

A message from our Chief Executive

Hi Team and Friends of Able Minds

Happy New Year and welcome back! 2023 is going to be a goodie - I can feel it in my bones! I hope everyone enjoyed a relaxing summer break and connected with family and friends. 2022 was another successful year for Able Minds increasing our service reach – across the whanau support division, more peer support groups and activities and, the successful roll out of RAW (Rangatahi and Wellbeing) our youth mental health programme. With the help of our passionate staff, there was an upsurge in new initiatives and collaborations covering communities in need which saw more children engage with the CUMIA programme and new special interest groups formed such as our TANK (Trans and Nonbinary Kids) our rainbow youth group and the revamped eating disorder support group. Our Timeout Contact division also had a spectacular year moving back into the Otago region.

This success sets us up nicely for 2023. With a need to consolidate what we are doing well – there is still opportunities abound for more partnerships, new programmes and groups to provide support to those in need across the Southern District. With that in mind, I extend a warm welcome to our newest team member, Marcene Weir who fills a new trial position of Support Navigator. Attached to the Dunedin Activity Centre and with an ability to provide advice across the region, Marcene will work with tangata whaiora to advocate for their needs with external organisations to make sure they are receiving their full entitlements and that basic needs are met. Marcene adds to our service by taking referrals internally (and externally) to close the loop of our wholistic approach to mental health including teaching life skills like preparing a CV and cooking healthy meals. It's an exciting role and initiative and we are very pleased to have Marcene, her bubbly personality and skills to help us achieve this goal.

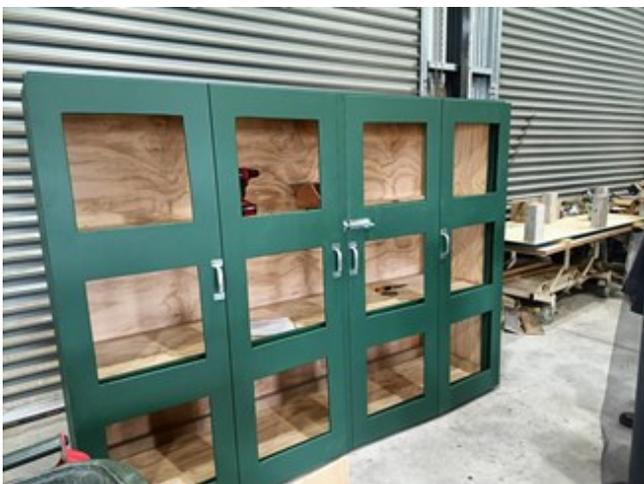
Shortly, my senior managers and I will meet to cement our operational goals for 2023 in line with our strategic direction set by our excellent Board. All I can say is watch this space, with the drive of our fantastic team – anything is possible.

Nga mihi
Sarah Dowie
Chief Executive



SPOTLIGHT ON ALEXANDRA

Able Minds Alexandra have had a Pātaka Kai (Community Pantry) installed alongside their building in Ashworth Street. It has come about due to the numerous stories of people in the community struggling with the ever rising cost of living. The Pātaka Kai is a resource for all the community and operates on a “take what you need, leave what you can” basis. The construction and creation of this recourse would not have been possible without the help from and collaboration with the Alexandra Men’s Shed, Uruuruwhenua Hauora, New World Alexandra, Central Otago Sports Depot and Alexandra Salvation Army. A huge thank you to all who were involved in making this a reality to help the community.



If you would like to contribute and support the Pātaka Kai, please feel free to pop down to the site or contact Claire on 021 354 259

COMMUNITY COLLAB IN DUNEDIN

Over the last year the Activity Centre in Dunedin has been continuing to build a relationship with Bunnings Dunedin. The Dunedin Activities Organiser from Bunnings, Imelda has been coming along once a month with Bourke - a Master Tradesman, to help run workshops in our woodwork room.

We have accomplished many things over 2022, including learning about health and safety in the woodwork room, correct and safe use of tools and safety gear, refurbishing a ping pong table top, making up some DIY kitsets, fitting out our room with shelving to hold timber as well as organising all the nuts, bolts and screws. Our last workshop for the year was starting some planning for the chicken coop we are going to build for our back yard.

We are looking forward to seeing Imelda and Bourke back at the beginning of this year and we are excited to get 'cracking' on our very own chicken coop!



What's happening around the area.

Christmas Lunches with our groups.

Our Activity Centres and Peer Support Groups had a great time planning and executing their Christmas parties in December. Each group had an absolute blast on the day, they enjoyed sharing kai with their fellow group members and families, chatting with everyone and relaxing at this special time of year. We were honoured to be part of your Christmas.



If you would like to know more about any of our groups please contact Able Minds on 0800 494 262.

TIMEOUT CONTACT

Before Christmas, the Invercargill Police conducted a toy drive in an effort to gather toys for the tamariki that use our Timeout contact services. They donated a huge amount of toys which the tamariki will love. This was a huge effort and so greatly appreciated.



If you have any new or good condition used toys that you would like to donate or would like to know more about Timeout Contact, please contact Alysia on 028 850 03155.

SUPPORT GROUPS IN DUNEDIN

Our Dunedin office runs a number of support groups. Should you wish to learn more, please contact the relevant support worker, contact details below.

- *T.A.N.K (Trans and Nonbinary kids) - Supported By Rachel and held fortnightly on Thursday evenings.
- *Support for Parents/Caregivers who are raising those under the age of 18 and navigating relationships with other loved ones affected by Mental Illness or Addiction. Starts February —Contact Rebecca.
- *Family and Friends Disordered Eating Support that meets every 3rd Wednesday of the month at 5.30— Contact Rebecca.
- *Education and Support group— Meets the second Thursday of each month—Contact Emil

Rachel— 027 500 2057 Rebecca—021 361 034 Emil—027 248 9305

Welcome aboard

We have welcomed Anjelica Matapo to the Oamaru team.

Kia Ora Koutou,

My name is Anjelica Matapo, in 2019 I relocated to the Waitaki District with wee whānau from Tamaki Makaurau and have settled into the community nicely.

In May of 2022, I started work with Able Minds Oamaru as a whānau fieldworker and have enjoyed getting stuck into purposeful work with tangata whiora in our Waitaki takiwa. Everyone has a story and what a privilege it is to connect with people, hear their journeys, and then support them to betterness. I can't wait to see what the remainder of 2023 has in store for us at Able Minds.

Ngā mihi
Anjelica



Welcome aboard

We have welcomed Marcene Weir to the Dunedin team.

Tēnā koutou,

My name is Marcene.

I am Able Minds Otēpoti, Dunedin's newest team member. I am passionate about my new role as Peer Support Navigator, this has been driven by my life experiences of travelling the world and raising my two children.

My previous experience has been working within youth work and social services roles and more recently successfully completing the New Zealand certificate level 4 in Health and Well-being at Te Pūkenga ,Otago Polytechnic and I look forward to meeting and walking alongside Able Minds present and future clients.

It is an absolute privilege.

Ngā mihi
Marcene



Congratulations and thank you to Joseph

Addis who recently graduated with a

Bachelors of Science, he was an amazing asset to Able Minds team and we wish him the very best with his future.



Contact us:



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