

## Te Aroha Noa – Embracing 2025 with COURAGE!



As we journey further into 2025, Te Aroha Noa continues to walk with courage—embracing both the challenges and the joys that come our way. Every year brings new opportunities to grow, learn, and adapt, and this year has been no exception. We have embarked on new journeys with boldness and hope, while also deepening and enriching the paths that we already travel together as a community.

Matariki provided a special moment of reflection for us all. It was a time to pause and honour those who have passed on, to remember the year that has gone by, and to give thanks for the blessings—both big and small—that we have received. It was also a time to look forward with intention: to share our dreams, hopes, and aspirations for the year ahead. In this spirit, we recommitted ourselves to the kaupapa of connection, resilience, and aroha that continues to guide our work.

We are also delighted to be welcoming new members into our Te Aroha Noa whānau. Each person brings their own unique gifts, skills, and passion to our community:

*Tristelle Ross, joining us as our new administrator, whose warm presence and organisational skills are already making a difference in our daily mahi.*

*Narelle Cribb, our new social worker, brings both compassion and expertise to walk alongside whānau in their journeys.*

We also welcome three new social work students from Massey University, who will be with us during their placements and will bring fresh energy, ideas, and a willingness to learn from and contribute to our kaupapa. Having new people join us is always a reminder that Te Aroha Noa is a living, growing space—shaped by those who step into it and enriched by the relationships we build together.

As we move through the colder winter months, we hold onto the vision of being like the sun—offering warmth, light, and encouragement even on the chilliest of days. Just as the sun rises each morning, we remain committed to shining hope into our community, standing together in resilience, and celebrating the everyday moments of joy and connection that make life meaningful.

### Awards

We are proud to share that Te Aroha Noa Community Services (TANCS) has been awarded the Integrated Learner New Zealand Award for our contribution to student learning and meaningful community work. This recognition is significant, as we were nominated by the Massey University School of Social Work, our long-standing partner in Work-Integrated Learning (WIL).

Since 1989, TANCS has welcomed and supported around 100 bachelor's and master's students through their 60-day supervised placements, shaping both their academic and professional journeys.



LinkedIn Link: [WILNZ Award Announcement on LinkedIn](#)

### Rose City Quilt Donations

Te Aroha Noa would just like to give a big mihi to Rose City Quilters for their aroha, manaaki, time and dedication for their precious taonga and donations to our hapori. One quilt takes roughly 40-50 hours to make, and we were kindly donated 64 machine/hand sewn quilts and 20 teddy bears! Thank you to Anna, Dot and Olive for graciously bringing these into our whare and sharing space with us as an organisation.



### Thank You

We would like to sincerely thank Evirosafe Refrigeration & Air Condition Ltd. for their professionalism and generosity during a challenging time for Te Aroha Noa Community Services. Their support has made a meaningful difference and is truly appreciated.

### Celebrating Matariki at Te Aroha Noa



This year, Te Aroha Noa celebrated Matariki with a sense of renewed hope and purpose, honouring the season through kai, connection, and reflection.

We began the month by gathering together to learn the art of making delicious frybread, hosted by our social work team. It was a wonderful way to share skills, stories, and laughter over food.

The celebrations continued the following week with a hearty pumpkin soup, lovingly prepared by Daryl-Anne from our ECC team, warming both body and spirit on a winter's day.

In the third week, our ECC children took centre stage, filling the room with songs that delighted their whānau. Parents and whānau enjoyed the performance before coming together for a shared kai, beautifully prepared by the ECC team.

Later in the month, our kaimahi gathered for the mid-year wānanga—a chance to pause, reflect on what has been, and look ahead with hope for the months to come.

We closed our Matariki celebrations with the planting of trees, symbolising growth, renewal, and our shared commitment to nurturing the future.

Matariki reminded us once again of the importance of connection—to each other, to our environment, and to the hopes we carry forward together.





### Early Child Care Centre



The Early Childhood Centre had a very busy Term 2. Our focus was around Matariki. We learnt about the Matariki stars and enjoyed reading the In the beginning story written by Peter Gossage. The book is a retelling of the Māori creation story and tells us about the struggle of Ranganui and Papatuanuku's children who are tired of living in the dark. They revise a plan to push their parents apart. Once apart the siblings become guardians of the land.

We spent weeks practicing waiata for the end of Matariki celebration. And what a celebration it was. We had a fantastic crowd of whanau and friends supporting and encouraging their tamariki on the day. The tamariki stood on stage and performed kapa haka. We could see, hear and feel the mana enhancing moments each child expressed throughout the performance. Shared kai gave us the opportunity to make connections and share in a sense of Whanaungatanga.



We have been lucky enough to have Shannon from Te Patikitiki Library come visit us every fortnight where she shares a book or 3 with the tamariki. Shannon gives them the choice via a voting system of which book she will read first. The children are enthusiastic with their voting preferences.



We have continued our weekly transition to school visits at Te Kura o Wairau. These visits give the tamariki an opportunity to meet and become familiar with the new entrant teacher, their peers and the classroom routines.

We would like to say a massive thank you to Audrey, who every year sponsors 4 of our tamariki to attend a weekly session of swimming lessons for 10 weeks. This is such a wonderful experience, and we are so grateful to be able to offer this.

If your looking for a warm, inviting, friendly and fun Early Childhood Centre. look no further. We have spaces available now. Drop in for a visit anytime.



## Ngā Pou O Te Mauri Tau—Pillars of the Universal Essence

Ngā Pou O Te Mauri Tau is a lyrical artistry programme designed to support individuals in their trauma recovery journey through songwriting and poetry. This is a pilot initiative created from the voices of our Highbury community through the Highbury Harikoa survey in September 2024.

With the combination of Māori traditions, such as pūrākau (storytelling) and with creative artistic expression, the programme provides participants with tools to process emotions, build resilience, and express their authentic selves in a safe and supportive environment.

We send a mihi nūnui to our four guest speakers, Johnny Marshall, Renee Pere, Zenna Gatonyi & Te Kiwa Goddard for their time, space and energy while sharing their wisdom, gems of knowledge and own pūrākau to the roopu. Eight participants graduated from the programme 10 July 2025, and we send very deserving congratulations to each of those participants who journeyed through this programme together. They stepped courageously into their Mana & Tuakiri (Authenticity & Identity).

We are also able to advise that the programme will continue and notice will be sent out for the second programme delivery via our Te Aroha Noa socials and networks. Therefore, please keep an eye out if you are interested or know of someone who may be interested in attending the next delivery. If you have any queries please feel free to contact our Registered Social Worker, Karroll Pere-Veale on [karroll@tearohanoa.org.nz](mailto:karroll@tearohanoa.org.nz) or (021)38310.

**\*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
- WAHINE 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





### Tū Hāpainga



***Tu Hapainga Men's Group Fosters Stronger Communities Through Brotherhood and Support***

The Tu Hapainga Men's Group has become a beacon of support and empowerment for Tane here in our community, providing a safe space for personal growth, connection, and shared experiences. Founded in 2020, the group aims to provide a safe space, offering a variety of activities to help Tane improve their well-being, build stronger relationships, and contribute positively to their families and communities. Tu Hapainga has steadily grown, with more than dozen active members coming together regularly to share their experiences through korero and support other Tane.

"We are more than just a group of men meeting," says Jeremy, who has been an active participant in the group since 2020. "We provide a space where men can feel heard, supported, and encouraged to be the best version of themselves."

As the Tu Hapainga Men's Group continues to expand its reach, it remains dedicated to supporting Tane in their journey towards personal development and community involvement. With plans for future initiatives, including, key note speakers, performing at Christmas in Farnham Park, the group is setting the stage for continued growth and impact.

### He Ngākau Rangatahi

It's been an exciting term for He Ngākau Rangatahi. Our rangatahi had the incredible opportunity to visit Te Waewae Kapiti Tara Rāua Ko Rangitāne (Kapiti Island). Throughout the trip, our rangatahi were immersed in a beautiful environment—active and exploring the ngahere (forest), surrounded by the wildlife and manu, connected to the moana, and engaged in rich environmental and cultural learning.

Our rangatahi took part in a wide range of valuable experiences: gathering kaimoana through fishing and diving, preparing and cooking fresh food, working collaboratively, hiking and kiwi spotting, learning about conservation efforts, as well as exploring the deep history of the whenua.

From this journey, our rangatahi developed greater self-confidence, environmental awareness, as well as strong connections with each other and te taiao (the natural world). A standout success was remaining completely 'unplugged'—no phones, no social media, limited technology—just the healing presence of nature. Each rangatahi had space to reflect on themselves, their journey, and their future pathways, while literally reflecting on the mainland across the water! A deep sense of whanaungatanga, mātauranga, hauora hinengaro (mental wellbeing), and kaitiakitanga was fostered, and it was inspiring to see our rangatahi bring that uplifting energy back with them.

He Ngākau Rangatahi continues to support our rangatahi in their education through Te Aho o Te Kura Pounamu, with a strong focus on job readiness, work skills, financial literacy, and core literacy and numeracy. For some, assessments and upcoming tests have made preparation and confidence a key focus. We've also introduced regular visits to the local squash gym, offering new opportunities for our rangatahi to explore fitness goals for their hauora tinana (physical wellbeing), both individually and as a team.

*“Mā te huruhuru ka rere te manu – Adorn the bird with feathers so it may soar”*



## Incredible Years Parenting Programme



Incredible Years is an evidence-based early intervention parenting program that focuses on strengthening parents involvement with children to promote children's school readiness and academic, social, and emotional skills. The program we deliver to groups of parents and caregivers is for the preschool and school-age groups, 3 and 8 8-year-olds.

## 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 program to build self-esteem and resiliency for wahine of all ages and stages of life. This includes enhancing well-being, building skills for a positive lifestyle, growing support systems, and exploring deeper levels of mana.

Term 4 starts on 23<sup>rd</sup> October. Taking place every Thursday from 9:30 to 12



## He Ngākau Mātua



HNM has recently welcomed some new hāpu māmā into our whānau. This is such a special time in their journey, and any generous donations—such as baby clothes, nappies, wipes, or other essentials—would be gratefully received. Your support helps our māmā feel nurtured and eases some of the stress that comes with preparing to welcome a new pēpi into the world.

Our Māmā Group runs every Tuesday from 10am to 12pm. It's a relaxed and welcoming space where māmā can connect, share, and support one another—with yummy kai and meaningful kōrero about life, love, parenting, and everything in between. If you or someone you know is hāpu, has a baby, and is aged 25 or under, please don't hesitate to reach out. Contact Brydie on 022 031 4386 for a friendly chat or to find out more.

## Tenancy for Whānau



Tenancy for Whānau is a two-day program designed to help whānau achieve stable housing. Participants will learn practical tips and strategies for securing housing and address any barriers that may be preventing them from doing so. At the end of the program, participants will receive a certificate that can be included in housing applications. Start date is the 4th of September. Please contact Brydie on 0220314386 if you would like to enroll.

## Te Māhuri Mentoring Academy



At Te Mahuri Mentoring Academy here at Te Aroha Noa, our tama aged 8–13 are on a journey of growth, discovery, and connection. We hold close the wisdom of the whakataukī “te piko o te mahuri, tērā te tupu o te rākau” — how we nurture the young sapling will shape the strength of the tree it becomes.

This term, the tama have been stepping outside into te taiao, building their relationship with the whenua through hands-on experiences. We began with one of the most ancient survival skills — making and tending fire. With patience, perseverance, and teamwork, the boys learnt what it takes to spark a flame and keep it alive.

Along the way, they have come to notice the songs of the manu, the textures and uses of local plants, and the rhythm of working together to achieve something that, at first, seemed too hard. Each session has been a mix of challenge and celebration, as they discover not only how to survive in the wild, but how to support one another, find courage in themselves, and stand a little taller in who they are.

In these moments, surrounded by the ngahere and guided by aroha, we see the tama growing roots of resilience, connection, and kaitiakitanga — lessons that will carry with them long after the fire has burned down to embers.



## 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 third term in July. This term was filled with the joy and vibrant energy of the tamariki who spent the week with us. Throughout the program, the kids had a blast spending the days going to the park and lido, watching movies, cooking, creating art, and playing in the sun. On the final day, we all went to the movies and joined Elio on his adventure to space—a perfect way to end a fun-filled week!



### 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 out 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)**