

Facilitator Information

As Barnett House is a peer-run service, all of our workshops are either facilitated solely by people with lived experience or co-facilitated with at least one person with lived experience

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 nine. 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.

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.

PHILIP HUGHES I have taught primary school for 20 years and have experience as a visual art teacher as well as exhibiting painting and photography. I enjoy creating art or snapping photos to show my community compositions that speak to me.

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 am the Seasons Coordinator for Christchurch City Mission. In recent years I have been working through the loss of one of my children. With help from this course and other people I have learned to make peace with the past and to adapt to a new normal. I have learned also to celebrate life again.

ANNIE SOUTHERN I am autistic and proud of the gifts that brings me. I believe recovery occurs best in groups and the development of communities.

KAREN WHITTAKER I am a quirky creative person and believe that living well means being kind and respectful to all humans and creation one moment at a time.

JULIE WILLIAMS I am a Financial Mentor and group facilitator from Kingdom Resources where I have worked for 15+ years. I have personal experience with living on a benefit raising a child as well as looking after my own mental health while facing a variety of challenges. Now I choose each day to look at the world as full of opportunities rather than challenges.



Barnett House Recovery Centre



Recovery College Workshops October-December 2020

102 Domain Terrace, Spreydon

www.stepstone.org.nz

Email: bh@stepstone.org.nz

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

Welcome to Barnett House Recovery Centre

What we do? At Barnett House Recovery Centre, we have a growing intentional recovery community of people committed to the Barnett House Recovery Centre project as part of their recovery. This community of people volunteers at Barnett House, facilitates many of our recovery college workshops and has its own community events. This community runs – with additional facilitators from partner organisations and from its connections in the wider community – a recovery college where people learn wellbeing and recovery tools. Barnett House comprises a library, computer training room, board room, kitchen, meeting rooms and garden (complete with chickens!)

Who we are for? Recovery College workshops and groups are available to everyone over 18 years of age with lived experience of emotional or mental distress, neurodivergence, altered states of reality, addiction, or autism. Family/whanau, supporters and those working with people with lived experience are welcome to attend too either on their own to learn or to accompany someone.

Enrolling: There is no cost to attend. *Workshops/groups with an * are only for people with personal lived experience of emotional or mental distress, neurodivergence, altered states of reality, addiction or autism.* All workshops and groups require enrolment by the person who is going to attend. Enrol by emailing bh@stepstone.org.nz, phoning (03) 390-0081 or by phoning/texting 022-111-3092.

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

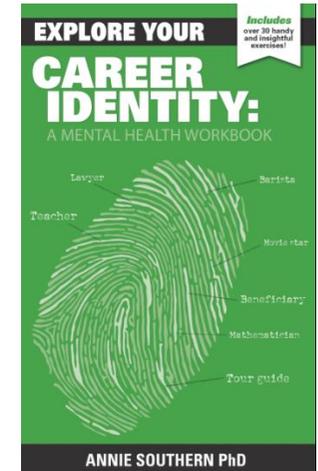
Our partnerships: This term we are very proud to be partnering with Kingdom Resources and Step Ahead.



Explore Your Career Identity (Code SAS4) (6 places) Facilitator: Annie Southern

This workshop provides exercises and information to support you to understand your career identity, for example, do you prefer working with people, data or things and what is your primary motivation for work – contributing to society, earning money to live or something else? Career theory underpins this workshop which is specifically to assist you in working out what employment suits you. *This workshop runs over two sessions.*

1.30pm-3.30pm Fridays (4th & 11th December)



Barnett House Recovery Community Events

These are for Barnett House recovery community members who volunteer to run the recovery college and Barnett House in general. Email with your interest in the following sessions and we will schedule times that work best for those interested:

Recovery College Facilitators' Skills: Develop a recovery college workshop for 2021 or come to learn more about facilitating.

Food Club: Explore together food that is good for mental health – from planning and growing it to preparing and eating it. *Food included!*

Film Discussion: Watch a film and discuss how it portrays mental distress/addiction or autism. *Popcorn included!*



Money Mates (Code: SJW1) (8 places) Facilitator: Julie Williams from Kingdom Resources & Annie Southern

In this series of workshops, we will discuss our relationship with money, ways of making the most of what we get and ensuring that we know where it all goes. We also work through some ideas on debt and learn about our rights when things go wrong.

10.00am-11.30am Thursdays (29th October & 5th, 12th November)

Having A Yarn with Some Yarn (Code: SRA1) (8 places) Facilitators: Robyn Anderson & Annie Southern

Someone once said, if you can read then 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.

11.00am-1.00pm Thursdays (3rd & 10th December)

Christmas Floral Art (Code: SRH2) (6 places) Facilitator: Robyn Holland

Come along to learn how to combine the gifts of nature – foliage, flowers and pine cones – to create a Christmas centrepiece. *Materials provided.*

Two sessions are on offer: 1.30pm-3.30pm Thursday 3rd December (SRH2a) or 1.30pm-3.30pm Monday 7th December (SRH2b)

Exercise for Mental Health (Code: SKA1) (8 places) 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. It isn't a full-on workshop so give it a go. *This workshop runs over three sessions.*

10.30am-12.30am Fridays (4th, 11th & 18th December)

Mad Hatter's Christmas Tea Party (Code MHTP)

Reclaim the word 'mad' and celebrate the end of a great first year for Barnett House Recovery Centre by wearing a silly hat and bringing a plate of biscuits, sandwich or cake for an end of year celebration.

2.00pm-4.00pm Friday December 18th

We are the organisational partner with IPS Central (US) for IPS in Aotearoa/New Zealand. For more information on Intentional Peer Support (IPS), the leading peer support model in the mental health sector, go to www.intentionalpeersupport.org We are also aligned with Peerzone – leaders in peer-made resources for people with mental distress and their supporters (www.peerzone.info)



Art Exhibition

From 12th – 20th October, Step Ahead members' art groups & Barnett House's artists are holding a joint art exhibition of their work at Barnett House. Due to ongoing roadworks, art exhibition visitor parking is up the drive at 106 Domain Terrace (between Crisis Respite and Barnett House) and in the vacant grassed back section. Opening times are:



Art exhibition opening hours 12th – 20th October

Monday – Saturday: 10.00am-2.00pm Sunday: 1.00pm-4.00pm
Extra Wednesday openings: 5.00pm-7.00pm

Thank you to Frances Caldwell, Robyn Holland, Angela Hook, Sean Pawson, Annie Southern & Anna van den Bosch for volunteering to staff the art exhibition.

***Safe Storytelling – Using your Recovery Story to Support Others (Code: SAS1) (8 places) Facilitator: Annie Southern**

Explore how to intentionally share your personal experience of mental distress or addiction recovery to help support others in your personal life, peer support groups or as a professional working in support work.

10.00am-12.00pm Monday 16th November



Making Healthy Meals – Vegetarian Food (Code: SAS2) (5 places)

Facilitator: Annie Southern

Learn healthy recipes that are fun to make and delicious to eat. In this session we will make super easy *vegetarian and vegan food*. *All food will be gluten free.*

Two options for this two-session course are on offer:

Option 1: 10.00am-12.30pm on Mondays 2nd & 9th November (SAS2a)

Option 2: 10.00am-12.30pm on Fridays 6th & 13th November (SAS2b)

Random Acts of Kindness Gift Making (Code: SKW1) (6 places)

Facilitator: Karen Whittaker

Design and make gifts that you can give to others to lift their spirits and increase community wellbeing.

10.00am-12.30pm Monday 7th December

Trauma-informed Support Work (Code: SAS3) (8 places) Facilitator:

Annie Southern

This workshop explores how we came to know about the major health implications of trauma, the contribution of adverse childhood experience (ACEs) research, how trauma affects the brain, how trauma shapes our experience of ourselves and how we can support others in a way that is trauma-informed.

Two sessions are on offer: 10.00am-12.30pm Wednesday 4th November (SAS3a) or 2.00pm-4.30pm Friday 6th November (SAS3b)



Art for Healing (Code: SFC1) (8 places)

Facilitators: Frances Caldwell & Philip Hughes

Sign up for art lessons for enjoyment, mindfulness and encouragement. We shall be working with a variety of art mediums for all levels of artists from beginners to more experienced artists. *Art materials are supplied. This workshop runs for 4 sessions.*

10.00am-12.00pm Tuesdays (27th October & 3rd, 10th, 17th November)

Seasons for Growth (Code:

SJS1) (7 places) Facilitator: Jo Smith

This three-week course aims to support people on their journey of change or loss. It also provides some creative ideas for managing stress and various difficult



situations. *We will be doing some art activities as part of this group.*

10.00am-12.30pm Tuesdays (1st, 8th, 15th December)

Gardening for Mental Health (Code: SRH1) (10 places) Facilitator:

Robyn Holland

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 & suitable footwear. No previous experience needed.*

1.30pm-3.30pm Tuesdays (20th October – 22nd December)

Intentional Peer Support Co-reflection (Code: SIPS1)

This Co-reflection session is open to all people trained in Intentional Peer Support (IPS) in Canterbury. Come and reflect on your practice in peer support using the IPS approach.

2.00pm-3.30pm on the third Tuesday of the month (20th October, 17th November & 15th December)

Yin Yoga (Code: SKP1) (4 places) 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 in a supportive environment. *This course runs over three sessions.*

5.00pm-6.30pm Wednesdays (25th November & 2nd & 9th December)