

Long-term Plan 2024–34

Respondent No. 160

Response ID 5663843

Date of contribution Apr 22 24 06:35:21 am



Personal information

First name Anonymous

Last name Anonymous

I'm providing a submission (choose one): as an individual

Please let us know what ward you live in Raumati

Do you want to speak to Council about your submission at our public hearings on 2 May? No

Are you happy for your name to be published with your feedback: I do not want my name published with my feedback

Submission

Is there anything else you'd like to tell us about this LTP?

I would like to make a submission regarding TE ARA KOROWAI Mental Health Wellbeing Centre in Raumati Beach on Weka Road. The Centre is a not for profit membership charitable trust and is not receiving any committed long term Government funding. The current funding is about to run out at the end mid year and the centre is potentially going to have to close due to lack of funding, which would be a disaster. Funding from KCKC would enable the centre to stay open. A lot of the staff are volunteers. Members who attend pay koha. We are doing everything we can to keep it open. The centre is vital to the Kapiti community as it is a place for people who struggle with Mental Health distress to come and socialise, participate in activities (music, arts, writing, yoga etc). For some people it is the only social connection that they have during the week. It is the only centre of its kind in Kapiti. Seeing it close due to lack of funding would be a huge shame. I urge the Council to consider putting some funding into this incredibly valuable asset in the community. I can also tell you that when patients are discharged from the adult acute mental health units in Wellington and Hutt Hospital and discharged to the community, they are referred to Te Ara Korowai for their continued Mental Health wellbeing. The Hospitals rely on us for this reason. The Centre is also open to anyone, 6 days per week, with free membership. As I said, only koha. Recently they started charging a small fee of \$2 per class as the funding was running out. The Mental Health NGOs in the Community and the Kapiti Community Mental Health Team also rely heavily on Te Ara Korowai for their patients. Please don't let this essential asset in the community disappear. It doesn't cost a lot to run. It would only involve a small amount of funding. From a personal perspective, it totally saved my life in many

ways. I was very unwell and had been discharged from the mental health ward with bipolar disorder. Returning to the community was daunting. I was living with my parents and pretty much bed-ridden. I slowly started to come out of my shell and got to go to Te Ara Korowai. I remember on my first day, I only managed to stay one hour and did some colouring in. Everyone was really nice to me. I was very nervous and anxious. The next day, I stayed longer, and the next day longer and so on. I started to make friends. It became my family away from home. I got stronger and stronger. I joined in more and more of the activities. The Te Ara Korowai journey is a huge success story for me. I went from being a member, to being a volunteer, to being a staff member. Now I am working in Mental Health myself at Health NZ. All of this is because of the experience I got at Te Ara Korowai. I am happy to talk further to my story and how Te Ara Korowai saved me. Thank you for reading my submission.