

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 Raranga/Weaving Toni Rowe Phillipstown Hub, Rm 3</p> <p>1-2pm Yoga Letesha Hallett Phillipstown Hub, Rm 3</p> <p>2-3.30pm Hauora Talks A different speaker each week at the Phillipstown Hub, Rm 3 PTO</p>	<p>10-11.30am Kapa Haka Te Rina Anderson Phillipstown Hub, Rm 3</p> <p>11-12noon Te Oriori Te Reo for Beginners Huhana Kaimahi: Alice Tickell Phillipstown Hub, Rm 4</p> <p>12-1.30pm Knitting 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 Carving Raph Stowers Crossroads Trust, 47 Hampshire St Leave from the Hub at 9.15am. (limited spaces)</p> <p>1.30-3.30pm Swimming at Taiora QEII Transport from Phillipstown Hub provided</p> <p>10-2pm Te Oriori (includes Whare Tākaro/Wananga Education Programme) Kaimahi: Alice Tickell, Ana Fa’au, Abi Ryan Phillipstown Hub, Rm 3</p>	<p>1-3pm Pastel Art Class Kerry Gray Phillipstown Hub, Rm 3</p> <p>6-8pm Building Awesome Matua Kaihaumanu: Paora McQueen Phillipstown Hub, Rm 3 Starts 8th August “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 Foraging Kaimahi: Steve Ahlbrandt-Paki Leave from the Hub</p> <p>10-3pm Te Waonui Kaimahi: Sean Panapa (limited spaces) starts 2nd August make your way to the Hub, drop-offs provided</p> <p>11-1pm Awesome Whānau Parenting Kaimahi: Alice Tickell, Aroha Wetere Phillipstown Hub, Rm 3 Starts 26th July (7 wks)</p>
<p>A referral is required for all activities. Please visit our website pw.maori.nz or contact the Programme Coordinator Brigid Eriksen on brigid@pw.maori.nz or 021 377 421.</p> <p>Te Waonui – Sean Panapa sean@pw.maori.nz or 021653153 Awesome Matua- Paora McQueen paora@pw.maori.nz or 0220606061</p> <p>Contact the following Te Oriori and Awesome Whanau – Alice / Ana / Abi 0226899637 alice@pw.maori.nz</p>				

<p>RARANGA/WEAVING 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 PASTEL ART Kerry Gray will impart his knowledge and experience of working with pastel art.</p>	<p>HAUORA TALKS 22nd July 29th July Psychosis 5th August Problem Gambling 12th August Stop Smoking 19th August Anxiety 26th August Domestic Violence 2nd September TBA 9th September TBA 16th September Boundaries 23rd September Mystery Talk- Jannine</p>	<p>FORAGING 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>TE ORIORI TE REO FOR BEGINNERS Huhana has a gentle and relaxed approach to teaching beginners Maori which can be used in any situation.</p>	<p>TE WAONU 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>YOGA 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. KNITTING Linda will teach us to knit doing work we want such as marae slippers, scarves, blankets etc to give away.</p>	<p>BUILDING AWESOME MATUA (BAM) 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>CARVING 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>SWIMMING Swimming for a fitter healthier body.</p>	<p>BUILDING AWESOME WHANAU Positive parenting courses, over 7 weeks. 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, Aroha Wetera Must register to attend</p>
<p>TE ORIORI 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>TE WHARE TĀKARO 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>	