

BUDDIES News

BUDDIES NEWSLETTER FEBRUARY 2013



Movies!!!

We'll be going to the cinema on 21 March and hope to see you there.

Please call us around 18 March to find out the movie we're seeing, and the session time.

Be ready with your ticket money, and Buddies will be buying the popcorn.

See you at the Empire in Island Bay.

Happy New Year from Buddies

We hope your year has started out well and look forward to catching up with you.

Welcome to our new Buddies, it's great to have you with us, and we're looking forward to a fantastic year ahead.

And a fond farewell to our Buddy Angie who has moved on to work at the Oasis Network—you can read more about Angie on page 3.

Our email address is set out below, but just to confirm it's—buddies@kites.org.nz

And if you, or someone you know, would like to be a Buddy, contact us at that email or on (04) 3852104.

See you soon,

Kim & Andrea

BUDDIES

Peer Support Service

Level 6, Education House, 178 Willis Street

WELLINGTON

(04) 385 2104

buddies@kites.co.nz

www.kites.org.nz

[When other little girls wanted to be ballet dancers I kind of wanted to be a vampire.](http://www.brainyquote.com/quotes/authors/a/angelina_jolie.html#ebSgb6ol4g4g7Aws.99)
Angelina Jolie

http://www.brainyquote.com/quotes/authors/a/angelina_jolie.html#ebSgb6ol4g4g7Aws.99

Letters for Justice

Richard Anderson is starting a letter writing group, working with Amnesty International and standing up for human rights.

Based on cases sent through monthly by Amnesty, the group will write letters to politicians, the military and/or the police in the home countries of those who are being mistreated.

The group will meet monthly on Monday's from 6–7pm on the ground floor at Wellington City Library. Details can be found on www.facebook.com under "Richard's Letters for Justice Group". While you're there have a look at "Richard's Social



What's on in the Community

Wellington City Council offer a variety of information about activities and events on in Wellington. They have a community directory accessible at

<http://www.wellington.govt.nz/services/commdirectory/index.php>

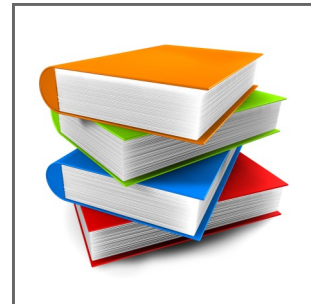
And also an event calendar at

<http://www.wellington.govt.nz/services/events/calendar/calendar.html>

Wellington City Libraries has 12 branches across Wellington including the City Library. You can find out about them via the Library homepage at

<http://www.wcl.govt.nz/>

Go to the page for your local branch and see what's happening on the 'What's On Here' page.



I don't exactly know what I mean by that, but I mean it.
J. D. Salinger

Read more at http://www.brainyquote.com/quotes/authors/j/j_d_salinger.html#3u5BMxEmzdipGCjp.99

Mind & Body Peer Support Training

Three of the Buddies have been undertaking the Certificate in Peer Support (Level Four, Mental Health) offered by Mind and Body Learning and Development Ltd.

Mandy Winther is enjoying the course and observes that it covers a lot of ground and provides a lot of information. She feels that the course work is quite academic and enjoys the challenge of handing in assignments and the sense of achievement this brings.

She is finding the course interesting and likes the windows it opens up through which to view mental health and the laws around it.

Mandy is doing this course because she is looking forward to working in peer support, and she believes the course is well placed to help her achieve this goal. She says you really have to be prepared to put the work in and to understand the language of the course, and that Buddies has been a great support during this process.

Angie became a Buddy because of her interest in learning about and understanding mental distress and in particular recovery and other people's stories. She was attracted to working to support people and gaining insight and learning from peers.

While a Buddy, Angie completed the Mind & Body Certificate in Peer Support which gave her a comprehensive way to learn how to give peer support. The most valuable learning was the philosophy of people's strengths, that everybody has different strengths and talents, and how the community can be used to meet people's goals, and that everyone can contribute and give back. Angie is grateful to Buddies for this learning opportunity.

The best things about Buddies for Angie were the other Buddies, she learnt a lot from them and enjoyed that they cared about each other as well as those they work with. The other best thing was finding common ground with peers and getting to know them too.

The most valuable things Angie gained from Buddies were friends, doing something that felt worthwhile and that she could grow her skills.

Angie is now a Peer Support Worker for the Oasis Network who provide peer support and advocacy for people with experience of mental distress in the Hutt Valley.

Angie says that Buddies work is a really good skill to develop as well as being fun and rewarding.



Book and Movie Review

SILVER LININGS PLAYBOOK

Silver Linings Playbook is a great book by Matthew Quick. It's also a great movie by David O. Russell. The two are very different, as is so often the case with a book adapted into a film. Unusually, in this case, the differences do not take away from either piece. The two stand independently as enjoyable and enlightening.

The stories are both about Pat (Jnr) who has a diagnosis of bipolar, recently released from an institution and stepping out on his recovery journey.

In the movie Pat is surrounded by his mother and father, his brother and his friend Ronnie, Ronnie's wife and her sister Tiffany. This is a cast of real characters, they embody the communities we live in and the supports we need, with all their idiosyncrasies. This sense of connection is vital to Pat as he moves forward, aiming to see and gain his silver linings.

The movie does not shy away from discussing medication, its downsides and upsides, appropriate and inappropriate conversations, and the confusion and loss that can occur. It also celebrates collaboration and goals as Pat comes to an agreement that gives him both focus and support.

Jennifer Lawrence won the best actress Academy Award for her role as Tiffany, with the film being nominated for eight awards in total.

With the debate on mental health going on in the States at present it is heartening to see mental illness portrayed as a part of everyday life, and to see it supported by American institutions.

[Be sure you put your feet in the right place, then stand firm.](http://www.brainyquote.com/quotes/authors/a/abraham_lincoln.html#wAplbHXk0DCs701V.99)
[Abraham Lincoln](http://www.brainyquote.com/quotes/authors/a/abraham_lincoln.html#wAplbHXk0DCs701V.99)

Read more at http://www.brainyquote.com/quotes/authors/a/abraham_lincoln.html#wAplbHXk0DCs701V.99



Te Ara Korowai

On 1 February 2013, Kapiti Choices Inc and Kapiti Crossroads Trust merged and became Te Ara Korowai Inc.

Te Ara Korowai combines the peer support and advocacy services of Kapiti Choices with the activity programme of Kapiti Crossroads. They are open from 9.30am to 3.30pm Monday to Friday. at 1 Weka Road Raumati Beach. You can see their activities calendar at www.tearakorowai.org.nz or contact them on (04) 299 6981.

Te Ara Korowai are using “Embracing the Path” as the English translation of Te Ara Korowai. “Te” translates as the, and “Ara” as path, pathway or journey. “Korowai” is a finely woven cloak that embraces the wearer, just as they are a place that embraces and supports their members. Korowai are taonga (treasures) and the mana (power, status) of the cloak comes from the person who wears it, and so the mana of Te Ara Korowai comes from all the members.

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[Making people laugh is giving, and it's healing, too, when people can go up to the movies and forget about their problems. It's a good thing. That's why I want to work.](#)
Chris Tucker

Read more at http://www.brainyquote.com/quotes/authors/c/chris_tucker.html#LXvzex4SE5JpLSqX.99

Other Contacts

Warmline—Waea Mahana

0800 200 207

Free peer support helpline

7pm – 1am Tuesday to Sunday.

Through Blue—Supporting women with depression

www.throughblue.org.nz

Hearing Voices

www.hearingvoices.org.nz

Balance—NZ Bipolar and Depression Network

www.balance.org.nz

Atareira—mental health support for families/whanau

(04) 499 1049

www.atareira.org.nz

Te Ara Korowai

(04) 299 6981

www.tearakorowai.org.nz

Oasis Network —Peer support, advocacy and information.

(04) 566 1601

www.oasisnetwork.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

