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**Brave Hearts March 2025 Newsletter**

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From Lynn Fisher <lynn@bravehearts.nz>

Date Wed 16/04/2025 1:56 PM

To Lynn Fisher <lynn@bravehearts.nz>



**BRAVE HEARTS NZ  
MANAWA KAHA AOTEAROA**

**APRIL 2025 NEWSLETTER**

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

## **A Message from Erin**

Welcome to our first newsletter for 2025 dubbed as the 'year to thrive' although for a lot of you, given the number of calls for help so far this year, it's more about surviving than thriving.

A very warm welcome to all our new members who bravely attended their first meeting this year. We know you would have been well supported and hope the knowledge imparted was helpful. Daylight savings has come to an end, but we urge you to keep going out in the evenings and attending many more meetings – we are all paddling in the same waka.

I spent three days in Wellington at Addiction Leadership Day and Platform Trust both at Te Papa and the NZ Drug Foundation Symposium at the Beehive. These events brought together leaders and decision-makers from across Aotearoa's addiction sector so you can be assured we are out there doing the best we can for our whanau.

Matt Doocey, Minister of Mental Health and Addictions spoke about peer support workers in emergency departments, more crisis cafes such as those currently operating in Auckland and Wellington city, wait times going down and increasing the mental health and addiction workforce. Proceeds of crime funding is again open to sector organisations rather than being used for shop bollards as it has been for a few years now.

There was an update on the Addiction Services Team Ara Poutama from the department of Corrections that I know some of you will be heartened to hear more about as it unfolds.

We are also talking with the Crisis Response Team that has been set up by police and mental health wanting reassurance that safety of families will not be compromised if they call 111. Processes are in place to ensure that both

agencies will respond accordingly if called. Safety in homes and community was also discussed when board member Errol Brain and I appeared online before the Select Committee hearing into the proposed new mental health legislation.

We are advocating strongly for education and destigmatisation. Please have a read of this article in the Horizon which features news, think pieces, views and resources on mental health and addiction issues in New Zealand.

<https://www.thehorizon.nz/the-great-leveller/>

Please also keep up the momentum by talking in your communities and with your local MPs – every little bit goes a long way.

Finally, congratulations to Lynn Fisher, our Client Support Manager who is graduating with a Bachelor of Social Science majoring in Psychology this month. I am fortunate to have great support, not only from Lynn and Pare, but from our board and all the amazing volunteers who do this mahi alongside us. Big thanks to you all.

# HORIZON

The advocate for  
New Zealanders  
mental health

## Meet our Board member Michael Mills



Kai ora koutou. Ko Michael Mills ahau.

Taking a 'road trip' with Erin can have life-changing consequences. In June 2021, I had such an experience. At the time, I was providing mentoring and support to the Community Action on Youth, Alcohol and Drugs (CAYAD) team at Ngai Te Rangi Iwi Trust. In that context, on 28-30 June 2021, I joined with Mikaere Sydney and Erin to visit the Te Ara Oranga programme in Northland.

This is a multi-agency, multi-level Methamphetamine Harm Reduction initiative funded from the Proceeds of Crime putea. This was my first opportunity to get-to-know Erin and gain an understanding of the kaupapa and mahi of Bravehearts. I was quickly in awe of the vision, energy, passion and commitment that Erin packs into her diminutive frame. Energiser Bunny is soporific by comparison! I willingly accepted an invitation to meet with David Benton, the Chair, and subsequently joined the Board.

It has been a privilege these past years to have a small but meaningful role in the growth and consolidation of Bravehearts as a nationally recognised leader in its field. For further reference, my personal and professional details are noted on our website <https://www.bravehearts.nz/our-board/>.

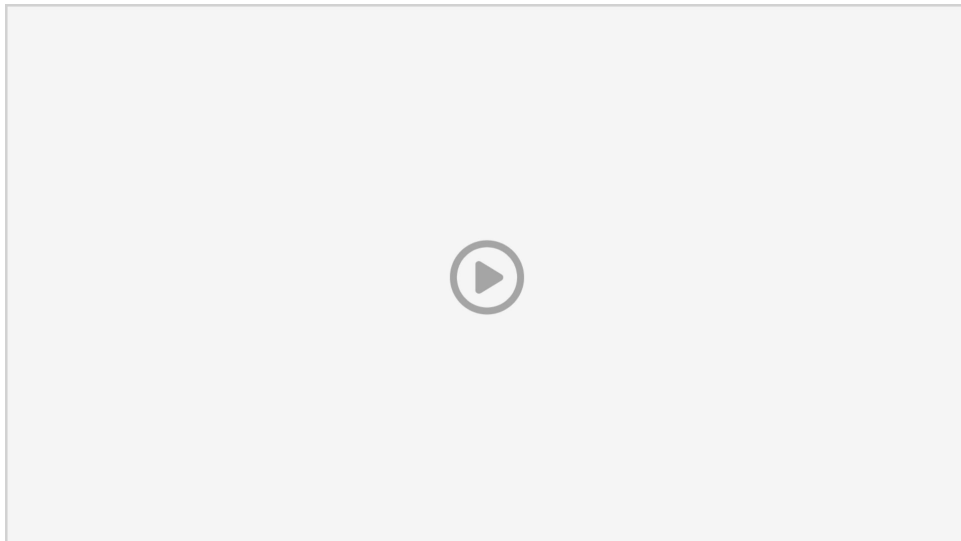
Tēnā koutou katoa, kia pai to rā



Brave Hearts were so excited to be not only nominated, but a finalist in the TECT 2025 Community Awards - Heart of the Community Category. We joined other wonderful organisations from around the Bay of Plenty to celebrate the volunteers and staff who do such incredible work. Please have a look at our submission video below.

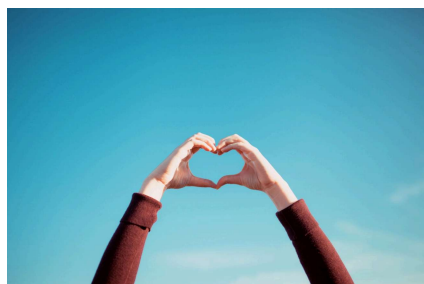
As winter approaches, we know it becomes harder to get outside, but connection is so important, please try attend a meeting if you are able to do so, there is so much support in the rooms.

Kia kaha  
The Team at Brave Hearts



Facebook Brave Hearts Group

Support Meetings - Brave Hearts Website



## 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](http://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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