



Dates and Reminders

Thurs 7 Sept	Oasis Members' Meeting @ 12:30
Thur 21 Sept	Ten Pin Bowling for active members
Tues 28 Nov	Christmas Lunch for active members
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

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	<u>na</u>
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





Thursday 5 October 2023 Annual General Meeting

This will be held at the Oasis Network office on Bloomfield Tce. Time is to be confirmed but will be later in the afternoon.

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.

Deals

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

See the topics list in this newsletter.

REALITIES GROUP

FRIDAYS from 11am to 1pm

1 Sep

. Te Whare Tapa Wha

8 Sep

. Natural Healing

15 Sep

. Staying calm in a crisis / inner peace

22 Sep

. Wellness planning

29 Sep

. Healthy Boundaries

MEN'S GROUP

THURSDAYS from 10am to 12pm

7 Sep

. Fortitude
. Humility

14 Sep

. Assertiveness
. Problem Solving Skills

21 Sep

. Oasis Bowling Outing

28 Sep

. Social Rejection
. Risk taking



Outing for active members

Thur 21 September

**Strike Entertainment
Ten Pin Bowling and Pool**

Keep this date free.

This outing is for active members only. An active member must be attending at least one group a week and/or meeting regularly with a client advocate or client supporter.

You can register at our front desk. We will occupy the space upstairs including the pool tables. Stay in contact with us to keep updated on more details as they come to hand.



Christmas Lunch for 'Active' Members Tuesday 28 November 2023

Keep this date free.

This outing is for active members only.

This year we will be dining at Amazing Thai in High Street.

Stay in contact with us to keep updated on more details as they come to hand.

Mental Health Awareness Week (MHAW) will be held on 18 – 24 September 2023.

Take Notice | Me Aro Tonu – Monday

Take Notice refers to the practice of mindfulness. Mindfulness can be thought of as open and receptive attention to, and awareness of, what is occurring in the present moment.

Give | Tukua – Tuesday

Give refers to actions based on kindness, altruism, or generosity. Carrying out acts of kindness boosts our happiness, life satisfaction, and overall wellbeing.

Be Active | Me Kori Tonu – Wednesday

Widely recognised as being crucial for physical health and fitness, being active is also a powerful mood booster. Being active can not only make us feel good, it also enhances our thinking and learning abilities.

Connect | Me Whakawhanaunga – Thursday

Connection is the ngākau/heart of our wellbeing. It weaves us together, making us feel seen, heard, and understood. When we nurture meaningful connections with others, we fuel our own happiness.

Keep Learning | Me Ako Tonu – Friday

Keep Learning refers to 'exercising our mind' – almost like taking our brain to the gym. Any activity that challenges our thinking and expands our consciousness improves our ability to think.

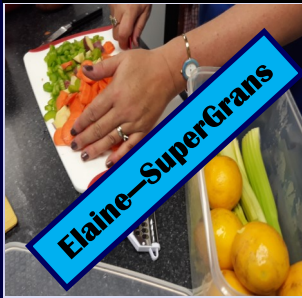


Karen or Gaylene

CRAFT GROUP

Mon 10 am

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



Elaine—SuperGrans

COOKING CLASS

Tues 11 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.



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!

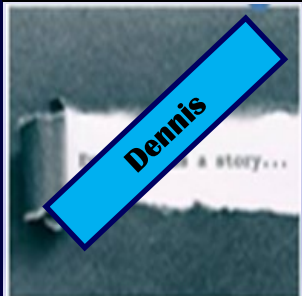


Mel

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



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.

2023 SEPTEMBER / MAHURU

Monday Rahina	9:00 am - 4:00 pm 9:00 am - 10:00 am 10.00 am – 12.00 pm 12:00 pm - 4:00 pm	Client Appointments Peer To Peer Craft Group Peer To Peer
Tuesday Ratu	9:00 am - 4:00 pm 9:30 am onwards 11:00 am—1:00 pm	Client Appointments / Peer To Peer Kaibosh Cooking Class
Wednesday Raapa	9:00 am - 4:00 pm 9:00 am - 10:00 am 9:30 am onwards 10.00 am—12.00 pm 10:00 am - 12:00 pm 12:00 pm - 4:00 pm	Client Appointments Peer To Peer Kaibosh Women’s Group Peer To Peer for Men Only Peer To Peer
Thursday Rapare	9.00 am – 4.00 pm 9.00 am – 10.00 am 9:30 am onwards 10.00 am – 12.00 pm 10.00 am – 12.00 pm 12.00 pm – 4.00 pm	Client Appointments Peer To Peer Kaibosh Men’s Group Peer To Peer for Women Only Peer To Peer
Friday Ramere	9.00 am – 3.00 pm 9.00 am – 11.00 am 11:00 am - 1:00 pm 1:00 pm - 2:00 pm 2.00 pm – 3.00 pm	Client Appointments Peer To Peer Realities Group Lunch for Active Members Peer To Peer



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.