



Dates and Reminders

4 May @ 12:30	Oasis Members' Meeting
Mondays	Craft Group
Tuesdays	Kaibosh Cooking Classes
Wednesdays	Kaibosh Women's Group
Thursdays	Kaibosh Men's Group
Fridays	Realities Group
13 July	Mid Winter Members' Outing to Upper Hutt Cossie Club

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

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

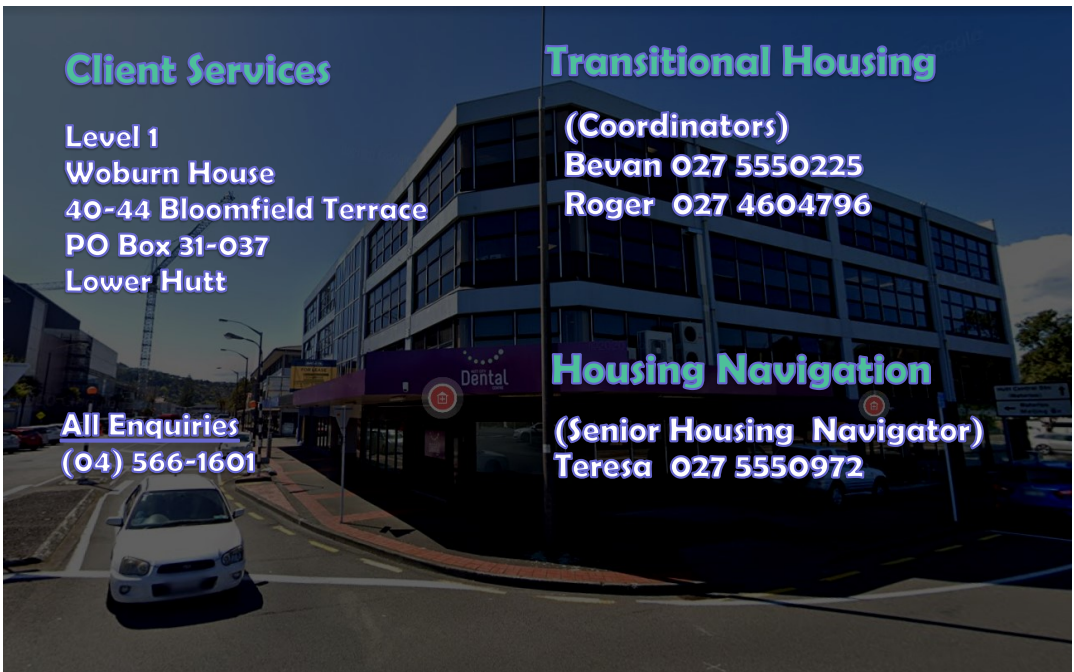
All Enquiries
(04) 566-1601

Transitional Housing

(Coordinators)
Bevan 027 5550225
Roger 027 4604796

Housing Navigation

(Senior Housing Navigator)
Teresa 027 5550972



Members' Mid Winter Outing

UPPER HUTT COSSIE CLUB

Thursday 13th July



Save the date!

Back by popular demand!

Stay tuned for more information including how to register!

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.

Women's Group

MAY WED 10am - 12noon

- **3rd May** - **Craft** (Mothers day celebrating women) Come and make a cool little purse
- **10th May** - **Topic** Book work/ discussing a relevant wellbeing topic
- **17th May** - **Outing** Women to decide what we are doing Those who regularly attend the women's group at least once a month can join this trip
- **24th May** - **Chocolate making with Maria** Come and have a go.
- **31st May** - **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.

MEN'S GROUP THURSDAYS from 10am to 12pm	
4 May	<ul style="list-style-type: none">• Healthy Guardians• Unhealthy Guardians• Recovery Routine
11 May	<ul style="list-style-type: none">• Communication• Transportation• Teamwork
18 May	<ul style="list-style-type: none">• Living under pressure• Affection• Fear
25 May	<ul style="list-style-type: none">• Fairness• Time• Peace

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.

Dennis missed us and we missed him. So we're delighted to have him back as our group facilitator for the Friday Realities group. Great to have you back friend!



During March our Friday Realities group moved to the earlier time of 11 am to 1 pm. We've had a very positive response to the change. That could also be due in part to a lunch put on for attendees at 1 pm. What a great way to end the week!

MAY

Craft and Women's Group Creations

Plastic bottle poppies in craft group
Felt poppies in women's group
Flower painting in craft group.



**Craft Group
3 April**



**Women's Group
5 April**



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!

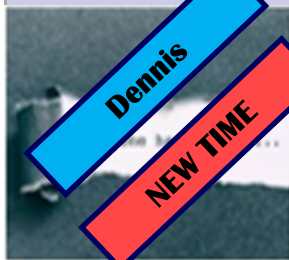


Karen or Gaylene

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!



Dennis

NEW TIME

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.



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



Elaine—SuperGrans

COOKING CLASS

Tues 11:00 am

Elaine from SuperGrans takes this popular class integrating ingredients from Kaibosh showing participants what can be achieved with many everyday items. Group size limited to 5.

2023 May / Haratua

Monday Rahina	9:00 am - 4:00 pm 10.00 am – 12.00 pm	Client Appointments / Peer To Peer Craft Group
Tuesday Ratu	8.30 am – 10.30 am 10:30 am - 4:00 pm 10:30 am onwards 11:00 am—1:00 pm	Closed (Staff Admin / Meetings) Client Appointments / Peer To Peer Kaibosh Cooking Class
Wednesday Raapa	9:00 am - 4:00 pm 9:30 am onwards 10.00 am—12.00 pm	Client Appointments / Peer To Peer Kaibosh Women’s Group
Thursday Rapare	9.00 am – 4.00 pm 9:30 am onwards 10.00 am – 12.00 pm	Client Appointments / Peer To Peer Kaibosh Men’s Group
Friday Ramere	9.00 am – 3.00 pm 11:00 am - 1:00 pm 1:00 pm - 2:00 pm	Client Appointments / Peer To Peer Realities Group Realities Group Lunch



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.