



Dates and Reminders

15 June @ 12:30	Oasis Members' Meeting
Mondays	Craft Group
Tuesdays	Kaibosh Cooking Classes
Wednesdays	Kaibosh Women's Group
Thursdays	Kaibosh Men's Group
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

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



Save the date!

Back by popular demand!

Register your interest when you're next attending a group at our Bloomfield Terrace office.



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

JUNE WED 10am - 12noon

- 7th June - Topic
Book work/ discussing a relevant wellbeing topic—Handling Conflict Within Friendships
- 14th June Craft
Making Cup Pin Cushions, with simple embroidery stitches
- 21st June - Topic
Book work/ discussing a relevant wellbeing topic—Healthy Eating
- 28th June - Fun/ Friendship
Come and connect and have fun doing an activity together

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.

1 June	<ul style="list-style-type: none">• Aim• Purpose• Outcome
8 June	<ul style="list-style-type: none">• Wisdom• Kindness• Humour
15 June	<ul style="list-style-type: none">• Time• Change• Control
22 June	<ul style="list-style-type: none">• Gender• Personal Growth & Development
29 June	<ul style="list-style-type: none">• Outing Discussion <p><i>All men that make an effort at least once a month are awesome</i></p>

MEN'S GROUP
THURSDAYS from 10am to 12pm



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.

2nd June:

Change

Aim:

To look at life changes around the time of psychosis / distress

Purpose:

To explore how change influences distress for the better or worse

Outcome:

Participants know how change influences distress. They are ready and more able to deal with it

9 June:

Negative influences:

Aim: To look at unhealthy life influences that amplify distress

Purpose:

To explore unhealthy behaviors, why they are detrimental, why they are there and how to avoid them

Outcome:

Participants are able to avoid unhealthy influences, lessening their distress

16 June:

Positive influences:

Aim:

To become aware of good habits and people that can be increased and better life

Purpose: To increase positive influences

Outcome: Better lifestyle, less distress

23 June:

Being misunderstood:

Aim: Participants discuss the negative influence of prejudice, discrimination and stigma on life and why people have those misconceptions

Purpose:

To explore stigma and discrimination, why it is there and how to challenge it

Outcome: Less self stigma (stigma pointed at oneself)

30 June:

Childhood and distress:

Aim:

To explore whether childhood is the subject and/ or cause of present distress

Purpose:

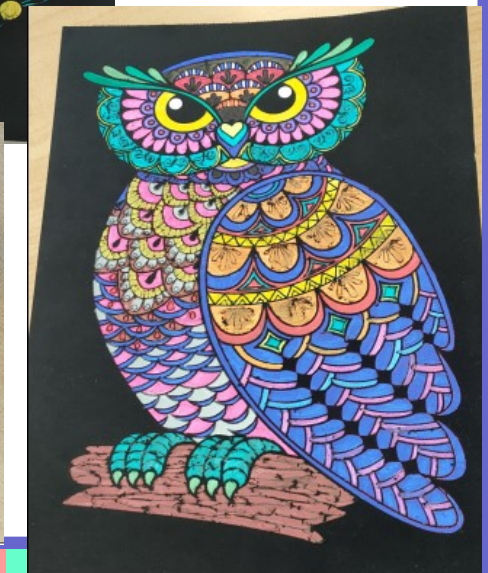
For participants to be more aware of the influence of childhood trauma and events on their present distress

Outcome:

Group is more aware of factors that led to their distress and healing and integrating the inner child.

22 MAY CRAFT GROUP

Craft Group Creations





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!



Dennis

REALITIES GROUP

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Mel

MEN'S GROUP

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Elaine—SuperGrans

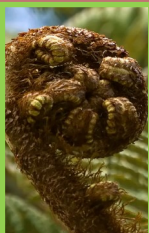
COOKING CLASS

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 June / Pipiri

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.