

OTAGO

MANIC

DEPRESSIVE

**DECEMBER/JANUARY
NEWSLETTER**

SUPPORT TRUST.

Julia's News

Our Tuesday Advisory Group has been meeting weekly. People from this group are active in attending outside meetings.

Sarah, Georgina & myself talked to a Children's and Young Persons Service meeting on 17th November. I have wanted to do this for eight years. I hope we can make it an annual educative event.

Our B.B.Q's at Waitati and Mosgiel were fun and relaxing. A group of us enjoyed a swim in the Mosgiel pool.

I have seen several new people this month, three new men and three women. Partly on the strength of this I am organizing the next self - help education group for April next year. Ed Group (Evenings) for April 1998 will be on Wednesday 7 - 8.30 at Quakers Hall 17 Parks Street North Dunedin. 1st, 8th, 15th, 22nd and 29th.

Phone Cluster

Numbers are decreasing for our social events so Don and I thought to establish Phone circles to remind people of social events throughout the year.

I have asked people I have seen recently and all have been willing to ring three people. Because of the Privacy Act if you want to be rung for reminders you must ring us. Phone 477-2598. If you would be willing to ring 3 people ring us.

We would use this for social events such as the Mid Winter Party, Pub Lunches, B.B.Qs. Mens and Womens Groups etc. The Women's Group has been using this system for the past year and people get to know each other better.

Don will ring people over the holiday period.

Julia will be away till the week of 19th January.

Women's group have decided to keep meeting and will have met at Tricia's in Woodhaugh on Wed 10th December.

Don's Report

I have lasted in this job for 12 months now (December 2) and it really has been a learning curve. The time has allowed me to learn a lot about Manic Depression, a lot about people who have the illness and a lot about myself as well for which I thank you.

I thank those folk who have shared a little of their lives and of themselves with me. I consider it an honour and a privilege to have been allowed to share such experiences. During the past 2 months work has been hectic. However there have been some wonderful outcomes for people which is a real bonus.

I take this opportunity to wish the Trust and everyone who receives a copy of this newsletter a very Merry Xmas and a prosperous New Year.

Activities

For some time now I have tried to get a walking group going without success. From January the Trust will offer the following weekly/fortnightly activities.

Tuesday

Commencing January 20th. Cards (500) at 1pm - 3pm
Draughts and Chess boards will also be available
Tea, coffee and biscuits provided.

Wednesday

Commencing January 21st. Walking group leaves Trust office at 12.30.- bring your lunch. Fortnightly thereafter.

Retreat

27th, 28th Feb and 1st March.

Last year we went to the Catlins. The venue hasn't been finalised yet however if you are interested please let Julia or Don know as soon as possible. Details next newsletter

Chairmans Report 1997 A.G.M.

The Board of Trustees

During the year the Board was joined by Graham Johnstone and Chris Riley and we welcomed back Prof. Sarah Romans from a year overseas.

The decision of our fieldworker, Steve Duffy, to move to Australia was a major upset for the Trust, but his successor, Don Hillier, has thrown himself into the job with enthusiasm and has worked very effectively. He began full time work with the Trust in December.

Premises In November the Trust shifted its office to 115 Lower Stuart Street. The new premises are larger than the previous ones, more sunny and more suited to the work of the Trust. The result has been that more people have made use of our rooms and our library which has improved communication.

Trust Activities Womens and mens group have been held as well as monthly pub lunches which are always popular.

Julia and Don have given talks on aspects of manic depression to the Mental Health Teams, to student nurses and hospital and University staff, and appeared with Pam Warren of Dunedin Council Social Services on her monthly radio hour on Hills F.M. Radio.

Education Groups Two education sessions, each of five meetings, were held. These were well attended by both clients and carers. The sessions were addressed by our fieldworkers and by others involved in mental health, and allowed for sharing of experiences by those attending.

Newsletter The newsletter went out to 250 people bi-monthly, containing news of all Trust activities, as well as any relevant reading material that came to hand.

Retreat In May a very successful weekend retreat was held at Papatowai. Fourteen people attended.

Oamaru Visits Julia and Don have made visits to Oamaru where there is interest in forming a manic depression support group.

Early Intervention During the year Don suggested the setting up of an early intervention system, whereby a person newly diagnosed as manic-depressive is given the support of someone who has been through a similar experience and learned to cope. The Board approved of the idea but considered our two fieldworkers are fully

occupied with the present programme and that the proper functioning of such an early intervention system would require extra staff. We have sent fully documented material to S.R.H.A. requesting additional funds to allow us to employ an additional fieldworker.

Fieldworker Education Julia has done several courses in Neuro Linguistic Programming and is now a Practitioner in that training programme.

She attended a conference of the Australian Mental Health Services along with some 100 mental health workers and consumer representatives. A consumers day was held and the theme of the conference was the need for greater consumer voice in the mental health field in Australia and New Zealand.

Don undertook a course in Social Work at the Otago Polytechnic. He will complete two-thirds of the subjects for the Certificate in Social Work this year.

National Organisation In October 1996, a group of 30 people who have been in the psychiatric system for episodes of manic depressive disorder met in Wellington. A group of six Trustees was elected who now meet on a conference phone call twice a month. The role of the proposed National Trust is to be a link between existing support groups throughout the country and to encourage the formation of new groups. Michael Wiltshire in Wanganui circulates a quarterly newsletter to which the Trustees contribute.

Funding We are funded by the T.H.A. for the salary of one fieldworker, and rely on the Lotteries Commission for the second worker's salary. For all other administration and operating costs, we rely on the work of one fieldworker in applying for funds from charitable trusts. This work takes up a considerable amount of time which, if the Trust was fully funded by T.H.A., would be better spent supporting our clients, thereby reducing the time they spend in hospitals.

We thank the following trusts that have granted us funds during the year:

NZ Lotteries Board

J.R. McKenzie Trust

Sargood Trust

Dunedin City Council

Community Trust Otago

Johnston Charitable Trust

Otago University Students Association

As you will gather from the list of activities, the Trust can look back on a year of providing effective support for people in Otago with manic depressive disorder. We have dealt with a change of fieldworker, shifted to new premises, organised and carried

out a full programme of group meetings, provided education for clients and education of the public in the nature of the manic depressive disorder.

Julia and Don have put their very best into all the Trust's activities and into caring to the people they have helped. The Trustees are grateful to them for the efficiency and devotion they have shown in everything they have done.

The Board of Trustees has worked well and co-operatively and it has been a pleasure to be their chairman.

A.R. Black

Chairman

DIARY

DECEMBER

JANUARY

FEBRUARY _____

PUB LUNCH

**Southern Tavern
Noon Tuesday 23rd**

**Southern Tavern
Noon Tuesday 20th**

**Southern Tavern
Noon Tuesday 17th**

Excellent Lunch

Sole & Chips \$5.95, Sausages & Chips & \$4.95 Mixed Grill \$5.95

Woman's Group

To be advised

Men's Group

**Bar B. Q.
Woodhaugh Gardens
Thursday 18th
5.30 pm**

Men's Group

**C.C.S. Rooms
Wednesday 21st
7.15 pm**

Men's Group

**C.C.S. Rooms
Wednesday 18th
7.15 pm**

TRUST BOARD MEETING

**Office - Lower Stuart
Street
Monday 15th Noon**

**Office - Lower Stuart
Street
Monday 26th Noon**

**Office - Lower Stuart
Street
Monday 23rd Noon**

