



Dates and Reminders

Thurs 5 Oct	Oasis Annual General Meeting @ 12 pm
Wed 25 Oct	Malaysian Cultural afternoon @ 1 pm.
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

www.oasisnetwork.org.nz

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	na
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

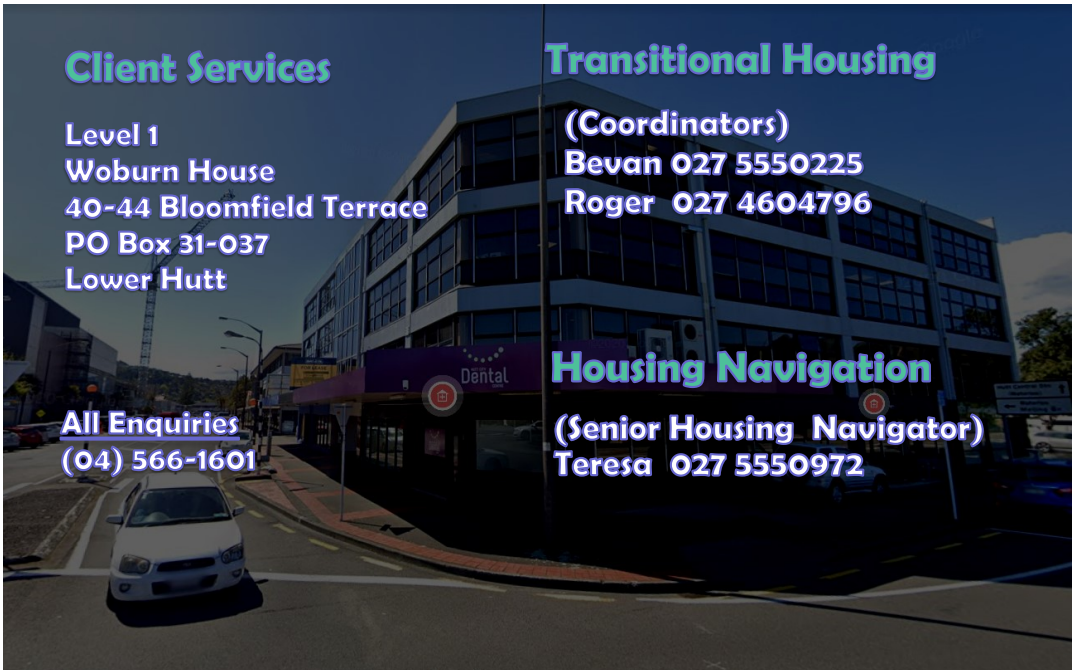
All Enquiries
(04) 566-1601

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. This will be held at 12 pm.

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.



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.

REALITIES GROUP

FRIDAYS from 11am to 1pm

6 Oct	. Creativity
13 Oct	. Healing Powers Of Music
20 Oct	. Medical Model Of Distress
27 Oct	. Companionship



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.

MEN'S GROUP

THURSDAYS from 10am to 12pm

5 Oct	. Meditation . Emotions and Health
12 Oct	. Boundary Setting . Alternative Exercises
19 Oct	. Resisting Happiness . Alternative Activities
26 Oct	. Men's Outing (Weather permitting) . Discussion

Active Members Outing

Ten Pin Bowling

Thur 21 September



We assemble downstairs as our lanes are prepared upstairs

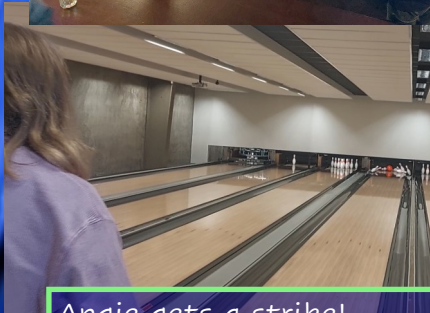
Announcements take place before the games begin.



We had a group of about 40 attend this great event at Strike in Petone. We occupied all 6 lanes upstairs.

We had two games each. Top score was Bevan with 153. Second was Angie with 150. Very impressive indeed.

Delicious food platters and fizzy drinks flowed. An enjoyable time was had by all.



Angie gets a strike!.
One of many.

Game	1	2	3	4	5	6	7	8	9	10	TOT.
Tony	3	-3	-4	5							15
Bren	-	/4	56	-							29
Beva	X	X	X								0
Mari	-	-9	-								9

Bevan managed a 'turkey' on 3 consecutive strikes with his first three bowls.



*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.



CULTURAL AFTERNOON

Come join us on **Wed 25 October** between 1 and 3pm to hear **Kim Hunt** talk of her **Malaysian** culture. This will be followed by a **Malaysian** dish.

This will be at the main Oasis office on Bloomfield Terrace..

Thanks to Lorraine for arranging this pioneering event. I'm sure this event will be very popular so if guests are available this could turn in to a regular event.





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!

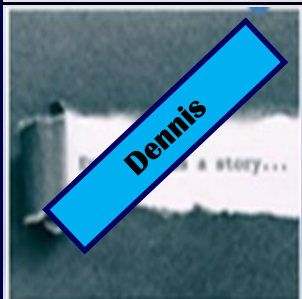


Mel

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 OCTOBER / WHIRINGA A NUKU

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.