

Melissa 'Owens' Paterson to Burn Support Group Charitable Trust, Inc

26 March 2017

Hi folks!

Unfortunately I had to return to Auckland last night and didn't get to participate in the full Burns survivors retreat at Anawhata but WOW!!!

I went into it thinking I would do a few workshops & enjoy the view and company (& take a break from the busy mum schedule) ... little did I know I would come away so enlightened & enriched!!!

I encourage you to be part of the next one!

Firstly a BIG thank you to Delwyn for always working tirelessly to make this possible, booking such a gorgeous and remote location for us to just BE.

Delwyn you selflessly give yourself in the effort to bring happiness & awareness to others.
YOU ARE INCREDIBLE

To her trusty sidekick Judy who toiled away treating us like queen's (& adding a few inches to my waist in the process with her incredible cooking as well as Delwyn who puts Martha Stewart to shame !) you are wonderful & I feel privileged to have met you.

Thank you to the beautiful masseuses from the College of Massage who made the trek to come and pamper us & treat us with total respect & kindness. The power of touch is such an important thing for a survivor, not only physically but mentally. I strongly encourage you to seek out a good therapist & treat yourself... YOU deserve it (for anyone Auckland based I will put the contact details of the 2 beautiful ladies that came to Anawhata)

To the divine Kristy Lee Wallace who made the journey out with her wonderful partner to patiently work with us individually to guide us through make up techniques. You have a gift & I am so very grateful you shared it with us!

Then there is the wonderful Kat Skinner, an incredible psychologist specialising in Burns who took us through some amazing workshops. I took so much away from what she said (although getting 6 women to stay on task is like herding cats!)

The extremely talented heather Stewart who assisted us in the amazing craft of card making / stamping

A big thank you to Auckland Regional parks for letting us use the amazing Keddle house. To the Burns Support Charitable Trust to supporting us on this retreat

A very big THANK YOU to the beautiful Tracey-Maree Mata Heather and Sonia ... fellow survivors & friends , for being so open and honest & sharing your stories, I was so moved to hear each and every story... you are survivors in more ways than one !

Mel xx