

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!

Te Whare Mahana Trust

Ukulele Group

Come along and have some fun!

Tuesdays
1pm to 2pm at the 'Farside', GB Workcentre behind Helping Hands
Bring your own instrument if you have one, if not - come along anyway!

For more info please contact EVS
 Ph. 525 7110 or 027 243 5895

WOMEN'S EDUCATION PROGRAMME

The aim of this programme is to:

- Assist in identifying the different types of abusive power that used in everyday relationships and how this affects women in their everyday lives.
- Provide essential information that enables women to explore the choices they have.
- Examine the causes of violence against women and what they can do about it.

All women are welcome to attend...
 This course is provided by the Golden Bay Community Workers. It is FREE. It is not appropriate for children to attend the programme, however childcare assistance will be given if necessary. We can also help with transport costs. Contact Premal or Ruth 525 9728.
 Sessions will be on Mondays 9.30 – 12.30



Golden Bay Peer Support for Mental Wellbeing

Find us on 

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 the
CMH Crisis Service
24 hours 7 days per week
Ph. (03) 525 7647

MEN'S GROUP

Supported by Safe Families Golden Bay

Drop-in group for all men

Tuesdays 5.15 @ Anglican Church Hall
 (Behind the Anglican Church in Town)
 Facilitated by Simon Jones

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



A neuroscience researcher reveals 4 rituals that will make you happier

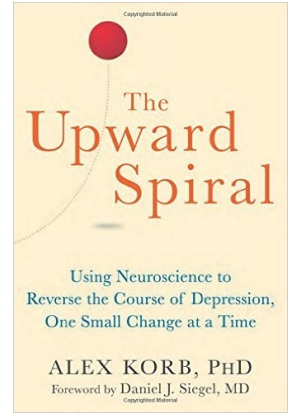
1. The most important question to ask when you feel down:
Sometimes it doesn't feel like your brain wants you to be happy. You may feel guilty or shameful. Why?

Despite their differences, pride, shame, and guilt all activate similar neural circuits, including the dorsomedial prefrontal cortex, amygdala, insula, and the nucleus accumbens. Interestingly, pride is the most powerful of these emotions at triggering activity in these regions — except in the nucleus accumbens, where guilt and shame win out. This explains why it can be so appealing to heap guilt and shame on ourselves — they're activating the brain's reward centre.

But guilt, shame, and worry are horrible, long-term solutions. So what do neuroscientists say you should do? Ask yourself this question:

What am I grateful for?
 The benefits of gratitude start with the dopamine system, because feeling grateful activates the brain stem region that produces dopamine. Additionally, gratitude toward others increases activity in social dopamine circuits, which makes social interactions more enjoyable ...

One powerful effect of gratitude is that it can boost serotonin. Trying to think of things you are grateful for forces you to focus on the positive aspects of your life. This simple act increases serotonin production in the anterior cingulate cortex. It's not finding gratitude that matters most; it's remembering to look in the first place. Remembering to be grateful is a form of emotional intelligence. One study found that it actually affected neuron density in both the ventromedial and lateral prefrontal cortex. These density changes suggest that as emotional intelligence increases, the neurons in these areas become more efficient. With higher emotional intelligence, it simply takes less effort to be grateful.



Excerpt from "The Upward Spiral", to be continued...

AUTUMN

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RECIPES

GOLDEN MILK (for sleep)

- 2 c milk of choice
- 1 tsp turmeric
- 1/4 tsp cinnamon
- 1tsp raw honey or maple syrup (honey is better)
- Pinch of black pepper

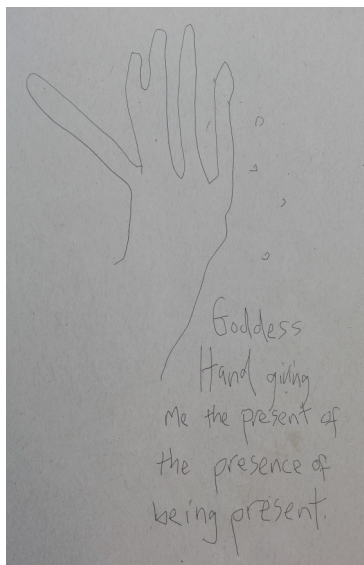


Blend all ingredients in a blender until smooth. Pour into a saucepan and heat. Drink, savouring each sip.

From the New Directions Homestay cookbook, Sunshine Appleby 19-11-16

If your compassion does not include yourself, it is incomplete

Jack Kornfield



Sunshine



Jana's Lemonade



Dissolve 4 tablespoons white sugar in 1 litre of water and add 5 tablespoons of lemon juice. Stir, pour over ice and enjoy!

Celebrating a Life of Service.

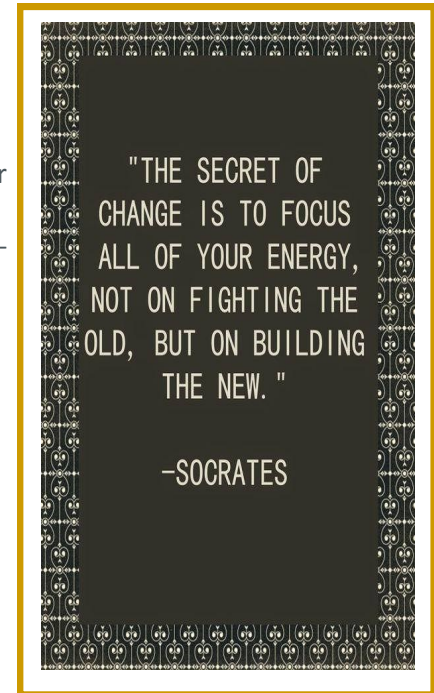
Lesley Were has announced her retirement from her case manager role at the Community Mental Health Service. Lesley has been nursing for 47 years.

Lesley commenced her training as a Registered Psychopaedic Nurse at Kimberly Hospital in Levin. She later gained her Registered Comprehensive Nurse qualification from Wellington Polytechnic. Lesley commenced nursing here in the bay in 2015, providing case management and crisis intervention services. Lesley has willingly offered her expertise and compassion to the team and to her clients. Her professional approach is epitomised by her continual up-skilling to contemporary nursing practice and her commitment to patient rights and quality care. Her years as an organiser with the NZ Nurses Organisation demonstrate her capacity to stand-up and do the right thing on behalf of her colleagues.

Lesley notes the vast changes she has seen in her career, in

particular the complete change from care within institutions to care based in communities. She also welcomes the shift to client centered care and health care services. "It is a privilege for me to finish my career in such a wonderful place" she said.

Lesley will continue to provide some on-call and casual nursing but she will be missed by her team. We wish her well for her new chapter.



You have the power to embrace a perspective that feels better.

Scott Noelle