



Kia ora koutou,

As we come to the end of another wonderful year, we're excited to share our final newsletter for 2025. This season brings a chance to pause, reflect, and celebrate all the moments, big and small, that have brought us together. With the Christmas spirit in the air, our spaces have been filled with laughter, kindness, and a touch of festive magic.

We've wrapped up a busy term full of events and programs, and we're incredibly grateful for everyone who has played a part in making this year so memorable. Whether you volunteered, participated, supported, or simply cheered us on from afar, your presence has made a difference.

As we head into the holiday season and we are getting ready to send off the year off we wish you and your whānau a safe, joyful, and restful Christmas break. Here's to new beginnings, continued growth, and many more special moments in the year ahead.



## Manawa Tamariki - ECC

As we approach the end of the year, it's a perfect time to reflect on all the wonderful things that have taken place over the year. The beginning of the year brought with it new children and their whanau, Jess, our new kaiako, and Lisa, our centre administrator. They have all settled in well and are a great addition to our centre.

The warmer months have provided an opportunity for observing the changes in nature, seeing the blossoms bloom, and our gardens flourish. The new sunshade cover has provided us with protection from the sun while we enjoy the sandpit and water play.

Throughout the year, we have hosted special events, Matariki, Mother's and Father's Day, Appreciation Day, and lots of dress-up/dance days. These special events give us the opportunity and space to connect with whanau and the wider community. Our regular visits to or from local schools and Te Patikitiki Library have continued to grow over the year, fostering reciprocal connections.

We have received lots of generosity and support from the community, including swimming lessons, Kidscan, who have provided lunches all year; Manawatu Sports, who have provided skills and drills touch sessions; and 3 community grants, which have gone towards sunshade, safety matting, and new resources.

Manawa Tamariki kaiako inspire to nurture the growth and potential of every tamaiti, to strengthen the connections within our whanau, and to honour the richness of our local community.

Our tamariki are looking forward to their performance at Christmas in Farnham Park. We hope to see you all there.





## He Ngākau Mātua End of Year Reflection

As we come to the end of another busy and meaningful year, He Ngākau Mātua would like to take a moment to reflect on the incredible journey our young parents have been on. Throughout 2025, our focus has remained on building strong, confident, and independent māmā who feel empowered in their parenting, their identity, and their futures.

In these last few weeks, much of our mahi has centred on preparing for Christmas — a time that can bring both joy and pressure. Together, we explored ways to create meaningful moments without financial stress, reminding one another that the most precious gifts are time, connection, and aroha. Watching our māmā support each other, share ideas, and celebrate small wins has been a true highlight of the year.

We also want to express our deepest gratitude to everyone who has supported He Ngākau Mātua. The donations, time, and encouragement we've received from individuals, organisations, and community partners have made a real difference in the lives of our parents and their tamariki.

As we look ahead to 2026, we remain committed to walking alongside our young parents — continuing to uplift them, create safe spaces, and build pathways toward independence and wellbeing. We are excited for another year of growth, connection, and collective strength.

From all of us at He Ngākau Mātua, we wish you a very Merry Christmas and a safe, happy New Year.





## He Ngākau Rangatahi

This term marked an exciting conclusion to the year for He Ngākau Rangatahi. With the support of Tū Manawa, we launched a diving skills programme that not only introduced rangatahi to water safety and diving techniques but also taught essential skills such as equipment management, understanding regulations, and maintaining control in aquatic environments. Over a short period, we witnessed remarkable growth in their confidence, resilience, and teamwork.

These experiences have helped them develop practical life skills, discipline, and a sense of responsibility—qualities that will serve them well beyond the water. We would like to extend a heartfelt mihi and sincere thanks to Sports Manawatu for their incredible support through the Tū Manawa Sport Fund. This funding has been instrumental in creating meaningful opportunities for our rangatahi to grow and thrive.

In addition, the fund enabled us to strengthen our engagement with the local Squash Gym, providing further opportunities for physical activity, social connection, and skill-building. These initiatives have empowered our rangatahi to explore new sports, challenge themselves, and build confidence in a supportive environment.

As the year draws to a close, our rangatahi have been working hard to complete their studies through Te Aho o Te Kura Pounamu, with several preparing to transition into NCEA next year. This term has been a busy and rewarding one—finishing final assessments, exploring creativity through digital art projects such as designing graphic novels, and planning for NCEA Level I subjects. These experiences have encouraged our rangatahi to express themselves through their education. In particular, our graphic novel work encouraged creativity, storytelling, and digital literacy for self-expression. Overall, it's been a term of growth, confidence-building, and great preparation for transitions.





## Kidzlife Holiday Programme Wrapping Up Our Final term of the Year!

Our final Kidzlife Holiday Programme for the year was filled with joy, creativity, and plenty of adventure! We wrapped up 2025 with an exciting mix of activities that kept our tamariki busy, happy, and eager to come back each day.

A major highlight was hopping aboard the library bus and visiting the Palmerston North Library. The tamariki loved exploring new books, discovering stories, and enjoying the hands-on activities prepared for them. A big thank you to the Palmerston North Library team for welcoming us so warmly and creating such a fun experience!

We also made the most of the sunshine with trips to the Lido and our local parks—perfect for swimming, games, and burning off energy. Back at the centre, our creative tamariki got stuck into arts and crafts, making beautiful cards and handmade creations to take home.

We would also like to thank the Kind Hearts team for volunteering their time to support our programme this term. Your contribution has helped create a positive and meaningful experience for our tamariki.

A huge thank you as well to our amazing staff, volunteers, and whānau who helped make this programme—and the entire year—so memorable. We've loved seeing our tamariki learn, grow, and have fun together.

We can't wait to see what next year brings!





## Tu Hāpainga

### Lifting Our Tāne, Strengthening Our Community

Tu Hāpainga continues to play an important role in supporting the men of our community, creating a space where tāne can connect, share openly, and receive the awhi they need. Each session provides an environment built on trust and kōrero, where men can speak honestly about their experiences, pressures, and challenges without judgement. For many, simply being heard and understood becomes a key part of their healing and growth.

The support offered through Tu Hāpainga extends beyond our weekly gatherings. The relationships formed in the group carry on into everyday life through hīkoi, gym sessions, fishing missions, or a casual round of golf. These shared activities help our men look after their physical, mental, and social well-being in ways that feel natural and positive. They also strengthen bonds, reminding our tāne that connection and movement are powerful tools for managing stress.

Our men continue to face a range of trials and tribulations - mental health struggles, financial pressures, relationship challenges, loneliness, grief, and the weight of societal expectations placed on men today. Many have had to find new ways to navigate these pressures, and Tu Hapainga helps by guiding them toward healthy support systems.

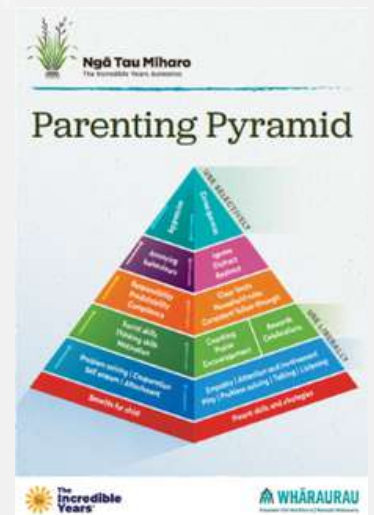
What makes Tu Hāpainga special is the sense of collective strength. The group fosters brotherhood, men looking out for each other, checking in during hard times, celebrating wins, and offering encouragement when it's needed most. It is a reminder that healing doesn't happen in isolation; it happens through connection, community, and shared experience.

Tu Hāpainga remains committed to walking alongside our tāne, providing consistent support and a space where they can stand tall, grow, and thrive. As our men strengthen themselves, they strengthen their whānau and the wider community around them.





December brings an end to two more rounds of the Incredible Years, an intensive 14 week Parenting Program aimed at providing parents and caregivers the skills and strategies to build connection and support the social and emotional development of their 3-7 yr tamariki. It has been great fun learning and growing together and hearing the stories of success each week as parents put the skills and strategies in to action. Looking ahead, a new round of the Incredible Years Programme will start again in March 2026. If you would like any information about this programme please contact Te Aroha Noa

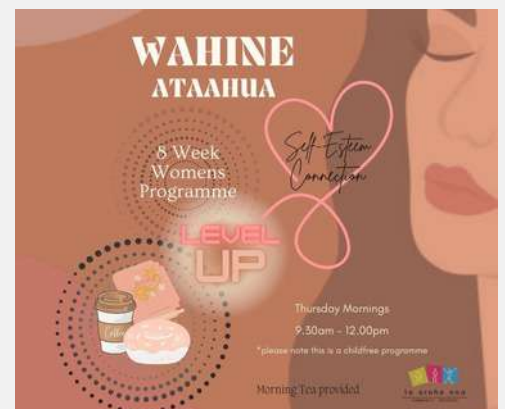


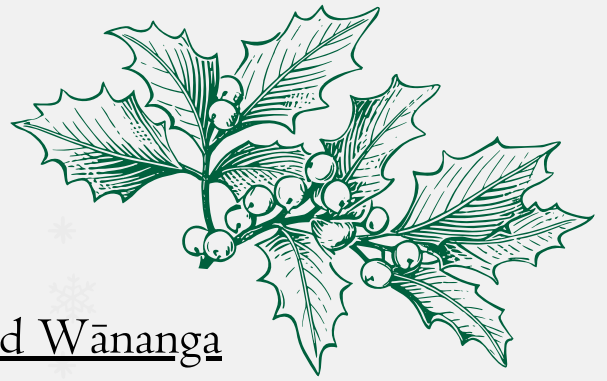
## Wahine Ataahua

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.

The start date for term I is the 19<sup>th</sup> of February, 2026.





## Freyberg Nature Based Wānanga

In Terms 3 and 4 this year, we continued our partnership with Freyberg High School, supporting a group of Year 9 and 10 rangatahi through our Nature Based Wānanga. The heart of our mahi is to help these young people deepen their connection with the whenua and with each other, while developing nature-connection practices and primitive skills. We believe that strong relationships with te taiao and with one another are fundamental to hauora and healthy development.

Throughout the programme, the rangatahi took part in games and activities designed to build their connection to nature, alongside learning practical survival skills such as fire-making and bivouac building. Each week we saw them arrive engaged, enthusiastic, and willing to share a little more of themselves with the group.

Over time, we witnessed real growth in their leadership, teamwork, problem-solving, and their ability to support one another. Their reflections showed how much they valued being outside the classroom and learning practical skills they could carry into the future. As one Year 9 student shared:

“It was great going into nature, learning how to make fires, and the games were fun. We definitely want to come back next year.”





## PARTH



I'm pleased to share an update on my role as the PARTH Champion here at Te Aroha Noa Community Services. Over the past few months, I've been supporting and guiding our staff through what the PARTH Framework is all about providing a lens through which we can examine how we engage with whanau and build meaningful relationships. PARTH is a research-informed, relationship-based practice model developed by Professors Robyn Munford and Jackie Sanders from the School of Social Work at Massey University.

In my role, I've been coordinating a series of small, bite-sized training sessions for staff across Te Aroha Noa using PARTH as the underpinning framework. These sessions have offered space for reflection: looking at how we show up for rangatahi and whanau, how we sustain trust and time, stay flexible and adapt our approach, and maintain honesty and hope in our practice. Staff have been engaging with the concepts that PARTH invites us to reflect on, such as how our relationships with rangatahi and whanau can be both consistent and responsive, and how our practice can align with the research that shows relationship-based work makes a big difference. The sessions provide opportunities for team discussion, sharing examples of how we are already doing parts of PARTH, and identifying where we might strengthen our mahi. I look forward to continuing this journey with everyone at Te Aroha Noa as we deepen our relational practice together.



We are honoured to have been awarded for all relation based mahi that Te Aroha Noa has put into the research for PARTH and Moana,





## IT Factor



As the year winds down, we are reflecting with full hearts on one of our favourite community highlights, IT Factor, a singing competition for our tamariki and rangatahi. This kaupapa continues to provide an empowering platform where young people can grow in confidence, express themselves, and celebrate their unique voices.

From the auditions to the semi-finals, our tamariki delivered a powerful showcase of talent, bravery, and growth. Each participant stepped onto the stage with the tautoko of whānau, teachers, and friends, showing heart and commitment throughout every round of the competition.

The finale will be held at Christmas in Farnham, where our 5 finalists will compete against each other for the IT Factor 2025 title. We are incredibly excited to see them shine once again, representing their schools and communities on this special stage.

We would like to send a sincere mihi to the schools who supported their students throughout this journey: Monrad Intermediate School, Riverdale School, and Palmerston North Christian Adventist School. Thank you for encouraging your tamariki and rangatahi, supporting rehearsals, and backing this kaupapa with enthusiasm.

A huge ngā mihi also to our MC, Taipari, for bringing the energy, humour, and heart to the stage; our judges, for sharing their time, experience, and thoughtful feedback; the entire organising team for their commitment and dedication, ensuring this event came to fruition; and everyone who put in the mahi to bring this event to life. Thank you for helping carry this kaupapa into reality with care and passion.





## THANK YOU

We would like to thank Z Energy, the Good in the Hood project, and everyone who voted for us. We are grateful for your mahi.



We want to extend our heartfelt thanks to Cancer Society Manawātū for providing us with the SunSmart Fund, enabling us to purchase sunshade umbrellas for the tamariki at our Early Childhood Centre. We are truly grateful for your support.





## STUDENT PERSPECTIVES

Kia ora, ko Tiana tōku ingoa.

As a social work student, I have been super lucky to complete my placement in a space that has been recognised with the 2025 Work-Integrated Learning New Zealand Collaboration Award and the Integrated Learner New Zealand Award 2025.

Throughout placement, I felt consistently challenged in ways that strengthened my confidence and competence. The wairua and genuine whanaungatanga within this environment gave me a sense of belonging and connection. The range of services offered created so many opportunities for me as a student to explore different areas of practice, engage with whānau, and build practical skills.

Te Aroha Noa values the role of students within their agency and supports them to reach their potential as social workers. It is a great placement that balances challenge, encouragement, and manaakitanga. I have gained valuable knowledge and experience in facilitation, supervision, advocacy, and working alongside whānau. These opportunities have supported my growth and helped me develop my professional identity.

I would like to give a huge mihi to Te Aroha Noa for welcoming me into their kaupapa. I am deeply grateful for the opportunity to be a part of such a special community.

Ngā mihi,

Tiana



Tēnā koutou, I am so grateful to have been able to do the practical component of my counselling degree at Te Aroha Noa this year. The counselling team and the staff throughout the agency have been amazing in the way they have supported me and made me feel like part of the whānau.

The counselling team at Te Aroha Noa have a diverse range of skills and wisdom which they have generously shared with me, over the year. This has been huge in helping me to grow in my counselling ability, as well as my personal whakaora (restoring of wholeness). I hope that as I continue to grow in both of these areas, it will increase my ability to facilitate growth and restoration for the tangata whaiora I sit with.

I was particularly moved by Te Aroha Noa's Te Tiriti training in October. In listening to the presenters talk about the provisions of Te Tiriti, Kāwantatanga, Tino rangatiratanga and Ngā tikanga katoa rite tahi, among others. I was inspired to prioritise the importance of every person's personal sovereignty, authority and autonomy, and equality. Every person's voice, beliefs and knowledge are just as important and valuable as each other's.

I am really grateful of for my time at Te Aroha Noa Community Services and the way it has deepened my understanding of myself, my practice and Te Tiriti o Waitangi

Roanne Thatcher - BTI Counselling Student





## Christmas in Farnham A Magical Community Celebration

We're excited to share that Christmas in Farnham is just around the corner! This much-loved community event will take place on Friday, 5th December, bringing our Farnham whānau together for an evening full of festive fun and Christmas cheer.

Farnham Park will come alive with decorations, music, and activities for all ages. This year, we're thrilled to announce that The IT Factor finalists will be performing, along with a fantastic line-up of other talented performers from our community. It's set to be an evening filled with incredible entertainment and Christmas spirit.

Tamariki can also look forward to festive activities and plenty of fun, while families enjoy a relaxed night connecting with neighbours and celebrating the magic of the season.

We're looking forward to a joyful, heartwarming evening as we head toward the end of the year.



# MERRY CHRISTMAS

*from Te aroha noa*

To all our stakeholders and whānau  
We hope you all have a wonderful festive  
season filled with laughter and joy.

