

Te Whare Mahana Trust

## Creative Space Group



Wednesdays 12.30pm to 2.30pm at the Anglican Church Hall

We meet every Wednesday except during the school holidays!  
Ph EVS  
5257647 or 027 5615178

Te Whare Mahana Trust



Come Play, Come Sing, Come Dance, Come Learn, Come Teach

## Music Group

Tuesdays

2pm to 3pm at the Farside

GB Workcentre behind Helping Hands

An opportunity to get together and make music, bring your instruments, bring your voice, bring your body, most of all bring your fun. Lets see what we can create. All levels and all ideas welcome.



Golden Bay Peer Support for Mental Wellbeing

Find us on

## WOMEN'S EDUCATION PROGRAMME

Starts Fri 20 Oct and runs for 9 weeks

- Learn to identify the types of abusive power
- Essential info enabling women to explore their choices
- Examine the causes of violence against women

Phone Community Workers 5259728

## Community Mental Health Service

34 Motupipi Street, Takaka

Ph: 03 525 7647

Office Hours Mon - Fri 9am - 5pm  
cmh@twm.org.nz

For Psychiatric Emergencies contact

CMH Crisis Service

24 hours 7 days per week

Ph. (03) 525 7647

## Useful Phone Numbers

Golden Bay Community Health (Medical Centre) -525 0060  
Golden Bay Hospital- 525 0100  
Wrinklies Express -525 9775  
Age Concern - 03 544 7624  
Budget Advice—525 9728  
Life line—0800 111 777  
Youth line - 0800 376633  
Depression Helpline - 0800 111 757  
Alcohol & Drug Helpline - 0800 787 797

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Community Mental Health

# NEWS



The Mental Health Foundation runs Mental Health Awareness Week every year.

MHAW is always held during the week of World Mental Health Day (10 October).

MHAW is endorsed by the World Federation for Mental Health and marked in over 150 countries at different times of the year. The Mental Health Foundation has organised MHAW in New Zealand since 1993.

This year the theme is: **Nature is Key**. Last year, we connected with nature for good mental health and wellbeing and we were blown away by the support and enthusiasm for the theme. So we're doubling down again this year and looking to nature to grow, support and nurture our mental health and wellbeing.

**Why nature?** Because it's great for everyone! We're encouraging Kiwis from all walks of life to stop thinking

of nature as something locked away in national parks and forests but as the daisies in the berm, the tree outside the window and the vast, beautiful sky above. Spending time with nature:

- Makes us feel happier and more optimistic
- Restores us when we're feeling run-down
- Reduces stress
- Improves life satisfaction
- And much more!

Like getting our 5+ a day, we all instinctively know we should be spending more time in the wild but it can feel too hard to cram into our already hectic schedules. This MHAW, we want to show you just how easy it can be to unlock your wellbeing and spend time with the nature you live, play and work amongst every day.

<http://www.mhaw.nz>



## Spring 2017

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## A Spring recipe: Pea, mint & spring onion soup with Parmesan biscuits



### Ingredients

1 tbsp olive oil  
 knob of butter  
 ½ bunch spring onion, sliced, plus a few extra to serve  
 1 potato, cut into small dice  
 1l hot vegetable stock or water  
 900g fresh (or frozen) peas  
 ½ small bunch mint, leaves picked, plus a few extra to serve  
 Optional Parmesan crisps:  
 85g parmesan (or vegetarian alternative), very finely grated

### Method

Heat the olive oil and butter in a heavy based pan. When foaming, add the spring onions and potato.

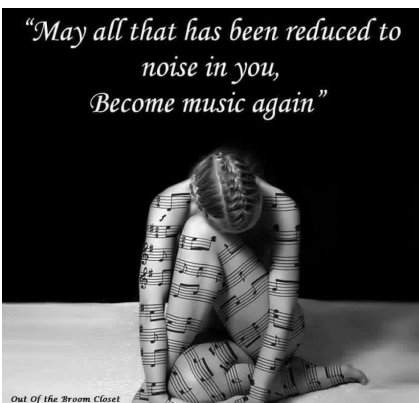
Gently fry without colouring for about 5

mins. Stir in the water or stock, bring to the boil and simmer for 10 mins or until the potato is tender.

Stir in the peas, bring to the boil again, then cook for about 3 mins until they are just done. Remove the pan from the heat, add the mint leaves and whizz in a blender or food processor until smooth.

To make the Parmesan biscuits, heat the grill to high. Line a baking sheet with baking parchment and divide the grated Parmesan into 6 long strips. Grill for 1 min or until the cheese has melted and is lightly golden. While still warm and a bit flexible, release the biscuits from the baking parchment with a palette or cutlery knife, then cool until firm.

*(Note: You can substitute watercress for the peas)*



### Last year the Mental Health Foundation received thousands of stunning entries for the Photo-a-day Challenge.

The Photo-a-day Challenge was so popular last year they are doing it again this year. It will run for 15 days from 1–15 October! Head out into nature, look at it with fresh eyes and show them what you see. How does it work?

Register for the Photo-a-day Challenge <https://www.surveymonkey.com/r/SJCNKHB> or follow the links from the MHF site [www.mhaw.nz/photo-competition](http://www.mhaw.nz/photo-competition) Like or follow The Mental Health Foundation’s Facebook, Instagram and/ or Twitter pages.

1. Snap and share a photo based on the daily theme, upload it to your Facebook, Instagram or Twitter account (**make sure your post is "public" or the MHF team won't be able to see it**) with the hashtag #MHAWNZ. On Facebook, please tag us

@MentalHealthFoundationNZ for your post to be seen.

2. Win Prizes. A winner will be picked each day by MHF staff, through a staff majority vote. The winning photo will be posted the following day on the Instagram account @MHFNZ. Winners will be contacted through social media and receive their prize of a Mr Vintage MHAW tote bag the end of the event.

**BONUS: People’s Choice grand prize winner!** At the end of the 15 days, Nikon ambassador Esther Bunning will pick her top five photos from the 15 winning daily photos (plus a wildcard). A poll with six photos will be created on Wednesday, 18 October (through email and social media) for the public to pick their favourite photo and the winner will receive a Nikon camera worth \$1,299! Post a picture each day using the prompts (above). Each day one lucky person will win a prize! #MHAWNZ @MHFNZ @MentalHealthFoundationNZ .