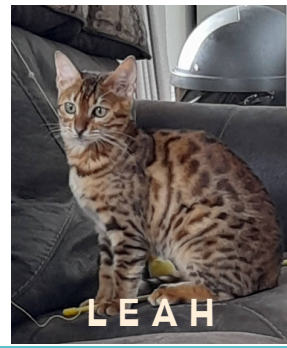




THRIVING MADLY

Celebrating life outside the box

MARCH 2024 NEWSLETTER



CONNECTION OPPORTUNITIES - MARCH 2024

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

SOCIAL ACTION AND PROTEST CHAT

A face book group to share information on social action and protests happening around the motu. Organise possible meet ups for marches. Check out our Facebook Group for details.

Moving helpers that supported a contributor to move their belongings



Thanks to our contributors that donate their time to support and connect with others



Thanks to our contributors that offer support around systems and forms to others in the community



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 17th of March 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

Saturday 23rd of March 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.



CRAFTERNOON

Saturday 9th of March 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 AUTISTICALLY

Tuesday 26th of March 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).



TEA TIME



Wednesday 13th March 10.30am-12 noon meeting at The Colombo foodcourt

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.

CO REFLECTION

Sunday 24th March - In person 12.30-2pm

Location: Room 10a, 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. This month we will co reflect on what mutuality means in the Thriving Madly community.



NEW STUFF

Office - We are no longer going to have an Office at the Phillipstown Community Hub. Karen Stevens will remain available to meet in the community or online. Please email admin@thrivingmadly.com to organise a time. Our Events will still be held at the Phillipstown Community Hub and other places in the community that are a good option.

Thanks to our funders

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

UPDATES

- We have made it through the first round for social action funding. We will hear the final outcome in the first half of 2024
- Zentangle was a hit - Comments were that everyone enjoyed the light conversation and learning about how gratitude and Zentangle go together. Big Thank you to Carolyn and the attendees.
- Rata Foundation approved \$10000.00 towards contractor payments for financial administration, social presence and operational tasks.

We are having a pause from Listening post for the Thriving Madly Community beginning in March and are looking at bringing back Listening post in the Community. We will need IPS trained volunteers to be listeners. If this sounds like something you would like to know a bit more about please register your interest by emailing admin@thrivingmadly.co.nz.

As a listener you will negotiate as to how much time the sharer thinks might be helpful and what topic they want to discuss. All our listeners will be trained in Intentional Peer Support, so the experience of talking about life is mutually supportive and focused on connection, validation, learning together and considering future possibilities. As the sharer is the expert on their life, we are there to listen and be a sounding board, to connect with and learn together, as we consider the possibilities for our lives.

RESOURCES

Active links provides support to "get active" through increasing participation in physical activity, sport, recreation and leisure pursuits. The aim of the service is to promote independence and involvement in community life with a focus on health and wellbeing. Support can be individual or through a group. Activelinks also aims to address the social stigma and discrimination in the recreation, physical activity and leisure sectors relating to mental illness. <https://www.comcare.org.nz/what-we-do/community-support-services/activelinks/>

www.justathought.co.nz - free online courses on a range of topics like anxiety, depression, managing anxiety, staying on track, managing insomnia, health anxiety etc with NZ sign language options.

insighttimer.com - for Meditation - The world's largest library of free guided meditations with 150,000 tracks from psychologists, spiritual leaders and mindfulness teachers, Sleep - Thousands of free meditations, nature sounds, ambient music and bedtime tales to help you get a better night's sleep.

WELCOME

Fabiana,
Margaret,
Ruth, Trace,
Lisa,
Machelle,
Minday,
Chloe,
Barbara,
Janine, Mel,
Tabatha,
Sanette,
Nadine,
Kelly, Laura,
Sherida,
Sade, Emma,
Juliette,
Alice to
Thriving
Madly

I hope
you are
being nice
to yourself
today

