



JULY 2021

BARNETT HOUSE



102 Domain Terrace, Spreydon, Christchurch

www.stepstone.org.nz/our-services/barnetthouse/ Facebook: www.facebook.com/TeWhareBarnett/

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

MONDAY

Prayer Breakfast Note: booking essential – to book email bh@stepstone.org.nz

Monday 19 July 10.00pm-11.30pm (Organisers: Kacy Adams, Peter Watson & Annie Southern)

Come have brunch, connect with others, and pray together. ALL welcome – all faiths, agnostic, LGBTQIA+ etc.



Lunchtime Christian Contemporary Music For more info email annies@stepstone.org.nz

Monday 19 July 12.00pm-12.30pm (Organisers: Annie Southern & Kacy Adams)

Come enjoy your lunch & a half hour of the best in CCM. ALL welcome – other faiths, agnostic, LGBTQIA+ etc.



Brain Injury Peer Support Group (monthly) For more info email annies@stepstone.org.nz

Monday 26 July 11.00pm-12.00pm (Organisers: Annie Southern & Kacy Adams)

A group for people living through brain injury recovery. Supporters welcome.

Rainbow Peer Support Group (monthly) For more info email annies@stepstone.org.nz

Monday 26 July 1.00-2.30pm (Organiser: Annie Southern) (No booking required)

All Rainbow/LGBTQIA+ people and their supporters are welcome to this informal group where we watch music videos/YouTube clips/films and chat over a cuppa. Contribute your ideas to other activities.



TUESDAY

Nature & Spirituality Walk (monthly) For more info email chaplain@stepstone.org.nz

Tuesday 6 July 2.00pm-3.00pm (Facilitator: Sean Pawson) (No booking required)

This ¾-1hr low key walk includes simple activities to help us connect with Nature, each other and our spiritual world.

Knit & Yarn (monthly) (No booking required)

Tuesday 13 July 12.30pm-2.30pm (Facilitators: Robyn Anderson & Ange Sampson)

Come knit or crochet your ongoing project, or as a beginner learn how to knit and crochet in a friendly environment.

Breadmaking (5 places) Note: booking essential – to book email bh@stepstone.org.nz

Tuesday 20 July 10.30am-12.30pm (Facilitator: Adam Creed)

Come and learn to make bread and eat some of what we make. (This month we are making focaccia.)

Stim Dancing (monthly) (No booking required) For more info email annies@stepstone.org.nz

Tuesday 20 July 1.00pm-1.30pm (Facilitator: Annie Southern)

Brought to you by the adult autistic movement: come stim dance off stress. Open for everyone autistic or not.



Spirituality Discussion Group (monthly) For more info email chaplain@stepstone.org.nz

Tuesday 20 July 2.00pm-3.00pm (Facilitator: Sean Pawson) (No booking required)

July Topic: The Jesus I never knew We continue our discussion of our experiences & views of Jesus/Yeshua and the Christian faith - the good, the bad & the ugly! ALL welcome – all faiths, agnostic, LGBTQIA+ etc.

Gardening for Mental Health (No booking required)

Tuesday 27 July 10am-12.00pm (Facilitators: Robyn Holland & Jo Lovend)

Starting up again in late July. Weekly gardening group to learn how to grow your own food. Beginners encouraged.

TUESDAY Continued

Intentional Peer Support (IPS) Co-reflection (monthly) (No booking required)



Tuesday 27 July 1.00pm-2.30pm (Facilitator: Annie Southern)

For Canterbury-wide IPS trained people whether working in organisations, volunteering or using IPS in our daily lives.

WEDNESDAY

Peerzone Workshops For more info email adrianp@stepstone.org.nz



Wednesdays 10.30am-1.30pm – 7, 14, 21 & 28 July (Facilitator: Adrian Price)

Peerzone workshops are co-designed and facilitated by people with lived experience of mental distress by and for people who may be experiencing distress themselves. **Choose in-person attendance or online attendance on Zoom.**

Wednesday 7 July 10.30am-1.30pm Exploring Our Stories The importance of stories. The hero's journey. Our own and other's stories of distress and recovery. **(Closed to new learners)**

Wednesday 14 July 10.30am-1.30pm Understanding our Distress What responses help or don't help us? Different ways of responding to distress. Different ways of naming and understanding distress. **(For new learners)**

Wednesday 21 July 10.30am-1.30pm Understanding our Alcohol & Drug Use Turning lapse into learning. Taking control by choice. Why we use alcohol or drugs, and the consequences of use. **(For new learners)**

Wednesday 28 July 10.30am-1.30pm Reframing Our Recovery What recovery means. The process of recovery. Ours and other people's experiences of recovery. **(For those enrolled in the previous two weeks)**

Adult Children of Alcoholics & Dysfunctional Families (weekly) (No booking required)

Wednesdays 7.15pm Weekly Twelve Step spiritual programme for people brought up in alcoholic or otherwise dysfunctional homes – this is run by ACA/DF. For more info go to www.adultchildren.nz



THURSDAY

Your Artspace (5 places) Note: booking essential – to book email bh@stepstone.org.nz

Thursdays 10.00am-12.00pm – 22 & 29 July (Facilitators: Peter Watson & Kacy Adams)

A relaxed space to come and work on an art project and explore techniques.

Virtual Tennis (Wii Sport) (monthly) (No booking required)

Thursday 22 July 1.00pm-2.30pm (Facilitator: Kacy Adams)

Have fun playing indoor virtual tennis with Wii Sports (We have boxing, golf, baseball and bowling too!)

Beating the Winter Blues (5 places) Note: booking essential – to book email bh@stepstone.org.nz

Thursday 29 July 1.00pm-2.30pm (Facilitators: Ange Sampson)

Explore ways to beat the winter blues in a group of people who know what you have been experiencing.

FRIDAY

Music Appreciation (weekly) SST residents and respite guests only (No booking required)

Fridays 10.30am-12.00pm – 9, 16, 23 & 30 July (Facilitator: Grace Malloch)

Weekly music appreciation with Christchurch musician Grace Malloch. **Venue: 10 Somers Place (lounge)**

Lunchtime Autism Peer Support Group (monthly) (No booking required)



Friday 30 July 12.00pm-1.30pm (Facilitators: Ange Sampson & Kacy Adams)

Peer support by and for people diagnosed as autistic, self-diagnosed or questioning if they are autistic. Speaking/eye contact optional. We will have a discussion topic, a speaker or a video each month. Other neurodiverse people (eg, ADHD) and neurotypical supporters welcome.

SATURDAY

Art for Healing (2 sessions, 5 places) Note: booking essential – to book email bh@stepstone.org.nz

Saturdays 10 & 17 July 10.30am-12.30pm (Facilitator: Frances Caldwell)

Beginners' watercolours in a small friendly group with our Art Co-ordinator.