



## Dates and Reminders

Thurs 3 Aug	Oasis Members' Meeting @ 12:30
Wed 13 Sept	Ten Pin Bowling for active members
Mondays	Craft Group @ 10 am
Tuesdays	Kaibosh Cooking Classes @ 11 am
Wednesdays	Kaibosh Women's Group @ 10 am
Thursdays	Kaibosh Men's Group @ 10 am
Fridays	Realities Group @ 11 am

## What we do

We provide services to people who self-identify as having experience of Mental distress and/or illness. We also provide transitional housing for single men in Naenae and for single women in Upper Hutt who are facing homelessness.

Oasis provides a safe and encouraging environment with wellness in mind to help people feel supported in a healthy environment.

Some of the services we provide:

- ⇒ Information and Resources
- ⇒ Client Support
- ⇒ Education
- ⇒ Advocacy
- ⇒ Support Groups
- ⇒ Transitional Housing
- ⇒ Goal Plans & Wrap Plans
- ⇒ Emergency Housing Navigation



## KAIBOSH DAYS

Monday	<u>na</u>
Tuesday	Available when unpacked
Wednesday	Available when unpacked
Thursday	Available when unpacked
Friday	For our Transitional Houses

## RULES

- You **MUST** either
  - attend at least one group a week
  - and/or be receiving support from an advocate and/or client supporter.
- We do not supply plastic bags, so you need to bring your own. We may have surplus boxes you can use.
- To store your freezer items place in a bag with your name on and ask a staff member to store in the freezer until you leave.

### Client Services

Level 1  
Woburn House  
40-44 Bloomfield Terrace  
PO Box 31-037  
Lower Hutt

All Enquiries  
(04) 566-1601

### Transitional Housing

(Coordinators)  
Bevan 027 5550225  
Roger 027 4604796

### Housing Navigation

(Senior Housing Navigator)  
Teresa 027 5550972



# Members' Mid Winter Outing

UPPER HUTT COSSIE CLUB

Thursday 13th July

32 people attended this event. Residents and ex residents of our transitional houses also came along. Lance from Kaibosh Food Rescue accepted our invitation and joined in our festivities.

All up we enjoyed 5 Kiwi Burgers, 1 Fettuccine dish, 17 steaks, 3 chicken burgers, 2 pork bellies and 6 fish and chips.

And desserts we enjoyed 16 banana splits, 3 chocolate fondants and 6 bread puddings.

Attendees enjoyed themselves and they have already mentioned a return there in future.







### WOMEN'S GROUP

Wed 10 am

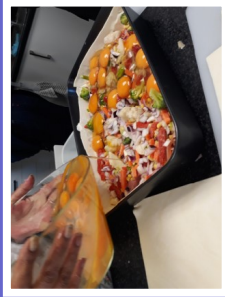
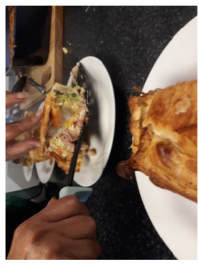
A number of topics shared in a group setting which focusses on health and wellbeing (caring for ourselves) and other helpful topics. Feel free to ask what our next topic is and come along!

The Women's Group program for August was not available at the time of publishing.



### COOKING CLASS

On 18 July Elaine from SuperGrans was unexpectedly unable to take our cooking class. Without any hesitation the members present rolled up their sleeves and seamlessly worked together to conjure up an 18 egg, 4 bacon pack bacon and egg pie. Whanaungatanga in action.



### MEN'S GROUP

Thurs 10 am

Come join us on Thursdays 10am to 12pm to talk frankly with other men about life and its challenges. See the topics list in this newsletter.

3 Aug	<ul style="list-style-type: none"> <li>• Smart goals</li> <li>• Motivation</li> </ul>
10 Aug	<ul style="list-style-type: none"> <li>• Belief in higher power</li> <li>• Toxic gossip and treatment</li> </ul>
17 Aug	<ul style="list-style-type: none"> <li>• Finding your strengths</li> <li>• What am I struggling with</li> </ul>
24 Aug	<ul style="list-style-type: none"> <li>• Stages of change</li> <li>• Acceptance</li> </ul>
31 Aug	<ul style="list-style-type: none"> <li>• Men's outing discussion</li> <li>• Alternative—Music or Movie</li> </ul>

### MEN'S GROUP

THURSDAYS from 10am to 12pm

Outing for active members

Wed 20 September

# Ten Pin Bowling

Keep in contact with us for further details as they come to hand.

## Housing Coordinator

Our Upper Hutt housing coordinator Roger shows his versatility. Not only do they manage the admin side, they're prepared to roll their sleeves up and clean footpaths and windows.

Some of the tasks undertaken by Bevan at our Naenae house include hiring of a truck for runs to the tip and preparing rooms for reletting.



Fri 11 am

### REALITIES GROUP

Join us Friday at 11am to talk over your different ways of looking at realities. This can be voices or other sensory differences, spiritual experiences or ideas that others don't have. Lunch provided for group attendees.

4 Aug

. Resilience

11 Aug

. Learning from mistakes

18 Aug

. Starting afresh

25 Aug

. Dealing with difficult emotions

## REALITIES GROUP

FRIDAYS from 11am to 1pm

Details



## Our Craft group on 10 July focused on Matariki creations



**ATAMIRA  
PLATFORM**

**INFORM  
SHAPE  
INFLUENCE**

## A call to action: Our collective voice is powerful

Do not miss out on the only Mental Health & Addiction 2023 election political debate. Hosted by Atamira Platform.

Facilitated by Guyon Espiner, one of New Zealand's leading political journalists.

Monday 28th August 2023

6pm – 8pm

Wellington College, 15 Dufferin Street,  
Mount Victoria, Wellington 6021

Hear what political parties have to say.

- About their stance, policies, and actions for mental health and addiction in Aotearoa New Zealand.
- Influence and shape politicians' views on your own experiences.
- Engage on wider issues occurring within the health and social sector.

Register today by scanning this QR code or visiting  
[events.humanitix.com/2023-mental-health-and-addiction-election-debate](https://events.humanitix.com/2023-mental-health-and-addiction-election-debate)







**Karen or Gaylene**

## CRAFT GROUP

**Mon 10 am**

We are privileged to have Karen facilitating the group creations. Come along and give it a go!



**Karen or Gaylene**

## WOMEN'S GROUP

**Wed 10 am**

A number of topics shared in a group setting which focusses on health and wellbeing (caring for ourselves) and other helpful topics. See our list of topics and come along!



**Dennis**

## REALITIES GROUP

**Fri 11 am**

Join us Friday at 11am to talk over your different ways of looking at realities. This can be voices or other sensory differences, spiritual experiences or ideas that others don't have. Lunch provided for group attendees.



**Mel**

## MEN'S GROUP

**Thurs 10 am**

Come join us on Thursdays 10am to 12pm to talk frankly with other men about life and its challenges



**Elaine—SuperGrans**

## COOKING CLASS

**Tues 11:00 am**

Elaine from SuperGrans takes this popular class integrating ingredients from Kaibosh showing what can be achieved with everyday items. Group size limited to 5 but tasting available to all present.

# 2023 AUGUST / HERE-TURI-KOKA

<b>Monday Rahina</b>	<b>9:00 am - 4:00 pm 10.00 am – 12.00 pm</b>	<b>Client Appointments / Peer To Peer Craft Group</b>
<b>Tuesday Ratu</b>	<b>9:00 am - 4:00 pm 9:30 am onwards 11:00 am—1:00 pm</b>	<b>Client Appointments / Peer To Peer Kaibosh Cooking Class</b>
<b>Wednesday Raapa</b>	<b>9:00 am - 4:00 pm 9:30 am onwards 10.00 am—12.00 pm</b>	<b>Client Appointments / Peer To Peer Kaibosh Women’s Group</b>
<b>Thursday Rapare</b>	<b>9.00 am – 4.00 pm 9:30 am onwards 10.00 am – 12.00 pm</b>	<b>Client Appointments / Peer To Peer Kaibosh Men’s Group</b>
<b>Friday Ramere</b>	<b>9.00 am – 3.00 pm 11:00 am - 1:00 pm 1:00 pm - 2:00 pm</b>	<b>Client Appointments / Peer To Peer Realities Group Realities Group Lunch</b>



For anyone (or anyone you know) affected by alcohol and drugs that has a focus on holistic wellbeing for those we are able to refer you to a trained councillor.

Contact us today for further details.