



**BRAVE HEARTS NZ
MANAWA KAHA AOTEAROA**

DECEMBER NEWSLETTER

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

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

A MESSAGE FROM ERIN

Kia Ora Brave Hearts

Can you believe we are in the run up to another year. This one seems to have flown by. We continue to keep advocating for families and to ensure that your stories are heard.

I was fortunate enough to appear in the 'Heavyweight with Dave Latele' documentary that aired in August and is currently available to watch on TVNZ on Demand. This show is filled with hope, understanding, empathy and hard-hitting conversations that can bring about change. <https://www.nzherald.co.nz/kahu/dave-letele-delivers-knock-out-ratings-hit-for-tvnz-and-signs-for-another-two-episodes/l3VEYYLFDVDGFIYROSKNDZS3QI/>

A few years ago I spoke with TVNZ political journalist Benedict Collins who has finally published his book 'Mad on Meth'. We were pleased to be able to contribute towards that on behalf of all families who suffer the devastating impact of loving a meth user. The chapter which features Brave Hearts is aptly entitled 'Havoc, Harm and Upheaval'. I'm sure most of you can relate to that. <https://www.nzherald.co.nz/lifestyle/real-life-journalist-benedict-collins-uncovers-story-behind-meth-testing-scam/AN7TDEFG7JCWJPCDAR6PXQRKCM/>

A lot of you are doing advocacy work in your own communities and some of you are also getting out there and talking to health officials, justice and your MPs. Stephanie Hammond and Michelle Blythen have both courageously written and published books about their lived experiences. You

can find Stephanie on <https://www.stephaniehammondauthor.com/> and Michelle michbly@gmail.com

Over the holiday period, surround yourself with supportive, loving friends and family and do all the things that bring you joy. We wish you a very merry Christmas and a happy new year filled with hope.

Erin



CUTTING EDGE CONFERENCE

In conjunction with BTI we presented our research “The Cost of Addiction for Whanau” at Cutting Edge Conference in November. We are still in the final stages of this process and will let you know more about this in the coming weeks. Photo of Erin with Kanoa Lloyd the Cutting Edge MC.



A MESSAGE FROM OUR VOLUNTEER: ROSALIND POTTER

I have volunteered for Brave Hearts since it began 7/8 years ago.

Having had personal experience of a loved one using Meth and carefully walking alongside her through the process of healing from her addiction. I wanted to give support to Brave Hearts and all the loved ones who are in need of support.

I have realised and learnt that sharing your experience with others in the same situation is helpful for yourself and to others who are on the same journey.

I am so grateful to be able to run support meetings in Tauranga and the Mount, a safe space to share your journey.

If you phone the 0508 number you will likely have me answer, I listen and guide people to the services required, such a good feeling to be able to offer hope, comfort and support.



Photo of Rosalind and her gorgeous great nephew



OUR AMAZING VOLUNTEERS ARE MOVING

Janet and Alan Little, our amazing Manukau Support Meeting volunteers are sadly leaving Auckland. They have been an incredible support for our members for since our very first Auckland meeting and will be sadly missed. However Janet and Alan are moving to the Bay of Plenty and we are so excited to have them join us in facilitating our Tauranga Meetings. We wish you the



very best for your move, and can't wait to see you down in the Bay

Photo of Alan, Janet and our other wonderful Manukau facilitator, Gayle Billings.



CALL FOR TESTIMONIALS



It's been an honour to support our members 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.

NEED HELP OVER THE HOLIDAYS?

Brave Hearts is taking a break from Thursday 21 December to Monday 22 January. If you need help during this time our freephone is available during the day 0508 272 834 or call the Alcohol and Drug Helpline 0800 787 797 which is available 24/7

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.