



Kintsugi Heroes - March 23 Newsletter

Some Highlights:

- We are now officially a registered NFP (Not for Profit) – this opens up many grant opportunities for us. The next step will be to seek DGR (Deductible Gift Recipient) status.
- Our team has grown – welcome Aisha, Adele and Matthew (we had to pause publishing new podcasts from mid Jan due to resource constraints - these can now recommence).
- We have had over 1,000 downloads!!
- Our crowdfunding campaign “Lifting the Lid on Addiction” commenced.
- Over 100 hero conversations have been completed or are in the pipeline.
- Our first book content is near completion.

Welcome New Team Members

A very warm welcome to the following new members of the Kintsugi Heroes team:

- Aisha Dhedhy is a volunteer helping with grant identification and preparation.
- Adele Fenn is a volunteer helping with story content editing for podcasts.
- Matthew Bliss is helping with video/audio podcast editing and publishing.



The First Kintsugi Heroes Book

The draft of contents of our first Kintsugi Heroes book has been completed thanks to a huge effort by Patty French. The next step will be to complete the internal and external book design.

Lifting the Lid on Addiction Series

Please help us lift the lid on addiction.

No-one sets out to become an addict. "**Addiction is not a choice**" – Princess Kate.

Through story telling we will capture inspiring real-life stories of people from a wide variety of backgrounds who have successfully overcome different addictions including substance abuse, overeating, gambling and pornography.

This project will provide hope to people struggling with addiction and education to the broader community on how best to help.

[Support the campaign](#)

"Addiction is not a choice"

– Princess of Wales

"Addiction is giving up everything for one thing
Recovery is giving up one thing for everything"

"I understood myself only
after destroying myself"

"Progress not perfection"

"Turn I wish into I will"



Social Media



We would love you to follow our exciting journey on social media, web site and podcast platforms using the following links:

Website - <https://kintsugiheroes.com.au/>

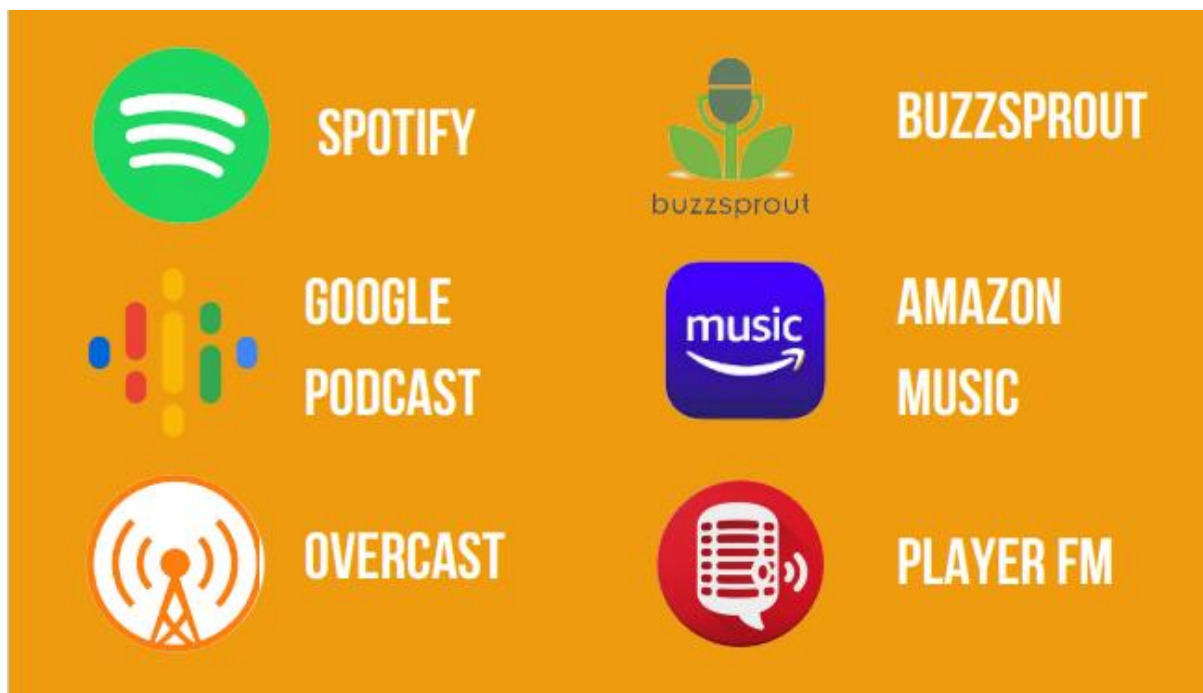
Facebook - <https://www.facebook.com/profile.php?id=100084850387170>

LinkedIn - <https://www.linkedin.com/company/kintsugi-heroes/?viewAsMember=true>

Instagram - <https://www.instagram.com/kintsugi.heroes/>

YouTube – <https://www.youtube.com/@kintsugiheroes6540>

Some of the platforms that our podcasts are published to:



Business

Mentoring Men Founder embarks on his lifelong dream

By Tina Brown

FOUNDER of well-known local charity Mentoring Men, Ian Westmoreland has recently embarked on his lifelong dream.

Well-known for his work supporting men in their life journey through Mentoring Men, Ian has now started his next chapter to pursue a passion using storytelling to provide hope, inspiration and healing to people who are experiencing life challenges.

The program is called 'Kintsugi Heroes' and currently consists of a series of podcasts with people (heroes) who have experienced and overcome significant adversity.

The plan is to have the conversations made available in podcast and book format.

The philosophy of Kintsugi honours life experiences both good and difficult. By highlighting the repair of cracks or breaks in a ceramic piece, the events of the past

become part of its beauty. There is no attempt to conceal the damage.

"As humans, we accumulate scars throughout our lives; the breaks, knocks, and wrinkles are a part of who we are. These experiences should be emphasised, not buried, since they are part of our story, which makes us a more beautiful and important whole," Westmoreland remarked.

Ian explained that the program

content intends to cover a wide range of experiences, including addiction, abuse, and mental health difficulties, as well as the experiences of indigenous peoples, migrants, and refugees.

Kintsugi Heroes launched on 14 December 2022 and is being funded by donations with a crowd funding campaign due to commence shortly.

The word "Kintsugi" which literally means "golden joinery", refers to the ancient Japanese artform of repairing broken and cracked ceramics with a special tree sap lacquer dusted with powdered gold, silver or platinum. Thus, a beautiful and unique work of art emerges with the cracks and breaks now part of its beauty.

If you have a story of adversity that you would like to share or if you would like to find out more information, please contact Ian Westmoreland via ian@kintsugiheroes.com.au

The hero podcasts are available on all the main hosting platforms and can also be accessed from the website

www.kintsugiheroes.com.au

Tina Brown interviewed Ian Westmoreland on TripleH 100.1FM on Monday 30 January about Kintsugi Heroes. You can listen to past shows on the website triplehfm.com.au



Congratulations to Ian Westmoreland:

Ian Westmoreland pictured here with Tina Brown from The Post in December 2022.