Whiti Ora North / West April, May, June 2024

ember KOROWAI TAKITINI

M	**Kaitiaki Cleaners** (Beach/Park cleanup) 11am -12:30pm Various West Auckland locations *Daryl*	**Rainbow Social Group** 10:30am—12pm On Zoom & some face-to-face meetups (1:1 support available) *Bailey*			All our programmes are smoke & vape-free.	
T	**Lawn Bowls** 10.30am - 12:30pm Blockhouse Bay Bowls *Wenber*	**Tenpin Bowling** 10-12pm PINS Lincoln, Henderson $3 contribution *Daryl* *No group 14/5 & 11/6*	**Tennis/Indoor Exercise** 11am - 1 pm Becroft Tennis Club Forrest Hill Starts *Naga*	**Online Games** 2:30—3:30pm On Zoom *Wenber*	**Parakai Hot Pools** 14/05/2024 11/06/2024 $5 contribution *Fuli & Daryl*	
W	**Te Ao Māori Culture, Customs & Language** (Beginner Friendly) 12-1pm On Zoom *Daryl*	**Volunteering at the Farm** 12:45—2:25pm Kiwi Valley Farm Park, Henderson *Saskia*	**Your feedback is valued.** Please give your suggestions to a programme facilitator or contact us: 09 8155113 or pf.admin@ember.org.nz			
T	**Building Resilience** 10am—12:30pm Tamil Community Centre, Hillsborough Start date dependant on numbers *Saskia & Wenber*	**BoxFit** 10:30—11:30am Westwave Leisure Centre, Henderson *Fabian*	**Badminton** 1 - 2pm Waitakere Badminton Centre Massey *Fabian*	**WRAP—Wellness Recovery Action Plan** Contact us to find out more and register your interest. Tuesdays in Orewa (time, start date & venue TBC).		
F	**Simple Cooking & Baking** 10am—12pm Glendene Community Hub, Glendene (No group 12/4 & 28/6) *Daryl*	**Creative Clay Fridge Magnets** 10am—12pm Glendene Community Hub, Glendene 12th April only *Daryl*	**Matariki Celebration Cookie Decoration** 10am—12pm Glendene Community Hub, Glendene 28th June only *Daryl*	**Social Outing** 10:30am—1:30pm 2nd and 4th Friday Various locations $5 Contribution *Saskia / Wenber*	**ESOL Tutoring for Chinese Speakers** 1:30—3pm On WeChat or Zoom *Andrea*	



Programme Locations

Badminton Waitakere 149-155 Royal Road, Massey
Becroft Tennis Club 47 Bond Crescent, Forrest Hill
Blockhouse Bay Bowling Club 33 Terry Street, Blockhouse Bay
Glendene Community Hub 82 Hepburn Road, Glendene
Parakai Springs 150 Parkhurst Road, Parakai
PINS Lincoln 199 Lincoln Road, Henderson
Tamil Community Centre 426 Hillsborough Road, Hillsborough
Waitakere Badminton Centre 149 - 155 Royal Road, Massey
Westwave Leisure Centre 20 Alderman Drive, Henderson

THANK YOU to the Auckland Tamil Association for supporting us!!

Programme Descriptions

Social Outings Join us for fun activities where you can get to know likeminded people. Group participants will decide on which activities you do. $8 contribution for paid activities and food and beverages is at your own cost.
Simple Cooking & Baking Learn how to impress your friends & family in the kitchen by learning to create some fresh treats to enjoy. New recipe each week!
Kaitiaki Cleaners (Beach and Park Clean Up) Kaitiaki is a guardian or trustee, typically of an environmental area or resource. Help us take protect our environment, give back and take pride in keeping our community clean.
Matariki Celebration Come together, decorate star/moon/circle shaped cookies. Learn about Matariki or share what Matariki means for you.
Building Resilience A 5-week programme that focuses on developing skills & learning ways to increase one's resilience. We go over different techniques such as; distress tolerance, mindfulness, & emotion regulation. This is done with the goal of completing a plan as a guide to assist & remind you of all the skills & technique learned within the 5 weeks!

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062
Ph: 09 8155113
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.



Whiti Ora

North/West Timetable
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