

**From:** Feeling Fab Foundation hello@feelingfab.org.nz  
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**To:** urssteck@gmail.com

FF

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## A Word from our Founder, Elizabeth...

“❤️ We are so honoured and blessed to have our Feeling Fab programme grow to other regions, with our Men’s Days as well. A huge ‘Thank You’ to our Area Co-ordinators - Carol (Mangawhai), Michelle (Warkworth) and Jo (Wellington), as well as all of our volunteers (behind the scenes and on the day), with all the hard work to make our days so special and memorable. Helping those going through grief is huge, you are all angels - a massive thank you to you all! Remember kindness and love ❤️ makes those moments count when you are engulfed in grief, being heard is huge. FF is so proud to be able to make a such difference. We are so very grateful that our beautiful nominees come along to experience so much love and kindness from our wonderful volunteers - remember you are not alone. How blessed are we!

With much sadness, we recently said goodbye to our beautiful Princess Ruby who passed over the Rainbow Bridge.

Ruby has been Liz’s best friend and support doggo for FF since the beginning, giving much love, pats and cuddles to many ladies over the years, licking away their tears during our programmes. The ladies just loved her, and her them.

She impacted FF with so much unconditional love. She is missed.

❤️ RIL our Ruby ❤️



Feeling Fab Foundation you rock ❤️  
Feeling Fab and looking Fab saves lives.  
We are all in this together. Love ❤️ is the key!"

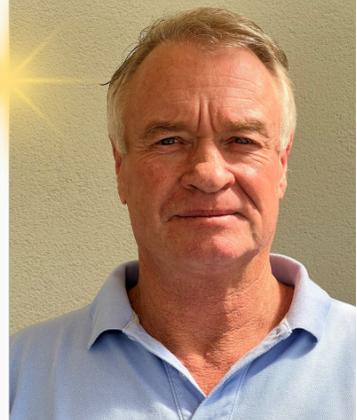


Our vision is informed by the principle of empowerment – Whakamana – through Mana Atua – commitment to the wellbeing of people in grief through the community gift of time and resources



We have held five amazing Wellness Days so far this year - Stillwater, Mangawhai (2), Warkworth and Wellington.

We have two **Women's Wellness Days** coming up: Wellington (29 October) and Mangawhai (06 November)



and

**Men's Day**  
19 NOVEMBER 2023

We are planning our next Men's Day. We are SUPER EXCITED to share with you our two very SPECIAL speakers, who are legends in their own fields ...



Mr Grant Fox (All Black)  
and  
Mr Bill Hohepa (Fishing Guru)



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## Why We Do What We Love ...

"I have been involved with Feeling Fab for nearly eight years. I first was a recipient of a Wellness Day and from then on I volunteer at the Pamper Days. It's been wonderful seeing Feeling Fab grow and grow. So very proud to be an angel of Feeling Fab" - Cherie

"I have been a volunteer for Feeling Fab for eight years. I have seen FF grow from strength to strength helping women and now men as well. The benefits I get from doing FF is helping women to feel better while meeting with other ladies that might never meet before and maybe become good friends or just someone to have a coffee or movies with. FF is all about giving back." - Jacqui

## Love, The Volunteers

### "The Helper's High"

Allen Luks coined this feeling "the helper's high," the sense of euphoria that can be experienced soon after helping someone else. Luks defined two phases—the first characterized by that uplifted, euphoric mood; the second by a longer lasting sense of calm. The greatest effect (the high) was observed in helping strangers.

"A few years ago, as I was researching how kindness affected health, I came to learn that volunteerism was associated with a markedly lower risk of dying. Depending on the study, the decrease in death rates ranged from 20 to 60 percent."



We are very grateful to have these amazing people on our Admin team!

Ian - is our EOY Financials Accountant.



We also welcome new volunteers who have come on board to volunteer at our Wellness Days in Auckland, Dargaville and Wellington - **we can't do this without you!!**

**Nivetha** - has been creating some amazing social media content since April, but has recently moved on to other opportunities.

**Urs** - has come on board as our Website Co-ordinator and is also helping us with our IT.

**Robyn** - has joined the Admin team.

**Lisa** - has recently come on board as our Accounts Administrator.



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If you have been a part of our Wellness Day programme in the past or if you are new to our programme and the great things Feeling Fab does in our community, you might be wondering, “How can I help Feeling Fab?”



**DONATE**  
 directly into the  
 Feeling Fab bank account:  
 12-3136-0500403-00  
 (Please use your first and last name and “Donation” as reference and email us at hello@feelingfab.org.nz and let us know so that we can send a tax receipt. Thank you)

**SPONSOR A NOMINEE**  
 Any contribution towards supporting a Nominee to attend is appreciated.

**SOCIAL MEDIA**  
 Liking, commenting and...

Where to go for help...

griefcentre.org.nz  
 victimsupport.org.nz  
 sands.org.nz  
 babyloss.co.nz  
 youthintransition.org.nz  
 jkfoundation.org.nz  
 grg.org.nz  
 hbcgpg.weebly.com  
 hestia womensrefuge.co.nz  
 miscarriagesupport.org.nz  
 sweetlouise.co.nz

or email us (confidentially) at:

... and sharing  
will play an important part in  
spreading the FF love.

**Check us out here:**

<https://linktr.ee/feelingfabfoundation>

## VOLUNTEER

There are many roles that need filling, from admin work to volunteering at a Wellness Day to picking up supplies! Please email Michelle at [michelle@feelingfab.org.nz](mailto:michelle@feelingfab.org.nz) for expressions of interest



[hello@feelingfab.org.nz](mailto:hello@feelingfab.org.nz)

and we will support you.

**Kindness is free;  
let's pass it on.**



[www.feelingfab.org.nz](http://www.feelingfab.org.nz) | [hello@feelingfab.org.nz](mailto:hello@feelingfab.org.nz)

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## Feeling Fab Foundation

Charitable Trust

12 Aileron Rise, Dairy Flat, Auckland, New Zealand

If you do not wish to receive these newsletters, please feel free to unsubscribe, however, we really do hope you will stick around and join us on our journey to help people in our communities who are walking through life with grief, trauma, loss, and bereavement.

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