



Purapura Whetu Oranga Day Activities Programme

Term 4 2019 starting 14 October

No Pickups/Drop offs Negotiable

Phone: 03 379 8001

Email: tari@pw.maori.nz

Web: www.pw.maori.nz

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
<p>9.30-12.30pm Raranga/Weaving Toni Rowe Phillipstown Hub, Rm 3 (limited spaces)</p> <p>1.30-3.30pm Mosaics Pam Scott Phillipstown Hub, Rm 3</p>	<p>9.30-11.30am Pastel Art Class Kerry Gray Phillipstown Hub, Rm 3</p> <p>1-3pm Hauora Talks - PeerZone Hannah from MHAPS and Kathryn from Mind and Body PTO for details</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>1-3pm Pastel Art Class Kerry Gray Phillipstown Hub, Rm 3</p> <p>1-4pm Foraging Kaimahi: Steve Ahlbrandt-Paki Leave from the Hub</p>	<p>10-3pm Te Waonui Kaimahi: Sean Panapa starts 21st October. Please make your way to the Hub, drop-offs provided (limited spaces) Closed Group</p>

A referral is required for all activities.

Please visit our website pw.maori.nz and enrol online or contact the Programme Coordinator Brigid Eriksen on programme.coordinator@pw.maori.nz 021 377 421.

Purapura Whetu Oranga Day Activities Programme

Phone: 03 379 8001

Email: tari@pw.maori.nz

Web: www.pw.maori.nz

<p>RARANGA/WEAVING</p> <p>Making a range of unique creations from different materials. When it's the right time using harakeke to make kete, 2 and 4 corner baskets, lighter holders and flowers (putiputi).</p>	<p>SWIMMING</p> <p>Swimming for a fitter healthier body. Using the Therapy pool, spa and sauna for relaxation. All at the new Taiora QE2.</p>	<p>FORAGING</p> <p>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. Other activities are fishing, op shopping and collecting watercress.</p>	<p>TE WAONU</p> <p>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 over 8 weeks in various locations around Christchurch. Please make your way to the Phillipstown</p>
<p>MOSAICS</p> <p>Pam will teach us how to do mosaics using various beads etc. This Term she will concentrate on doing mosaics for Christmas decorations and presents.</p>	<p>HAUORA TALKS-PEERZONE</p> <p>PeerZone is a series of fun and interactive workshops facilitated by and for people with mental distress. Your group will be able to choose from over 20 topics to work through together, such as Understanding our Distress; Finding our Voices; and Enhancing our Relationships.</p>	<p>CARVING</p> <p>Creating carved pieces from Oamaru stone and wood and prints. Learn about the tools and the different techniques used when carving. This will be taught in 2 blocks. A 5-week block then 4-week block over this 9 wk term.</p>	<p>PASTEL ART</p> <p>Kerry Gray will impart his knowledge and experience of working with pastel art. Anyone can do art. Kerry likes to make people feel good about themselves.</p>