



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

MAY - JUNE 2023



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

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Email: auckland@grow.org.nz

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GROW SOUTH ISLAND CENTRE
22 MANSE STREET
DUNEDIN CITY
DUNEDIN 9016

PHONE: (03) 477 2871

Email: 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

Phone (09) 846 6869 or 021 049 1360

Centre: auckland@grow.org.nz

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

Postal Address:

Att: Sandy Carter-Hunt
131B Karaka Road
Thames, 3500

Website: www.grow.org.nz

National Team: national@grow.org.nz

GROW N.Z. INC. SOUTH ISLAND CENTRE

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

Street Address:

22 Manse Street
Dunedin Central
DUNEDIN 9016

Phone/Fax (03) 477 2871

E Mail 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.

WORKSHOP

Kia ora Growers,

You are invited to our workshop on Saturday 10 June, 9:30 - 12:30.

We will be discussing how we can grow Grow, so the Grow programme can reach more people

What if everyone had a group of caring friends to share stories with and learn about mental health? What if our community was connected, strong, and loving because we had the tools to look after the mental health of our friends and ourselves?

We would love it if anyone from Grow or our wider community would like to attend. We want to especially encourage people who are new to Grow, as we value your experience and insights. Please invite people in Grow groups or who have attended in the past, or others people you think might like to contribute.

The workshop is in-person at the Grow Centre in Auckland, and online at

<https://us02web.zoom.us/j/4672780210?pwd=SzA2b0Z2MkxWeWNQR3BudXNONkI1QT09>

We will use a workshop method that I have learned about from my uncle called Strategic Doing. Over about 2 hours, we will go over the following questions in a structured way:

- 1 What could we do together?
- 2 What should we do together?
- 3 What will we do together?
- 4 When can we meet again?

It would be great to see you at the workshop!

Please forward this invite to people who might be interested.

Thank you,

-Tim

grow.org.nz

Training Day. 15 April 2023

We gather in person at the GROW Centre in Auckland and also online in Dunedin and America. It was a relaxed and informal meeting. There were four talks on the essential features of Grow - What is Grow, presented by Tim, The Grow Programme by Lesley, The Group Method by Carolyn and the Caring and Sharing Community by Barbara. This was followed by a shared lunch.

All the talks were presented in different styles and as it was online, there were slides for each talk. The talks generated good discussion and sharing of knowledge on how Grow works. One of the feedback comments made was that no matter how many times you come to a training day, you always learn something new.

Lesley



CALENDAR OF EVENTS

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

| DATE | TIME | May Events |
|---------------------------------|-----------------------|---|
| Monday 1st | | Post Bi-Monthly to group evaluator |
| Monday 1st | For June Issue | Post/email Content for Newsletter to Sandy |
| Saturday 20th | 2:30pm | O & R |

| DATE | TIME | June Events |
|---------------------------------|------------------------------|---|
| Thursday 1st | For July Issue | Post/email Content for Newsletter to Sandy |
| Saturday 10th | 9:30am To 12:30pm | Workshop |
| Saturday 24th | 9:30am | NPT AND NMT Meeting |

| DATE | TIME | July Events |
|---------------------------------|----------------------|---|
| Saturday 1st | | Post Bi-Monthly to Group Evaluator |
| Saturday 1st | For Aug Issue | Post/email Content for Newsletter to Sandy |
| Saturday 22nd | 2:30pm | O & R |

| DATE | TIME | August Events |
|---------------------------------|-----------------------|---|
| Tuesday 1st | For Sept Issue | Post/email Content for Newsletter to Sandy |
| Saturday 5th | 2:30pm | Leadership Meeting |
| Saturday 19th | 9:30am | NPT AND NMT Meeting |

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

| Group | Time | Location | Contact | |
|---------------------------------|--|---|---------|---|
| Online Zoom (Nationwide) | Thursday 6.30pm or Friday 12.30pm | Requires Internet with webcam or smartphone | Carolyn | 0210517287 carolyn.foley49@gmail.com |
| Papatoetoe In Recess | 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 aljaw33068@gmail.com |
| North Shore In Recess | Monday 1pm | Glenfield Community Centre Cnr Glenfield Rd & Bentley Ave Glenfield | | https://grow.org.nz/contact-grow/ |
| Onehunga In Recess | Thursday 10:15am | Onehunga Community House 83 Selwyn St, Onehunga | | https://grow.org.nz/contact-grow/ |
| 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)



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|--|--|
| GROW N.Z. Inc., Att: Sandy Carter-Hunt 131B Karaka Road THAMES 3500 Name..... Address | I have donated by direct credit \$ _____ on ____/____/____ ~ or ~ I have enclosed my donation cheque of \$ _____ |
|--|--|

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 NZ Inc Att: Sandy Carter-Hunt, 131B Karaka Road, THAMES,3500

