
Brave Hearts July 2025 Newsletter

From Lynn Fisher <lynn@bravehearts.nz>

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To Lynn Fisher <lynn@bravehearts.nz>



BRAVE HEARTS NZ MANAWA KAHA AOTEAROA JULY 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 newsletter keeping you all up
to date with what is happening.**

A message from Erin

Kia Ora Brave Hearts

Wastewater results show meth use increasing. Meth is now the cheapest it has ever been in New Zealand, according to the country's leading drug researcher, Professor Chris Wilkins. Meth use was spoken about as a 'crisis' in the year 2000. What have we been doing for the last twenty-five years.?

We will continue to advocate for families at government and local levels. Join our monthly zoom meetings for some great speakers and discussion. Attend one of our in-person support group meetings if there is one in your region. There is something very valuable in having this personal connection with others paddling the same waka.

The Final Research Report has now gone out. If you were one of the 750 who took part in the research which began in 2021 with an online survey – we want to convey our thanks to you all. We couldn't have done it without you. Aroha to those who gave of themselves and their time to take part in

the second stage interviews. It took great courage, and we applaud you all.

On a lighter note, Brave Hearts was a finalist in the TECT Western Bay of Plenty Awards. A group of 14 of us attended the awards ceremony on 20 March. It was a great 'showcase' for us as an organisation to be a finalist despite not being winners on the night.

Our thoughts are with those of you suffering because of flooding at the present time and ask you all to be careful out there with this unpredictable weather.

Kia kaha.

Erin

Welcome to our new whānau support worker

We are delighted to welcome Tracey Watson as our new whānau support worker while Pare is currently on leave enjoying precious time with her new baby. Tracey brings her own lived experience lens to this role and will be meeting you in the Toolkit sessions. If you are wanting to update your skills and have another look at where you are in your own recovery, please send us an email and Tracey will be in contact to find a time that works for you both.

A Message from one of our founders and volunteers - Rosalind Potter

Nine years ago, I was standing on the edge of despair. My daughter—fifteen years old, bright and beautiful—was lost in the grip of methamphetamine. There is no manual for a parent when something like that happens. No one hands you a map. But I knew one thing: I wasn't going to give up.

I sought help. Every call I made, every door I knocked on, every conversation felt like one tiny light in a very long, dark tunnel. It wasn't easy. Nothing about addiction is. But slowly, piece by piece, we began to rebuild what was nearly broken beyond repair.

Along the way, I met Erin. Two mothers, two battle-worn hearts, both determined that no one else should have to walk this road alone. Together, we started Brave Hearts.

Brave Hearts wasn't just a name. It was a promise—to ourselves, to our kids, to the parents crying silently in their cars after visits, to the ones who didn't know where to turn. It started small. A few calls. A handful of parents in a quiet room, sharing the hardest parts of their lives. But it grew. Word spread. And now, I run two meetings in the Bay of Plenty. I also answer the free

phone line—because sometimes, just one voice saying “I understand” can change everything.

My daughter has been clean for nine years now. She’s living, not just surviving. She smiles again. And so do I.

I still live in Mount Maunganui, where I run a small cake business. There’s something about baking—turning chaos into sweetness, flour and eggs and sugar into something beautiful. I think it’s kind of like life. Messy, uncertain—but if you keep going, and keep believing, something good can rise from it.

Brave Hearts is more than a support group. It’s a lighthouse. And every time someone reaches out, I remember where I started. And I whisper, quietly but fiercely, you’re not alone.

[Brave Hearts Facebook Group](#)

[Brave Hearts NZ LinkedIn](#)

[Brave Hearts NZ Website](#)

It is the middle of the year already and the weather is wild!

You really want to stay inside but remember to connect with others and practice self-care.

We are here for you, if we cannot assist you directly, we can try and find an organisation to refer you to that is able to help you and your whānau.

Ngā mihi mahana

Lynn



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 Pare, Tracey or 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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