
Brave Hearts July 2025 Newsletter

From Lynn Fisher <support@bravehearts.nz>

Date Thu 27/11/2025 1:51 PM

To Support <support@bravehearts.nz>



**BRAVE HEARTS NZ
MANAWA KAHA AOTEAROA**

**DECEMBER 2025
NEWSLETTER**

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

Welcome, tēnā koutou, to our December newsletter keeping
you all up to date with what is happening.



A MESSAGE FROM ERIN

Hello and haere mai

As we close out the year, I want to acknowledge our board, our valued team—
Lynn and Tracey—and our volunteers across the motu. Your passion for the
Brave Hearts mahi continues to inspire and uplift one another.

We remain committed to strengthening support for families affected by addiction. A cornerstone of this vision is our Strategic Plan and our Theory of Change, which will help us better understand and measure our impact.

The message is clear: when organisations are strong and well-supported, our communities thrive.

Looking ahead to 2026, we remain focused on support, education, advocacy and deepening partnerships. Together, we can create a future where every community is empowered to thrive.

Have a peaceful Christmas time and look forward with hope to a better 2026.

Remember to be good to yourself.

Erin

Brave Hearts Team
attended Cutting Edge
Symposium 2025



The Brave Hearts team was proud to attend Cutting Edge Te toka tū moana 2025 in Rotorua this November, joining colleagues from across Aotearoa to reflect, reconnect, and celebrate the mahi happening in our sector. With record numbers of abstracts, inspiring keynote sessions, and rich kōrero throughout workshops and breakout discussions, the conference offered a vibrant space to share insights and strengthen our collective vision. We were especially moved by the warmth of our Rotorua hosts and the chance to honour sector heroes at the awards dinner. The experience left us refreshed and inspired, and we look forward to carrying this energy into our ongoing work with whānau and communities.



Our Brave Hearts offices will be closing from:

Friday 19 December 2025 and re-opening Monday 12 January 2026

For all emergencies please call: 111 or

Alcohol and Drug Helpline: 24/7 Support - 0800 787 797

Wishing you and your whānau a peaceful holiday season.

With love from the Brave Hearts Team.



CALL FOR TESTIMONIALS ❤️

It's been an honour to support our members so far this year. If you have called our freephone, attended a support meeting or had a Whānau Toolkit Session with Erin, we would greatly appreciate you taking a minute to write us a testimonial about your experience. Your input would be invaluable to others who are considering using our services.

Brave Hearts NZ Regular Giving Program

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

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

To donate by bank transfer:

Brave Hearts NZ

03-0415-0051504-00

Reference: Your Name

We will forward a receipt at the end of March each year.

We would like to acknowledge our generous donors and supporters for

their continued support, which enables us to offer our services free to the community.



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