



KŌRERO FROM OUR KAIHAUTŪ

Tenā koutou nga Rangatira ma,
I am now just over a couple of months into my role as Kaihautū and feel very fortunate to join a dedicated team and board of Directors who are committed to ensuring our services meet the needs of all people who wish to engage with any of our services. It is indeed a privilege to lead the Health and Social service arm of Awarua Rūnaka, in recognition of visionaries past and present who identified the need to establish a service that would serve all people in our community. I have said at hui on many occasions, that prior to my appointment, the excellent reputation of our Awarua team had preceded them.

So again, I am grateful to join such a passionate team and thank you for the exceptional mahi you continue to do in our community.

I also wish to acknowledge all the wonderful people who put together this amazing panui for your information and leisure. Enjoy.....

WHATS COMING UP? >>>>

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

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

Game On! - parenting programme for Men -
Wednesday, 6pm-8pm, 6 sessions

Te Whare Tangata - 1st of May- 11am - 1pm &
Wednesday 3rd of May 5pm - 7pm, 7 sessions

Tool Box - Tuesday, 9th of May, 10am- 12pm, 6 sessions

For more information call 0800 AWARUA (292 782)

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 if you're on a low income, not working, need support into work and needing help with housing.

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

TRY-WHĀNAU

Karawhuia! Give it a go Whānau



On the 27th of November 2022, Awarua Whānau Services ran Try-Whānau. This is held once a year and consists of a FREE-to-enter long and short course triathlon/duathlon and a 3km fun walk. There are lots of family activities and kai which makes it a fun day out with heaps of awesome prizes up for grabs. Try-whānau was created to encourage physical activity, especially for our Māori whānau. There were 73 participants with almost 50% identifying as Māori which is amazing! Ka pai e te whānau! Try-Whānau is all about "giving it a go" so a big thanks to all the sponsors that made this day happen and we look forward to bringing you Try-Whānau 2023!



"I have never done an event like this, now I can say I have, thank you,"

"I almost cried when winning the bike, I had to borrow one for the event and now I can train for next year!."

WHĀNAU STORY

BAILEYS STORY

Prior to receiving support from AWS, Bailey was studying through Murihiku Young Parents' Learning Centre (MYPLC), to finish her education. Bailey became a young mum at the age of 16 and needed some help navigating her transition into adulthood. She signed up for our Whānau Ora program where she received the support to organise payments through the MSD system, pass her driver's license and apply for a car loan. Working with AWS gave her confidence being a young mum and inspired her to think about her own mahi. She learned that she was stronger than she thought, as she adapted to her new way of living.

Bailey now plans to become a qualified social worker to work with rangatahi who find themselves in some tough situations. Bailey is enthusiastic and now a kaimahi at AWS supporting whānau in a community connector role. Ka pai tō mahi Bailey, you will do great things!



"AWS have an amazing support system and a kaupapa Māori approach to working with young people." - Bailey



WAHAKURA WEAVING WĀNANGA

On the 14th and 15th of April, AWS hosted 2 wahakura wānanga to share and pass on mātauranga, skills and tools to hapū whānau and have the opportunity to make a traditional safe sleep moenga – wakakura for their expected pepi.

A wahakura is a woven flax bassinet for infants up to 5-6 months of age. This return to the traditional Māori way of sleeping creates a safe sleeping space for baby, which enable babies to sleep with their parents safely.

All the harakeke was well prepared by Lisa Phillips and her amazing team of wāhine.

This wānanga was delivered over two full-day sessions. All participants were hapū.

Currently, these wananga are funded by the DHB



HAUORA Tinana

Nurse-led Clinics

Flu season is here and we provide a **FREE** flu vaccination for anyone older than 3.

We support you to do this in our Invercargill clinics which are held every **Wednesday, 2pm - 7pm, NO APPOINTMENT NEEDED.**

The flu isn't just a common cold. It can be serious and make people very sick. In severe cases it can mean a hospital stay – particularly if you're 65+, or 55 and over and Māori or Pacific or have an ongoing medical condition, such as heart disease or diabetes.

Getting a flu jab every year is the best way to help protect yourself and your whānau

Nurse-led Clinics are now being held in Southland and Otago

- Invercargill
- Hokonui/ Gore
- Mataura
- Alexandra
- Ranfurly
- Cromwell
- Milton



For dates and times click this link:
Clinic dates

AFFORDABLE EATS

CHEESY CHICKEN PASTA BAKE



Ingredients

- Penne - 300 g
- 400g cooked chicken
- Cream of Chicken condensed can soup - 420 g
- Milk - 3/4 cup
- Baby spinach - 2 cups
- Grated tasty cheese - 2 cups

Method

1. Preheat oven to 180°C.
2. Cook pasta in a large saucepan of boiling, salted water for 9 minutes or until tender. Drain.
3. Remove skin and bones from chicken and discard. Shred remaining (or cook and shred chicken).
4. Combine Campbell's Cream Of Chicken condensed soup and milk in a large bowl. Add pasta, spinach, chicken and half the cheese. Mix well. Spoon into a greased, large ovenproof dish (10-cup capacity). Sprinkle with remaining cheese.
5. Cook in oven for 20 minutes, or until golden brown.

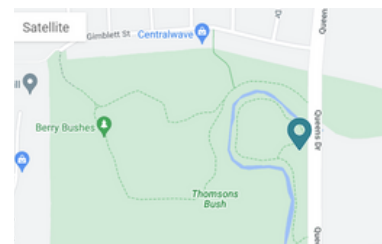
GYM 7 DAY TRIAL

Click the picture to take you to an online link to register for your 7 day pass



HĪKOI TO TRY THOMPSONS BUSH

584 QUEENS DRIVE
INVERCARGILL, 9810



CLICK THE MAP FOR MORE INFO

EASTER WITH OUR WHĀNAU



- Pepi from He Taonga Te Mokopuna (AWS) playgroup enjoying easter treats (Playdough shaped carrot that smells like popcorn made by our beautiful kaimahi Junaya)