

Purapura Whetu Te Oranga Activities – Term 4 2020

12th October – 18th December 2020

Email: office@pw.maori.nz

Web: www.pw.maori.nz

<p>Raranga / Weaving</p> <p>Making a range of unique creations from different materials. From putiputi to pākē over the winter months other forms of rongoā and Māori art created with Toni and Pam.</p>	<p>IHI- Waiata and Te Reo Māori.</p> <p>Learn your pepeha, some te reo Māori and waiata with Geoff. To uplift your wairua, hinengaro and tinana in a supportive and mana enhancing environment.</p>	<p>Mahinga Kai / Foraging</p> <p>Steve will show you many special places around Ōtautahi to forage for kai in the moana the ngahere, the awa and the red zones. When weather doesn't permit other activities include op shopping.</p>	<p>Te Waonui</p> <p>Adventure therapy programme in collaboration with Adventure Specialties Trust. 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 various locations around Ōtautahi. Come on an adventure with Sean and Anna.</p>
<p>Toi Rōpinepine / Mosaics</p> <p>Pam will teach us how to create beautiful pieces of art through the use of various beads, tiles and glasses to mosaic. All supplies provided by Purapura Whetu.</p>	<p>Toi Whakairo/Carving</p> <p>Limited numbers for carving stone and wood with Raph. Raph is a talented carver of many medium he incorporates tikanga Māori into all of his classes.</p>	<p>Māra Whakaora/Gardening.</p> <p>Learn how to build, plant and harvest a raised garden bed. Using traditional māra practices our tipuna used, such as karakia, maramataka, totally organic sustainable food sovereignty.</p>	<p>Toi Ataata / Pastel Art</p> <p>Kerry is a talented artist with a sense of humor that will manaaki you to create stunning works of art with great ease and laughter.</p>

A referral is required for all activities.

All Whaiora must have a community mental health support worker.

For further details please visit our website pw.maori.nz or contact Lisa Programme Coordinator on programme.coordinator@pw.maori.nz 021 377 421.

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Phone: 03 379 8001

Term 4 - 2020

No Pickups/Drop offs Negotiable

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Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
<p>10am – 12:30pm</p> <p>Raranga/Weaving Kaimahi: Pam Toni Rowe Phillipstown Hub Room 3</p>	<p>10am – 12pm.</p> <p>IHI: Waiata & Te Reo Kaimahi: Geoff Phillipstown Hub Room 3</p>	<p>10am – 12:30pm</p> <p>Toi Whakairo/Carving Kaimahi: Racheal Raph Stowers Crossroads Aranui.</p>	<p>No activities Thursday morning</p>	<p>10am-3pm</p> <p>Te Waonui Kaimahi: Sean And Adventure Therapy</p>
<p>1pm - 3pm</p> <p>Toi Rōpinepine/Mosaics Kaimahi-Pam Pam Scott Phillipstown Hub Room 3</p>	<p>1pm – 3pm</p> <p>Toi Ataata/Pastel Art Kaimahi: Geoff Kerry Gray Phillipstown Hub Room 3</p>	<p>1pm – 3pm</p> <p>Whakawhanaunga Kaimahi: Racheal Philipstown Hub Room 3</p>	<p>1pm – 4pm</p> <p>Mahinga Kai/Foraging Kaimahi: Steve Community</p>	<p>10am-1pm.</p> <p>Rangatiratanga Kai Māra Kai/Gardening Kaimahi: Lisa Philipstown Hub Weather Permitting.</p>