Ōwairaka Club

OCC (Formerly Mt Albert Club or MACC)

ŌWAIRAKA COMMUNITY CLUB, 831 NEW NORTH ROAD, MT ALBERT, AUCKLAND, 1025, NEW ZEALAND.027 591 6978MTALBERTCLUB@GMAIL.COM

Our Purpose:

We are a community club providing social and creative opportunities for people with lived experience of mental health issues/tangata whai ora, to grow and heal in a non-clinical, culturally supportive space. New visitors are welcome

Our Aspiration for our members:

That we engage with and are underpinned by Te Tiriti o Waitangi values of inclusiveness, diversity and mana enhancement for all members and their whanau - promoting understanding, respect, self-determination, empowerment, skills development and a sense of
belonging and partnership.

Our Aspiration for Aotearoa New Zealand:

That Te Tiriti o Waitangi is followed in policy and practice to enable all those with mental health challenges to become equal participants in society and reach their full potential without shame, stigma or fear.

We focus on providing opportunities for experiential learning through creative exploration.

REFERRAL PROCESSES

If you are interested in becoming an Ōwairaka Community Club member:
You can self refer by -
Coming to the club during opening hours (8.30am - 3pm, Monday, Tuesday, Wednesday and Thursday) and meeting Karen the coordinator, or
by emailing us at mtalbertclub@gmail.com
Or by calling us on 027 591 6978.
You can also refer through an ADHB Key worker or Support Worker and you can refer through your GP.

Ongoing Activities

The Ōwairaka Community Club offers a fun, social, relaxed environment in which to learn or participate in new skills and activities, we encourage the development of members' own ideas and projects. To see our next months programme go the "Upcoming at OCC" page

ACTIVITIES

The Mahi toi/art activities are either member directed art, and we offer tutor supported experiential expressive art activities. Sometimes we will have a special focus, or an external tutor may teach a specific skill. Table games while socialising and using the computers also are popular activities.

RĀHINA - MONDAY

We have Mahi toi (art group) on Monday from 10am until 2pm, with two tutors to guide you through an enjoyable art process. In addition we have our cooking group on a Monday when a recipe is prepared and members enjoy a free shared lunch.

RĀTŪ - TUESDAY

Tuesdays are Toi tuitui/sewing and craft days. Our skilled sewing tutor is on hand to assist members with textile crafts, pattern cutting, tailoring, making and mending clothing and home wares. There are also various art activities available on a Tuesday as well or continuing from the Monday's activity. On Tuesday we also have a special Mahi toi activity with our kaiako, Wendy.

RĀAPA - WEDNESDAY

On Wednesdays from 10am until 2pm we have our Raranga and Mahi toi (Art activities).

RĀPARE - THURSDAY

Our day focus is on Mahi toi/ Maori and Pasifika from 10 am until 2pm. We also offer a morning Tuhinga auaha/Creative writing group.

RĀMERE - FRIDAY

We are closed