

# Kapiti Choices Newsletter

## February 2009

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### Update from our Coordinator

A belated Happy New Year to all members, past and present, supporters, volunteers and committee members.

During December 08 the AGM was held followed by the Christmas Party. It was refreshing to see a great turnout by many people and I would like to firstly Thank the outgoing committee for all your sterling work and to welcome the new committee members, to which, I think will prove to be a successful and exciting phase in the development and promotion of Kapiti Choices. Both Toni and myself are busy building relationships with local services, GP's and other agencies to enable Kapiti Choices to provide the best information, Advocacy and support for our membership.

We are holding an exciting half day session on 12th February in Self Confidence. (see article in this newsletter with detail—Page 4) . All members are welcome to attend. Phone the office to put your name down. (Numbers are limited)

Prior to Christmas Kapiti Choices organised its first trip in quite some time to visit Te Papa (See Page 5 for details on our trip). We are hoping to organise further trips during the course of 2009 so if you have any suggestions on where you would like to go please put your ideas down on the notice board.

Toni and I are both keen for all members new and old to use our great facilities and services. So if you have not been at Choices for a while please pop in and say Hi. We are here to help and support our membership.

Stay well

Lee ☺

### Quote

Happiness is nothing more than good health and a bad memory

**ALBERT SCHWEITZER**

*We provide information, advocacy and support, by mental health consumers, for mental health*



## ***Recipes of the month!***

Old Favourite for this month—**SHORTBREAD**

Serving Size 10

Ingredients :

300g Butter, softened

1 Cup Icing Sugar

3 Cups plain flour

1/2 packet of glace cherries (Optional)

Cream butter and icing sugar, mix well, chop cherries in half and add to mixture.

Wrap in plastic Wrap and place in fridge for 30 minutes

Roll out and either make shapes or shape into a log and cut into slices.

Line baking tray with baking paper, place shapes/rounds on tray.

Bake 180 deg C for 15 minutes or until pale golden.

Be careful not to overcook.

Healthy Recepte

**Fresh Basil Baked Chicken Breast**

Ingredients :

Boneless, Skinless Chicken Breasts (4)

Low fat yoghurt (3/4 cup)

Cornflour (2 teaspoons)

Breadcrumbs (1 Cup)

Fresh Basil (1/2 Cup) Could also use dried basil if you don't have any fresh

Grated Parmesan Cheese (2 Tablespoons)

Pre heat oven to 375 deg C

Place chicken breasts side by side in a baking dish

Mix low Fat yoghurt, basil and Cornflour. Then spread over the chicken

Sprinkle the breadcrumbs and parmesan cheese over the chicken

Bake at 375 for 30 to 40 minutes—Until the chicken is cooked.

## ***New Advocate Introduction***

Hi everyone my name is **Toni McGlynn** the new advocate for Kapiti Choices.

I have 8 years experience working as a community support worker in Mental Health.

I am very excited about my new role as Kapiti Choices advocate and look forward to many new challenges during 2009.

I would like to Thank Members and Committee members I have met as yet for their warm welcome and look forward to meeting the rest of the membership real soon.

I have an idea and would really like members feedback and ideas of interest please.

I would like to invite a guest speaker each month to talk to our members about what their services can and do provide. Ideas are WINZ , Budget advisor, any mental health provider or Service etc. It can be a time when we can ask questions also and gain more understanding to empowering ourselves.

Please feel free to contact me or drop in and express your interest or ideas.

Hope you all had a safe and enjoyable holiday.

Many Thanks  
Toni

## ***Book Wanted***

A member is looking for a copy of a book "I could do anything if only I knew what it was"  
Author is Barbara Sher.

If you have a copy you would like to loan Kapiti Choices please contact Lee.

Many Thanks

## ***Arts and Crafts Studio***

Want to learn some new art techniques and skills ?

During 2009 the Arts and Crafts Studio group will be running a classes to enable members to learn new techniques and styles. These will include :

Colour wheel , pencil and drawing techniques,  
Drawing bark, Shells and leaves with pencil,  
Stretching watercolour paper and preliminary drawing  
Water Colour painting using calligraphy  
Pastel drawing.

Keep an eye on future Kapiti Choices Calendar for times and class subjects.

## ***Kapiti Choices Logo Competition Update***

Under the expert tuition of Yvonne the Kapiti Choices Logo design competition has started and I think everyone who has been involved in putting their ideas down on paper will agree that we have some very talented individuals. Not just for their art but for their ideas and energy.

Initially we carried out a "brainstorming" session and put down ideas on a white board, the ideas were about what Kapiti Choices means to its membership. These ideas varied from Mental Health information, support to the quality of our coffee and shared lunches. From this initial session people started to put pen to paper and capture some of those ideas. If you wish to contribute please come along and put your ideas down. These logo design sessions are every Wednesday at 1pm during the Art and Crafts studio @ Kapiti Choices.

The logo competition will conclude on Monday 2nd February 2009 and these ideas will be put to the Kapiti Choices Committee to decide on our new logo.

There will be a prize for the lucky winner.

**GOOD LUCK and Happy Designing!**

Lee

## ***New Activities At Choices***

### ***Self Confidence Boost Course @ Kapiti Choices 12th February 2009***

Come and join us at Kapiti Choices, 19 Milne Drive, Paraparaumu for a morning of fun, on Thursday 12 February. 9.45am for a 10am start. The session will end at 12 noon.

Lunch will be following the session and be prepared to learn some new techniques to let you start living the life you want.

Facilitators - Judith Baxter, the Unstoppable Self Confidence Coach & Margaret Hannan, Certified Relaxation Practitioner.

If you wish to know more about Judith have a look at her website [www.daretodream.co.nz](http://www.daretodream.co.nz)

Cost is FREE to all Kapiti Choices Members  
Non members \$20.00 Non Waged \$10.00

**(Please note numbers are limited to 20)**

Please contact Lee or Toni if you would like to attend on 04 905 2110 or via email [kapitichoice@paradise.net.nz](mailto:kapitichoice@paradise.net.nz).

# Kapiti Choices - Calendar, February 2009

| <u>MONDAY</u>                            | <u>TUESDAY</u>                     | <u>WEDNESDAY</u>   | <u>THURSDAY</u>                                 | <u>FRIDAY</u>       |
|--|------------------------------------|--|---|---------------------|
| <b>2</b><br>Peer Support Group, 10.30am  | <b>3</b><br>Walking Group 12.30pm  | <b>4</b><br>Arts and Crafts Studio, 1pm (pencil and drawing techniques)  | <b>5</b>  | <b>6</b><br>Closed  |
| <b>9</b><br>Peer Support Group, 10.30am  | <b>10</b><br>Walking Group 12.30pm | <b>11</b><br>Arts and Crafts Studio, 1pm (pencil and drawing techniques) | <b>12</b><br>Self Confidence Boost Course, 10am | <b>13</b><br>Closed |
| <b>16</b><br>Peer Support Group, 10.30am | <b>17</b><br>Walking Group 12.30pm | <b>18</b><br>Arts and Crafts Studio, 1pm pencil and drawing techniques)  | <b>19</b>                                       | <b>20</b><br>Closed |
| <b>23</b><br>Peer Support Group, 10.30am | <b>24</b><br>Walking Group 12.30pm | <b>25</b>  | <b>26</b><br>Lunch Group 12 noon                | <b>27</b><br>Closed |

**Kapiti Choices Trip to Te Papa December 08**

Just prior to Christmas Kapiti Choices organised its first trip in quite some time to Te Papa. The membership had a list of potential places they could visit and Te Papa was chosen. We met at Papaparamu Train station on a rather wet day but that didn't dampen the enthusiasm.

The trip into Wellington took about an hour and then the group walked via the beautiful Wellington waterfront to the museum.

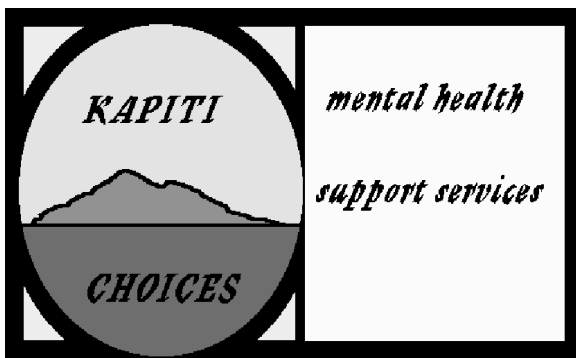
Once we arrived at Te Papa we had lunch and then everyone was free to explore the museum and its treasures. We were quite fortunate that the giant squid exhibition had just opened and everyone got to have a look at both the squid and also the 3D movie on how the giant squid was caught.

For some this was the first time that they had been to Te Papa so it was a great opportunity to explore the many rooms and exhibitions that Te Papa has to offer.

After about 3 hours it was time to head home, so we slowly walked back to Wellington railway station via the waterfront for the journey home. Feedback was really positive and it gave everyone an opportunity to do something that they would not normally do.

The trip was funded with the help of the Kapiti Coast District Council Community funding - Many thanks KCDC for your support.

Kapiti Choices is now planning its next excursion/activity —Please view the notice board at Choices to see what the current destinations/activities are on offer and please feel free to put your own ideas and suggestions on where you would like to visit.



## Contact Details

Kapiti Choices Inc. P.O. Box 597  
19B Milne Drive, Paraparaumu

Ph/Fax: (04) 905 2110

email: [kapitichoice@paradise.net.nz](mailto:kapitichoice@paradise.net.nz)

**Mission** To empower tangata whaiora (mental health consumers) by providing information, advocacy and support.

**Vision:** To assist consumers to take charge of and manage their mental wellness. We will work towards promoting a healthy attitude to consumers within the wider community by helping reduce stigma and discrimination.

## USEFUL PHONE NUMBERS

If you are in need of support at any time here are some Services you can ring which provide some help.

| <u>SERVICE</u>   | <u>NUMBER</u>       | <u>HOURS</u>                      |
|--|---------------------|-----------------------------------|
| <b>Warmline</b><br>(Peer support line for people who use mental health services) | <b>0800 200 207</b> | 7pm - 1am<br>Tuesday - Sunday     |
| <b>Mental health line</b>  | <b>04 494 9169</b>  | 24hrs 7 days                      |
| <b>Health line</b>   | <b>0800 611 116</b> | 24hrs 7 days                      |
| <b>K.C.M.H.T</b>   | <b>04 903 0260</b>  | 8:30am - 5:00pm<br>Monday– Friday |

## Directory of Committee and Staff

|                             |                 |          |                              |
|-----------------------------|-----------------|----------|------------------------------|
| <b>Chairperson</b>          | Anne Helm       | 299 0417 | anne.hlm@gmail.com           |
| <b>Deputy Chairperson</b>   | Vacant          |          |                              |
| <b>Secretary</b>            | Michelle Hunter | 905 5383 | tigger001@paradise.net.nz    |
| <b>Treasurer</b>            | John Tovey      | 297 9704 | john.tovey@paradise.net.nz   |
| <b>Committee Members</b>    | Ricky Irving    | 298 9718 | rickyi@hotmail.com           |
|                             | Judy Olsen      | 298 8815 | cuppatea@paradise.net.nz     |
| <b>Coordinator</b>          | Lee Moores      | 905 2110 | kapitichoice@paradise.net.nz |
| <b>Advocate</b>             | Toni McGlynn    | 905 2110 | kapitichoice@paradise.net.nz |
| <b>Newsletter Volunteer</b> | Pawla R         |          | kapitichoice@paradise.net.nz |

### **Ordering Copies of this Newsletter:**

If you want to receive regular monthly newsletters, please contact the Choices office. Remember that our preferred method of distribution is by email as a PDF file. This saves us a lot of time and money. If you have email and are happy to either print your own or read it on-line, *please* let us know. If you have email but want it in hard copy, that's ok, and we are happy to send you an online version as well. This applies to members, other individuals and groups.

**Kapiti Choices would like to remind those who are hearing impaired that they can access our service by contacting us via fax:**

**04 905 2110 or**

**e-mail:**

**[kapitichoice@paradise.net.nz](mailto:kapitichoice@paradise.net.nz)**