

# Recovery and Grants team: New Zealand Red Cross, Christchurch

Reading a good book. **John.** Time out, walking my dog. **Vics.** Hanging out in the mountains. **Jane.** Going to a gym class after work. **Holly.** Reading a book with a cuppa and chocolate. **Dianne.** Talking to a close friend or family. **Mel.** Reading a book by the fire. **Jolie.** MUSIC. **Peter.** Watching the All Blacks win a test match. **Dave.** Scrapbooking. **Natasha.** Singing loudly to the car radio. **Jules.** Riding my bike. **Anne-Maree.** Taking a break and heading on holiday. **Rochelle.** Going for a run. **Steve.** Roaming the Port Hills. **Anne-Marie.** Laughter – Watching comedy on TV when I get home. **Chris.** Reading a story to the grandchildren. **Tanya.** Cuddling the cats. **Rose.**

Canterbury has been through a lot.  
Thanks for sharing some of the simple  
things that bring you joy.

all  
right?  
allright.org.nz