



Purapura Whetu: Te Oranga Activities

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

Term 1: Monday 27th January to 4th April 2025

Programs and times subject to change depending on registration numbers.

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
<p>9.30am – 12pm</p> <p>Toirau With Graham</p> <p>CLASSROOM CLOSED 12pm – 1pm</p> <p>4pm – 7pm</p> <p>Te Reo Certificate support with Toia</p>	<p>8.30 - 9.30am to 12pm</p> <p>SD Sculpting @Phillipstown With Steve</p> <p>CLASSROOM CLOSED 12pm - 1pm</p> <p>1pm – 3pm</p> <p>Ipurangi Ora With Sean</p>	<p>9.30am – 12pm</p> <p>Sewing With Rach</p> <p>CLASSROOM CLOSED 12pm – 1pm</p> <p>1pm – 3pm</p> <p>Te Reo Review group With Ashleigh</p>	<p>No activities Thursday morning</p> <p>CLASSROOM CLOSED 12pm – 1pm</p> <p>12:30pm – 3pm</p> <p>Aqua Gentle With Toia/Pam QE2</p> <p>12:30pm- 2:30pm Mahi Aroha Stella (5 white Van)</p>	<p>10am – 12pm</p> <p>Hikoi Wero With Stella & Toia</p> <p>CLASSROOM CLOSED 12pm – 1pm</p> <p>1pm – 3pm</p> <p>Hauora With Ngaire</p>

Contact Pamela, Programme Coordinator on programme.coordinator@pw.maori.nz or call 021 223 5899



Te Kākano Hauora

<p><u>Self-directed sculpting</u></p> <p><i>Engage in hands-on sessions involving dremel work, carving, silicone, and resin, and unleash your creativity without constraints. This programme supports the freedom to explore personal artworks and create unique pieces.</i></p>	<p><u>Toirau /Mixed Media Art</u></p> <p><i>Facilitated by Graham Lalor, this is an intermediate-level art group. Here we encourage all to embrace various art mediums and additional well-being tool to add to your kete. This term we have bought back some old favourites, t shirt printing and tie dye</i></p>	<p><u>Tuitui/Sewing</u></p> <p><i>Learn with Rach. Kawa e whakama, this is a chance to engage in learner level projects provided or personal mending projects. We provide a place to learn a new skill in a warm and inviting environment. Haere mai, come discover the joy of sewing.</i></p>	<p><u>Te Reo with Toia</u> <u>Te Reo Support with Ashley</u></p> <p><i>Monday is the te reo class supported by Toia. Whanau are enrolled with Open Polytechnic and this space will help whai ora through the course to achieve a certificate.</i></p> <p><i>Wednesday afternoon, Ashley will help you put your learnings into practice.</i></p>
<p><u>Hauora</u></p> <p><i>Join the knowledgeable and enthusiastic Ngaire on a Hauora journey exploring new tinana health ideas. Also, expand your knowledge of tikanga and taiao.</i></p>	<p><u>Ipurangi Ora</u></p> <p><i>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.</i></p>	<p><u>Mahi Aroha</u></p> <p><i>Would you like to practise work skills? Give back to the community? Have fun and meet new people? We have partnered with a new venture, Revive Op Shop on Portsmouth Street, Aranui – to help them raise money to sow back into the lives of children and families on the Eastside. You can earn a Revive/Purapura Whetu ‘Certificate of Community Support’ at the end of Term 1.</i></p>	<p><u>Hiko Wero/Aqua Gentle</u></p> <p><i>These are two separate programmes, Hiko Wero facilitated by the lovely & enthusiastic, Stella.</i></p> <p><i>While Toia and Pam take to the water as we encourage and support those ready to take a step from sedentary to low impact movement utilising.</i></p>

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For further details please visit our website www.pw.maori.nz

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