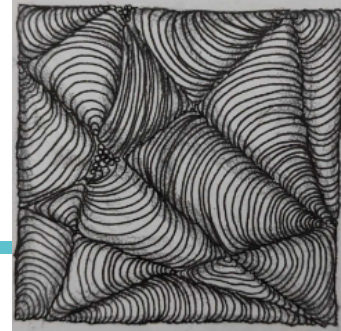




THRIVING MADLY

Celebrating life outside the box

crafternoon
Zentangle



APRIL 2024 NEWSLETTER

CONNECTION OPPORTUNITIES - APRIL 2024

| MON | TUES | WEDS | THUR | FRI | SAT | SUN |
|-------------|--|------|---|-----|--|---------------------------------------|
| 1 EASTER | 2 | 3 | 4 2-3PM MHERC WELCOME 6.30-8PM DISABILITY FUNDING DECUSSION | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 12.30-2.30 CRAFTERNOON @PORTSTONE CAFE | 14 11-2PM MEN'S GROUP |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 10.30AM-12 BLACK DOG WALK |
| 22 | 23 10-11AM ANTI-BOOK-CLUB BOOK CLUB- NEW TIME | 24 | 25 | 26 | 27 | 28 12.30-2 IN PERSON CO REFLECTION |
| 29 | 30 7-8PM THRIVING AUTISICALLY | | | | | |

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.

loving the contributors who are stepping out of their comfort zone and creating new events



Lotteries foundation have approved \$15000.00 grant to fund our operational contributors. Big thanks



Thanks to our contributors sharing information about things happening 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

COMMUNITY DISCUSSION

Thursday 4th of April 6.30-8pm

Location: Online

.Topic: Community conversation disability funding
Join Zoom Meeting

[https://us02web.zoom.us/j/85937546866?
pwd=RXhDbWk5U09PcG1Fcjl2bHJxSkFwQT09](https://us02web.zoom.us/j/85937546866?pwd=RXhDbWk5U09PcG1Fcjl2bHJxSkFwQT09)
Meeting ID: 859 3754 6866
Passcode: 252077



CHANGE OF VENUE

CRAFTERNOON

Saturday 13th of April 12.30-2.30

Location: Portstone Cafe, 465 Ferry 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

Sunday 14th April - 11am-2pm

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

Would you like to be apart of a small group of men and share some learning about Maori Carving Art and share some Kai after. A chance for some Thriving Madly men to catch up and connect with no expectations.



BLACK DOG WALK

Sunday 21st of April 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!

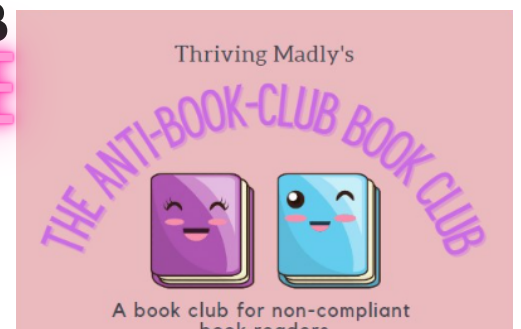
ANTI-BOOK-CLUB BOOK CLUB

Tuesday 23rd of April online 7-8pm

NEW TIME

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 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.

THRIVING AUTISTICALLY

Tuesday 30th 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).



We are taking a pause from Tea time to concentrate on building listening posts opportunities in the community. Please reach out if you would like additional connection in the community or to discuss how this may impact on you.

NEW STUFF



Office - We have accepted MHERC's generous offer of an office two days a week Level 1/12 Hazeldean Road, Addington, Christchurch. This includes access to their library and other community information. Our events will still be held in different place in the community

MHERC library



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

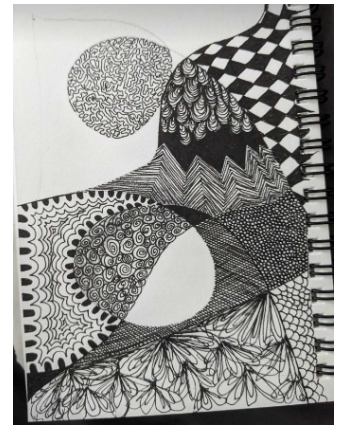
Bicycle

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



UPDATES

- The Anti bookclub bookclub has changed to the 4th Tuesday evening of each month, online 7-8pm with future in person catch ups a possibility
- Social action grant - Sadly we were declined but will keep looking for funds elsewhere
- Mens group - A trial joint carving project is in the planning stages that we hope to build on to create new opportunities for our male contributors



Thanks to our funders

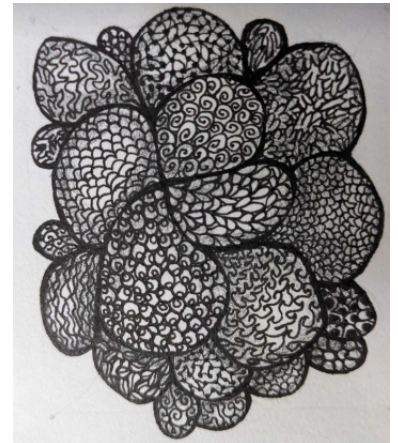
- Frozen Funds
- Rata Foundation
- Lotteries Board
- Creative Communities
- COGS
- Strengthening Communities
- Tepou

- An amendment to the pae ora legislation has recently passed is 1st reading in parliament, meaning its now open for public submissions. The amendment to the legislation proposed is about having a strategy for mental health. A group of contributors have sent a submission (go team!)
- Two contributors attended facilitation training - Thanks Te pou for funding

RESOURCES

- CCC have a great APP so you can check what we can recycle <https://ccc.govt.nz/services/rubbish-and-recycling/bin-app/>
- The Goodness Market today @ 136 Springfield Rd, St Albans www.cft.nz sells fill a basket of non perishable goods for \$25.00 and packs of fresh vegetables and vegetables

Zentangle



Haere Mai!

THU
4
APR

Level 1, 12
Hazeldean
Road,
Addington,
Christchurch

2.00pm to 3.00pm

The Mental Health Education and Resource Centre (MHERC) warmly invites all Thriving Madly contributors to attend a Welcome celebration and meet and greet with the MHERC Team and other members of the Learning Exchange.

We are looking forward to Thriving Madly joining us in the Learning Exchange space and excited to meet you all and get to know you better.

Please RSVP to
info@mherc.org.nz by
Tuesday 2 April