

BUDDIES News

BUDDIES NEWSLETTER NOVEMBER 2014

Tuesday

16 December

5.30pm

Please join us
at St John's in the City
corner of Willis and Dixon
Wellington Central

for our annual
**CHRISTMAS
PARTY**

We have fun and music and
games and a meal, please bring
food or drink to share if you are
able



Many happy returns and Seasons Greetings from the Buddies team, and we wish you a thoroughly enjoyable summer.

This can be a challenging time of year, and so we encourage you to take all opportunities to connect with other people, to give and receive support, and to do for others what you would have them do for you.

To the many people who have made our year better by their support, many, many thanks. To the new Buddies, congratulations on completing your training and welcome aboard. To all the Buddies thank you so much for all your time and work, you're amazing.

And don't forget, 8 months and counting until the release of the greatest movie of all time, the countdown has begun to the dawning of **Minions** (www.minionsmovie.com).

Kim & Andrea

BUDDIES

Peer Support Service
Level 6, Education House, 178 Willis Street
WELLINGTON
(04) 385 2104
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www.kites.org.nz

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Read more at http://www.brainyquote.com/quotes/authors/m/maya_angelou.html#61Fu8Civo3ZAMSRO.99

Holiday Fun for Free!

This year Wellington City Council has organised a number of events to celebrate the summer season:

**1 December, Courtenay Place Park,
8.30pm**

Official lighting up of the Courtenay Place Christmas Tree

**14 December, Lambton Quay to
Manners St, 2pm**
Santa Parade

**14 December, Frank Kitts Park,
3.15pm**

Santa's After Party with carols and entertainment

**31 December, Frank Kitts
Lagoon, 8pm**

Music, films and fireworks to ring in the New Year

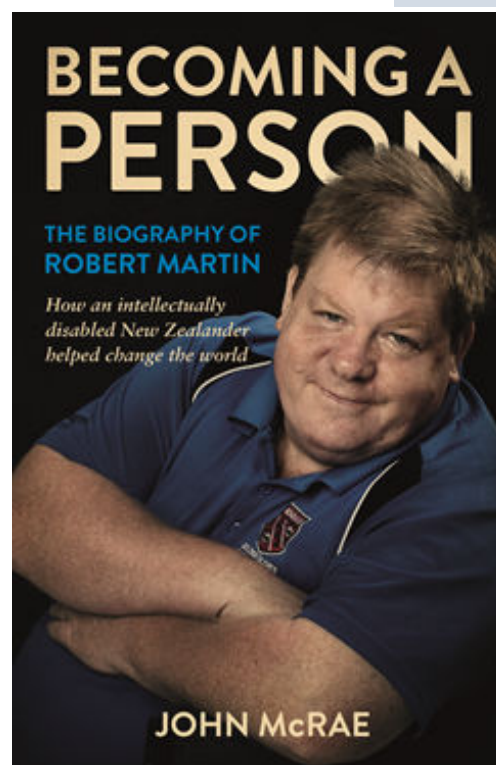
wellington.govt.nz



People grow through experience if they meet life honestly and courageously. This is how character is built.

Eleanor Roosevelt

Read more at http://www.brainyquote.com/quotes/authors/e/eleanor_roosevelt.html#B6XUe1okL8D71kUp.99



www.craigpotton.co.nz

Robert Martin was born with a learning disability, and spent his early life in institutions where he missed out on a lot of things like popular music, school, and awareness of significant events in New Zealand and around the world.

I can't wait to read Robert's book **Becoming a Person** which describes his life in institutions and how he has gone on to become an international advocate for people with disabilities.

In June 2014 Disability Issues Minister Tariana Turia announced that Robert would be New Zealand's candidate for the 2017-2020 term of the UN Committee on the Rights of Persons with Disabilities.

You can buy Robert's book from Craig Potton, Amazon or ask at your local bookshop including Unity on Willis St.

www.amazon.com

Do you have any questions about the recent changes to mental health services?

Kites Peer Liaison Service is here to help

Feel free to give us a call on 0800 369 9999 or (04) 384 3303 or text 022 371 2479 and ask for Tane , Sarah or Eileen and we will do our best to find answers to all of your questions. If you ring us and we can't get to the phone please leave us a message and we will get back to you.

You can find more information about the changes which are called 'Te Ara Pai' on the CCDHB website - http://www.ccdhb.org.nz/planning/mental_health/services/Te_Ara_Pai.htm



Amigos is a group of friends who have experienced mental distress and are interested in connecting with others who have similar experiences. A small group of volunteers coordinate activities in Wellington, a coffee club, book club, creative writing group and a knitting and craft group. Amigos receives some funding from the Christine Taylor Foundation for Mental Health to support these endeavours. Kites Trust is pleased to be able to support Amigos by providing the legal entity for these funds to be administered. The photo shows members of Amigos receiving a funding cheque from Michael of the Christine Taylor Foundation recently at the Kites offices. For more information contact Jan on 021 211 8808.



You may not control all the events that happen to you, but you can decide not to be reduced by them.

Maya Angelou

Read more at http://www.brainyquote.com/quotes/authors/m/maya_angelou.html#61Fu8Civo3ZAMSRO.99



Kites Trust is a member of the **Wellington Deaf Mental Health Development Group**. The group was formed to try and find ways to improve responses for people who are Deaf and experiencing mental health and or addiction problems .

The Consequence of Decisions: Deaf Mental Health Development Group Report

The Wellington Deaf Mental Health Development Group is pleased to present the findings of interviews with people who are Deaf, as well as health professionals, about the impact of the closure and loss of a specialised Deaf Mental Health Service. This report lists a number of key actions that are needed to address the fact there are a group of people who do not have mental health services that can adequately accommodate their needs

Enter this website address to access the report -

http://www.kites.org.nz/index.php?deaf_mental_health

We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot.

Eleanor Roosevelt

Read more at http://www.brainyquote.com/quotes/authors/e/eleanor_roosevelt.html#B6XUe1okL8D71kUp.99



- 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
- www.mix.org.nz
- Atareira**—mental health support for families/whanau

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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

