



BRAVE HEARTS NZ/MANAWA KAHA AOTEAROA

NEWSLETTER JULY 2022

*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.

HAPPY 6th BIRTHDAY BRAVE HEARTS



Ros cutting our 6th birthday cake.

Six years ago, in June two mums and a policeman started a community support network in the Bay of Plenty that has now grown and helped more than 3000 families nationwide - an example of what can be achieved if someone really cares.

The first meeting attracted 60 people followed by 270 at a subsequent Educational Seminar. They now offer free phone support, help with a whanau toolkit, meetings in regions nationwide, plus Zoom meetings.

Membership and services are free, so call our toll free number: 0508 bravehearts or visit www.bravehearts.nz to join.



Support Meetings – New Locations!

Due to our fantastic team of volunteers, Brave Hearts have now been able to start monthly support meetings in Whakatane on the 1st Thursday of each month and begin again in Nelson on the 4th Thursday of each month. We are also delighted to start our Hamilton and Manukau monthly meetings in person again, with Manukau at an exciting new location.

Welcome Michelle Brewerton, Michelle Thurlow, Andrea Stanton and Gayle Billings to the volunteer team!

There are also meetings in Tauranga, Motueka, Clutha and Mount Maunganui, and online Zoom meetings for those who are unable to attend in person.

To find out more visit our website www.bravehearts.nz. Meetings details are updated at the start of each month under “Support”.

We also send regular emails regarding the upcoming meetings. If you would like to be added to our email list, please email us at support@bravehearts.nz

New Board Member

We are delighted to welcome Michael Mills to our Board.

Michael has an undergraduate degree in Education and Psychology, and a Master’s Degree in Planning Practice (2002) from Auckland University. He began his professional career as a social worker before extending into community development.

Since 2002 he has been actively engaged in crime prevention and community safety activities at local and national level. From 2012 until 2020, Michael had a national role with the Safe Communities Foundation NZ as the Community Engagement Advisor.

In 2018/19 Michael and his wife Annika undertook a two-year assignment with Volunteer Service Abroad in the Cook Islands. Since returning to NZ Michael and Annika returned to the Western Bay of Plenty where they currently reside at Tanners Point.

In 2021, Michael commenced working with Ngai Te Rangi Iwi providing mentoring and specialist expertise in the field of alcohol and drugs. In 2022 he was appointed to the Board of Western Bay of Plenty Neighbourhood Support, and has now joined the Board of Bravehearts.



New Staff Member



Kelly Faile is delighted to join the Brave Hearts team in the role of Client Services. In 2020, after seeing the impact of Covid19 on our community's mental health, along with an increase in addiction, domestic violence, and family well-being, Kelly made the life-changing decision to leave her corporate role and embark on a year of studying Mental Health and Addiction along with Business Management and Leadership.

Kelly is extremely committed to helping people and their families, who may or may not have the same support, or who feel like there is no hope. Because there is always hope.

Research

In collaboration with researchers at Bethlehem Tertiary Institute, Brave Hearts are interviewing ten families and whānau about what the impacts are of supporting a family member coping with addiction.

A brief summary of key findings will be shared with all members once available.



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.