



**BRAVE HEARTS NZ
MANAWA KAHA AOTEAROA**

MARCH 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

The first three months of this year has just flown by for us at Brave Hearts as I'm sure it has for you all. We are working hard to continue to support you all and continue to work closely with other organisations and colleagues connected to advocacy.

We are delighted to welcome Pare Herewini Flavell to our team at Brave Hearts. Pare will be working with individual families – assisting them in building resource toolkits to support themselves and comes to us with lived experience and a wealth of knowledge.

We look forward to seeing you at in person and zoom meetings. Remember the most important thing is to put your own oxygen mask on first.

Kia kaha.
Erin

**INTRODUCING OUR NEW
FAMILY SUPPORT WORKER**

We are delighted to welcome Pare Herewini to the Brave Hearts Team as a Family Support



Worker. Here's a little intro for her

Ko Te Arawa te waka
Ko Matawhaura te māunga
Ko Rotorua te awa
Ko Te Arawa te iwi
Ko Ngāti Whakahemo me Ngāti Mākino te hāpu
Ko Pukehina me Otamarakau te Mārae
Ko Parekotuku tōku ingoa
No reira tēnā kōutou tēnā kōutou tēnā kōutou katoa.

As someone who has walked the path of recovery, I am dedicated to empowering our whānau to seek the help they need and deserve. With a background marked by personal growth and resilience, I am passionate about fostering, understanding and support within our communities. By sharing my story and offering a compassionate ear, I aim to create a safe space where individuals and families can find strength, hope, and healing on their journey of wellbeing.

I look forward to working alongside the Brave heart NZ Whānau and help strengthen our families and communities.



A MESSAGE FROM OUR VOLUNTEER: LESLEY HAMEL

I'm Lesley Hamel, and like so many, my husband Guy and I have spent many years navigating addiction journeys with our two grown daughters, with some distance to go. It can be an exhausting, confusing, scary and really complex journey, but it doesn't need to be a lonely one too. I'm really grateful for the opportunity to facilitate meetings in Christchurch for an organisation as amazing as Brave Hearts, to help make that a reality for others.

I'm an IT professional by day and am passionate about peer support. Guy and I are also raising our amazing about-to-start-school grandson. And in any spare time we have, we dance, we always have.

FREE COUNSELLING

We offer a free counselling service for Bay of Plenty members at our office in Mt Maunganui. We also provide a limited number of Zoom counselling sessions to members outside of the Bay of Plenty area. This is in addition to the toolkit service we already offer. If you would like to make an appointment to see Deborah Dallas, please email her at brave2talk@gmail.com



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 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.

