



## Brave Hearts NZ/Manawa Kaha Aotearoa

### Quarterly Newsletter

June 2021

**A New Zealand where the negative impact of substance use is no longer an issue within our communities.**

Welcome, Tena Koutou, to what we hope will be a quarterly newsletter keeping you all up to date with what is happening. Membership and services are free so call us on toll free 0508 bravehearts or visit [www.bravehearts.nz](http://www.bravehearts.nz) to join.



Five years ago, in June two mums and a policeman started a community support network in the Bay of Plenty that has now grown and helped more than 3000 families nationwide - an example of what can be achieved if someone really cares.

The first meeting attracted 60 people followed by 270 at a subsequent Educational Seminar. They offer free phone support, help with a whanau toolkit, meetings in regions plus Zoom. Happy 5th Birthday Brave Hearts NZ.

Last month one of them represented all families in Aotearoa speaking at the NZ Drug Foundation Parliamentary Symposium attended by 200.

[https://drive.google.com/file/d/1thF\\_f1zgu\\_Zc8ccb8IDWIAMoq5DvryTI/view](https://drive.google.com/file/d/1thF_f1zgu_Zc8ccb8IDWIAMoq5DvryTI/view)



## Giving/ Donation

A big thank you to all our very generous donors. We are grateful and appreciate that we cannot do this without your support.

Brave Hearts to date receive no government funding and relies on community grants and the goodwill of our members.

### **A Monthly Giving Program to support the work being done in your community by Brave Hearts NZ.**

There are people in your community that need your help. Through no fault of their own their lives are in turmoil because someone close to them is addicted to substance abuse. That 'new' person is someone who has become dangerous, unreasonable, and no longer resembles the person they know and love. Sadly, these are not isolated cases. This is a new hazard affecting our communities on a wide scale, a problem that goes to the heart, the whanau. It affects the children whose parents are addicts or the grandparents who are having to raise grandchildren. These families need advice and the tools to cope with this disaster and ways for them to keep safe. You can help them!

Brave Hearts NZ has been supporting people in their community for the past three years. They provide counselling, advice as to where to go for help and support when families need to make tough decisions because they have an addict in their life. No family should have to face this nightmare alone.

I hope we can count on your help.

### **Brave Hearts NZ Regular Giving Program**

**A monthly pledge of \$25.00** would contribute to the cost of operating the 24/7 telephone hotline that is available to everyone in the community who needs help to cope with this horror.

**A monthly pledge of \$50.00** would provide a counselling session for a family, giving them the tools to keep safe and the 'know how' to best help the addict.

**A monthly pledge of \$60.00** would contribute to the costs of the group support meetings being held in your community.

**A pledge or a one-off gift of any size** would make a difference.

**To make a pledge or a one-off gift online go to:**  
[www.bravehearts.nz](http://www.bravehearts.nz)

**To donate by bank transfer:**  
**Brave Hearts NZ**  
**03-0415-0051504-00**  
**Reference: Your Name**

**We will forward receipt at end of March each year.**



## New Chairperson

This year Rosalind Potter retired as Chair but will continue to be involved with the board and phone support. David Benton has replaced Ros as our Chairperson and brings with him a great wealth of knowledge to the organisation. David recently retired as the Clinical Director of Hanmer Clinic in Tauranga and has held positions as an AOD Counsellor and Tutor.



He has a master's in health science, endorsed in Mental Health, awarded by the Department of Psychological Medicine, University of Otago and was last year awarded an MNZM in recognition of his contribution to the AOD sector. We are delighted to have him on board.

## Research

In collaboration with researchers at Bethlehem Tertiary Institute, Brave Hearts were asking all our members and associates to complete a very short survey to inform us about what the impacts are upon families and whānau supporting a family member coping with addiction.

[https://forms.office.com/Pages/ResponsePage.aspx?id=G\\_cy5m3N\\_EmkVzVr6B1b3hT1RgLr-wFFjXs0d55XZMIURUo1UVgzQ1FYNFcxU0g0UVRTskpSRzU0MS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=G_cy5m3N_EmkVzVr6B1b3hT1RgLr-wFFjXs0d55XZMIURUo1UVgzQ1FYNFcxU0g0UVRTskpSRzU0MS4u)

A brief summary of key findings will be shared with all Brave Hearts members once available. Further research will be done with individual families so if you would like to be part of this, please let us know.

## Support

Each month Brave Hearts holds meetings in Hamilton, Tauranga, Motueka, Clutha, Mount Maunganui, Nelson, and Manukau as well as an online Zoom meeting for those who are unable to attend in person.

To find out more visit our website [www.bravehearts.nz](http://www.bravehearts.nz).

Meetings details are updated at the start of each month under "Support". We also send regular emails regarding the upcoming meetings.

## Contact Details



**Brave Hearts NZ**  
1/52 Girven Road. Bayfair  
Mount Maunganui

**0508 272 834**

**Email: [support@bravehearts.nz](mailto:support@bravehearts.nz)**

**Website: [www.bravehearts.nz](http://www.bravehearts.nz)**

**Facebook:**

**<https://www.facebook.com/braveheartssupport>**