



JUNE 2021

BARNETT HOUSE



Adult Recovery College, Barnett House Recovery Centre

102 Domain Terrace, Spreydon, Christchurch

<https://www.stepstone.org.nz/our-services/barnetthouse/>

Follow us on Facebook: <https://www.facebook.com/TeWhareBarnett/> Email bh@stepstone.org.nz

Ph (03) 390-0081 and leave a message or text 022-111-3092 (Tuesday, Wednesdays & Fridays)

Te Whare Barnett/Barnett House Recovery Centre welcomes people with lived experience of emotional/mental distress, minority states of reality, addiction issues and neurodivergence/autism plus their whanau, family, friends & supporters. We provide recovery college sessions, activity groups, peer support groups and community development opportunities. All recovery college sessions are facilitated by someone with lived experience (expertise by experience.) Some activity groups are facilitated by people without their own lived experience but with a lived experience supporter always on hand. **There is no cost to attend.**

MONDAY

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

Monday 28 June 3.00-5.00pm (Organiser: Annie Southern) (No booking required)

All Rainbow/LGBTQIA+ people and their supporters are welcome to this informal group where we have film afternoons and/or topic discussions over a cuppa. This month we will have a film afternoon.



TUESDAY

Gardening for Mental Health (weekly) (No booking required)

Tuesdays 10am-12.00pm – 1, 8, 15, 22 & 29 June (Facilitators: Robyn Holland & Jo Lovend)

Weekly gardening group to learn how to grow your own food. Beginners encouraged. All equipment supplied.

Knit & Yarn (monthly) (No booking required)

Tuesday 8 June 2.00pm-4.00pm (Facilitators: Robyn Anderson & Ange Sampson)

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

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

Tuesday 15 June 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 pizza.)

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

Tuesday 15 June 2.00pm-3.30pm (Facilitator: Sean Pawson) (No booking required)

May Topic: The Jesus I never knew Come and join us as we discuss our experiences and views of Jesus and the Christian faith - the good, the bad & the ugly! - and how these shape our spiritual lives and wellbeing. Everyone welcome.

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

Tuesday 22 June 2.00pm-3.30pm (Various facilitators monthly)

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



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

Tuesday 1 June 2.00pm-3.00pm (Facilitator: Sean Pawson) (No booking required)

This ¾-1hr low key walk will include some simple activities designed to help us connect with Nature, each other and our spiritual world. Walks start and finish at 102 Domain Terrace. Wear footwear/clothes suited to the weather.

WEDNESDAY

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



Wednesdays 10.30am-1.30pm – 2, 9, 16, 23 & 30 June (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 2 June 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.

Wednesday 9 June 10.30am-1.30pm Leading Our Recovery What recovery means. The process of recovery. Ours and other people's experiences of recovery. **(Closed to new learners)**

Wednesday 16 June 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 23 June 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.

Wednesday 30 June 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.

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

Gratitude Workshop **(6 places) (final of 2 sessions)** This workshop is closed for new bookings

Thursday 3 June 1.00pm-3.00pm (Facilitators: Sharon Baynton & Kacy Adams)

Activities, discussion and information on increasing gratitude in our lives as a wellbeing and recovery strategy.

Basic Self-Defence **(weekly)** (No booking required)

Thursdays 1.00pm-2.00pm – 10, 17 & 24 June (Facilitator: John Avei)

Weekly basic self-defence for beginners. Nothing strenuous. Wear loose clothing and flat footwear.

FRIDAY

Music Appreciation **(weekly)** (No booking required)

Fridays 10.30am-12.00pm – 4, 11, 18 & 25 June (Facilitator: Grace Malloch)

Weekly singing-alongs and music appreciation with Christchurch musician Grace Malloch.

Venue: 10 Somers Place (lounge) Please note: only for Stepping Stone Trust residents and respite guests

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



Friday 25 June 12.00pm-1.30pm (Facilitators: Dr Annie Southern & Ange Sampson)

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. Neurotypical supporters welcome.

Mad Poets Society Mid-Winter Celebration (No booking required)

Friday 25 June 6.00pm-8.00pm

- Main rooms - open mic poetry and music (bring along some poems/songs in case you want to have a go)
- Library room - quiet chill out space & inspiration table (if you have a poem or a book you'd like to place on the inspiration table for the evening for others to read, please bring it along)

Mad Poets Society Canterbury is a project to create spaces for people to listen to (and share if you're feeling brave) poems, music or other forms of creative expression. Our organising crew - Dan, Kelly, EJ and Annie - have personal experience of 'the ups and downs of life,' and we welcome fellow people on their own mental health/addictions recovery journeys to come along. We hold open mic nights monthly during the warmer months at Beat St café. In June Mad Poets is holding a mid-winter celebration at Te Whare Barnett/Barnett House. There will be hot drinks, bikkies, blankets, creativity and good company. If you haven't come along before, this is a great event to come to and check out this friendly, creative space.