



BRAVE HEARTS NZ / MANAWA KAHA AOTEAROA

NEWSLETTER JULY 2023

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

Welcome, Tena Koutou, to our newsletter keeping you all up to date with what is happening.

A MESSAGE FROM ERIN

Kia Ora Brave Hearts

It's hard to believe we are SEVEN years old. A lot of you will remember our first support meeting in Tauranga, June 2016 with an attendance of 60+. We personally knew the extent of suffering that whanau go through and with numbers like this coming out, it was an easy decision to make to continue as a registered charity to educate, support and advocate for families suffering from a loved one's substance use.

We now have 3000 members, having welcomed another 368 since our last newsletter. I hope that you find some source of strength in the knowledge that there are others like you and that support is available.

There is a lot of change occurring and frequent coverage in the media is highlighting a mental health and addictions workforce under considerable strain. Gayle Billings (our Manukau facilitator) and myself attended the recent NZ Drug Foundation Symposium in Wellington and have voiced our concerns for families. We were lucky to meet up with Dave Burnside, Odyssey Lived Experience Lead and Edith Moore, Senior Network Coordinator, Drive Consumer Direction (photos below) and share our thoughts.

I have also taken part in producing a guideline for those in the addiction workforce, for presentation to Te Whatu Ora. We are continuing our advocacy on behalf of you all and encourage you to get out and talk to local MPs before the next election.

Until next time please stay safe, warm and remember to find time to spend on doing the things that you enjoy best.

Tena koutou katoa



BRAVE HEARTS BIRTHDAY CELEBRATIONS

This month we celebrated our 7th birthday and enjoyed a lovely morning tea with some of our wonderful volunteers and supporters. We couldn't do this without them and you, our special members. We've been honoured to share your journeys with you along the way.

Special thanks to Rosalind Potter for the stunning cake which our wonderful Board Chair, David Benton, cut for us.



INTRODUCING A VERY SPECIAL BRAVE HEARTS TEAM MEMBER

Gorgeous Georgie is Erin's divine puppy and he spends a couple of days a week to keep us company and delighting us with his antics. He loves cuddles and tummy rubs and adores visitors. If you book a toolkit session with Erin in our Mount Maunganui office, you might be lucky enough to meet him!





FREE COUNSELLING SERVICE - MOUNT MAUNGANUI OFFICE

A reminder that Wendy Forgeson is offering a free counselling service with Brave Hearts as part of her Bachelor of Counselling Degree study with Bethlehem Tertiary Institute.

Wendy's background for the last decade has been in community health support work and the transition into counselling is part of her growth journey and realising her passion of helping others.

Wendy provides a safe space for you to feel heard and supported as you navigate life's challenges. Sessions are available to Brave Hearts members who have had, or continue to have, loved ones in addiction. They run for an hour, are free, and you can talk about anything you choose to.

To book contact Wendy at wendy.4qs555@gmail.com

RESEARCH

Brave Hearts have been conducting research in collaboration with researchers at Bethlehem Tertiary Institute. BTI have been interviewing families and whānau about the impacts of supporting a family member coping with addiction. This is now being completed and we will be presenting a summary of key findings at the Cutting Edge Conference in November.

We hope the findings will help Brave Hearts find ways to improve and expand our services and to advocate to bring this important work to more families and whānau in need.

MEDIA

Brave Hearts has featured in recent media. See links below.

<https://www.chrislynchmedia.com/news-items/more-support-for-christchurch-families-dealing-with-meth-addicts>

<https://www.stuff.co.nz/national/131440736/meth-addicts-ex-who-left-relationship-bonedeep-exhausted-will-now-facilitate-brave-hearts-rotorua-group>



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 would like to acknowledge our generous donors and supporters for their continued support, which enables us to offer our services free to the community.