



THRIVING MADLY

Celebrating life outside the box

AUGUST 2024 NEWSLETTER



CONNECTION OPPORTUNITIES - AUGUST 2024

MON	TUES	WEDS	THUR	FRI	SAT	SUN
				2 OFFICE OPEN 12-3	3 REMINDER TO GET YOUR QUIZ TEAM TO REGISTER FOR QUIZ NIGHT	4
5 REMINDER TO REGISTER YOUR FAMILY FOR FAMILIES OF WONDERLAND	6	7 OFFICE OPEN 10-3	8	9 OFFICE OPEN 12-3	10 12.30-2.30 CRAFTERNOON	11
12	13 7-8PM ANTI-BOOK-CLUB BOOK CLUB	14 OFFICE OPEN 10-3	15 REMINDER TO BOOK TICKETS FOR WONDERLAND AFTER DARK	16 OFFICE OPEN 12-3	17	18 10.30AM-12 BLACK DOG WALK
19	20	21 OFFICE OPEN 10-3	22	23 OFFICE OPEN 12-3	24	25 12.30-2 ONLINE GO REFLECTION
26	27 7-8PM THRIVING AUTISICALLY	28 OFFICE OPEN 10-3	29	30 OFFICE OPEN 12-3	31	

OUR OFFICE WILL BE OPEN WEDNESDAY 10AM-3PM AND FRIDAY 12-3PM FOR A CHAT WITH OTHERS IN THE COMMUNITY OR HANG OUT. MHERCS'S LIBRUARY IS ALSO OPEN DURING OFFICE HOURS AS A SAFE QUIET SPACE TO MEET AND NICOLA'S THEIR LIBRIAN IS GENERALLY AROUND TO CONNECT WITH AROUND RESOURCES, BOOKS ETC

Thank you Angle for your new idea for the Rainbow fund



Thanks Sara, Jean and Anne for volunteering your time at the creative exhibition



Thanks Hannah, Lesley, Nick and Karen for all your work organising the Festival



Do you have any skills, passions, things you may want to learn about, resources for the Thriving Madly Community, stories you would like to share, have an idea for the community or things you would like in the monthly newsletter please email admin@thrivingmadly.com I love feedback so let me know best ways to contact you, fonts that are easy to read or any other things you have noticed. Namaste Karen S

Event Information



CRAFTERNOON

Saturday 10th of August 12.30-2.30

Location: Room 10a, Phillipstown Community Hub, 39 Nursery Road

Be inspired with our friendly relaxed environment and bring your current craft project, try out something new or share a craft skill you have developed. The possibilities are endless.

ANTI-BOOK-CLUB BOOK CLUB

Tuesday 9th of July online 7-8pm

Location: Zoom link on Facebook TM Event Tab

A book club for Non compliant readers (compliant readers also welcome) For all the book lovers and wordsmiths to discuss all things book related in an informal non structured way.



BLACK DOG WALK

Sunday 21st of July 10.30am-12noon

Meet at Victoria Square and walk to Riverside Market

Black Dog Walk Off events are an opportunity to connect with other humans in an informal and gentle way. Many of us have an experience of journeying with the black dog or other experiences of mental distress that are challenging. Join us for a walk with or without doggos as we connect! Please remember you don't need a dog to join us. Everyone is welcome!

THRIVING AUTISTICALLY

Tuesday 30th of July online 7-8pm

Location: Zoom link on Facebook TM Event

This is a meeting for all autistic people (suspected autistic, self diagnosed or professionally diagnosed all welcome).



CO REFLECTION

Sunday 28th July - 12.30-2pm

Location: Room 1, Phillipstown Community Hub, 39 Nursery Road

For those who have done Intention Peer Support training join us for face to face co reflection to connect, reflect and move forward with your Thriving Madly community.



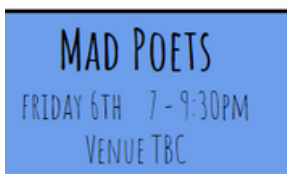
This year's theme for the Divergence festival is REvolution!
 We are looking forward to bringing together conversations that highlight both the evolutionary and revolutionary elements of our journeys. This will involve exploring and celebrating the personal development & recovery/discovery work we undertake in order to navigate the world around us. Found within this work, are calls to social action to shift the societal challenges that underlie many of our experiences of the world. During REvolutions we will celebrate how far we have come & consider what we can work on to create a world that works for all.



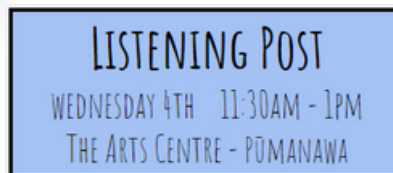
CASTING CALL OUT NOW!!!
 This year's Divergence Festival will again include the Wonderland After Dark variety show, on Saturday 14th September!
https://docs.google.com/forms/d/e/1FAIpQLSdeEDnLmQFf7IzMH_R_7LAURH-5MTh8AwThux-djd9ongwBDg/viewform?fbclid=IwZXh0bgNhZW0CMTEAAR36PChJShd1KBHWdZvqxtOX6tHGupsxx33OhvyDNj3TLIfhy3y76HRIBTs_aem_yZRxMYwp-e1HA12ld_bNQQ



Register your interest NOW to exhibit something creative at our Creativity Exhibition and market or to be on the door. It will be held in the Pūmanawa Art Gallery space 10am and 4pm from Tuesday 3rd to Friday 6th September. Share all the creative ways we demonstrate REvolution!...
<https://docs.google.com/.../1FAIpQLSeKX8m1zAoXDq.../viewformBody>



We need contributors from for the festival to pack up after the exhibition and on the door for the show and quiz. Email admin@thrivingmadly.com with your availability.



NEW STUFF



One of our contributors has created a workshop about "The Polyvagal Theory" and lead a small group of contributors sharing their knowledge. The feed back was really positive in particular different parts of our nervous system and what they do and what happens when we are exhausted and/or stressed. If you would be interested in attending another workshop on this topic email admin@thrivingmadly.com.

We would like registrations of interest for Intentional Peer Support introduction running on a Wednesday in late September or early October, in person from 9.30am to 4pm. We would like new contributors who haven't done Intentional Peer Support training to attend as this is the foundation of how we communicate in Thriving Madly community. Email admin@thrivingmadly.com to resister



PROJECTS

At the moment we are all about the festival - please share information to all your friends, make a quiz team, get a group together to attend the show, all welcome to events to celebrate us as the awesome community we are. Go Thriving Madly!!



FACEBOOK GROUP CHATS

Disability funding changes: discussion on what would be helpful, resources, possibilities moving forward and how we can support each other

Social Action and Protest: A face book chat to share information on social action and protests happening around the motu. Organise possible meet ups for marches.

Emergency and social housing: share your experience, connections, resources with the possibility of writing a letter to minister for housing, Mental Health, Social Development, Health and the Mental Health and Wellbeing Commission.



Kia ora koutou, Wanna join the **Sustaining Sustaining Tenancies Team (SSTT)**. If you are a human who believes people should be housed, we'd love to have you! Please contact Hellina (Angle) or Payal"



Submissions group - We will be adding the Thriving Madly submissions to our Facebook page and also the website as this is an important part of creating social change. If this is an area of interest that you would like to know more about let us know admin@thrivingmadly.com. This in an area of growth for us all and would be great to keep learning together so we can be heard by government.

Welcome
Charlie
Kassian
Miria
Heidi
Karis
Sid
Kerry
Jodie
Jane

RESOURCES

Here is a link <http://www.survivingantidepressants.org/> a resource for anyone who is tapering or thinking about tapering their drugs.(Has peer led forums with tons of info)ps://www.survivingantidepressants.org/?fbclid=IwZXh0bgNhZW0CMTEAAR1MMYK7BN7OrMuX4PA-k2QE14o6R_21sH0m0HYEqU7luTTR-MSWaAOepSQ_aem_WVWj7YgZYsyANFn8K2TS3g

Thanks to our funders
Frozen Funds, Rata
Foundation, Lotteries
Board, Creative
Communities, COGS
Strengthening
Communities, Tepou,
MHERC for our office
space

Office - Level 1/12 Hazeldean Road,
Addington, Christchurch.



Free Street Parking

- Free 30 minute parking on Hazeldean Road
- Some unrestricted street parking is available on nearby streets (please allow extra time as you may need to park further away)

Hazeldean Business Park Carpark Building

- 14 Hazeldean Road - via Parkable app (please download app prior to arriving)

Wilsons Carpark

- 7 Hazeldean Road - via ParkMate app or PayByPlate Machine

Closest Bus Routes/Stops

- Route 7 Halswell/Queenspark - Stop 47137
- Route 120 Burnside/Spreydon - Stop 50852 or 50868

Bicycle

- Bike stands can be found near Building 6 (as indicated on the map over page)

