

As many of you are aware
I am a burn survivor.

I had the absolute
pleasure of attending the
Burn Support Group
Charitable Trust, Inc.
Women's Burns Retreat
which was held up at the
Castaways Resort in
Waiuku for a few days,
organised by Michele
Henry. Thank you so
much for all the effort you
put into this retreat - your
support and effort was
well appreciated! ❤️



We had wonderful
workshops and learning
how to have hope and resilience alongside meeting all of the other women and
sharing a lot of stories and experiences.

It was very humbling and I feel so grateful to have had the opportunity to
attend!

These women are such vibrant spirits and I believe I was able to help a few of
them by sharing my story and experiences I've had!

We shared similar experiences with the emotional, mental and the same
physical pain we've endured which we were all able to resonate with each other
around those feelings.

We also had sooo many laughs together with some karaoke involved as well.
I've definitely made some lifelong friends here.

I feel so proud to be a burns survivor as it's made me who I am today and I
would not change it even if I could.

Chevy Melvin
Burn Survivor