



*Bluff Holiday programme*

## KŌRERO FROM OUR COUNSELLOR

Kia Ora Whānau,

It's been a pleasure to sit with some of you and have you share your stories with me over the past few months. Winter has had a lot of us feeling a little under the weather and a bit chilly! Often this can seem gloomy so it's super important to look after ourselves.

Winter is a transitional season that prepares us and our surroundings for new beginnings and that is exciting!

Nourishing our wairua, tinana, hingengaro and whānau can be challenging when the weather is cold so here are a few ideas to you might want to give a try on your own or with your whānau:

- Cuddling up in a cosy blanket and reading a book
- Creating a delicious and nutritious dinner
- Heading outside and feeling the wind and rain on your skin
- Catching up with friends and having a good kōrero

Take care of yourselves and others and embrace the wonder that is Winter.

Dae-maree



## WHATS COMING UP?



For more information or to register call  
0800 AWARUA (292 782)

**Koia kia tū (Māori adaption of Tai chi)** - Every Thursday, 10am

**Taurite Tū** - Every Friday, 10am, Bluff Rugby Club

**AWS Playgroup** - Every Thursday, 11am - 12:30pm

**Game On! -Tane Parenting Programme** - August 2nd 7pm - 9pm (6 sessions)

**Te Whare Tangata** -

Monday, October 30th - 11am - 1pm

Wednesday, November 1st - 5pm - 7pm (6 sessions)

**Building Awesome Whānau** - October 17th 10am - 12 pm , (6 sessions)

# WHĀNAU STORY

## A JOURNEY OF HEALING

CLICK THE PICTURE FOR VIDEO VERSION

Lisa, originally from the UK, moved to New Zealand nine years ago and settled in Invercargill with her Southlander husband. They met in the UK and have since embarked on an incredible journey together.

As a **māmā of three beautiful tamariki, aged 5, 3, and 1**, Lisa's focus shifted from her career to raising her whānau. Despite the joys of motherhood, Lisa found herself seeking a supportive community that would understand the changes she had gone through.

Being a non-Māori parent with Māori tamariki, who belong to the Ngāi Tahu, Lisa approached Awarua to see if she could receive some support from a kaupapa Māori service. Lisa found value in having access to te reo Māori and cultural experiences, as well as the advice from the Tamariki ora nurses and the Māmā and Pepi programme. Lisa educated herself by joining **He Taonga Te Mokopuna** (Playgroup) and **Tamariki ora** (Well-child). Lisa also praises Dae Maree, a counsellor at Awarua, for her practical approach and support in dealing with postnatal depression. These counselling sessions provided Lisa with practical coping strategies giving her a sense of direction and a path to healing.

Becoming a parent is life-changing, plus balancing other life events at the same time, it can quickly lead to feelings of being overwhelmed. Lisa progressed at her pace knowing she can take the time needed to heal and grow.

Lisa learned valuable skills to de-escalate situations and find her calm, **enabling her to parent in the way she wants**. Instead of being a "shouty mum," she now embraces a calmer state for the benefit of her tamariki. The support she received from Awarua helped her rediscover the joy of being present with her kids, and the understanding she found made her feel accepted and normal. Lisa has been part of Awarua for over 5 years and feels heard and valued, without feeling judged.

Looking ahead, Lisa aspires to continue her personal growth journey. With her whānau needs being met and a new job opportunity, she aims to find her own identity while being an awesome māmā.

### Talk



#### Talk to your:

Well Child Tamariki ora/ Plunket Nurse

Midwife

Doctor

### Call or text



Mental Health Helpline: **Txt 1737**

Plunket Line: **0800 933 922**

Depression Helpline: **0800 111 757/ Txt 4204**

Anxiety Helpline: **0800 269 438**

Skylight: Grief, Loss, Trauma: **0800 299 100**

Southland Mental Health Emergency Team: **0800 467 846**

Southland Rural Support Trust: **0800 787 254**

### Visit



[www.depression.org.nz](http://www.depression.org.nz)

[www.PADA.nz](http://www.PADA.nz)

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

[www.plunket.org.nz](http://www.plunket.org.nz)

[www.justathought.co.nz](http://www.justathought.co.nz)



# PARENTING SUPPORT PROGRAMMES

## GAME ON!

A unique and transformative initiative created by the Catholic Social Services in Dunedin aimed to empower father figures with the tools to actively participate in the lives of their tamariki. The programme is delivered over 6 weeks, 2 hour sessions.

### Session one

What our tamariki need

### Session two

Our role as Dads

### Session three

Communication

### Session four

Discipline and boundry setting

### Session five

Nutrition and the brain

### Session six

Pulling it all together



## TOOL BOX

### Building Awesome Whānau



Building Awesome Whānau draws on the wisdom of mātauranga Māori and the best of Toolbox to offer you and your family a kaupapa that is uniquely Aotearoa. Designed for whānau raising children aged 0–12, this course is delivered over 6 weeks. Your facilitator will draw on the wealth of wisdom and experiences present in the group, and weave that together with all that is Building Awesome Whānau.

### Session one

Laying the foundations – Building your family on aroha

### Session two

Parents are the roof – Protecting your whānau

### Session three

The walls of the whare – Boundaries to keep the good stuff in and the bad stuff out

### Session four

Keeping it sweet – Atmosphere is everything!

### Session five

Cool kōrero – Communication

### Session six

Outside the whare – Living in the big wide world

# HAUORA Tinana

## Nurse-led Clinics

Nurse-led clinics deliver a range of services including;

- Performing physical exams
- Providing patient education
- Treating minor injuries
- Offering health promotion and disease prevention
- Co-ordinating care with other professionals
- Blood pressure and blood sugar checks
- Assisting whānau to meet their health needs

Invercargill clinics are held **Wednesdays, 2pm - 7pm**  
**NO APPOINTMENT NEEDED.**



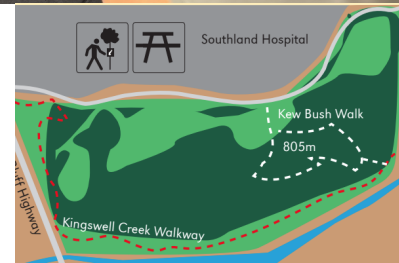
## AFFORDABLE EATS QUICK VEGGIE FRIED RICE

- Cashews, roughly chopped - 1/2 cup
- Sesame oil - 2 Tbsp
- Eggs, lightly beaten - 3
- Garlic, crushed - 4 cloves
- Spring onion, white and green parts separated, thinly sliced - 1/2 bunch
- Microwave brown rice - 450 g
- Fresh vegetable stir fry mix kit (reserve the stir fry sauce) - 250 g
- Frozen peas - 2 cups
- Salt-reduced soy sauce - 1/4 cup
- Red chilli, thinly sliced (optional, to serve) - 1

1. Heat a large frying pan over medium heat. Add cashews and cook, stirring occasionally, for 1 minute or until toasted. Remove from pan and set aside.
2. Heat half of the oil in same pan over low heat. Add egg and cook for 2 minutes or until egg is set. Slide out of pan and set aside.
3. Heat remaining oil in same pan over medium heat. Add garlic and white part of spring onion, then cook, stirring occasionally, for 1 minute or until fragrant. Add rice and cook, stirring occasionally, for 2 minutes or until rice begins to sizzle and becomes crisp.
4. Add stir-fry mix and cook, stirring, for 2 minutes or until vegetables just soften. Add peas and soy sauce, then cook for 2 minutes or until peas are just tender. Remove pan from heat.
5. Roll up egg and thinly slice. Divide rice mixture among bowls and top with cashews, egg and green part of onion. Serve topped with chill, if using.

## HĪKOI TO TRY KEW BUSH

 **BLUFF RD/KEW RD INTERSECTION  
INVERCARGILL, 9812**



The Kingswell Creek  
Walkway (3086m one way)

Get more info by clicking the picture



## WORK AND INCOME SUPPORT

Fortnightly on Thursday, Dana who is a local Case Manager with over 10 years of experience within the Ministry of Social Development is here to help you financially. This service suits those on a low income, not working, who need support into work and needing help with housing.

You can book an appointment by talking with reception 0800 AWARUA (292 782)

