



## **Able Minds Potatoes for Community**

Able Minds is a Charitable Trust with a mission to provide support to tangata whaiora who are affected by mental distress or addiction and their whānau in New Zealand. Our goal is to provide individuals with the strength, skills and support they need for a better life experience at home, at work and in the community both now and into the future.

Our services include Activity Centres and Peer Support groups for those affected by mental distress, providing support and advocacy for the family and friends of a loved one affected by mental distress, wellbeing programmes for tamariki and rangatahi, a suicide prevention and bereavement programme and supervised contact for those whanau experiencing challenges associated with separation. Able Minds has an office presence at Invercargill, Gore, Dunedin, Oamaru and Alexandra. We are a confidential, free and mobile service across the district and people can self-refer on [www.able.org.nz](http://www.able.org.nz) or 0800 494 262.

Able Minds has been donated 4 acres of potatoes in Invercargill. We will therefore be having a client and team building day on Tuesday, 24 October to dig and harvest the potatoes.

We will then load the potatoes into trailers and deliver them to designated sites across the region. The potatoes will then be offered to the public from **9.00am on Thursday 26 October 2023** until they are gone. The public should BYO bucket or bag and provide a gold coin donation.

The designated locations are –

Invercargill – Intercultural Church, 51 Centre Street.

Dunedin – Able Minds, 2 Calder Street, St Kilda.

Alexandra – Able Minds, 28 Ashworth Street.

The cost-of-living crisis has affected many whanau across the district and potatoes are a versatile, nutritious vegetable that keeps tummies full! We are excited by this opportunity to help as many people as we can across the Otago/Southland region.

**For further enquires please contact Sarah Dowie on 021 1261 805**