



Purapura Whetu: Te Oranga Activities

Phone: 03 379 8001

Term 2 – 2021

No Pickups, Drop offs negotiable with notice

3rd May – 9th July 2021

Email: office@pw.maori.nz

Web: www.pw.maori.nz

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
10am – 12:30pm Raranga/Weaving Kaimahi: Steve Toni Rowe Phillipstown Hub Room 3 Limited numbers	10:am – 12:30pm Toirau/Mixed Media Art Kaimahi: Stella Graham Lalor Phillipstown Hub Room 3	10:am – 12:30pm Pura Purakau/Storytelling Therapy Kaimahi: Stella Nilguen Kulpe Phillipstown Hub Room 3 Enrolments Closed	No Te Oranga Activities Thursday Mornings	10:am - 1pm Taiora/QE2 Kaimahi: Rachael Swimming Taiora/QE2
Lunch	Lunch	Lunch		10am - 3pm
1pm – 3:30pm Whanaungatanga Mahi nga Kai Mara Kai Kaimahi: Rach & Steve Phillipstown Hub & Community	1pm – 3pm Ihi: Waiata & Te Reo Kaimahi: Geoff Phillipstown Hub Room 3	1pm – 3:30 pm Toi Whakairoa/Carving Kaimahi: Geoff & Sean Crossroads Aranui Limited numbers	1pm – 3:30pm Toi Ataata/Pastel Art Kaimahi: Sean Kerry Gray Phillipstown Hub Room 3	Te Waonui Kaimahi: Pam and Adventure Therapy Community



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<p>Raranga / Weaving</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>IHI / Waiata & 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>Taiora/QE2 Swimming</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>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 Pam.</p>
<p>Toirau / Mixed Media Art</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>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>Mahi Nga Kai, Māra Kai & Whanaungatanga</p> <p>Foraging kai and resources for healthy and nutritious ka, including māra practices of our tupuna, such as karakia & maramataka of sustainable food sovereignty. And making new connections or building on old relationships.</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 you never knew you had within. Kerry manages to bring out the artist in you 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.