

# Barnett House Recovery Centre – Adult Recover College Programme – August 2021

A peer-run service for adults - an Intentional Recovery Community - 102 Domain Terrace, Spreydon, Christchurch (all events are free)

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday	Rāhoroi – Saturday
<p><b>August 2</b></p>	<p><b>3</b>  <b>10am-12pm Gardening for Mental Health</b> A weekly group to learn about gardening and growing your own food (with Jo &amp; Robyn).  <b>1.30pm-2.30pm Nature &amp; Spirituality Walk</b> A monthly low-key walking group. This ¾-1hr low key walk includes simple activities to help us connect with nature, each other and our spiritual world (with Sean).</p>	<p><b>4</b>  <b>10.30am-1.30pm Peerzone Workshop 1</b>  <b>Topic: Understanding our distress</b>                      Weekly recovery workshop to attend online via Zoom or in person (with Adrian).  <b>Booking essential</b>  <b>2.30pm-4.30pm Peer Support Drop by Session</b>  <b>Booking essential</b></p>	<p><b>5</b>  <b>10am-11.30am Stop Smoking Support Group</b>                      Fortnightly support group on how to stop smoking, with FREE NRT – Nicotine Replacement Therapy (patches, gum &amp; lozenges) and other resources (with Stop Smoking Practitioner Jo &amp; Peer Supporter Kacy).  <b>1pm-2.30pm Wreath Making</b>                      Combine willow branches, pine cones and foliage to make and decorate a floral winter wreath. All materials provided (with Robyn and Jo).  <b>Booking essential</b></p>	<p><b>6</b>  <b>10.30am-1.30pm Peerzone workshop 5.</b> Weekly workshop for people who have completed workshops 1-4, online via Zoom or in person (with Adrian).  <b>Booking essential</b></p>	<p><b>7</b>  <b>10.30am-12.30pm Art for Healing</b>                      Help fundraise for and beautify Barnett House by joining the Barnett House whanau to paint and mosaic the recycled pots from the garden shed (with Frances).  <b>Booking essential</b>  <b>6pm Barnett House Party!</b> All welcome: space to do some art, live music by Canterbury singer songwriter Claire Berenstein and poetry from Mad Poets Society Canterbury. Special guest: Lisi (whose birthday it is).</p>
<p><b>9</b>  <b>MORNING</b>                      Closed for Barnett House Staff &amp; Volunteers Monthly Programme Co-Design Meeting.  <b>AFTERNOON</b>                      Closed for Barnett House Staff &amp; Volunteers attending Awareness Sector Networking Meeting.</p>	<p><b>10</b>  <b>10am-12pm Gardening for Mental Health</b> A weekly group to learn about gardening and growing your own food (with Jo &amp; Robyn).  <b>12.30pm-2.30pm Knit &amp; Yarn</b>                      A monthly group for beginners and those experienced at knitting and crochet who also like to chat (with Robyn &amp; Angle).</p>	<p><b>11</b>  <b>10.30am-1.30pm Peerzone Workshop 2</b>  <b>Topic: Understanding our substance use</b>                      Weekly recovery workshop to attend online via Zoom or in person (with Adrian).  <b>Booking essential</b>  <b>2.30pm-4.30pm Peer Support Drop by Session</b>  <b>Booking essential</b></p>	<p><b>12</b>  <b>MORNING</b>                      Closed for Barnett House Staff &amp; Volunteers Kaupapa Planning Morning.</p>	<p><b>13</b>  <b>10.30am-1.30pm Peerzone workshop 6.</b> Weekly workshop for people who have completed workshops 1-4, online via Zoom or in person (with Adrian).  <b>Booking essential</b></p>	<p><b>14</b>  <b>10.30am-12.30pm Art for Healing</b>                      Help fundraise for and beautify Barnett House by joining the Barnett House whanau to paint and mosaic the recycled pots from the garden shed (with Frances).  <b>Booking essential</b></p>
<p><b>16</b>  <b>1pm-2.30pm Autism Group</b>                      Monthly group for adults whether diagnosed, self-diagnosed, or questioning if they are autistic. Speaking/eye contact optional. We have a discussion topic, speaker or a video. Other neurodiverse people (e.g. ADHD) and neurotypical supporters welcome (with Angle &amp; Rachael).</p>	<p><b>17</b>  <b>10am-12pm Gardening for Mental Health</b> A weekly group to learn about gardening and growing your own food (with Jo &amp; Robyn).  <b>10.30am-12.30pm Bread Making</b>                      Come and learn to make bread and eat some of what we make. This month: fried and baked bread inc GF (with Adam).  <b>Booking essential</b>  <b>1pm-2.30pm Spirituality Discussion Group</b> (with Sean &amp; Annie).</p>	<p><b>18</b>  <b>10.30am-1.30pm Peerzone Workshop 3</b>  <b>Topic: Exploring our stories</b>                      Weekly recovery workshop to attend online via Zoom or in person (with Adrian).  <b>Booking essential</b>  <b>2.30pm-4.30pm Peer Support Drop by Session</b>  <b>Booking essential</b></p>	<p><b>19</b>  <b>10am-11.30am Stop Smoking Support Group</b>                      Fortnightly support group on how to stop smoking, with FREE NRT – Nicotine Replacement Therapy (patches, gum &amp; lozenges) and other resources (with Stop Smoking Practitioner Jo &amp; Peer Supporter Kacy).  <b>12.30pm-2.30pm Candle making</b>                      Learn candle making and create some artistic candles (with Jo and Robyn).  <b>Booking essential</b></p>	<p><b>20</b>  <b>10.30am-1.30pm Peerzone workshop 7.</b> Weekly workshop for people who have completed workshops 1-4, online via Zoom or in person (with Adrian).  <b>Booking essential</b>  <b>2pm-3pm Minority States of Reality &amp; Hearing voices that are distressing</b> Online Zoom presentation from Dr Annie Southern, more info over page.</p>	<p><b>21</b></p>
<p><b>23</b>  <b>11am-12pm Brain Injury Peer Support Group</b>                      A monthly discussion group for people living through brain injury recovery and their supporters (with Rachael &amp; Annie).</p>	<p><b>24</b>  <b>10am-12pm Gardening for Mental Health</b> A weekly group to learn about gardening and growing your own food (with Jo &amp; Robyn).  <b>2pm-3.30pm Intentional Peer Support Co-Reflection</b> Monthly, Canterbury-wide IPS trained people (with Annie &amp; Adrian).</p>	<p><b>25</b>  <b>10.30am-1.30pm Peerzone workshop 4</b>  <b>Topic: Reframing our recovery</b>                      Weekly recovery workshop to attend online via Zoom or in person (with Adrian).  <b>Booking essential</b>  <b>2.30pm-4.30pm Peer Support drop by session</b>  <b>Booking essential</b></p>	<p><b>26</b>  <b>10.30am-1pm Affirmations Workshop</b> Learn the benefits and techniques to affirm your own self-love and acceptance (with Sharon &amp; Kacy).  <b>1.30pm-2.30pm Virtual Tennis</b>                      Have fun playing indoor virtual tennis and other sports like boxing, golf, baseball and bowling with Wii Sport (with Kacy).</p>	<p><b>27</b>  <b>10.30am-1.30pm Peerzone workshop 8.</b> Weekly workshop for people who have completed workshops 1-4, online via Zoom or in person (with Adrian).  <b>Booking essential</b></p>	<p><b>28</b></p>
<p><b>30</b></p>	<p><b>31</b>  <b>10am-12pm Gardening for Mental Health</b> A weekly group to learn about gardening and growing your own food (with Jo &amp; Robyn).</p>	<p><b>September 1</b>  <b>10.30am-1.30pm Peerzone Workshop 1</b>  <b>Topic: Understanding our distress</b>                      Weekly recovery workshop to attend online via Zoom or in person (with Adrian).  <b>Booking essential</b>  <b>2.30pm-4.30pm Peer Support Drop by Session</b>  <b>Booking essential</b></p>	<p><b>September 2</b>  <b>10am-11.30am Stop Smoking Support Group</b>                      Fortnightly support group on how to stop smoking, with FREE NRT – Nicotine Replacement Therapy (patches, gum &amp; lozenges) and other resources (with Stop Smoking Practitioner Jo &amp; Peer Supporter Kacy).</p>	<p><b>September 3</b>  <b>10.30am-1.30pm Peerzone workshop 5.</b> Weekly workshop for people who have completed workshops 1-4, online via Zoom or in person (with Adrian).  <b>Booking essential</b></p>	<p><b>4</b></p>

## Profile of some of our Facilitators

### Sean Pawson (Barnett House Spirituality Facilitator)

Sean's *tīpuna*/ancestors hail from County Sligo, Southern Ireland and Yorkshire England. He was born in *Ōtautahi*/Christchurch and grew up as son-number-four in a large, working class family. After leaving high school he worked in construction, farming and community services. He later studied at Auckland University and completed pastoral training at Carey Baptist College. He served as a Pastor in three NZ Baptist Churches and currently works as a *tiaparani*/chaplain for Stepping Stone Trust/*Te Rōpū o te Taumata Kōhatu*. Sean has journeyed with depression for much of his life and takes a holistic approach to navigating his troubled waters. He is a follower of the way of Jesus with a strong interest in the relationship between spirituality and wellbeing and the role of love in human flourishing. Sean enjoys good coffee and yarn, along with reading, writing, outdoor adventuring and photography. He is married with five adult children and two charm-er-socks off *moko*/grandchildren.

### Annie Southern (Barnett House Co-ordinator)

I am neurodivergent, being autistic, and have also been affected by trauma in my life. I have experienced the great changes that developing recovery tools can have in terms of increased wellbeing and connection with others. I have a PhD in health science researching lived experience of mental distress. I am an Intentional Peer Support, Hearing Voices that are Distressing and Peerzone qualified trainer with 30+ years in the peer movement and significant recovery experience. I am the Peer Practice Manager at Stepping Stone Trust and Co-ordinator of Barnett House Recovery Centre.

### Frances Caldwell (Barnett House Art Facilitator)

I've done a bit of everything - from journalism and acting to mental health peer support and facilitating earthquake recovery workshops. And now my tired brain enjoys nothing better than some visual creativity. I'm loving being an art student and can't wait to share some creative ways of finding a way in the world.

## What's a Recovery College?

Recovery colleges developed out of the 'lived experience' peer recovery movement. Recovery college is a place where you can come as a learner to undertake courses that identify and develop recovery tools to enhanced wellbeing.

## What's an Intentional Recovery Community?

An intentional recovery community is a place where people can decide what strengths and skills they want to share with others in the community as well as getting support from other people in the community. At Barnett House we plan to have a chicken run, an established cottage garden, raised garden beds, space for meetings, a meditation walk, an outdoor Serenity Tree meeting space, a kitchen for baking and cooking, a piano and a library and computer suite.

## Annie's talk - Minority States of Reality & Hearing Voices that are Distressing - on Zoom

2pm-3pm Friday 20<sup>th</sup> August 2021

Join us on Zoom – all welcome (no bookings necessary), just go to this zoom link to join: <https://zoom.us/j/2301021261>

You will go through to a waiting room and will then be let into the meeting room at the start. You can find out more information on joining a Zoom meeting by going to the following website: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Annie will give examples from her own lived experience and recovery as well as framing what these experiences are and reasons for why they might occur, particularly trauma factors and Adverse Childhood Experiences (ACEs) and their impact on a person's selfhood. There will be time for questions at the end of the presentation and it will be available on the Barnett House YouTube Channel soon after the event, and posted here <https://www.facebook.com/TeWhareBarnett>

## Art exhibition Coming Up

We will be running an art exhibition again with Step Ahead Trust in the last week of September and first week of October so start thinking about art that you would like to exhibit and get in touch for more information.

# Barnett House Recovery Centre

102 Domain Terrace, Spreydon, Christchurch



## A peer-run Recovery College for adults August 2021 - Programme

**P:** (03) 390-0081 - please leave a message

**M:** 022-111-3092 - please send a text

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

**F:** [www.facebook.com/TeWhareBarnett/](https://www.facebook.com/TeWhareBarnett/)

**W:** [www.stepstone.org.nz/our-services/BarnettHouse/](https://www.stepstone.org.nz/our-services/BarnettHouse/)

