



Dates and Reminders

9 MAR @ 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

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



UPPER HUTT COSSIE CLUB

Mid Winter Outing



The members enjoyed their visit to the cossie club in December so much that they would like to visit the establishment again for their mid year Winter function.

So stay tuned in future newsletters for details on this.



MATIU SOMES ISLAND ADVENTURE

On 1 March we will again try to get to Somes Island. Third time lucky?

Oasis members' and staff will be ferrying to Matiu Somes Island.

Oasis Network hosts trainee interns from Otago University and we are delighted they can join us.

We will take Subway.

Keep an eye on our April newsletter for pics and stories.



THE ZONE

TUESDAY 1.30pm -3pm

7th March - Colouring in/ Chat

Come join us for an afternoon of colouring and chatting

14th March - Games

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

21st March - Jigsaw time

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

28th March - Pictionary Game

Come and have fun drawing and guessing

Need more info or have ideas for this group see Karen



Women's Group

MARCH WED 10am - 12noon

1st March

- NO GROUP Oasis wide planned trip to Somes Island

8th March

- OUTING
Women to decide what we are doing

15th March

- CRAFT WITH GAYLENE
Guest tutor Gaylene will be here

22nd March

- Topic
Book work/ discussing a relevant wellbeing topic

29th March

- Nails with Terene
Pamper your self with learning how to do nails.

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

We mentioned in our February news-
letter Dennis was heading off to
study. We wish him well but we in-
tend to not let him go completely:)

We're pleased to announce that our
new group facilitator will be Romeo
(better known as Mel) Mel has had a
long association with Oasis and is
well known to all he members. We
know he will do well.

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.



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.

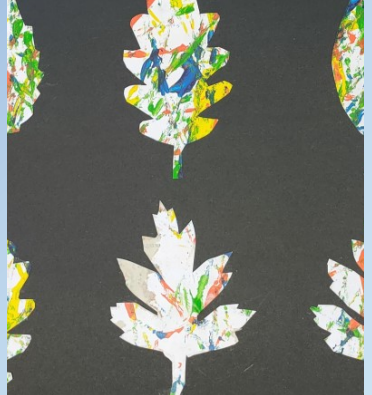
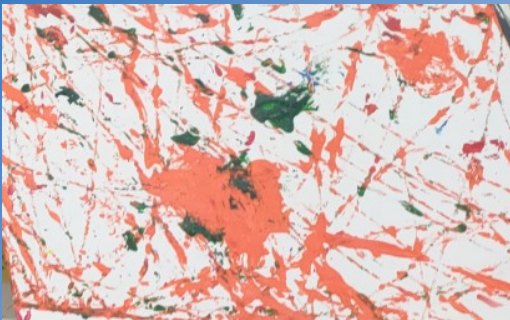


CRAFT GROUP

Mon 10 am

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

Artwork from MON 20th FEB





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

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.



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



Angie

THE ZONE

Tues 1:30 pm

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

2023 March / Poutū-te-rangi

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

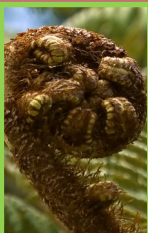
9:00 am - 4:00 pm Client Appointments / Peer To Peer
10:30 am—1:00 pm Kaibosh
10.00 am—12.00 pm Women's Group

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.