

# Whaiora Newsletter

JUNE 2017

**EMERGE**  
*Aotearoa*



*Realising potential ■ Tautokohia te mana tangata*



Kia ora whānau

Welcome to the June issue of our Emerge Aotearoa newsletter for whāiora/people using services. As always, this newsletter is produced by you and for you. As whāiora, you and your whānau are at the heart of all that we do, so I hope you enjoy reading this issue as much as I have. As the Chief Executive of Emerge Aotearoa I am honoured to be able to work with everyone within our organisation to promote health and wellbeing for all. We are working at all levels to give greater strength to People's voices and we appreciate the contribution made by both staff with lived experience and tangata who access our services. I would like to thank everyone who has contributed to this newsletter, and wish you all well over the coming winter months.

Ngā mihi. Barbara Disley, Chief Executive.

## A WINTER WELCOME

*By the people, for the people*

Kia ora and welcome to the winter Whaiora Newsletter - a Newsletter written with articles and images by the people who use Emerge Aotearoa services for people who use Emerge Aotearoa services. We hope that you will enjoy the articles and we welcome your feedback or input into the next newsletter.

By now you will have received your 'Service User Experience' survey from your support worker. Please take the time to fill it in and pop it in the envelope to post it back. Your feedback is what we want so that we can improve the services delivered to you and we will know what we are doing that is OK or great!

We hope that you will be keeping warm and dry over the winter but if not, please let a staff member know as we may be able to assist. Keeping in touch with friends, family, neighbours and whānau can be beneficial for everyone especially during the winter months. Working, doing voluntary work or study helps with a sense of meaning and purpose, it can keep us connected and engaged with life.

Thank-you to all of the people who feature in this newsletter we think you are awesome.

Claire Moore, Service User Lead.

If you would like to provide feedback or ask a questions please contact the Service User Leads:

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Or Claire Moore:  
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or cell 027 294 8901.



## MAKERE WOODS

*Courageous, kind, funny and still focused on her recovery*



Makere started hearing voices when she was just 12 yrs old. She was put into Starship hospital for what she thought was going to be a few days but what turned out to be almost 4 years. This amazing recovery story is about how Makere survived through a life time of institutions to be here today living at the Emerge Aotearoa, Ara Takahanga service in West Auckland. Ever since she was 12yrs old Makere has been living in mental health services with a brief break of 6 months living in a flat.

Makere's hobby is op-shopping with her friends and flat mate. She loves to go out to lunch and coffee and has a best friend Kyla that she stays with once every few weeks. When she visits Kyla they go to the movies and go shopping – just generally having fun and enjoying each others company. Makere has recently cut back her smoking to 3-5 cigarettes per week – and is benefitting from the extra money this has given her. Makere's other goals are to come off meds, come off the mental health act and live independently. If you know Makere then you will know that these things are possible. Her future plans are to combine her love for children with her love for Te Reo and work in a Kohanga Reo.

Makere is a member of the Emerge Aotearoa Expert forum and she 'loves everything about it.' She enjoys meeting with everyone to provide feedback and advice to staff and management about how to improve the services. Thank you Makere for sharing your story and all the best for your exciting future.

*Makere is a member of the Emerge Aotearoa Expert forum and she 'loves everything about it.'*



# Key We Way

Our Peer Service at Key We Way Crisis Respite is on the tranquil Kapiti Coast, 40 mins north of Wellington. We feel so fortunate to live in this area and work at this site within 5 mins walking distance to the Raumati Beach with oodles of cafés.

Key We Way is a large 4 bed peer led respite that supports clients who are referred by their Clinical Teams from Capital & Coast DHB.

We have a really strong team that respects and really enjoys working together. Our small team is quite self sufficient and naturally appreciate each other for the support which we give to each other without hesitation. Each and every staff member brings a strong team work ethic and it strengthens us together.

People who come to Key We Way are supported throughout their stay and it is about allowing them to rest and take some time out, we encourage them to go for walks and when they feel comfortable enough to maybe share what is going on for them. Staff are always available to talk to or to just listen without any judgement. Laughter is really good medicine at our site and many times a day we will be overheard engaging with the people staying with us by sharing stories about our own lived experience; which is sometimes what will help them at that time and we think keeping it light is good for the mind and soul.

At Key We Way we pride ourselves on the meals we offer, they are always homecooked, balanced and varied. We do encourage healthy eating, we feel fortunate to be able to provide this. We also try and encourage healthy sleep patterns as we all know these things are big contributors to a balanced, healthy, happy life.

Most of all, we are proud to be one of the few peer run residences in the country. We were established under the belief that we would have something valuable to offer the people who come and stay here, and we believe that we do.



# ROBYN'S VOICE

*Robyn Mahima – reflective, kind, thoughtful and compassionate.*



Robyn is originally from England and she arrived in Wellington via Australia many years ago now. She had a traumatic brain injury many years ago spending 5 weeks in a coma and as a result of this she still struggles and needs support today. In saying this Robyn strives to be independent especially when it comes to doing the garden – her main passion in life. Robyn has personally benefitted from Māori traditional healing provided from the Māori side of the family who are still in contact and are supportive today.

A turning point in Robyn's recovery was when she started to think about other people's needs and not just her own, leading to her now having a keen interest in advocacy and mental health. She has had time to reflect on the people that she sees walking the streets with mental health and addiction issues, and she feels concerned that their needs are not being met. She would like to see the return of drop-ins for people to go where there is a friendly face and some hot soup for people who may not always be able to look after themselves.

Robyn would like to see Peer Support available for older people – for someone to walk alongside them and support them on their journey through mental health services. She also sees young people coming into mental health services as needing to have some kind of guidance about negotiating the services - someone to give them the message that they can and should expect a full recovery regardless of any diagnosis they are given.

Robyn is a member of the Expert Forum here at Emerge Aotearoa. She provides valuable feedback and advice at meetings about issues for people who are not in a position to be able to speak for themselves.

Thank you Robyn for sharing your story and a special hello to your cats Shirley and Aida.

*A turning point in Robyn's recovery was when she started to think about other people's needs and not just her own.*



# INTRODUCING PEER SUPPORT

*Michelle Dawes - Learning Advisor,  
Emerge Aotearoa.*

I hope that, if not already, you become as passionate about peer support as I have become. I was first introduced to peer support after a moment where I had met a very sweet but slightly unkempt older lady who was attending an acute day service along with me. After a few days she asked me "how come you always look so well groomed?" I told her that it was army training, my father (a NZ Army major) always said "if you feel bad, get up and shower, brush your hair and clean your teeth and dress for work, if you still feel bad go back to bed, if you don't, then get on with it." So I do this and it works quite a lot. The next day the sweet old lady came showered and nicely dressed along with a big smile. She told me and the staff there how great she felt and thanked me for telling her this story. The nurse said "but we've been telling you this for ages," and the sweet old lady replied, "yeah but Michelle, she gets it and it works for her."

This "getting it" happenstance woke something in me, I needed to find out what this was. I searched the internet and found this thing called Peer Support. After reading a booklet on WRAP planning by Mary Ellen Copeland and other Peer readings, I was inspired. I soon realised this was what I was going to do. So I volunteered at a day centre on Mondays making sandwiches and then also with a peer service taking people on outings around Wellington on Sundays. I was feeling better, the meds must be kicking in I thought. Ok great I'll go back to work in fraud investigations (my then trade), and the thought darkened my mood immediately. I realised it wasn't the meds kicking in (although I'm sure they helped), I had found a light in the dark and I couldn't go back. I wanted to grow, learn and walk my journey of recovery from distress alongside people who understood at least this part of me. So that was it, I was hooked.

Peer support occurs when people share wisdoms gained from experience, emotional, social or practical help to each other. The relationship is one of equality where both people have ownership, responsibility and shared learnings within the relationship. This happens when a peer is able to offer support of relevant experience where he or she has "been there, done that" in similar ways and learnt recovery tools to share. Peer support is key in the recovery approach in consumer programs and challenges the associated stigma and discrimination. The Peer world is growing and has proven to be effective not only in mental health and addictions support but also in housing, corrections, cultural practice, veterans, chronic illness, disabilities, LGBTIQ+, education, trauma informed care and many more aspects of holistic health and daily living. So get involved where you can.

Michelle Dawes,

Learning Advisor, Emerge Aotearoa.



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always said "if you feel bad,  
get up and shower, brush  
your hair and clean your teeth  
and dress for work, if you still  
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## CREATIVE PERSUITS



*Sarah attended the Christchurch Armageddon Expo on 11th March 2017. She wore her self made Time Lord costume from the series "Doctor Who." She made use of community resources to make it happen – Step Ahead Trust and Otautahi Creative Spaces. Sarah is currently enrolled in sewing class at Hagley Community College to learn how to make patterns for costumes. She would like to make more costumes in the future such as Reese from Zoids and Ilpalazzo from Excel Saga.*



*Here is a photo taken by Ra Tama Harvey-Smith who is a very accomplished photographer. Ra Tama prefers the subject of nature for his portfolio.*

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