

JULY 2023 HONGONGOI



Dates and Reminders

6 July @ 12:30 Oasis Members' Meeting

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

13 July Mid Winter Members'
Outing to Upper Hutt

Cossie Club

Daalitiaa Cuarra o re

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

www.oasisnetwork.org.nz

kaibosh Food Rescue

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
 - o 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.



Members' Mid Winter Outing UPPER HUTT COSSIE CLUB Thursday 13th July



It is only days away!!!
Over 30 have registered so far.
Register your interest when you're next attending a group at our Bloomfield Terrace office.
Everyone is hyped and looking forward to it.



9:30 Depart Oasis Network



10:00 approx Pool, snooker, games, great conversation and generally chilling out.

12:00



Lunch

2:30 approx

Depart UH Cossie Club

Travel Options

- ⇒ Minibus available from our office
- ⇒ Meet us at the Cossie Club
- ⇒ Staff at our office may have capacity in available work cars
- \Rightarrow Housing navigators may have spare capacity in their vehicles.



and other helpful topics. Feel free to ask what our next focusses on health and wellbeing (caring for ourselves) Wed 10 am A number of topics shared in a group setting which



JULY WED 10am - 12noon

Book work/ discussing a relevant Jewellery Making Come and have fun creating Topic 12th July

5th July

Outing Women to chose what we do

wellbeing topic

Book work/ discussing a relevant wellbeing topic 26th July 19th July

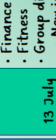
Want to know more or have ideas for this group see Karen



Thurs 10 am rankly with other men about life and its challenges Come join us on Thursdays 10am to 12pm to talk See the topics list in this newsletter. MEN'S GROUP

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fun activity and exercise	Game, culture and talents	valkabout (Weather permitting)
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6 July



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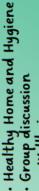
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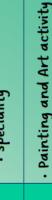
20 July

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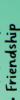












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Rotary Hutt Valley Healthy In The Hutt Walter Nash Stadium Saturday 17 June 2023













REALITIES GROUP

Also at TWA

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.

We are pleased to deliver our Realities Group program to those at Te Whare Ahuru.

This is co-facilitated by Mel Leaupepe (who runs our in house Men's group) and

Dennis Duerr (who runs our in house Realities Group.

Both are no strangers to MHAIDS as Mel volunteers as a buddy with Kites. Dennis has been involved with similar programs at Te Whare O Matairangi for many years. One of the positive spinoffs will be to provide that continued support once discharged so clients can continue their recovery with us.



CRAFT GROUP

Mon 10 am

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



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!



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.



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



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 JULY / HONGONGOI

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9:00 am - 4:00 pm 10.00 am - 12.00 pm Client Appointments / Peer To Peer Craft Group

Fuesday Ratu 8.30 am - 10.30 am 10:30 am - 4:00 pm 10:30 am onwards 11:00 am—1:00 pm Closed (Staff Admin / Meetings)
Client Appointments / Peer To Peer
Kaibosh
Cooking Class

Wednesday Raapa

9:00 am - 4:00 pm 9:30 am onwards 10.00 am—12.00 pm Client Appointments / Peer To Peer Kaibosh Women's Group

Thursda₎ Rapare 9.00 am - 4.00 pm 9:30 am onwards 10.00 am - 12.00 pm Client Appointments / Peer To Peer Kaibosh Men's Group

Friday Ramere 9.00 am - 3.00 pm 11:00 am - 1:00 pm 1:00 pm - 2:00 pm Client Appointments / Peer To Peer Realities Group Realities Group Lunch



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.