

BUDDIES News

BUDDIES NEWSLETTER AUGUST 2014

BUDDIES

Peer Support Ser-
vices



The Dark Horse—Movie Review

The Dark Horse is a movie about Genesis Potini, chess champion of Gisborne. Genesis was not someone I personally have met, but I know plenty of people who did, and he sounds like he was an amazing man.

The part of his life portrayed in the movie shows some of the difficulties he experienced, plenty of them, but most importantly for us it shows how being there makes all the difference.

Genesis in the movie needed his family, needed his friends, and in turn his family and his friends needed him.

It's certainly not all happiness and light, it can be challenging viewing. However, it is about the difference we can make in each others lives if we pick up our courage and ask for support, or offer to give support, or acknowledge someone's need for support. And it's about doing that in your way.

August 2014

Well, we've gotten through the worst of winter—gales, rain, hail and lightening included. And so it is not long until September 1st, the official first day of spring. Daffodils are already appearing, providing cheer as their flowers dance in the wind.

It is also, most unfortunately, time to celebrate the life of one of our funniest men, Robin Willams. He was a thoughtful, knowledgeable and hilarious human being and we are lucky to have had the benefits of his talent.

The bottom line is that if you, or someone you know, need a little or a lot of support at any time, please contact someone - friends, family, your mental health professional, Warmline (0800 200207), Lifeline (0800 543354), Youthline (0800 376633), Samaritans (0800 726666), Tautoko (0508 828865) or if it is an emergency the crisis assessment team (0800 745477), and if in doubt ring 111. We're all in this life together—let's keep that in mind.

Kim & Andrea

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If women ran the world we wouldn't have wars, just intense negotiations every 28 days.

Robin Williams

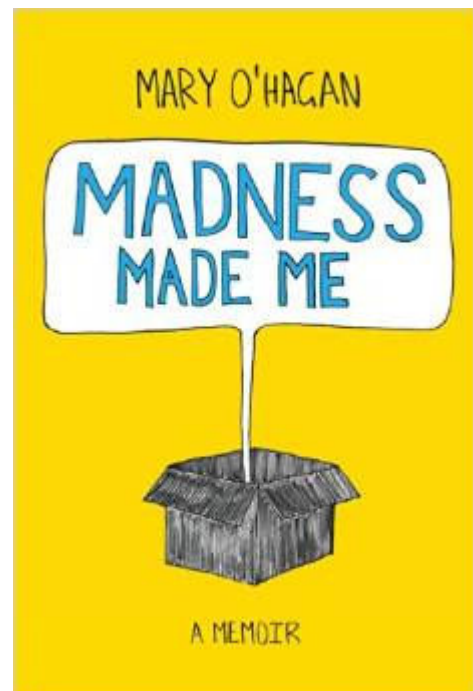
Being A Buddy—Richard Anderson

My definition of being a Buddy is something that is constantly changing in my mind and I don't think I have a clear definition of what that is. You see, I thought being a Buddy meant being a friend, but it isn't. I thought this role would give me the opportunity to "rescue people" something that I am exhausted from, considering what I've tried to do with family members on my own. So what is my role? I don't know but I do understand it involves a lot of listening and watching, observing and taking cues to talk or sit with people and make sure they're okay. I can't "save people" although that might happen, but I can share my lived experience and somehow be an example for other people, living with mental distress-that there is a way out and life can exist "on the other side." So my role is evolving even though I don't have the terms to define it yet.

Sometimes I go to the other side, the consumers, and wonder what they might think of me if they were in my position? But I'm brought down to earth by the notion that we all have living experiences of mental distress and we can learn a lot from each other and work together rather than one person being the only one learning.

No matter what people tell you, words and ideas can change the world.

Robin Williams





In April 2014, I was lucky enough with the support of Kites, to be able to attend the first Peer Support Conference in Halifax, Canada. I would like to share a couple of initiatives that reflect innovative tools for learning.

The first was a documentary called "On the road...to find out" which explores people who experience mental distress dealing with relocating to bigger communities, in order to access much needed mental health services. Housing was one of the main focuses, assisting people to find permanent solutions to have a solid foundation to recovery. The resource itself has been developed by the Colombian Centre Society <http://columbiancentresociety.com/> and is used in the community to educate people on the challenges and issues people experience.

The second was an initiative by North Bay Regional Health Centre Ontario called photoVOICE. It is a very simple idea that created some really great results for people in many different ways. Peers were given cameras, a lesson on how to use them, and a subject to explore. One of the projects, "My Dream Job", was an opportunity for peers to examine areas of interest, identify key supports and barriers to achieving their goals. As well as gaining insight into potential employment, the project provided the peers with a sense of possibility and confidence that will assist in moving them further toward in their recovery.

[Mork picks up an egg] "Hello? Hello? Hello?"

Anybody in there? Little hatchling brothers, you must revolt against your oppressors. You have nothing to lose but your shells."

Robin Williams

Mental Health Awareness Week is all about keeping on learning, about seeking out new experiences and challenging yourself. Check out www.mentalhealth.org.nz for MHAW events

**KEEP
LEARNING**
MENTAL HEALTH AWARENESS WEEK
6 - 12 OCTOBER 2014



Te Ara Pai -Stepping Stones to Wellness is a model that Capital and Coast District Health Board have used to design mental health and addiction services. Under Te Ara Pai some services will no longer be funded and there are some new services coming on board.

Kites Peer Liaison Service is here to support you to find answers to any questions you may have regarding the changes. Capital and Coast District Health Board have contracted our service to assist you over the transition period. We can also feedback to the Te Ara Pai team any hic-ups or issues and assist you to find peer advocacy.

We are independent and we are peers - with our own experience of using mental health and/or addiction services.

Our purpose is to ensure you have all the information you need, so that you can make the best decisions regarding your support.

Freephone 0800 369 9999 and leave a message on the answerphone and we will call you back.

You're only given a little spark of madness.

You mustn't lose it.

Robin Williams

Warmline—Waea Mahana

(04) 499 1049

0800 200 207

www.atareira.org.nz

Free peer support helpline

Te Ara Korowai

7pm–1am Tuesday to Sunday.

(04) 299 6981

Through Blue—Supporting women with depression

www.tearakorowai.org.nz

www.throughblue.org.nz

Oasis Network—Peer support, advocacy and information.

Hearing Voices

(04) 566 1601

www.hearingvoices.org.nz

www.oasisnetwork.org.nz

Balance—NZ Bipolar and Depression Network

The Mix—Community Centres

www.balance.org.nz

(04) 569 3162

Atareira—mental health support for families/whanau

www.mix.org.nz

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To receive this quarterly newsletter, RSVP to events, or for more information about our service please contact Buddies on (04) 385 2104 or e-mail buddies@kites.org.nz

