

Wellbeing Newsletter



Pause and Reflect

"With intentional care, kindness and respect for all connections, we recharge."

-DR Karen Jones,
Clinical Psychologist



This newsletter has been created by Te Whatu Ora South Canterbury on behalf of the Wellbeing Committee. It is a resource for distribution around South Canterbury, to support mental and emotional wellbeing (taha hinengaro).

DISCLAIMER:

The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst we endeavor to ensure the reliability and accuracy for all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.



Two years ago, the Ministry of Business Innovation and Employment (MBIE) contracted Te Whatu Ora - Health New Zealand in South Canterbury to deliver support to the Mackenzie region as part of the government's Tourism Communities: Support, Recovery and Re-set Plan. The Plan's goals were to deliver mental wellbeing support, promote and protect the social and mental wellbeing of people living in the Mackenzie region, and assist with addressing the ongoing challenges of COVID-19.

This Wellbeing Newsletter is one of the initiatives from the MBIE funding. In this issue we review some of the workshops, events and activities we have delivered under this funding.

We also provide information about managing financial stresses, given that cost of living increases, mortgage increases and inflation are expected to impact many families this year.

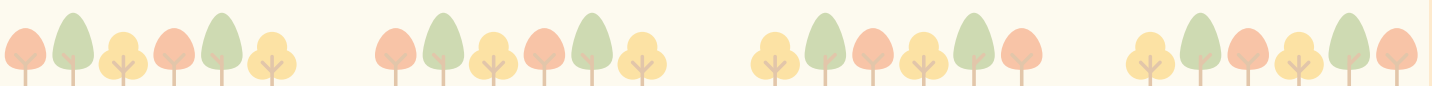
Staff shortages continue to impact workplaces, so we have also included tips about avoiding workplace stress and burnout.

We have been fortunate in having had a wonderful summer in South Canterbury, but there is an autumnal chill in the morning air, and we are now in March, so we have included some tips for keeping yourself healthy in autumn.

We have also launched a Mackenzie Connecting Communities Fund. We are calling for applications to support community-led activities and events in Mackenzie that would improve mental wellbeing and encourage people to come together and connect. We look forward to highlighting some of the funded applications in the next issue of our Newsletter.

Visit: <https://www.scdhb.health.nz/wellbeing> to download your application form.
Applications close March 10th.

Finally, we have included a series of flyers about upcoming events in the region. One of these is the Highland A&P Show on Easter Monday April 10th in Fairlie. We will have a stall there. Do call by and say hello to us!





Past Events

Funded by the MBIE project



Steve Gurney, Annette Beautrais and Jules Ellis.

In 2022, New Zealand multisport and triathlon athlete Steve Gurney gave informative and entertaining talks in Fairlie and Twizel.



Jane-Anne McIlraith delivering wellbeing packs to the Mackenzie community at Christmas time.

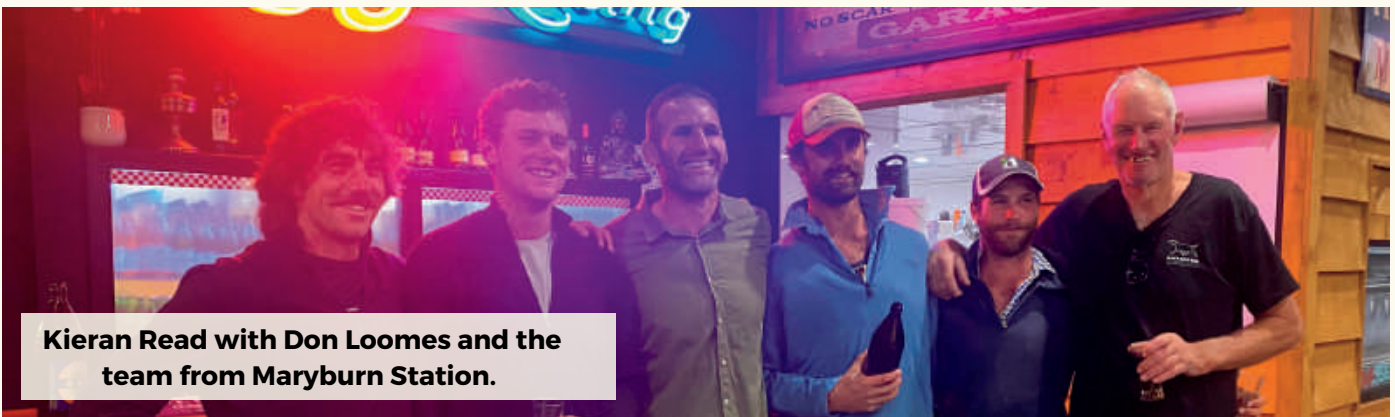




Left, Wilma from Petronella's Gallery and Bookshop, Tekapo interviewing Liz Carlson. 'Houseplants and Design' book launch with author Liz Carlson at the Godley Hotel, Tekapo



On March 1st an event was held for the Twizel community with Kieran Read as guest speaker. The evening was generously hosted at The Top Hut Bar & Bistro in Twizel. Our very grateful thanks to Darrin and Tracey for providing the food and venue!



Kieran Read with Don Loomes and the team from Maryburn Station.

[LEARN MORE](#)

Mackenzie Wellbeing Project

Mackenzie residents are becoming better equipped to safeguard their own mental health and wellbeing as a Te Whatu Ora-run project enters its final six months.

The Ministry of Business, Innovation and Employment funded two years of psychosocial work in five tourism hotspots as part of its Covid-19 response, one of them Mackenzie District in South Canterbury.

The first step project leaders took was to survey businesses affected by the loss of tourists, to find out what would be useful. Establishing contact was the most valuable part of that work, according to project coordinator Dr Annette Beauvais.

“They were grateful we had taken the time to ask what is it you need, what would be helpful?”

Dr Beauvais said teaching “Mental Health 101” was a focus of workshops run by a group called Good Yarn, where they not only covering the basics of knowing when to seek help and where to get it, but also training facilitators to be the equivalent of first aiders in their own community.

“I’m very keen to have something that is more sustained, so we don’t just go in and then everything ends next year when the project finishes.”

The mental health resource messages were even delivered to businesses at Aoraki/Mt Cook, where for some workers travelling out to attend a workshop was difficult.

Mackenzie MenzShed

Organised social get-togethers for men in the district have been fruitful, with the establishment of a MenzShed in Fairlie. It has already attracted 15 members.

“I thought, bugger it, I might as well get this thing going,” said Menzshed Fairlie committee chairperson Mouse Gallagher.

“There are so many people in Fairlie with skills and knowledge they can teach to others. I’m hoping this will give them a reason to get them out and about whether it’s for a cup of tea or to make something together.”

Te Whatu Ora South Canterbury Director of Allied Health, Scientific and Technical, Rene Templeton, said it was lovely to see how the community has been engaging in the initiatives.

“The establishment of the MenzShed is a real highlight as this will bring people of all ages together to share ideas and skills.”

Feedback from residents in Mackenzie was that they appreciated what was coming out of the project and wanted to see a continued mental health support presence in the district.

Information: ***



GET DOTTED

Mackenzie College, Fairlie & Twizel Area School

The Mackenzie Country welcomed Amy Scott who presented the Get Dotted Communication Styles Programme to Year 7 - 13 students at Mackenzie College & Year 9 - 13 at Twizel Area School.

“

Our Year 9 to 13 students all got Dotted. This was a great experience for them, as they had a chance to reflect on their own style of communication, as well as how people around them best communicate. After the workshop, the students were proudly talking about the order of their dots, as well as deciding what the main dots of their friends, teachers and whānau would be. In diffusing conflict, we have managed to get some students thinking about how things may have escalated due to their different 'dots' and way of thinking, feeling and communicating. Amy was an enthusiastic presenter, the workshop was engaging and managed to hold the attention of all the students - which is no easy feat. We would definitely recommend it as a valuable session, for both staff and students alike.

Charlotte Saunders, Deputy Principal of the Twizel Area School

Amy with Fred and Jack, two students at Twizel Area School.



Mackenzie College students attending the workshop.



“

We absolutely loved it. Amy was so engaging, and our students got so much from it. In terms of the key communication skill, Amy delivers it in a way that's like I said - engaging! Our students loved her humour and loved the way she put things across in terms of a nice, colourful, 'dot' full way.

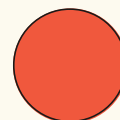
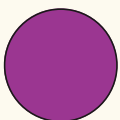
The kids can't stop talking about the dots and they can't stop talking about the different colours they are! They are all having conversations about the pros and cons and the benefits of all the different dots. From my observations, everyone's proud of who they are, everyone's proud of what colour dot they are, and I found that really interesting.

There's certainly a buzz in the staff room. I sat down with my staff, and everyone is talking about the different coloured dots. The red dots are behaving the way that red dots would and all of us, similar to myself, who are the blue dots are loving the feel that is currently in the staff room. Our staff are really excited about the next steps and how we're going to use dots here at Mackenzie College.

I would recommend this training to anyone. Communication is so important. From my point of view, it's obviously one of the most important skills you can have - how to connect and how to relate to people is vital in this day and age. I recommend it from shearing gangs, to truckies, schools and high-level businesses. This is for everyone.

Four words that our kids would use to describe this workshop:
Colourful, engaging, challenging and FUN!

Sam Nelson, Principal of Mackenzie College



GoodYarn

**GETTING PEOPLE TALKING
ABOUT MENTAL HEALTH**

"ORANGA KŌRERO"

GOODYARN FACILITATOR TRAINING

17 - 18 April 2023

For the Mackenzie Region



GoodYarn is a mental health literacy programme delivered to communities and workplaces in a 3-hour workshop.

The GoodYarn Facilitator Training is a 2-day training programme which equips local people with the resources and skills to deliver the GoodYarn workshop. This training is offered free to people in the Mackenzie region - Training will be held in Twizel on April 17th and 18th.

**For more information, please contact: info@goodyarn.org or,
Dr Annette Beautrais: abeautrais@scdhb.health.nz, 03 687 2192 or 021 777 590.**

The training is funded by MBIE and administered by Te Whatu Ora in South Canterbury.

**To register your free training place please go to the following website:
www.goodyarn.org/training**



MORE RURAL MENTAL HEALTH COMMUNITY CHAMPIONS NEEDED

It's well known that some rural residents can go days or even weeks with very little face-to-face contact.

And it's this isolation and its effects that workers in the mental health field are hoping to address in the Mackenzie District with a fresh initiative.

The mental health training provider Good Yarns is holding a two-day course to train facilitators who can go out into the community and offer mental health support to their peers.

They will learn the difference between mental health and mental illness, how to identify signs of distress and how to help other members of their community improve their wellbeing.

Te Whatu Ora South Canterbury's Mackenzie mental health project co-ordinator Dr Annette Beautrais said creating mental health champions within a community was an effective and lasting way of supporting a rural district.

"By giving people the right skills and knowledge to support their friends, family, neighbours, colleagues and staff, we see awareness of the importance of maintaining good mental health ripple out through the community".

"Anyone can be a facilitator – they just need to have an interest in supporting their community's wellbeing," she said.

"The right person, at the right time, with the right training could help save someone's life."

Annette emphasised that Good Yarn is for everyone living and working in the Mackenzie region, including those working in tourism, farming, construction, service provision, and other sectors.

"It's especially important now to equip communities with people able to help as we negotiate post-Covid financial and social issues, staff shortages, as well as an increasing number of adverse weather events".

The training is being held in the Mackenzie region on April 17th and 18th and is funded as part of the Ministry of Business Innovation and Employment (MBIE)'s Tourism Communities: Support, Recovery and Re-set Plan, making the training free for participants.

Mackenzie District residents interested in learning more about becoming a mental health champion can contact Annette at abeautrais@scdhb.health.nz or by phoning 03 687 2192.





ADL SOUTH CANTERBURY



Michelle Grant
(Clinician)

Kia ora,

I'm Michelle and I work for ADL South Canterbury and cover the Fairlie and Twizel area. ADL provide counselling and support for young people aged 12-24. Depending on demand, I am in the area either fortnightly or weekly. Please see below a link to our website where there are tabs to learn more about the service, make a referral, our Wellbeing Coaches, self-help apps and advice for parents. Our team is also available for remote support, via phone or video-conference. Our Wellbeing Coach, Tracy Keeton, covers all of South Canterbury.

Any questions, please do not hesitate to contact me.



Tracy Keeton
(Wellbeing Coach)

**Thrive Te Pae Ora
Supporting Youth Wellbeing
(thriveservices.org.nz)**



ADL
supporting young people

Michelle Grant - Clinician
(Reg. Social Worker)
027 203 9688
michelle.grant@adlnz.org.nz

Wellbeing tips for managing financial stress



Keeping up with cost of living increases is making life difficult for many of us right now.

Mortgage rates and rents are rising, your power bill's increased, it costs more to fill the car and the weekly grocery budget is stretched.

With these cost of living increases, you may be feeling stressed about your finances or ability to pay the bills. Feeling all sorts of emotions is normal in difficult times.

For many people, talking about their finances or money worries may also be embarrassing. You may be feeling guilty about being in this situation or whakamā/shame about needing help. Asking for help for you and your whānau in difficult times is nothing to be embarrassed about. Often sharing your struggle can be the first step towards reducing your worries.

Worrying about money can take a toll on your mental and physical health.

It can also affect your whānau and other relationships, as uncertainty can change our behaviour and the way we act with our tamariki/kids and others close to us.

It's important to take care of yourself during tough or challenging times. To ask for help when you need it. Remember to look out for your whānau and friends too, as they may be having similar struggles.

If you are worried about money, please know you're not alone. Whatever your circumstances, there is help available and things you and your whānau can do to see you through tough times and ease your financial stress.



“There can be a temptation to take on more debt, such as ‘buy now pay later’ schemes, on credit cards or personal loans, which can cause greater problems down the track.”

David Verry, Financial Mentor, North Harbour Budgeting Services Inc

What is stress?

'Stress' describes our physical, mental and emotional response to a situation, like having financial worries, that we experience as a demand or pressure – called a 'stressor'.

At first, we may become tired and irritable, but if the stress continues and is not dealt with effectively, the result can be physical and mental ill-health.

Warning signs of stress

Physical

You may be experiencing:

- Shortness of breath or shallow breathing
- Indigestion, stomach upsets
- Frequent colds or flu
- Memory or concentration problems
- Difficulty sleeping or sleeping more
- Changes in appetite
- Exhaustion, low energy, tiredness
- Headaches, body aches or pre-existing conditions worsen.

Emotional

You may be feeling:

- Impatient or irritable
- Less confident
- Anxious, tense or tearful
- Numb and disconnected
- Regretful or guilty
- Embarrassed or ashamed
- A lack of joy and energy for life.

Behavioural

You may be:

- Losing interest in whānau or work
- Finding it hard to make decisions
- Having trouble coping with day-to-day things
- Avoiding seeing friends, doing activities you usually enjoy
- Using drugs or alcohol to cope.



Looking after your wellbeing

When times get tough, looking after your wellbeing is crucial. Sorting out your finances might take some time. But you can take steps to look after your wellbeing and mental health while you deal with any financial challenges.

Visit All Sorts for ways to boost your wellbeing this summer.

Make time for inexpensive fun

Enjoy time with your whānau or friends. There are plenty of fun, free things you can do to boost your mental health and wellbeing. Visit a local park or beach, pick up a book from the library, have a board games/cards night, exercise together or plan a pot-luck dinner or picnic.

Go easy on yourself

Remember that this is a tough financial time for many people – you are not alone. Focus on what you can control and make sure you do things you enjoy or spend time with people you care about. Give yourself a breather - even just a short break during the day at mahi or home can help.



Find time to exercise

There are plenty of free or inexpensive ways to exercise - walking, swimming at the beach or local pool, jumping rope, running, stretching... exercising outdoors is especially helpful.

Practice relaxation and mindfulness

Try yoga or meditation – there are free classes online. Listen to music, enjoy time in nature. Learn what works for you and practice it regularly. There are online tools or apps like Small Steps or Melon that you may find beneficial.

Sleep tips

When you are feeling stressed or worried about something, it can affect your sleep. Your body needs sleep to recharge, so it's important to have good sleep patterns. Try:

- Going to bed and getting up at around the same time each day, including on the weekends.
- Avoiding stimulants, like caffeine, alcohol or screens, an hour or so before bedtime.
- Relaxing and unwinding before bed by doing calming activities like reading, having a shower or bath, doing gentle stretches or practicing mindfulness or meditation.
- For more tips visit [here](#).

Visit our Five Ways to Wellbeing for more tips.

If you are experiencing high and persistent levels of stress and would like further information or support, talk to your doctor or health professional.

Ways to help deal with financial stress

Share your concerns

Don't be afraid to talk about your money worries with whānau, trusted friends or a support agency. Just sharing your concerns can help to lighten the load and make working towards a plan easier.

Get expert help

Seek advice about money from a financial advisory service. There are many organisations that offer free counselling (financial mentoring) or provide tools to support you. Financial mentors offer free, non-judgemental and confidential services to their clients. FinCap is the umbrella organisation for more than 200 budgeting services and 850 financial mentors. See the Help section for more information.

Make a budget

Make a clear and realistic budget for yourself or your household. Review your household budget with your partner or whānau – set goals and spending limits together. There are plenty of free online tools – try Sorted or ask a financial mentor to help you.

Don't go without the essentials

It's important that you have enough money to spend on essentials like food, heating, water, mortgage or rent payments, basic clothing expenses, medical costs and your phone. Talk to your bank or utility provider if you need support to pay these bills. Ask a financial mentor for advice.

Talk to your bank or finance company

Banks and finance companies are required to look after their customers during tough times, particularly if you run into hardship and end up with unmanageable debts. If you're worried about being able to meet your commitment for an existing loan or to pay your bills, contact your bank or other lender as soon as you can. They have a range of options designed to help customers.

"The availability of and temptation to use debt, or more debt, is huge. Always ask yourself when buying something, is it a need (an essential) or a want (a nice to have). If it's a need and you can't afford it, then speak to one or more of the organisations below."

David Verry, Financial Mentor, North Harbour Budgeting Services Inc

Use a support service

If you are struggling, you may be entitled to support from the government. Visit Work and Income NZ for advice.

Does your workplace offer an Employee Assistance Programme (EAP)? If so, you can access free, confidential and independent financial advice.

Many community organisations throughout Aotearoa offer support with meals, groceries and other essential items – they are there to support you and your whānau during tough times.

Is there a Pātaka Kai/Open Pantry or community garden in your neighbourhood?

There may be support available within your community, such as at your local marae, church or youth centre.

See the Help section for more information.



HELP IS AVAILABLE

There are free, financial mentoring and budgeting services available:

- **moneytalks.co.nz** - free helpline run by FinCap for debt and budgeting support. Call 0800 345 123 or visit fincap.org.nz to arrange a meeting with a financial mentor.
- **Sorted.org.nz** - independent financial information, guides and tools.
- **Moneyhub.co.nz** - financial information and advice.

For more support with budgeting or other help try:

- **www.debtfix.co.nz** – financial tools and information.
- Citizens Advice Bureau for resources or local budgeting support. Visit **cab.org.nz**.
- Talking to your bank or other lender as soon as you can – they have a range of options that may help you.
- Work and Income for information about government help. Call 0800 559 000 or visit **workandincome.govt.nz**.
- Christians Against Poverty (capnz.org) - financial advice, tools and support.
- Visit the Kore Hiakai Zero Hunger Collective (**zerohunger.org.nz**) or Salvation Army (**salvationarmy.org.nz**) for help with groceries, meals and other essentials during tough times.

The following services offer free support 24/7 and can connect you with others who can help you:

- Free call or text **1737** anytime to talk to a trained counsellor.
- Depression helpline – visit **www.depression.org.nz**, call 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions).
- Lifeline – visit **www.lifeline.org.nz**, call 0800 543 354 or free text 4357 (HELP).

Other websites and helplines that offer guidance and support include:

- Anxiety NZ 0800 ANXIETY (269 4389) for specific questions around your or your loved ones' anxious feelings. **www.anxiety.org.nz**
- Asian Family Services – free helpline 0800 862 342 (Mon-Fri 9am-8pm). **www.asianfamilyservices.nz**
- Vaka Tautua – free national Pacific helpline 0800 OLA LELEI (0800 652 535) (Mon-Fri 8.30am-5pm). **www.vakatautua.co.nz**
- Contact your GP or your local healthcare provider.

For more resources or information visit **mentalhealth.org.nz**



**TIMARU BUDGET
ADVISORY TRUST**

www.tbat.co.nz

Money Worries?

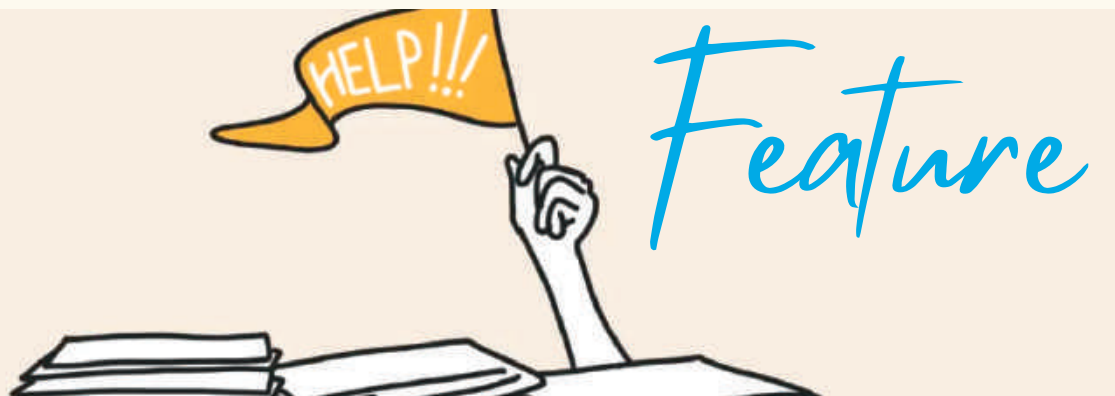


for ***FREE*** Budget Advice and Support

Timaru Budget Advisory Trust

(03) 688 9383

tbat@xtra.co.nz



Tips to avoid work stress and burnout

It's common to occasionally have a stressful day at work but stress over a period of time can lead to burnout.

A small amount of stress at work can boost motivation and performance. However, stress over a period of time is not good for your wellbeing. It can result in burnout which is a state of emotional, mental and physical exhaustion.

You may be experiencing burnout if you are:

- finding it hard to concentrate.
- feeling disillusioned or unmotivated about your job.
- having problems sleeping.
- using food, drugs or alcohol to feel better.
- troubled by headaches, gut problems or other unexplained symptoms.

Here are some tips to avoid stress and burnout.



1. Set boundaries

It can be hard to separate work and leisure time especially if you are working from home. Set rules so you can detach mentally from work. Try not to check emails or messages outside of work hours. If you use your personal phone or computer for work, set rules so you aren't disturbed by incoming emails or messages, or can your workplace provide you with a different phone?

2. Review your workload

Review your workload if your work is making you feel overwhelmed, unhappy and exhausted. Your manager should support you and help make your work manageable and enjoyable for you. Perhaps there is scope to share some of your tasks with a colleague or prioritise some things over others.

3. Take breaks and relax

It's easy to work through the day to get the job done but it's important you take a break to stretch your muscles, eat and re-focus your mind. Going for a walk and enjoying some fresh air is a great way to spend a break. Regular physical activity can help you manage stress and takes your mind off work problems. Find ways to let nature in – engaging with nature is a good way to maintain some balance and feed your spirit.

4. If you're sick, rest

If you're under the weather, stay home, don't work and focus on getting well. If you soldier on, you'll end up feeling worse and taking longer to get better. Plus, there's a risk you'll spread whatever you have to your workmates.

5. Talk to somebody

If you let something that's bothering you at work fester, it may only make it worse. Being honest about what's bothering you will help get it off your chest and help resolve the issue. If you don't have someone to talk to at work, try a friend or whānau member or contact 1737 free for advice. Often there are support options available through workplaces, such as employee assistance programmes (which can include free counselling).

Remember, if your stress is caused by bullying in the workplace, this is never acceptable. For more information on workplace bullying, visit the WorkSafe NZ website.



6. Get enough sleep

Good quality, regular sleep boosts your immune system and keeps you mentally and physically well. Make getting a good night's sleep a priority. Wind down with a good book and a cup of herbal tea. Avoid thinking about work and avoid digital devices as they can cause you to have a bad night's sleep.

7. Exercise

Being active and stretching deeply relieves stress for many people. It is particularly important to be physically active if you have a job where you sit down all day. If you drive to work, try walking or running or cycling. Incorporating exercise into your day is a great way of getting active.

8. Mindfulness

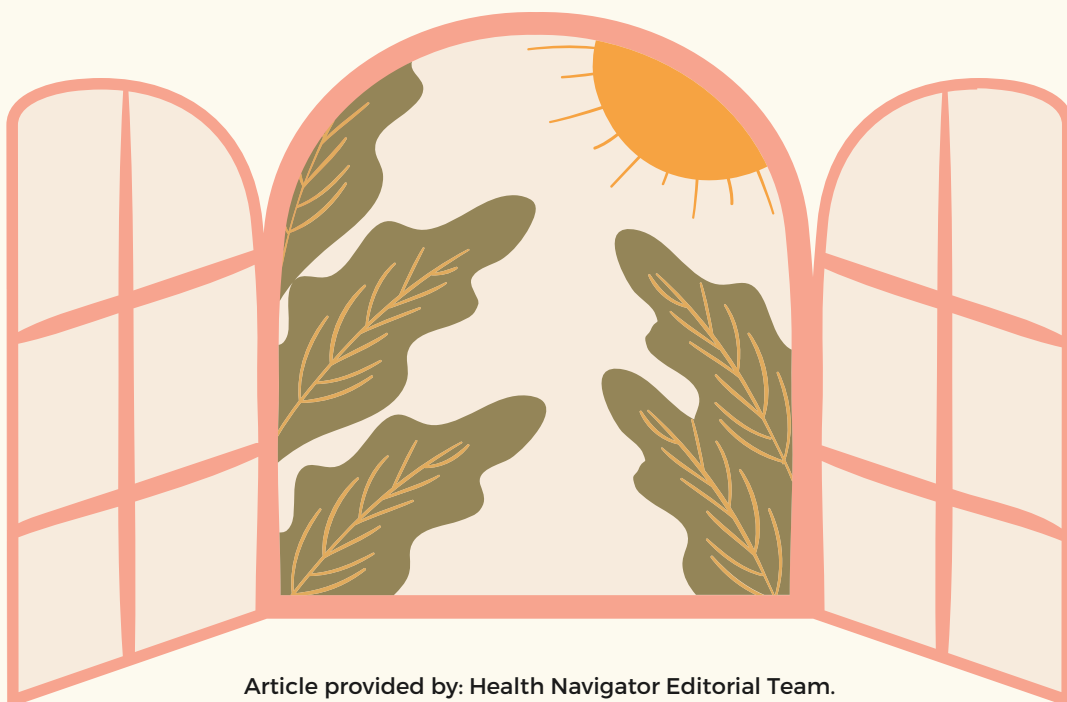
Activities like yoga, tai chi or mindfulness, can be helpful when practised regularly. They can clear your mind, reduce stress and help you to remain calm.

9. Use your annual leave

Taking a decent break throughout the year is another great way to rest and re-charge. Always have at least one break booked in so you have something to look forward to. Longer breaks really give you time to refresh and come back to work energised. Plan a get away (even just a long weekend) or just relax at home.

10. Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. They won't solve your problems, they'll just create new ones. Eating a healthy, balanced diet is good for your overall health and will help you perform well mentally and physically.





6 TOP TIPS TO HAVING YOUR BEST AUTUMN HEALTH YET

Boost your immunity

Before the chill of winter really kicks in, get your immunity in top shape. Vitamin C and Zinc are the top two nutrients to boost your immunity. To get lots of Vitamin C, eat plenty of citrus fruit, such as oranges and orange juice, peppers, strawberries, blackcurrants, broccoli, brussels sprouts and potatoes. To get some Zinc go for red meat, chickpeas, lentils and beans, pumpkin and sesame seeds, cashew nuts, spinach and kale and our favourite, dark chocolate.

Alternatively, or as well as, find a good multivitamin.

Change your fitness routine

As summer ends, your motivation to get outside and exercise can drain away. Trying something new can re-energise you to keep going into the cooler months, so check out local gyms or indoor sports - dance classes, badminton, squash.

One of the outcomes of the Covid pandemic has been great online fitness classes, - you could try yoga, pilates, and heaps more in the privacy of your own home.

Get more sleep

With evenings getting shorter and nights a bit cooler, it's easier to hit the sack for a good night's sleep than it was a few weeks ago. Sleep is one of the best things we can do for our mental and physical health so make it a priority.

- Aim to go to bed at the same time each night and get up at the same time as much as possible.
- Keep your room dark, blue light decreases melatonin production and melatonin helps us to fall asleep and stay asleep.
- Keep it cool. To fall asleep our body temperature needs to drop 10. The optimal bedroom temperature for this to happen is around 18-18.5.





Get outside

Even though you might have moved your fitness indoors, it's essential to get outside during winter. Getting outside ensures you get a daily dose of Vitamin D, which comes from sunlight. Spend some time outside daily, even a few minutes is enough, by going for a walk around the block, taking your coffee outside or park further away at the supermarket, so you have to walk to the entrance.



Eat in-season food

Don't start winter comfort eating just yet but do include more warming foods (Autumn is apparently not the time to start a raw food diet).

Eating fruit and vegetables when they are in season is a great idea for many reasons. Firstly, produce is cheapest when it is at its most abundant. If you are working to a tight budget eating seasonally can dramatically reduce your grocery bill. Secondly, fruit and vegetables contain the greatest number of nutrients when they are allowed to ripen naturally.

As the colder months approach, it's especially crucial to get as many nutrients as possible from what we eat, to help boost our immune system and stay on top of colds and flu.

Nature is pretty clever this way. Fruits that are in season in late autumn and winter such as kiwifruit, oranges and mandarins are all rich in vitamin C.

Keep the cold and flu germs away

Make sure you sterilise your most touched items regularly (your mobile phone, door handles, keyboards and remotes), keep your hand sanitiser handy and wash your hands for 20 seconds,

**FAMILY
VIOLENCE -
IT'S NOT OK,
BUT IT IS OK TO
ASK FOR HELP.**

**FAMILY
VIOLENCE
IT'S NOT OK** | **IT IS
OK** **TO ASK
FOR
HELP**
0800 456 450 areyouok.org.nz

NEED HELP NOW?



**WOMEN'S
REFUGE**

Crisisline: 0800 REFUGE or 0800 733 843

Phone us toll free from anywhere in New Zealand for information, advice and support about domestic violence as well as help in a crisis. We're here to help you on this phone number 24 hours a day, seven days a week. Follow the simple steps to be put through to your local refuge on your touchtone or mobile phone. You will be automatically redirected to a female advocate in your region.

At **Women's Refuge**, we provide the support and information you need when you're dealing with violence in your life.

PROFESSIONAL TOOLS AND INSIGHTS TO SUPPORT YOU IN BUILDING RESILIENCE AND POSITIVE WELLBEING

FIRST STEPS | PROVIDING MENTAL HEALTH AND WELLBEING SUPPORT TO BUSINESS ACROSS AOTEAROA
VIDEO CONTENT | RESOURCES | PODCAST | APPROVED WELLBEING PROVIDERS



The FIRST STEPS Podcast

We know that stigma around mental health and wellbeing persists.

This podcast is a space for open discussion, normalising the conversation, and engaging business leaders with new ways of thinking and helpful insights when it comes to understanding the impact of wellbeing on our business sector.

Discover our recent episodes.

Listen Now

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Aoraki Health Shuttle



St John
Here for Life

When you need to travel to a health appointment

A St John Health Shuttle service is available in your community to provide transport to Christchurch for health related appointments.

The service operates Monday to Friday, with stops at:

Timaru - Temuka - Geraldine - Christchurch

The shuttle leaves from Timaru at 7:30am and departs Christchurch at 3:00pm (depending on numbers of passengers).

For more information or to make a booking please contact St John on:

0800 103 046

Bookings are required by 3:00pm the day prior to transport.





Pro+Med (NZ) Ltd proudly supports
Alzheimers South Canterbury

Charity 1 Day First Aid Course

**Unit Standards
6401 & 6402**



**WEDNESDAY 22ND
MARCH 2023**



8.30AM - 5.00PM



**PRO+MED(NZ) LTD
59 CHURCH STREET
TIMARU**



**\$170 + GST PER
PERSON**



*South
Canterbury*

**Join us for a 1 day First Aid
course helping
to raise funds for this worthy
cause.**

Register - training@promed.ac.nz - 0508 776 633

TRAINING AND WEBINARS 2023

Mark these important dates in your 2023 calendar!

2023 Dates:

February

- 21&22 Health & Safety Stage 1
- 23 Health & Safety from a Management Perspective

March

- 2 Supervisory Skills and Managing Staff (Day 1)
- 9 Supervisory Skills and Managing Staff (Day 2)
- 16 **NEW** Watch those Numbers
- 23 Management Training - Essential Skills for Managers
- 29&30 Health & Safety Stage 1
- 29 **FREE WEBINAR** What you need in a Health & Safety System

April

- 14 Leadership Academy 1
- 18 **FREE WEBINAR** Health and Well Being - First Steps
- 20 Management Training - Developing People Skills for Managers
- 26&27 Health & Safety Stage 2
- 28 Train the Trainer
- 28 Leadership Academy 2



SOUTH CANTERBURY
CHAMBER of COMMERCE



FAMHS AND
DISCOVER
SOLUTIONS NZ



PRESENT

KIDS CHAT N CHILL

A GROUP FOR KIDS WHO LIVE WITH
A FAMILY MEMBER WHO HAS A
MENTAL ILLNESS OR ADDICTION

April 11 and 12th 2023, 9.30-1pm

Park Centre, Botanical Gardens, Queen Street,
Timaru

Lets Talk about:

Feelings, Living with
difficulties and finding
solutions, sharing experiences
and helping each other find
ways to manage, mindfulness,
hopes for the future.
Fun activities, Awesome
company and Yummy food

Contact:

Erin - 036844523 or email
erin@famhs.nz for more
information or to book

Recommended for ages 8-12 years

Lunch and snacks provided, Transport can be
arranged if needed. No cost.

Facilitators: Erin Anderson and Matt Cameron

Rural Support



TIME OUT Tour



Matt Chisholm has signed on as Ambassador for the Rural Support Trust

and he's on a nationwide tour talking to rural communities about mental wellbeing. With the support of the regional Rural Support Trusts across New Zealand and our proud partners, we are looking forward to bringing Matt to a rural venue near you.



Date: Thursday 30 March 2023



Time: 5.30pm Sausage Sizzle (program at 6.45pm)



Venue: Grey Way Lounge, Phar Lap Raceway, Timaru

There will be a cash bar available as well as a fantastic

Auction on offer

Together with our proud partners



Ministry for Primary Industries
Manatū Ahu Matua



Get your free tickets at
[rural-support.org.nz/
Time-Out-Tour](https://rural-support.org.nz/Time-Out-Tour)





125TH MACKENZIE HIGHLAND SHOW

Easter Monday - 10th April 2023
Mackenzie A&P Showgrounds

The Mackenzie A&P Highland Show is the largest one-day Show in New Zealand with 12-15,000 through the gates.

A fun family day out with something for everyone!

Parking off School Road.

Adults \$15, Under 15 \$5, Preschoolers and cars free.

Public entry from 8am.



Five ways to
wellbeing

Come and visit Annette and JA from
Te Whatu Ora South Canterbury!

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



TALK & LISTEN,
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF

WHERE TO GET HELP

For any crisis, including medical and mental health emergencies, call 111

MENTAL HEALTH AND FAMILY PROBLEMS PHONE LINES

WHO	NUMBER TO CALL	SERVICE OFFERED
EAP Employee Assistance Programme	Check your workplace	24/7 Free, confidential counselling and advisory service for employees – each workplace has a different provider so ask.
Need to Talk Helpline	1737	24/7 Free call or free text to talk or text with a trained counsellor Available in > 40 languages
Healthline	0800 54 33 54	24/7 Free health advice from a trained registered nurse
It's not OK Family Violence Prevention	0800 456 450	For people who want to stop perpetrating violence, and for information about violence. 9am-11pm, 7 days
Asian Family Services	0800 862 342	Counselling and support services
Women's Refuge	0800 REFUGE Or 0800 73 38 43	24/7 Crisis line for women dealing with violence in their lives
Mensline	0800 63 67 54	Helpline for men
Rural Support Trust (RST)	0800 RURAL HELP Or 0800 787 254	Confidential, free support service provided by rural people who understand the challenges of rural life You will be connected to help in your area
Depression Helpline	0800 11 17 57	24/7 Telephone counselling support for people experiencing depression
Alcohol Drug Helpline	0800 787 797 Or free text 8691	24/7 Confidential, non-judgmental help and advice
Citizen's Advice Bureau	0800 36 72 22	Free independent service to help people understand their rights and obligations, and support them to take action
Parent Helpline	0800 56 88 56	Support, practical advice and strategies for all parenting issues
Plunket Line	0800 933 922	Support for new parents, including for postnatal depression
Youthline	0800 37 66 63	(or text 234) 24/7 Helpline for any youth issues
OUTLine NZ	0800 OUTLINE or 0800 688 5463	For sexuality or gender identity issues 9am to 9pm weekdays; 6pm to 8pm weekends
Chinese Lifeline	0800 888 880	For people who speak Mandarin or Cantonese
Shakti Crisis Line	0800 742 584	For migrant or refugee women living with family violence
Safe to Talk	0800 044 334 or text 4334	24/7 Confidential free helpline for sexual harm
Rape Crisis	0800 883 300	For support after rape or sexual assault
Supporting Families in Mental Illness	0800 732 825	For families and whānau supporting a family member who has a mental illness
Skylight	0800 299 100	For support after a suicide or through any loss, trauma or grief 9am to 5pm weekdays

NEED TO TALK?

1737

**For support
right here,
right now**

**We're here. Free call or text 1737 any time
to talk to a trained counsellor.**

**Are you feeling overwhelmed? Anxious?
Whatever it is, you can call or text anytime.**

It's free. It's confidential.