

Purapura Whetu: Te Oranga Activities

***A referral is required for all activities. *All Whaiora must have a community mental health support worker**

Term 2 - 2022 2nd May – 8th July 222

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
<p>10am – 12pm Ipurangi Ora/Digital Connections Sean Phillipstown Hub Room 3</p> <p>CLASSROOM CLOSED 12 – 1</p> <p>1pm - 3pm</p> <p>Mana Wahine Phillipstown Hub Room 3</p>	<p>10:am – 12pm. Toirau/Mixed Media Art Graham Lalor Phillipstown Hub Room 3</p> <p>CLASSROOM CLOSED 12 – 1</p> <p>1pm – 3pm</p> <p>Toirau/Mixed Media Art Continued</p>	<p>9am-2pm Tu Tane Steve/Pete Phillipstown Hub Room 3</p> <p>CLASSROOM CLOSED 12 – 1</p> <p>1pm – 3pm</p> <p>Te Piki Oranga & Whakawhanaungatanga Phillipstown Hub Room 3</p>	<p>No activities Thursday morning</p> <p>CLASSROOM CLOSED 12 – 1</p> <p>1pm – 3pm</p> <p>Ihi: Waiata & Te Reo With Geoff Phillipstown Hub Room 3</p>	<p>10:am – 12pm Sewing With Sandra Phillipstown Hub Room3</p> <p>CLASSROOM CLOSED 12 – 1</p> <p>1pm – 3pm</p> <p>Taiora/Swimming QEII New Brighton</p>

Contact Pamela, Programme Coordinator on: 0800 4 943 88 | 021 223 5899 or email: programme.coordinator@pw.maori.nz



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<p style="text-align: center;"><u>Tu Tane</u></p> <p>A space for the celebration of Tane . Beginning the day with a nutritious breakfast. Activities led by our own Master Baker, Peter & our Hunter Gatherer, Steve.</p>	<p style="text-align: center;"><u>Toirau / Mixed Media Art</u></p> <p>Graham will teach us how to create stunning pieces of art using mixed media. This term, carving pictures.</p>	<p style="text-align: center;"><u>Mana Wahine</u></p> <p>A space for the celebration of Wahine. Starting the day with a nutritional breakfast. Takinga O Marama programme led by Ruhina</p>	<p style="text-align: center;"><u>Te Piki Oranga</u></p> <p>Education and lifeskills based program encouraging healthier options to replace substance abuse. Facillitated by TKH kaimahi - Toia Nau mai haeremai ki te kakano hauora</p>
<p style="text-align: center;"><u>IHI / Waiata & Te Reo Māori</u></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 style="text-align: center;"><u>Ipurangi Ora</u></p> <p>Our very own kaimahi Sean will teach and support with digital connectivity. Finding cheap internet and lessons on how to use digital devices</p>	<p style="text-align: center;"><u>Taiora/ Swimming</u></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 style="text-align: center;"><u>Textiles</u></p> <p>Learn basic sewing techniques, and develop understandings of patterns, fabrics and project construction. Sew a variety of projects and garments to develop confidence skill and creativity.</p>

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