



Dates and Reminders

6 APR @ 12:30	Oasis Members' Meeting
Mondays	Craft Group
Tuesdays	Kaibosh Cooking Classes
Wednesdays	Women's Group Kaibosh
Thursdays	Men's Group Kaibosh
Fridays	Realities Group
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

FOOD RESCUE

KAIBOSH DAYS

Monday	na
Tuesday	Available when unpacked
Wednesday	Available when unpacked
Thursday	Available when unpacked
Friday	na

RULES

- **You MUST either**
 - **attend at least one group a week**
 - **and/or be receiving support from an advocate and/or client supporter.**
- **Collect before 1pm.**
- **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

General Enquiries and
Client Support
(04) 566-1601

Client Advocates:
(04) 589-5897

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



Save the date!

Back by popular demand!

Stay tuned for more information including how to register!

These cooking classes have proved very popular. We recently had to beg Elaine if she had capacity to increase the number of participants to 5 as others were keen to get involved. Elaine is very obliging and agreed.

We will improvise with food provided by Kaibosh Food Rescue. Dishes have included bacon and egg pie, stir fry, soup, nachos, meat balls on pasta, cheese scones. Dishes are usually accompanied by a delicious salad.

If you are now salivating you should contact us NOW.



Karen O'Connell

WOMEN'S GROUP

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!

Wed 10 am

Women's Group

APRIL WED 10am - 12noon

- 5th April - Cooking with Lorraine
Easter Treat
- 12th April - Topic
Book work/ discussing a relevant wellbeing topic
- 19th April - Fun/ Friendship Day
Women to chose what we do
- 26th April - Topic
Book work/ discussing a relevant wellbeing topic

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



MEN'S GROUP

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.

Thurs 10 am

MENS' GROUP

THURSDAYS from 10am to 12pm

6th APR	<ul style="list-style-type: none"> • Faith • Health 	<ul style="list-style-type: none"> • Family • Work
13th APR	<ul style="list-style-type: none"> • Culture • Sport 	<ul style="list-style-type: none"> • Language • Food
20th APR	<ul style="list-style-type: none"> • Moral • Limit • Priority 	<ul style="list-style-type: none"> • Value • Boundary
27th APR	<ul style="list-style-type: none"> • People • Music • Movie 	<ul style="list-style-type: none"> • Place • Nature

Our kaupapa is RESPECT

RESPECT YOURSELF	RESPECT EACH OTHER	RESPECT OASIS
<ul style="list-style-type: none">• Maintain good hygiene• Ask for support• Participate	<ul style="list-style-type: none">• Welcome, share and care for each other• Respect each other's differences• Respect each other's privacy and personal space• Be alcohol and drug free when here• We have zero tolerance for threats and violence	<ul style="list-style-type: none">• Leave Oasis cleaner than you found it

Remember Oasis is a place of healing so enjoy your time here with us.

Have fun, be friendly, positive and encouraging.

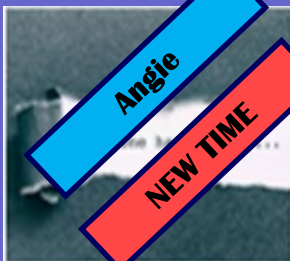


www.oasisnetwork.org.nz

You may have noticed our new logo creep into the March newsletter replacing a very outdated logo. Our long overdue website will also be launched very soon.

Our new logo represents the planting of a seed to allow our clients to flourish and grow.

We thank graphic designer Lance who writes of the Porowhita in Maoridom symbolising the circle of life and never ending journey of discovery and rediscovery.



During March our Friday Realities group moved to the earlier time of 11 am to 1 pm. We've had a very positive response to the change. That could also be due in part to a lunch put on for attendees at 1 pm. What a great way to end the week!



MEMBERS' OUTING to MATIU SOMES ISLAND

We got there! After two failed attempts due to poor weather and Covid we thoroughly enjoyed our day out!

The weather was perfect and we were pleased our two trainee interns could join us.

The majority of us had never been before and were pleasantly surprised by the history the island had to offer. In fact the two hours we were there wasn't quite long enough.

More photos to come on our website .





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!

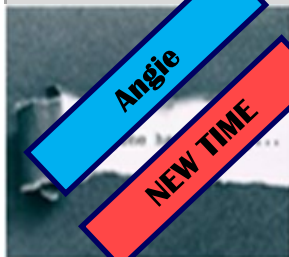


Karen or Gaylene

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. Feel free to ask what our next topic is and come along!



Angie

NEW TIME

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 participants what can be achieved with many everyday items. Group size limited to 5.

2023 April / Paenga Whawha

Monday
Rahina

9:00 am - 4:00 pm Client Appointments / Peer To Peer
10:00 am – 12.00 pm Craft Group

Tuesday
Ratu

8.30 am – 10.30 am **Closed** (Staff Admin / Meetings)
10:30 am - 4:00 pm Client Appointments / Peer To Peer
10:30 am onwards Kaibosh

Wednesday
Raapa

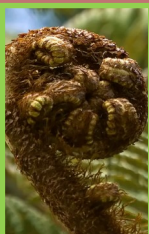
9:00 am - 4:00 pm Client Appointments / Peer To Peer
9:30 am onwards Kaibosh
10.00 am—12.00 pm Women’s Group

Thursday
Rapare

9.00 am – 4.00 pm Client Appointments / Peer To Peer
9:30 am onwards Kaibosh
10.00 am – 12.00 pm Men’s Group

Friday
Ramere

9.00 am – 3.00 pm Client Appointments / Peer To Peer
11:00 am - 1:00 pm Realities Group **NEW TIME**
1:00 pm - 2:00 pm Realities Group Lunch **NEW EVENT**



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.