

## Purapura Whetu Oranga Day Activities Programme

**Term 3 2019 starting 22 July**

**No Pickups/Drop offs Negotiable**

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
<p>9:30-12:30pm <b>Raranga/Weaving</b> Toni Rowe Phillipstown Hub, Rm 3</p> <p>1-2pm <b>Yoga</b> Letesha Hallett Phillipstown Hub, Rm 3</p> <p>2-3.30pm <b>Hauora Talks</b> A different speaker each week at the Phillipstown Hub, Rm 3 PTO</p>	<p>10-11.30am <b>Kapa Haka</b> Te Rina Anderson Phillipstown Hub, Rm 3</p> <p><b>11-12noon</b> <b>Te Oriori Te Reo for Beginners</b> Huhana Kaimahi: Alice Tickell Phillipstown Hub, Rm 4</p> <p>12-1.30pm <b>Knitting</b> Linda Hawker Phillipstown Hub, Rm 3 Knitting marae slippers and other items such as scarves, booties, etc to give away.</p>	<p>9.15-12.30pm <b>Carving</b> Raph Stowers Crossroads Trust, 47 Hampshire St Leave from the Hub at 9.15am. (limited spaces)</p> <p>1.30-3.30pm <b>Swimming</b> at Taiora QEII Transport from Phillipstown Hub provided</p> <p><b>10-2pm</b> <b>Te Oriori (includes Whare Tākaro/Wananga Education Programme)</b> Kaimahi: Alice Tickell, Ana Fa'au, Abi Ryan Phillipstown Hub, Rm 3</p>	<p>1-3pm <b>Pastel Art Class</b> Kerry Gray Phillipstown Hub, Rm 3</p> <p>6-8pm <b>Building Awesome Matua</b> Kaihaumanu: Paora McQueen Phillipstown Hub, Rm 3 “Hapaitia te ara tika pūmau ai te rangatiratanga mō ngā uri whakatipu” (Foster the knowledge of strength, independence and growth for future generations)</p>	<p>10-2pm <b>Foraging</b> Kaimahi: Steve Ahlbrandt-Paki Leave from the Hub</p> <p>10-3pm <b>Te Waonui</b> Kaimahi: Racheal Taungahihifo (limited spaces) starts 2<sup>nd</sup> August make your way to the Hub, drop-offs provided</p> <p><b>10.30-2pm</b> <b>Awesome Whānau Parenting</b> Kaimahi: Alice Tickell, Ana Fa'au, Abi Ryan Phillipstown Hub, Rm 3 Starts 2nd August</p>
<p>A referral is required for all activities. Please visit our website <a href="http://pw.maori.nz">pw.maori.nz</a> or contact the Programme Coordinator Brigid Eriksen on <a href="mailto:brigid@pw.maori.nz">brigid@pw.maori.nz</a> or 021 377 421.</p> <p>Te Waonui – Racheal Taungahihifo <a href="mailto:racheal@pw.maori.nz">racheal@pw.maori.nz</a> 0220433505 Awesome Matua- Paora McQueen <a href="mailto:paora@pw.maori.nz">paora@pw.maori.nz</a> or 0220606061</p> <p>Contact the following Te Oriori and Awesome Whanau – Alice / Ana / Abi 0226899637 <a href="mailto:alice@pw.maori.nz">alice@pw.maori.nz</a></p>				

<p><b>RARANGA/WEAVING</b> Making a range of unique creations from different materials. This term as we can't harvest the harakeke in Winter we will be making poi, kawakawa balm, kupenga, poi frames etc <b>PASTEL ART</b> Kerry Gray will impart his knowledge and experience of working with pastel art.</p>	<p><b>HAUORA TALKS</b> 22<sup>nd</sup> July TBA 29<sup>th</sup> July <b>Psychosis</b> 5<sup>th</sup> August <b>Problem Gambling</b> 12<sup>th</sup> August <b>Stop Smoking</b> 19<sup>th</sup> August TBA 26<sup>th</sup> August <b>Domestic Violence</b> 2<sup>nd</sup> September TBA 9<sup>th</sup> September TBA 16<sup>th</sup> September TBA 23<sup>rd</sup> September TBA</p>	<p><b>FORAGING</b> Steve will take us to places around Christchurch and surrounding areas to look for kai. He has recipes and a great knowledge of edible plants.</p> <p><b>TE ORIORI TE REO FOR BEGINNERS</b> Huhana has a gentle and relaxed approach to teaching beginners Maori which can be used in any situation.</p>	<p><b>TE WAONU</b> Adventure therapy programme in collaboration with Adventure Specialties Trust. The programme will be delivered by trained professionals in a range of outdoor activities such as sea kayaking, mountain biking, high ropes and more. The programme will run in 2 x 4-week blocks. Venue - Various locations Please make your way to the Phillipstown Hub</p>
<p><b>YOGA</b> Gentle yoga for learners and the more advanced. For people of all ages and infirmities. Unique Yoga Classes with the incorporation of Te Reo Maori. <b>KNITTING</b> Linda will teach us to knit doing work we want such as marae slippers, scarves, blankets etc to give away.</p>	<p><b>BUILDING AWESOME MATUA (BAM)</b> Being a part of a whanau watching and nurturing your tamariki is a place where every whanau wants to be, and every child knows and feels that they are deeply loved. Building Awesome Matua is a program developed for the DADS who want this reality for their children, dad's like you. Our aim is to support you to develop the skills and understand that you need to feel empowered to transform your own lives and the lives of your whanau.</p>	<p><b>CARVING</b> Creating carved pieces from Oamaru stone and wood. Learn about the tools and the different techniques used when carving. This will be taught in 2 blocks of 5 weeks over this 10 wk term. are deeply loved.</p> <p><b>SWIMMING</b> Swimming for a fitter healthier body.</p>	<p><b>BUILDING AWESOME WHANAU</b> Positive parenting courses. Our staff deliver an innovative, fun and accessible programme that shares tools to guide parents through the parenting journey. Facilitators– Alice Tickell, Ana Fa'au, Abi Ryan Must register to attend</p>
<p><b>TE ORIORI</b> Te Oriori is our infant mental health prevention programme. The programme is divided into two sections. Whare Tākaro and Wānanga. Te Whare Tākaro starts at 10am till 12pm. Wānanga is a discussion based on a topic of interest every week. 12-12.30 Traditional kai will be served. 12.30-1.30pm Wānanga regarding our topic of the day. 1.30 Chat to kaimahi. 2pm Hometime</p>		<p><b>TE WHARE TĀKARO</b> A playgroup for parents/caregivers and their tamariki 07 years. The group welcome all who come, encourage a sense of belonging, respect and kindness. The group is an opportunity to build positive relationships with parents, caregivers and tamariki. From this strength of relationship, our ako journey – both spontaneous and planned, through modelling and korero – will support the mental health and wellbeing of infants and older preschool children by enhancing the mana of parents/caregivers and empowering them with knowledge, skills and strategies to support them in their role as parent/caregiver. Facilitators – Ana Fa'au, Alice Tickell, Abi Ryan</p>	