



THRIVING MADLY

Celebrating life outside the box



JULY 2024 NEWSLETTER

CONNECTION OPPORTUNITIES - JULY 2024

SH = SCHOOL HOLIDAYS

MON	TUES	WEDS	THUR	FRI	SAT	SUN
1	2	3 OFFICE OPEN 10-3	4	5 OFFICE OPEN 12-3	6	7
8 SH	9 7-8PM ANTI- BOOK-CLUB BOOK CLUB	10 OFFICE OPEN 12-3 10.30AM-12 FAMILY MOVIE	11 SH	12 OFFICE OPEN 12-3 SH	13 12.30-2.30 CRAFTERNOON SH	14 SH
15 SH	16 SH	17 OFFICE OPEN 12.30-3 10-11.30AM SCHOOL HOLIDAYS LIBRARY MEET UP SH	18 SH	19 OFFICE OPEN 12-3 SH	20 SH	21 10.30AM-12 BLACK DOG WALK SH
22	23	24 OFFICE OPEN 10-3	25	26 OFFICE OPEN 12-3	27	28 12.30-2 IN PERSON CO REFLECTION
29	30 7-8PM THRIVING AUTISICALLY	31 OFFICE OPEN 10-3				

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 MHERC for our amazing office space



Thanks Annie for our office coffee table. Look forward to using it with you



Thanks Loren, Joe & Karen for leading this months Board meeting



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 13th of July 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.

THRIVING MADLY MENS GROUP

**In development* Looking for ideas*

Would you like to be apart of a small group of men. A chance for some Thriving Madly men to catch up and connect with no expectations. Register your interest via admin@thrivingmadly.com



BLACK DOG WALK

Sunday 21st of July 10.30am-12noon

Meet at Victoria Square and walk to Riverside Market

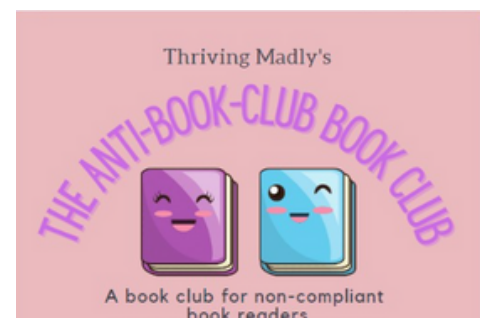
Black Dog Walk Off events are an opportunity to connect with other humans in an informal and gentle way. Many of us have an experience of journeying with the black dog or other experiences of mental distress that are challenging. Join us for a walk with or without doggos as we connect! Please remember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

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.



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.

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).

SCHOOL HOLIDAYS MOVIE MORNING



Wednesday 10th of July 10.30am to 12noon

Location: MHERC, Level 1, 12 Hazeldean Road

Come with your children to share a movie experience together and connect with others during the school break.

SCHOOL HOLIDAYS LIBRARY EXPEDITION

Wednesday 17th of July 10-11.30am

Location: Tūranga Library, 60 Cathedral Square

Lets meet in the foyer with our kids and explore the library together. We can let the kids be the leaders in what they would like to see and do as we connect together.



FACEBOOK 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.

NEW STUFF

- The 2024 round of the Rainbow Wellbeing Legacy Fund has opened. Do you have any ideas/projects you would like to be a part of. Let us know admin@thrivingmadly.com
- Yay - Karen Stevens has completed intentional peer support train the trainer - thanks Thriving Madly and all the contributors that supported during the process
-

Contribute - We still need contributors from Tuesday to Friday to tend the exhibition 3-6 September. Email admin@thrivingmadly.com with your availability.



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/1FAIpQLSdeEDnLmQFf7lzMh_R_7LAURH-5MTh8AwThux-djd9ongwBDg/viewform?fbclid=IwZXh0bgNhZW0CMTEAAR36PChJShd1KBHWdZvqxtOX6tHGupsxx330hvyDNj3TLlfhy3y76HRIBTs_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>

PROJECTS

How could we welcome new contributors and introduce them into the Thriving Madly culture? What would have been helpful for you? Share your experience so we know what worked well and other possibilities. Want to be part of a working group so we can honour the mahi of Thriving Madly so everyone gets the best start in our community. Drop me a line admin@thrivingmadly.com



RESOURCES

Welcome
Charlie
Kassian
Miria
Heidi
Karis
Sid
Kerry

Here is a link <https://www.survivingantidepressants.org/> a resource for anyone who is tapering or thinking about tapering their drugs. (Has peer led forums with tons of info)
https://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

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)

Wilson's 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)

