



Otago Mental Health Support Trust

Bipolar Network & Signpost

✔ Information

✔ Support

✔ Education

✔ Advocacy

June/July 2007 EDITION

INSIDE THIS ISSUE

- *The Privacy Act and Mental Health*
- *Book review*
- *Important Dates*
- *Editorial*
- *Midwinter Do*
- *Women's Group*
- *Shared Lunch*
- *Matariki -Maori New Year*
- *Tea healthier drink than*

BIPOLAR NETWORK/ SIGNPOST

3rd Floor,
Queens Building,
109 Princes Street,
DUNEDIN.
OPEN

Monday – Friday
10 am – 3 pm

Sometimes due to the nature of our work we may be out of the office. If that is the case leave a message and we will get back to you as soon as possible

Ph: (03) 477-2598
Fax: (03) 477-6749
e-mail: otagomd@es.co.nz

FUNDING.

Thanks to: Ministry of Health - ODHB, Alexander McMillan Trust, Lotteries Grant Board, Shacklock Trust, Dempsey Trust, C.O.G.S, NZ Post, AAW Jones Trust, Healthcare Otago Charitable Trust, John Iloff Charitable Trust, Bendigo Valley.

THE PRIVACY CODE

Health Information *and its consequences.*

Brought into effect in July 1993, this has far-reaching consequences for those of us who use Mental Health services.

To 2000 there have been no less than five amendments.

Although there are 12 rules in the section to which health agencies must comply, there are several incidences where compliance is not deemed necessary.

This then makes the Code a bit of a farce.

In **Rule 2 Source of Health Information**

Sub rule (1) states '*Where a health agency collects health information, the health agency must collect the information directly from the individual concerned*'

Sub rule (2) then states '*It is not necessary for a health agency to comply with sub rule (1) if the agency believes on reasonable grounds:*'

This is followed by **9** different reasons, with three of these having three parts, as to why.

This is only one of many subrules giving freedom of choice to health agencies and their ilk. It seems to me, on reading through the Code, there are more reasons to ignore the policy than to comply.

Non-disclosure of identity of an individual is, however, paramount.

Say, for instance, you had a family member over the age of consent living in your care and his/her medication is changed, possibly leading to side-effects. As the parent/carer you are not entitled to be informed of this change because of the Privacy Code.

This is a very complex document and can be found on www.privacy.org.nz or we do have a hard copy in our office.



COMPLETELY CALM by Paul Wilson REVIEW

This book teaches so many different calming techniques, from Breathing to Counting, to calm oneself when in a stressful situation. It explains why walking is a good calmer, this blows away the old cobwebs and one can start afresh in a calm and positive manner. There are 100 ways to overcome stress, control crises reactions and to restore a sense of well-being

The following comes from Page 74:-

- 1) Place your fingers gently on you stomach about 4cms below your navel.
- 2) Inhale deeply through your nose, slowly and evenly, until you can feel your abdomen rise beneath your fingers. Don't strain or allow your chest to rise. You want a natural effortless flow of breath.
- 3) Exhale slowly and evenly until you feel your abdomen fall..
- 4) Repeat the slow inhalation, followed by the slow exhalation with no pauses between.
- 5) Breathe in and out, in and out, five times.

THIS WORKS WELL. Tried and found exceptional by our client who wrote this review.

Maid of Mosgiel

(A Copy of this book is available in our Library)

DUNEDIN'S MID-WINTER FESTIVAL

See insert for details.



Matariki – a growing tradition
Maori New Year

In recent years there has been an upsurge of awareness among New Zealanders of the place of reo Māori language in both the history and future of Aotearoa. This awareness is part of a process that helps us to be increasingly conscious of our unique cultural identity.

The next step is an appreciation of the wider cultural traditions of Māori and one of the most significant celebrations in the Māori calendar is Matariki – the indigenous, Aotearoa, New Year.

The renaissance of this ancient Māori celebration and its tradition is a chance for all New Zealanders to remind ourselves of the very special place we occupy in the world. What is Matariki?

Matariki is a small but distinctive star cluster whose appearance in the north eastern pre-dawn sky in late May, early June marks the start of a new phase of life.

Although there are tribal differences regarding the timing, celebrations most often begin at the next new moon after Matariki has risen. As with similar ‘moveable feasts’ in the western calendar, such as Easter, the exact timing varies from year to year but usually occurs during the month of June.

In ancient times Matariki arrived at the end of the harvest and was therefore a time of plenty for our ancestors. The kumara and other root foods had been gathered. The migration of fish such as moki and korokoro also made Matariki a time of bountiful catches. Visitors were often showered with gifts of specially preserved eel, birds and other delicacies. Matariki was a time to share and present offerings to others.

Matariki can be translated in two ways – Mata Riki (Tiny eyes) and Mata Ariki (Eyes of God). Either way the eyes are thought to watch over the land and its people.

Matariki – new beginning

As well as marking the start of a new year, Matariki also signals other new beginnings. Traditionally Matariki was the time to plant trees, prepare the land for planting crops and renew associations with whānau, family and friends. The New Year is also a good time to reflect on your place in the world, to reawaken old skills or try out new ones and set new goals.

**CHANGE OF TIME
WOMEN’S GROUP**

(Meet at rooms)
1.pm

Wednesday 20th June

Wednesday 18th July

If Winter is here,
Can Spring be far behind

Shelley

Matariki around the world

The timing of Matariki’s rising and the particular Māori celebration is unique to Aotearoa. However, the Matariki cluster can be seen from many parts of the world where it is known by several other names including Pleiades, Seven Sisters, Subaru and Messier 45. For some iwi, Puanga or Rigel is the star that signifies the beginning of the Māori New Year.

The time of the rising of the Pleiades has always been a major indicator of seasonal changes throughout the ancient world. Matariki is recognised widely in the Pacific where it was an important astronomical sign to sailors both as a navigational aid and as a sign that the weather was safe for long voyages with the stormy season past.

Early Greek seamen knew them as the sailing stars and would only sail when the stars were visible at night. In Hawaii, the stars are known as the Makali’i and their appearance in October/November marked the start of the great Makahiki Festival dedicated to the god of rain and agriculture.

The Japanese call Matariki Subaru, which has become well known due to its use by the car maker. The meaning of Subaru is generally thought to be united or getting together.

Some cultures believed that a great ancient cataclysm occurred when the Pleiades were overhead at midnight, such as the great biblical flood or the sinking of Atlantis. In both ancient Greece and Mexico, several temples were lined up with the rising and setting of Matariki.

Additional Information

For more information on Matariki you can email matariki@tetaurawhiri.govt.nz.

LIBRARY BOOKS.

Teresa has had a buying spree whilst on her computer and has enhanced our library by several books. Come on in and browse.

When borrowing from our library, please make sure contact details are recorded.

If you have read books recently that you think would benefit other people with bipolar, please let us know and we can purchase them for our Julia Christie Memorial library.

DISCLAIMER

The opinions and research articles expressed in this newsletter do not necessarily represent the views of the Otago Mental Health Support Trust or anyone associated with the organisation.

BBC NEWS

Tea 'healthier' drink than water

Drinking three or more cups of tea a day is as good for you as drinking plenty of water and may even have extra health benefits, say researchers.

The work in the European Journal of Clinical Nutrition dispels the common belief that tea dehydrates. Tea not only rehydrates as well as water does, but it can also protect against heart disease and some cancers, UK nutritionists found. Experts believe flavonoids are the key ingredient in tea that promote health.

Healthy cuppa

These polyphenol antioxidants are found in many foods and plants, including tea leaves, and have been shown to help prevent cell damage.

Tea replaces fluids and contains antioxidants so its got two things going for it

Lead author Dr Ruxton

Public health nutritionist Dr Carrie Ruxton, and colleagues at Kings College London, looked at published studies on the health effects of tea consumption. They found clear evidence that drinking three to four cups of tea a day can cut the chances of having a heart attack. Some studies suggested tea consumption protected against cancer, although this effect was less clear-cut.

Other health benefits seen included protection against tooth plaque and potentially tooth decay, plus bone strengthening. Dr Ruxton said: "Drinking tea is actually better for you than drinking water. Water is essentially replacing fluid. Tea replaces fluids and contains antioxidants so it's got two things going for it."

Rehydrating

She said it was an urban myth that tea is dehydrating.

"Studies on caffeine have found very high doses dehydrate and everyone assumes that caffeine-containing beverages dehydrate. But even if you had a really, really strong cup of tea or coffee, which is quite hard to make, you would still have a net gain of fluid. "Also, a cup of tea contains fluoride, which is good for the teeth," she added.

There was no evidence that tea consumption was harmful to health. However, research suggests that tea can impair the body's ability to absorb iron from food, meaning people at risk of anaemia should avoid drinking tea around mealtimes.

Tea is not dehydrating. It is a healthy drink

Claire Williamson of the British Nutrition Foundation

Story from BBC NEWS:

Dr Ruxton's team found average tea consumption was just under three cups per day. She said the increasing popularity of soft drinks meant many people were not drinking as much tea as before. "Tea drinking is most common in older people, the 40 plus age range. In older people, tea sometimes made up about 70% of fluid intake so it is a really important contributor," she said.

Claire Williamson of the British Nutrition Foundation said: "Studies in the laboratory have shown potential health benefits.

"The evidence in humans is not as strong and more studies need to be done. But there are definite potential health benefits from the polyphenols in terms of reducing the risk of diseases such as heart disease and cancers.

"In terms of fluid intake, we recommend 1.5-2 litres per day and that can include tea. Tea is not dehydrating. It is a healthy drink."

The Tea Council provided funding for the work. Dr Ruxton stressed that the work was independent.

It has also been proved in England that we get most of the water we need each day, from the food we consume, providing we eat a balanced diet. Trials done with identical twins showed that with one twin abstaining from water whilst the other drank as 'normal' there was no difference, including skin condition etc.

CONGRATULATIONS

The team at Bipolar Network & Signpost congratulate Shaun McGlynn on completing the Life Works programme and gaining his National Certificate in Employment Skills.



Well Done Shaun

THANKS

Our thanks to the Dempsey Trust for stepping in and assisting one of our clients. It is very gratifying when we see help given so readily.

Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.

Vista M Kelly



SHARED LUNCH

12th June KFC (\$4) 10th July Pizza (\$3)
Take advantage of walking group leaving rooms 1pm

Light Therapy

*Continued from last newsletter
(Article on Seasonal affective disorder)*

The following subject (Article forwarded for inclusion in this newsletter by Kat McBeath) has appeared in a previous letter but we felt it was worth repeating.

Light therapy is where a special lamp is shone on various parts of the body for it's beneficial effects in cells. The yellowish light is like sunlight without ultraviolet light. It is also polarized, as is sunlight (but is not synchronized, as is a laser). It is safe, warm and quite noisy for a light, Shone directly onto cells, it triggers healing chemical reactions: shone onto closed eyes, it affects the brain as well. Light causes the pineal gland to release serotonin in a daily cycle that controls mood, alertness and various hormones. Serotonin is an important part of mood states - unlike dopamine, the 'pleasure chemical', it is the 'good 'mood' chemical.

Whether depression is chronic, seasonal or bipolar, it generally responds best amount of serotonin-they just make a *normal* amount more effective. With therapies that release more serotonin (like light), there is theoretically some risk of depleting serotonin stores, especially in a sensitive, unstable, or already depleted brain. In the case of Seasonal Affective Disorder, light therapy has been found useful because it releases the surplus stores of serotonin that would not otherwise be used, and are responsible for depression. Light therapy is also useful for wound healinh and skin conditions-(I also wonder if it slows wrinkles, but I'm only 23. I can't wait to grow up....No, I don't mean it).

Light, like any therapy, should be used in moderation. It doesn't matter how good or natural something feels, it is a good idea to keep the rules. In the case of light therapy, it should be used not only to a routine, but in the morning and/or evening. This will reinforce and work with the brain's natural cycle.

And if anyone feels like guinea-pigging, I have a therapy lamp.
Kat McBeath

If you are interested in trying, phone our office and we will make the arrangements for you.



**MID-WINTER KNEES-UP
FRIDAY 29TH JUNE 5.00 – 8.00P.M.**

This is a combined function with Artsenta, Tapestry Clubhouse and of course US. It will be held at a wonderfully-decorated Artsenta where there will music, fun and general camaraderie.

There will also be spot prizes given throughout the evening. You can't *Win* if you're not *In*.

A fish and chip supper will be provided - So come along and join the fun on Friday 29th June.

SUCCESSFUL BOAT LAUNCH

After 3 years of dedicated work 'Gull' was launched in the choppy breezy conditions of the yacht marina on Thursday 17th May. Despite the strong winds of up to 100kms Murray said "she rowed well" .

On disembarking he was grinning from ear to ear.

Well done Murray - she's a beauty!



Visit our Website at:

www.bipolarotago.balance.org.nz

(Thanks to Balance for hosting the site)

Would you like the newsletter by email? Let us know. You would get it faster and we would save on postage.

EDITORIAL & Back page blurb

We are now well into winter but aren't the days lovely. For those of us lucky enough to live on the hills of Dunedin, the sunsets and rises are absolutely amazing. With these balmy days it is great to be able to get outside for a walk or whatever. This is beneficial for both your physical and mental health. I have grape-hyacinths (also known as Muscari or matchsticks) in flower. This in May, but the poor garden does not know whether it is coming or going. We encourage you to take part in the Midwinter Festival, lots of exciting things to see and do. Lantern-making being just one of the many on offer. Dunedin - it's all right here. The feedback we get from you is really important. So let us know if you would like more information on an article you have read in one of our newsletters and we'll see what we can do. Maybe a book you have read and would recommend it to others or we can purchase it for the library. Looking forward to the midwinter do on 30th June at the Artsenta. This also means the days will be getting lighter again. Yeah.
Regards to all, Denise and Jan