



# P.M.W. NEWS

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AUG – OCT 2009

## What's coming Up

Fridays 26<sup>th</sup> August  
and 4<sup>th</sup> Sept 9am - 12  
noon presentation and  
sharing of personal  
stories with trainee  
nurses at Wintec.

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Wed 26 August PM Rally  
Movie night 'The Rat Race'  
Bring movie munchies to  
share.

Friday 25<sup>th</sup> September  
9am - 12noon Staff training  
for Community Forensic  
Service.

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October 5 - 11 Mental  
Health Awareness Week  
2009. See theme and  
P.M.W. planned events  
on pages 2 and 3.

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Wednesday 21<sup>st</sup> October  
AM Rally Riding the  
Orbiter meet @  
GraceWay 10am and  
returning approx  
12pm.

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Wednesday 28<sup>th</sup>  
October movie Day so  
Bring Movie Munchies to  
share.

## Contact address and meeting place:

*GraceWay Apostolic Church, 69 Grey Street,  
P.O. Box 7208, Hamilton East. 3247.*

*Office/24hr Answer Phone (07) 856-4265*

*Support Co-ordinator David 021-126 2739*

*Email: pmwellness@ihug.co.nz*

*Website: pmw.org.nz*

Greetings One and All,

At times in life things just don't go as we expect. We can plan, prepare, and promote and yet it can work out totally different from what we expected. In life we are on a journey and many things come our way that we are not prepared for. Sometimes we can fight against what has happened and seek to change it we can explain it in a way that doesn't make it seem so bleak, we can embrace the situation, or we can go with the current and flow and allow ourselves to be led by the circumstances to get through to a better place.

There is no one right or wrong way to cope and each person in different circumstances must decide for themselves which route to take. One thing above all else that I have found beyond measure that is helpful above all else is to have the loving care and support of God and people you can really trust who will admonish you in time of difficulty and trouble to find a way through with meaning and purpose intact.

Maybe at this time you are facing a difficult time and feel somewhat alone find people who will be there for you without judgement and criticism and you will find the difficult times easier. Take good counsel from those who have your best interest at heart and you WILL make it through wiser and better.

Yours on the Journey of doing life together with HOPE.

David Baker (Support Coordinator)

### A Good Recipee

Fold ingredients gently into a bowl. Mix vigorously and add a few tears. You'll sweat a little as you knead the dough. Pack it firmly between your hopes and dreams and form into a perfect little ball.

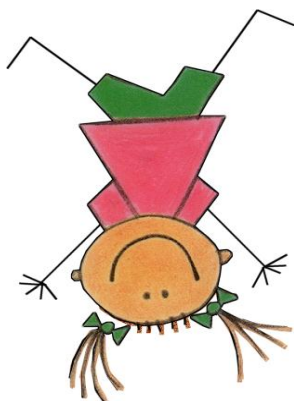
Sprinkle it with a little faith, rolling the ball in the flour until fully covered.

Place it under a veil of belief and allow it to rise.

Put it in an oven that has been pre-set at the perfect temperature for the heat of trials and tribulations.

Allow it to brown under the warmth of God's love. Remove after due season and allow to cool in the confidence of His promise.

Garnish with your praises. Arrange neatly on a platter of thankfulness and serve to friends, families and, oh yes, strangers . . . invite them too!



## Mental Health Awareness Week 2009

### Monday 5 October - Sunday 11 October 2009

Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui

Persist in the battle and journey for wellbeing, it is a treasure handed down from the heavens, then comes confidence and peace.

This year's theme for Mental Health Awareness Week (MHAW) is based on the 5 concepts that promote strategies for wellbeing that are achievable and inclusive and that everyone can do.

The MHAW09 committee has chosen a message that has the following elements:

- It has a practical message that the general public can easily embrace.
- It promotes strategies for wellbeing that are achievable.
- The message is inclusive, ie, everyone can do it.
- The message fits well with our commitment to a bicultural theme in Maori and English.
- Stakeholders and wider networks will be able to use all aspects of the message or pick up on one or two of the 5 elements.
- We know these things work and that gives credibility to our message.

### **More about the 5 winning ways:**

**CONNECT** Develop your relationships with friends, family, colleagues, and neighbours as these connections support you and enrich your life.

**BE ACTIVE** Physical activity helps you to feel good so find something that you enjoy and suits your ability.

**TAKE NOTICE** Be aware of the world around you and see the beauty in everyday and unusual things - reflecting on them helps you appreciate what matters to you.

**LEARN** Try something new or rediscover an old interest, or take on a new responsibility or challenge - learning makes you more confident and can be fun.

**GIVE** Do something for a friend or stranger and see yourself and your happiness as linked to the wider community.

## ALWAYS REMEMBER

Always remember to forget the things that made you sad.

Never forget to remember the things that made you glad.

Always forget to remember the friends that proved untrue.

But don't forget to remember those that have stuck by you.

Always remember to forget the troubles that have passed away.

But never forget to remember the Blessings that come each day.

November 5th -26<sup>th</sup>  
On Wednesdays we will be looking at running a mini WRAP programme for those want to refresh there skills in the principles of recovery and maintaining wellness. This will include helpful hints positive affirmations and personal stories to inspire and encourage you on your life's journey. For more information or to enrol see David.

## MENTAL HEALTH AWARENESS EVENTS 2009

Come and enjoy a Garden Walky, some talky, followed by a shared lunch on Wed 7th October 2009

We will met at Promoting Mental Wellness, GraceWay, 69 Grey St,

10am on the day for a cuppa and walk to, from and around the Hamilton Gardens.

On returning to GraceWay we will share in a put luck luncheon @ 12noon.

Everybody welcome to come join in and enjoy.

It's free!      It's free!      It's free!

Just bring your shoes, skates, scooter, wheelchair or walking frame if you require and remember some food to share.

There's a dairy right next door to GraceWay just in case.

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Come and enjoy a film night featuring 1975 Academy award winner 'One Flew Over the Cuckoo's Nest' Wed 7th October 2009 at Promoting Mental Wellness, GraceWay, 69 Grey St, Starting promptly at 7-30pm. Come and bring your movie munchies and sit back and relax with the crowd.

Everybody welcome to come  
join in and enjoy.

**Some Choice**  
**Sayings to**  
**encourage**  
**you**

Don't make excuses make improvements. *Unknown*

Create moments, Make memories, Shape destinies. *Mothers book of Insights*

Anxiety is the great modern plague. But faith can cure it. *Smiley Blanton*

I have learned to live each day as it comes and not to borrow trouble by dreading tomorrow. *Mothers book of Insights*

Be yourself! An original is always worth more than a copy. *Unknown*

Experience is a hard teacher. She gives the test first and the lessons afterwards. *English Proverb.*

Each obstacle provides an opportunity to improve ones condition. *Unknown*

If you want to be happy for an hour, *Go watch TV.*  
 If you want to be happy for a day, *Go to the amusement park.* If you want to be happy for a lifetime, *Go out and help others.*  
*Author Unknown*

**Support Rallies and Services**

**Support Rallies** We offer two Support Rallies every Wednesday held at GraceWay, 69 Grey St, Hamilton East

**AM RALLY 10am—12noon**

**PM RALLY 7-30pm—9-30pm**

**For current programme view our website on**  
**[www.pmw.org.nz](http://www.pmw.org.nz) Programme tab**



**A SMILE**

A smile cost you nothing,  
 but gives so much.  
 It enriches those who receive  
 without making poorer those who give.  
 It takes but a moment,  
 but the memory of it lasts forever.

None is so rich or mighty that they can get  
 alone without it, and none so poor  
 they cannot be made rich by it.  
 A smile creates a happiness in the home,  
 fosters goodwill in business,  
 and is a countersign of friendship.

It brings rest to the weary,  
 cheer to the discouraged,  
 sunshine to the sad,  
 and it is natures best antidote for  
 trouble.

Yes it cannot be brought, begged,  
 borrowed, or stolen,  
 for it is something  
 that is of no value to anyone  
 until it is given away.