



HAND IN HAND

Hanmer Clinic Newsletter



You have two hands. One to **help yourself**, the second to **help others**.
Sometimes all a person needs is a hand to hold and a heart to understand.

PEER SUPPORT

Welcome to the December 2024 Hanmer Clinic peer support newsletter. It's been an exciting year with the expansion of our peer support team and an increased number of support events. As for our whai ora attending, we have had an abundance of successes and wins and we thank everybody who has been involved in the recovery community.



My name is Darren, and I am a recovering addict. I started my recovery journey with Hanmer Clinic and am an active member of a 12 Step fellowship.

Part of my recovery journey and growth has been through contributing to the community with work at Waikeria Prison. I am privileged to walk alongside whanau and to bring my skills to the recovery space. I am a familiar face to those in the community and want to bring safety and hope to those who are choosing a new path.

Hi, I'm Michelle. Addictions have deeply impacted my life in various ways, shaping my experiences and the way I view the world.

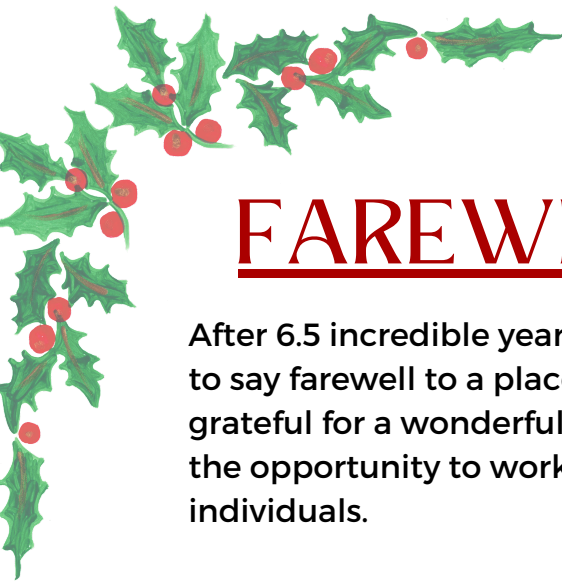
I have a strong passion for supporting people on their journey to recovery and wellbeing, offering guidance and empathy as they navigate their own paths to healing. My background is in social services and wellbeing, and I'm currently studying towards gaining my DAAPNZ, so I can enhance my knowledge clinically to make a meaningful impact with supporting those on their path to healing.





My name is Lisa, and I am a recovering addict. I have lived experience of both mental health and addiction.

I feel passionate and privileged to be able to connect and support others on their own recovery journey one day at a time. I look forward to walking alongside you in a safe, inclusive and positive way.



FAREWELL FROM TARNIA

After 6.5 incredible years as an employee at Hanmer Clinic, it's time for me to say farewell to a place that has been so special to me. I am deeply grateful for a wonderful experience. I've learned so much and blessed for the opportunity to work alongside such passionate, dedicated, and inspiring individuals.

To David and Michael Anne Benton, I am forever grateful for the safe space you've built, a space where I found freedom and growth. Your vision has made such a difference in my life and so many others.

To my team, both past and present, thank you for your unwavering love, support, and encouragement. Working alongside you has been an honour, and I'll always treasure the memories we've created together.

To those on their recovery journeys, I wish you strength and courage and may you continue to move forward, find healing, and thrive.

Much love and blessings

Tarnia



YOUR SAFETY PLAN

- Attend 12-step meetings as all are running throughout the holiday season.
- Keep in touch with your sponsor and support people - be aware of your tight five. Spend time with friends and family who are supportive of your recovery.
- Know your high-risk situations and have exit strategy plans.
- As your H.A.L.T.'s (hungry, angry, lonely, tired) are significant triggers to possible relapse, pre-plan prevention strategies.
- Plan your sober fun events and outings. Prepare ahead of time and be clear about the purpose and experience you want to have. Build your confidence.
- Communicate your boundaries beforehand. They are easier to manage when already discussed before the event. Make your feelings and intentions clear to friends and family to help support you.
- Have an exit strategy. If you are out with trusted people (friends, partners, whānau), tell them before you go that you may feel uncomfortable and need to be able to leave. Have plans A, B & C when out such as using your own vehicle or taking your own non-alcoholic beverages, Create a timeframe hour by hour—go for one hour, and if you feel uneasy, leave.
- Use the 24-hour support numbers if needed - 1737 anxiety, drug, and alcohol helpline or Here to Help - free call or txt 0800568273.
- Implement self-care in your daily routine (medication, diet, exercise, and rest).



SELF-CARE IDEAS

What are some of
your own self-
care ideas you
have already?
Write your
answers here.



MINDFUL MOMENTS

Take time to reflect and do things that fill your cup to refresh you.

1



MINDFUL BREATHING

Focus on your breath, count your breaths, and be aware of your breath going in and out.

Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in.



GRATITUDE PRACTICE

2

3



POSITIVE AFFIRMATIONS

Take time to repeat positive affirmations to yourself, such as “I am capable of achieving my goals” or “I am strong and capable.”

Take time to sit in stillness and focus on your breath or repeat a mantra to yourself.



MEDITATION

4

5



BODY SCAN

Focus your attention on different parts of your body and notice the sensations as you move through each one.

EVENTS

COFFEE GROUP

**FOLLOWING CONTINUING
CARE GROUP**



**FROM: 12PM
WEDNESDAYS
WHERE:@ZEST CAFE**



Up the Mount



All welcome

EVERY TUESDAY

Meet Pilot Bay side by base toilets from 3pm
Walk starts at 3:30pm



Mount Walk



All welcome

EVERY FRIDAY

Meet Pilot Bay side by base toilets from 9am
Walk starts at 9:30am



MEETINGS LIST



AA MEETINGS

Sunday 10:00 am

Taurang
a Sunday Spiritual AM Meeting
Tauranga, Hanmer Clinic
1235 Cameron Road

Sunday 6:30 pm

Papamoa Lifesavers AA Meeting
Papamoa Community Center/ Library
15 Gravatt Road

Monday 10:00 am

Tauranga Eye Opener [Monday]
Wesley Methodist Church
100 Thirteenth Avenue

Monday 7:30 pm

Katikati Monday Group
Katikati Saint Paul's Church
1 Mulgan Street

Monday 7:30 pm

Tauranga Otumoetai
Tauranga Assembly of God Church Hall
252 Otumoetai Road

Monday 7:30 pm

Te Puke Group
Te Puke Methodist Church
2 Oroua Street

Tuesday 7:30 pm

Mount Maunganui Tuesday
Saint Peters Church
15 Victoria Road

Tuesday 7:30 pm

Our Primary Purpose 12 Steps & 12 Traditions
St George's Church
1 Church Street

Wednesday 7:30 pm

Tauranga Wednesday New Beginnings
St Mary's School
11 Thirteenth Avenue

Thursday 7:30 pm

Papamoa Step By Step
Papamoa Salvation Army
57 Eversham Road

Thursday 7:30 pm

Tauranga Thursday Big Book Discussion
Tauranga Christian Fellowship Hall
934 Cameron Road

Friday 10:00 am

Tauranga Eye Opener [Friday]
Wesley Methodist Church
100 Thirteenth Avenue

Friday 5:30 pm

Mt Maunganui, Friday Night Happy Hour Group
Saint Peters Church
15 Victoria Road

Friday 7:30 pm

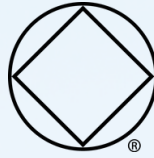
Katikati Friday
Saint Peter's Anglican Church
2 Carisbrooke Street

Saturday 10:00 am

Mount Maunganui Women and Children
Mount Maunganui Saint Andrews Church
In-person and Online
8 Dee Street

Saturday 7:30 pm

Tauranga Saturday Big Book Study Meeting
St Peters House
136 Spring Street



NA MEETINGS

Sunday 7:00 pm
Compass Finds Direction

Hanmer Clinic
1235 Cameron Road Gate Pa
Tauranga

Monday 6:00 pm
Where it Doesnt Mata-Mata NA

Matamata-Piako Civic and Memorial Centre
11 Tainui Street
Matamata

Monday 7:15 pm
Monday Night Living Clean

Hillier Centre
31 Gloucester Road Mount Maunganui
Tauranga
Zoom ID: 816 9395 4348 Passcode: nzna
NO CHILDREN

Tuesday 10:30 am
Serenity Sisters

Tangata Whare
Taniwha Steet @ Historic Village
17th Avenue
Tauranga

Tuesday 6:00 pm
Tuesday night Steps and Traditions Te Puke

Te puke Methodist church
2 Oroua road
Te puke
Corner of Jellicoe road and Oroua road

Wednesday 6:30 pm
Mauao Outsiders
Zoom ID: 865 0383 3821

Thursday 7:00 pm
Tauranga Men's Meeting

Curate Church
14 Christopher Street
Tauranga

Thursday 7:00 pm
Serenity Sisters TGA Online

(Women's Meeting)
Zoom ID: 88906985464

Friday 7:30 pm
Back to Basics

Hillier Centre
31 Gloucester Road Mount Maunganui
Tauranga

Saturday 7:30 pm
Hanmer Clinic Tauranga
1235 Cameron Road, Greeton
Tauranga

Saturday 7:00pm
Wairoa Whanau
9 Anson Street, CBD
Tauranga

**For more information on Meetings,
please visit the following websites**
www.aa.org.nz/aa-meetings
www.nzna.org/meetings

HANMER CLINIC CHRISTMAS CLOSURE

Hanmer Clinic will be closed from 24 December 2024, reopening 6 January 2025 so our dedicated kaimahi can enjoy a much needed period to recharge and return refreshed to support our whai ora in the new year.



Over this time if you need support please leave your name, number and a detailed message and our duty clinician will return your call on non-statutory days.

However, if the matter is urgent, please do not hesitate to contact the crisis team at 0800 800 508 or phone or text Need to Talk line 1737.