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# Newsletter

TE AROHA NOA  
COMMUNITY  
SERVICES

June 2026 <sup>◆</sup>



As we welcome June, we also embrace the change in season, a time marked by cooler days, quieter moments, and a natural invitation to slow down and reconnect. At Te Aroha Noa Community Services, this time of year reminds us of the importance of whanaungatanga - strengthening relationships, supporting one another, and nurturing a sense of belonging within our community.

June is also a significant time as we move closer to Matariki, a time of reflection, remembrance, celebration, and planning for the future. It encourages us to honour those who have passed, celebrate where we are now, and look ahead with hope and intention. Across our whare, we have been preparing for Matariki through shared kōrero, activities, and opportunities to reflect together as a community. These values strongly align with the kaupapa of Te Aroha Noa Community Services: uplifting whānau, fostering resilience, and walking alongside our community through every season.

Over the past months, we have seen the continued strength and spirit of our community through the many programs, events, and everyday moments shared across our services. From our tamariki engaging in learning and creativity to whānau connecting through support services and activities, these collective experiences make our community so special.

As an organisation, we also continue striving to grow and move forward for the better. From fostering more sustainable habits such as recycling to keeping up with current national policies and best practices through ongoing trainings, our whare remains committed to learning, improving, and strengthening the way we serve our community.

In this edition of our newsletter, you will find updates on recent programmes, highlights from our community, and details of what's ahead. We also take this opportunity to acknowledge and thank our staff, volunteers, partners, and whānau for the aroha and support you continue to show — it is truly the heart of everything we do.

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## HE NGĀKAU RANGATAHI

Over the past month, our programme has continued to provide meaningful opportunities for our rangatahi to grow, connect, and achieve across both practical and academic pathways. There has been continued engagement from our rangatahi to our beach trips and fishing kaupapa. Through regular fishing sessions, rangatahi have had the chance to build practical skills, deepen their understanding of tikanga around fishing, and strengthen their connection to the moana. These experiences have also supported wellbeing, teamwork, and resilience, offering a positive and structured environment where our rangatahi are motivated to engage with their peers in the natural world.

Alongside these practical activities, there has been a strong focus on education this term. Rangatahi have successfully sat their first CAA Assessments through Te Kura. This is a significant achievement, demonstrating resilience in their preparation and commitment to their education - a huge milestone for our rangatahi! Integrating cultural, practical, and academic elements, has given our rangatahi the space to develop skills, build confidence, and make meaningful progress toward their goals. We are excited to build on this momentum as we move into the end of Term 2.





## EARLY CHILDHOOD CENTRE MANAWA TAMARIKI

Term 2 has seen an increase in enrollments, which is super exciting for our centre. We do have a few children leaving over the next 2 terms, so we welcome any new children to fill these spaces and join our wonderful centre. Feel free to drop in and take a look around anytime.

We have been lucky once again to have Audrey Shepherd sponsor 4 children to attend a 10-week swimming programme at the Lido Aquatic Centre. These 4 children attend once a week for a half-hour session. They are learning water safety and beginner water skills. This opportunity has been well received by the children's whānāu, and they are so grateful that their children can take part in it. A huge thank you to Audrey for your continued sponsorship. We hosted a special morning tea to celebrate all the amazing Wahine in the lives of our tamariki. It was wonderful to be able to come together, share stories, laugh, and connect. We appreciate all that they do for your tamariki and for us. Jean from Te Pātikitiki Library joins us every Friday morning for a story and craft session. Jean begins the session by reading a few stories to the tamariki; after the stories, she provides a craft activity that relates to the books she has read. Over the past few weeks, the tamariki have enjoyed making Mother's Day cards, hand puppets representing the characters from the story of Hairy Maclary, and flower arrangements. A big thank you to Jean; the tamariki just love your sessions and are always ready to go when you arrive. This term, we are preparing for Matariki. The tamariki are learning about the Matariki stars and have begun practicing waiata for our upcoming Matariki celebrations.





## HE NGĀKAU MATUA


In He Ngākau Matua, we continue to centre our mahi around strengthening whānau wellbeing, connection, and identity.

Over the past period, our focus has been on attachment and how we can build strong, secure bonds with our tamariki. We have been exploring what it means to show up consistently, respond with warmth, and create safe emotional environments where children feel seen, heard, and valued. These everyday moments, listening, comforting, and being present, play a powerful role in building trust and strengthening relationships over time.

Alongside this, we have also been working on self-love and self-esteem, recognising that the way we care for ourselves directly impacts the way we show up for our children and whānau.

We have been reflecting on the importance of positive self-talk, acknowledging our strengths, and giving ourselves permission to rest, grow, and heal. Building self-esteem is an ongoing journey, and it supports us to be more grounded and confident in our parenting and relationships.

We look forward to continuing this journey together!



**HE NGĀKAU  
MATUA**  
Young Parent Support Group


**Are you aged between 15 & 24,  
and want support in being the  
best parent you can be?**

In HNM our registered Social Worker and Young Parent Navigator will work with you one on one & in group to help you to:

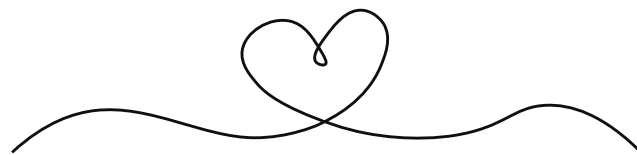
- Reach your goals
- Learn parenting skills
- Support in healing from past trauma
- Make friends

Come and join us in group every Wednesday, 10am-12pm  
Bring your tamariki!

Contact Brydie on 0212217353  
brydie@tearohanao.org.nz



te aroha noa  
COMMUNITY SERVICES





## TENANCY 4 WHĀNAU

### BUILDING CONFIDENCE AND CREATING CONNECTIONS

The Tenancy 4 Whānau (T4W) programme continues to provide a supportive and empowering space for whānau to strengthen their knowledge and confidence around renting and maintaining stable housing. Over the past month, participants have engaged in workshops covering tenancy rights and responsibilities, budgeting and communication with landlords, and creating healthy homes.



One of the highlights of the programme has been seeing the relationships and encouragement develop within the group. Participants have shared their experiences, supported one another, and grown in confidence as they work toward securing and sustaining suitable housing for themselves and their whānau.

The programme also continues to focus on practical, real-life skills, ensuring participants leave feeling more prepared to navigate the rental market and advocate for themselves. We are proud of the commitment shown by everyone involved and look forward to continuing to walk alongside whānau on their housing journeys. The next programme is on the 21st and 22nd of May if you would like to enrol please contact Brydie on 0212217353

## WORKING TO WORK

We are excited to announce that our Working to Work programme has officially started! This new initiative is designed to support wāhine into meaningful employment by building confidence, developing practical skills, and creating pathways toward long-term career goals.

The energy from the first few sessions has already been incredibly positive, with participants engaging openly and encouraging one another as they begin their journey together. We are looking forward to seeing the growth, achievements, and opportunities that will come from this programme over the coming 8 weeks. If you would like to enrol for next term, please contact Brydie on 0212217353

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## INCREDIBLE YEARS

June will bring an end to two more rounds of the Incredible Years, an intensive 14 week Parenting Programme 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



land 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 August 2026. If you would like any information about this programme please contact Te Aroha Noa Community Services.

## TE MĀHURI MENTORING ACADEMY

Te Māhuri Mentoring Academy is a whānau-focused intervention program designed for young boys aged 8–13 years. Led by qualified professionals, the program uses sports, outdoor activities, and positive mentoring to strengthen relationships, build a sense of belonging, and support identity development. Grounded in research-based and trauma-informed practice, Te Māhuri draws on social work theory, practical experience, and lived experience to provide holistic support for tamariki and their whānau.



Staff work closely not only with the young boys and their families but also alongside schools, sports coaches, and health professionals to ensure everyone is working together with the same shared goals and support plan.

This term marks an exciting new beginning for the program, with the welcoming of a new staff member, Kieran, as well as several new tamā joining Te Māhuri. The program takes place every Friday, while Jere continues to work face-to-face with the tama throughout the week, providing ongoing guidance, encouragement, and support.

We look forward to another positive and rewarding term ahead, where our tama can continue to grow in confidence, strengthen healthy relationships, and thrive in a safe and supportive environment.

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## NGĀ POU O TE MAURI TAU

From Session 1 to the present, the Ngā Po O Te Mauri Tau programme has supported clear and meaningful growth across all 10 participants. A safe, calm, and welcoming environment has enabled wāhine to share their experiences openly while offering one another genuine support, encouragement, and empowerment. Strong connections have formed quickly, with participants demonstrating compassion, vulnerability and



gratitude in ways that reflect deep trust, and mutual respect. Many wāhine have developed the confidence to express their personal stories through songwriting and poetry, often sharing experiences that had not previously been voiced. These moments of courage highlight significant internal shifts and the positive impact of the programme.

We extend our sincere gratitude to guest speakers Te Kiwa Goddard, Amy Doherty, and Jeremy Padgett for generously sharing their knowledge and lived experiences, which have deeply enriched and supported the healing journeys of participants.

It has been a pleasure and privilege for both Renee and Karroll, as facilitators, to walk alongside each participant—drawing on lived experience and sharing practical tools and strategies that support healing and authenticity. We are also grateful for the continued support from management, which has enabled the delivery of a programme that is clearly making a meaningful and lasting difference.





## KIDZLIFE HOLIDAY PROGRAMME

KidzLIFE remains a vibrant, positive space where tamariki can learn, connect, and have fun in a safe, supportive environment. During our most recent KidzLIFE, our tamariki have enjoyed a range of exciting activities that encourage creativity, learning, and confidence. Some of the highlights this month were taking the tamariki down to Splashhurst in Ashhurst, where they spent hours splashing away at the pools and having an amazing time. The tamariki had an amazing time building confidence in the water, playing together, and enjoying the opportunity to be active and outdoors.



Our Totara group also enjoyed an exciting visit to the Palmerston North City library, where they made their own badges and spent time in the Oroua Room exploring virtual reality (VR) devices. They also had a great time shooting a cool KidzLIFE video, capturing the fun, laughter, and excitement happening all around them throughout the day. From arts and crafts to outdoor activities, it has been wonderful to see the children building friendships and developing new skills while having plenty of fun along the way.

Each day, tamariki are selected as “Champions of the Day” in recognition of the positive qualities they demonstrate, whether it’s showing courage, kindness, leadership, or helping others during activities and clean-up time. The photo above was taken after the champions for that particular day were announced and celebrated.

A huge thank you goes out to all our incredible staff, volunteers, whānau, and supporters who continue to make KidzLIFE possible. Your encouragement, energy, and dedication help create a safe and positive environment where our tamariki are supported to grow, connect, and thrive.



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## WHAT'S COMING UP

DATES	WHAT'S HAPPENING
12 <sup>th</sup> June	Kāinga Ora and MSD
18 <sup>th</sup> and 19 <sup>th</sup> June	Tenancy for Whānau
22 <sup>nd</sup> June - 10 <sup>th</sup> July	Te Aroha Noa Community Services celebrates Matariki
25 <sup>th</sup> June	Asthma & Eczema Clinic
25 <sup>th</sup> June	Melissa Poitu - Family Court Navigator
26 <sup>th</sup> June	Kāinga ora and MSD
2 <sup>nd</sup> July	Matariki
6 <sup>th</sup> -9 <sup>th</sup> July	KidzLIFE Holiday Programme
22 <sup>nd</sup> July	Asthma & Eczema Clinic
23 <sup>rd</sup> July	Melissa Poutu - Family Court Navigator
24 <sup>th</sup> July	Kāinga Ora and MSD