



Purapura Whetu: Te Oranga Activities

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

Term 4: Monday 14th October to 5th December Friday 2024

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>8.30 - 9.30am to 12pm</p> <p>SD Sculpting @Phillipstown With Steve</p>	<p>9.30am – 12pm</p> <p>Sewing With Rach</p>	<p>No activities Thursday morning</p>	<p>10am – 12pm</p> <p>Hikoi Wero With Toia</p>
<p>CLASSROOM CLOSED 12pm – 1pm</p>	<p>CLASSROOM CLOSED 12pm - 1pm</p>	<p>CLASSROOM CLOSED 12pm – 1pm</p>	<p>CLASSROOM CLOSED 12pm – 1pm</p>	<p>CLASSROOM CLOSED 12pm – 1pm</p>
<p>1pm – 3pm</p> <p>Wahine Toa With Pam</p>	<p>1pm – 3pm</p> <p>Ipurangi Ora With Sean</p>	<p>1pm – 3pm</p> <p>Toi Taonga/Mindful Art with Pam</p>	<p>1pm – 3pm</p> <p>Aqua Gentle With Toia QE2</p>	<p>1pm – 3pm</p> <p>Whakawhanaunga Rāmere/Friday</p>

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



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<p style="text-align: center;"><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 style="text-align: center;"><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.</i></p> <p><i>This term we end the year with the very popular medium 'Uku'</i></p>	<p style="text-align: center;"><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 style="text-align: center;"><u>Toi Taonga/Mindful Art</u></p> <p><i>This program offers space for artistic expression. This term we focus on taonga to gift at xmas. We encourage whanau to bring their projects to work on for the purpose of gifting or we will provide projects. Come along and enjoy the company of others. Here we offer support to one another, regardless of your artistic background.</i></p> <p><i>Open to all crafts and skill levels.</i></p>
<p style="text-align: center;"><u>Wahine Toa</u></p> <p><i>By Wahine for Wahine. This allows time and space for Wahine to discuss and take part in activities that soothe the wairua and reconnect with te ao Maori.</i></p>	<p style="text-align: center;"><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 style="text-align: center;"><u>Whakawhanaungatanga Rāmere/Friday</u></p> <p><i>The return of a popular program. 160 Woodham Road transforms into Kia Hau Manu/The Chill Zone Café. Come have a scone and a coffee/tea, watch a movie or learn a waiata, bring your device and utilise the internet. A 'no pressure' space just for you.</i></p>	<p style="text-align: center;"><u>Hiko Wero/Aqua Gentle</u></p> <p><i>These are two separate programmes, both facilitated by our enthusiastic, Toia.</i></p> <p><i>Toia encourages and supports those ready to take a step from sedentary to low impact movement.</i></p>

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

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