

Hearing Voices Network Aotearoa NZ

Te Reo Orooro

Providing support and information for hearing voices, visions, tactile sensations and other sensory experiences.

IN CONJUNCTION WITH

TOI ORA

Live Art Trust

KINDLY SPONSORED BY: **THE WESTERN BAYS COMMUNITY BOARD**

Present an afternoon to promote:

“Practical Tools for Recovery For Voice Hearers”

The Hearing Voices Network Aotearoa promotes a balanced approach to recovery. For this afternoon event, we have included a variety of approaches.

- Advice from those who have made the journey already
- A guide to a balanced lifestyle
- A wonderful and entertaining collection of creative expression and music that help us to explore this experience further

PROGRAMME IS AS FOLLOWS:

1.00PM Mihi and karakia to open led by Paora Matthews.

1.10pm Welcome and introduction to the Hearing Voices Network Aotearoa’s work.

1.25pm **ARANA PEARSON** from Keepwell NZ, a musician and writer, a voice hearer experienced in delivering recovery based training to the mental health sector, will present a talk on the following subject

“ Is Hearing Voices a spiritual experience or a symptom of mental illness?” Arana will present an engaging presentation surveying a range of evidence and also drawing upon the lived experience of people who hear voices. Also canvassed will be a discussion about how best to support someone through a distressing voice experience, which includes the concept of peer support groups.

Arana – an organiser for the Mad pride events will also dazzle us with his musical skills

1.55pm **Toi Ora Performing Arts Group**

2.10pm KAREN MEES: Is a Natural health Practitioner and health educator who is passionate about empowering people to make choices that will enhance their health and happiness. Karen works for Phytomed Medicinal Herbs, is a tutor at Wellpark College of Natural Therapies as well as seeing private clients. She has a Bachelor of Health Science, Diploma of Naturopathy and Herbal Medicine and is a qualified Neuro Linguistic Programming Practitioner. Many of our members have a strong interest in a holistic approach to mental health, and are aware of the great strides taken in orthomolecular treatment of mental health. Karen's topic is Holistic Health and will cover the following aspects

- 1: Nutrition, simple ideas for optimum health and vitality
2. Neuro Linguistic programming, tools to be the best YOU can be
3. Balanced lifestyle, ways to be healthy and happy right now.

2.40pm POETS from Toi Ora

2.55pm AFTERNOON TEA and refreshments provided

3.15pm DEBRA LAMPSHIRE – Debra experience of voices began when she was a child and continued for many years, until she retreated to her home and remained there for 18 years. Dissatisfied with the lack of relief from mental health services, she eventually took matters into her own hands working through the voices and the emotions they caused. She was able to get her voices under control and now works to help others whose lives are impaired by the voices, in a variety of ways,- as a lecturer to the nursing school at the University of Auckland, for the ADHB's psychological Strategies for Enduring Psychotic Symptoms Project as well as numerous trainings for private organisations. She will present a talk called "Working with the voices"

3.45 PM Musician Trim Roimata

3.55pm Finish

4.10- 4.40PM AFTER THE PROGRAMME THE HEARING VOICES NETWORK WILL HOLD THEIR AGM. ALL WELCOME.

When: Saturday June 28th 2008 1.00 to 4.00pm

Where: The Air Scout Hall, Moa Road Point Chevalier Auckland.

Who: All welcome, especially those that hear voices, friends and families, and carers, and anyone interested in supporting our network.

Cost: If you wish to make a donation to the network, it will be gratefully accepted.

To book your space so we can allow for catering, or for more information contact

hearingvoices@woosh.co.nz or tel: 0211024151 Adrienne

Hearing Voices Aotearoa New Zealand is an independent society affiliated with the International Hearing Voices Network Movement www.intervoiceonline.org

