



Tēnā koutou e te whānau,

It's been a while since our last pānui, and we are excited to share updates and upcoming programmes with you. We've been working hard alongside our whānau and within the organisation, and there have been some great changes. We have recently moved our reception to a new location, and we're happy to say our whānau now know exactly where to go—ka pai! Change can be challenging, but together, we've navigated it well. Our old reception is still being used to host our nurse clinics every Wednesday, so please continue to access those services as needed. Recently, our Pilates with Pēpi programme was a hit, we had a full week at Polyfest and we are gearing up for the final round of programmes for the year.

For more information on our services and upcoming events, visit our website at www.awarua.nz.

Ngā mihi nui,

Awarua Whānau Services Team

WHATS ON?

Kaumatua

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

Taurite Tū (Strength and Balance class) - Friday, 10am
(Bluff)

Mama + Pepi (Whānau)

Bluff Wahine fitness class - Monday, 9am -10am

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

Pipī Paopao 0 - 12 months (Ngā Purapura Pounamu - Playgroup) -Monday, 10:00am-11:30am

Pīwariwari - 1yr -5yr (Ngā Purapura Pounamu - Playgroup) - Monday, 12:30pm-2:30pm

These programmes run through-out the year

PROGRAMMES COMING UP

Game On!

Town - 11th September 7pm - 9pm
190 Forth Street, Invercargill

Bluff - 2nd September 7pm - 9pm
10 Onslow Street, Bluff

Te Whare Tangata

Bluff - 15th Tuesday 1pm - 3pm
Te Rau Aroha Marae, Motupohue (Bluff)

Building Awesome Whānau

Town - 22nd October 10am-12pm
190 Forth Street, Invercargill

All our programmes run for 6 sessions over 6 weeks.

For more information call **0800 AWARUA (292 782)**
or visit our Website www.awarua.nz/programme-calendar

MANA WĀHINE

6TH SEPTEMBER, 10AM - 2PM

#SMEARYOURNMEA



Date: September 6th

Time: 10 AM – 2 PM

Location: Awarua Whānau Services

Come and join our special Mana Wāhine Day. This free event is all about uplifting women through health, wellness, and self-care, so bring your friends, and whānau.

10AM - 2PM

SIT Massage
Kai
Stop Smoking
GP
Nutritionist
Hairdresser
Yoga, Sound healing, holistic intuitive massage
Gel nail stand
Reusable period products
Awarua Cancer support information
Sexual Wellbeing (contraception)
Cervical screening and HPV testing

10AM - 12PM

Health Down South (Pelvic Floor Physio)

10AM - 1:30PM

Heart Foundation
Stand with Info + Blood Pressure

WORKSHOPS

YOGA CLASS
10:30 - 11 AM

ZUMBA
11:30 - 12 PM

HEALTHY EATING WORKSHOP
12 - 1PM

YOGA CLASS
12:30 - 1PM

EXERCISE AND MENSTRUAL CYCLE
WORKSHOP
1 - 2 PM

If you are keen to come to one of these classes just let a kaimahi know when you arrive and they will direct you to the location

FOR MORE INFORMATION

0800 AWARUA (292 782) or Follow us on 



WHATS ON IN MOTUPOHUE (BLUFF)!



GAME ON!

By Dads for Dads

Awarua Whānau Services is excited to bring the Game On! programme to Bluff – This unique initiative is designed by and for dads, whether you're a dad, uncle, grandad, step-dad, or someone who plays a special role in the lives of our tamariki.

Game On! is all about giving father figures the tools and confidence to engage with tamariki in a fun, active, and meaningful way. We believe that a strong, positive relationship between us and our tamariki can have a lasting impact on their wellbeing and growth.

What to Expect over the 6 week programme:

- What our tamariki need
- Our role as Dads
- Communication
- Discipline and boundary setting
- Nutrition and the brain

This programme isn't just about becoming a better dad or father figure – it's about fostering healthy, happy, and resilient whānau. Together, we can create a stronger community for our future generations.

We are also running Game On! in Invercargill starting on the 11th of September, 7pm - 9pm.

**MONDAYS SEPTEMBER 2ND -
7TH OCTOBER**

7PM - 9PM

10 ONSLOW STREET, BLUFF



TE WHARE TANGATA

Traditional Māori Birthing Programme

Te Whare Tangata was created out of the need to provide culturally appropriate antenatal education. It is a reclamation of traditional Māori birthing practices and birthrights delivered with a holistic approach.

The programme consists of 6 weekly, 2-hour sessions.

TUESDAYS, 15 OCTOBER - 19 NOVEMBER

1PM - 3PM

TE RAU AROHA MARAE, MOTUPOHUE (BLUFF)

To register call our office 0800 awarua (0800 292 782)