



## BRAVE HEARTS NZ

### MANAWA KAHA AOTEAROA

#### September 2024 Newsletter – the Spring edition

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.

## *Message from Erin!*

There is some great work being done in Aotearoa by some amazing people. We have been very proactive in the last few months forging relationships with other organisations who are passionate about the effects on family caring for a loved one with substance use issues and mental health.

I was fortunate to be asked to attend a one-day event held in Wellington s to inform the design of a national AOD lived experience & whānau network. This was hosted by Te Whatu Ora and facilitated by Whakatira Leadership. This AOD Lived Experience and Whanau Forum will continue to meet on a regular basis and I hope will create a space for the voices of families to be heard and acknowledged.

Please keep sending your stories, thoughts and feedback to us.

“The message behind the words is the voice of heart” – Rumi

I also want to acknowledge our Brave Hearts team – Lynn, Pare, Ros, our amazing volunteers across the motu and the members of our board.



**Inaugural forum 24<sup>th</sup> June 2024**



**National Committee  
for Addiction Treatment**



## *Message from Michaela!*

### **A Heartfelt Partnership: Michaela Kamo and Brave Hearts NZ**

My journey with Brave Hearts NZ began a few years ago over a coffee with Erin, who shared her inspiring vision for supporting whānau affected by methamphetamine addiction. From that moment, I was drawn to this important kaupapa.

Brave Hearts NZ offered a perfect synergy between my passion for advocacy in the health sector and its mission to make a real difference for our whānau. It wasn't just a professional engagement; it was a commitment to supporting those in need and working alongside dedicated individuals united by a common cause.

Brave Hearts NZ has always been a beacon of hope, providing essential support and raising awareness about critical issues. My role was to support all the amazing mahi that they do.

The partnership between Brave Hearts NZ and myself highlights how personal dedication can align with a broader mission to create profound impact. Together, we strive to inspire hope, drive positive change, and showcase the power of collective action in overcoming adversity.

## *Message from Lynn!*

### **"The opposite of addiction .....is connection"**

It has been 2 months into my new role as Client Services Manager with Brave Hearts, and time has just flown. We have been to a TMAPS networking morning, a Social Link networking day and a WBHO PHO Service expo. I am so proud to be representing Brave Hearts among such incredible organisations all of which are providing such necessary and vital services in our area.

Our Facebook Group continues to grow, and we now have over 3200 members engaging and supporting each other. Our website and free call continue to provide support, and our newly added LinkedIn platform is getting traction in the Addiction Health services arena.

Covid really changed the landscape as far as meetings in person go, and we want to stress the importance of attending in person, disconnecting from the online platforms for a while, sharing a coffee, learning and listening to stories of hope and finding a tribe of people on the same journey as you.

We are humans, we need to connect. Kia Kaha

<https://www.linkedin.com/company/103760407/admin/page-posts/published/>

<https://www.facebook.com/braveheartssupport/>

<https://www.facebook.com/groups/772508926185301>



*"Give us a like or a follow"*

## 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.