



Support Groups for Mental Health and Personal Development.

# GROW NZ NEWSLETTER

## FEBRUARY 2023



GROW NORTH ISLAND CENTRE  
97 ST. LUKES ROAD  
MT. ALBERT  
AUCKLAND 1025

PHONE: (09) 846 6869

Email: [auckland@grow.org.nz](mailto:auckland@grow.org.nz)

[national@grow.org.nz](mailto:national@grow.org.nz)

GROW SOUTH ISLAND CENTRE  
22 MANSE STREET  
DUNEDIN CITY  
DUNEDIN 9016

PHONE: (03) 477 2871

[2growdunedin@gmail.com](mailto:2growdunedin@gmail.com)

## GROW N.Z. INC. NORTH ISLAND CENTRE

Administration: Please note that the Grow Centre has staff and volunteers who work remotely, and all phone calls are redirected to Sandy's mobile phone.

- Please direct your enquiries via phone, text, or the website's Contact Us page.
- St Lukes Group meets at the Centre every Monday at 6.30pm and Grow socials continue to be held there.

### Street Address:

97 St Lukes Road  
St Lukes  
Auckland, 1025

### Postal Address:

C/- S Carter-Hunt  
131B Karaka Road  
Thames 3500

**Phone** (09) 846 6869 or 021 049 1360

**Website:** [www.grow.org.nz](http://www.grow.org.nz)

Centre: [auckland@grow.org.nz](mailto:auckland@grow.org.nz)

National Team: [national@grow.org.nz](mailto:national@grow.org.nz)

The Centre is accessible by public transport and is very close to St Lukes Mall.

## GROW N.Z. INC. SOUTH ISLAND CENTRE

**Office Hours:** Wednesday, 1:00pm – 5:00pm

### Street Address:

22 Manse Street  
Dunedin Central  
DUNEDIN 9016

### Postal Address:

C/- Room 4  
22 Manse Street  
Dunedin Central  
DUNEDIN 9016

**Phone/Fax** (03) 477 2871

**E Mail** [2growdunedin@gmail.com](mailto:2growdunedin@gmail.com)

The Centre in Craigie House on Manse St is opposite The Warehouse on High St.

The GROW Centres are a wonderful resource for Growers, as they hold a wealth of GROW Program material. If you haven't got to know the Centre's yet, please do so.

### **What is Grow?**

GROW is a different thing to different people:

- To a mentally ill person, GROW is a program of recovery.
- To a person suffering from the stresses and crises of life, GROW is a way of preventing breakdown.
- To a person seeking personal growth and fulfillment, GROW is a school of adult education for life.
- The GROW organisation is a grassroot, community mental health movement, based upon a 12 Step Program of *growth to maturity*, through friendship and mutual help.

Weekly GROW meetings are run by their members, vary in size from 3-15 people and are approximately 2 hours long.

GROW is anonymous, confidential, non-denominational and open to all. No membership fees are charged, but contributions are welcomed.

**Find your nearest GROW meeting from the list in the back of this newsletter.**

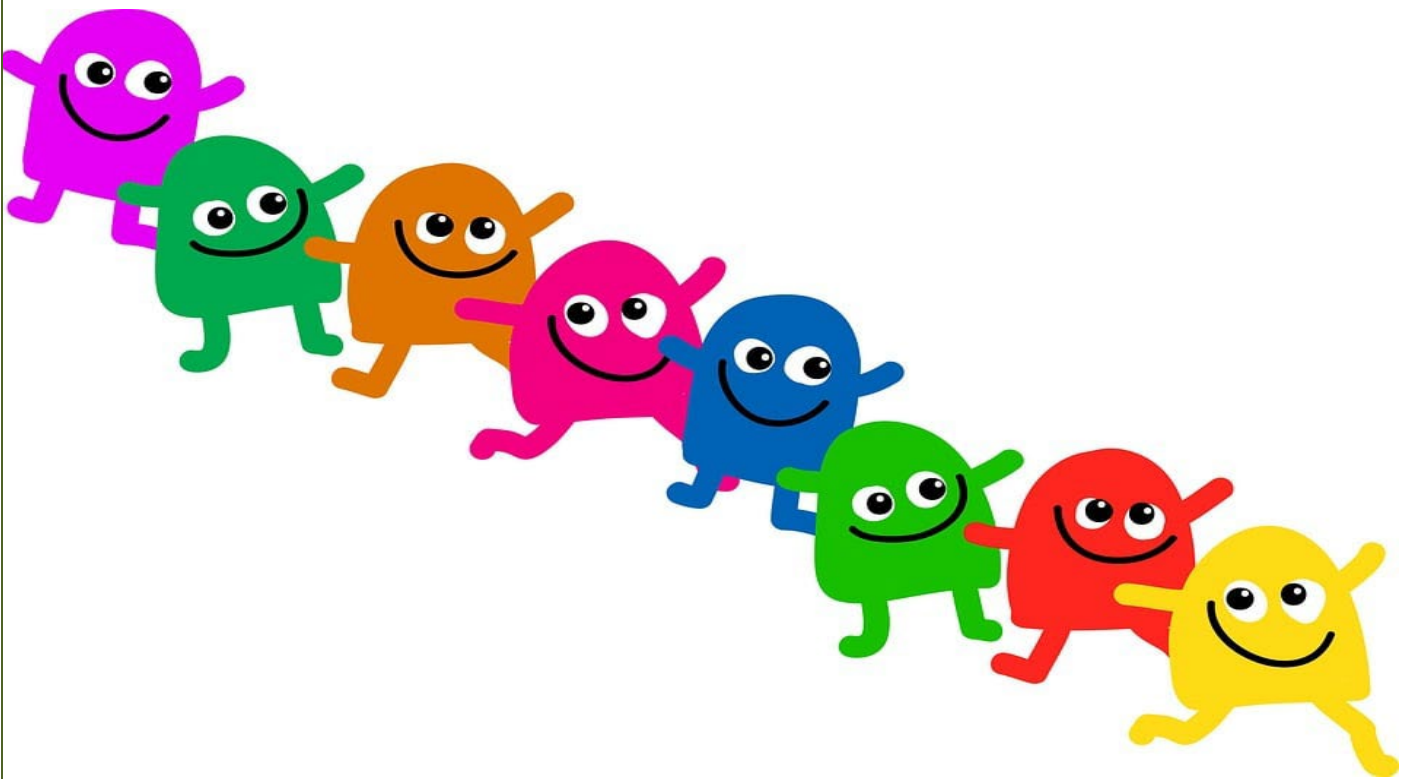
***Giving GROW a Fair Go: It takes a few meetings to develop an understanding of what GROW is and how it works during and between meetings. We recommend newcomers attend at least three initial meetings to make an informed choice about Grow.***

# COMMUNITY DAY

**SATURDAY 25<sup>TH</sup> FEBRUARY 2023 11:30**

**CORNWALL PARK**

**SHARED PICNIC LUNCH**



**MEET UP BY THE BUNKER TOILETS MAIN CAR PARK**

**IF RAINED OFF TO BE HELD AT THE CENTRE**

## The Grow Centre has two more tenants to share the building with.

The Auckland Grow Centre now has three tenants. Grow has moved its office to a small fourth room while Chas and Sandy work remotely from home. We welcome a CBD doctor, a psychologist, and a chiropractor doctor. Grow continues to have use of the building in the weekends and on a Monday evening for the St Lukes group meetings. I have asked our two newest tenants to introduce themselves. Below is a message from Dr Kendall Niuelua:

### Meet our Director and Principal Chiropractor at The Spine Corner!

Talofa lava, Kia orana and Kamusta

I am Dr Kendall Niuelua (Chiropractor), and I am extremely excited to be able to open my clinic here in Sandringham!

I come from a mixture of cultures (fruit salad as they call it), my father being of Samoan descent, and my mother of Cook Island Māori and Scottish/Irish descent. I am the second eldest of 4 children. I was born and bred here in Auckland, started primary school in Hobsonville before our family relocated to Samoa. It was an eye opening and beautiful experience. Our family moved back to New Zealand when I started high school at Westlake Boys.

After graduating from high school, I had the amazing opportunity to live in the Philippines for two years. I was able to learn the native tongue (Tagalog) and enjoy shocking my Filipino brothers and sisters when I start speaking Tagalog to them. This was a humbling experience to say the least, and I had an amazing time there! I came back to NZ to start University and met my beautiful wife. We have two energetic young children with one more arriving any week now. When I am not at the clinic, I enjoy spending time with my little family, watching/playing anything sports related, and trying to sneak in the odd nap here and there.

I was introduced to Chiropractic at a young age and immediately knew that this is what I wanted to do with my life. Having lived in Samoa and areas of the Philippines where healthcare is very limited, I wanted to be able to offer something that I could take with me, wherever I went. I have experienced its incredible changes and want to help others have a similar experience! I have a keen interest in learning more about how our bodies function, especially how they adapt to certain environments/traumas.

I am looking forward to immersing myself in the community and providing the best Chiropractic Care that I can offer! If you are in the Sandringham area, pop in and say hi!

Dr. Kendall Niuelua (Chiro)

## Website Feature: Newsletter

**Past and current newsletters can be found on the website in case anyone is wondering if they received an emailed copy.**

<https://grow.org.nz/news-letter/>



Which brings me to my next point:

**Does everyone like reading the Grow Newsletter?**

I do . . . but I would love it more if members made a point of contributing, by writing articles we could all read. This would make it more personal and give it more of a community feel.

I know Sandy would appreciate it too, otherwise she must come up with all the ideas for the newsletter on her own requiring all the effort by one person.

So, let's share the load that our editor Sandy must carry.

Maybe an incentive would be to draw names from a hat every few months for those that have contributed. The first name drawn out gets a gift voucher.

Or

Your group may decide to randomly pick one member in the group each month to write something and that becomes their practical task!

See the website link here to get more ideas on what to write:

<https://grow.org.nz/ideas/>

**Get writing now!**



**Step 2: We firmly resolved to get well and co-operated with the help that we needed.**

Anthology

**DON'T RUN YOURSELF DOWN**

Step 2.2

It doesn't take an automobile to run you down. Too often we run ourselves down. And the kind of "running down" I'm speaking of may be much more serious in the long run. Its effects may be more damaging, and recovery may take a lot longer than a few cracked bones would require to heal.

But if you suddenly become aware of what you are doing to yourself, you can begin your recovery at once. We do a great deal of damage to ourselves that we wouldn't tolerate from anyone else— such as running ourselves down by convincing ourselves that we're chronic misfits and failures.

When you are alone, in the privacy of your own thoughts— when you are not putting up a front to impress someone or try to prove something— what do you think of yourself?

Do you run yourself down? Do you dwell on all the mistakes you have made? Who hasn't made them? The person who hasn't make mistakes hasn't learned anything worth knowing. Bless those mistakes. Be grateful for them— even the ones that kicked back and kicked back hard. They're among the most valuable experiences you have ever had.

Take only the lessons you learned from those mistakes, and let the rest go without self-pity, without self-crimination, without morbid brooding.

You've been thoughtless? Who hasn't? What is important is this: there isn't a single thing in the world that keeps you from being exceedingly thoughtful of others, beginning right now!

You've hurt someone? Who hasn't? Here is what counts now: there is absolutely nothing that prevents you from being a friendly, loving person, starting right now.

There is as much potential good in you as there is in anyone who ever lived. All you have to do is start expressing it. You have an unlimited supply to draw from. There is nothing in the universe that holds anything against you, once you start expressing that good.

Take a look at your watch or clock. The past ended a second ago. Are you willing to leave it there?

(Reprinted from "LET'S TALK ABOUT YOU!" Published by the Wagner Co. 2936 Nebraska Ave, Santa Monica. California U.S.A. by Gene Emmet Clarke)



## BE ADVENTUROUS

If you want something, try giving it away first. We all have as gifts, treasures that we take for granted every day. And yet they are the very things that we need to give and receive daily. We so often accuse others of not giving them to us, but do we ask ourselves if we are, in fact holding up the works because we aren't starting the ball rolling. You already have all that you need.

If you want love, give it away first.

If you want understanding, show understanding to others.

If you want friendship, offer friendship.

If you want help, help someone else.

If you want personal value, let others know you value them.

If you want recognition or praise, look for true ways to recognise and praise others.

If you want someone to just listen, be prepared to listen to others.

If you give to the world the best you have, the best will come back to you.

But with all that you do, take care. If you want understanding and offer it to one person alone, that person may not have yet learned to understand or be understood. If you hope or expect too much too soon, you might be disappointed and give up before that person can experience enough to offer it back. Never give up. Also broaden your efforts so you can broaden your understanding in the lives of many people. Give wisely with thought and care as if it were a treasure because these gifts are more valuable than any material assets, they are life itself.

Happiness is different things to different people, but no matter what form it takes it is the basis for the purpose of life. As it is that important, don't let pride, fear, thoughtlessness or anything else stand in the way. Surely it's worth the effort to give first and keep on giving until it reaps the reward, because it surely will.

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## CALENDAR OF EVENTS

Location details: All events are held at the GROW Centre, 97 St Lukes Road, St Lukes, except any camps/weekends

<b>DATE</b>	<b>TIME</b>	<b>February Events</b>
Wednesday 1 <sup>st</sup>	For Mar Issue	Post/email Content for Newsletter to the Centre
Saturday 11 <sup>th</sup>	9:30am	NPT AND NMT Meeting
Saturday 25 <sup>th</sup>	11:30am	Community Day

<b>DATE</b>	<b>TIME</b>	<b>March Events</b>
Wednesday 1 <sup>st</sup>	For Apr Issue	Post/email Content for Newsletter to the Centre
Wednesday 1 <sup>st</sup>		Post/email Bimonthlies to your group evaluator
Saturday 18 <sup>th</sup>	2:30pm	O & R Meeting Potluck Social

<b>DATE</b>	<b>TIME</b>	<b>April Events</b>
Saturday 1 <sup>st</sup>	For May Issue	Post/email Content for Newsletter to the Centre
Saturday 1 <sup>st</sup>	9:30am	NPT AND NMT Meeting
Saturday 15 <sup>th</sup>		Training Day

GROW dates do change from time to time. Dates/events are up to date at the time of printing each newsletter issue, and updated between issues through *Centre Announcements*, read by Group Organisers during weekly Meetings.



## **GROW MEETINGS**

<b>Group</b>	<b>Time</b>	<b>Location</b>	<b>Contact</b>	
Online Zoom (Nationwide)	Thursday 6.30pm or Friday 12.30pm	Requires Internet with webcam or smartphone	Carolyn	0210517287 carolyn.foley49@gmail.com
Papatoetoe	Monday 10am	Seventh Day Adventist Church, 16 Puhinui Rd, Papatoetoe	Vicky	021 129 4380 vrogers@xtra.co.nz
St Lukes	Monday 6.30pm	The GROW Centre, 97 St Lukes Rd, Mt Albert	Barbara	bkon011@gmail.com
Highland Park	Monday 7pm	Highland Park House, 47 Aviemore Drive, Highland Park	Allen	022 194 6744 aljw33068@gmail.com
North Shore <b>In Recess</b>	Monday 1pm	Glenfield Community Centre Cnr Glenfield Rd & Bentley Ave Glenfield		<a href="https://grow.org.nz/contact-grow/">https://grow.org.nz/contact-grow/</a>
Onehunga <b>In Recess</b>	Thursday 10:15am	Onehunga Community House 83 Selwyn St, Onehunga		<a href="https://grow.org.nz/contact-grow/">https://grow.org.nz/contact-grow/</a>
Hamilton	Thursday 12:30pm	Whitiora Bible Chapel 24 Abbotsford St Hamilton	Carolyn	0210517287 carolyn.foley49@gmail.com
Rotorua	Monday 10:00am	St Lukes Anglican Church 1223 Amohia St Rotorua	Steve	020 462 4654 stephen.randell@gmail.com
Dunedin	Monday 5:30pm	GROW Centre 22 Manse St Dunedin City	Shirley	(03) 477 2871 2growdunedin@gmail.com
Christchurch (Kaiapoi)	Sunday 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi	Richard	ragrantham9@gmail.com

**GROW is a program of *Growth to Maturity or Mental Health*,  
through Friendship and mutual help.  
No introductions are needed. Just come along to a meeting.**

*A thought for all growers.*

GROW does not charge members fees or dues, and so relies on grants and private donations as a source of income to meet operating expenses. If you can afford to, please consider giving back to GROW.

Methods of payment include cash, cheque, bank deposit and internet banking. When using internet banking, type 'donation' and your name into the available fields. If by post, please include the slip below. Contact the GROW Centre if you would like a receipt, as donations are tax deductible.

**Account Details: GROW N.Z. Inc. 12 3017 0509675 00 (ASB Bank)**



**GROW N.Z. Inc.,** I have donated by direct credit \$ \_\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_  
C/- S Carter-Hunt ~ or ~

131B Karaka Road, I have enclosed my donation cheque of \$ \_\_\_\_\_  
Thames 3500

Name.....

Address

GROW NZ Inc WISHES TO THANK OUR GRANT FUNDERS AND VOLUNTEERS  
FOR THEIR CONTRIBUTIONS AND SUPPORT TO OUR GROUPS.



Kerr Taylor Trust \* St Lazarus Trust Board \* ACE Shacklock Charitable Trust

Red Faces Fundraising Event, Organizer Brenton Williams

**If undelivered, please return to:**

**GROW C/- Sandy Carter-Hunt 131B Karaka Road Thames 3500**

