



# THRIVING MADLY

Celebrating life outside the box

MAY 2024 NEWSLETTER

BEAUTY COMES IN ALL SHAPES AND SIZES



## CONNECTION OPPORTUNITIES - MAY 2024

MON	TUES	WEDS	THUR	FRI	SAT	SUN
		1 OFFICE OPEN 10-3	2	3 OFFICE OPEN 12-3	4 9.30-4 IPS OVERVIEW	5
6	7	8 OFFICE OPEN 10-3	9	10 OFFICE OPEN 12-3	11 12.30-2.30 CRAFTERNOON	12
13	14 7-8PM ANTI- BOOK-CLUB BOOK CLUB- TBC	15 OFFICE OPEN 10-3	16	17 OFFICE OPEN 12-3	18	19 10.30AM-12 BLACK DOG WALK
20	21	22 OFFICE OPEN 10-3	23	24 OFFICE OPEN 12-3	25	26 12.30-2 ON LINE CO REFLECTION
27	28 7-8PM THRIVING AUTISICALLY	29 OFFICE OPEN 10-3	30	31 OFFICE OPEN 12-3		

OUR NEW 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

loving the contributors who showed support by attending the MHERC welcome



Creative Communities have approved \$4000.00 grant to fund our rEvolution festival. Big thanks



Thanks to our contributors sharing resource's to support each other



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](mailto: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 11th of May 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

Next meeting TBA via Facebook

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 19th of May 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!

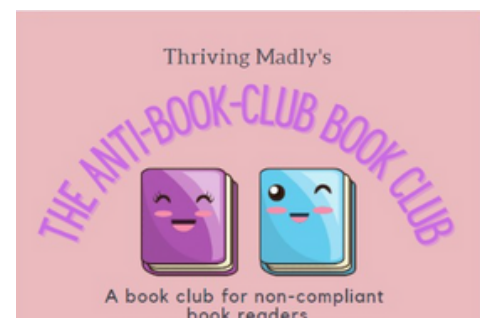
## ANTI-BOOK-CLUB BOOK CLUB

NEW TIME

Tuesday 14th of May 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 26th May - On line 12.30-2pm

Location: Zoom link on Facebook TM Event

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 May 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).



## FACEBOOK CHATS

**Disability funding changes:** discussion on what would be helpful, resources, possibilities moving forward and how we can support each other

**Live experience workforce needs:** ongoing discussion

**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.

## NEW STUFF

### OVERVIEW OF INTENTIONAL PEER SUPPORT

Our 4th of May session is full however we will be running more this year. If you are new to Thriving Madly this is the foundation of how we communicate and connect together or if you would like to refresh your skills please register.

IPS is unique from traditional human services because:

- IPS relationships are viewed as partnerships that invite and inspire both parties to learn and grow, rather than as one person needing to 'help' another.
- IPS doesn't start with the assumption of a problem. With IPS, each of us pays attention to how we have learned to make sense of our experiences, then uses the relationship to create new ways of seeing, thinking, and doing.
- IPS promotes a trauma-informed way of relating. Instead of asking "What's wrong?" we learn to ask "What happened?"
- IPS examines our lives in the context of mutually accountable relationships and communities looking beyond the mere notion of individual responsibility for change.
- IPS encourages us to increasingly live and move towards what we want instead of focusing on what we need to stop or avoid doing.



To register for the training please click on form link to submit your details.

[https://docs.google.com/forms/d/e/1FAIpQLSfWYI3Nq.yotKtiVGBJluzNP\\_C\\_MIKBLW3SumzIfpbdaOAADgA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfWYI3Nq.yotKtiVGBJluzNP_C_MIKBLW3SumzIfpbdaOAADgA/viewform?usp=sf_link)

## UPDATES

### DIVERGENCE FESTIVAL



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 and 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 take time to celebrate how far we have come and consider what we can work on to create a world that works for all.



We're really excited to announce that this year's Divergence festival will include an exhibition and market to share all the creative ways we demonstrate REvolution! It will be held in the Pūmanawa Art Gallery space on Level 1 of The Arts Centre, between 10am and 4pm from Tuesday 3rd to Friday 6th September.

Expressions of interest are being sought from anyone who would like to exhibit something creative, or sell some creative things, or both. See this form for all the details, and to register your interest ...

[...https://docs.google.com/.../1FAIpQLSeKX8m1zAoXDg.../view/formBody](https://docs.google.com/.../1FAIpQLSeKX8m1zAoXDg.../view/formBody)

This year's Divergence Festival will again include the Wonderland After Dark variety show, on Saturday 14th September!

So get your talented thinking caps on, cos the casting call will be going up in at the start of July!



Would you like to be a part of the festival. As you can imagine it takes lots of planning, facilitating, doing, problem solving to bring the festival together. More hands can make light work. If you have time, skills, contacts that maybe helpful I would love to hear from you [admin@thrivingmadly.com](mailto:admin@thrivingmadly.com)

## RESOURCES

Welcome  
Eli  
Misty  
Samantha  
Jacinta  
Pamela  
Jesse  
Ross

[MHERC eLibrary](https://mherc.eplatform.co/) - [click here](https://mherc.eplatform.co/) or visit <https://mherc.eplatform.co/> for online books or come into the office and visit the library and see what is available.

<https://mherc.org.nz/directory> this is a link to a director of services that are available in Christchurch

### 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)

### 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)

