

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**

## 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**

## Te Whare Mahana Trust Music Group



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

**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.**

For more information contact Ange 0212089968



**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**



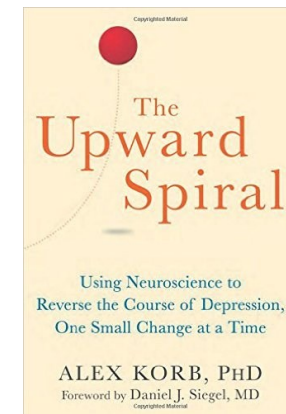
# A neuroscience researcher reveals 4 rituals that will make you happier continued....

## 2. Label Negative Feelings

In one fMRI study, appropriately titled "Putting Feelings into Words" participants viewed pictures of people with emotional facial expressions. Predictably, each participant's amygdala activated to the emotions in the picture. But when they were asked to name the emotion, the ventrolateral prefrontal cortex activated and reduced the emotional amygdala reactivity. In other words, consciously recognizing the emotions reduced their impact.

Gross found that people who tried to suppress a negative emotional experience failed to do so. While they thought they looked fine outwardly, inwardly their limbic system was just as aroused as without suppression, and in some cases, even more aroused. Kevin Ochsner, at Columbia, repeated these findings using an fMRI. Trying not to feel something doesn't work, and in some cases even backfires.

To reduce arousal, you need to use just a few words to describe an emotion, and ideally use symbolic language, which means using indirect metaphors, metrics, and simplifications of your experience. This requires you to activate your prefrontal cortex, which reduces the arousal in the limbic system. Here's the bottom line: describe an emotion in just a word or two, and it helps reduce the emotion.



**WINTER 2017**

## Inside

- The Upward Spiral 1
- Recipes 2
- New faces 3
- Up and coming events 4

## Spanakoprasopita

(Greek silverbeet and leek pie)

Silverbeet and leeks are in season right now so here's a cheap and yummy winter recipe. Double the leeks and take out the silverbeet and its called a Prasopita

### Easy Greek Homemade Traditional Phyllo

#### Ingredients

2 cups flour  
¼ teaspoon salt  
1 tablespoon vinegar  
1/3 cup olive oil  
½ cup warm water

#### Instructions

In a bowl add the flour and add the salt and mix. Make a hole in the middle and add the olive oil and vinegar. Mix the dough with a wooden spoon, until the liquids have been absorbed. It will be dry and crumbly. Add some warm water and knead with your hands, add enough so that the dough is soft but not sticky. Knead until smooth. Separate the dough in two pieces and roll into balls. Let it sit for 30 minutes. (while this is sitting make the filling) On a well floured surface, roll out the two balls in large circles so that they are large enough to cover the base of the pan and hang over the sides.



#### FILLING

#### Ingredients

2 cups sliced leeks  
4 cups chopped silverbeet  
¼ cup olive oil + some for brushing the dough  
120 g feta crumbled  
1 cup grated cheese  
2 eggs

#### Instructions

1. Preheat the oven to 180
  2. In a large pan, heat the olive oil and add the chopped leeks and silverbeet stirring until wilted. Make sure there are no liquids left.
  3. Take off the heat. Add feta and cheese, and mix.
  4. Beat the eggs and add them to the veg mixture and stir.
  5. Brush a round 10 inch pan with olive oil. Place your first phyllo on the base of the pan making sure it hangs over the pan. Brush with olive oil.
  6. Spread the veg mixture over the phyllo evenly.
  7. Cover with second phyllo and join both phyllo sheets together twisting round the pan so it forms a border.
  8. Brush the top phyllo with olive oil and score the pie where you will cut the pieces (do not cut all the way through).
  9. Bake for about an hour until crust is golden. Let it cool and cut in pieces.
- GLUTEN FREE** use gluten free Phyllo or leave out the pastry, add another egg and make it into a slice.



## NEW FACES

### Andy O'leary, Manager Employment and Vocational Service, Support Worker

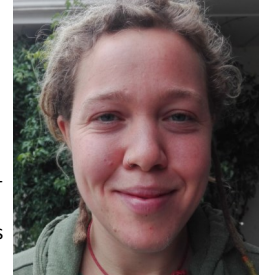


Kia Ora

I feel privileged to join the team at CMH as the Employment and Vocational services Coordinator. I am originally from the UK and have been living in the Golden Bay area for a year. I first came to New Zealand in 2010 and I have previous experience of working in Mental Health Services both in New Zealand and in the United Kingdom. I have previously worked within Forensic Services in the North Island and have been fortunate to be able to support service users/tangata whai roa with their vocational aspirations. I am passionate about supporting people to reach their maximum potential and work in a partnership with them to identify their strengths and goals. In my spare time I am a keen trumper and enjoy exploring new trails in the Kahurangi National Park. One of my own greatest achievements was being able to complete the Te Araroa Trail in 2012 and seeing the beauty of this country with just a pack on my back. I look forward to meeting some of you in the future.  
Arohanui, Andy

### Holly Bracknall, Peer Support Worker and Youth Support Worker

Kia Ora



I am very happy to have recently joined the team at Te Whare Mahana. I have been working for 2 months as Peer Support Worker and have recently taken on the role as Youth Support Worker.

I am from originally from the UK but have been in New Zealand for one and a half years. I am passionate about the outdoors and originally came to Golden Bay for the rock climbing of Paynes Ford and Pohara. I fell in love with the wilderness and beauty of the landscape, and spend as much time as I can in the Kahurangi, climbing, biking and tramping. The Dragons Teeth captivated a small part of my soul and I carry with me in mine a small part of theirs.

I am a qualified Outdoor Instructor. I have a large amount of experience working in the Outdoors with Adults and Children often with behavioural problems. It is my belief that through positive experiences in the outdoors we learn our place in the world, a sense of purpose and responsibility not only for ourselves but for those around us too. The Maori believe that our emotional, intellectual and spiritual selves are born daily from the land, that thought itself comes from here. If we break that connection to the land we also break the connection to ourselves. It is time to support people to reconnect with the land and therefore themselves.

I began Support work originally as a volunteer whilst at University working with children with Autistic Spectrum Disorders (ASD). From here I began a career in Support work, working for four years as a Support worker in the UK.

I have a huge passion and energy for life. I try to share and show this to everyone I meet.

"He Waka eke Noa", Holly