

Long-term Plan 2024–34



Respondent No. 265

Response ID 5674845

Date of contribution Apr 27 24 05:17:04 pm

Personal information

First name Emily-Jane

Last name Smith

I'm providing a submission (choose one):
on behalf of an organisation

Write organisation name here Te Ara Korowai

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:
My name can be published with my feedback

Submission

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

Hello... surely building a resilient future for Kapiti begins with people! A few years ago I became suicidal and needed support from GP, KCMH and an ACC Psychotherapist. They have been brilliant but it's taken a lot of hard work on my part. In between appointments was so difficult. I felt isolated and scared for my safety. I discovered Te Ara Korowai. Walking in there was the best thing I've ever done. I had somewhere safe to be. I was not alone and I did not feel judged. I learned how creativity can be its own kind of therapy. The support of staff on a bad day, greatly appreciated. I now had a routine for my week and my confidence in communicating with a variety of people grew. My reliance on my GP for appointments lessened. I started volunteering at Te Ara Korowai and I now have the privilege of working there. It's so rewarding to support others when they need it and to see them rejoin the workforce. I still have my low days but I know I am supported there. I've even had the confidence to ask for, and get a second little part time job that I also love! Sadly, the current funding for Te Ara Korowai runs out in June at which time, the way we operate will be greatly reduced which will be devastating for those in the community who reach out to us. It's always puzzled me that our 'system' only seems to jump in when a person is at the bottom of the cliff. I recently witnessed a Mental Health patient at Wellingtons ED who'd cut up her arm. It wasn't 'serious enough' and she was sent away. Half an hour later, she'd done a 'better job of it' and was back in ED screaming. We are so lucky to have this Community Wellbeing Center in

Kapiti. Even KCMH send people our way. It is my hope that you will see its value too in building resilience for Kapiti now and in the future. We need funding. Please help us to support our community, your community!

Kind regards
Emily-jane Smith