

# TE AROHA NOA COMMUNITY SERVICES



**te aroha noa**  

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**COMMUNITY SERVICES**

As we enter 2026, Te Aroha Noa Community Services embraces our theme for the year - INTEGRITY. A value that sits at the heart of who we are and how we serve our community.

Integrity is more than just honesty here at Te Aroha Noa Community Services; it is about the consistency between our words and actions. It is about us showing up with authenticity, being accountable for our decisions, and treating everyone with fairness and respect. It is what guides us to do what is right, even when it is difficult, and even when no one is watching. As an organisation, integrity means being transparent in our communications, responsible in our actions, and committed to the well-being of the whānau we serve, and we aim to continue to do so.

In our work and in our everyday lives, integrity builds trust. Here at Te Aroha Noa, we aim to keep integrity at the core as we strengthen relationships, deepen partnerships, and create safe spaces where people feel safe, valued, and respected.

We would also like to welcome all the newcomers to our whānau.

Genghis Ngatuere, our new ECC gardener.

Our new counseling students who will be doing their placements with us - Kate Alderdice, Juliet Shu, and April Barker.

Renee Pere the new co-facilitator for Ngā Pou Te Mauri Tau.

MARCH, 2026



NEWSLETTER

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## ECC TE MANAWA TAMARIKI

What a great start to the year we have had. Returning to centre with the sunflowers in full bloom. We have welcomed back old and new whānau into the centre as well as welcoming Waihoea, who is joining our centre as a first-year student. Waihoea is studying through Te Rito Maioha and is working towards a Bachelor of Teaching Early Childhood Education. We are very lucky to have Waihoea here at centre and we look forward to the next 3 years.

We celebrated Waitangi Day with a whānau breakfast and a fact-finding scavenger hunt. Lots of fun was had, and old and new connections were made between whānau.

Our focus this term is Kaitiakitanga – Ngā Ringa Kaumanui i a papa – the hands who cherish and attend to Papatuanuku. Belonging, taking care of our place, and exploration, developing working theories for making sense of the natural, social, physical, and material worlds.



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Our centre gardens are looking amazing. The children have enjoyed watching the plants we planted in term 4 grow. The tamariki have loved being able to pick the peaches and plums off the trees and eat them. Bug hunting has been a keen interest, and we were very fortunate to have a visit from Horizon District Council, who came into centre and brought with them bug containers, magnifying glasses and lists of bugs to find. This was so much fun, and they were so impressed with our children's interest in bugs and our beautiful environment that they are coming back to help us build a Bug Hotel.



To extend the bug interest, we have been taking trips to Te Manawa Museum to take part in an exhibition – BUGS! Our Backyard Heroes. This has been very popular.

We are also taking trips to the Central Energy Trust Wildbase Recovery Centre; the tamariki get to look around the base and learn about different birds and creatures, their habitats, what they eat, and their life cycles.



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## HE NGĀKAU RANGATAHI

Our new year in He Ngākau Rangatahi has started off with a bang! Rangatahi have come back to the space keen and energised, ready for the kaupapa. A lot of focus for this term has been around re-engaging in education and getting out into Te Taiao. Fishing continues to be a significant part of the course, with our rangatahi putting the skills they have learnt to the test. An exciting part of this has been a He Ngākau Rangatahi film project led by our rangatahi, showcasing their fishing and diving skills. It has been great watching our boys collaborate, from storyboarding to filming, exploring their abilities and creativity.

Re-engagement in Te Kura has gone well for all our rangatahi. A big focus has been on goal-setting and self-directed education; rangatahi have worked through the development of individual plans and goals, readying themselves for CAA assessments in May. Our rangatahi working through NCEA have also been given the opportunity to participate in STAR courses to support their kura as pathways towards employment. Overall, a great start back to the course and our rangatahi are ready to take on the year.



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## HE NGĀKAU MATUA

He Ngākau Matua has had a powerful and positive start to the year. Our weekly group sessions continue to provide a safe, supportive space for young māmā to connect, grow, and build confidence in both themselves and their parenting. We are already seeing meaningful progress, with wāhine actively working toward their personal goals while strengthening their parenting skills and creating stable, nurturing environments for their pēpi.

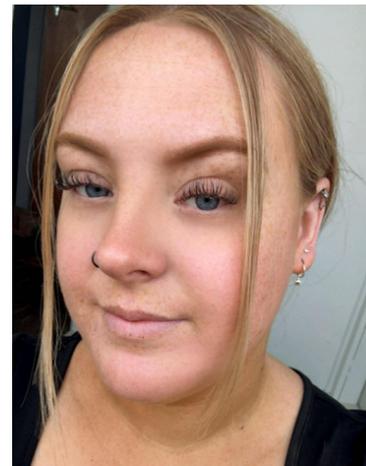
At He Ngākau Matua, our focus remains on empowering young parents to thrive — not just survive. Through whakawhanaungatanga, practical skill-building, and consistent support, our māmā are developing routines, improving communication, and building brighter futures for their whānau.

If you know someone under 25 who is hapū or has a baby and would benefit from additional support, please encourage them to reach out. Referrals and enquiries can be made directly to Brydie on 021 221 1735.

We are also pleased to share that our Tenancy for Whānau programme will be running this term on 16 and 17 April. This programme supports whānau to build knowledge and confidence around sustaining tenancies and creating stable homes.

We warmly welcome Laura Tutty to the He Ngākau Matua team as our new Young Parent Navigator. Laura brings creativity, passion, and a strong commitment to our kaupapa. We are excited about the energy and ideas she brings and know she will be a wonderful addition to our whānau.

As always, He Ngākau Matua is incredibly grateful for the ongoing support from our community. We are continually in need of quality donations to support our young parents and their pēpi. If you are in a position to donate, we would truly appreciate your support.



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# TE AROHA NOA COMMUNITY SERVICES

## NGĀ POU O TE MAURI TAU



**NGĀ POU O TE MAURI TAU**

*\*Pillars of universal essence\**  
Lyrical artistry Programme

- Have you got trauma that is impacting your life?
- Are you looking to increase your self-awareness?
- Do you have time to give to yourself?

This programme may be exactly what you are looking for, we are currently taking referrals so get in while you can!

Email Kazz on [kazrol@tearoha.noa.org.nz](mailto:kazrol@tearoha.noa.org.nz)  
For any further details around the programme Or give her a call on (021)358310

**NGĀ POU O TE MAURI TAU**  
PILLARS OF UNIVERSAL ESSENCE

10 WEEK LYRICAL ARTISTRY PROGRAMME

GUEST SPEAKERS  
GROUP SETTING  
VARIETY OF TOPICS DISCUSSED  
THAKA WHIHI (KOREAN REFLECTIONS)  
RESOURCES & LIGHT REFRESHMENTS PROVIDED  
SHOWCASE OF SELF EXPRESSION AT COMPLETION OF THE PROGRAMME

WHAT YOU NEED  
A REFERRAL - SELF OR AGENCY  
WILLINGNESS TO ENGAGE  
WILLINGNESS TO COMMIT  
TO HAVE BEEN IMPACTED BY SOME FORM OF TRAUMA  
NOT LIVING IN CARE  
WAIHINE AGED - 18 TO 70 YEARS OLD

START DATE: 18th March 2026  
TIME: 5.30 TO 8.30PM

Please express your interest via email to [kazrol@tearoha.noa.org.nz](mailto:kazrol@tearoha.noa.org.nz) or call (021)358310  
10-28 Brentwood Avenue, Highgate, Palmerston North, 4412

Ngā Pou Te Mauri Tau is a 10-week lyrical artistry program designed to support trauma recovery, and we are currently taking referrals. This program will be facilitated by sisters Karroll and Renee.

Start Date: 18<sup>th</sup> March 2026

## INCREDIBLE YEARS



The new round of the Incredible Years Program will start again in March 2026. This is an intensive 14-week Parenting Program aimed at providing parents and caregivers with the skills and strategies to build connection and support the social and emotional development of their 3-7-year-old tamariki. It is great fun learning and growing together and hearing the stories of success each week as parents put the skills and strategies into action.

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

# TE AROHA NOA COMMUNITY SERVICES

## 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

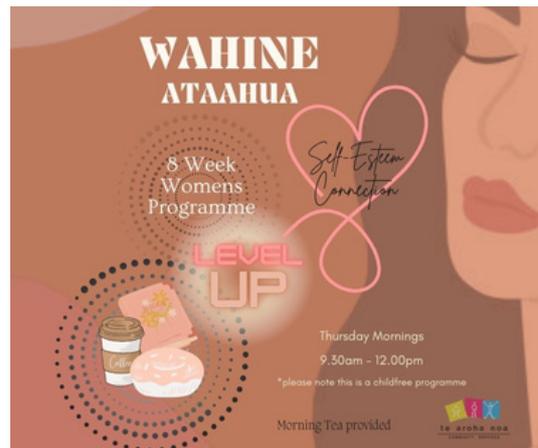
lifestyle, growing support systems and exploring deeper levels of mana.

The dates for the next terms are as follows:

Term 2- 17<sup>th</sup> May

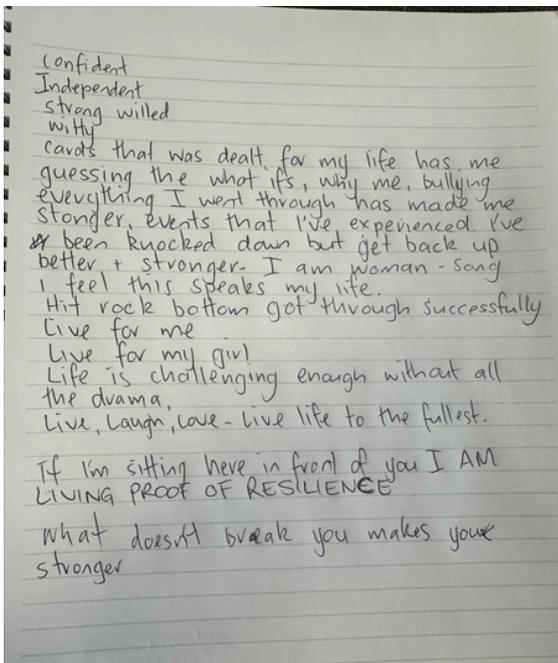
Term 3 - 6<sup>th</sup> August

Term 4 - 22<sup>nd</sup> October



## REFLECTIONS

While reflecting on her strengths, Karma, one of the wahine from the group shared this powerful insight into how her life experiences have shaped the person she is today.



**Confident  
Independent  
Strong Willed  
Witty**

**Cards that was death for my life has me guessing the what ifs, why me , bullying everything I went through has made me stronger, events that I've been knocked down but get back up better and stronger. I am woman-song. I feel like this speaks to my life. I hit rock bottom and got through successfully.**

**Live for me  
Live for my girl**

**Life is challenging enough without all the drama**

**Live, Laugh, Love - Live life to the fullest  
If I'm sitting here in front of you, I AM LIVING  
PROOF OF RESILIENCE**

**What doesnt break you makes you stronger**

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## COMMUNITY ENGAGEMENT



Kia ora koutou,

I'm Marion Hales, and I'm thrilled to be stepping into the role of Community Engagement Lead working alongside the wonderful Laurin Benedict. After 20 years with Te Aroha Noa Community Services, I've had the privilege of experiencing this place from many angles, most recently from behind the reception desk, where I've loved connecting with whānau, visitors, and our wider community.

These days, I split my time between Community Engagement and our ECC Centre, where I prepare and serve lunch for our tamariki as the Kidscan cook. Whether I'm cooking spaghetti bolognese in the kitchen or helping build relationships out in the community, my heart is always in the same place: creating spaces where people feel seen, supported, and valued.

I'm excited for this next chapter — to listen, to collaborate, and to help strengthen the connections that make our community so special.

Ngā mihi mahana

Marion

## COMMUNITY SPOTLIGHT



This month, we're celebrating two of our enthusiastic helpers, Carter and Harper, who took to the neighborhood to deliver ECC promotional brochures with pride and purpose.

Armed with bright smiles and bundles of brochures, Carter and Harper transformed a simple delivery run into a wonderful act of community engagement. Their efforts remind us that even small actions can have a big impact.

Ka pai, Carter and Harper—your community spirit shines!

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## A Q U A   D A Y

What an incredible day we had at Aqua Day 2026!

Despite the hurdles the weather sent our way, our community came together for an afternoon filled with laughter, fun, food, and plenty of smiles.

Aqua Day is all about bringing whānau together, and this year's event did exactly that. Families from across the community joined us to enjoy a fun and safe space where tamariki could play, make new friends, and simply enjoy a great day outdoors.

From the moment the event began, the energy was contagious. Tamariki raced between activities, squealing with excitement as they enjoyed the evening. Parents and caregivers relaxed, connected with others, and shared in the joy of watching their little ones have such a fantastic time.

One of the highlights of the day was the visit from the local firefighters, who arrived in their fire trucks and brought plenty of excitement with them. Tamariki had the chance to switch on the sirens and even spray the hose, which quickly became a crowd favourite! The slides, bouncy castle, and basketball challenge were also a big hit, with kids lining up eagerly to have a turn.



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Adding an extra touch of sweetness to the day was the ice cream truck, which quickly became a favourite stop for many of the tamariki (and a few adults too!). Seeing the smiles on their faces as they enjoyed their ice creams made the day even more special.

Aqua Day is more than just a fun event — it's about community, connection, and creating positive memories for our whānau. It was heartwarming to see so many people coming together, supporting one another, and enjoying a day of simple, joyful fun.

Events like this would not be possible without the amazing support of our volunteers, partners, and supporters who helped bring Aqua Day to life. Your time, energy, and generosity made the day truly special, and we are incredibly grateful. We would like to thank the Palmerston North City Council for their support, which helped bring this event together.

Thank you to everyone who joined us and helped make Aqua Day 2026 such a success. We're already looking forward to making even more waves together next year!

Ngā mihi nui to everyone who helped make the day so memorable. ❤️🌊



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## KIDZ LIFE HELLO SUMMER HOLIDAY PROGRAMME WHAT A BLAST

Our Hello Summer Holiday Programme was packed with sunshine, laughter, and adventure! We kicked things off with an exciting trip to Te Ahu a Turanga, explored the cool waters at Splashhurst Swimming Pool, and got crafty making beautiful beaded dreamcatchers.

Our green thumbs were busy planting seedlings, and our sweet tooth was happy during our baking sessions! We also worked together on a colourful art mural that brightened up our entry space.

Of course, no summer is complete without outdoor fun—so we scooted, zipped, and flew across our local parks, making the most of every playground, flying fox, and sunny day.

A huge thank you to all our tamariki for bringing the energy, creativity, and smiles. What a way to celebrate summer! 🌞❤️

