

# BUDDIES News

BUDDIES NEWSLETTER FEBRUARY 2015

*Peer Support is the reason Buddies exists, and we all know the benefits it gives.*

*So we have been helping with the idea of a youth peer support service, asking the questions of - do young people want some form of organized peer support? What do young people know will be helpful to them? And what can be done to get that happening? Working with the Early Intervention Service and the youth peer support steering group has highlighted that development and training needs to happen. We'll keep you updated on how things are coming along.*



Happy New Year from Buddies!

February is underway, and Buddies barely paused for the holidays!

We will be training new Buddies earlier than usual this year, so if you are interested, or know someone who is, please get in contact, the details are on the back page.

Kites Trust has a new Chief Executive, and we are very pleased to have Katherine Noble leading our team. You can read about Katherine on page 3, and there is even a photo.

We all know the value of peer support, and we keep hearing the words in the Wellington region. Here's hoping 2015 is the year that peer support for those who are and those who have experienced mental distress becomes a part of our everyday supports.

Enjoy the sunshine,

*Kim & Andrea*

## BUDDIES

Peer Support Service

Level 6, Education House, 178 Willis Street

WELLINGTON

(04) 385 2104

buddies@kites.org.nz

www.kites.org.nz



## Films by Starlight

Free films in Civic Square

8.30pm Starting time

Saturday 21 February '**Fire in Babylon**' British documentary released in 2010 about the record-breaking West Indies cricket team of the 1970s and 1980s

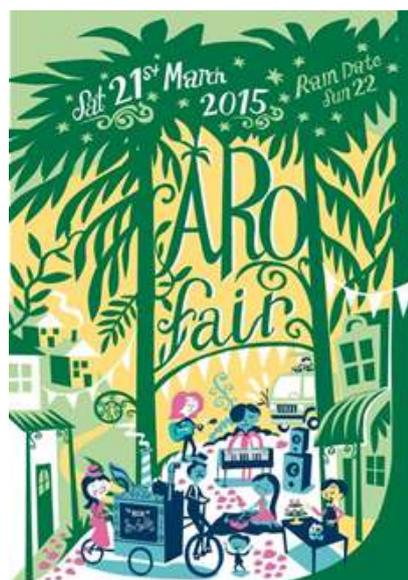
Saturday 28 February '**Lagaan**' set in the Victorian period of India's colonial British Raj revolving around a small village whose inhabitants oppressed by high taxes, are forced to learn cricket in a wager to avoid their tax payment.

Wednesday 11 March '**Goodbye Pork Pie**' the exploits of Gerry and John in a high speed journey, in the infamous yellow mini, from Kaitaia to Invercargill in an attempt to patch a broken relationship back together

Friday 20 March '**Blancanieves**' based on the fairy tale "Snow White" by the Brothers Grimm, the story is set in a romantic vision of 1920s Andalusia. Berger calls it a "love letter to European silent cinema."



Newtown Festival's Street Fair is on 8 March from 9.30am start at the main street and explore



The Aro Valley Fair is happening on 21 March from 10am at Aro Park on Aro St

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

Confucius



The new and updated Cuba Street Carnival, **CubaDupa** is in the city 28 and 29 March 2015

***Katherine Noble***  
***Chief Executive, Kites Trust***

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*What attracted you to work at Kites?*

I was looking for a leadership role in the NGO sector that I could be passionate about. I had been out of the community sector for two years and wanted to get back to grass-roots.

*You seem like a person who is comfortable at a big picture / strategic level?*

Yes, mental health is such a broad picture and our interest is one slice of the pie. As a small organisation we need to build points of connection and get people with influence on board with our message.

*What attracted you to the job on a personal level?*

For me this role combines a unique opportunity to use my professional background in government and non-government social services and policy, with leadership drawn from my own life journey as a consumer.



In a country well governed, poverty is something to be ashamed of. In a country badly governed, wealth is something to be ashamed of.

Confucius

Like the PWA Facebook page to benefit from networking, information sharing, and to learn about upcoming training and professional development.



[https://www.facebook.com/  
PWAMENTALHEALTHNZASSOCIATION](https://www.facebook.com/PWAMENTALHEALTHNZASSOCIATION)



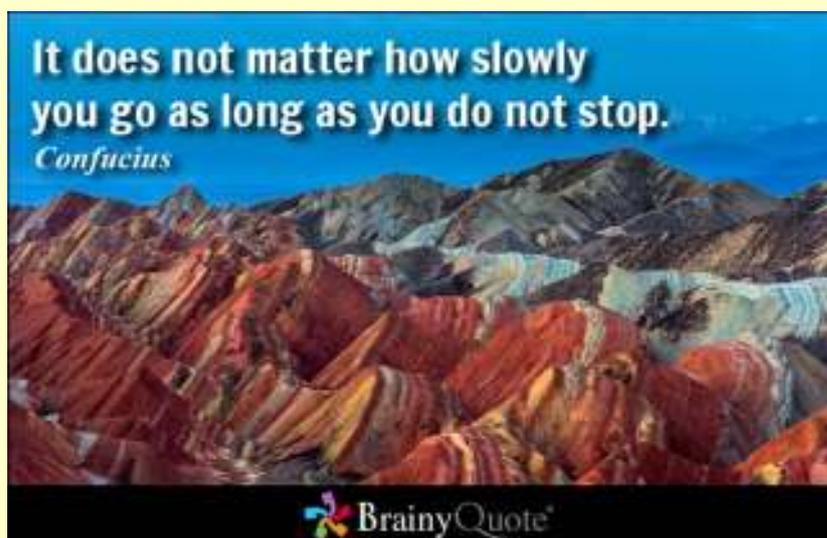
## OPPORTUNITY

Are you looking to do some volunteering where your experience of mental distress is a vital part of your application?

Discover more about being a peer support worker with Buddies.

Contact us on:

**04 385 2104 OR buddies@kites.org.nz**



### Warmline—Waea Mahana

(04) 499 1049

0800 200 207

[www.atareira.org.nz](http://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](http://www.tearakorowai.org.nz)

[www.throughblue.org.nz](http://www.throughblue.org.nz)

**Oasis Network**—Peer support, advocacy and information.

**Hearing Voices**

(04) 566 1601

[www.hearingvoices.org.nz](http://www.hearingvoices.org.nz)

[www.oasisnetwork.org.nz](http://www.oasisnetwork.org.nz)

**Balance**—NZ Bipolar and Depression Network

**The Mix**—Community Centres

[www.balance.org.nz](http://www.balance.org.nz)

(04) 569 3162

**Atareira**—mental health support for families/whanau

[www.mix.org.nz](http://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](mailto:buddies@kites.org.nz)

