

# May (& early June) BARNETT HOUSE



## TUESDAY

**Knit & Yarn (monthly)** (No booking required)

**Tuesday 11 May 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.

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

**Tuesdays 10am-12.00pm – 18, 25 May, 1 June** (Facilitators: Robyn Holland & Jo Lovend)

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

**Please note there is no gardening group on May 11.**

**Breadmaking (5 places) Note: booking essential – email [annies@stepstone.org.nz](mailto:annies@stepstone.org.nz)**

**Tuesday 18 May 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.)

**Stim Dancing (monthly)** (No booking required)

**Tuesday 18 May 1.00pm-1.30pm** (Facilitator: Annie Southern)

Come and learn to stim dance – the fun way to dance of stress and feed your body good vibes as brought to the world by the autistic adult movement. Open for everyone autistic or not. Stay for as much or as little time as you like.

**Spirituality Discussion Group (monthly)** (No booking required)

**Tuesday 18 May 2.00pm-3.30pm** (Facilitator: Sean Pawson)

**May Topic: The God you live with – or the God you live without!**

Come and join us as we look at the 'Portraits (or Pictures) of God' that hang on the walls of our hearts and minds. We'll talk about the experiences we've had, the mental pictures we've painted, and the feelings that we carry about God. We'll discuss the ways our 'Portraits/Pictures of God' impact our health and wellbeing. We'll also explore how we might learn to paint pictures of God that are authentic and lifegiving. There's a lot of treasure to dig up in this conversation. Come along with your own 'gems' and listening ears and let's see what we can learn from one another. *Nā tō rourou, nā taku rourou ka ora ai te iwi - With your food basket and my food basket the people will thrive.*

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

**Tuesday 25 May 12.00pm-1.00pm** (Various facilitators monthly)

Come and have some fun playing indoor virtual tennis with Wii Sports.

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

**Tuesday 25 May 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)** (No booking required)

**Tuesday 1 June 2.00pm-3.00pm** (Facilitator: Sean Pawson)

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 Barnett House. Wear footwear/clothes suited to the weather conditions.

**– See over for more workshops –**

Adult Recovery College, Barnett House Recovery Centre, 102 Domain Terrace, Spreydon, Christchurch

Follow us on Facebook: <https://www.facebook.com/TeWhareBarnett/>

**Please note: the Barnett House phone number is no longer operating  
as we move towards new booking & information systems**

## WEDNESDAY

**Peerzone Workshops** (goes across 4 sessions) **Booking essential – email [adrianp@stepstone.org.nz](mailto:adrianp@stepstone.org.nz)**

**Wednesdays 10.30am-1.30pm – 19, 26 May, 2, 9 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 19 May 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 26 May 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 2 June 10.30am-1.30pm** **Leading Our Recovery** What recovery means. The process of recovery. Ours and other people's experiences of recovery.

**Wednesday 9 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.

**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](http://www.adultchildren.nz)

## THURSDAY

**Gratitude Workshop** (6 places) (2 sessions) **Booking essential – email [annies@stepstone.org.nz](mailto:annies@stepstone.org.nz)**

**Thursdays 1.00pm-3.00pm – 20 May & 3 June** (Facilitators: Sharon Baynton & Kacy Adams)

Two session workshop full of 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 – starting 10 June** (Facilitator: John Avei / Peer supporter: Angela Hook)

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 – 7, 14, 21 & 28 May** (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 28 May 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 and eye contact optional. We will have a discussion topic each month, a talk or a video. Neurotypical supporters welcome.

## SATURDAY


**Mosaics** (5 places) (goes across 3 sessions) **Booking essential – email [annies@stepstone.org.nz](mailto:annies@stepstone.org.nz)**




**Saturdays 10.00pm-1.00pm – 15, 22, 29 May** (Facilitator: Frances Caldwell)

Beginners mosaics in a small friendly group.

**LGBTQIA+ peer support group** (monthly) **Booking essential – email [annies@stepstone.org.nz](mailto:annies@stepstone.org.nz)**

**Saturday 29 May 2pm** (Facilitator:  Annie Southern)

 This group has developed out of our spirituality discussion group's topic in April 2021. This month this new group aims to support Stepping Stone Trust staff. It is a cuppa and chat informal session. Venue will be a café in town to be confirmed once you book. In future months there will be sessions for all LGBTQIA+ people, eg, YouTube films and discussions as well as Stepping Stone Trust staff only events. Email confidentiality assured.

**Flags:**  Neurodiversity  LGBTQIA+ lesbian, gay, bisexual, transgender, queer, intersex, asexual & others  asexuality