

Newsletter

MATES MATTER NZ

July 2024



Welcome to our first news letter!

Kia ora MATES Matter Whānau,
Welcome to the very first
edition of our newsletter!
We are thrilled to share the
incredible journey we've
embarked on over the past
year and the exciting
milestones we've achieved
together.

Our Journey So Far

Launch of Our Website

This year, we proudly launched
our website, creating a central
hub for resources, support, and
community connection. Our
aim is to make mental health
and wellbeing information
accessible to everyone in the
Waikato community.

Mental Health First Aid Aotearoa Programmes

We've successfully run Mental
Health First Aid (MHFA)
Aotearoa programme. This
programme has empowered
individuals with the skills to
support their peers, friends,
and whānau. The feedback has
been overwhelmingly positive,
and we're excited to continue
these impactful trainings.

Community Support and Fundraisers

We extend our heartfelt
gratitude to the Marist Rugby
Club and Waipuna Cricket Club
for their incredible fundraising
efforts. Your support helps us
sustain our initiatives and reach
more people in need.
New Initiatives

Join us in making a difference!
Whether you're interested in
attending a programme,
volunteering, or hosting a
fundraiser, there are many
ways to get involved. Visit our
website for more information
and follow us on social media
for the latest updates.
Stay connected, stay well, and
let's continue to support each
other.

MATES matter NZ team

In this newsletter:

MATES matter
NZ Update

MATES of mates

Meet the
trustees

ALEC

MATES of MATES



Waipuna Valley CC

A fantastic cricket game between Waipuna Cricket Club and the Movember Cricket Club for the MATES Matter Cup wasn't just about the sport. It was about bringing mates together and building connections, old and new. The energy was electric, the camaraderie was heartfelt, and the funds raised will make a significant impact on mental health and wellbeing in our community. Thank you to everyone who played, supported, and cheered us on. Together, we're stronger.



Marist Rugby Club

A huge thank you to the Hamilton Marist Bulldogs and the entire Marist club for an incredible event last Saturday. Special thanks to Ryan Gulbransen—your leadership is changing how we talk about mental health. The jersey and its messages mean the world to me. The funds raised will support essential community wellbeing programs. Thank you to the sponsors and everyone who joined us. Your support makes all the difference.

We want to extend our heartfelt thanks to our incredible supporters: Website Angels, Community Waikato, Davy Engravers, Mr. Walter Barbershop, and Outlaw Sports Apparel. Your unwavering support enables us to continue our mission of promoting mental health and wellbeing in our community. Each of you plays a vital role in helping us create meaningful connections and provide essential resources.

A massive thank you also goes to you, the reader of this newsletter. Your engagement and dedication are what drive our initiatives forward. Together, we can continue to make a difference and drive positive change in our community.

Every conversation, every event, and every bit of support helps us move closer to a world where mental health is openly discussed and actively supported. We need to continue to make change, and your involvement is a crucial part of this journey. Thank you for being a part of the MATES Matter family.

Meet the MATES matter NZ trustees



Craig Bulloch

I'm a Kiwi bloke from Kirikiriroa who has battled depression. I hid my struggles behind alcohol and food, feeling broken and suicidal. But I found a way through and now have a beautiful family. Many silently struggle, especially in the Waikato, which has high suicide rates. Let's keep the mental health conversation going.



Tyron Pini

My family is from Italy and Eastern Europe. I've lived in the Waikato for 20 years, working in health and disability. Now in mental health, I understand the impact of suicide. Through MATES, I aim to share skills and support our community, offering connection and action to those in need.



Everard Whangapirita

A few years ago, I was bullied at work, feeling overwhelmed and contemplating suicide. I left the job and, with time, grew stronger. Now, my mission is to provide others with tools to help those in similar situations. If I can prevent just one person's pain, I'll be happy.



Jim Goodrich

Jim continues to be in awe of Craig's work, and is committed to helping mates in New Zealand in any way he can. Thanks Craig, Tyron, and Everard for all that you do, you make a real difference.

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IS A MATE MISSING?



matesmatter.org.nz

Reach out with ALEC

The ALEC method—Ask, Listen, Encourage action, and Check in—originated from the Australian initiative R U OK? and is promoted by Movember to help address mental health issues. This practical framework can be used by anyone to support friends, family, and colleagues in need.

Ask: Start the conversation by asking if they are okay. Show genuine concern and openness.

Listen: Give them your full attention, without interrupting or judging. Create a safe space for them to share.

Encourage Action: Suggest practical steps like seeking professional help or engaging in self-care. Your encouragement can motivate them to take action.

Check In: Follow up to show ongoing support. Regular check-ins reinforce that you care.

By using ALEC, you can make a significant difference in someone's life. It's simple, adaptable, and empowering—perfect for fostering a supportive community. Start making a positive impact today by checking in with your mates.

Head to www.matesmatter.org.nz/alec to learn more.

Thank you for reading!
