



ANGEL NEWS

October 2010

Changing Views Changing Lives

Christchurch Mental Health Educator Suzan Munro says in small business it is really important to enjoy what you do.

“The best thing you can do is follow your dreams. So look at what you want to do – have some clear goals but follow your passion.”

Suzan’s passion is for helping various professional groups to expand their understanding of people who live with mental health issues. And she does this with her small business *Changing Views*.

“We don’t want people to just exist in the community. We want someone to have a life, to achieve things and be happy.”

“I want people to see someone not as a mental illness but a part of the community ... I want them to get a client to live the life they desire.

“We don’t want people [living with mental illness] just to exist in the community. We want

them to have a life – to achieve things and be happy,” she said.

Suzan encourages people to focus on the person and their life rather than their mental illness.

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The Angel Fund at the Body, Mind Spirit Festival



Many thanks to the festival organiser Deryn and the borrowers who participated – they made this wonderful promotional opportunity possible.

Suzan finds that her workshops **do** help people to see a person living with a mental illness is a person too.

Suzan not only enjoys the challenge of teaching different groups with different needs but she loves the freedom that comes from running her own business.

"I'm lucky because I manage the work and I don't have to get over committed, which is really important.

"I'm in control of what I want to say and how I educate. If I was in an agency it would be harder to say *this is where I want to go* and *this is what I want to do*," she said.

Suzan was able to shape her workshops further after an Angel Fund Loan enabled her to attend an international mental health education forum called TheMHS in Australia last year.

"It's enabled me to teach in a more professional way ... I've been able to refine my presentations more and workout what people need to know."

It also reinforced what was going well with Suzan's business *Changing Views*.

"I learnt what I was doing is working well and I was really proud of how professional I was. I have a high standard when I do my presentations," she said.

Suzan's Angel Fund loan helped her to buy materials, pay travel costs and set up a power point presentation.

"I felt like I was confident by the time I got there. I didn't have to worry about money. I could go over there and speak. It was an amazing experience," she said.



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Conference

The Angel Fund and Women's Loan Funds National Conference was held here in Christchurch on Oct 15 – 17.

Sadly our guest Auckland University Economist Dr Claire Dale speaker was unable to attend due to an injury.

We hope to get a copy of Claire's presentation on *Safe credit, safe families, safe futures: microfinance in developed economies* and also Suzy's (see below) on the website shortly.

Suzy Marsh presented research on the different models of microcredit in developed countries and concluded microcredit can but does not always empower women in developed countries.

Thanks to NZ Lottery Grants board for their support for the conference.

The Angel Fund gratefully acknowledges the support of:

The Canterbury Community Trust, COGS, Lion Foundation, NZ Charitable Foundation, Pub Charity and all Donating, Lending and Saving Angels.

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