

Referral criteria and Orientation process

You need to live in the Auckland District Health Board area, be aged between 18-65 and be a past or current user of mental health services.

How do I enrol?

If you are interested in attending our programme you will need to:

- Fully complete the enrolment form that was with this brochure.
- Obtain your latest Risk Assessment or Safety Plan & NHI number from your clinical team or CSW.
- Arrange a time to come and meet with us. Please bring your completed enrolment form to the meeting .
- At the meeting we will discuss with you your goals for the groups you would like to attend. Alternatively we can discuss your goals and groups over the phone.
- If you have a Kāhui Tū Kaha CSW or PSW they need to attend with you. If you do not have a Kāhui Tū Kaha CSW we will complete a wellness management plan with you so that we know how to best support you in your progress.

Te Whare Tapa Whā

Our programmes are holistic and enhance the four cornerstones of

Te Whare Tapa Whā model:

- Wairua—Spiritual
- Hinengaro—Mind
- Tinana—Body
- Whānau—Family/Social Connections

Approaches are person-centred and provide pathways, cultivating

- *rangatiratanga*—self-determination
- *oranga*—wellbeing
- *manawa ora*—lifestyle goal outcomes

Participants are made aware of 'Hygiene-for-Health' Standards to ensure a positive, safe environment that all can thrive in.

Contact details

Kāhui Tū Kaha

Ground Floor, 650 Great South Road, Ellerslie.

PO Box 74270, Greenlane, Auckland 1051.

Ph: 09 531 4040,
027 7003123 or Fax: 09 520 4068
marion.flower@kahuitukaha.co.nz



Information is accurate at time of print and can change without notice. Please note no groups run on public holidays. Contact Kupenga Ora for details and enrolment forms.

Kupenga Ora Programme



Photo: From Pasifka Flavour (Arts!) Workshop

Term 4, 2019

14 Oct — 20 Dec

Monday

Oranga Gardening, Recycling and Mosaics

Learn to grow a garden from preparation to harvest, alongside of creating planters from recycled materials and mosaics.

10am - 12pm Begins 14 Oct
Royal Oak Organic Garden, CCS
14 Erson Ave, Royal Oak
Meet there or leave from Ellerslie 9.30am



Tuesday

Mana Movement Walking, Exercise and Relaxation

Mana Movement for wellbeing and relaxation, interactive games and hiko (walking) in local environments.



10am - 12pm Begins 15 Oct
Riverside Community Centre
Cnr Bernard St & Pearce Ave,
Mt Wellington
Meet there or leave from Ellerslie 9.30am

Wednesday

Ngā Mahi ā Rēhia Multi-Arts

Sing waiata, learn waiata-ā-ringa, poi, haka and stick games, whilst engaging in whanaungatanga. Shared lunch.

Ōrākei Community Centre, 156 Kapa Road
Fortnightly 10.30am —1.30pm
Begins 16 Oct

Aquacise/ Swimming

Get fit with this free exercise class at the Mangere Pools. Kupenga Ora staff will support you to attend.

Fortnightly 10am - 12.30pm Begins 23 Oct
(incl. travel & changing time)
Meet 650 Gt South Rd, Ellerslie
to get a lift to the Mangere (or other) pools

Thursday

Pasifika Flavour! (Arts)

Calling all men and women. Join us on a journey to unleash the Pacific culture in you through contemporary costume design, song and dances of the Pacific.

10am - 12pm
Begins 17 Oct

Oranga Community Centre
52 Waitangi Road, Onehunga
Meet there or leave from Ellerslie 9.30am



Friday

Musical Appreciation and Jam

Work with percussion or bring your own instruments from home. Listen to and/or sing along with guitar and YouTube. You choose!

10 –11.30am Begins 18 Oct

Te Oro, 98 Line Road, Glen Innes
Meet there or leave Ellerslie 9.30am

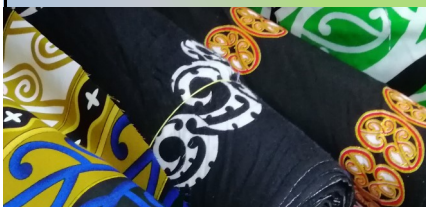


Ngā Mahi Toi Māori Arts and Culture

Explore your creative side while learning about tikanga Māori through the arts and Te Whare Tapa Whā. All tāne and wāhine are welcome in this programme.

1 - 3pm Begins 14 Oct

Oranga Community Centre
52 Waitangi Road, Onehunga
Meet there or leave Ellerslie 12.30 pm



Cooking Mastery Certificate Healthy Kai

Learn how to cook delicious healthy food on a budget and gain a certificate towards your CV. Work in small teams to complete tasks and arrive at professional outcomes.



1 - 3pm Begins 15 Oct
Onehunga Community Centre
83 Church St, Onehunga
Meet there or leave Ellerslie 12.30 pm

International Women's Pathways to Employment

10.30am-12pm Learn how to identify what the employer is looking for and tailor your CV for the job.

12.30-1.30pm Explore ideas towards small business enterprise.

Fickling Centre Upstairs Room,
546 Mt Albert Road, Three Kings

Fortnightly—come to one session or bring your lunch and stay for both. Begins 16 Oct

International Women's Group

Learn more about community resources. Guest speakers, crafts for enterprise, and personal wellbeing. Shared lunch.

Ferndale House, 830 New North Rd,
Mt Albert.

Fortnightly 10.30am - 1.30pm
Begins 23 Oct

Arts Journeys Project

Explore your own journey and wellbeing through a range of visual arts approaches. Develop new skills and become an exhibiting artist.

1 - 3pm Begins 17 Oct

Te Oro, 98 Line Road, Glen Innes

Meet there or leave Ellerslie 12.30pm



Catering Certificate for Graduates

1 - 3pm Begins 17 Oct
Onehunga Community Centre
83 Church St, Onehunga
Meet there or leave Ellerslie 12.30 pm

Pasifika Sports

Fitness through boxing training techniques and swimming.

Limit of 6 people

Fri 10am - 12pm Begins 18 Oct

Lagoon Pool & Leisure Centre,
29 Lagoon Drive, Panmure .

Transport by arrangement

IT Savvy

Computers, Mobiles, Cameras

An easy-to-understand approach geared towards day-to-day practical use of IT and social media. Accessing resources, networks and employment .

Fri 1.00—2.00 pm Begins 18 Oct
Reception, Kāhui Tū Kaha, Ground Fl.

650 Gt South Road, Ellerslie