



# PANUI

**ISSUE 2 2022**

**September October November**

**26 Percy St Blenheim**

**03(5780302) and 0275754750**

**admin@carem.nz**

**www.carem.nz**



# Support Manager's Report

## CARE= CAN ACHIEVE RECOVERY EVERDAY

Vision -Dynamic empowered community achieving mental wellness

Mission- Enabling empowerment and self determination in a safe environment for Tangata whai ora striving for mental wellness.

CARE Marlborough (CARE) understands mental health as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.”

Positive mental health leads to increased creativity, better social relations, increased productivity, and better physical health. The mental health of Tangata whai ora and whānau will be maximised through positive social conditions and adequate personal resources to flourish.

CARE uses client centred, strengths based and culturally sensitive models that build individual resilience, enabling self-care and strengthening the capacity of [whānau](#) to support each other.

All staff have lived experience of mental distress, who use their expertise to provide individual peer support and leadership in our community. CARE can be accessed through self-referral or from any agency or service.

### 26 Percy St- Activities Program.

Our peer led wellness program is based on Te whare tapa whā model with activities and learning opportunities. The program is designed for Tangata whai ora to develop skills to manage their own wellbeing and to live well in their community.

The centre is a ‘home away from home’ where people can feel safe, relax, and try new experiences. Activities includes wellbeing education, art and crafts, healthy meals and cooking classes, physical exercise, access to computers and internet, gardening skills provided in a changing monthly program. The house is open 7 days a week with nutritious meals provided daily.

## Mental Health Advocacy Service.

The advocacy service works to connect Tangata whai ora with other services in the community they need in their recovery.

Assistance and advocacy to find housing, with Health professionals, Work and Income, Probation, or other community agencies, getting or maintaining work commitments, accessing legal advice are some of the supports provided. CARE employs qualified counsellors with lived experience, who can provide therapeutic interventions and make individual plans that support the Tangata whai ora to access and receive the help they need.

### Achievements relating to Strategic Goals 2021-2022

#### 1. Develop understanding and awareness of mental health in the community.

Even with the continued restrictions due to Covid Epidemic, Mental Health Awareness Week (MHAW) was again supported by CARE's Art of wellbeing Exhibition at the Marlborough Art Society Gallery which was open to the community to exhibit their artwork free of charge.

We provided free art workshops to the community promoting the healing expression of creativity.

A four page feature spread in the Sun, a community newspaper, supported with local business support promoted MHAW with positive stories, events and provided information of local services available for support.

CARE also had a 2-week public library display with resources available for MHAW.

#### 2. To ensure Tangata are the most important people in the development and delivery of appropriate services

We have pivoted with the changing Covid restrictions to keep our service safe and open to Tangata whai ora. Since the August 2021 lockdown we have only been open 4 days a week and reopened seven days a week from the 30th May. We have had to restrict the numbers coming to the centre.

In 2021 we did a big review regarding our services. From the review we introduced more program content to reflect some of the suggestions put forward by Tangata whai ora.

As well as running our weekly cooking classes, we also ran two, eight week cooking programs that included meal planning, nutrition advice and budgeting through funding we received from Lotteries.

We also did upgrades to our vegetable gardens again through funding from Lotteries to improve access for those with disabilities and ran gardening classes with the aim of from the 'garden to the plate' concept.

### **3.To provide a Quality health Service**

Updated and approved a number of policies.

Peer Support Workers continue working towards their Level 3 and 4 Health and Wellbeing Certificates and renewed their first aid certificates.

We have been working on concept plans and quotes for upgrading our activity room with a kitchenette and toilet and enlarging our present kitchen by removing a toilet and laundry to Improve access and make it more user friendly for our cooking classes which have proved to be extremely popular.

### **4. To maintain positive relationships with all our stakeholders**

Due to the Covid restrictions we were unable to invite services to attend our Christmas Luncheon and mid Winter Matariki Celebrations, but we still had these events for our tangata whai ora and whanau.

Our collaboration with St Marks Alcohol and other Drugs Addictions Residential Treatment Centre and Supporting Families to provide a support program for families/whanau affected by Tangata whai ora affected by addictions has been on hold due to the Covid restrictions.

We collaborated with Marlborough Youth Trust for MHAW.

The collaboration with Supporting Families Marlborough bi-monthly Marlborough Mental Health Collective meeting has continued.



## **What an Effort!**

This past month Anthony has managed to quit smoking. This is an amazing effort when you consider that he has been smoking since the 1960's. Anthony was driven to quit smoking to improve his health and to save some money. Anthony has said he is feeling better and has noticed that his hands are cleaner as a result of not having nicotine stains on his hands and fingers. We congratulate Anthony on his efforts and have let him know that if he needs there are NRT products here at CARE.

**Go Anthony!**





# Anne Collins– recent floods and road closures

When I was asked if I would like to write something for the Pauni we were experiencing huge rainfall, flooding, road closures and people were being flooded out of their homes across many different parts of New Zealand.

I had my own experience of the flooding in Seddon where I live.

For the first time many of the locals that have lived in Seddon much longer than I have, were all talking about how the small Seddon township had never been cut off before by huge amount of flooding and road closure as we experienced in August this year.

The main road into Seddon was blocked off at the big T-intersection that turns left to Redwood pass and turns right to travel up the Awatere Valley. This intersection was closed to all traffic except 4-wheel drives and trucks.

The day the flood waters closed the main road in and out of Seddon, it had been pouring extremely heavy all night. There were times the sound of the rain on my roof was so loud it had woken me up several times in the night.

My granddaughter and I travelled into Blenheim for work and school as usual however the water at 8.15am in the morning was beginning to cover the road and roadside vineyards were already in knee deep water.

Throughout the day the rain continued to pour heavily. Emergency services in Marlborough were already out closing roads and declaring parts of Marlborough roads as impassable because of flooding, slips and broken roads.

By 4pm the main road into Seddon was closed and I was stuck in town. My son rang to see if I was home from work. Once he realized my granddaughter and myself were cut off from home, he was making plans to get us home that night.

Both my Granddaughter and I travel through check points from the Riverlands truck stop right through to the check point at the huge T-intersection just outside Seddon. The civil defence waved us through as my son had got a message through to the people on the check points that he was picking us up at the T-intersection in his 4-wheel drive.

When we arrived at the check point before Seddon, there were lines of cars, Civil defence, big flood lights everywhere, civil defence workers stopping traffic, wanting to know where we were going, turning people back to Blenheim... It was a very surreal moment. My granddaughter started to cry and asked if we were going to die, she was really scared. Just at that moment my son pulled up beside us and asked if we needed a life home. I parked and locked up my car and we jumped in and headed home.

As we travel through the flood waters towards Seddon, water splashing almost to the top of the 4-wheel drives wheels, we could see cars stuck in the water and the muddy roadside. Roads had broken and fallen away at the edges causes great chunks of the road to be missing. As we travel through the township

towards home, the creeks had turned into roaring small rivers, people's backyards were covered in deep water, and it was still raining.

As we turned into the driveway to home, we had no flooding, everything was really wet and soaked. We were home safe and sound.



Aerial shot of flooding in Marlborough



### 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

**CARE Marlborough and**

**Marlborough Art Society**

# **The Art of Wellbeing**

## **Exhibition**

*Artwork that celebrates the healing power of creativity*



**Opening Night Monday 26 September**

**6pm**

**Marlborough Society Art Gallery, 204 High St**

**Exhibition- 26 September to 9 October 2022**

RSVP Carla or Jelena

03 578 0302 / 027 575 4750

manager@carem.nz

# Monika's Handy Hint

**Fridge/Freezer:-** Your fridge and freezer have a vent at the bottom rear for air circulation. These can get clogged with dust, so it's important to keep clean. You can wipe away the dust with a damp cloth or use a vacuum cleaner to do the job. Most importantly, this also reduces the risk of a fire hazard.



**Heat pump:-** Same goes for your heat pump - Dust is the enemy! Your heat pump has filters in it that need regular cleaning. Remove the filters (usually 2) and vacuum up the dust on them, or wash in warm water with a bit of detergent. Allow them to drain dry or use a towel to dry them. Heat pumps run most efficiently when they are clear of dust, and this will also help reduce its running costs. If you might struggle to do either of these jobs, ask your support person or someone nicely, and they may do it for you - we don't want you falling off a chair!



- Monika Johnson



Anthony, Andrew and Julieanne making Mac and Cheese for Monday morning cooking class



Gemma and the gang on their way to Bocce

# OUTINGS & CRAFT ACTIVITIES

## Bocce/Housie/Pool:-

Our Bocce outings have been a bit stifled in the last 3 months, mostly due to the rain/soggy conditions. On these occasions, we have had our people join in games of Pool or playing Housie. All activities have proved very popular, especially with the lure of some yummy prizes. However, there is always an invitation for more members to join in our fun outings and activities.

## Thursday Outings:-

These too have proved very popular, but have also been stymied by bad weather. We have enjoyed the drives out of town followed by a picnic afternoon tea. We are open to suggestions as to where we can go, what we can do, or what we can visit in the allotted time.

## Art & Craft Activities:-

We have had well-attended sessions for our activities where we have been fortunate to have our Tutors Verena and Kelly teaching us different skills. We have been taught such things as tie-dyeing, fabric painting, nail & string/wool art pictures and macrame, to name just a few activities. Come join us if you want to show off your creative streak, have a chat and a giggle - we really do have a lot of fun!

We are also doing projects for the **"Art of Wellbeing" Exhibition to be held at the Marlborough Art Society in High Street from Monday 26 September until Sunday 9 October from 10-00 am until 4-00 pm.**

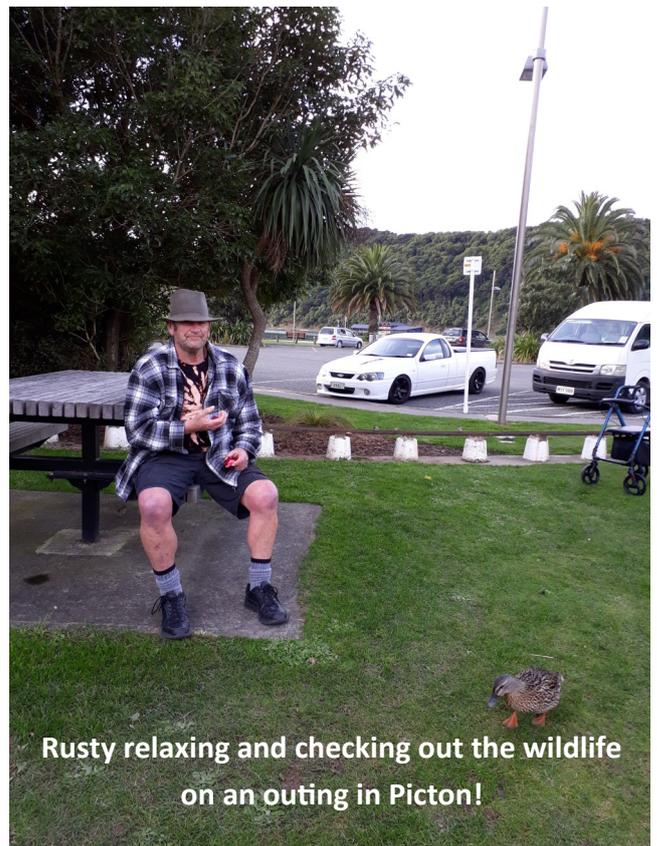
There is some incredible talent out there, and it will be well worth visiting this Exhibition to see the art on display, some of which will be available to buy.

## Cooking Classes:-

These are held at CARE Marlborough each Monday morning, and our members seem to have enjoyed learning to make yummy food, and eating it afterwards. Any of our members are welcome to attend and have a go.



Mikayla handling a puzzle done collaboratively at CARE

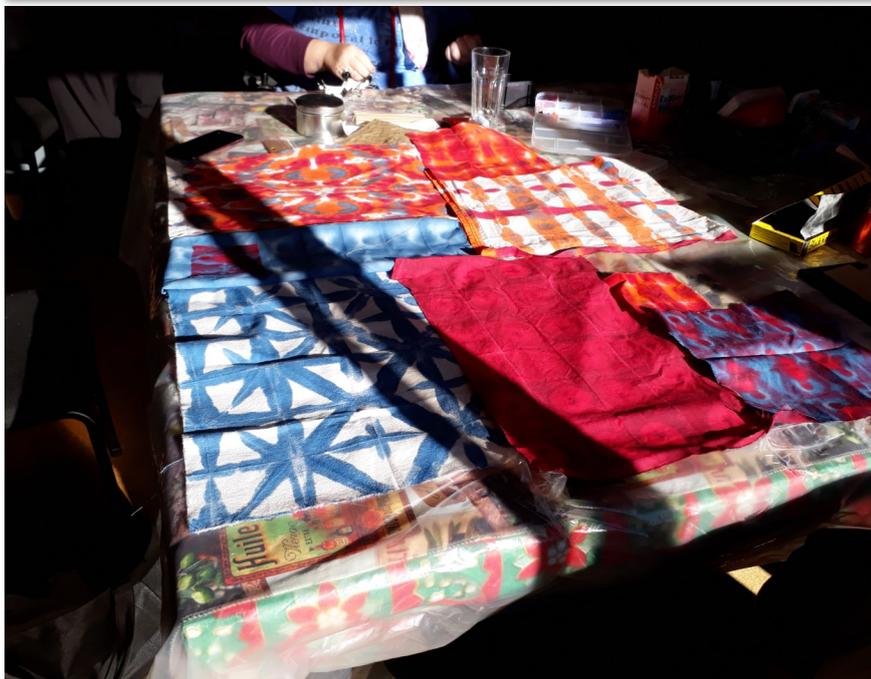


Rusty relaxing and checking out the wildlife on an outing in Picton!



## Fabric Dying

Members involved in the art group got to try their hand at some fabric dying and the results were vibrant and colourful

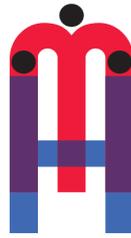


Laughter is the best medicine

*Things You Don't Want To Hear During Surgery:-*

- *I wish I hadn't forgotten my glasses!*
- *Oh no! I just lost my Rolex!*
- *Someone call the cleaners - we're going to need a mop.*
- *Wait a minute: if this is his spleen, then what's that?*
- *Bo! Bo! Come back with that! Baaaad dog!*





**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

Presented by CARE Marlborough the 2022  
Art Exhibition



**The Art of Wellbeing**



**26th September-9th October**

*Artwork that celebrates the healing power of creativity*



To submit your artwork  
deliver to 26 Percy Street Blenheim  
13th-15th September 10am-2pm  
Contact Carla or Jelena  
03 578 0302 027 575 4750  
manager@carem.nz

**Free Cooking Class**

**Mondays 10-12.**

**Free lunch for those that get  
involved**

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

**AGM Tuesday 1st November 1pm  
at 26 Percy St**

Save the date! Christmas  
Lunch on Wednesday

7th December. More details to  
follow.



## Bocce

## Wednesdays

## 10am-11:30



If it is raining there is housie at  
CARE Instead :)

Member's Hui on second last  
Tuesday of the month. Come  
make some suggestions and  
get involved in korero around  
what you would like to see  
happening at CARE

**Pool Competition at Clubs  
of Marlborough– September  
8, 15 and 22- all levels  
welcome. Spot prizes**

We are **open 7 days**  
 Open **10am-2pm**  
 Please let Peer  
 Support know you'd  
 like lunch by 10:30am



Meals at CARE Marlborough

**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.

**RECONNECT**

With the people and places that lift you up.

Mental Health Awareness Week

26 Sept – 2 Oct  
[www.mhaw.nz](http://www.mhaw.nz)



Tim with some cheery balloons from Daffodil Day

A beautiful day in Waikawa with Tracy, Marion and Simon



Left- Just a quick chat gorilla to gorilla!



# CARE Activities Hepetema/September 2022

Rāhina/Mon Rātu/Tue Rāpa/Wed Rāpare/Thu Rāmere/Fri Rāharoi/Sat Rātapu/Sun

Mental Health Awareness Week													
26 September - 2 October 2022													
 Mental Health Foundation whānau ki te māori eke													
5	Free Cooking class 10-12 Beef Stir Fry with Rice	6	Toastie and soup \$4	7	Bacon and Egg Pie \$5 Art Group 12:30-2:30	8	Toastie and Cuppa soup \$4 *Pool Comp 12:30-2:30	9	Hamburger \$5	10	Toastie and Cuppa soup \$4 Whanau Day	11	Roast \$5
12	Free Cooking class 10-12 Nachos	13	Toastie and soup \$4	14	Bacon and Egg Pie \$5 Open for Artwork submission 13-15 September from 10am-2pm	15	Toastie and Cuppa soup \$4 *Pool Comp 12:30-2:30	16	Hamburger \$5	17	Toastie and Cuppa soup \$4 Whanau Day	18	Roast \$5
19	Free Cooking class 10-12 Spaghetti Meatballs	20	Toastie and soup \$4 Member's Meeting 10:30am	21	Bacon and Egg Pie \$5	22	Toastie and Cuppa soup \$4 *Pool Comp 12:30-2:30	23	Hamburger \$5	24	Toastie and Cuppa soup \$4 Whanau Day	25	Roast \$5
26	Free Cooking class 10-12 Tuna Mornay Art Exhibition Opening 6pm	27	Toastie and soup \$4	28	Bacon and Egg Pie \$5	29	Toastie and Cuppa soup \$4 Outing 12:30-2:30	30	Hamburger \$5				



CARE Marlborough  
 26 Percy St  
 (03)5780302  
 0275754750  
 admin@carem.nz

Available Every Day 10am-2pm- Computers, Telephone, Board Games, TV, Tea Coffee & Milo, 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  
 \* Pool Competition at Clubs of Marlborough— all levels welcome. Spot prizes



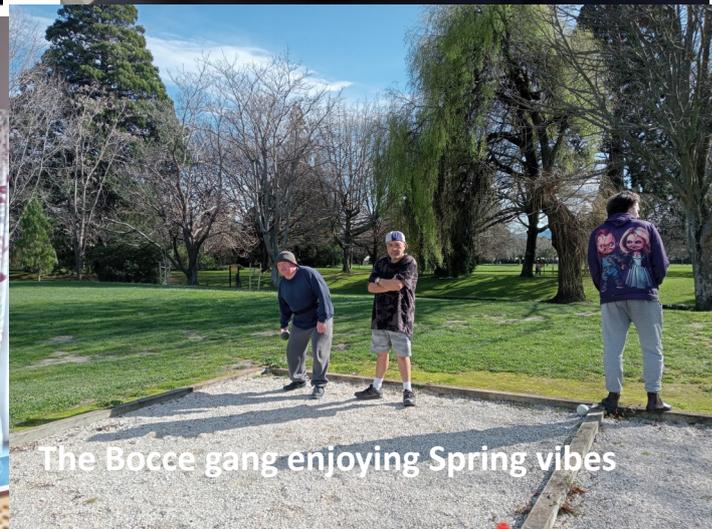
Rusty at Rarangi



Gemma and Nathan feeling a bit windswept at Rarangi



Fun and games with Housie at CARE



The Bocce gang enjoying Spring vibes



Ben and Marion in Waikawa

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



Cnr Main and Market Streets,  
Blenheim



### **Photocopying**

One side A4 sheet:  
Black and White 20cents  
Colour 40 cents



Computer available for  
members to use

68 Seymour St, Blenheim





## *In memoriam*

*Remembering those who have died recently*



**Stuart Cruikshank**



**Hugh Cameron**



**Milton Macdonald**