



Summer School 2022



Barnett House/Te Whare Barnett

102 Domain Terrace, Spreydon, Otautahi/Christchurch

Email bh@stepstone.org.nz Ph (03) 390-0081 and leave a message or text 022-111-3092

10TH-16TH JANUARY

Monday 10th

10.30am-12.30pm

Awareness focus group to discuss changes we want made to the compulsory treatment sections of the *Mental Health Act* when it is replaced.

1.00pm-2.30pmish

Popcorn and movie Come along and enjoy a movie and popcorn (for Rainbow/neurodivergent people.)

Tuesday 11th

10.00am-12.00pm

Learn about succulents and plant a mini succulent garden (booking essential)

1.00pm-2.00pm

Beginner level dance class Come and give fun dance a try. Just do as much or as little as you like.

Wednesday 12th

10.00am-1.00pm

Mosaics (booking essential) Part 1 of 2 sessions. All materials provided. Fun creative class.

2pm, 3pm, 4pm slots available (booking essential)

One-on-one peer support or digital skills support with Adrian (adrianp@stepstone.org.nz)
Book at: <https://peersupport.youcanbook.me/>

Thursday 13th

10.30am-12.00pm

Learning to love your Self - Recovering from Self rejection a gentle recovery workshop.

1.00pm-2.30pm

Cooking group (booking essential) Come and learn yummy recipes and eat what you make!

Friday 14th

10.00am-1.00pm

Mosaics (booking essential) Part 2 of 2 sessions. All materials provided. Fun creative class.

2pm, 3pm, 4pm slots available (booking essential)

One-on-one peer support or digital skills support with Adrian (adrianp@stepstone.org.nz)
Book at: <https://peersupport.youcanbook.me/>

17TH-23RD JANUARY

Monday 17th

1.00pm-2.30pm

Brain injury & concussion support group (for people with lived experience of brain injury or concussion and their allies.)

Tuesday 18th

10.00am-12.00pm

Learn to make eco-friendly cleaning products (booking essential)

1.00pm-2.00pm

Laughter yoga fun practice with a small group.

2.00pm-2.30pm

Stim dancing fun dance to music.

Wednesday 19th

10.00am-12.00pm

Vision boards (booking essential) Part 1 of 2 sessions. All materials provided. Create vision boards for your dreams and goals for 2022.

Thursday 20th

12.00pm-12.30pm

Talk on walking netball by Netball Canterbury.

1.00pm-2.00pm

Nature walk Gentle walk noticing the world around you (relaxation, not exercise)

Friday 21st

10.00am-12.00pm

Vision boards (booking essential) Part 2 of 2 sessions. All materials provided. Create vision boards for your dreams and goals for 2022.

1.00pm-2.30pm

Beginners level yoga/tai chi Come and give it a try. Just do as much or as little as you like.

ABOUT SOME OF OUR FACILITATORS

KACY ADAMS My passion is to walk beside others in their recovery journey. I have been labelled since a young adult and during my late 20s, I became determined to NOT allow my labels to define my existence. Ever since I have been overcoming and achieving with the support and knowledge which is available in the community and I aim to encourage others to find their recipe to do the same. I am naturally creative, active and wholehearted.

SHARON BAYNTON I have lived experience of recovery from my addictions, being clean from mind altering substances for 24 years. I am happy to share my knowledge, experience, strength and hope with people wanting this also. My goals are to practice educating people who want recovery by facilitating workshops around tools such as affirmations, gratitude, positivity, laughter yoga and dealing with anxiety. I am involved in community events in the suburb I live in. I play walking netball, scrabble and a card game called euchre, participate in laughter yoga and I especially enjoy listening to New Zealand and other reggae music.

FRANCES CALDWELL I'm a born again creative, having lost my way for a decade or so, mainly working in the mental health system. Following several break downs and burn outs, I found my way to Wellington art school The Learning Connexion and am now completing (by distance) a Diploma in Creativity and Art. Alongside my journey learning the creative process and exploring drawing and making jewellery (among other things) I've been sharing my enthusiasm for finding wellness through art.

RACHAEL EAST I enjoy connecting with people from all walks of life but have a special interest in diversity and inclusion. In my spare time I enjoy going for walks or kayaking and spending time in my garden/community garden by default! (Feel free to ask me about this if you are curious.)

ROBYN HOLLAND I believe that healing from mental distress is holistic. Spirituality, appreciating nature and exploring creativity have provided keys to my own healing. I enjoy gardening, cooking and floral art.

MERYL KENNEDY I'm originally from the UK (Liverpool) and have settled into New Zealand and consider this beautiful place my home. I'm a qualified nutritionist. I'm currently taking a year out after study, using my time to volunteer at the SPCA centre in Hornby as animal welfare holds a special place in my heart.

JO LOVEND Gardening is my passion. I am the eldest of two sisters. My life hasn't been a bed of roses but that makes me who I am. My motto is 'never give up no matter what life throws at you.' I like to think I am a quirky person with a great sense of humour.

SEAN PAWSON I have journeyed with depression for much of my life and take a holistic approach to navigating my troubled waters. I am 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. I enjoy good coffee and a yarn, along with reading, writing, outdoor adventuring and photography.

ANNIE SOUTHERN My passion for mental health and emotional wellbeing comes from my own journey as someone who has experienced trauma, altered states and dissociation, and, also, as someone diagnosed post-childhood as autistic. I love dogs, caravans, Nordic contemporary music and sharing the joy of stim dancing!

EMMA-JANE UREN I am passionate about working within an Intentional Peer Support framework, walking alongside others in their mental health journeys, sharing stories and harnessing hope along the way. I'm an expert tea slurper, vegan, awkward conversationalist, passionate ukulele player and mad poet (among many other things!)

BARNETT HOUSE RECOVERY CENTRE IS SUPPORTED BY:

