



Purapura Whetu: Te Oranga Activities

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

Term 3: Monday 22nd July to Friday 20th September 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>CLASSROOM CLOSED 12pm – 1pm</p> <p>1pm – 3pm</p> <p>Toi Taonga With Pam</p>	<p>9.30am – 12.30pm</p> <p>SD Sculpting @Phillipstown With Steve</p> <p>CLASSROOM CLOSED 12.5pm - 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 – 3.30pm</p> <p>Puawai Kai @Jura Court Depending on numbers (8-week course)</p>	<p>No activities Thursday morning</p> <p>CLASSROOM CLOSED 12pm – 1pm</p> <p>1pm – 3pm</p> <p>Aqua Gentle With Toia QE2</p>	<p>10am – 12pm</p> <p>Turangawaewae With Ash</p> <p>CLASSROOM CLOSED 12pm – 1pm</p> <p>1pm – 3pm</p> <p>Korikori Tinana With Toia</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>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.</p>	<p style="text-align: center;"><u>Toirau /Mixed Media Art</u></p> <p>Facilitated by Graham Lalor, this is an intermediate-level art group. Here you are encouraged to embrace various art mediums and additional well-being tool to add to your kete.</p> <p style="text-align: center;">This term: Uku/Clay</p>	<p style="text-align: center;"><u>Tuitui/Sewing</u></p> <p>Come 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.</p>	<p style="text-align: center;"><u>Toi Taonga/Mindful Art</u></p> <p>This program offers space for artistic expression. We encourage whanau to bring their projects to work on or utilize the projects provided. Come along and enjoy the company of others. Here we offer support to one another, regardless of your artistic background.</p> <p style="text-align: center;">Open to all crafts and skill levels.</p>
<p style="text-align: center;"><u>Turangawaewae</u></p> <p>This is an opportunity to learn and practice pepeha, waiata, karakia and tikanga in a supportive and mana enhancing environment.</p>	<p style="text-align: center;"><u>Ipurangi Ora</u></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;"><u>Puawai kai</u></p> <p>A place to learn about healthy and budget-friendly meals through practical preparation workshops. This offers culinary skills and nutritional knowledge.</p> <p style="text-align: center;">This programme is held off site.</p>	<p style="text-align: center;"><u>Korikori Tinana/Aqua Gentle</u></p> <p>These are two separate programmes, both facilitated by our enthusiastic, Toia.</p> <p>Toia encourages and supports those ready to take a step from sedentary to low impact movement.</p>

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

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