



Dates and Reminders

Thurs 2 Nov	Oasis Members' Meeting @ 12 pm
Tues 28 Nov	Christmas Lunch at Taste Amazing for active
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
- ⇒ Client 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



15 Years of Food Rescue

On Wednesday 18 October Kaibosh Food Rescue celebrated 15 years of food rescue.

Our members and clients are very familiar with Kaibosh as they receive rescued items on a regular basis. A moderate group from Oasis visited their Petone depot to see how the Kaibosh operation works. A couple of our members spoke about how the rescued food helps with their household budgets and thanked Kaibosh.

We enjoyed soup, banana smoothies and other treats produced from the rescued food.

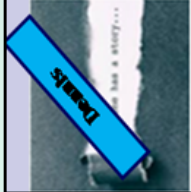
It helped our members gain a much better insight into Kaibosh and we look forward to continuing our great relationship with Kaibosh well into the future.

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.



Fri 11 am

REALITIES GROUP

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.

3 Nov	. Letting Go Of People
10 Nov	. TBC
17 Nov	. TBC
24 Nov	. TBC

REALITIES GROUP
FRIDAYS from 11am to 1pm



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.

2 Nov	. Men's Outing . Explore and Treat
9 Nov	. Maintaining Wellbeing . Alternative Exercises
16 Nov	. Improving Resilience . Alternative Activities
23 Nov	. Men's Outing (Weather permitting) . Discussion
30 Nov	. Te Whare Tapa Wha . Language Matters

MEN'S GROUP
THURSDAYS from 10am to 12pm

All men are welcome to share and support our mental health challenge with respect and peace. Arohanui!!

Farewell Dennis



Dennis will facilitate his final Realities group on the 3rd of November.

He has had some great opportunities arise and they are closer to home.

We wish Dennis all the best. He will of course always be part of our Oasis family.

And..... Welcome Gary

Gary's first group will be on the 10th of November.

He is not new to Oasis having run groups at Oasis a few years back.

Gary was part of a working committee who formed in 2000 to become the Hutt Valley Services steering group. He and others noted a gap in the provision of advocacy services in the Hutt Valley.

The full story and history can be found on our website.



*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 Taste Amazing in High Street.

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



CLOSEDOWN OVER CHRISTMAS

Our office will closed on Friday 22 December 2023.

Our office will reopen on Monday 15 January 2024.

**The last group for 2023 will be Friday 15 December 2023.
Groups will resume on the first week back.**



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!

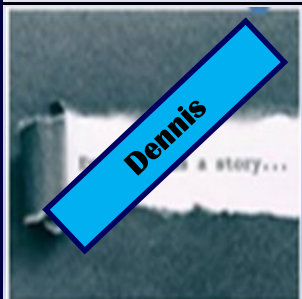


Mel

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 NOVEMBER / WHIRINGA A RANGI

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.