



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

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	na
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



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*
- ⇒ *Housing navigators may have spare capacity in their vehicles.*



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!

Women's Group

JULY WED 10am - 12noon

- 5th July Jewellery Making
Come and have fun creating
- 12th July Topic:
Book work/ discussing a relevant wellbeing topic
- 19th July Outing
Women to chose what we do
- 26th July Topic
Book work/ discussing a relevant wellbeing topic

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



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.

MEN'S GROUP

THURSDAYS from 10am to 12pm

6 July	<ul style="list-style-type: none"> • Fun activity and exercise • Game, culture and talents • Walkabout (Weather permitting)
13 July	<ul style="list-style-type: none"> • Finance • Fitness • Group discussion <ul style="list-style-type: none"> • New ideas • Skills • Goals
20 July	<ul style="list-style-type: none"> • Healthy Home and Hygiene • Group discussion <ul style="list-style-type: none"> • Wellbeing • New topic • Speciality
27 July	<ul style="list-style-type: none"> • Painting and Art activity • Teamwork • Friendship

2023 Mahi Aroha Awards

We had Tony nominated for 'Volunteer of the Year' but he was up against some other very worthy recipients.



Tony is our invaluable volunteer of many years!



There are three categories for the 2023 awards:

1. Volunteer of the Year Award
2. Team Governance Award
3. Employee Volunteering Community Award





Rotary Hutt Valley

Healthy In The Hutt
Walter Nash Stadium
Saturday 17 June 2023



Te-Upoko-me-Te-Karu-o-Te-Ika
Mental Health, Addiction and
Intellectual Disability Service



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.



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 JULY / HONGONGOI

Monday Rahina	9:00 am - 4:00 pm 10:00 am – 12:00 pm	Client Appointments / Peer To Peer Craft Group
Tuesday 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
Thursday 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.