



- 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](http://pw.maori.nz) or contact Lisa Programme Coordinator on: [programme.coordinator@pw.maori.nz](mailto:programme.coordinator@pw.maori.nz) / 021 377 42

## Te Oranga Activities Term 1 2021 (9<sup>th</sup> February – 16<sup>th</sup> April)

**No Pickups/Drop offs (Negotiable with notice)**

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
9:30am – 12:pm <b>Raranga/Weaving</b> <b>Kaimahi: Shade</b> Toni Rowe Phillipstown Hub Room 3	10:am – 12pm <b>Toirau</b> <b>Kaimahi: Pam</b> Graham Lalor Phillipstown Hub Room 3	9:30am – 12pm <b>Toi Whakairo/Carving</b> <b>Kaimahi: Geoff</b> Raph Stowers Crossroads Aranui	<b>No activities</b> <b>Thursday morning</b>	10:am - 2pm <b>Kai Whakaora</b> <b>Māra Kai/Mahinga Kai</b> <b>Kaimahi: Steve &amp; Lisa</b> Phillipstown Hub Community
1pm - 3pm <b>Ihi: Waiata &amp; Te Reo</b> <b>Kaimahi: Geoff</b> Phillipstown Hub Room 3	1pm – 3pm <b>Toi Ataata/Pastel Art</b> <b>Kaimahi: Stella</b> Kerry Gray Phillipstown Hub Room 3	1pm – 3pm <b>Taiora/QE2</b> <b>Kaimahi: Racheal</b> Swimming Taiora/QE2	1pm – 3pm <b>Whakawhanaunga</b> <b>Kaimahi: Racheal</b> Phillipstown Hub Room 3	10am - 3pm <b>Te Waonui</b> <b>Kaimahi: Sean/Pam</b> <b>and Adventure Therapy</b> Community



<p><b>Raranga / Weaving</b></p> <p>A limited number of people who will learn this ancient art of harvesting, preparing and manipulating harakeke to create a range of unique craft with Toni</p>	<p><b>IHI / Waiata &amp; Te Reo Māori.</b></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><b>Taiora/QE2 Swimming</b></p> <p>Movement of the tinana in water has many benefits. Including: increases heart rate without stressing the body, boosts mood, improves sleep and helps to keep flexible.</p>	<p><b>Te Waonui</b></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 Pam.</p>
<p><b>Toirau / Mixed Media Art</b></p> <p>Graham will teach us how to create stunning pieces of art through the use of mixed media, including various types of wood, paper, beads, tiles and glass.</p>	<p><b>Toi Whakairo/Carving</b></p> <p>Limited numbers for carving stone and wood with Raph. Raph is a talented carver of many mediums. He incorporates tikanga Māori into all of his classes.</p>	<p><b>Māra Whakaora &amp; Mahinga Kai</b></p> <p>Using māra practices of our tupuna, like karakia &amp; maramataka of sustainable food sovereignty. Foraging kai and resources for healthy and nutritious kai.</p>	<p><b>Toi Ataata / Pastel Art</b></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>