on Tuesday with more landscaping as well as growing winter vegetables. We continue to support Bocce on Wednesday's morning run by Deb from PHO Green Prescription. Wednesday afternoons, we have art and craft class where Tangata whai ora can bring in their own artwork to complete, this is a very social group, and from June we will advertise our community art classes. We have started advertising Mental Health Awareness week and Art of Wellbeing Exhibition happening in September. The Thursday outings are always well attended and have continued on a week to week basis while the Omnicom outbreak is happening. We hope to

have Tai chi restart in Spring. Meals are available everyday though the price will be going to \$5. Some days we have soup and toasties and they will continue at \$4. Check out our monthly calendar of meals cooked.

We are still looking at funding options to extend the activity room into our store-room with a toilet and kitchenette. This will allow us to enlarge the kitchen, to making it more user friendly and safer for our cooking classes. This will be a big project but will make a substantial difference to our service. We have been getting quotes for the renovations and the whole job is looking \$120,000.

Ngā mihi and stay well,

**Carla Brownie, Support Manager**



## Travelling During Covid 19

During the summer period I have had the opportunity to travel from Blenheim to London. Over the years I've done this trip many times, but this was a first during a world pandemic.

The planning equated to a near on military exercise, which included, obtaining internationally recognised vaccination certificates and PCR tests within 48 hours of travel. We became dab hands at sourcing the cheapest PCR tests. The cheapest travel PCR was in Germany at 20 Euros and the most expensive was in Wairau Hospital, Blenheim at \$240. RAT tests were available free in London through the NHS.

We departed Blenheim Sunday 28<sup>th</sup> November, spent the night in an Auckland Airport Hotel and flew out the next day to London via Singapore.

We arrived in London on Tuesday 30<sup>th</sup> November where we stayed with our family for the next 2 months.

Everyday we travelled by London Underground, buses, and black taxis. We did a bit of sightseeing, but this trip was mainly about catching up with family and friends whom we hadn't seen for over 2 years. It was also important for us to visit family in Sweden and Germany and see how they were and how their lives had been affected by the pandemic.

On reflection this was a fantastic trip to visit family in Europe. If I am honest, it was a bit stressful towards the end worrying about testing positive for Covid 19. If that had had happened, I would not have been able to enter MIQ, and return home to Blenheim...

Would I do it again, shit yeah!

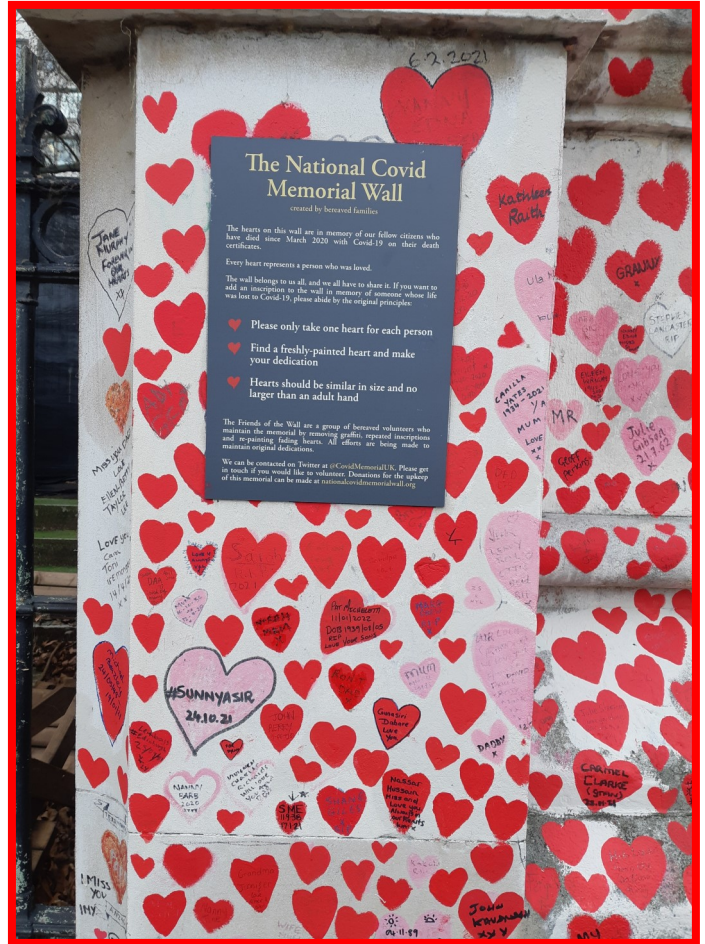
**-John Black**



Photos clockwise from left– Commuter on the London Underground with pet dog in carrier; John Black in the snow in Sweden; Both pics of the National Covid Memorial Wall in London, the hearts are in memory of those who died since March 2020 from Covid







### CARE Marlborough Goals

- Understanding and awareness of mental health in the community is developed
- Members are the most important people in the development and delivery of appropriate services at all times
- A quality mental health service is provided
- Positive relationships with all stakeholders are maintained

### Mission:

Enabling empowerment and self determination in a safe environment for adults striving for mental wellness

### Vision:

Dynamic empowered community achieving mental wellbeing



**Presented by CARE Marlborough the 2022  
Art Exhibition**

## ***The Art of Wellbeing***

***Artwork that celebrates the healing power of creativity***



**September 26<sup>th</sup> – October 9<sup>th</sup>**

**Marlborough Art Society Gallery High St Blenheim**





# Monika's Handy Hint

Recently I had to take an older lady to A & E at the Hospital. Unexpectedly, she ended up staying for 3 nights, but she had no personal items with her.

## My Handy Hint:-

Pack yourself an **Overnight Bag** (You can use a Supermarket bag if you don't have a travel bag). You can personalise this yourself but here are some suggestions:-

- Toothbrush and toothpaste
- Comb/Hairbrush
- Shampoo/Conditioner
- Soap /Deodorant
- PJs /Nightwear
- 1 or 2 Changes of clothes - Undies, Tops, Socks, Jacket/Sweatshirt
- Cellphone and Charger
- Pen and Paper
- Something to read
- Reading Glasses
- Some cash- not too much!
- Your house key

**Keep this ready by the front door. It will save you a lot of stress in case of an unplanned hospital stay.**



Selfie  
queen  
Gemma  
with  
Nathan,  
Rusty  
and Tim  
at Bocce

# Activities Report

On our Thursday outings we have been greatly blessed with fine weather, and we have visited places such as Havelock, Onamalutu, Wairau Lagoon and Yealands Estate (near Seddon).

On visits to Rarangi Beach and Marfells Beach, we have enjoyed scouring the beaches for treasures such as shells, driftwood and attractive or interesting stones.

Recently, we made a surprise visit to one of our members and ex-staff, Rangi, who lives in Picton, and invited him to join us for a picnic in Waikawa Bay.

On wet days, our members have been on local outings to play pool and darts, and on a coffee outing to The Vines in Rapaura.

Up-and-coming trips in the pipeline are Whites Bay, and Brancott where you will get to see the endangered Falcon birds-of-prey. We will also reschedule a session of Mini Golf and Ten Pin Bowling - watch this space!!!

We always welcome your ideas for locations and activities, and invite you to join us.

- Monika Johnson



Clockwise from top— Simon and Rusty at grovetown Lagoon; Tim giving us the double thumbs up on a trip to Onamalutu; Rusty and Marion at Grovetown Lagoon



# Crafty Corner

One of our members here at CARE is Mikayla. Mikayla has taught herself to make these 3D cubes from beads. Her ideas for what to make pop into her head. Each cube is made up of 174 beads.

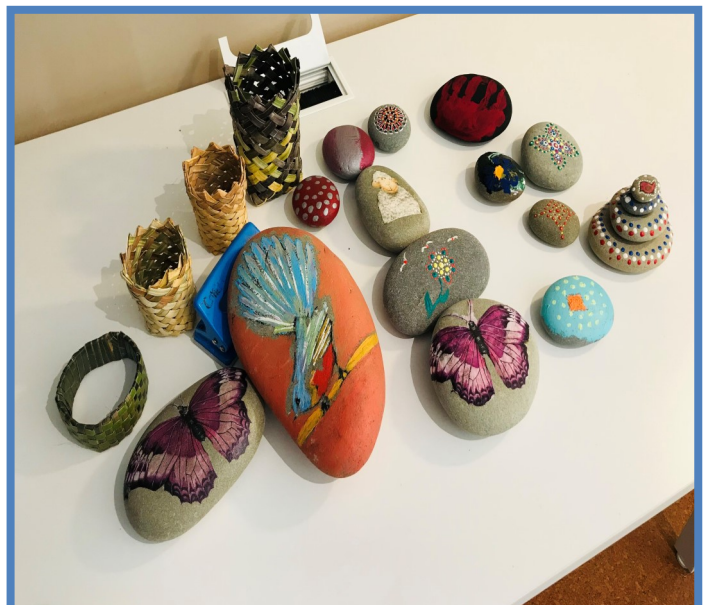


Initially Mikayla was going to make a big 3D cross from these cubes but according to her calculations she would have needed 30,000 gems!

These cubes are also deceptively heavy a 4 x 4 cube made out of these cubes is as heavy as a brick.



Some beautiful flax weaving and rock painting done in our Wednesday art group– some very talented members!





# MHAS

Mental Health Advocacy Service

## What can you expect from Percy St Day Activity Program

- Support from trained peer support workers
- Information and access to a range of community resources and services
- Access to daily activities
- Health and wellbeing talks
- Fun social outings
- Free computer, phone and internet access
- Yummy cooked meals
- Access to books and information pamphlets.
- Free tea and coffee daily
- Regular CARE Marlborough newsletter/ Panui
- Arts and Crafts
- Family/Whanau afternoons (Saturdays)
- Pick up and drop off service

**26 Percy St**  
**Ph 03 5780302**

## What you can expect from the Mental Health Advocacy Service

- Qualified advocates to provide information and therapeutic support
- Assistance to navigate a range of community resources and services  
Such as:
  - Meetings and appointments
  - Health professionals
  - Issues with benefits, housing and/or finances
  - Lifestyle or Employment issues
  - Letter/email writing for health and disability issues

**26 Percy St**

**Ph 03 5795304**

**Anne 027 575 4725 John 027 575 4700**

CARE Marlborough is a community based mental health agency providing two services. MHAS and the day activity program at 26 Percy St. We provide a comfortable, warm and safe place that provides opportunities to meet and share common experiences. CARE Marlborough embraces and promotes the principles of recovery and works from a strengths/wellbeing model



# WHAT'S ON

**Please contact CARE**

**Marlborough if you require pick  
up for any of our activities  
Monday to Thursday**

## **Wednesday ART WORKSHOPS**

**Starting 8th June 12.30-  
2.30pm**

**Fabric Dying/Painting with  
Verena Frei**

**Free Cooking Class**

**Mondays 10-12.**

**Free lunch for those that get  
involved**

**Matariki Lunch**

**Wednesday 29th June  
here at CARE. Please  
RSVP by 25th June**

**Keep an eye out for  
current calendar on  
Facebook and [carem.nz](https://www.carem.nz)**

**CARE now open 7 days  
10am-2pm**

**Please let Peer support know if  
you'd like lunch by 10:30am**

**Bocce**

**Wednesdays  
10am-11:30**

**Member's Hui on second last  
Tuesday of the month– June  
21st, July 19th, August 23rd.  
Come make some suggestions  
and get involved in korero  
around what you would like  
to see happening at CARE**



We are back to being  
**open 7 days** from  
Monday 30th May!

Open **10am-2pm**

Please let Peer  
Support know you'd  
like lunch by 10:30am



### Meals From Monday 30th May

**Monday**– Free lunch if you get involved in cooking class- \$5 if you just buy lunch

**Tuesday**– Toasties and cuppa soup \$4

**Wednesday**– Bacon and Egg Pie \$5

**Thursday**- Toasties and cuppa soup \$4

**Friday**– Hamburger \$5

**Saturday**- Toasties and cuppa soup \$4

**Sunday**– Roast \$5

Please let Peer support know by 10:30am  
if you would like lunch.





**Presented by CARE Marlborough the 2022  
Art Exhibition**



## ***The Art of Wellbeing***



***Artwork that celebrates the healing power of creativity***


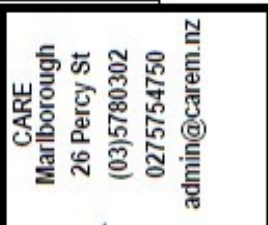


**Wednesday ART WORKSHOPS**  
**Starting 8th June 12.30-2.30pm**  
**Fabric Dying/Painting with Verena Frei**  
**at 26 Percy Street, Blenheim**  
**Contact Carla or Jelena**  
**03 578 0302 027 575 4750**  
**[manager@carem.nz](mailto:manager@carem.nz)**



# CARE Activities Hune/June 2022

Mon/Rāhina Tue/Rātu Wed/Rāapa Thu/Rāpare Fri/Rāmere Sat/Rāhoroi Sun/Rātapu

<p><b>Now OPEN 7 days!</b>  <b>Hours 10am-2pm</b>  <b>Meals are now \$5</b></p>		1	2	3	4	5
		Bocce 10-11:30 Bacon and Egg Pie \$5 Art Group 12:30-2:30	Toastie and Cuppa soup \$4 Outing 12:30-2:30	Hamburger \$5	Toastie and Cuppa soup \$4 Whanau Day	Roast \$5
6	7	8	9	10	11	12
Queen's B'day Free Cooking class 10-12 Scones Pea Pie and Pud \$5	Toastie and soup \$4	Bocce 10-11:30 Bacon and Egg Pie \$5 Art Group 12:30-2:30	Toastie and Cuppa soup \$4 Outing 12:30-2:30	Hamburger \$5	Toastie and Cuppa soup \$4 Whanau Day	Roast \$5
13	14	15	16	17	18	19
Free Cooking class 10-12 Burrito/Tacos	Toastie and soup \$4 Working Bee 10am	Bocce 10-11:30 Bacon and Egg Pie \$5 Art Group 12:30-2:30	Toastie and Cuppa soup \$4 Outing 12:30-2:30	Hamburger \$5	Toastie and Cuppa soup \$4 Whanau Day	Roast \$5
20	21	22	23	24	25	26
Free Cooking class 10-12 Tuna Baked Potatoes	Toastie and soup \$4 Members meeting 10:30-11:30	Bocce 10-11:30 Bacon and Egg Pie \$5 Art Group 12:30-2:30	Toastie and Cuppa soup \$4 Outing 12:30-2:30	★ Matariki Holiday Hamburger \$5	Toastie and Cuppa soup \$4 Whanau Day	Roast \$5
27	28	29	30	 <p>Ngā mihi o Matariki, te tau hou Māori".</p>		
Free Cooking class 10-12 Pizza	Toastie and soup \$4	Matariki Lunch	Toastie and Cuppa soup \$4	 <p>CARE Mariborough 26 Percy St (03)5780302 0275754750 admin@carem.nz</p>		

Available Every Day - Computers, Telephone, Board Games, TV, Tea Coffee & Mulo, Friendship

Lunches NOW \$5 Toastie/Soup \$4 **Let Peer Support Worker know you'd like lunch by 10:30am no money no lunch**

Pick ups for activities can be organised Monday-Thursday- please call CARE—5780302 or 027 575 4750



**CARE Marlborough would like to acknowledge the  
following  
organisations for their continuing support**

**Meaters**  
OF MARLBOROUGH



Cnr Main and Market Streets,  
Blenheim

**MITRE 10**  
**MEGA**

### **Photocopying**

One side A4 sheet:

Black and White 20cents

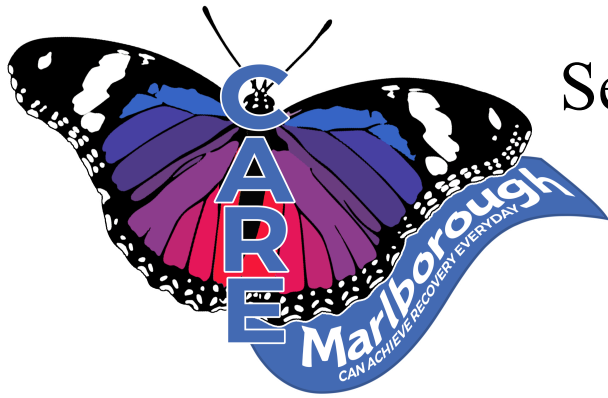
Colour 40 cents



Computer available for  
members to use

68 Seymour St, Blenheim





Sender: CARE Marlborough  
26 Percy St,  
Blenheim.

To:

Address:

**Ngā Mihi o Matariki, te ta hou  
Māori**

**Lunch at CARE to celebrate Matariki**

**When**– Wednesday 29th June

**Time**– from 11am

**Cost**- \$7 per person

Please write down name if you would like to come.

RSVP by 25th June