



# THRIVING MADLY

Celebrating life outside the box

JANUARY 2024 NEWSLETTER  
ADMIN@THRIVINGMADLY.COM



## CONNECTION OPPORTUNITIES - JANUARY 2024

**OPEN** = Office open 11am -2.30pm Room 14 Phillipstown hub

| MON            | TUES  | WEDS   | THUR | FRI   | SAT   | SUN   |
|----------------|---|--|------|---|---|---|
| 1 NEW YEAR     | 2 PUBLIC HOLIDAY                                | 3  | 4    | 5 <b>OPEN</b>                               | 6   | 7   |
| 8              | 9 <b>OPEN</b>                                   | 10 <b>OPEN</b><br>10.30-12<br>TEA TIME                 | 11   | 12 <b>OPEN</b><br>11.30-1<br>LISTENING POST | 13 <b>12.30-2.30</b><br>CRAFTERNOON                 | 14  |
| 15 <b>OPEN</b> | 16 <b>OPEN</b>                                  | 17   | 18   | 19 <b>OPEN</b>                              | 20  | 21 <b>10.30-12 BLACK</b><br>DOG WALK              |
| 22             | 23 <b>OPEN</b>                                  | 24 <b>OPEN</b><br>10.30-12<br>TEA TIME @<br>SOUTH CITY | 25   | 26 <b>OPEN</b><br>11.30-1<br>LISTENING POST | 27 <b>10-11AM ANTI-<br/>BOOK-CLUB BOOK<br/>CLUB</b> | 28 <b>12.30-2 IN<br/>PERSON CO<br/>REFLECTION</b> |
| 29 <b>OPEN</b> | 30 <b>OPEN</b><br>7-8PM THRIVING<br>AUTISICALLY | 31   |      |   |   |   |

## NEW SOCIAL ACTION AND PROTEST CHAT

A new group has been established through our face book group to share information on social action and protests happening around the motu. Organise possible meet ups for marches.

Big gratitude for everyone turning up in their own way and making a community



Thanks to our external supporters sharing resources and sharing the word



Thanks caring for our community and being part of our moving forward!!!



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

## BLACK DOG WALK

Sunday 21st of January 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!



## TEA TIME

Wednesday 10th January 10.30am-12 noon at  
Thriving Madly office-Room 14-39 Nursery Rd  
Wednesday 24th January 10.30am-12 noon at  
South City mall - Robert Harris

Teatime is almost as simple as the name, a weekly catch up, where anyone is welcome to come have a cuppa in a relaxed environment without expectation that you have to share anything other than your desire for coffee/tea and some company.



## CRAFTERNOON

Saturday 13th of January 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.

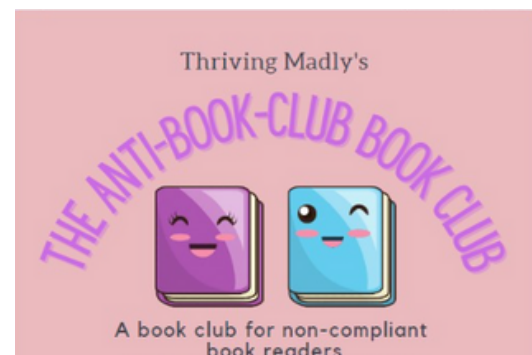


## ANTI-BOOK-CLUB BOOK CLUB

Saturday 27th of January online 10-11am

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.



## THRIVING AUTISTICALLY

Tuesday 30th of January 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).



# Event Information

## CO REFLECTION

Sunday 28th January - In person 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, connect, reflect and create with your Thriving Madly community

## LISTENING POST

Friday 12th & 26th of January  
11.30-1pm

Location: TM Office,  
Phillipstown Community  
hub, 39 Nursery Road

An informal opportunity to connect and chat about things that matter to you



### Thanks to our funders

- Frozen Funds
- Rata Foundation
- Lotteries Board
- Creative Communities
- COGS
- Strengthening Communities
- COGS
- Tepou

## UPDATES

• We have been approved for funding from the disability leadership grant for facilitation training

- Crafternoon: Zentangle is coming in February. Please let us know if you have any ideas you would like to share with the group or things we can try together [admin@thrivingmadly.com](mailto:admin@thrivingmadly.com)

**WELCOME**

Sylvia,  
Mandy,  
Louise,  
Pecche, Alice  
and Jo to  
Thriving  
Madly

## RESOURCES

- **Hope walk** are sharing their resources that they had at their event Check out <https://www.aoketera.org.nz/> for free, brief therapeutic specific support for bereavement by suicide.
- **Waves** practical, supportive grief education 8 week group programme for 18+ who have been affected by suicide of someone they know. The programme is free Call Yellow Brick Road 0800876682 for more details
- **TechMate**- Is having a laptop a financial barrier? You could apply for a donated refurbished one. No guarantees that all will be accepted however they have not yet had to decline anyone and they go on a wait list. Anyone wanting more info email [info@techmate.org.nz](mailto:info@techmate.org.nz), website and facebook or free call 0800 766 763 .
- They also have free lessons/support. If you are challenged with getting out in the community you can request support at home, all volunteers are police checked and the first visit is usually with manager and volunteer.
- If you know anyone who would like to donate a laptop to be refurbished it needs to be 10 years younger with charger and in good condition.
- Techmate can also support with the skinny jump internet and can help with modem install.
- You can book ahead to have 1:1 lessons M-Thursday 10-4pm at Community House (Parking is a bit of a pain though)