

## Facilitator Information (continued)

All of our workshops are either facilitated solely by people with lived experience or co-facilitated with at least one person with lived experience.

**ROBYN HOLLAND** Journeying through depression led me to help others as a mental health support worker at Stepping Stone Trust. I believe healing is holistic and that we find keys to healing through exploring our own creativity.

**ANGELA HOOK** As well as volunteering at Barnett House, I work at crisis respite in a support role. I am passionate about the peer movement, and believe that connection with a recovery community is invaluable to maintaining wellness.

**ANNETTE MILDON** I enjoy numbers and I enjoy helping people. Among other things, I have been a voluntary budget adviser and lived (survived) on a benefit for three years. I am also the Finance Manager of Stepping Stone Trust, a job I love. I finished a business degree in 2005 in my forties, to prove to myself that I could, and as a pathway to more interesting work.

**SEAN PAWSON** I currently work as a tiaparani/chaplain for Stepping Stone Trust/Te Rōpū o te Taumata Kōhatu. I have journeyed with depression for much of my life and take a holistic approach to navigating my troubled waters.

**KELLY POPE** I've used lots of mental health services, trained as a peer support worker, and started questioning some of the limiting things I'd been told to believe about myself. When I started practising yoga in 2012, I could not sit still on the yoga mat I had such big anxious energy. Over the years I learnt that was okay: you can show up to yoga however you are.

**JO SMITH** I work as a social worker in the Mobile Medication Team at Stepping Stone Trust. In recent years I have journeyed through loss and bereavement, which has caused me significant distress. An artist friend introduced me to painting during this time which initially brought distraction and relief. It has also restored beauty and enjoyment back into my life.

**ANNIE SOUTHERN** I am autistic and have also been affected by trauma in my life. I have a PhD in health science researching lived experience of mental distress and I am an IPS and Peerzone qualified trainer.

**VITA TASMAN** I arrived to NZ 18 years ago from Saint Petersburg, Russia. I have broad interests including cooking, gardening, reading and travel and currently am the volunteer co-ordinator for Petersgate Counselling Centre.

**JESS THOMAS** I've studied art for 15 years and have a Bachelor in Design - Applied Visual Art. My recovery from anorexia was helped hugely by focusing my energy onto an artwork (something outside of myself). I am currently studying to be a Mental Health Coach with Heartspace.



## Barnett House Recovery Centre



## Workshops & Groups late July - August 2020

102 Domain Terrace, Spreydon

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

Email: [bh@stepstone.org.nz](mailto:bh@stepstone.org.nz)

Phone (03) 390-0081 or phone/text 022-111-3092

## Welcome to Barnett House Recovery Centre

Barnett House Recovery Centre workshops & groups are available to everyone over 18 years of age with lived experience of emotional or mental distress, neurodivergence, altered states of reality, addiction, and/or autism, plus their whanau, supporters and those working to support them.

There is no cost to attend. Workshops/groups with an \* are for people with personal lived experience only.

Barnett House is at 102 Domain Terrace, Spreydon (two doors down from Stepping Stone Trust's Crisis Respite) and all workshops and groups are held there unless you are told of an alternative venue (for example, sometimes we will change the venue to cater to someone's needs, eg, when a wheelchair user wants to attend.)

At Barnett House Recovery Centre, we have an intentional recovery community (where we each share our insights and learnings around recovery in a recovery skills exchange and also work together on recovery projects.) We also run a recovery college (where people acquire wellbeing tools to assist their recovery.)

Barnett House Recovery Centre is aligned with both Peerzone and Intentional Peer Support. For more information on Peerzone (leaders in peer-made resources for people with mental distress and their supporters) go to [www.peerzone.info](http://www.peerzone.info). For more information on Intentional Peer Support (IPS) (the leading peer support model in the mental health sector) go to [www.intentionalpeersupport.nz](http://www.intentionalpeersupport.nz)



## How do I enrol?

All workshops and groups **require enrolment by the person who is going to attend**, except for the ACA/DF meeting on a Wednesday evening. Enrol by **emailing [bh@stepstone.org.nz](mailto:bh@stepstone.org.nz), phoning (03) 390-0081 or by phoning/texting 022-111-3092.**

## Groups at Barnett House Recovery Centre

### **\*Peer Support Group (Code: WPS1) (10 places available) Facilitators: Kacy Adams & Angela Hook**

This is a support group for people with lived experience of mental or emotional distress and altered states of reality. The facilitators are both trained in Intentional Peer Support. *For late July and August, this group is open to people who attended the support groups online during lockdown level 4.* This meeting is now in person at Barnett House. **1.00pm-2.00pm Thursday fortnightly on 30<sup>th</sup> July, 13<sup>th</sup> & 27<sup>th</sup> August**

### **Intentional Peer Support Co-reflection (Code: WIPS2)**

This Co-reflection session is open to all people trained in Intentional Peer Support. **2.00-3.30pm Tuesday 11<sup>th</sup> August**

### **\*Adult Children of Alcoholics & Dysfunctional Families**

This 12 Step group meets at Barnett House and newcomers are welcome to join at any time. You do not have to book, just turn up at the meeting. For more information on the ACA programme check out [www.adultchildren.nz](http://www.adultchildren.nz) or [www.adultchildren.org](http://www.adultchildren.org) *This group is ongoing including on public holidays.* **Wednesdays 7.15-8.30pm** (ring the doorbell if the door is closed)

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## Facilitator Information

**KACY ADAMS** I am IPS trained and have studied personal training and aim to encourage others through my own lived experience's many benefits and challenges.

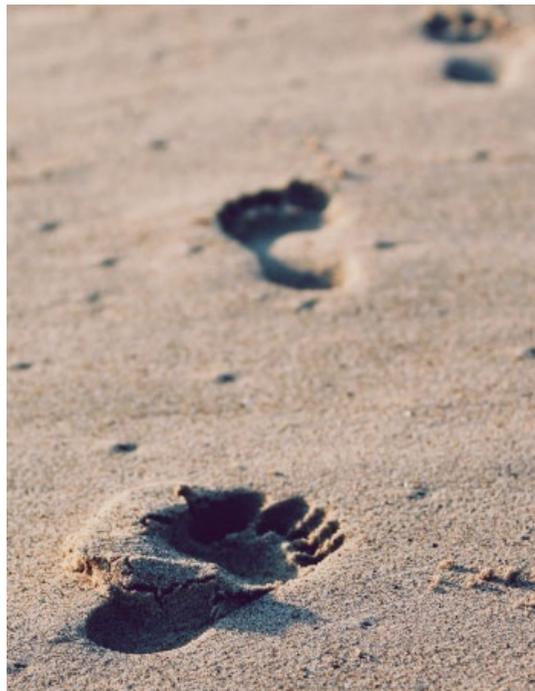
**ROBYN ANDERSON** I first learnt to knit at the age of 9. I've knitted many garments for myself and others, and love to knit a pattern to keep myself interested in the garment. I'm by no means an expert but would love to encourage anyone who is interested to try this rewarding skill.

**FRANCES CALDWELL** I've done a bit of everything - from journalism and acting to mental health peer support and facilitating earthquake recovery workshops. Now my tired brain enjoys nothing better than some visual creativity. I'm loving being an art student and want to share some creative ways of finding a way in the world.

*Continued on back page*

**Earthing for Mental Health (Code: WAS9) (8 places available) Facilitator: Annie Southern**

Explore the practice of 'earthing' (connecting to the Earth) in order to reduce inflammation in the body. Inflammation is coming to be seen more and more as a cause of many physical and psychological issues. We will watch a documentary on the science behind 'earthing'. Then those who want to can try a simple barefoot earthing practice. **3.30pm-5.30pm Friday 21<sup>st</sup> August**



**Yin Yoga (Code: WKP1) (4 places available) Facilitator: Kelly Pope**

Learn about how yoga could be a recovery or wellbeing tool. Yin is a style of yoga that is slower and more gentle than other styles and focusses on our body systems that store stress and tension. Have a go with peers in a supportive environment. *This course runs over three sessions.* **11.00am-12.30pm Saturday (8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> August)**

**Expressing Ourselves through Collage (Code: WFC2) (8 places available) Facilitator: Frances Caldwell**

Using pictures from magazines, wrapping paper and other scraps of paper, express yourself through collage by making a vision board or another piece of artwork. All materials supplied but bring some magazines if you have any or specific images you want to incorporate. *Bring a packed lunch as this workshop goes over 4 hours from mid-morning to mid-afternoon.* **11.00am-3.00pm Saturday 29<sup>th</sup> August**

**Exercise for Mental Health (Code: WKA2) (6 places available) Facilitator: Kacy Adams**

Come along to be introduced to the benefits of exercise for mental health. Explore gentle exercises like stretches to improve mental wellbeing. *This workshop runs over two sessions and includes a fun Wii tournament in the second session.* **3.00pm-5.00pm Monday (10<sup>th</sup> & 17<sup>th</sup> August)**

**Art for Healing (Code: WJT2) (8 places available) Facilitators: Jess Thomas & Jo Smith**

Work with pencils, ink, paint or watercolour to find your favourite way to work with materials and subjects that you find interesting. Lean in to your own unique way of doing things. *Art materials are supplied. Wear*



*old, warm clothes that won't mind paint splashes. If you have an image to use for inspiration, bring it along. This workshop runs over 4 sessions.* **10.30am-12.30pm Tuesdays (28<sup>th</sup> July & 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> August)**



**Gardening Group**

**Facilitator: Robyn Holland (Code: WRH1) (10 places available)**

This is a group for people who want to get involved in looking after the roses, Japanese trees and native plants at Barnett House, plan a meditation walking space, and develop garden beds for sustainable food production. It is satisfying to plant seeds, watch them grow, then harvest the produce and create meals with homegrown vegetables. Come and be a part of this process. *Wear old clothes and suitable footwear. No previous experience necessary.* **1.30pm-3.30pm Tuesdays (28<sup>th</sup> July & 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> August)**

**Making Healthy Meals – Russian Food (Code: WVT1) (5 places available) Facilitator: Vita Tasman**

Learn healthy recipes that are fun to make and delicious to eat. We will sit and eat what we have made after the cooking session. In this session we will learn how to make borscht soup and pickles **12.00pm-2.00pm Wednesday 29<sup>th</sup> July**

**Recovering our Relationship with God (Code: WSP2) (8 places available) Facilitator: Sean Pawson**

Explore the ways emotionally imprinted ‘pictures’ of God take shape in our minds and are informed by our attachment styles formed during childhood. Consider how to discern healthy and unhealthy God pictures and learn how to develop images that enhance our life and relationships. *This workshop runs over four sessions. 11am-12.30pm Wednesday (5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> August)*

**Having A Yarn with Some Yarn (Code: WRA1) (10 places available) Facilitators: Robyn Anderson & Annie Southern**



Someone once said, if you can read – you can cook. The same applies to knitting and crochet. Once you have learnt the few basic stitches, you can go on to create marvellous and fun items. Come along and give it a go and enjoy good conversation and a cuppa too. **2.00pm-4.00pm Thursday (30<sup>th</sup> July & 6<sup>th</sup> August)**

**Financial Health for Mental Health (Code: WAM1) (8 places available) Facilitator: Annette Mildon & Annie Southern**

Financial confidence can be good for our mental health. Come along to ask questions and share knowledge about budgeting and managing money when on a tight budget. Annette will answer your questions and show us a simple budgeting tool. **2.00pm-4.00pm Thursday 13<sup>th</sup> August**

**Making Healthy Meals – Vegetarian Food (Code: WAS7) (5 places available) Facilitator: Annie Southern**

Learn healthy recipes that are fun to make and delicious to eat. We will sit and eat what we have made after the cooking session. In this session we will make super easy vegan mayo/aioli as well as vegetarian nachos. All food will be gluten free. **11.00am-1.00pm Thursday 27<sup>th</sup> August**

**Using Gratitude as a Wellbeing Tool (Code: WKA3) (8 places available) Facilitator: Kacy Adams**

Explore how intentionally working to develop gratitude can be a tool to improve your emotional and mental health. Hear how Kacy has used the wellbeing tool of gratitude in her own recovery journey. **2.00pm-3.30pm Thursday 27<sup>th</sup> August**

**Barnett House Volunteers Meeting**

This is a meeting for current Barnett House volunteers to contribute to the planning of the Spring Term for Barnett House and give feedback on how their volunteer roles are progressing. **3.30pm-4.30pm Thursday 27<sup>th</sup> August**



**Leading Our Recovery (Code: WAS8) (8 places available) Facilitator: Annie Southern**

We ask ourselves what recovery means in this workshop and explore our own and each other’s experiences of recovery. We also identify our ‘recovery capital’ as a way of shaping our future recovery goals. **1.30pm-3.30pm Friday 21<sup>st</sup> August**