

Otago Manic Depressive Support  
Trust Newsletter  
October/November 2001

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Newsletter Date:  
1 October 2001  
2001 2001

Inside this issue:

JULIA,  
MERVYN MC FADYEN,  
SHARON WHYTE AND  
AUNT LISETTE AT THE  
GRADUATION OF THE  
POLYTECH'S HEALTH  
AND WELL  
BEING COURSE  
RECENTLY

FRIDAY 12 OCTOBER 2001

October 8-12th is Mental Health

Awareness week and as in the past we are looking for volunteers for collection points around the city. Even an hour of your time would be greatly appreciated. Please phone the office and put your name down. See inside for further details of activities during Mental Health Awareness Week.

week



# SOCIAL DIARY

## October/ November

### WOMEN'S GROUP:

Wed 17th October 1pm at the office then to 239 I  
Oxford St sth Dunedin

Wed 14th November 1pm office then Doctors Point for  
a walk.

### MEN'S GROUP:

Friday 19th October, Friday 9th November 11am  
Trust Rooms

### PUB LUNCH:

Tuesday 23rd October and 20th November  
12 noon Waterloo Tavern. Great food from \$5.95

### SWIMMING:

Thursdays 1pm meet in the pool (Moana) Spa available for non swimmers.

### TRUST BOARD MEETING:

30th October and 27th November.

### Philosophy Group-

8 October & November 5th , 19th

Recently this group has viewed a video on the power of myth, discussed Joseph Campbell on friendship, the art of loving, Sufism and more. Love to have more people to this so come or phone first for a lift or more information. 30 Henry St 1pm.

### RADIO SHOW "IN THE MOOD"

October 11 and November 8th 3pm 1575 AM

### Karaoke

Friday 23rd November 7.30pm at Shooters Tavern, Princes St.

Richard's Bit;

Hi folks,

This is a busy team and I have been on a steep learning curve! . I've finally established that the Fitness Group will be up and running (pun intended) on Monday Mornings, Edgar sports centre, 11am, initially consisting of table tennis for fast, medium and slow batters. I've had more than enough meetings and seminars for a while, so IF YOU'D LIKE A VISIT FROM ME PLEASE CALL. My half time job was mostly created to increase visits to clients. TAKE ADVANTAGE OF IT.

From Julia:

RETREAT, MOERAKI  
29-31 OCTOBER.

Our next trip away is coming up. We are off to Moeraki and will look at the area leaving Dunedin with a van on Monday 11am and returning on Wednesday. If you would like to be on this trip at no cost please ring and put your name down asap. Also , as part of Mental Health week we have a display outside the Library in the display case from 1-15th October. Please contribute ideas , materials, art etc if you wish. See you at the new rooms soon.

# NEWS FROM THE OFFICE

## New Premises

We will be shifting to new rooms from around the 1st of November.

You will find us at :  
3RD FLOOR, CAPITOL BUILDING, 67 PRINCES ST.

Opposite the Savoy.  
Same phone numbers  
So for groups etc check first which building and if you want to help with the shift give us a call.

DO COME AND SEE THE NEW PLACE.

Mon-Thurs 10-2

SIGNPOST IS ALSO COMING

We get the ODT every day and you are welcome to come and read it, have a hot drink etc.

Mental Health Awareness Week  
October 8th –12th