



# Oasis Network Inc.

SUPPORT, EDUCATION, ADVOCACY AND HOUSING

Ph. 04 566 1601, Level 1, Office 4, 40-44 Bloomfield Terrace, PO Box 31-037, Lower Hutt



**FEB 2023**

**Hui Tanguru**

[www.oasisnetwork.org.nz](http://www.oasisnetwork.org.nz)

## Dates and Reminders

9 FEB @ 12:30	Oasis Members' Meeting
Mondays	Craft Group Sewing classes
Tuesdays	The Zone Kaibosh Cooking Classes
Wednesdays	Women's Group Kaibosh
Thursdays	Men's Group Kaibosh
Fridays	Realities Group

## 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

# kai**bosh**

FOOD RESCUE

## KAIBOSH DAYS

<b>Monday</b>	na
<b>Tuesday</b>	<b>Available when unpacked</b>
<b>Wednesday</b>	<b>Available when unpacked</b>
<b>Thursday</b>	<b>Available when unpacked</b>
<b>Friday</b>	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.**

### Lower Hutt Office

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



# CHRISTMAS OUTING



MEMBERS'  
CHRISTMAS  
OUTING

Thursday 8 December

## UPPER HUTT COSSIE CLUB

Our plans to go to Somes Island were changed only two days out as the weather forecast changed to rain. The rain didn't eventuate.

A last minute switch to the UH Cossie Club was a hit. More people were able to attend as those with mobility issues weren't too keen on Somes Island.

It was also a hit because it was a great relaxing environment, it was spacious, there was good conversation, and the food was impressive.

It was great to see residents from our transitional homes there as well as residents that we had housed in the past.

We will look at Somes Island possibly in late Feb or March. Watch this space.



# THE ZONE

TUESDAY 1.30pm -3pm

24th Jan - **Open Art**

Bring your own art or craft or use the resources available  
(Note: this is not class just free play)

31st Jan - **Games with Karen**

Come ready to use your brain with some word and number games

7th Feb - **Open Art**

Bring your own art or craft or use the resources available  
(Note: this is not class just free play)

14th Feb - **Colouring in/Chat**

Come join us for an afternoon of colouring and chatting

21nd Feb - **Jigsawtime**

Come help complete a jigsaw, lets see who can make the pieces fit

28th Feb - **Pictionary Game**

Come and have fun drawing and guessing

Need more info or have ideas for this group see Karen



# Women's Group

Jan/ Feb WED 10am - 12noon

18th Jan

- **Catching up for New Year**  
Colouring in / coffee while catching up after holidays

25th Jan

- **Craft**  
Try your hand at something crafty

1st Feb

- **Topic**  
Book work/ discussing a relevant wellbeing topic

8th Feb

- **Fun / Friendship**  
Women to decide what this will be e.g. walk, op shop, games, movie (in house) craft, cooking etc.

15th Feb

- **Craft**  
Try your hand at something crafty

22th Feb

- **Topic**  
Book work/ discussing a relevant wellbeing topic

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





**Thurs 10 am**

**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.



# MENS' GROUP

## THURSDAYS from 10am to 12pm

Our men's group facilitator Dennis will be taking up full time study in late February.

We wish him well with all he is working toward and thank him for his years of service to Oasis Network.

These groups will continue as we look to secure a group coordinator.

# Our kaupapa is RESPECT

### RESPECT YOURSELF

- Maintain good hygiene
- Ask for support
- Participate

### RESPECT EACH OTHER

- 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

### RESPECT OASIS

- 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.



**Elaine from SuperGrans comes to Oasis at 11am on Tuesdays for cooking classes. Class numbers are limited to 4. 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.**



## WOMEN'S GROUP

Wed 15 Jan





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



## **REALITIES GROUP**

**Fri 1 pm**

Join us Friday 1pm to 3pm 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.



## **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



## **THE ZONE**

**Tues 1:30 pm**

See flyer in this newsletter for programme details. A varied programme catering for all tastes.

# 2023 FEBRUARY / HUI TANGURU

**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—1:00 pm Kaibosh  
1.30 pm – 3.00 pm The Zone

**Wednesday**  
**Raapa**

9:00 am - 4:00 pm Client Appointments / Peer To Peer  
10:30 am—1:00 pm Kaibosh  
10.00 am—12.00 pm Women’s Group

**Thursday**  
**Rapare**

9.00 am – 4.00 pm Client Appointments / Peer To Peer  
10.00 am – 12.00 pm Men’s Group  
10:00 am—1:00 pm Kaibosh

**Friday**  
**Ramere**

9.00 am – 3.00 pm Client Appointments / Peer To Peer  
1:00 pm - 3:00 pm Realities Group



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.