

## **Te Aroha Noa – Embracing 2025 with COURAGE!**



As we step into 2025, Te Aroha Noa proudly embraces our theme for the year—COURAGE.

This theme reflects our commitment to stepping boldly into new opportunities, facing challenges with strength, and continuing to serve our whānau with heart and innovation.

Throughout the year, we have remained dedicated to our mission, taking courageous steps to explore and implement new approaches that better support and uplift our community. From hosting a variety of programmes and events to encouraging fresh, creative ways to connect and empower, our team has shown resilience and passion in all that we do.

We are also excited to welcome new members to our Te Aroha Noa whānau. Joining our board this year are **Mark Easton, Cameron Shaw, and Stefan Speller** – each bringing unique skills and insights to help guide our vision and growth.

We're equally thrilled to welcome several new staff members to our team:

***Lisa Buckley, our new Early Childhood Centre Administrator***

***Jessie, a qualified teacher adding her expertise to our educational programmes***

***Kieran Nuku, our He Ngākau Rangatahi Education Facilitator, supporting rangatahi on their learning journeys***

***Laurin Benedict, our new Community Engagement Coordinator, helping to strengthen relationships and foster deeper connections across our community***

Together, with courage at our core, we look forward to another year of meaningful work, impactful collaboration, and shared vision for the future.

### Early Child Care Centre



This year we welcomed two new staff members Lisa, our new Administrator and Jessie, a qualified teacher. It has been a busy start to the year as we also welcomed new whānau and supported Tamariki transitioning to school.

We celebrated Waitangi Day with a shared breakfast. This term Clare and Wendy have been visiting Te Kura o Wairau with some of our older Tamariki so they become familiar with the school learning environment.

We continue to maintain relationships with all Kura in our community and work closely with the Ministry of Education for education support, so our Tamariki reach their potential.

We are reminded of how strong whānau ties are within the centre with sets of cousins and multiple sets of twins.

This term's focus is about courage and how we can support and encourage each other. Courage to be brave and try something new. We have made the most of the beautiful weather with water play and outside games. A stage has created lots of opportunities for singing and dancing and being brave. Kids Can continue to make a positive impact on the wellbeing of our Tamariki with meals made with love in by Marion.

Next term our planning will be about celebrating Matariki.





## He Ngākau Rangatahi

Great start to 2025 for He Ngākau Rangatahi. We kicked off our first term of the year with a three-day wānanga out to Camp Bartletts Ford, where our rangatahi engaged in whanaungatanga and mātauranga around the taiao (nature), giving them a sense of connectedness not only to nature, but also to each other. Strengthening their bonds and confidence through the essence of the outdoors and the opportunity to craft their skills in bush activities. This helped to strengthen their bond with their peers and encouraged a more genuine engagement as the rangatahi gained more connection to He Ngākau Rangatahi Programme.

Te Kura has been a centre focus for He Ngākau Rangatahi this term. Encouraging our rangatahi to re-engage in education and supporting them around mental clarity and career pathways. This has opened up many opportunities for our rangatahi to explore, including an Enviroskills wānanga through Te Kura that assists rangatahi in work skills and land-based training.



The driving force of our education (Te Kura) at He Ngākau Rangatahi has been the incentive to foster a connection with te taiao (nature). Fishing has been an exciting part of the programme for our rangatahi; they have engaged in several trips to the moana and developed kai gathering skills, e.g. reading the weather and tides, rigging, casting, catching, and pāwhara (filleting) fish. This has given our rangatahi a chance to provide kai for their whanau, instilling a sense of pride and confidence.

We wrapped up our term with another three-day trip to Castle Point, where the rangatahi got an opportunity to put their kai gathering skills to the test. This further developed their sense of whanaungatanga as they challenged each other to see who could catch the biggest fish.

We concluded our trip with a hīkoi to the lighthouse, where we hiked to the top of the memorial lookout and shared stories of the people that once occupied these shores.

All in all, a great start to the year.



*“Give a man a fish, he eats for a day. Teach a man to fish, he eats for a lifetime.”*

## He Ngākau Mātua



Alongside the wonderful Social Work support He Ngākau Mātua has also restarted our mama's group where we are able to provide a space for connection, reflection and group learning. Becoming a young parent comes with unique challenges that can sometimes feel overwhelming, especially without a solid support system. This group aims to provide a space where young mamas and Tamariki can receive social, emotional, and practical support where we learn lot of helpful tips on how to become the best version of yourself and the best mama you can be, including healthy co parenting skills and creating healthy boundaries.

If you or any young parents, you may know that need extra support please get in touch with Brydie on 0220314386.

If you would like to support young parents in your community, please feel free to drop off quality baby items to Te Aroha Noa for the He Ngākau Mātua department.

## Tenancy for Whānau



### Supporting Our Community into Homes

Tenancy for Whānau continues to support individuals and families on their journey to secure housing. Participants who complete the program receive a certificate to strengthen their rental applications, along with valuable knowledge and practical tips to help them confidently navigate the entire process.

We've received fantastic feedback, with many participants sharing how the program has made a real difference in their ability to secure housing.

A big shout-out to Richard Gardner a property manager from All Ways Property Management, who generously donates his time to share his insider knowledge with the community. Your support is truly appreciated, Richard – thank you for helping make this program such a success!



## Incredible Years Parenting Programme



Incredible Years is an evidence-based early intervention parenting programme that focuses on strengthening parents involvement with children, to promote children's school readiness, academic, social and emotional skills.

The programme we deliver to groups of parents and caregivers is for the preschool and school age group 3 and 8 years old. Right now we are into our 7th week of the 14 week programme

If you would like any information about this programme please contact Te Aroha Noa

Rene and Gena

Facilitators

## Ngā Pou o te Mauri Tau

\*E NGĀ MANA E NGĀ REO E NGĀ TANGATA WHAI ORANGA\*





**te aroha noa**  
COMMUNITY SERVICES  
**PRESENTS**

### NGĀ POU O TE MAURI TAU

**PILLARS OF UNIVERSAL ESSENCE**

**10 WEEK LYRICAL ARTISTRY PROGRAMME**

- GUEST SPEAKERS
- GROUP SETTING
- WHAKAWHITI KORERO (REFLECTIONS)
- RECORDING SESSIONS INVOLVED
- RESOURCES PROVIDED
- LIGHT REFRESHMENTS PROVIDED

**SHOWCASE OF SELF EXPRESSION AT COMPLETION OF PROGRAMME**

**WHAT YOU NEED:**

- A REFERRAL : SELF, SERVICE, AGENCY
- WILLINGNESS TO ENGAGE
- WILLINGNESS TO COMMIT
- TO HAVE BEEN IMPACTED BY SOME FORM OF TRAUMA
- NOT LIVING IN CRISIS
- WĀHINE AGED—18 TO 60 YEARS OLD

**STARTS: THURSDAY 1ST MAY 2025**  
**TIME: 6.00 TO 8.30PM**

Please express your interest via email to [Karroll@tearohanoa.org.nz](mailto:Karroll@tearohanoa.org.nz) or call (021)358310

10-28 Brentwood Avenue, Highbury, Palmerston North, 4412

Have you experienced some form of trauma? Are you ready and committed to expressing your inner world?

If so, Ngā pou o te mauri tau may be exactly what you are looking for; this programme offers a unique and creative approach to trauma recovery and healing that honors Māori traditions and nurtures community connection.

Ngā Pou o te Mauri Tau is a 10-week lyrical artistry programme facilitated by Karroll and Paula Pere that aims to support participants on their healing journeys and promote resiliency through the transformative power of songwriting and poetry.

*(Note\* you do not have to have any former experience in this field.)*

If you are interested or have any questions please feel free to contact Karroll at (021)358310 or email [karroll@tearohanoa.org.nz](mailto:karroll@tearohanoa.org.nz) for a referral form.

Programme starts on the 1st of May 2025.

## Wahine Ataahua



Are you wanting to connect with other wahine, and/or yourself on deeper levels, understand how self esteem impacts and shapes our lives and learn how you can better manage challenging life experiences? If so, please come along and join us.

Wahine Ataahua is an 8-week, group programme to build self esteem and resiliency for wahine of all ages and stages of life. This includes; enhancing wellbeing, building skills for a positive lifestyle, growing support systems and exploring deeper levels of mana.

## PARTH Training

Te Aroha Noa have had the privilege of working with and alongside Massey University researchers for several years, testing and contributing to the development of a strengths-based, relational practice model, PARTH.

PARTH is an acronym for a series of elements that have been created out of the voice of rangatahi. While the framework has come from the voice of rangatahi, it has been tested and applied with a range of professions, from counsellors, to teachers, to social workers, nurses, and managers. It is a practice model that focusses on the practitioners and how we mahi alongside community, and can easily be used alongside other models such as Te Whare Tapa Whā (Mason Durie, 1984) etc.

With a small group of facilitators from Te Aroha Noa, VIBE (based in the Hutt) INNOV8 (based in Napier) and TYMS (based in Auckland), at the end of March, our whare was able to successfully deliver this training for the first time externally to practitioners around Aotearoa. If you would like more information about PARTH, where it came from and the resources available to practitioners and organisations, visit the website <https://youthsay.co.nz/>





### Aqua Day

A Celebration of Summer, Whānau, and Fun.

Highbury Aqua Day is our much-anticipated annual whānau event, held at the heart of our community in Farnham Park. It's a vibrant celebration of summer where tamariki and whānau come together to enjoy a carefree evening of laughter and water play.

This year's Aqua Day, held in March, and it was a blast! The BBQ was sizzling, and the park buzzed with the happy sounds of children and families enjoying the last days of summer. Giant inflatable water slides brought endless excitement to the tamariki, who ran, splashed, and laughed to their hearts' content.

A special highlight of the day was the visit from our awesome Palmerston North fire department. They brought along their fire truck and helped keep the fun going with water sprays that had everyone dancing, cooling off, and smiling from ear to ear.

The event was a beautiful reminder of the strength and warmth of our community — a chance to connect, relax, and simply enjoy being together.

The event was a beautiful reminder of the strength and warmth of our community — a chance to relax and simply enjoy being together.



## KidzLife



Our holiday program offers a fun and engaging environment for children aged 5 to 12, running during the first week of each school holiday. Activities include baking, arts and crafts, sports, outdoor play, gardening, and visits to our local community parks. The program runs from 8:30 AM to 3:00 PM, with Fridays dedicated to movie day, finishing at midday.

We wrapped up our first term in January and completed our second just before Easter. Both terms were filled with the joy and vibrant energy of the tamariki who spent the week with us.

Throughout the program, the kids had a blast learning to cook and creating tasty treats like no-bake cheesecake, pancakes, waffles, jelly, and tanghulu. They enjoyed outings to the park and the Lido pools, spent time skating, playing ball games, and expressing their creativity through arts and crafts. On the final day, we all went to the movies and joined Dog Man on his latest adventure — a perfect way to end a fun-filled week!



## Te Māhuri Mentoring Academy



Te Māhuri Mentoring Academy is a whanau-focused intervention led by a qualified professional for young boys between the ages 8-13. It uses sports and outdoor activities to build relationships, belonging, and identity. The approach is research-based and trauma-informed. Utilising social work theory, practice, and lived experience, the staff work intensively with the young boys and their whanau, while engaging their schools, sports coaches, and health staff to ensure the holistic wellbeing and that we are all on the same game plan.



## HOW CAN YOU GIVE TO TE AROHA NOA?

1. OUR DONATIONS ACCOUNT IS  
03-0726-0483662-00
2. SELECT EITHER A MONTHLY OR  
ONE-OFF CONTRIBUTION
3. SEND A QUICK EMAIL TO  
[FINANCE@TEAROHANOA.ORG.NZ](mailto:FINANCE@TEAROHANOA.ORG.NZ)



If you would like to financially help us continue the work we do supporting community, then it is as easy as selecting Te Aroha Noa community services on your online banking. Follow it up by sending us a quick email to **[finance@tearohanoa.org.nz](mailto:finance@tearohanoa.org.nz)** so we can make sure you get the necessary details. We would love to say thank you and make sure you get your charity tax receipt.

## THANK YOU FOR YOUR SUPPORT!

### CONTACT US

Feel free to drop by our Whare, or book an appointment with us by either calling or emailing

Address: 18 Brentwood Ave

Telephone: (06) 358 2255

Fax: (06) 358 2258

Email: [reception@tearohanoa.org.nz](mailto:reception@tearohanoa.org.nz)

You can also check put our website  
[tearohanoa.org.nz](http://tearohanoa.org.nz)

**We hope you have enjoyed this newsletter! It is the first step to getting better communication coming from us all at Te Aroha Noa!**

**We'd love your help to get better each time, so please give us your feedback.**

**Let us know your thoughts; email them to [Laurin@tearohanoa.org.nz](mailto:Laurin@tearohanoa.org.nz)**