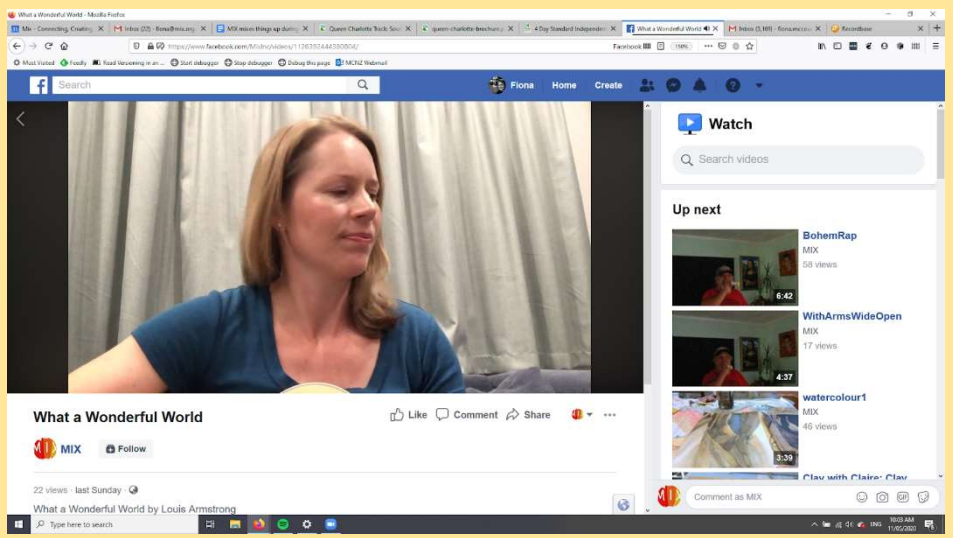


# 2DHB COMMUNITY COMMISSIONING



## MIX mixes things up during COVID-19

MIX – Connecting, Creating, Living is a community mental health day service that provides a drop-in space, activities and support for people who experience mental health conditions.

For a service that is almost entirely face-to-face, working from a distance posed a few challenges but staff used initiative and creativity to continue serving the community.

On the Monday Level 4 lockdown was announced, MIX General Manager Fiona McCourt called everyone together to work out how to operate the service. MIX is a participant-led organisation and the biggest theme identified was social connection would be really important.

During lockdown, staff regularly called participants to check in and see how they're doing.

MIX runs DHB and MSD-funded art classes, wellbeing workshops and music sessions, which have been shifted to online – using their Facebook page to broadcast weekly music therapy as normal.

Art tutors created online workshops using common household materials like salt dough made from flour and water, paper and toilet rolls, and dropping art packages at participants' doors if they don't have materials.

Because a number of their people don't have access to the internet, MIX has been publishing a regular hardcopy newsletter and delivering it to people's homes. The newsletter includes fun activities and important information about lockdown.

MIX has also been helping people receive food parcels to ensure they have enough to eat, and connecting participants with Kokiri Marae to get free of charge flu vaccines.

"People who experience mental health conditions are extremely resilient. It's been tough for them, but that has highlighted their strength and resilience. There have been crisis points, but not as many as we anticipated, and we're looking forward to getting back to MIX to ensure that face to face supports re-starts again as soon as we're able to," says Fiona McCourt, MIX General Manager.

