Whiti Ora North & West Timetable January, February, March 2025

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M	**Rainbow Social Group** 10:30am – 12pm Via Zoom & 4th week of the month is an in person meet-up *Bailey*	**Badminton** 11am – 12pm Waitakere Badminton Centre Massey *Wenber*	
T	**Tenpin Bowling** 10:30am - 12pm Pins Lincoln Rd $3 contribution *Daryl, Wenber*	**Badminton** 11am – 1pm Badminton North Harbour Starts 4th Feb *Naga*	**Online Board Games** 2:30 - 3:30pm Via Zoom *Wenber*
W	**Weekly Junk Journalling** 12:30 – 1:30pm Massey Community Hub *Daryl*	vapefree At all times All our programmes are smoke & vape-free. smokefree At all times	
T	**Lawn Bowls** 10:30am – 12pm Blockhouse Bay Bowling Club *Wenber, Fuli*		
F	**Cat Foundation Volunteering** 10:30 – 11:30am The NZ Cat Foundation, Kumeu Starts 24th Jan *Daryl*	**Online and Offline Travel** 11am – 12pm on Zoom 11am – 1pm Offline (in-person) *Wenber*	**ESOL Tutoring for Chinese Speakers** 1:30 - 3pm On WeChat or Zoom *Andrea*

Your feedback is valued.
Please give your suggestions to a programme facilitator or contact us:
09 5232790 or pf.admin@ember.org.nz

Email us about our next ***WRAP*** - Wellness Recovery Action Plan group.



Programme Locations

ActivZone 30 Downing Street, Glenfield
Badminton North Harbour 47 Bond Crescent, Forrest Hill
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Ember Huia Hub 51 Huia Road, Otahuhu
Massey Community Hub 385 Don Buck Road, Massey
Pins Lincoln 199 Lincoln Road, Henderson
The NZ Cat Foundation 99 Trigg Road, Kumeū
Waitakere Badminton Centre 149-155 Royal Road, Massey

Programme Descriptions

Weekly Junk Journalling Reflect & document your weekly journey by collecting "junk" such as labels, cards & flyers. Create a scrapbook style journal, decorate & connect with others.
Cat Foundation Volunteering volunteer your help and support towards the care & wellness of our beloved furry friends. Clean enclosures support with various tasks & give heaps of pats! With your dedicated participation you can use your experience as a reference on your C.V!
WRAP Wellness Recovery Action Plan. A safe space to learn from & support others, share ideas, inspire others & create your own wellness plan to guide you through your journey.

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062
Phone: 5232790
Email: pf.admin@ember.org.nz
Website: www.ember.org.nz

Disclaimer: Whiti Ora aims to provide safe environments for all, however, please take responsibility for your own health & safety while attending groups. Please wear appropriate clothing & footwear e.g. sports clothing & shoes for physical activities, bring your own water bottle & maintain a good level of hygiene. Please discuss any concerns with your facilitator before the activity.



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