

CANDLELIGHT MEMORIAL SERVICE

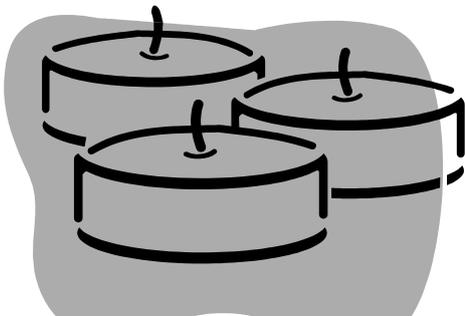


St Paul's Cathedral
Thursday, 6th October at
6.00p.m.

Join us in honouring and celebrating the memory of those who have struggled with mental illness.

Lighting of candles. The officiating minister is The Very Reverend Dr Trevor James, dean of the cathedral. There will be two speakers and a Maori prayer combined with music and the lighting of candles.

All welcome to join in this service. Just come along to the Cathedral at 6.00p.m.



QUIZ for Spring

Rhyme Time

Find the rhyming synonyms in the list below. In each pairing the first word is an adjective and the second a noun.

Level feline - flat *cat*

1. Courageous ripple -
2. Metal divan -
3. Fast schism - Parisian per -
4. Comical rabbit -
5. Lovely rodents -
6. Baggy elk -
7. Boring trademark -
8. Envious organ -
9. Close orb -
10. Adept desk -
11. Mighty ballad -
12. Famished sculpture -

Caught in the Middle

In this puzzle you need to find a word that can follow the word on the left and before the word on the right

Olden*Days*.....of Thunder

BloodHanded

DueTimor

GoldenLess

RavingHatter

VillageBox

HairWork

PrisonDog

BrightSetter

CaughtBack

MickeyPad

FineWork

BloodyBag

PushingRoof

ButtSide

SweetFlour

Useless information department. Did you know?

Thomas Alva Edison was afraid of the dark.

A duck's quack has no echo.

and Polar bears are always left-handed (or is that left-pawed)

Answers to Winter's Quiz

1. A waterfall. 2. A balloon. 3. Nothing. 4. A shamrock. 5. Peace of mind.
 6. An Echo. 7. Upside down the year is the same. 8. A rubbish truck. 9. A book.
 10. Eyes. 11. Noise. 12. Ecuador.

No winners this time, but a reminder to Moira to collect her prizes before they are scoffed by the staff here.

Enigma - Spring 2011 – Inside Pages

A young man learns what's most important in life from the man next door.

It had been some time since Jack had seen the old man. College, girls, career and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr Belser died last night. The funeral is Wednesday" Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days. "Jack, did you hear me?" "Oh, sorry, Mum. Yes, I heard you...it's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said. "Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mum told him.

"I loved that old house he lived in," Jack said. "You know, Jack, after your father died, Mr Belser stepped in to make sure you had a man's influence in your life," she said. "He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important. Mum, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word and caught the next flight to his hometown. Mr Belser's funeral was small and uneventful, he had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mum stopped by to see the old house, next door but one. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time.

The house was exactly as he remembered and every step held memories, every picture, and every piece of furniture. Jack stopped suddenly. His mother asked what was wrong. "The box is gone" he said. "There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most'. It was gone. Everything about the house was exactly how Jack remembered it, except for the box. "Now I'll never know what was so valuable to him," Jack said.

It had been about two weeks since Mr Belser had died when returning home from work Jack discovered a note in his mailbox - 'Signature required on a package. No one at home - please call in to the post office within the next three days'.

Early the next day, Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention - Mr Harold Belser. Back in his car, Jack ripped into the package to find inside the gold box and an envelope. His hands shook as he read the note inside - "Upon my death, please forward this box and its contents to Jack Bennett. It is the thing I valued most in my life". A small key was taped to the letter, and with a racing heart, tear-filled eyes, Jack carefully unlocked the box.

There inside, he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found engraved these words - Jack, Thanks for your time! - Harold Belser

The thing he valued most was....my time! Jack held the watch for several minutes, then called his office and cleared his appointments for the next three days. When his assistant asked why - "I need some time to spend with my son," he replied.

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Do you have Video tapes that you wish were on DVD or Records and/or Audio tapes that you would like on CD? I can help you.
Contact Michelle on 4535-347



**CALENDAR of
EVENTS**

SEPTEMBER

FRIDAY – 30th

Ladies' Get-together

OCTOBER

THURSDAY – 6th

**Candlelight Memorial –
see
elsewhere in here for
details**

10th- 17th

**Mental Health Awareness
Week**

WEDNESDAY - 12th

**Open House in our
rooms from 12 noon –
3.00p.m.**

FRIDAY – 28th

Women's Get-together

NOVEMBER

FRIDAY – 25th

**Women's get-together
RSVP on 4772-598**



From the Archives

Narrow View

The first hand documentary "Changing Minds", (17th May, 1991), about a psychiatric nurse working in South Auckland, presented a narrow view of mental health issues. The Psychiatric consumers were presented as simpletons unable to take part in responsible decision-making about their lives. The only "treatment" advocated was medication.

Good mental health is about more than just taking medication. It is about having positive relationships, developing healthy communication skills, healing from past traumas, enjoying meaningful activities and being valued by our communities. We are also concerned that questions about mental health workers' attitudes and access to power over consumers, were not asked.

Wayne, the psychiatric nurse, is shown taking Gilda to a psychiatric outpatients clinic. Gilda asks "Where's all the other patients?" Wayne's answer is "They aren't here because they all took their drugs!" Laughter is heard from the staff in the background. Is this sensitive, quality communication between nurse and patient?

Wayne is shown visiting Gilda's home and packing her clothes, where the issues of invasion of privacy and of a male visiting a woman alone, are not mentioned. Wayne often interprets his patients' feelings and situations, rather than encouraging them to share their experiences. Interaction with a psychiatric nurse who has good communication skills, empathy and compassion, can be a very healing experience.

The reality of coping with socially unacceptable symptoms of severe mental distress needs to be presented in a broader way. For example where the discussion about why people have these symptoms? More and more research is showing the roles of victimization, poverty and major life stresses in causing mental illnesses.

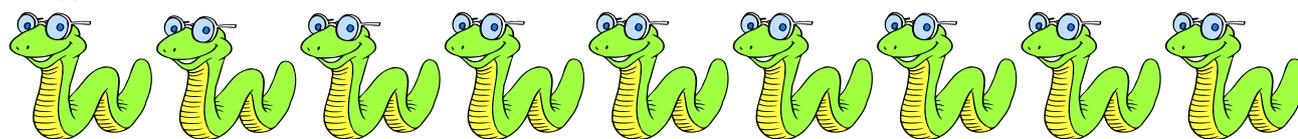
Where was the discussion about self-management techniques for dealing with mental illness, or the value of quality psychotherapy for healing? Where were the psychiatric consumers who have recovered completely and where was the information on how they did this? Where were the consumers being invited to give informed consent to their treatment, or taking part as valued members of decision-making teams within mental health services, as is now happening?

This documentary's narrow presentation of psychiatric illness and treatment is responsible. It can only prevent people with emotional difficulties from exploring the issues and getting help.

p.s. *Have things changed much since then?*

A big **THANK YOU** to those of you who have returned long lost books.

Please feel free to come in and browse in our library, we have several new books which may be of interest covering depression, history of Dunedin, women's health just to name a few.



Good news

FREE AND UNDER \$5 RECREATION BOOK

You will be delighted to know, we now have in our possession, umpteen copies of the updated version in our possession. Just give us a call on 4772-598 if you would like a copy sent to you or call in to see us on the 3rd Floor of the Queen's building for your copy/copies from one of our friendly team. Thanks to the DCC for funding this.

Some thoughts for the day –

1. Life is not measured by the number of breaths we take, but by the moments that take our breath away.
3. Always tell someone how you feel about them; you will feel much better when they know and you will both be happy.....
3. Even when you make the biggest mistake ever, something good can still come from it.

You are all Welcome to call into our rooms on Wednesday, 12th October between 12 noon and 3.00p.m. Come and see what we have to offer, meet the staff and enjoy some drinks and nibbles.



Know your city? There is a brass plaque on a stone wall in the central city area which reads –

*There is a lady sweet and kind
was never face more pleased my mind
I did but see her passing by
Yet will I love her till I die*

Written by an unknown author. The plaque was funded by John Roger Davis

In which street will you find this plaque?