



**BRAVE HEARTS NZ
MANAWA KAHA AOTEAROA**

JUNE 2024 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

A warm welcome to those of you have joined us since our last newsletter in March.

We are approaching eight years old. I'm often asked if things are getting better for families and communities? There are now more organisations providing support for whanau particularly those whose tangata whaiora are enrolled in an alcohol and drug service.

One of the biggest barriers to gaining more traction and support for addiction is 'stigma': the implications of not speaking out are not only holding us up but are also likely to impede the recovery of our loved ones.

The support and care are always there for those who reach out. No shame and no blame. If your loved one is not enrolled in a service you can still educate yourself – gain knowledge and tools that support you and inevitably make a difference. We are here to help that process or to refer you to others who can. Don't be afraid to shout out. We need your voices heard.

Tena koutou katoa

Erin

BRAVE HEARTS TURNS 8!

It's hard to believe another year has passed. This month we celebrated our 8 years of dedication to families who struggle with addiction in many forms and enjoyed a lovely morning tea with

some of our wonderful volunteers and supporters. We couldn't do this without them and you, our Brave Hearts families. A fantastic group of people New Zealand wide. We are honoured to share your journeys with you along the way and we look forward to another year supporting you and growing together.



A MESSAGE FROM OUR VOLUNTEER: SHELLEY COSFORD

I am a volunteer for Brave Hearts since the beginning of my son's journey with addiction. He has been clean now for 8 years and I have Brave Hearts to thank for that, I learnt so much from them about the effects of meth and recovery, also how to be a proactive mother and support but not enable. I now support other families by helping to run meetings and can speak from experience something that helps others in the same situation understand what they are going through.



RIDERS AGAINST METH MEMORIAL RIDE

This ride from Rotorua to Tamaki Makerau was in honour of Aiden's whanau who tragically lost their boy after he drank a can of beer laced with meth (purchased online). Erin, Pare, Brigitte (one of our Rotorua volunteers) farewelled a group of about 50 riders from the start point at Fairy Springs. The finish was in Hobsonville, Auckland. Riders from Auckland, BOP and Taranaki took part and raised \$1400 which was donated to Brave Hearts.



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, 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.