

Child and Family Services Team: Barnardos, Christchurch

Holding my granddaughter, even better if she smiles at me. Carol H. Listening to older family members giving advice. Yvonne. Seeing the sun on the hills. Eve. Doing Phat camp and cross fit. Nicky. COFFEE AT LOCAL CAFE LISTENING TO MUSIC. JAN. WALKING ON THE PORT HILLS LOOKING OVER CHRISTCHURCH. RACHEAL. Positive self-care. Sandy. Running along singing to my ipod. Carol C. Spending time with like-minded people. Lynda-Marie. Have a backwards dinner - dessert first. Bec. Going for a jog with an interesting podcast. jo. Walking the dogs on the beach. Annette. FRESH AIR, SUNSHINE AND LISTENING TO THE BELLBIRDS. KAREN.

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

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