



Brave Hearts NZ/Manawa Kaha Aotearoa

Quarterly Newsletter

December 2021

Welcome to our December 2021 newsletter and to those who have joined us in the last three months.

The team at Brave Hearts NZ wish you and your family a very meri kirihimete me te tau hou hari (Merry Christmas and New Year) and peace and joy in the coming year.

Jean Proctor a volunteer from Clutha recently spoke to the Clutha Leader. Great article "Openness key to meth support". Below is the article or to read the article please click on link.

<https://digital.cluthaleader.co.nz/html5/shared/ShowArticle.aspx?doc=CLL%2F2021%2F10%2F21&entity=Ar00302&sk=9DCF96B1&mode=text>

Openness key to meth support

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Organisers of a local support service for people with family members suffering with drug issues say Balclutha's methamphetamine problem hides in plain sight. Clutha District Council community support and development adviser Jean Proctor helped bring Brave Hearts NZ to Balclutha in 2018, when she and others realised the only effective way to deal with the issue locally would be to acknowledge its existence more openly.

She said the highly addictive class A drug P, also known as meth, knew no social boundaries, and was as rampant in isolated country homes as in domestic suburbia, and among the urban homeless.

The physiological and mental side-effects of the drug could often be hidden, and the stigma attached to meth marginalised far more people besides actual users.

Mrs Proctor said Brave Hearts recognised the fallout of meth on non-users such as family members.

"Of course it's a tender subject, but we felt meth was not being acknowledged or addressed at all. "Something was needed by the



A matter of life or meth ... A selection of P awareness slogans created by young Clutha residents. PHOTOS: SUPPLIED

driven by the people who needed it." An awareness campaign and fundraiser followed, assisted by group founders and Clutha Youth Council, and Brave Hearts was up and running in Balclutha in November 2019.

Following core values of "respect, hope and wellbeing" Brave Hearts aims to "meet an urgent need for people to be better educated and informed about the effects of substance use, and to lobby for more support to empower those battling with the effects of drug abuse in our communities".

Mrs Proctor said the local group enabled people who had been through, or were directly affected by the trauma of having an addicted loved one, to find and support one another.

Tuesday of every month, friends, family and victims of users could escape the "isolation of P stigma" to talk openly, grieve, swap ideas, share successes and help each other help themselves.

The group was careful to balance openness and inclusion with confidentiality and discretion, and attracted visitors from Gore, Dunedin and beyond with seminars and guest speakers, while providing phone support, and lobbying for better local and national action and awareness. Clutha Mayor Bryan Cadogan was a keen supporter of Brave Hearts.

"Our drug problem is no different from any other district, the difference is in how we've acknowledged it. "It wasn't 'This was we can

New Zealander of the Year

The 2022 Semi-Finalists have been named and under the Ryman Healthcare – Senior New Zealander of the Year Erin is a finalist. Congratulations Erin.

Winner to be announced at Dinner on 31/03/2022.

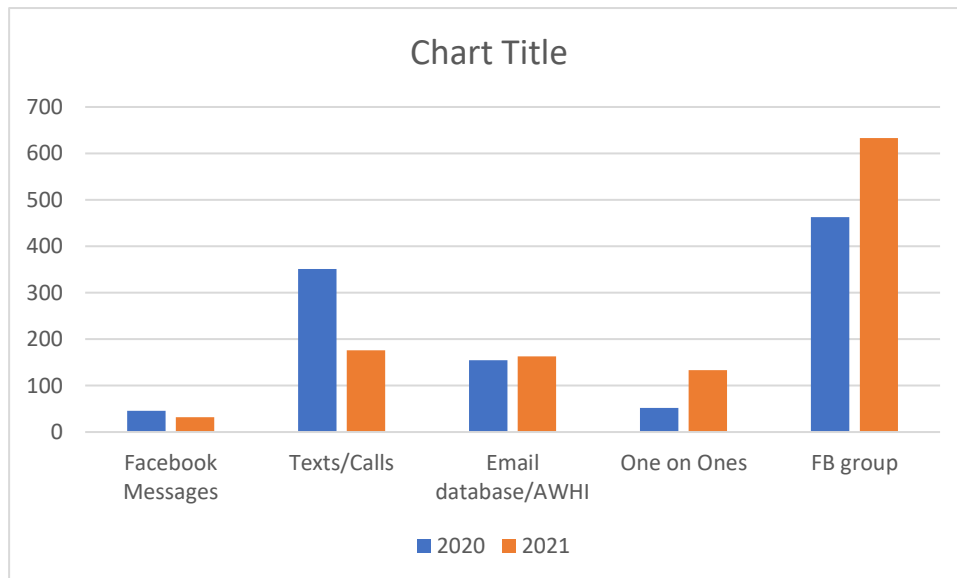
Clip from Website:

Erin O'Neill helps families struggling with addiction. Brave Hearts is a support group for families with a loved one dealing with substance use. Erin was compelled to start the group because of her own lived experience within her own whanau. She felt families needed more peer support and education during this difficult time. In its five years Brave Hearts has helped hundreds of families. Beginning life in Tauranga with 60 members, Brave Hearts is now a nationwide network of face to face and online support meetings. It's services include developing family coping strategies and connecting members with clinical counselling. Encouraging families to stay unified and strong, Brave Hearts offers non judgemental and empathetic support. Brave Hearts has also undertaken research to support this service. Erin's tenacity has provided many parents and families with the help they've needed to get their family member into recovery and to move towards the ultimate goal of living addiction free.



2021 Stat Update

A bit of breakdown on numbers that Brave Hearts are reaching out to families. Larger call numbers in 2020 relating to longer period New Zealand in lockdown.



Please note December 2021 figures not included in graph as 2020 is full year

Giving/ Donation

A big thank you to all our very generous donors. We are grateful and appreciate that we cannot do this without your support.

Support

Regional Support meetings have now finished for the 2021 year but if you are needing to reach out please call our freephone number or email if you require a one on one meeting. Meetings will commence Mid January 2022 so please check our website for meeting updates.

Contact Details



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