



## Purapura Whetu: Te Oranga Activities

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

### Term 3: 25 July to 23 Sept 2022

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
<p><b>10am – 12pm</b></p> <p><b>Ipurangi Ora</b> Hiwa I te rangi Woodham Road</p> <p><b>CLASSROOM CLOSED</b> <b>12 – 1</b></p> <p><b>1pm - 3pm</b></p> <p><b>Whakairo</b> Meet at 160 Woodham Road</p>	<p><b>10am – 12pm</b></p> <p><b>Toirau/Mixed Media Art</b> Graham Lalor</p> <p><b>CLASSROOM CLOSED</b> <b>12.30-1pm</b></p> <p><b>1pm – 3pm</b></p> <p><b>Toirau/Mixed Media Art</b> Continued</p>	<p><b>9am-2pm</b></p> <p><b>Tu Tane</b> Pōhutakawa Woodham Road</p> <p><b>CLASSROOM CLOSED</b> <b>12 – 1</b></p> <p><b>12.30pm – 2.30pm</b></p> <p><b>Mana Wahine</b> Pōhutakawa Woodham Road</p>	<p><b>No activities</b> <b>Thursday morning</b></p> <p><b>CLASSROOM CLOSED</b> <b>12 – 1</b></p> <p><b>1pm – 3pm</b></p> <p><b>Ihi</b> Hiwa I te rangi</p>	<p><b>10am – 12pm</b> <b>Texiles/Sewing</b> Pōhutakawa room Woodham Road</p> <p><b>9am – 1pm</b> <b>Tiki Tours</b> Meet at 160 Woodham Road</p> <p><b>CLASSROOM CLOSED</b> <b>12pm – 1pm</b></p> <p><b>1.30pm – 3pm</b></p> <p><b>Taiora/Swimming</b> QEII New Brighton</p>



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<p style="text-align: center;"><b><u>Whakairo</u></b></p> <p>Carving is back this term with limited spaces. This is always a popular activity. Those who are new to programs will be given first option. Those enrolled must be dedicated to attending.</p>	<p style="text-align: center;"><b><u>Toirau / Mixed Media Art</u></b></p> <p>Graham will teach us how to create stunning pieces of art using mixed media. This term, rakau, kohatu, .</p>	<p style="text-align: center;"><b><u>Mana Wahine</u></b></p> <p>Mana Wahine in Term 3 will encourage inner strength and growth in confidence to access natural community supports.</p> <p style="text-align: center;"><b><u>Tu Tane</u></b></p> <p>A space for the celebration of Tanetanga For Tane by Tane</p>	<p style="text-align: center;"><b><u>Tiki Tours</u></b></p> <p>Visit Otautahi’s sacred and interesting places. Learn history about significant sites around Otautahi by placing your feet on the whenua.</p>
<p style="text-align: center;"><b><u>IHI / Waiata &amp; Te Reo Māori</u></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 style="text-align: center;"><b><u>Ipurangi Ora</u></b></p> <p>Keep up with the latest technology with our I.T guru Sean. Enrol to learn beginner to medium essential skills on how to use your digital devices.</p>	<p style="text-align: center;"><b><u>Taiora/ Swimming</u></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 style="text-align: center;"><b><u>Texiles/Sewing</u></b></p> <p>Supporting those with beginner to medium skills in sewing. Come learn to set up a machine, patterns, fixing and creating Garments.</p>

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For further details please visit our website [www.pw.maori.nz](http://www.pw.maori.nz) or contact Pamela, Programme Coordinator on [programme.coordinator@pw.maori.nz](mailto:programme.coordinator@pw.maori.nz) or call 021 2235899