



THRIVING MADLY

Celebrating life outside the box

I woke up choosing
to be nice and calm,
but let's see if the
universe agrees..



NOVEMBER 2024 NEWSLETTER-PANUI

CONNECTION-TŪHONONGA OPPORTUNITIES

Rāhina MON	Rātū TUES	Rāapa WEDS	Rāpare THUR	Rāmere FRI	Rāhoroi SAT	Rātapu SUN
				1 LOUNGE OPEN 12-3	2	3
4	5	6 LOUNGE OPEN 10-3	7	8 LOUNGE OPEN 12-3	9 12.30- 2.30pm Crafternoon	10 WE HAVE MOVED
11	12	13 LOUNGE OPEN 10-3	14	15 LOUNGE OPEN 12-3	16 1-3pm Hui- Submission MH Bill	17 10.30am-12 Black Dog Walk
18	19	20 10am-12 Hui - Submission MH Bill	21	22 LOUNGE OPEN 12-3	23	24 12.30-2 Co reflection
25	26 7-8PM Thriving Autistically	27 LOUNGE OPEN 10-3	28	29 LOUNGE OPEN 12-3	30	

Thriving Madly Lounge

Level 1/12 Hazeldean Road, Addington, Christchurch
Open Wednesday 10am-3pm & Friday 12-3pm
for a chat with others in the community or hang out
MHERC's library is also open during office hours as a safe
quiet space to meet and Nicolas their librarian is generally
around to connect with around resources, books etc



A big tēnā koutou katoa to Rhea and Alice from Riki consulting for Te Tiriti o Waitangi workshop and Frozen Funds for their generous grant.

We would like to know if you are interested in a session in February for learning the importance of Karakia and Whakataukī. Including how and when to use them and correct pronunciation. This would include singing Waiata together and could extend to how we do this with in Thriving Madly.



YOU'RE INVITED

HopeWalk Christchurch
Saturday 09 November
New Brighton Beach
5.30pm

Vendors, Sponsors and Organisations
contact us if you're keen to tautoko our event & community

Family & Community Event
for Suicide awareness and
prevention

Event Information



Example of braided bracelet being made this month

CRAFTERNOON

Saturday 9th November - 12.30-2.30pm

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

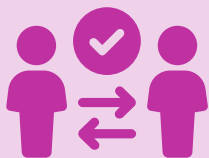


THRIVING AUTISTICALLY

Tuesday 26th November 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)



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.



BLACK DOG WALK



Sunday 17th November 10.30am-12
Meet Opposite Christchurch South Library in Beckenham on Colombo Street. We will go for a short walk & then connect together by the river. There is the option to get refreshments from CHCH South farmers market or the cafe in the Library (parking in Ernlea Terrace)

Black Dog Walk Off events are an opportunity to connect with other humans in an informal and gentle way. 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!



CO REFLECTION

Sunday 24th November - 12.30-2pm

Location: Room 2, Phillipstown Hub, 39 Nursery Road

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

This session will be centered around our submission for the suicide prevention action plan

HUI - SUBMISSION FOR MENTAL HEALTH BILL

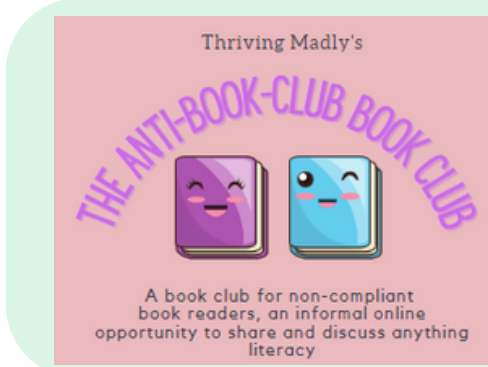
Saturday 16th November - 1-3pm

Location: Room 2, Phillipstown Hub, 39 Nursery Road

Wednesday 20th November 10am-12

Location: Thriving Madly Lounge, Level 1, 12 Hazeldean Road

Please register your interest admin@thrivingmadly.com This is an opportunity to use your experience of mental distress to shape history & what comes next



The Anti Book club is closing the book as there has been low attendance. A big shout out to Anna who has been holding this space!!! Ngā mihi



Sustaining Tenancies



If you are a human who believes people should be housed, we'd love to have you!
Thanks Hellina(Angle) or Payal

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.

Training Opportunities

Email admin@thrivingmadly to register your interest



Intentional Peer Support Intro - Date TBA 2025

Wednesday 9am - 2.30pm.
We 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 and also if you those who would like to refresh their skills.



Submissions group



Work has been done on Thriving Madly community submission for The Suicide Prevention Action Plan. Thanks to all involved. If submissions 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.



**Listening post
volunteer's for Hope
Walk 5.30pm
9.11.2024**



SPECIAL THANKS TO OUR FUNDERS



A Quick Guide to Using Pronouns

Why Pronouns Matter - Pronouns are an essential part of a person's identity, just like their name. Using the correct pronouns shows respect and helps create an inclusive space.

How to Ask - Unsure about someone's pronouns? It's okay to ask!

Try: "Hi, my name is ____, and my pronouns are _____. How about you?"

If You Make a Mistake - It happens! If you use the wrong pronoun, correct yourself and move on without making it a big deal. Something simple like, "Oops, I meant they," works perfectly.

Practice using Gender-Neutral pronouns - Not sure what pronouns someone uses? It's always safe to use they/them until you know for sure.

Respect Boundaries - Some people may not want to share their pronouns publicly, and that's okay. Respect their decision.