

Odyssey House Newsletter

Te Hikoinga Ote Whaiora - Journey of Wellbeing

November 2016

Nigels' Desk

Kia Ora,

Welcome to our Odyssey House Newsletter.

We have had a very busy time with a number of staff changes in the adult and youth programmes. Thanks to Leslie, Tony, Ian and Andrew for all their efforts and great client work.

Christchurch Central Service - AOD coordination is now established and looking to further developments in the types of treatments it offers and closing gaps. The cross sector service has highlighted the willingness of all the AOD service to collaborate and improve services.

We are close to having our new recreation and gym building opened. This will allow us to have a space where noise from the gym won't make meetings difficult. It will also mean we have an additional interview room and medium size group room available.

Our programmes continue to be busy throughout the year and the staff team continue to provide high quality care and commitment.

Thanks to all of our partners in the joint work that promotes positive change for many people. This collaboration strengthens all of our work.

Regards

Nigel Loughton
Clinical Director

Upcoming events:

November

5th - Castle Hill Excursion CCS
24th - Community Dinner

December

1st - LOAD meeting 10am

Thank you to:

Robert and Barbara Stewart Charitable Trust for the donation of \$5000 for the fit out of the gym and recreational space.

HPA Health Promotion Agency \$2000 from the Community Action on Alcohol Partnership Fund for support for the Christchurch alcohol and drug sector network LOAD meetings.

If you would like to receive this newsletter by email or your contact details have changed please send your updated details to accounts@odysseychch.org.nz

Odyssey Board Changes & Farewells

We farewell from our board Kate Proctor (Alford) who has stepped down after many years of serving on the Odyssey board, some of this time within the role of chair person. Karen Fordyce has stepped down from the chair but she is continuing as a board member with Jenny Wolf previously from ADANZ board being elected.

Jenny Wolf *Chairperson*

Jane McMeeken *Trustee*

Ian MacEwan *Trustee*

Simon Myers *Deputy chairperson*

Peter Jensen *Trustee*

Martin Burke *Trustee*

Valerie Laslett *Secretary/Treasurer*

Janet Prendergast *Trustee*

Barry Rich *Trustee*

Karen Fordyce *Trustee*

Virginia Le Bas *Trustee*

Weekend Boost!

Saturday Nov 5th

10 - 2pm / Castle Hill

Meet at the centre

(Unit 4/15 Washington Way)

Free transport and BBQ!

Contact Warner or Marc

03 974 1686 or 0277054134

A good time was had by all at the Weekend Boost at Mt Thomas on the 1st of October. Seven people attended including adult residents from Odyssey House and requests for more have resulted in the next outing to explore and **BBQ at Castle Hill on Saturday 5th November.**



Mount Cook Half Marathon Fundraiser



On a cold and rainy day in Mount Cook our Op's manager Anna Christophorou completed the half marathon. The run raised \$700 towards the residents fitness programme which Odyssey House runs in conjunction with Emma Trott - Flame Rogue Fitness.

Thank you to everyone who made a donation.

Fill Their Lunchbox

We have some pretty exciting news team!

As of October 18th, Fill Their Lunchbox will be expanding to four days a week, that is every Tuesday, Wednesday, Thursday and Friday, which means they will be taking on new schools too!

“We have been provided the opportunity to use the kitchen space at Odyssey House, where we will be working with some of the adult residents there as volunteers. This is a chance for these guys to do something positive whilst they are on their journey to recovery, and at the same time give us an opportunity to expand our efforts. We are all about helping people, help people, and providing a second chance”

Here is what Bruce from Odyssey House had to say:

“How could we help? Our adult residential service has a rather under-utilized commercial kitchen, and then we heard about the innovative work of Ben and the team and Fill Their Lunchbox. Odyssey provides residential and community services to support individuals and families on their recovery journeys. Our range of alcohol and drug services provide support for youth, adults and older people and their families. Our adult residents, in recovery, are keen to give back to their community, develop new skills and increase their experience.

We are thrilled to be working with Ben and the team at Fill Their Lunchbox, and making a difference to children in Christchurch.”

We would like to thank you all for your support so far and hope you are as excited about this as we are.

Ben, Alicia and Tony x

Community Dinner

The next community dinner will be held on Thursday 24th November at 6pm, in the community room, in the brick building down the driveway, behind the pink building.

Please RSVP to Jo at 03 741 3070 or email accounts@odysseychch.org.nz



The Kitten

I saw the fluffy kitten
Sitting underneath the trees
I heard his scrawny meowing
And i got down on my knees.
I swiftly tried to grab him
But my dog gave him a fright,
The kitty quickly responded
And gave me a piercing bite.
He hissed and he contorted
But i put him in my cap
And as he began to calm down
I pictured him on my lap.
I cradled him with two hands
And in a minute, or maybe three
I began to plan out his life
And him coming home with me.
First i'd get him settled,
Flea him, train him too
And feed him lots of good things
All the proper things to do.
As this kitty lay so peaceful
I came to realise that
This beautiful little kitty
Would not live to be a cat.



Drop in ideas session for new Family Recovery Garden

**Are you part of a family affected by addiction?
Do you work with families in the AOD sector?
If so, this new project is for you.**

Working together, Greening the rubble and Odyssey House are coordinating an exciting new project to create a Family Recovery Garden in the city centre for families affected by addiction.

We need your help.

What would you like the Family Recovery Garden to look like?

This will become a consumer space for you and your children, designed with you for you.

Please drop by our project site at the corner of Cambridge Terrace and Manchester Street between 10am till noon on 5th November for some morning tea and a chat about what this garden could be!

What are you doing Saturday
5th November 10am - noon?

Come on down to share your ideas for the new Family Recovery Garden. Greening the Rubble have identified a great site next to the Margaret Mahy Garden that would be a perfect fit.

All that is needed is passion and enthusiasm. The team will be onsite to meet consumers, their families and workers from the sector to start on design ideas.

Morning tea will be provided,
Hope to see you there.

Anna
Operations Manager

Odyssey House USB Key Rings

A group of enterprising year 13 students from Christchurch Girls High School as part of their young entrepreneurs course have partnered with Odyssey Youth Services to produce high quality 16GB USB sticks. Assisted by sponsoring partners Kay and Malcolm Cameron of Harcourts Vision Real Estate we are now able to offer the at \$20 with \$10 from each sale going to support the development of youth services and purchase new equipment for the outdoor education program. They have the ability to attach to your keyring with a twist function as well as supporting our youth so please contact **Kereama on 03 741 3063** if you would like one.

